

U.S. youth soccer age groups are organized by birth-year. The youth soccer calendar now runs from January to December, rather than August to July as it had previously. Learn about youth soccer age groups using the chart below.

**How to determine the birth year used for a competition:** Birth year registration should be based on the year in which the season ends. For example, if a season begins in the fall of 2018 and ends in the summer of 2019 (ex: 2018-19 season), the players would be registered based on their age in the year 2019. Competitions that take place in a single year (ex: fall of 2018 only) should use that year to determine birth year. To simplify determining the age group, just subtract the birth year from the year the season ends.

Year Season Ends – Birth Year = Age Group:

- 2022-2023 (Season) – 2016 (Birth Year) = U7 (Age Group)

Season	2021-22	2022-23	2023-24	2024-25
<b>Birth Year</b>				
2020				U5
2019			U5	U6
2018		U5	U6	U7
2017	U5	U6	U7	U8
2016	U6	U7	U8	U9
2015	U7	U8	U9	U10

2014	U8	U9	U10	U11
2013	U9	U10	U11	U12
2012	U10	U11	U12	U13
2011	U11	U12	U13	U14
2010	U12	U13	U14	U15
2009	U13	U14	U15	U16
2008	U14	U15	U16	U17
2007	U15	U16	U17	U18
2006	U16	U17	U18	U19
2005	U17	U18	U19	
2004	U18	U19		
2003	U19			