

Player Development Initiatives



A resource for parents, coaches and referees supporting the growth and improvement of grassroots soccer

August 2016

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DEVELOPED BY US SOCCER YOUTH TECHNICAL GROUP

PLAYER INITIATIVES APPLY TO ALL US SOCCER YOUTH AFFILIATES

Current Landscape

The coaching and playing environment needs to be improved for 6-12 year olds

Too much emphasis placed on the result of the game

The priority should be to develop skills

There is a need to educate and empower parents and coaches

•For example, the U.S. Soccer F License is specifically designed for volunteer coaches working with players 8 and younger



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2

Structural Change

We can't keep doing the same thing and expect to get different results

Long-term development of players is the top priority

- Kids under the age of 12 don't win World Cups so we should not treat them like adults or professional players

Players need to be put in the best possible environment to succeed

There are no shortcuts

- Success requires a long-term approach and commitment



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3

Starting Point

First set of changes designed to grow and improve the game

Birth Year Registration

- Registering players according to a January 1 to December 31 timeframe

Small-Sided Games

- Development philosophy and playing standards for players 12 and younger



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4

FYSA IMPLEMENTATION 2016-2017

Birth Year Registration

Objectives

- The focus moves away from the team and onto the individual player
- Development and winning don't have to happen independently from one another
- Our misguided desire to win at all costs at the youth levels often comes at the expense of individual player development
- This change will cause many parents and coaches to rethink how teams will be formed moving forward and this should take place with each individual player in mind based on his or her developmental needs



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5

5

Birth Year Registration

Objectives

- The focus moves away from bigger, faster, stronger
- Changing to birth year registration doesn't eliminate relative age effect (RAE) because whenever there is a defined age range, someone will be the oldest and someone will be the youngest
- However, this change does help better understand and account for RAE
- Parents and coaches should have an increased awareness of a player's birth month relative to his or her peer group and level of performance
- This should help combat focusing on kids that appear to be better simply because they are up to 364 days older than a teammate or opponent



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6

5

Birth Year Registration

Objectives

Uniformity across the country and across membership

- In addition to the current landscape being in need of repair, it is also highly variable
- Having uniformity doesn't mean that all soccer will look the same in all places at all times
- It does mean that the soccer community can be better aligned with U.S. Soccer's player development objectives and we can collectively harness the advantage our nation's diversity and populations has to offer
- A uniform framework also allows U.S. Soccer, and the programs of our members, to provide consistent messaging and education for parents, players, coaches and referees



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7

Birth Year Registration

Objectives

Aligns with international standards for youth development

- This means aligning with the international standards used by the world's leading soccer nations so that kids in the United States are developing in an environment similar to those playing in Germany, France, Spain, etc.



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8

Age Group	6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	U19
Grade Level	K	K-1st	1st-2nd	2nd-3rd	3rd-4th	4th-5th	5th-6th	6th-7th	7th-8th	8th-9th	9th-10th	10th-11th	11th-12th	12th-C
15 Season	4/5	5/6	6/7	7/8	8/9	9/10	10/11	11/12	12/13	13/14	14/15	15/16	16/17	17/18
2016-2017		2010	2009		2007	2006		2004	2003		2001	2000		1998
2017-2018	2012		2010	2009		2007	2006		2004	2003		2001	2000	
2018-2019	2013	2012		2010	2009		2007	2006		2004	2003		2001	2000
2019-2020		2013	2012		2010	2009		2007	2006		2004	2003		2001
2020-2021	2015		2013	2012		2010	2009		2007	2006		2004	2003	
2021-2022	2016	2015		2013	2012		2010	2009		2007	2006		2004	2003
2022-2023		2016	2015		2013	2012		2010	2009		2007	2006		2004
2023-2024	2014		2016	2015		2013	2012		2010	2009		2007	2006	
2024-2025	2015	2016		2016	2015		2013	2012		2010	2009		2007	2006

