



Alaska Youth Soccer Age Group Chart Recreational and Competitive Programs

2018-2019 Seasonal Year

November 1, 2018 - October 31, 2019

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
2018 - 19	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001	2000
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
2024 - 25	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006
2025 - 26	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007
Maximum Field Size	65x45	65x45	80x55	80x55	110x70	110x70	110x70	110x70	110x70	110x70	110x70
Build Out Line	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
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*
Goalkeeper	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Playing Times	2x25	2x25	2x30	2x30	2x35	2x35	2x40	2x40	2x45	2x45	2x45
Break Times	10	10	10	10	10	10	10	15	15	15	15
Ball Size	4	4	4	4	5	5	5	5	5	5	5
Goal Size	6.5x18.5	6.5x18.5	6.5x18.5	6.5x18.5	8x24	8x24	8x24	8x24	8x24	8x24	8x24
Offside	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Heading**	NO	NO	NO	YES	YES	YES	YES	YES	YES	YES	YES

*16-U and older teams with a 22 player roster may only dress 18 players for each game.

*Players 11-U and younger shall not engage in heading, either in practices or in games.

*Limited heading in practice for players in 12-U -13-U age groups.

*Players shall be limited to a max of 30 minutes of heading training per week, with no more than 15-20 headers per player, per week.

Clubs should be aware of circumstances in which individual consideration is needed. For example:

*10 year old playing at 12-U or older should not head the ball at all.

*11 or 12 year old playing at 14-U or older should abide by the heading restrictions in practice.

