



FVAA SOCCER GUIDELINES FOR PLAYING UP

1. Player should be dominant in his/her own age group.
2. Player should be mentally mature and able to relate to the older teammates.
3. Player should be athletically and physically mature enough for the higher age.
4. Player should be a regular starter and impact player on older team. If the player is going to be a role player or spend a lot of time on the bench, there is no point in him/her playing up and risk destroying his/her confidence.
5. The player should be the one that wants to play up, not just the parents.

U-6 to U-8

Playing up is not recommended since the players are all in the early stages of skill acquisition and socialization. Even the ones that are physically dominating should stay with their own age group. It is too early to build them up as future stars as no one can actually prognosticate this far ahead. Let them benefit from having many chances to build their confidence.

U-9 to U-14

Playing up is only recommended when using the previously mentioned guidelines. Both an assessment of the player's skills and the player's maturity need to be taken into account. One has to be careful here, since most players have not reach puberty yet. The player playing up might struggle once his teammates reach puberty, and might have to go back to his/her own age group. For this reason, playing up would only be allowed in increments of one year, with a review at the end of the year.

U-15 and older

Playing up is recommended for players that meet the previously mentioned guidelines. Most players at this age play with older players on high school teams. Without a doubt regional, ODP and national caliber players should be playing up, otherwise they will not get challenged and in turn fail to progress.

The director of soccer will make the final recommendation on who should be playing up, taking into consideration the long term development of the player, over parent's wishes, team coach wishes, and any other factors. The player's emotional, physical, athletic, and soccer maturity are all factors that need to be considered. This cannot be a decision made without considering social ramifications in addition to soccer ramifications.