

**Cape Express Soccer Club**  
**Age Appropriate/Playing Up Policy**

**Updated: 4/15/18**

It is the Club's policy that all players will play Age Appropriate if there is a team in the player's true age group. It is in the best interest of the club and player that players play in their proper age group team. It is rare that a player's growth will be hindered by playing with their proper age group---or significantly helped by playing up.

Also, allowing players to play up may dilute the talent pool at each age group. While it may help a given team, this is often at a cost. It can also be detrimental to the overall morale of the participants in the program when players play up.

Having said that, on rare occasions, exceptions to the rule may occur in Age groups 12 and up when the professional training staff, with final approval from the club DOC, feels that it is appropriate for the exceptional player's development to play up an age group, would recommend a player to tryout for an age group one year above his true age team.

Playing Up Policy

Any player to be considered for an exception to the Age Appropriate Policy must meet the following criteria:

1. Parent/Guardian/Player must complete a "Playing Up" Application. The application is available on the Cape Express website, under Administration, and then under Policies. It can also be accessed by clicking [HERE](#).
2. If the player is granted permission to "Play Up", then the Parent/guardian must complete a waiver holding harmless the club, coaches/trainers, other club players, parents and other player's parents, the soccer leagues and staff, referees, all tournament/showcase personnel, and anyone else that the player may come into contact with while playing with the team they will be joining.

3. Consideration for age appropriate exceptions will begin at age 12 and will be capped at one year above the player's true age group for youth players and up to 3 years above for varsity academy players.
4. Teams with low roster numbers will not be permitted to send a player up if the coach/trainer and DOC feel it will jeopardize the stability of the sending team by doing so.
5. Players for consideration will be evaluated by the training staff with final approval by the DOC and must be ranked by the training staff as one of the top 3 players from the sending team and in the top half of the receiving team. These players must meet all the competitive criteria of the receiving team including technical, tactical, physical, emotional, social, and psychological demands of the new age group, and be contributing members of their new team.
6. No input from parents/guardians as to playing ability will be considered.

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Cape Express Soccer Club

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