

Region 121 Coach Manual 2010 Spring Season

Simi Valley - REGION 10/E/121
Regional Website: www.aysoregion121.org
Area 10E Website: www.area10e.org
National Website: www.ayso.org

Important Dates

February 11	Coaches meeting	Boys and Girls Club
	Receive coach & team parent information	
February 12	Spring Season Practices Begin	Approved Practice Fields
February 12	Coaches notify parents of team information	
March 6	Game 1	Rancho Santa Susana
March 13	Game 2	Rancho Santa Susana
March 20	Game 3	Rancho Santa Susana
March 27	Game 4	Rancho Santa Susana
April 3	<u>No games – Holiday Weekend</u>	
April 10	Game 5	Rancho Santa Susana
April 10	Fall Season Sign Up Starts	Rancho Santa Susana
April 17	<u>No games – Junior Olympics</u>	
April 24	Game 6 – Final game	Rancho Santa Susana
April 24	Trophies presented to all teams	

There will be no make up games during the spring season.

Please check page 20 for referee and coach training clinics.

Check our website at www.aysoregion121.org for any communication or updates
Check Website Calendar for all-important information by clicking on the event of the day

INDEX

Important Dates	page 1
Welcome Coaches / AYSO Team	page 4
AYSO Vision Statement / AYSO Mission Statement / Getting Started	page 5
Practice Schedule and Practice Fields / Dress Code and Protective Equipment	page 6
Player Parent Notification	page 6
Medical Authorization Release Form In Case of Injury	page 7
Insurance Coverage / Injury Participation Release Form	page 7
Injuries, Physical Violence or Property Damage – AYSO Incident Report Form	page 7
Bleeding and Blood on Uniforms / Casts, Splints, and Leg Braces	page 7
Adult to child supervision / Unsupervised Player After Practice	page 8
Goal Safety / / Jewelry / Pets	page 8
Authorized Practice and Participation on Practice Fields	page 9
Tobacco and Alcohol / Communication and the Web – www.aysoregion121.org	page 9
Standings / Awards / Trash	page 9
Coach Pledge Agreement / Sportsmanship / Referees	page 10
Player Substitution / Field Set Up and Take Down	page 10
Sideline Information During Game for Coaches, Parents and Spectators	page 11
Dropping a Player After You Receive Your Team	page 11
Ejection or Removal of a Parent or Spectator / Prior to the Game / At the end of the game	page 12
Team Parent / Ask the Parents / Player Ejection	page 13
First Aid Station and First Aid Box	page 13
Noisemakers / Rain, Inclement Weather, Smoke or Unplayable - Unhealthy Conditions	page 13
Storm Conditions	page 13
Practice Fields Information / Volunteering / Volunteer Descriptions	page 14
Sign Up Volunteer Form	page 15
U14 Game Rules / U12 Game Rules	page 16
U10 Game Rules	page 17
U8 Game Rules	page 18
U6 Game Rules	page 19
Training Clinics	page 20
Foundation Field Map	page 21
Kids Zone Parent/Legal Guardian Agreement (must be signed by parent)	page 22
Care and Treatment of Injuries or Conditions	page 23
Pre-Season Checklist	page 24

INDEX Cont.

Pre-Game Checklist	page 25
Post-Game Checklist / Post-Season Checklist	page 26
Regional Board Contacts	page 27
Regional Board Contacts – cont.	page 28
Notes:	page 29

WELCOME COACHES!

Thank you so much for volunteering your time to coach! We hope you find this a rewarding experience that will provide a lifetime of memories for you and your family. This coach packet contains the information you need to help you throughout the season. Additional information may be found on our website at aysoregion121.org or by contacting your Division Director.

If you have any questions do not hesitate to contact your Division Director for assistance.

All coaches and assistant coaches must be eAYSO registered, certified in the division they are coaching and Safe Haven approved. Contact your division director for information in completing these requirements.

Our goal is to provide a recreational environment that is fun, healthy and competitive for all who wish to play. We believe this is the right of every player enrolled in our program. In addition, we wish to protect these players from those who choose to violate their rights, via mean spirited play, unsporting behavior and/or undue or malicious outside interference.

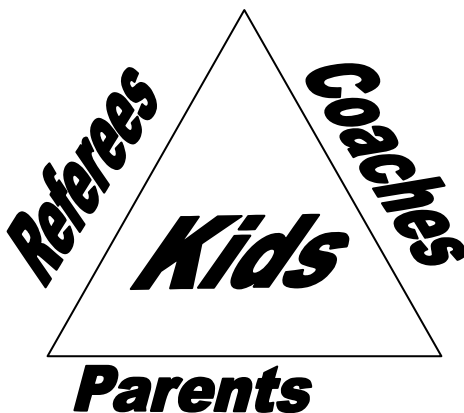
The six philosophies of the American Youth Soccer Organization are:

Everyone Plays - Balanced Teams - Open Registration - Positive Coaching
Good Sportsmanship - Player Development

Your AYSO Region121 Coaching Team

AYSO Team

Coaches, Parents, and Referees. We are all here to support the kids, not only in what we do for them directly, but in modeling sporting behavior as well.



AYSO Vision Statement

To provide world-class youth soccer programs that enriches children's lives

AYSO Mission Statement

The AYSO Mission Statement is to develop and deliver quality youth soccer programs, which promote a fun, family environment based on our philosophies:

Everyone Plays – Our Region’s goal is for kids to play soccer – so we mandate that every player on every team must play at least three quarters of every game.

Balanced Teams – Each year we form new teams as evenly balanced as possible – because it is fair and more fun when teams of equal ability play.

Open Registration – Our program is open to all children between 4 and 18 years of age who want to register and play soccer. Interest and enthusiasm are the only criteria for playing.

Positive Coaching – Encouragement of player effort provides for greater enjoyment by the players and ultimately leads to better-skilled and better-motivated players.

Good Sportsmanship – We strive to create a safe, fair, fun and positive environment based on mutual respect, rather than a win-at-all-costs attitude, and our program is designed to instill good sportsmanship in every facet of AYSO.

