



Alaska Youth Soccer- Age Group Chart



Age Division ->	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
Registration Year	Birth Year	Birth Year	Birth Year	Birth Year	Birth Year	Birth Year	Birth Year	Birth Year	Birth Year	Birth Year	Birth Year	Birth Year	Birth Year	Birth Year
2015-16	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001	2000	1999	1998	1997
2016-17	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001	2000	1999	1998
2017-18	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001	2000	1999
2018-19	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001	2000
2019-20	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001
2020-21	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002
2021-22	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003
2022-23	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004
2023-24	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005
2024-25	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006
2025-26	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007
Maximum Field Size	30x20	30x20	30x20	47x30	47x30	75x47	75x47	112x75	112x75	112x75	112x75	112x75	112x75	112x75
Number of Players	4v4	4v4	4v4	7v7	7v7	9v9	9v9	11v11	11v11	11v11	11v11	11v11	11v11	11v11
Roster Size	8 max	8 max	8 max	11 max	14 max	14 max	16 max	18 max	18 max	18 max	22 max	22 max	22 max	22 max
Goalkeeper	NO	NO	NO	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Playing Times	4x8	4x8	3x15	2x25	2x25	2x30	2x30	2x35	2x35	2x40	2x40	2x45	2x45	2x45
Break Times	5	5	5	10	10	10	10	10	10	15	15	15	15	15
Ball Size	3	3	3	4	4	4	4	5	5	5	5	5	5	5
Goal Size	4x6	4x6	4x6	6.5x18.5	6.5x18.5	6.5x18.5	6.5x18.5	8x24	8x24	8x24	8x24	8x24	8x24	8x24
Offside	NO	NO	NO	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Heading*	NO	NO	NO	NO	NO	NO	YES	YES	YES	YES	YES	YES	YES	YES

***The Federation is recommending new rules as it relates to heading, as follows:**

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

Limited heading in practice for players in U-12 and U-13 programs.

More specifically, these players shall be limited to a maximum 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:

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

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