Small-Sided Games

Objectives

Develop improved skills with the ball

- Improve confidence and comfort

Develop intelligence with and without the ball

- Promote faster decisions and better awareness

Develop partnerships within the team



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10

**IN-HOUSE PROGRAMS HAVE FLEXIBILITY IN PLAYING NUMBERS BUT
MAY NOT EXCEED THE MANDATED NUMBERS**

Small-Sided Games Chart

	U6 6 years old and younger	U7 7 years old and younger	U8 8 years old and younger	U9 9 years old and younger	U10 10 years old and younger	U11 11 years old and younger	U12 12 years old and younger
Field Size (yards)	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 55-65 Width 35-45	Length 55-65 Width 35-45	Length 70-80 Width 45-55	Length 70-80 Width 45-55
Maximum Goal Size (feet)	Height 4 Width 6	Height 4 Width 6	Height 4 Width 6	Height 6.5 Width 18.5	Height 6.5 Width 18.5	Height 7 Width 21	Height 7 Width 21
Ball Size	3	3	3	4	4	4	4
Players	4v4 No GK	4v4 No GK	4v4 No GK	7v7	7v7	9v9	9v9
Game Time (minutes)	4x10	4x10	4x10	2x25	2x25	2x30	2x30
Offside	No	No	No	Yes	Yes	Yes	Yes



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NOTE: FIELD SIZE CHANGE

GOALS CAN BE USED FROM EARLIER RECOMMENDATIONS

4v4 Standards



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U6-U8

4v4

Player Development Philosophy

Coaches should have the age appropriate license issued by U.S. Soccer

Formal games are not needed so playing with and against teammates at the end of each training session (1-2 per week) should be sufficient

Formal rosters and teams are not needed so having a flexible and fluid approach to training and playing is recommended

- While playing, everyone should participate a minimum of 50% of the time
- With 4 players on the field, having 6 players on each "team" when the "game" is played helps maximize participation and engagement



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CLUBS HAVE FLEXIBILITY IN TERMS OF TEAM ORGANIZATION AND GAME PLAY. AGE GROUP BASED TRAINING IS PREFERRED TO TEAM BASED TRAINING.

4v4

Player Development Philosophy

Here are some examples of having a flexible and fluid approach to training and playing

- Utilize "in-house" programs that have everyone train and play as a pool of players rather than as distinct teams
- This approach allows players to train and play with a variety of other kids based on numbers, ability, age, height, weight, etc.
- If using teams with a set roster of players, players can be mixed up during the game at the end of the training session to provide variety



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4v4

Player Development Philosophy

Results and standings should not be recorded

Travel should be limited as much as possible

✕ Players should not be participating in events (tournaments, showcases, festivals, etc.)

Remember that safety and fun are the top priorities so make adjustments as needed to ensure both are being promoted



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4v4

Concussion Initiative

Per U.S. Soccer's Concussion Initiative, if a player is suspected to have a head injury the referee* is instructed to stop play to allow for treatment/evaluation as needed

If the player leaves the field of play for additional evaluation, a substitution can be made in that moment

The player with the suspected head injury may not return to the game unless a Health Care Professional (HCP) or Certified Athletic Trainer (ATC) has cleared the player

Any coach or parent insisting on returning the player to the game without approved clearance will result in the referee* ending the game

*Since there is no referee in 4v4, this responsibility falls to the coaches and parents involved



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4v4

Concussion Initiative

Deliberate heading is not allowed in 4v4 games

If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense



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18

*

4v4

Standards of Play

Field

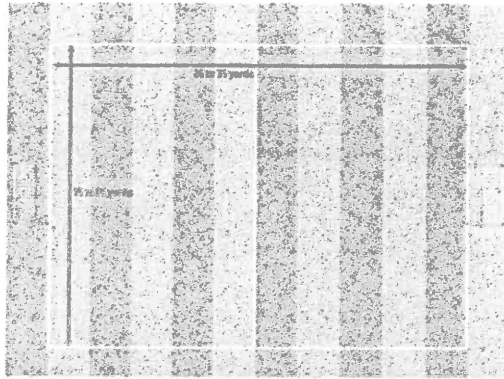
- 25-35 yards (length)
- 15-25 yards (width)
- Goals should be no larger than 4 feet (height) x 6 feet (width)
- Corner flags are not needed



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4v4



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5

* 4v4

Standards of Play

Games

- Size 3 ball
- 4v4
- Shin guards are required
- Substitutions are unlimited and can occur at any time
- 4 quarters
- No more than 10 minute quarters
- 5 minute breaks between quarters
- Playing times can be less than 10 minutes when managed by the coaches and parents