Player Development - The improvement of player skills by means of advanced education, training and certification of the volunteer staff of coaches, referees, and regional board members.

GETTING STARTED

Who to contact if you have questions

Contact your Division Director first. Depending on the situation, they will handle the communication to resolve any questions or situations. You can also check the website for information.

What to do next

1. *Call your players and parents and introduce yourself.*
2. *Schedule a parents meeting.*
3. *Pick a team parent to help you during the season.*
4. *Make (2) copies signed (wet signatures) of your white emergency medical registration forms. (*important)*
5. *Have your players help you in choosing the team name – see coach help sheet.*
6. *Choose and sign up volunteers.*

Practice Schedule and Practice Fields

Practice fields are very limited at this time of the year. You can practice on the RSSP fields #4 and #5 during the week. These are the same fields you will be playing your games on Saturdays. You can also practice at parks but no scrimmages between teams are allowed and if the surrounding neighbors lodge a complaint you will be prohibited from that park.

Practice for the U12, U14, U16, and U19 Divisions – 2 practices per week up to 1.5 hours each.

Practice for the U10 Division – 2 practices per week up to 1 hour.

Practice for the U8 Division – 1 practice per week up to 1 hour.

Practice for the U6 Divisions – there is no practice allowed except prior to Saturday's game, which is 1/2 hour of practice before the game.

There are no practices allowed at the public schools. Our permits expired on Jan. 31 and if you practice at any school you will be removed permanently as a coach.

Please learn to share with other AYSO soccer teams. Fields are at a minimum.

If you encounter a problem with an outside athletic team do not argue or create a conflict. Contact your division director and they will inform the commissioner.

Advise your parents to park legally and do not block the driveways of the surrounding residential homes. That means don't put any part of your vehicle in the driveway area.

Dress Code and Protective Equipment

Region 121 provides uniforms (jersey, shorts and socks). All team members will be uniformed in the same color and style of jersey, shorts and socks, except that a goalkeeper may have a different uniform shirt when in the goal. **Do not modify uniforms in any manner. No personal names or team names on jerseys or shorts.**

This is not a fashion statement of colors and styles. The only exception is the color of shoes. There is no restriction on the color.

Any player not in proper uniform will not be allowed to play until the problem is corrected.

Parents provide proper running/soccer shoes, shin guards, a ball, water and sunscreen.

Practice: Wear comfortable clothing (no uniforms) and **SHIN GUARDS**; bring a ball, water and sunscreen.

Games: AYSO uniforms, **SHIN GUARDS** next to the skin, socks on top of the shin guards, and shoes.

Player Parent Notification

Coaches please call the parents of your players the first week you receive your player roster. February 12 is the official date you can practice with your team. Parents become aware of coaches practicing and when the coach of their child does not notify them they become worried their child was not assigned a team. The notification will help ease their fears and keep the phone calls from coming into the region. Thank you very much for completing this task.

Medical Authorization Release Forms In Case of Injury

The white registration copy is given to the coaches, which contains the parent/guardian signature for permission to treat a player that is injured. The coach must have the signed copies with them at all times during practice and games. Make two extra copies and have parents sign the copies and then distribute a set to the assistant coach and team parent. If you forget your copies, practice and games will be suspended unless the parent is present.

Insurance Coverage

AYSO supplies a Secondary Soccer Accident Insurance Policy on all registered players and volunteers. For information on the policy please visit the national website <http://www.ayso.org/resources/insurance.aspx> for detailed information and downloadable forms and instructions to assist you in attaining coverage. For questions contact the Regional Safety Director.

Injury Participation Release Form

Returning player from an AYSO injury or injury from other sport participation where medical assistance was needed (doctor or hospital) there is a Mandatory Requirement to fill out a Participation Release Form before the player is allowed to return to play. This form needs only to be filled out by a parent or legal guardian. There is no need for a doctor release. A coach is not authorized to release a player unless the coach is the parent of the player. If a player is absent from playing do to major illness such as hepatitis, pneumonia, etc. you must fill out the same form to return to play. You can download a copy of the form at:

http://www.ayso.org/Libraries/Resources/participation_release_form.pdf

When you complete the form please deliver it to the Regional Safety Director

Injuries, Physical Violence or Property Damage – AYSO Incident Report Form

The Incident Report Form is used whenever there is a personal injury requiring the assistance of a medical doctor or hospital, damaged property, or threats of or actual physical violence surrounding an AYSO game, event or practice. The form should be prepared by the coach and submitted to the Regional Safety Director within 72 hours. The form can be downloaded at: http://www.ayso.org/resources/insurance/insurance_forms.aspx

Bleeding and Blood on Uniforms

Any player or official who is bleeding must leave the field immediately. No person can return until all the blood has been removed, disinfected and the bleeding stopped. Blood on uniforms must be disinfected with a neutralized disinfecting solution, (such as Hydrogen Peroxide), or the article of clothing must be removed from the person.

Casts, Splints, Leg Braces and Protective Headgear

Casts and splints of any type are not allowed. If the injury needs to have protection of a hard cast, soft cast or splint the player cannot play even with a doctors release form. No exceptions. Knee braces are not prohibited provided the brace is adequately covered and padded. Protective headgear is approved provided there are no metal parts in the gear.

Adult to child supervision

The adult ratio of 1:8 or less is one adult for every eight or fewer children and two adults (one of whom may be the coach and one of whom should be of the same gender as the group) present at all times.

Unsupervised Player After Practice

No child shall be left unsupervised after a game or practice.

Parents who are unreasonably late or consistently tardy may be reported to the Regional Child and Volunteer Protection Advocate for action. Walking home is discouraged and neither AYSO nor the coach can be responsible for the child's safety.

Coaches are prohibited from driving a player home or to the coach's residence.

Goal Safety

It is recommended with the use of movable goals that anchors be checked before each game by coaches, referees and/or parents to make sure they are properly secured. Do not let children play on or around these goals as they might loosen the anchors, which could cause them to fall over.

