



Alaska Youth Soccer Age Group Chart Recreational and Competitive Programs

September 1, 2019 - August 31, 2024



| Age Division -> | 9-U | 10-U | 11-U | 12-U | 13-U | 14-U | 15-U | 16-U | 17-U | 18-U | 19-U |
|-------------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| Registration Year | Birth Year | Birth Year | Birth Year | Birth Year | Birth Year | Birth Year | Birth Year | Birth Year | Birth Year | Birth Year | Birth Year |
| 2019 - 20 | 2011 | 2010 | 2009 | 2008 | 2007 | 2006 | 2005 | 2004 | 2003 | 2002 | 2001 |
| 2020 - 21 | 2012 | 2011 | 2010 | 2009 | 2008 | 2007 | 2006 | 2005 | 2004 | 2003 | 2002 |
| 2021 - 22 | 2013 | 2012 | 2011 | 2010 | 2009 | 2008 | 2007 | 2006 | 2005 | 2004 | 2003 |
| 2022 - 23 | 2014 | 2013 | 2012 | 2011 | 2010 | 2009 | 2008 | 2007 | 2006 | 2005 | 2004 |
| 2023 - 24 | 2015 | 2014 | 2013 | 2012 | 2011 | 2010 | 2009 | 2008 | 2007 | 2006 | 2005 |
| Number of Players | 7v7 | 7v7 | 9v9 | 9v9 | 11v11 | 11v11 | 11v11 | 11v11 | 11v11 | 11v11 | 11v11 |
| Roster Size | 14 max | 14 max | 18 max | 18 max | 18 max | 18 max | 18 max | 22 max* | 22 max* | 22 max* | 22 max* |
| Playing Times | 2x25 | 2x25 | 2x30 | 2x30 | 2x35 | 2x35 | 2x40 | 2x40 | 2x45 | 2x45 | 2x45 |
| Ball Size | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| Heading** | NO | NO | NO | YES | YES | YES | YES | YES | YES | YES | YES |

Approved 03/29/17- Updated 08/16/19

Outdoor League and Tournament (Alaska) Competitive Programs 2020 Age Group Chart

| Age Division -> | 9-U | 10-U | 11-U | 12-U | 13-U | 14-U | 15-U | 16-U | 17-U | 18-U | 19-U |
|-------------------|---------------|------------|------------------------------|------------|------------|------------|------------|------------|------------|------------|------------|
| Team Registration | Birth Year | Birth Year | Birth Year | Birth Year | Birth Year | Birth Year | Birth Year | Birth Year | Birth Year | Birth Year | Birth Year |
| Alaska 2020 | 2012 | 2011 | 2010 | 2009 | 2008 | 2007 | 2006 | 2005 | 2004 | 2003 | 2002 |
| | Developmental | | Eligible to Attend State Cup | | | | | | | | |
| Number of Players | 7v7 | 7v7 | 9v9 | 9v9 | 11v11 | 11v11 | 11v11 | 11v11 | 11v11 | 11v11 | 11v11 |
| Roster Size | 14 max | 14 max | 18 max | 18 max | 18 max | 18 max | 18 max | 22 max* | 22 max* | 22 max* | 22 max* |
| Playing Times | 2x25 | 2x25 | 2x30 | 2x30 | 2x35 | 2x35 | 2x40 | 2x40 | 2x45 | 2x45 | 2x45 |
| Ball Size | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| Heading** | NO | NO | NO | NO* | YES | YES | YES | YES | YES | YES | YES |

AYSA Age Group Chart Summer of 2020 for Alaska Competitive Clubs, League and Programs. Competitive Supplemental Tryouts; (Apr 15- May 15, 2020) – Teams will cycle up to the next age group for Summer of 2020 Alaska Sanctioned Tournaments/ Leagues. (AYSA Transfer guidelines will be followed).