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21

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4v4

Standards of Play

Games

- Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play
- Kick-ins and/or dribble-ins are also acceptable
- Goal kicks and corner kicks should be taken in the general vicinity of the respective goal or corner
- If used, all free kicks are indirect
- Opponents should be 10 feet away from the ball on all restarts
- No penalty kicks
- No offside



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4v4

Standards of Play

Games

- Registered and certified referees are not needed at this level
- Since there is no referee, coaches are expected to manage the game environment from the touchline using these standards of play and their best judgement
- Together, coaches and parents are expected to create and promote a fun and safe environment for the players



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7v7 Standards



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9U-10U

7v7

Player Development Philosophy

Coaches should have the age appropriate license issued by U.S. Soccer

The training-to-game ratio should be 1-2 training sessions per game played

Rosters should include no more than 12 players

Players should participate in no more than 20 games per calendar year and in no more than one game per day

Every player should play a minimum of 50% of the time in each game



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25

GROUP PLAYER BASED TRAINING VERSUS TEAM TRAINING
USE OF FLUID ROSTERS
F LICENSE

7v7

Player Development Philosophy

Results and standings should not be recorded

Players should have a minimum of 2 rest days per week during the season along with planned breaks from organized soccer during the calendar year

Any travel should be limited to no more than an hour away

Events (tournaments, showcases, festivals, etc.) should provide a predetermined number of games with no advancement, placement games or champions



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26

**FESTIVAL BASED PLAY WITH SET NUMBER OF GAMES
GAME PLAY PER DAY SHOULD NOT EXCEED TIME OF ONE GAME
FLUID ROSTERING**

7v7

Concussion Initiative

Per U.S. Soccer's Concussion Initiative, if a player is suspected to have a head injury the referee is instructed to stop play to allow for treatment/evaluation as needed

If the player leaves the field of play for additional evaluation, a substitution can be made in that moment

The player with the suspected head injury may not return to the game unless a Health Care Professional (HCP) or Certified Athletic Trainer (ATC) has cleared the player

Any coach or parent insisting on returning the player to the game without approved clearance will result in the referee ending the game



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27



7v7

Concussion Initiative



Deliberate heading is not allowed in 7v7 games

If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense

If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred



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7v7

Build Out Line

The build out line promotes playing the ball out of the back in a less pressured setting

When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play



Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punting is not allowed)

After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal



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**FOCUS ON A POSSESSION STYLE PLAY
ENCOURAGE BETTER PLAYING HABITS WHICH WILL BENEFIT PLAYERS AS
THEY GET OLDER**

* 7v7

Build Out Line

If a goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense

If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred



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* 7v7

Build Out Line

* The build out line will also be used to denote where offside offenses can be called

Players cannot be penalized for an offside offense between the halfway line and the build out line

Players can be penalized for an offside offense between the build out line and goal line



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ALLOWS FOR MORE SPACE TO PLAY

7v7

Modified Laws of the Game

Law 1 – Field of Play

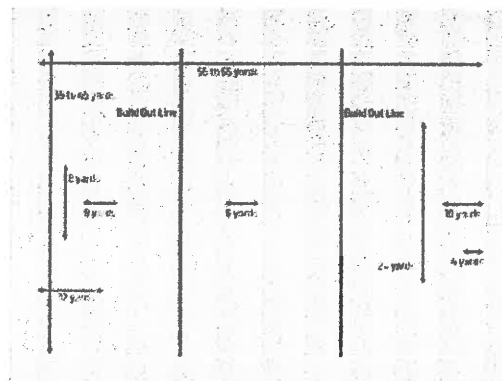
- 55-65 yards (length)
- 35-45 yards (width)
- Goals should be no larger than 6.5 feet (height) x 18.5 feet (width)
- A 6.5 feet (height) x 12 feet (width) goal is recommended based on the age and ability of the players
- Diagram contains recommended field markings and dimensions
- Build out lines should be equidistant between the penalty area line and halfway line



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7v7



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Play out line is always halfway from top of box to center line in each half of field.

