

Soccer

Fall 2026 Soccer Season

We're excited for another great season of soccer at Tab Recreation. Our program focuses on skill development, teamwork, confidence, and creating a positive experience for every player.

Age Divisions

- 5U | Ages 4-5
- 7U | Ages 6-7
- 9U | Ages 8-9
- 11U | Ages 10-11
- 14U | Ages 12-14

Players are permitted to play up an age division if requested. If you would like your child to play in an older division, please include that request in the registration comment section.

Development Format

Tab Recreation continues to follow the player development standards and game formats recommended by U.S. Soccer.

Division	Format	Ball Size	Field Type
5U	5v5	Size 3	Short Field
7U	5v5	Size 3	Short Field
9U	7v7	Size 4	Modified Field
11U	9v9	Size 4	Modified Field
14U	11v11	Size 5	Full Field

Fall Season Timeline

- Season Begins: Week of August 4, 2026
- Season Ends: Approximately October 10, 2026 (before Fall Break when possible)

Practices:

- Tuesday Evenings (6:00-7:30pm): TAB players / non-Oaks players
- Thursday Evenings (6:00-7:30pm): The Oaks players
- 14U teams may practice on both Tuesdays and Thursdays depending on roster size and scheduling needs.

Spring Season Timeline

- Season Begins: April 2027
- Season Ends: Approximately end of May, 2027

Practices:

- Tuesday Evenings (6:00-7:30pm): TAB players / non-Oaks players
- Thursday Evenings (6:00-7:30pm): The Oaks players
- 14U teams may practice on both Tuesdays and Thursdays depending on roster size and scheduling needs.

Game Information

Games are primarily played on Saturdays, though some may take place during your team's regular practice night. Tournament games are typically scheduled Monday-Thursday and Saturdays, with efforts made to keep weekday games aligned with normal practice evenings whenever possible.

All 14U league games will be played on the Tab Recreation turf field.