Jewelry

No jewelry of any kind is allowed on players during any match. This includes, but is not limited to, earrings, necklaces, bracelets, rings, friendship bracelets, sting, or other ornaments used in decoration or piercing.

Advise parents to pierce their child's ears at least a month or two prior to the beginning of any season. Putting band-aids or any other type of tape over freshly pierced ears is not allowed. **NO EXCEPTIONS.**

Medical bracelets may be worn but must be covered with tape or a non-moving band.

No hair ornaments of any kind including pony tail bands with metal. A rubber band type item to place the hair in a ponytail is acceptable.

No hats or bandannas will be allowed.

Pets

NO PETS OF ANY KIND OR SIZE

Matches will be suspended and/or cancelled if this condition is violated. The coach is responsible for any parent or spectator who arrives with any type of animal and must have them leave the area where any player can come into contact with the animal.

Service animals under the Americans with Disabilities Act and are individually trained to perform tasks for people with disabilities are exempt from this rule.

Authorized Practice and Participation on Practice Fields

A certified coach and/or a certified assistant coach are the **only persons** authorized to conduct practices during the week and at games on Saturdays. No **parent, legal guardian or spectator** is authorized to coach their child or any other child during practice or games.

Registered players are the **only** individuals allowed to participate during team practices. No siblings or friends are allowed to practice with the team.

Certified coaches and/or certified assistant coaches are allowed to conduct, train and demonstrate soccer drills during practice.

No adult or unregistered AYSO player is allowed to participate with the players during a practice or scrimmage of any type.

Tobacco and Alcohol

In accordance with the American Youth Soccer Organization National Rules and Regulations the use of tobacco or alcohol, in any form, is prohibited on or around the soccer fields. If any individual near the soccer fields smells smoke you are in the wrong area. Again, matches may be suspended and/or abandoned if these conditions are violated.

Communication and the Web – www.aysoregion121.org

The region website contains all the information you would need to know. To communicate with division directors and/or board members please use the email addresses listed on the website. In the same manner please be respectful and find out how your division director would like to be contacted and use the recommended tool. Remember our Webmaster is a non-paid volunteer and will make every attempt possible to keep the website updated.

Standings

There are no scores or standings kept during our spring season.

Awards

Every player participating in the spring season will receive a trophy.

Trash

Trash pick-up is the responsibility of the coaches, players, parents and spectators. Please pickup all the trash and put it in the trash receptacles. If the trashcans are full please find another one and don't try to build a mountain to the sky.

General Information for Coaches

Coach Pledge Agreement

As a volunteer and filling out your registration form you accepted and agreed to abide by the AYSO Bylaws, rules, regulations, policies and philosophies, and all decisions and directions of the Regional Board of Directors, area and section staff, and the National Board of Directors, and understood that you may be removed as an AYSO volunteer at any time with or without cause. (Printed on the back of your registration form)

Sportsmanship

Players must not taunt, tease or use profanity to other players.

When a player is injured, all players should stop playing but continue to move to prevent their muscles from tightening up.

At the end of the game all players high five and thank the referees.

Don't brag about winning, be proud and be supportive of the opposing team members.

Always continue to support your team when you have a loss.

Referees

Always support the referee staff.

Protests of Referee calls and results of games thereon will not be entertained. Decisions of the Referee on the field are final and will not be overturned.

Your action toward the referees is an example to your players and parents.

Youth referee volunteers are protected under a zero tolerance policy and anyone at the game will be ejected for any type of negative verbal comments. Advise your parents and spectators of this policy.

Player Substitution

During substitution coaches must have their players ready to enter the field at the halfway line and know which players are coming off. Due to game schedules and the fact that time will not be stopped for substitutions, unorganized sideline habits will be subject to caution.

Field Set Up and Take Down

This is a very important subject. Please inform your parents over and over.

The first match of the day, at all fields, require the parents to set up half the field for each team. This includes the goal and net, 2 corner flags and marking the fields (includes lines, circles, arcs and penalty marks). The parents must make sure they secure the goals properly with two stakes on the front and rear portion of the bottom legs and three stakes evenly placed on the back of the nets that touch the ground.

The second most important item is at the last match of the day; the parents must take the goal and net down. **DO NOT TAKE THE NET OFF THE CENTER TOP PORTION OF THE GOAL.** Slide the net to the center portion before taking any of the goals apart. Place the goal parts, net (still on the center top portion), all stakes, hammer and the forgettable corner flags (2) in the goal bag.

Sideline Information During Game for Coaches, Parents and Spectators

A maximum of one coach and one assistant coach is allowed per team.

Coaches are responsible to instruct players, parents and spectators of the rules, regulations and philosophies of the American Youth Soccer Organization.

NO PARENT OR SPECTATOR IS ALLOWED TO COACH THEIR CHILD OR OTHER PLAYERS AND SHALL BE EJECTED AT THE DISCRETION OF THE REFEREE STAFF AND/OR THE REGIONAL BOARD STAFF.

The coaching area shall extend ten (10) yards on either side of the centerline.

All coaches, parents, and spectators must stay on their own team's side of the field.

Parents and spectators must be at least 4 feet from the touchline and no closer than 18 yards to the goal line or corner.

No one is allowed behind the goal area from corner flag to corner flag for any reason including photography. Photographers that are sanctioned by the Region 121 Commissioner are exempt.

Coaches, parents and spectators shall not enter the field of play unless and until requested by the Referee, even for a player who is "down" and apparently injured.

Dropping a Player After You Receive Your Team

Please note that a player is considered to be a "drop" only after a parent has confirmed with their respective coach and submitted the request in writing along with their phone number to the Registrar (by email msmargrat@yahoo.com or phone 368-5474) that they wish to withdraw their child from the AYSO season.