7v7

Modified Laws of the Game

Law 2 – Ball

- Size 4

Law 3 – Players

- 7v7 (6 field players and 1 goalkeeper)
- Game may not start or continue if there are less than 5 players on a team
- Substitutions are unlimited and can occur at any stoppage



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7v7

Modified Laws of the Game

Law 5 – Referee

- Minimum certification as a U.S. Soccer Grade 9 Referee

Law 6 – Other Match Officials

- Used at the discretion of the competition



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✂ 7v7

Modified Laws of the Game

Law 7 – Duration of the Match

- 2 halves
- 25 minutes halves
- 10 minute halftime
- No added time



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36

✂ 7v7

Standard Laws of the Game

- | | |
|-----------------------------------|--------------------------------|
| Law 4 – Players' Equipment | Law 12 – Fouls and Misconduct* |
| Law 8 – Start and Restart of Play | Law 13 – Free Kicks |
| Law 9 – Ball In and Out of Play | Law 14 – Penalty Kicks |
| Law 10 – Method of Scoring | Law 15 – Throw-in |
| Law 11 – Offside | Law 17 – Corner kick |

*With the exception of deliberate heading and punting



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37

7v7

Standard Laws of the Game

Law 4 – Players' Equipment	Law 12 – Fouls and Misconduct*
Law 8 – Start and Restart of Play	Law 13 – Free Kicks
Law 9 – Ball In and Out of Play	Law 14 – Penalty Kicks
Law 10 – Method of Scoring	Law 15 – Throw-in
Law 11 – Offside	Law 17 – Corner kick

*With the exception of deliberate heading and punting



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9v9 Standards



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11U-12U

9v9

Player Development Philosophy

Coaches should have the age appropriate license issued by U.S. Soccer

The training-to-game ratio should be 2-3 training sessions per game played

Rosters should include no more than 16 players

Players should participate in no more than 30 games per calendar year and in no more than one game per day

Every player should play a minimum of 50% of the time in each game



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39

E LICENSE

9v9

Player Development Philosophy

Results and standings should not be recorded

Players should have a minimum of 2 rest days per week during the season along with planned breaks from organized soccer during the calendar year

Any travel should be limited to day trips with limited allowances for overnight stays

Events (ex: tournaments, showcases, festivals, etc.) should provide a predetermined number of games with no advancement, placement games or champions



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RECOMMENDATION OR MANDATE?

2017-2018

9v9

Concussion Initiative

Per U.S. Soccer's Concussion Initiative, if a player is suspected to have a head injury the referee is instructed to stop play to allow for treatment/evaluation as needed

If the player leaves the field of play for additional evaluation, a substitution can be made in that moment

The player with the suspected head injury may not return to the game unless a Health Care Professional (HCP) or Certified Athletic Trainer (ATC) has cleared the player

Any coach or parent insisting on returning the player to the game without approved clearance will result in the referee ending the game



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9v9

Concussion Initiative

* Deliberate heading is not allowed in U11 games *or U.S.A. 12 U. Games*

If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense

If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred

Heading is allowed in U12 games without limitations *see Above*



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*12 U. Games - No heading in U.S.A.
In some cases 12 players per team*

FYSA Heading Guidelines

- In conjunction with US Soccer and US Youth Soccer, Florida Youth Soccer Association will be instituting a heading ban for players age 10 and younger. In accordance with the recent U.S. Soccer recommendations on concussion risk management.
- FYSA has eliminated heading in matches for player's age 10-years-old and younger (2006-11u and younger), per the new calendar year registration guidelines. **2005-12U teams will participate in non-heading divisions until December 31, 2016 and then heading divisions shall be permitted Jan 1, 2017.**
- League, tournaments, and other FYSA sanctioned events that include 2006-11u and younger age group teams (2005-12U in 2016) heading will not be permitted.
- Leagues and tournaments shall allow for 2005-12u heading age divisions **after January 1, 2017.** Leagues and tournaments will be permitted to form 2005/2006-12u non-heading divisions. (see playing up guidelines)
- Teams that opt for 2005-2006-12u non-heading divisions shall only participate in non-heading divisions in league play, tournaments, and all events. Sanctions will be made against teams that do not follow this guideline.

