

Rule: Age Group Guidelines

Purpose: To ensure fair competition and player safety within the league.

Rule Statement: Players are only permitted to compete in their designated age group based on their birthdate. Players are not allowed to be rostered in a division down from their age group determined by their date of birth and the USA Lacrosse Age guidelines. Should a team be understaffed (less than 8 players for 8U & 10U and less than 12 players for 12U & 14U) for a scheduled game, the options to fill the roster if desired are in this order:

1. Borrow players from a second team your program may have at the same division, with advanced notice to the opposing coach
2. Ask players to play up from a team in your program
3. Ask the opposing coach to lend your team players for the game.
4. PLAYERS ARE NOT ALLOWED TO PLAY DOWN.

Enforcement: Failure to comply with this rule will may result in program-wide disciplinary actions as determined by the SFYLL Executive Board, including but not limited to forfeiture of scheduled games, suspension of the player, or program suspension from the league.