



2026 Tryouts and Age Group Transition

What Parents Need to Know About the Move to Seasonal Year Age Grouping

What's Changing?

Beginning with the **2026–27 season**, all U.S. youth soccer programs—including NPSL, RCL, US Club, and US Youth Soccer—will shift from **birth-year** age groups to **seasonal-year** age groups. **New age ranges: August 1 – July 31** of the following year.

This is a [nationwide U.S. Soccer requirement](#) (link to Washington Youth Soccer).

Why It Matters

- Some players will move to a different age group than they are in today.
- Summer birthdays are most likely to shift.
- No exceptions are allowed for:
 - School grade
 - Delayed school entry
 - “Playing down” due to being young for grade

2026-27 Seasonal Year Age Groups

U11: Aug 1, 2015 – Jul 31, 2016 – 9v9

U12: Aug 1, 2014 – Jul 31, 2015 – 9v9

U13: Aug 1, 2013 – Jul 31, 2014 – 11v11

U14: Aug 1, 2012 – Jul 31, 2013 – 11v11

U15: Aug 1, 2011 – Jul 31, 2012 – 11v11

U16: Aug 1, 2010 – Jul 31, 2011 – 11v11

U17: Aug 1, 2009 – Jul 31, 2010 – 11v11

U18/U19: Aug 1, 2007 – Jul 31, 2009 – 11v11

Tryouts Under the New System

- Players will try out in their **new seasonal-year age group**.
- Older boys (U16–U19) will be addressed first due to earlier tryout windows.
- Tryouts will still occur at the **usual time**; dates will be posted on the club website.
- Roster placements are finalized **after** tryouts.

Playing Up

Players may be considered for playing up **only**:

- With Director of Coaching and older coach approval
- If they demonstrate maturity, skill, and readiness
- Refer to the [Play Up Policy](#) for guidance to request a play up during tryouts

Impact on Current Teams

- Teams will be rebuilt using the new August–July age ranges.
- Some roster changes should be expected.
- Teams finishing postseason play will complete all commitments before switching.

When New Teams Begin

Seasonal-year teams begin official competition in **June 2026**.

Why U.S. Soccer Made This Change

- Reduces the number of “**trapped players**” whose soccer age doesn’t match their school grade.
- Improves training continuity and competition opportunities.
- Better aligns soccer age groups with school-year peer groups.

Key Takeaway

This transition is designed to support long-term player development and create more consistent team structures across all U.S. youth soccer programs.