9v9

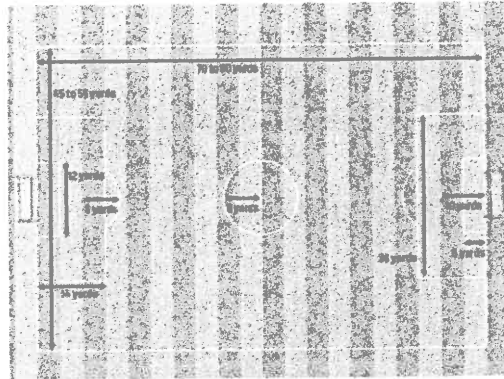
Modified Laws of the Game

Law 1 – Field of Play

- 70-80 yards (length)
- 45-55 yards (width)
- Goals should be no larger than 7 feet (height) x 21 feet (width)
- A 6.5 feet (height) x 18.5 feet (width) goal is recommended based on the age and ability of the players
- Diagram contains recommended field markings and dimensions



9v9



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9v9

Modified Laws of the Game

Law 2 – Ball

- Size 4

Law 3 – Number of Players

- 9v9 (8 field players and 1 goalkeeper)
- Game may not start or continue if there are less than 6 players on a team
- Substitutions are unlimited and can occur at any stoppage



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9v9

Modified Laws of the Game

Law 5 – Referee

- Minimum certification as a U.S. Soccer Grade 9 Referee

Law 6 – Other Match Officials

- Used at the discretion of the competition authority



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46

9v9

Modified Laws of the Game

Law 7 – Duration of the Match

- 2 halves
- 30 minutes halves
- 10 minute halftime
- No added time



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47

9v9

Standard Laws of the Game

Law 4 – Players' Equipment	Law 12 – Fouls and Misconduct*
Law 5 – The Referee	Law 13 – Free kicks
Law 8 – Start and Restart of Play	Law 14 – Penalty Kicks
Law 9 – Ball In and Out of Play	Law 15 – Throw-in
Law 10 – Method of Scoring	Law 16 – Goal kick
Law 11 – Offside	Law 17 – Corner kick

*With the exception of deliberate heading in U11 games



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***ALL 2005-12U WILL HAVE NON-HEADING DIVISIONS PRIOR TO DECEMBER 31, 2016**

2005-12U HEADING DIVISIONS WILL BE ALLOWED ON JANUARY 1, 2017

Playing Up Guidelines

- Playing Up Rule
-
- 211.3 Playing up (above a player's normal age group):
-
- It is FYSA's policy that all players compete at a level they are capable of both physically and developmentally. In order for a player to move up more than one birth year will require approval from the affiliate's director of coaching or agent of record and FYSA Director of Coaching.
- Failure to obtain proper permissions may result in the player being removed from the team's roster and sanctions against the team/club.

Playing Up Guidelines

- **Playing Up Logistics and Guidelines**
- The playing up submissions need to be submitted by Tuesday and will be reviewed on Wednesday each week.
- Submissions may be made either through GotSoccer for individual players. Spreadsheets should be used for multiple groups of players playing up to playingup@fysa.com. There is a form that needs to be filled out for teams and must be used.
- All 2005-12U Teams must submit the playing up form to playingup@fysa.com. Confirmation from league team is participating in with regards to heading or non heading status.
- Playing up requests should be made in regards to player development purposes. Factors to be considered are technical, physical, and psychological. All of these factors should be present for it to be developmentally appropriate.
- Playing up requests should not be made for logistic or club/family convenience.
- For special considerations, a club's Agent of Record, Registrar, or Director of Coaching can submit via the GotSoccer. The considerations will be considered only for players U15 and above.

Playing Up Chart

<u>Age grp</u>	<u>Cal year</u>	<u>restrict</u>	<u>play up max</u>	<u>approval</u>
5u	2012		turn 4	
6u	2011		2010	na
7u	2010		2009	na
8u	2009		2008	na
9u	2008		2007	na
10u	2007		2006	na
11u	2006	heading	turn 11	approve need
11u	2006	nonheading	2005	approve need
12u	2005	Aug-Dec	turn 11	approve need
12u	2005	Jan-July	2003	approve need
13u	2004	Sept-Dec	2003	na
13u	2004	Jan-Aug	2002	approve need
14u	2003	Sept-Dec	2002	na
14u	2003	Jan-Aug	2001	approve need
15u	2002	Sept-Dec	2000	approve need
15u	2002	Jan-Aug	1999	approve need
16u	2001		max	
17u	2000		max	
18u	1999		max	
19u	1998-97		max	