



Addison United Soccer Club - “Playing Up” Policy

Addison United strongly encourages players to play only within their age group and discourages playing in the next higher age group. Higher-caliber players playing within their age group have the opportunity to provide leadership to their peers while benefiting from the constraints imposed on the game for players their age. For example, the maximum number of players allowed on the field during games differs across age groups, and the length of the games varies, too. Both are in recognition of the players’ maturation process, as well as the psychological effects of playing with and against players who are the same age.

Exceptions to this policy are at the sole discretion of the Coaching Directors. A player may be asked to attend the tryout/practice for the higher age group, ***if and only if*** there are roster shortages at that higher age level.

Players may not be offered a spot on a team in the next higher age group due to a variety of factors. As such, no explanation will be given if a player is not offered a spot on the team in the next higher age group and attended the tryout/practice for the upper age group. The player’s participation in the correct age group will not be affected.

[US Youth Soccer: Changes coming to youth soccer in 2016](#)