



Birth Year Chart

Fall 2019 Rec Season

	U5	U6	U7	U8
Fall 2019	Born in 2015	Born in 2014	Born in 2013	Born in 2012
	U9	U10	U11	U12
Fall 2019	Born in 2011	Born in 2010	Born in 2009	Born in 2008
	U13	U14	U15	U16
Fall 2019	Born in 2007	Born in 2006	Born in 2005	Born in 2004
	U17	U18	U19	
Fall 2019	Born in 2003	Born in 2002	Born in 2001	



2019 US Soccer Standards Chart

	U5	U6	U7	U8
Field Size (yards)	30x20	30x20	30x20	30x20
Number of Players	4v4	4v4	4v4	4v4
Corner kicks, goal kicks, throw-ins	Yes	Yes	Yes	Yes
Playing Times (minutes)	4x10	4x10	4x10	4x10
Break Times (minutes)	2 min between periods / 5m half	2 min between periods / 5m half	2 min between periods / 5m half	2 min between periods / 5m half
Ball Size	3	3	3	3
Goal Size (feet)	4X6	4X6	4X6	4X6
Goalkeepers, heading, offside, penalty kicks, punting	No	No	No	No
Scoring	No scoring	No scoring	No scoring	No scoring

Taken from US Soccer at <https://www.usoccer.com/coaching-education/resources/us-soccer-player-development-initiatives>

Last revised June 2019



2019 US Soccer Standards Chart

	U9	U10	U11	U12	U13
Field Size (yards)	47x30	47x30	75x47	75x47	112x75
Number of Players	7v7	7v7	9v9	9v9	11v11
Corner kicks, goal kicks, throw-ins, goalkeepers, offside, penalty kicks, punting	No Punting Yes to the rest.	No Punting Yes to the rest.	Yes	Yes	Yes
Playing Times (minutes)	2x25	2x25	2x30	2x30	2x35
Break Times (minutes)	10	10	10	10	15
Ball Size	4	4	4	4	5
Goal Size (feet)	6x18 up to 7x21	6x18 up to 7x21	6x18 up to 7x21	6x18 up to 7x21	8x24
Heading	No	No	No	No	No

Taken from US Soccer at <https://www.ussoccer.com/coaching-education/resources/us-soccer-player-development-initiatives>

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2018 US Soccer Standards Chart

	U14	U15	U16	U17	U18	U19
Field Size (yards)	112x75	112x75	112x75	112x75	112x75	112x75
Number of Players	11v11	11v11	11v11	11v11	11v11	11v11
Corner kicks, goal kicks, throw-ins, goalkeepers, offside, penalty kicks, punting	Yes	Yes	Yes	Yes	Yes	Yes
Playing Times (minutes)	2x35	2x40	2x40	2x45	2x45	2x45
Break Times (minutes)	15	15	15	15	15	15
Ball Size	5	5	5	5	5	5
Goal Size (feet)	8x24	8x24	8x24	8x24	8x24	8x24
Heading	No	Yes	Yes	Yes	Yes	Yes