

US YOUTH SOCCER

Birth Year Registration (1/1 – 12/31)

Registering players according to a January 1 to December 31 timeframe.

For those clubs or leagues adopting player registration by year of birth for the 2016-2017 soccer year, here is a chart that shows the birth year for that season. Again, please note that when determining the age group for a season, the year the competition ends should be used. For example, a player born in 2007 would be in the 10 and Under age group for the 2016-2017 soccer year (2017 – 2007 = 10.)

	6-U	7-U	8-U	9-U	10-U	11-U	12-U	13-U
	6 years old and younger	7 years old and younger	8 years old and younger	9 years old and younger	10 years old and younger	11 years old and younger	12 years old and younger	13 years old and younger
2016-2017 Soccer Year	Born in 2011	Born in 2010	Born in 2009	Born in 2008	Born in 2007	Born in 2006	Born in 2005	Born in 2004
2017-2018 Soccer Year	Born in 2012	Born in 2011	Born in 2010	Born in 2009	Born in 2008	Born in 2007	Born in 2006	Born in 2005

Heading Restriction Implementation Recommendations

Deliberate heading is not allowed in U11 games. When teams are formed under the school registration format then much of the team roster is comprised of 10-year-olds. If a 10-year-old is playing with players 11 years old then none of the players may head the ball in a match.

Teams formed by birth year registration may have 10-year-olds on an 11 and Under team. US Youth Soccer recommends in that case none of the players may head the ball in a match - if a player 10 or younger is on either team then none of the players may head the ball.

If a 10-year-old or younger player is playing in an age group older than 11-U (ex: 10-year-old playing with a 12-U team), a 10-year-old or younger player may not head the ball regardless of the age group in which the 10-year-old participates. Special note: the overriding principle is that a player age 10 or younger may not head the ball no matter which age group the player plays in. This requires education and support from the coach and parent to instruct the player accordingly.

US Youth Soccer suggests that any league that combines 11-U and 12-U for competition should strongly consider not allowing heading in any game in that combined group's play.

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The 11-U play group is the group most affected by players age 10 and younger because players turn 11 years old over the range of a year. Therefore, deliberate heading is not allowed in 11-U games.

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