When the coach/parent confirms the withdrawal, the player's coach must immediately complete the following:

1. Take the player's white registration form and write the word **DROP** diagonally along the form. Contact the Registrar to make arrangements to get a replacement, if available, and to drop off the white registration form.
2. Once the Registrar receives the white registration form the refund process will start and a check will be sent to the player's parent(s) within 4-6 weeks at the address listed on the registration form. Full refunds are issued until the start of the season, March 6, 2010, after that, the Regional Commissioner must approve partial refunds.
3. Replacement players will come from our waiting list and when the waiting list has no players left, there will be no replacements. We know when a coach loses a player a replacement is needed as soon as possible. We will make every attempt to assign a replacement as quickly as we can, however, we cannot take shortcuts to bypass the procedure as it may adversely affect our ability to account properly to AYSO National.
4. The Registrar will review the waiting list to find a replacement player with a similar rating to the dropped player. When a replacement player is identified, the registrar will notify the coach and will make arrangements to get the white registration form to him/her.

If you have any questions, please contact Registrar: Mary Morrissey at msmargrat@yahoo.com / phone 368-5474.

Ejection or Removal of a Parent or Spectator

For disputes arising out of game conduct when a parent or spectator is ejected from the field during a game by the referee, field monitor or a designated board member it should first be addressed and resolved by the Regional Referee Administrator and/or then by the Regional Commissioner.

The coach shall be responsible for attaining the information of the person ejected or removed and submit the information to the Regional Referee Administrator and/or the Regional Commissioner so a report can be generated on the situation.

The Regional Commissioner will present the written report along with the recommendation to the person ejected or removed from the field at which time that person will be given a reasonable opportunity to explain why such action should not be taken.

These procedures apply in the same manner when a coach or assistant coach is ejected or removed from the game.

Prior to the Game

At least 10 minutes prior to each game, the Coach of each team must make available to the referee(s) for that game a completed "Game Card," showing the names (Last, First) of the team's complete set of AYSO-registered players in numerical order of jersey/shirt number. The top and bottom portions of the front of the Game Card must also be filled out to show correct team and coach identification, division, date, kickoff time, field and other required information.

Any player(s) known to be absent for that game shall have the area to the right side of the name lined through and the word ABSENT or INJURED written as appropriate.

The captain(s) of the team shall be marked by a "C" to the left of the shirt number.

Player(s) not starting the game on the field (i.e. potential substitutes) shall be indicated by an "X" (or "O") in the first of the four columns used to indicate playing time.

The player starting the game as goalkeeper on the field shall be indicated by a "G" (or "GK") in the first of the four columns used to indicate playing time.

The Center Referee (CR) is responsible for the Game Cards once received from the Coach.

The CR shall verify the information provided for completeness and accuracy, and shall require the Coach to make any necessary completions or corrections. When the CR is satisfied with a Game Card, he or she may delegate responsibility for a game card to the appropriate Assistance Referee (AR) for the duration of the game.

At the end of the game

The CR will ensure that each AR's name (first initial, last name) is legibly written on the reverse of the game card, with a signature, and shall add his/her similar information and signature.

The CR will ensure all information on the card is complete and accurate, and consistent with the other game card and AYSO requirements.

The CR will confer with both ARs and assign Sportsmanship ratings for each of the three categories (Players, Coaches and Spectators). These comments will be reviewed and may reflect the standings of Regional Playoffs.

Any spectator who is removed from a game is suspended from at least the next game. It is the coaches' responsibility to inform that spectator of the suspension.

Important Forgotten Information

Team Parent

It is highly suggested you select one of your parents to fill this position. The team parent can take a lot of work off the coach in communicating with other parents on schedule changes, reminders, and snacks for the players and season end party. **Team parents must be registered as volunteers.**

Ask the Parents

Ask parents about your players and any special needs or medical conditions such as Medications, Asthma, ADD, Fears, etc.

Player Ejection

When a player, under the age of 18, is ejected from a game, the player must leave the surrounding area with a parent or legal guardian. If there is no parent or legal guardian the player must stay close to the playing field with adult supervision.

First Aid Station and Emergency First Aid Box

The first aid station is located at the field tent on each playing field. There is an extensive first aid box available for all injuries and a first aid book to help with information on care and treatment, insurance information, hospital location, incident report forms and medical release forms.

Noisemakers

Artificial noisemakers such as cow bells, horns, air horns, and megaphones are not allowed.

Rain, Inclement Weather, Fire, Smoke or Unplayable/Unhealthy Conditions

In the event of any of these mentioned items occurring before, during or after AYSO scheduled game events, the Recreation and Park District and/or the AYSO Region 121 Organization reserves the right to cancel any or all sanctioned games or event. In the case of cancelled games, Region 121 will make every attempt to re-schedule the games but there is no guarantee or refund for the lost games due to acts of nature.

If any of these events occur within the time period mentioned above, it is the responsibility of the coach, team parent and/or parents to call the AYSO hotline at 805.527.5811. A message will be placed on the recorder by 6am the day of the event/game.

Storm Conditions

Storm conditions with lightning – stop play immediately, calmly leave the fields.

PRACTICE FIELD INFORMATION

Rancho Santa Susanna Community Park - RSSP Fields # 4 and # 5 Only

5005 E. Los Angeles Ave., Simi Valley, CA 93063

Allotted times: Monday thru Friday till dusk

Volunteering

AYSO is a volunteer organization and everyone is expected to help out in some way. On page 15 you will find a parent volunteer form. This form needs to be completed and a copy of it submitted to your division director prior to the release of your team's uniforms.

AYSO Region 121 Volunteer Descriptions

The AYSO soccer program requires voluntary participation of each family. There are various jobs listed below requiring different time demands. If each family takes one job, the program will be off to great start!

Except for coaches, referees and board members, most of these jobs require only few hours of involvement during the whole season. Additional spaces are placed on the form to allow the coach to fill the volunteer needs of his or her team. Note that everyone participates in sideline clean up as well at practices.

Referee(s) - Each team must supply at least one referee for the season. Referees in the lower divisions U6 & U8 officiate their own team's game when they are the home team. Referees in the upper divisions U10, U12, U14 sign up to officiate one game per weekend. Referees in the upper division do not officiate their own team.

