

US Youth Soccer Age Group Chart

The youth soccer age group system in the US is determined by a child’s birth year. To determine a player’s soccer age group in the US, simply subtract their birth year from the year that the soccer season ends. For example, in the 2024-2025 soccer season, a child born in 2016 would be in the U9 age group (2025 – 2016 = 9).

To help you figure out a player’s soccer age group quickly, here is a simple Age Group Chart for age groups U3 through U19.

Birth Year	2024-25 Season	2025-26 Season
2023		U3
2022	U3	U4
2021	U4	U5
2020	U5	U6
2019	U6	U7
2018	U7	U8
2017	U8	U9
2016	U9	U10
2015	U10	U11
2014	U11	U12
2013	U12	U13
2012	U13	U14
2011	U14	U15
2010	U15	U16
2009	U16	U17
2008	U17	U18
2007	U18	U19
2006	U19	