



Player Move up Policy

Version 1.0

Last Modified Date: 9/14/2026

Effective Date: October 1, 2026

- No player shall be allowed to play up a level if the higher-level team has enough players to field a team plus a reasonable number of subs unless there is a clear developmental gap between the players assigned age group and their skill level. The LDC and coaches will make a recommendation to the board in the instance of a skill gap.
- Reasonable number of subs is to be determined by the coach and the LDC based on overall team composition of skill, endurance, and external commitments of players

	Girls			Boys		
Level	Field Players	Goalie	Total Players	Field Players	Goalie	Total Players
8U	4	N/A	4	5	N/A	5
10U	7	1	8	7	1	8
12U	11	1	12	10	1	11
14U	11	1	12	10	1	11

- If a team does not have enough registrants for a full team plus a reasonable amount of subs, to be considered for move up a player must be:
 - Within one birth year of the youngest allowed age of the higher age group per USA Lac.

Move Up - Within 1 year of Age											
Birth Year											
Birth Month		2021	2020	2019	2018	2017	2016	2015	2014	2013	2012
	January	6U	8U	8U	10U	10U	12U	12U	14U	14U	
	February	6U	8U	8U	10U	10U	12U	12U	14U	14U	
	March	6U	8U	8U	10U	10U	12U	12U	14U	14U	
	April	6U	8U	8U	10U	10U	12U	12U	14U	14U	
	May	6U	8U	8U	10U	10U	12U	12U	14U	14U	
	June	6U	8U	8U	10U	10U	12U	12U	14U	14U	
	July	6U	8U	8U	10U	10U	12U	12U	14U	14U	
	August	6U	8U	8U	10U	10U	12U	12U	14U	14U	14U
	September		6U	8U	8U	10U	10U	12U	12U	14U	14U
	October		6U	8U	8U	10U	10U	12U	12U	14U	14U
	November		6U	8U	8U	10U	10U	12U	12U	14U	14U
	December		6U	8U	8U	10U	10U	12U	12U	14U	14U

birthdates in black box eligible for move up

- OR Within one graduation year of the youngest graduation year of the higher age group

Move Up - Graduation years											
Birth Year											
Birth Month		2021	2020	2019	2018	2017	2016	2015	2014	2013	2012
	January	2039	2038	2037	2036	2035	2034	2033	2032	2031	14U
	February	2039	2038	2037	2036	2035	2034	2033	2032	2031	14U move up elig
	March	2039	2038	2037	2036	2035	2034	2033	2032	2031	
	April	2039	2038	2037	2036	2035	2034	2033	2032	2031	12U
	May	2039	2038	2037	2036	2035	2034	2033	2032	2031	12U move up elig
	June	2039	2038	2037	2036	2035	2034	2033	2032	2031	
	July	2039	2038	2037	2036	2035	2034	2033	2032	2031	10U
	August	2039	2038	2037	2036	2036	2035	2034	2033	2032	2031
	September		2039	2038	2037	2036	2035	2034	2033	2032	2031
	October		2039	2038	2037	2036	2035	2034	2033	2032	2031
	November		2039	2038	2037	2036	2035	2034	2033	2032	2031
	December		2039	2038	2037	2036	2035	2034	2033	2032	2031

14U
14U move up elig
12U
12U move up elig
10U
10U move up elig
8U
8U move up elig

Any rosters still not complete within the above parameters will be left to board discretion of inviting players to move up or board may choose not to field a team. The Program VP will partner with the LDC and present a recommendation to the board for vote prior to the start of the season.