Field Monitor – There are directions at the field tent but what you will be doing is monitoring the fields for coaches and/or parents that are not exhibiting the proper AYSO philosophies while on the sidelines. Also to make sure there are no animals on or near the fields.

Field Set Up/Take Down - If your team is the first or last of the day, you are responsible for setting up or taking down the nets and corner flags and goals.

Team Parent Coordinator - Responsible for keeping the rest of the team informed, usually via telephone and email. Organizes the contact list and snack list.

Team Party Coordinator - Plans the end of season gathering (optional)

Sign Up Volunteer Form

Coach Name _____ **Div U** _____ **B/G**

Phone Number _____

Asst. Coach _____

Phone Number _____

Referee _____

Pre-Season Field _____

Net set-up/take down* _____

Team Parent Coordinator _____

Team Party Coordinator _____

Field Monitor Coordinator _____

Other: _____

Other: _____

(coach may add additional positions)

*first or last game of the day only

EVERYONE NEEDS TO VOLUNTEER TO MAKE THE PROGRAM WORK

U-14 Rules

In this age group, we will not keep standings for the spring season. Good Sportsmanship and Positive Coaching is expected at all times.

1. The game is played with 11 players on the field including a goalkeeper.
2. Game length is two 35-minute halves. Substitutions will be at approximately 1/2 way through each half and the clock will continue to run. So please make your substitutions quickly. Players leaving the field should come to the touchline at the halfway point.
3. Coaching will be done only from the Coaching boxes on the sidelines. The Coaches boxes will be marked as extending 10 yards either side of the halfway line and at least 1 yard back from the touchline.
4. It is AYSO Region 121 policy for players to play $\frac{3}{4}$ of each game. Due to some team sizes this will not be possible in every game. Players playing only $\frac{1}{2}$ the game must be rotated from week to week with the same player not playing $\frac{1}{2}$ the game until all other players present have also played only $\frac{1}{2}$ the game previously during the season. If the coach deems it is necessary to play a player only half a game due to extenuating circumstances, prior approval by the Division Director, Coach Administrator and Regional Commissioner is required.
5. The referee or board member must approve a child who does not want to play the third quarter of his/her three quarters after discussion with the child and parents.

U12 Rules

In this age group, we will not keep standings for the spring season. Good Sportsmanship and Positive Coaching is expected at all times.

1. **A player may not play more than 2 quarters of any game as a goalkeeper.** If a player is in goal for 2 quarters in the same game they **MUST** play one quarter as a field player.
2. The games will be played with a total of 9 players on the field including a goalkeeper.
3. Game length is two 30-minute halves. Substitutions will be at approximately $\frac{1}{2}$ way through each half (quarter) and the clock will continue to run. Please make your substitutions/quarter break no longer than a few seconds.
4. Coaching will be done only from the Coaching boxes on the sidelines. The Coach's boxes will be marked as extending 10 yards either side of the halfway line and at least 1 yard back from the touchline.
5. All players will play a minimum of $\frac{3}{4}$ of each game. We recommend coaches rotate players throughout the season. If the coach deems it is necessary to play a player only half a game due to extenuating circumstances, prior approval by the Division Director, Coach Administrator and Regional Commissioner is required.
6. The referee or board member must approve a child who does not want to play the third quarter of his/her three quarters after discussion with the child and parents.

U-10 Rules

In this age group, we will not keep standings for the spring season. Good Sportsmanship and Positive Coaching is expected at all times.

1. Main emphasis is to teach the player's soccer skills and sportsmanship.
2. The games will be played with a total of 7 players on the field including a goalkeeper.
3. Game length is two 25-minute halves. Substitutions will be at approximately 1/2 way through each half (quarter) and the clock will continue to run. Please make your substitutions/quarter break no longer than a few seconds.
4. Coaching will be done only from the Coaching boxes on the sidelines. The Coaches boxes will be marked as extending 10 yards either side of the halfway line and at least 1 yard back from the touchline.
5. It is AYSO Region 121 policy for players to play $\frac{3}{4}$ of each game. Due to some team sizes this will not be possible in every game. Players playing only $\frac{1}{2}$ the game must be rotated from week to week with the same player not playing $\frac{1}{2}$ the game until all other players present have also played only $\frac{1}{2}$ the game previously during the season.
6. **A player may not play more than 2 quarters of any game as a goalkeeper.** If a player is in goal for 2 quarters in the same game they **MUST** play one quarter as a field player.
7. The referee or a board member must approve a child who does not want to play the third quarter of his/her three quarters after discussion with the child and parents.

U-8 Rules

1. Games will be played as two Twenty Minute halves. Approximately halfway through each half (quarter) the referee will stop play to allow substitutions. It is AYSO Region 121 policy for players to play $\frac{3}{4}$ of each game. Due to team size this will not be possible in every game. **Players playing only $\frac{1}{2}$ the game must be rotated from week to week with the same player not playing $\frac{1}{2}$ the game until all other players present have also played only $\frac{1}{2}$ the game previously during the season.**
2. Games shall be played with no coaches on the field or behind the goal. Coaching will be done only from the Coaching boxes on the sidelines. The Coach's boxes will be marked as extending 10 yards either side of the halfway line and at least 1 yard back from the touchline.
3. When a team is short-handed, the other team is encouraged to "loan players" in order to maximize everyone's playing time.
4. Offside will not be called unless in the judgment of the referee the offside was a deliberate attempt to take advantage (commonly called "cherry picking" or "goal hanging").
5. Interference by the field coaches will not be tolerated. Penalty for coach interference will be at the discretion of the referee. The referee's decision is final.
6. The referee or a board member must approve a child who does not want to play the third quarter of his/her three quarters after discussion with the child and parents.
7. **Each team must supply two volunteers to attend the Referee clinic (please visit www.aysoregion121.org for Referee clinic information).** Coaches are encouraged not to be one of these volunteers, but are strongly encouraged to attend to learn more about the Laws of the Game.
8. Each team will provide a **Parent Referee** (one of the ones from #7 above) for $\frac{1}{2}$ of the game, with the **Home team responsible for the 1st half** and the **Visiting team responsible for the 2nd half**.
9. U-8 Specific rules include:
 - There will be 5 players from each team on the field.
 - Goalkeepers will be used in all games. Keepers must be rotated every quarter. (different players each quarter)
 - No goal may be scored directly from a kick-off
 - All free kicks will be "**indirect**"
 - **No penalty kicks will be awarded.**
 - If a foul occurs in penalty area and the free kick is awarded to the defenders (the attacking team committed the foul), the indirect free kick will be taken from where the foul occurred.
 - If a foul occurs in penalty area and the free kick is awarded to the attackers (the defending team committed the foul), the indirect free kick will be taken from outside of the penalty area.

