ALL-STAR CUP
November 21-22, 2026

GENERAL INFORMATION

The tournament will be held November 21-22, 2026.

Each team in the U8 age group will play 7 mini-games (25 minutes) in a round-robin format. No standings will be kept for the U8 teams. Each player on the U8 teams will receive a special participation award. No trophies will be awarded in this age group.

Each team in the U9-U19 age groups will play a Qualification Round consisting of four 25-minute games. At the end of each game, the winning and losing teams will be awarded game points. The game points will be used to seed the teams for the Championship Round. All teams will proceed to the Championship Round on Sunday, a single elimination round consisting of 50 or 60-minute games.

At the conclusion of the Championship Rounds in the U9-U19 age groups, the players will receive awards for both bracket Champions and Finalists.

Teams are limited to 8 players in the U8 age group, 14 players in the U9-U10 age groups, 16 players in the U11-U12 age groups, and 18 players in the U13-U19 age groups.

CARDED TRAVEL PLAYERS ARE NOT ELIGIBLE TO PLAY IN THE TOURNAMENT IN ANY AGE GROUP!

The charts below should answer many of the usual questions we get on field and goal size etc.

Age Group	Maximum Roster	Game Format	Max players on field (w/goalie)	Min number players	Birthdates
U8	8	4 v 4	4, no goalie	3	8/1/2018-7/31/2019
U9	14	7 v 7	7	6	8/1/2017-7/31/2018
U10	14	7 v 7	7	6	8/1/2016-7/31/2017
U11	16	9 v 9	9	7	8/1/2015-7/31/2016
U12	16	9 v 9	9	7	8/1/2014-7/31/2015
U13	18	11 v 11	11	9	8/1/2013-7/31/2014
U14	18	11 v 11	11	9	8/1/2012-7/31/2013
U16	18	11 v 11	11	9	8/1/2010-7/31/2012
U19	18	11 v 11	11	9	8/1/2007-7/31/2010

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Age Group	Ball Size	Min Field Size in Yds	Max Field Size in Yds	Min Goal Size in Ft	Max Goal Size in Ft
U8	3	25 x 35	25 x 40	3 x 5	3 x 5
U9	4	45 x 70	50 x 75	6 x 15	6 1/2 x 18
U10	4	45 x 70	50 x 75	6 x 15	6 1/2 x 18
U11	4	50 x 75	60 x 85	6 x 18	6 1/2 x 18
U12	4	50 x 75	60 x 85	6 x 18	61/2 x 18
U13	5	60 x 95	75 x 110	7 x 21	8 x 24
U14	5	60 x 95	75 x 110	7 x 21	8 x 24
U16	5	60 x 100	75 x 110	7 x 21	8 x 24
U19	5	60 x 100	75x 110	7 x 21	8 x 24

Please refer to our web site All-Star Cup | Herndon Youth Soccer | Northern VA, https://www.herndonyouthsoccer.org/all-star-cup . for complete rules and information.

All questions regarding the tournament should be directed to Joseph Farrington, Tournament Director at AllStarCoordinator@herndonyouthsoccer.org