

2023 PAL Soccer League Seasons

(Subject to change, as conditions necessitate.)

Start Smart Soccer:

- Ages 3 - 5 (Birthdates: August 1, 2017, through December 31, 2020).
- Coed.
- Six weekly 45-minute skills development sessions.
 - Tuesdays and Thursdays, September 19 - October 26.
 - Times: 5:15 pm and 6:15 pm; parents can select which session when registering.
 - Location: RC 1 at Niceville Recreation Complex.
- Parental or other responsible adult participation required.

VIP:

- For children with physical and/or mental disabilities.
- Ages 4 - 18 (Birthdates: August 1, 2004, through July 31, 2019).
- Coed.
- Informal practices right before games.
- Games (eight scheduled):
 - Saturdays, September 9 - October 28.
 - Start times: 9:30 am and 11 am.
 - Location: RC 1A at Niceville Recreation Complex.

U6:

- Ages 4 - 5 (Birthdates: August 1, 2017, through July 31, 2019).
- Coed.
- Practices:
 - Start week of Monday, August 14.
 - Days and times depend on head coach's preferences and lottery-based field availability.
 - Limited to one hour per week.
 - Locations: TO 1, 2, 3 & 4 at Twin Oaks Park and RC 1A & RC 1B at Niceville Rec Complex.
- Games (eight scheduled):
 - Saturdays, September 9 - October 28.
 - Start times: 8 am, 9:30 am, 11 am and 1 pm at Twin Oaks Park and 8 am, 1 pm and 2:30 pm at Niceville Recreation Complex.
 - Locations: TO 1, 2, 3 & 4 at Twin Oaks Park and RC 1A & RC 1B at Niceville Rec Complex.

U8:

- Ages 6 - 7 (Birthdates: August 1, 2015, through July 31, 2017).
- Separate boys' and girls' teams.
- Practices:
 - Start week of Monday, August 14.
 - Days and times depend on head coach's preferences and lottery-based field availability.
 - Limited to two sessions per week if game scheduled on following Saturday; three, if not.
 - Limited to one hour fifteen minutes per session.
 - Locations: TO 5, 6 & 7 at Twin Oaks Park and RC 3C at Niceville Rec Complex.
- Games (eight scheduled):
 - Saturdays, September 9 - October 28.
 - Start times: 8 am, 9:30 am, 11 am and 1 pm.
 - Locations: TO 5, 6 & 7 at Twin Oaks Park and RC 3C at Niceville Rec Complex.

U10:

- Ages 8 - 9 (Birthdates: August 1, 2013, through July 31, 2015).
- Separate boys' and girls' teams.
- Practices:
 - Start week of Monday, August 14.
 - Days and times depend on head coach's preferences and lottery-based field availability.
 - Limited to two sessions per week if game scheduled on following Saturday; three, if not.
 - Limited to one hour fifteen minutes per session.
 - Locations: RC 2 and RC 4 at Niceville Recreation Complex.
- Games (six scheduled during regular season with playoffs to follow):
 - Saturdays, September 9 - October 14.
 - Start times: 8 am, 9:30 am, 11 am, 1 pm and 2:30 pm.
 - Locations: RC 2 and RC 4 at Niceville Recreation Complex.
 - If odd number of teams, bye make-up games on Monday, October 2, Tuesday, October 3, and Thursday, October 5 at 5:30 pm and 7 pm on RC 2 or RC 4, Niceville Rec Complex.

U12:

- Ages 10 - 11 (Birthdates: August 1, 2011, through July 31, 2013).
- Separate boys' and girls' teams.
- Practices:
 - Start week of Monday, August 14.
 - Days and times depend on head coach's preferences and lottery-based field availability.
 - Limited to two sessions per week if game scheduled on following Saturday; three, if not.
 - Limited to one hour thirty minutes per session.
 - Locations: RC 3 and, if available, RC 2 and RC 4, Niceville Recreation Complex.
- Games (six scheduled during regular season with playoffs to follow):
 - Saturdays, September 9 - October 14.
 - Start times: 8 am, 9:30 am, 11 am, 1 pm and 2:30 pm.
 - Locations: RC 3 and, if needed, RC 2 and RC 4, at Niceville Recreation Complex.
 - If odd number of teams, bye make-up games on Monday, October 2, Tuesday, October 3, and Thursday, October 5 at 5:30 pm and 7 pm on RC 3, Niceville Rec Complex.

U14:

- Ages 12 - 13 (Birthdates: August 1, 2009, through July 31, 2011).
- Coed.
- Practices:
 - Start week of Monday, August 14.
 - Days and times depend on head coach's preferences and lottery-based field availability.
 - Limited to two sessions per week if game scheduled on following Saturday; three, if not.
 - Limited to one hour thirty minutes per session.
 - Location: TO 8 at Twin Oaks Park.
- Games (eight planned):
 - Saturdays, September 9 - October 14.
 - Start times: 8 am, 9:30 am, 11 am and 1 pm.
 - Location: TO 8 at Twin Oaks Park.

HS (High School:– Combined U16 and U19):

- Ages 14 - 18 (Birthdates: August 1, 2004, through July 31, 2009).
- Coed.
- Practices:
 - Start week of Monday, August 14.
 - Days and times depend on head coach's preferences and lottery-based field availability.
 - Limited to two sessions per week if game scheduled on following Saturday; three, if not.
 - Limited to one hour thirty minutes per session.
 - Location: TO 8 at Twin Oaks Park.
- Games (eight planned):
 - Saturdays, September 9 - October 28.
 - Start times: 8 am, 9:30 am, 11 am and 1 pm.
 - Location: TO 8 at Twin Oaks Park.

Playoffs:

- For all PAL U10 and U12 teams.
- Games (Schedule to be determined.):
 - Mondays, Tuesdays and Thursdays, October 16 through October 26, at 5:30 pm and 7 pm and Saturdays, October 21 and October 28, at 8 am, 9:30 am, 11 am, 1 pm and 2:30 pm.
 - Wednesdays, Fridays and Sundays (afternoon), only if necessary.
- Locations: TBD at Niceville Recreation Complex