U-6 Rules

1. In order to get as many children as possible playing soccer this year, we have been granted permission to have six children on U6 teams. You will still be playing 3 v 3, however, the games will be six periods instead of 5. That means 6-5min periods and one 5 min half time. This extends game time to 35 min, so practice time will be the first 25 minutes of the hour. If you're team does not receive a sixth player, you'll just rotate half the children through an extra time, alternating games. The games shall be played as follows:
 - There will be 3 players from each team on the field.
 - No goalkeepers will be used
 - No goal may be scored directly from a kick-off
 - All free kicks will be “indirect”
 - No goal tending
 - Throw-ins not properly executed will not be retaken. Play will continue.
(This is so game time will not be taken up but continually redoing throw-ins)
 - **No penalty kicks will be awarded.**
 - If a foul occurs, opponents must be at least 3 yards from the ball for the free kick.
 - **No corner kicks. All balls over end line result in a goal kick.**
2. The games shall be played with no coaches on the field or behind the goal. Coaching will be done only from the coaching boxes on the sidelines. The Coaches boxes will be marked as extending 10 yards either side of the halfway line and at least 1 yard back from the touchline.
3. All games will be played at equal advantage with a minimum of 3 players per team. When a team is short-handed, the other team is encouraged to “loan players” in order to maximize everyone’s playing time.
4. Each team must supply two volunteers to attend a Referee Clinic (please visit the web-site for more information on the referee clinics). Coaches are encouraged not to be on one of these volunteers, but are strongly encouraged to attend to learn more about the Laws of the Game.
5. Parent Referees will be used for all U-6 games. Each team will provide a Parent Referee for ½ of the game, with the Home team responsible for the 1st half and the Visiting team responsible for the 2nd half.
6. Practice must take place before each game. It is **not** acceptable or allowed to forego practicing before the game
7. **No practice is allowed other than before each game.**
8. **All spectators will sit on the same side of the field.**

Training Clinics

Local Regional Referee Clinics:

We welcome any coaches, parents or players (age 12 and above) who would care to join the class.

Becoming a referee provides an excellent opportunity to better learn the laws of the game, and gain an increased appreciation of the role of the referee. Upon successful completion of the class attendee's will received a basic referee uniform. All class materials will be provided, and there is no fee.

Regional (Basic) Referee Clinic (Minimum age of 12)

When: Friday, February 19th from 6pm to 10pm and Saturday, February 20th, from 8am to 3pm

Where: Rancho Santa Susana Community Center – 5005 Los Angeles Ave., Simi Valley CA

Description: Region 121 Basic Referee Clinic – Both days required

Regional U6 – U8 Referee Clinics (Minimum age 10)

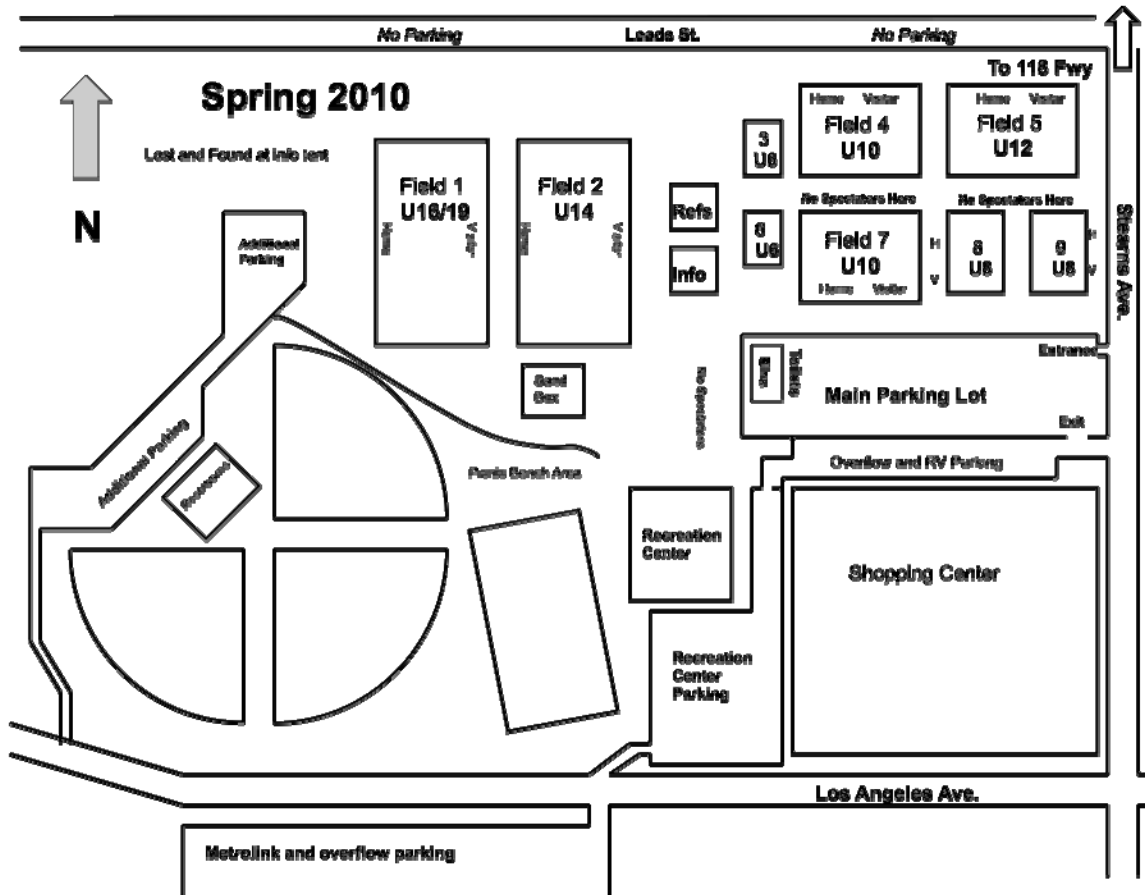
When: Saturday, February 27th from 8am to 12pm

