

2026 Girls Age Chart

Arizona Girls Youth Lacrosse • Grade-first division guide

GRADE	DIVISION	WHAT THIS TYPICALLY MEANS
K-2	8U	Best on-ramp for first-year players and youngest starters.
3-4	10U	Adds more structure, spacing, and team concepts.
5-6	12U	Builds field awareness, pace, and game understanding.
7-8	14U	Top rec youth division before the high-school path begins.

Use this chart as the parent-friendly starting point. Final placement can still depend on school affiliation.