



## **Sacramento United Soccer Club Play Up Policy**

At Sacramento United, part of our commitment to holistic development is to ensure all of our players are continuously training at the best level for them to develop. Ideally and normally, this is in their own age group. However, there will be occasions where a player is advanced in a combination of technical, tactical, physical, and/or psychological areas and is better suited playing in an age group above. As a general rule, we only move players up if they are able to consistently start matches in the age group above.

Players must try out in their own age groups at the beginning of the season. Coaches of the appropriate teams/age groups will discuss potential players with each other and their respective Director(s). Final decisions will be made by the appropriate combination of Directors (Girls and Girls Youth Directors, Boys and Boys Youth Directors), along with the Technical Director.

In our younger age groups (U8-U14), these decisions may be made more than once a year due to younger players going through their growth spurts at different times, along with tendencies to have major swings in various development categories. In our older age groups (U15-U19) these decisions will be made on a more permanent basis. Exceptions to these cases include specific position/roster vacancies, and guest playing for teams based on need.