



**FALL LEAGUE 2026**  
**AGE GROUP GUIDELINES AND PLAY NIGHTS**

TEAM AGE LEVEL	BIRTH YEAR GUIDELINES
<b>U6</b> "Under-6"	<b>Born on or between August 1, 2020, and July 31, 2021</b> <i>Will be 5 years old by August 1<sup>st</sup></i> <i>Clubs may allow 4-year-olds to register depending on their registration policy.</i> <i>Please check with your club before registering.</i>
<b>U8</b> "Under-8"	<b>Born on or between August 1, 2018, and July 31, 2020</b> <i>Will be 6 or 7 years old by August 1<sup>st</sup></i>
<b>U10</b> "Under-10"	<b>Born on or between August 1, 2016, and July 31, 2018</b> <i>Will be 8 or 9 years old by August 1<sup>st</sup></i>
<b>U12</b> "Under-12"	<b>Born on or between August 1, 2014, and July 31, 2016</b> <i>Will be 10 or 11 years old by August 1<sup>st</sup></i>
<b>U14</b> "Under-14"	<b>Born on or between January 1, 2012*, and July 31, 2014</b> <i>Will be 12 or 13 years old by August 1<sup>st</sup></i> <i>For Fall 2026, AYSA will allow all players born in 2012 to register for U14 as a transition year to the new guidelines.</i>

TEAM AGE LEVEL	PLAY NIGHTS
<b>U6</b> "Under-6"	Monday/Wednesday
<b>U8</b> "Under-8"	Tuesday/Thursday
<b>U10</b> "Under-10"	Monday/Wednesday
<b>U12</b> "Under-12"	Tuesday/Thursday
<b>U14</b> "Under-14"	Monday/Wednesday

*\*All age groups may have some Sunday afternoon games scheduled to help with field and/or referee availability.*