

Lacrosse Canada Official Age Division

SEASON: 2025-2026

Box Lacrosse

DIVISION	BIRTH YEARS	AGE
U7	2020–2021	5–6
U9	2018–2019	7–8
U11	2016–2017	9–10
U13	2014–2015	11–12
U15	2012–2013	13–14
U17	2010–2011	15–16
JUNIOR	2005–2009	17–21
SENIOR	≤2004	22+

Field Lacrosse

DIVISION	BIRTH YEARS	AGE
U7	2019–2020	5–6
U9	2017–2018	7–8
U11	2015–2016	9–10
U13	2013–2014	11–12
U15	2011–2012	13–14
U18	2008–2010	15–17
JUNIOR	2005–2009	≤21
SENIOR	≤2004	22+