

# AGE VERIFICATION PROCESS

## THREE EASY STEPS TO AGE VERIFY

1. Log into your [USALacrosse.com account](https://USALacrosse.com). (This may be your parent's account if they processed your membership.)
2. Find the member you need to verify.
3. Upload a valid form of ID.

### VALID FORMS OF ID

- Birth Certificate
- Driver's license
- Passport and/or Visa
- State Issued ID
- Military ID

For an FAQ and tutorial video, please visit the USA Lacrosse website, [Age Verification | USA Lacrosse](#).