



U . S . S O C C E R F E D E R A T I O N

U-13 BALL SIZE RECOMMENDATION



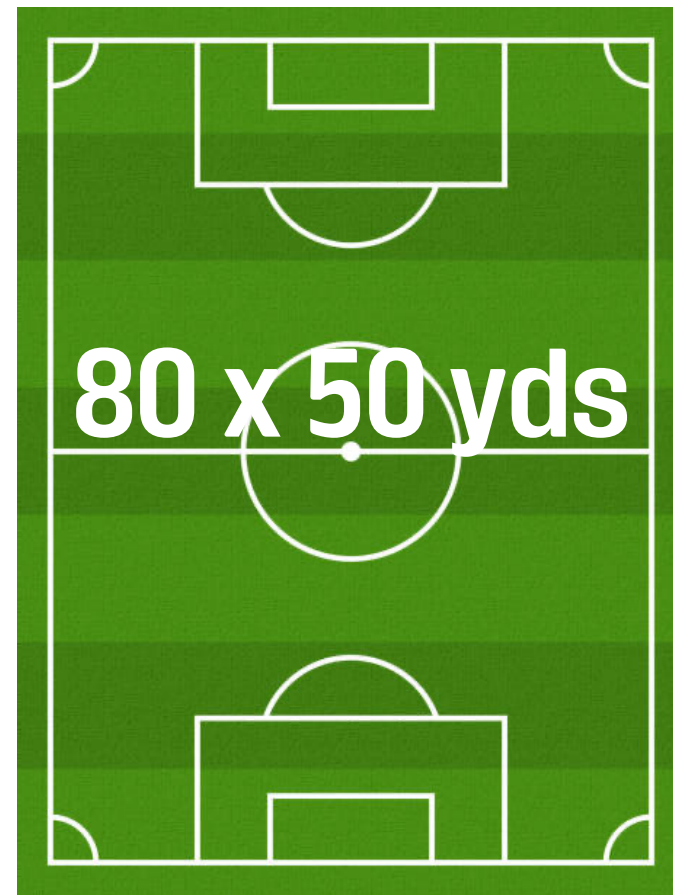
U13 BALL SIZE RECOMMENDATION

PROCESS

Transition: U12 to U13

U12

FIELD SIZE



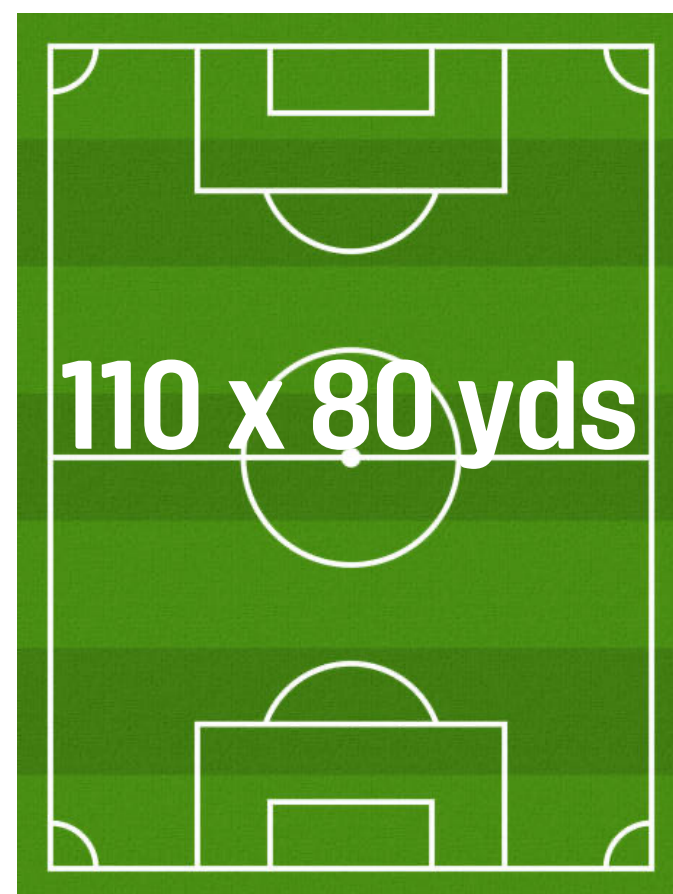
of PLAYERS



BALL SIZE



U13



Player-Centered Approach:

- Is this too much change for the players?
- What is best for the players health, safety, and development?
- How can we assist the players during this transition?

Process

1. Current Landscape
2. International Benchmarking
3. Medical discussions (USSF, NWSL, MLS)
4. Internal research & Literature review
5. Connecting with Members
6. Technical Board Presentation at 2023 AGM
7. Final Recommendations



RECOMMENDATION

Based on the players' needs, international benchmarking, discussions amongst internal/external medical professionals, the research reviewed, and feedback from our members, we (U.S. Soccer) recommend that at the U13 age group players use a **size 4 or lower PSI (lighter) size 5 soccer ball**, with size 4 being the preferred option.

- **Player Safety:** Consensus between Chief Medical Officers of U.S. Soccer, MLS and NWSL from a safety perspective to recommend utilizing a size 4 ball for the U13 age group with a lower PSI.
- **Research review:** Supports recommendations based on player safety with results suggesting reducing ball size and ball inflation pressure (PSI) to reduce head acceleration and ball-to-head impact, hence reducing linear and rotational head injury.
- **U.S. Soccer AGM 2023:** U13 ball size recommendations approved by the technical committee.
- **Benchmarking:** Alignment with FIFA Guidelines on age-specific ball specifications.

FIFA Youth Football Specification Recommendations (e.g., ball size and mass)



Recommendations Effective Fall 2023