

Nassau/Suffolk PAL L.I. Lax League  
REGISTRATION FOR THE 2022 SEASON  
Age and Grade Requirements

| GRADE           | YEAR BORN | DEC. OF PRIOR YEAR |
|-----------------|-----------|--------------------|
| K               | 2016      | Dec. of 2015       |
| 1 <sup>st</sup> | 2015      | Dec. of 2014       |
| 2 <sup>nd</sup> | 2014      | Dec. of 2013       |
| 3 <sup>rd</sup> | 2013      | Dec. of 2012       |
| 4 <sup>th</sup> | 2012      | Dec. of 2011       |
| 5 <sup>th</sup> | 2011      | Dec. of 2010       |
| 6 <sup>th</sup> | 2010      | Dec. of 2009       |
| 7 <sup>th</sup> | 2009      | Dec. of 2008       |
| 8 <sup>th</sup> | 2008      | Dec. of 2007       |

\*\* In order to play in a grade, a player must be born in the year designated above as the grade level or during the month of December of the previous year.

The league requires that any players born before December 1<sup>st</sup> of the previous year of grade level must furnish written proof of grade from the school they attended on school stationary.