

The **U.S. Soccer Age Group Matrix** for the **2025-2026 season** is based on birth years, following the **calendar year format (January 1 - December 31)** to determine age group eligibility. Below is the breakdown:

Birth Year	Age Group (2025-2026 Season)
2019	U7
2018	U8
2017	U9
2016	U10
2015	U11
2014	U12
2013	U13
2012	U14
2011	U15
2010	U16
2009	U17
2008	U18
2007	U19

How It Works:

- The **2025-2026 season** runs from **August 1, 2025 – July 31, 2026**.
- A player's age group is determined by their **birth year**, not their school year.
- Example: A player born in **2012** will play in the **U14** age group for the **2025-2026 season**.

This matrix ensures consistency across all U.S. Soccer-affiliated programs, including **MLS NEXT, USYS, and other competitive leagues**.