

Minnesota Rush: Play-Up Policy & Procedures

At Minnesota Rush, our mission is to provide every player with a positive soccer experience and the opportunity to develop at the most appropriate level. While most players benefit from competing within their own age group, we recognize that select individuals may be better suited for the challenge of the next age level.

General Restriction: Minnesota Rush does not permit players to try out for age groups two years (or more) beyond their natural birth year.

U8 Players (Transitioning to U9)

It is common for U8 players to seek an early entry into competitive soccer. These players follow the standard competitive tryout track.

- **Registration:** Register the player specifically for **U9 tryouts**.
 - **Attendance:** Players must attend **both** scheduled tryout sessions.
 - **Placement:** Players are eligible for placement on **any** U9 team based on their final tryout scores.
-

U9–U12 Players

These years are the "Golden Age" of development where essential technical lessons are taught. We strongly encourage players to remain in their natural age group to ensure no developmental steps are missed.

- **Eligibility:** Players must be recommended or approved by the **Age Group Director** for the level they wish to try out for. No exceptions will be made.
 - **Registration:** Register the player for their **natural age group**. During registration, check the prompt indicating the player's intent to try out for the age group above.
 - **Performance Standard:** To be eligible to play up, a player must score in the **top 3** of their own age group and the **top 5** of the older age group.
 - **Tryout Schedule:**
 - **Day 1:** Players must attend sessions for their natural age group.
 - **Day 2:** Players attend their natural age group session. If Playmetrics email notification confirms they have met the "Play-Up" performance criteria, they will then attend the older age group session.
 - **Team Placement:** Players are eligible for any team in their natural age group, but may **only** be placed on the **top-tier team** of the older age group.
-

U13–U19 Players

As players enter the high school years, we understand the desire to play alongside school peers. However, **social or friendship requests will not be granted**. Play-up decisions are based strictly on soccer performance and meeting established criteria.

- **Eligibility:** Players may "opt-in" to try out for the age group above. Parents should review the performance standards below before opting in.
 - **Registration:** Register for the **natural age group** and indicate the intent to try out for the age group above when prompted.
 - **Performance Standard:** To be eligible to play up, a player must score in the **top 3** of their own age group and the **top 5** of the older age group.
 - **Tryout Schedule:**
 - **Day 1:** Players must attend sessions for their natural age group.
 - **Day 2:** Players attend their natural age group session. If performance criteria are met (confirmed via Playmetrics email), they will attend the older age group session.
 - **Team Placement:** Players are eligible for any team in their natural age group, but may **only** be placed on the **top-tier team** of the older age group.
-

Grade-Level Exception (Stranded players)

Players born between August 1 and August 31 who would otherwise be separated from their school-grade peer group may elect to try out with their current grade-level age group.

Summary of Play-Up Requirements

Category	Director Approval Required?	Top Team Only?	Performance Requirement
U8 to U9	No	No (Any Team)	Based on U9 Score
U9–U12	Yes	Yes (Top Team Only)	Top 3 (Own) / Top 5 (Above)
U13–U19	No (Opt-in)	Yes (Top Team Only)	Top 3 (Own) / Top 5 (Above)

Play Up Standards

During tryouts, our staff will assess players based on the criteria below. To be eligible to play in an older age group, a player must demonstrate excellence in every category.

Play-Up Criteria

Criteria Category	Description	Why It Matters
1. Technical/Tactical	The player is dominant at their correct age level, demonstrating mastery of core skills (dribbling, passing, receiving, shooting) and a superior understanding of tactical concepts, field awareness and decision-making for their age.	The older age group must offer a meaningful challenge to prevent stagnation and boredom.
2. Physical Readiness	The player has the requisite physical strength, speed and size to compete safely without being overwhelmed. This is especially crucial in contact situations and where the size of the field/goals changes.	Prevents injuries and ensures the player doesn't have to rely solely on technique (or lack thereof) to compensate for a physical disadvantage.

3. Psycho-Social/Maturity	The player exhibits the emotional maturity, confidence and resilience to handle the pressure of playing with older, potentially more mature, teammates and opponents. They must be able to handle a potentially reduced role on the older team.	Playing up can cause a player to lose confidence or feel socially isolated if they are not ready for the different social dynamic.
4. Commitment	The player has excellent attendance and displays a high level of commitment to the training and development required for the older age group's schedule.	Ensures the move is sustained and the player is dedicated to the increased demands of the older team.