



## **Capital Basketball Association (CBA) Playing Outside of Designated Age Group Policy Last Amended: December 4th, 2025**

### **Playing Outside of Designated Age Group (Playing Up)**

In instances where parents feel that their child is above the skill level of their designated age group, or for other reasons, they may request for their child to play outside the designated age group. This request can be made if:

- The coaches of both teams involved feel it is in the best interest of the player.
- Playing up would not jeopardize the viability of the team at the designated age group.
- There is sufficient space available on the next-level-up team (i.e. playing up would not result in another player being cut or denied an opportunity to play).
- Where the request is based on skill level, generally the player is assessed to be a likely starter (top-5 player) on the next-level-up team.
- There is not a team available at age group of the player in question

The final decision to allow a player to play up, whether at the recreational or competitive level, rests with the Executive Committee in consultation with the coaches involved in the request.

### **Procedure**

1. The player registers and attends the first sort-out or try-out for their designated age group, assessed by the coach of the designated age group (Coach A) and, if possible, the coach of the next level up (Coach B).
2. If both coaches agree, Coach B invites the player to the next sort-out or try-out for the next level up. An Executive Committee member may also be invited.
3. Coaches may waive on-court evaluations if familiar with the player and the other players at each age level.
4. Based on recommendations from Coaches A and B, the request is sent to the Executive Committee for review.
5. If denied, parents may appeal in writing to the Executive Committee to provide additional supporting material to make their case. The Executive Committee will review any new facts and their decision will be final.