Where: Rancho Santa Susana Community Center – 5005 Los Angeles Ave., Simi Valley CA

Description: Region 121 U6/U8 Referee Clinic – one day only Required

For further information please visit our website (www.aysoregion121.org) or Contact Matt Matter at matt_matter@farmersinsurance.com

FIELD MAP



2010 Kids Zone Parent/Legal Guardian Agreement
American Youth Soccer Organization Six Philosophies
Everyone Plays - Open Registration - Balanced Teams
Positive Coaching - Good Sportsmanship - Player Development

Please read, sign, and return to the coach prior to the first game.

1. I agree to be on time or early when dropping off my child for a practice or game. I understand the importance of picking up my child on time for all games and practices. Continued lateness will be reported to the Region Child and Volunteer Protection Advocate.
2. I understand the top three reasons kids play sports are to have fun, make new friends and learn new skills. The game is for the kids, and I will encourage my child to have fun and keep sport in its proper perspective and show a positive and supportive example.
3. I will redefine a Winner is someone who makes maximum effort, continues to learn and improve, and does not let mistakes, or fear of making mistakes, stop them. I understand mistakes are an inevitable part of any game and people learn from their mistakes. I understand all children are born with different abilities and the true measure is not how my child compares to others but how he/she is doing in comparison to his/her best self.
4. I understand the importance of setting a good example of sportsmanship to my child. No matter what others may do, I will show respect for all involved in the game including coaches, players, opponents, opposing fans, and referees. I understand that officials, coaches, and players make mistakes. If the referee makes a “questionable” call, I will continue to respect the individual and be silent!
5. I understand that games can be exciting times for my child who is trying to deal with the fast-paced action of the game, respond to opponents, referees, teammates and listen to coaches. I will not add confusion by yelling out instructions. During the game, I will limit my comments to encouraging my child and other players for both teams.
6. I will not make negative comments or use any type of profanity about the game, coaches, referees or teammates in my child's presence. I understand that this plants a seed, which can negatively influence my child's motivation and overall experience.
7. I agree to leave the coaching to the coach and only cheer on my child and other players. I agree to not smoke, bring any alcohol or pets to the field. I agree to stay within the spectator area explained in the AYSO Rules and Regulations and never stand or sit between the corner flags behind the goal area.
8. In signing this agreement, I agree to be the responsible party to inform these rules to my spouse, partner, relatives, friends and spectators I allow to come and participate at my child’s game.

I agree to honor the AYSO Parent Pledge in my words and actions.

Parent Signature

Print Child's Name

Date

Care and Treatment of Injuries or Conditions

Each coach is required to have a first aid kit at all practices and games. Most injuries are minor, such as cuts and scrapes. Make sure you keep a good supply of ice or a cold pack, band aids, and elastic bandages. If it is more serious, call for professional medical assistance immediately and administer only first aid as necessary. Make sure you have a copy of the white medical release with a wet signature (not a photo copy) at ALL TIMES.

Sprain (ankle, knee, wrist, elbow): Pressure wrap, ice for 20 minutes per hour during first 48 hours. Elevate when possible. (RICE: Rest, Ice, Compression, Elevation)

Muscle strain (pull): Same as for sprain

Contusion: Same as for sprain

Cramp: Apply light pressure with hand. Stretch muscle with steady pressure. Assure player is well hydrated.

Nose Bleed: Direct pressure (pinch nostrils for about 10 minutes). Sit player up and lean slightly forward. Do not blow nose. Apply ice pack to bridge of nose.

Cut or Abrasion: Stop bleeding with direct pressure. Wash with antiseptic. Close with adhesive strip or butterfly. Cover with dry sterile dressing.

Remember a player who is bleeding will not be allowed to play until attended to, and all bleeding has stopped. Also player cannot return to play until blood is properly disinfected from uniform or uniform is replaced.(disinfectant – hydrogen peroxide)

Wind knocked Out: Lie on side or back. Encourage slow relaxed breathing. Try to reduce anxiety.

Heat Exhaustion: player feels cool, clammy, and damp. Move to shade. Douse with cool water. Give fluids.

Heat Stroke: Player feels hot and dry. Hospital NOW!

Unconsciousness: Check airway, breathing, and pulse. Do not move (risk of spinal injury). Get help!

Concussion: (possible with or without consciousness)
Look for loss of memory, confusion, headache, dilated pupils and nausea. If any doubt, get help. Do not send player back in to game.

Fracture/Dislocation: Immobilize area. Get help!

Choking: object blocking wind passage. Use Heimlich Maneuver and get help.

