Soccer Ball Size by Age

Last checked: November 3, 2026

Chart page (the live, interactive version):
https://findsportsusa.com/guides/choosing-a-first-soccer-ball-size-by-age/

A starting point, check fit and your league rules. These are makers' and leagues' published guidance, not measurements of your child.

Soccer ball size by age

Nike

Size	Range	Details
Size 3, junior	Under 8	Circumference 23 to 24 in.
Size 4, youth	Ages 8 to 12	Circumference 25 to 26 in.
Size 5, adult	Ages 13 and up	Circumference 27 to 28 in.

Source: Nike: Soccer ball size chart. Checked November 3, 2026.

US Youth Soccer

Size	Range	Details
Size 3	8 and under (and 6 and under)	23 to 24 in., 11 to 12 oz.
Size 4	10, 11 and 12 and under	25 to 26 in., 11 to 13 oz.
Size 5	13 and under and older	27 to 28 in., 14 to 16 oz.

Source: US Youth Soccer: Policy on Players and Playing Rules (June 23, 2026), Rule 303. Checked November 3, 2026.

Sources

Nike: Soccer ball size chart
https://www.nike.com/size-fit/soccer-balls
Used for: Soccer ball size by age and circumference. Checked November 3, 2026.

US Youth Soccer: Policy on Players and Playing Rules (June 23, 2026), Rule 303
https://www.usyouthsoccer.org/wp-content/uploads/sites/160/2026/06/Policy-on-Players-and-Playing-Rules_APP-06.23.2026.pdf
Used for: Ball size, circumference and weight by age group. Checked November 3, 2026.

Rules and charts change, so check the source pages and your league before you buy.