



New age requirements for Unified Team Sports. It is very important for teams to be of similar age and ability. Roster age range requirement applies to both athletes and partners in team sports including volleyball, soccer, flag football, basketball and softball.

Coaches are encouraged to establish their rosters based on similar age AND ability. Age appropriate teams are achieved when teammates are grouped by elementary, middle school, high school and adult ages whenever possible. Similar age requirements allow for parity in divisions at all levels of competition.

All teams competing in Local, Regional and/or State Level Competition must meet the following age criteria:

1. If any member of a team is over the age of 22 all other team member **must** be age 14 or older to participate. **Teams with players age 22 and over may NOT have a player younger than age 14.**
2. If any member of a team is between the ages of 8-13, the variance between the youngest and oldest member of the team **must** be no more than 5 years. (If the youngest is 10yrs. old, the oldest player cannot exceed 15yrs. old)