



2019 U-20 European Lacrosse Championship Age Limitation Policies

The ELF Board has agreed to the following event-specific age limitation policy for the upcoming 2019 U-20 European Lacrosse Championship held in Prague, Czech Republic:

- **Upper age limit:** All players must be under 21 years old as of 7 July, 2019. This is adjusted from 31 August to allow 20-year-olds with summer birthdates to compete.
- **Upper age dispensation:** We will follow the FIL process for dispensation for 21-year-olds. A team can apply to the ELF Board to be allowed to field overage players (up to one year older). This will generally be granted to those teams competing in a Junior event for the first time. Overage players must reside in-country. Dispensation requests should be sent to vpmen@europeanlacrosse.org.
- **Lower age limit:** All players must be at least 16 years old as of 28 June, 2019.
- **Lower age dispensation:** Lower age dispensation will not be granted under any circumstances.

To simplify the event-specific policy:

- Players cannot be younger than 16 during the event
- Players cannot be older than 20 during the event unless you apply for dispensation
 - If you apply for dispensation, those players cannot be older than 21 during the event

As a reminder, as agreed at the 2017 ELF AGM, players with NCAA experience (minimum 1 game played) are not eligible to compete in ELF U-20 Championship events.

Please contact us if you have any questions.