Pre-Season Checklist

- 1.** Go to <http://www.EAYSO.Org> and register as a Volunteer
- 2.** Take Safe Haven Course Online or at Coaching Clinic (If not already certified)
- 3.** Take Coach's Clinic for Division Coaching (If not already certified)
- 4.** Mark Calendar for specific League Meetings and attend (Coach's Meeting and Handout)
- 5.** Determine when and where to practice. (U-6 Does not have practice except before games)
- 6.** Schedule a team meeting with all parents and kids (can be first practice)
- 7.** Hand out information to parents (Game Schedules, Rules, Your expectations...etc.)
- 8.** Recruit Volunteers for the following positions: (A must for a successful season)
- 9.** Assistant Coach (Must be registered as a volunteer, take Safe Haven and Coaching Clinic)
- 10.** Have parents watch the Parent Orientation Video located on our Regional Website
- 11.** Team Parent (Must be registered as a volunteer and attend Team Parent Meeting)
- 12.** Team or League Referee (Must be registered attend Safe Haven for Refs and Referee Certification)
- 13.** Team helpers for setup and takedown of goals
- 14.** Verify Certifications
- 15.** Volunteer Forms submitted and signed by CVPA
- 16.** Safe Haven Certification completed
- 17.** Coach Certification Completed
- 18.** Ass't Coach has Coach Certification Completed & Safe Haven
- 19.** Ass't Coach has Volunteer Form Submitted and signed by CVPA
- 20.** Team Parent has Volunteer Form Submitted and Signed by CVPA
- 21.** Team or League Referee is certified Safe Haven and certified to referee in your division
- 22.** Make Second or Third copy of Release forms, have parents re-sign and give to Ass't Coach and Team Parent

Notes: _____

Pre-Game Checklist

1. Team knows what time and where you are playing (schedules posted at aysoregion121.org)
2. Team Helpers to arrive 30-45 minutes before game time to set up goals (first game of day only)
3. Game Card filled out by Jersey Number, time of game, field number, Coach & Asst. Coach names
4. Verify you or Assistant Coach is in possession of Release Forms
5. Snacks and Drinks scheduled by Team Parents
6. Verify Equipment (Shoes or Soccer Cleats, Shin Guards, Socks over Shin Guards)
7. Check players for jewelry (Earrings, Necklaces, etc) Have them removed if present
8. Check Players for Long Fingernails and Dangerous Hair binders
9. Speak to Parents and Spectators about being positive and supportive of Players, Coaches and Referees. (Warn them about possible removal if they are not supportive)
10. Plan Player Substitutions (Note: Not everything goes according to plan. Always keep yourself flexible and remember the 3/4 game rule)
11. Bring game ball
12. Bring ball pump
13. Bring goal keeper jersey and gloves

Notes: _____

Post-Game Checklist

1. Thank Referees for volunteering
2. Tell the kids they did a great job and be encouraging
3. Thank Parents who where supportive
4. Team Helpers to pick up trash in the area
5. Team Helpers to take down goals if this is the last game of the day
6. Thank any Board Members you see or any other volunteer on the fields for their help
7. Pat yourself on the back, no matter what the outcome of the game was. You did it! You kept your cool

Notes: _____

Post-Season Checklist

1. Pick Up Trophies
2. Have Final Team Meeting or Party
3. Tell the kids that they did well and are developing
4. Thank Assistant Coach for Volunteering
5. Thank Team Parent for Volunteering
6. Thank Team Referee or League Referee
7. Destroy all copies of Registration Forms (This is Sensitive Information)
8. Pat Yourself on the back. You made a difference in the lives of the kids.

Notes: _____

CONTACTS

Executive Staff

Spring Regional Commissioner	Leonard Hendricks	404-2616	soccer56futobol@yahoo.com
Regional Commissioner	Russell Platamone	791-6333	121rc@sbcglobal.net
Assistant Commissioner	Keith Krasnigor	479-0501	regref121@aol.com
Assistant Commissioner	Mike Greenup	338-9955	greenup0420@sbcglobal.net
Spring Coach Administrator	Crystal Barlow	732-8510	crystaluz@gmail.com
Regional Coach Administrator	Alison Enos	217-0173	Enos4@sbcglobal.net
Referee Administrator	Keith Krasnigor	479-0501	regref121@aol.com
Safety Director	Russell Platamone	791-6333	121rc@sbcglobal.net
CVPA	Alain Missoul	501-6969	amissoul@arrow.com
Treasurer	Roger Weiss	908-1994	rweiss@bonafide.com
Registrar	Mary Morrissey	368-5474	msmargrat@yahoo.com

Coaching Staff

Coach Trainer	Leonard Hendricks	404-2616	soccer56futobol@yahoo.com
Asst. Coach Trainer	Chris Boynton	368-6707	cboynton@arxisgroup.com
Asst. Coach Trainer	Alain Missoul	501-6969	amissoul@arrow.com
Asst. Coach Trainer	Danny Sison	390-9690	dannysison@yahoo.com
Asst. Coach Trainer	Alison Enos	217-0173	Enos4@sbcglobal.net
Asst. Coach Trainer	Jenifer Matteson	906-9686	iiijeniii@yahoo.com
Asst. Coach Trainer	Mary Morrissey	368-5474	msmargrat@yahoo.com
Player Ratings Director	Jenifer Matteson	906-9686	iiijeniii@yahoo.com
Player Evaluation Director	Dan Mason	797-3712	dancnancy@msn.com

CONTACTS

Cont.

Referee Staff

Asst. Reg. Ref. Adm.	Ken Crowle	217-4746	crowleken@aol.com
Reg. Ref. Assessor	Jim Fleckenstein	708-0981	james.fleckenstein@sbcglobla.net
Reg. Dir. of Ref. Instruct.	Matt Matter	587-6220	matt_matter@farmersinsurance.com
Referee Scheduler	Ken Crowle	217-4746	crowleken@aol.com
Pro Coordinator	Kyle Matter	813-7827	matterfam@yahoo.com

Division Directors

U6 Division	Jamie Carter	404-5262	jamianneandmike@sbcglobal.net
U8 Division	John Tone	368-5158	jtone@roadrunner.com
U10 Division	Jennifer Lang	582-2271	jenincal@aol.com
U12 Division	Jayna Rose	304-4946	jaynar@amgen.com
U14 Division	Bob Lang	990-1441	azteccap@pacbell.net
U16 / U19 Division	Bob Lang	990-1441	azteccap@pacbell.net

Technical and Support Staff

Uniform Director	Karyn Ring	390-8296	bring93063@aol.com
Volunteer Director	Jennifer Lang	304-3805	jenincal@aol.com
Web Master	Eric Marnoch	573-4007	webmaster@aysoregion121.org
Trophy Director	Cheryl Platamone	796-8120	cplatamone@sbcglobal.net
Public Relations Director	Russell Platamone	791-6333	121rc@sbcglobal.net

