



**USA**  
**LACROSSE**

## AGE GROUPING QUICK REFERENCE TABLE

For play occurring between September 01, 2022 - August 31, 2023

### AGE BRACKETS RULES USED

19U-15U	See NFHS Rules
14U-13U	See 14U Rules
12U-11U	See 12U Rules
10U-9U	See 10U Rules
8U-7U	See 8U Rules
6U and Below	See 6U Rules

BIRTH MONTH	BIRTH YEAR														
	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002
JANUARY	6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U	
FEBRUARY	6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U	
MARCH	6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U	
APRIL	6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U	
MAY	6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U	
JUNE	6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U	
JULY	6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U	
AUGUST	6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U	
SEPTEMBER		6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U
OCTOBER		6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U
NOVEMBER		6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U
DECEMBER		6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U