



**AYSA SUMMER REC LEAGUE  
2023**

**Birth Year Guidelines**

<b>AGE GROUP</b>	<b>BIRTH YEAR</b>
<b>U10</b> (U9-U10 players)	2013-2014
<b>U12</b> (U11-U12 players)	2011-2012
<b>U15</b> (U13-U15 players)	2008-2010
<b>U19</b> (U16-U19 players)	2004-2007

**Tentative Play Nights**

<b>AGE GROUPS</b>	<b>PLAYING NIGHTS</b>
U10	Monday/Wednesday
U12	Tuesday/Thursday
U15	Monday/Wednesday
U19	Tuesday/Thursday/Sunday