

WOODBURY UNITED LACROSSE

Playing Up Policy

US Lacrosse Position Statement:

“Due to the increased potential for injury and lack of evidence supporting any benefit in the long-term development of a youth level player, US Lacrosse strongly discourages allowing children below 8th grade to “play-up”.

Making A Level Change Request:

A level change request can be made by a coach and/or director. A request is nothing more than an ask to have your player assessed to ensure that their skill level remains challenged should they continue to play in a group of their similarly aged peers.

Making a request to “play up” DOES NOT automatically guarantee that a player will be granted that request in the year the request is made or in a future year. The player would need to finish in the top 10 of that year’s perspective try-out to have the ability to play up an age level. NOTE: This is all dependent on the number of players at each level. WULAX will do their best to accommodate all players with team sizes.

U8: 10 – 12 Players per team
U10: 13 – 15 Players per team
U12: 16 – 22 Players per team
U14: 18 – 22 Players per team

Team Formation:

It is the policy of Woodbury United Lacrosse that players are not permitted to play on a team outside the child’s grade level as defined by US Lacrosse for a given season. Any exceptions to this policy would require coach/director/board consensus. – [See Level Change Request Policy.](#)

Post Team Formation:

It is the policy of Woodbury United Lacrosse that players are allowed to sub on another team within WULAX under the following circumstances:

- Approval from both team’s head coaches and player’s parents
- “A” level players are prohibited from subbing on a “B” team at the same level.
- No player can play down an age level.
- Players may sub for the “A” team at their respective age level if it does not conflict with their own game schedule.
- Playing up is conditional and limited to the game that the coach has requested them to fill in. It is not an invitation for said player to join that team for the rest of the season. The player shall remain on the team that they were placed on during player evaluations.