

2026 PAL Soccer League Seasons

(Subject to change, as conditions necessitate.)

Start Smart Soccer:

- Ages 3 to 5 (Birthdates: August 1, 2020, through December 31, 2023).
- Coed.
- Six weekly 45-minute skills development sessions.
 - Tuesdays and Thursdays, September 15 to October 22.
 - Times: 5:15pm and 6:15pm; parents can select which session when registering.
- Parental or other responsible adult participation required.
- Location: RC 1 at Niceville Recreation Complex.

VIP:

- For children with physical and/or mental disabilities.
- Ages 4 to 18 (Birthdates: August 1, 2007, through July 31, 2022).
- Coed.
- Informal practices right before games.
- Games (eight scheduled):
 - Saturdays, September 5 to October 24.
 - Start times: 8:00am, 9:30am and 11:00am.
 - Location: RC 1A at Niceville Recreation Complex.

U6:

- Ages 4 to 5 (Birthdates: August 1, 2020, through July 31, 2022).
- Coed.
- Practices:
 - Start week of Monday, August 10.
 - Days and times depend on head coach's preferences and lottery-based field availability.
 - Limited to one hour per week, to end by 7:00pm.
 - Locations: TO 1, 2, 3 & 4 at Twin Oaks Park.
- Games (eight scheduled):
 - Saturdays, September 5 to October 24.
 - Start times: 8:00am, 9:30am, 11:00am and 1:00pm at Twin Oaks Park
 - Locations: TO 1, 2, 3 & 4 at Twin Oaks Park.

U8:

- Ages 6 to 7 (Birthdates: August 1, 2018, through July 31, 2020).
- Separate boys' and girls' teams.
- Practices:
 - Start week of Monday, August 10.
 - 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, to end by 7:00pm.
 - Locations: TO 5, 6 & 7 at Twin Oaks Park
- Games (eight scheduled):
 - Saturdays, September 5 - October 24.
 - Start times: 8:00am, 9:30am, 11:00am and 1:00pm at Twin Oaks; 2:30pm at Rec Complex.
 - Locations: TO 5, 6 & 7 at Twin Oaks Park and RC 1B at Niceville Rec Complex.

U10:

- Ages 8 to 9 (Birthdates: August 1, 2016, through July 31, 2018).
- Separate boys' and girls' teams.
- Practices:
 - Start week of Monday, August 10.
 - 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 tournament to follow):
 - Saturdays, September 5 to October 10.
 - Start times: 8:00am, 9:30am, 11:00am, 1:00pm and 2:30pm.
 - Locations: RC 2 and RC 4 at Niceville Recreation Complex.
 - If there is an odd number of teams, bye makeup games on Monday, September 28, Tuesday, September 29 and Thursday, October 1 at 5:30pm and 7:00pm on RC 2 or RC 4, Niceville Rec Complex.

U12:

- Ages 10 to 11 (Birthdates: August 1, 2014, through July 31, 2016).
- Separate boys' and girls' teams.
- Practices:
 - Start week of Monday, August 10.
 - 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 tournament to follow):
 - Saturdays, September 5 to October 10.
 - Start times: 8:00am, 9:30am, 11:00am, 1:00pm, 2:30pm and 4pm.
 - Locations: RC 3 and, if needed, RC 2 and RC 4, at Niceville Recreation Complex.
 - If there is an odd number of teams, bye makeup games on Monday, September 28, Tuesday, September 29, and Thursday, October 1 at 5:30pm and 7:00pm on RC 2 or RC 4, Niceville Rec Complex.

U14:

- Ages 12 to 13 (Birthdates: August 1, 2012, through July 31, 2014).
- Separate boys' and girls' teams if enough U14G players; coed, if not.
- Practices:
 - Start week of Monday, August 10.
 - 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 5 to October 24.
 - Start times: 8:00am, 9:30am, 11:00am and 1:00pm.
 - If there is an odd number of teams, weeknight bye-makeup games at 5:30 and 7:00pm; dates TBD.
 - Location: TO 8 at Twin Oaks Park.

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

- Ages 14 to 18 (Birthdates: August 1, 2007, through July 31, 2012).
- Coed.
- Practices:
 - Start week of Monday, August 10.
 - 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 5 to October 24.
 - Start times: 8:00am, 9:30am, 11:00am and 1:00pm.
 - If there is an odd number of teams, weeknight bye-makeup games at 5:30 and 7:00pm; dates TBD.
 - Location: TO 8 at Twin Oaks Park.

PAL SOCCER CLASSIC TOURNAMENT:

- PAL U10 and U12 teams.
- Games (three to five, depending on team's progress):
 - Schedule to be determined through random draw at the coaches' meetings.
 - Mondays, Tuesdays and Thursdays, October 12 through October 29, at 5:30pm and 7:00pm and Saturdays, October 17 and October 24, at 8:00am, 9:30am, 11:00am, 1:00pm and 2:30pm. Fridays only if necessary.
- Locations: RC 2, RC 3 and RC 4 at Niceville Recreation Complex.