

IOWA RUSH PARENT RESOURCES

Age Group Transition Documents



As players advance from one age to the next, there are often changes to format that can be confusing or somewhat unexpected for parents and players. We have provided transition documents below as a resource that can help you look ahead (or back) to see the differences with rules, field sizes, team rosters, etc from one age to the next to help give you a more complete picture of what to expect next year or for the years ahead. If you have any specific questions about how soccer will look at the next age or next level, please contact the appropriate program director (found on the staff page) to help get the answers you need.

	Recreation	Academy	Select
U6 to U7	U6 to U7 doc	NA	NA
U7 to U8	see u6-u7 doc	NA	NA
U8 to U9	U8 to U9 doc	U8 to U9 doc	NA
U9 to U10	see u8-u9 doc	see u8 to u9 doc	NA
U10 to U11	U10 to U11 doc	NA	U10 to U11 doc
U11 to U12	see u10-u11 doc	NA	see u11 to u12 doc
U12 to U13	U12 to U13 doc	NA	U12 to U13 doc
U13 to U14	see u12-u13 doc	NA	see u12 to u13 doc
U14 to U15	see u12-u13 doc	NA	U14 to U15 doc
U15 to U16	see u12-u13 doc	NA	see u14-u15 doc
U16 to U17	see u12-u13 doc	NA	see u14-u15 doc
U17 to U18	see u12-u13 doc	NA	see u14-u15 doc

Helpful Articles for Soccer Parents

[Sports Parenting: How To Win, Even If The Team Loses](#)

[Approaching Your Child's Coach](#)

[The 6 Things Parents Should Say to Their Youth Soccer Players](#)

[Parental Support - The Key to peak performance](#)

[Sideline Rules of Conduct](#)