

PLAYING UP Rules & Recommendations

AGE	# of Years	RULE Players:	AUTHORITY
U6 and Below	0	Are NOT permitted to play on a travel soccer team.	NJYS Policy
U7	1	Can play up on a U8 team if the team consists of >50% U8 players, and if permitted by the club. U7 players cannot play on a U9 or higher team.	NJYS Policy
U8	1-2	Can play up on U9 or U10 team if also permitted by the club. U8 players cannot play up on a U11 or higher team.	NJYS Policy
U9	1	Can play up on U10 team if also permitted by the club. U9 players cannot play up on a U11 or higher team.	NJYS Policy
U10	1	Can play up on U11 team if team consists of >50% U11 players. U10 players cannot play up on a U12 or higher team.	NJYS Policy
U11- U14	1	Can play up one year, if also permitted by the club. U14 age appropriate players cannot play up on a U16 or higher team.	SJSL Recommendation
U15 and Above	1-4	All Division 1&2 players are permitted to play up, if also permitted by the club.	SJSL Policy