



## SECTION 1 EXTRA Program Guidelines

### Guidelines for a competitive youth soccer program within AYSO Section 1

#### I. Introduction and Purpose

The purpose of this program is to provide AYSO players who desire participation in a competitive soccer experience with a solution that will satisfy their needs and will provide the following benefits to the players and region:

- A. Positive coaching
- B. A competitive soccer experience that provides more-skilled AYSO players a place to develop their skills at a level of enjoyment they seek and at a cost that is substantially less than other non AYSO soccer programs.
- C. Additionally, this program will afford participating regions an opportunity to retain volunteers frequently lost to other non AYSO soccer programs.

#### II. Application of AYSO Philosophies

The AYSO EXTRA Program must comply with the Six Philosophies of AYSO as follows:

- EVERYONE PLAYS – Our programs' goal is for kids to play soccer – so we mandate that every player on every team must play at least one half of every game, with the preference of every player playing at least  $\frac{3}{4}$  of every game (roster size allowing)
- 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. If a region has more than one team in a division in EXTRA play, each team must be balanced.
- OPEN REGISTRATION – Our program is open to all children who want to register and play soccer. Interest and enthusiasm are the only criteria for playing.  
*Any registered player is eligible to apply for an age appropriate team.*  
*Players not selected are guaranteed placement on a team in the standard primary core program.*
- 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 positive based on mutual respect rather than a win-at-all-costs attitude, and our program is designed to instill good sportsmanship in all facets of AYSO. All players, parents, coaches and other AYSO volunteers in the EXTRA program are expected to adhere to a high standard of conduct and sportsmanship.
- PLAYER DEVELOPMENT – We believe that all players should be able to develop their soccer skills and knowledge to the best of their abilities, both individually and as members of a team, in order to maximize their enjoyment of the game.

**III. Guidelines and Procedures**

- A. All new or renewing pilot EXTRA programs will complete the current approved EXTRA program application and submit program documentation to the Section Director to accept, review and recommend approval to the National Board of Directors.
- B. This program will comply with AYSO Rules & Regulations, Bylaws and National Policies and/or AYSO EXTRA Guidelines except as noted herein.
- C. Each participating Area Director and Regional Commissioner is responsible for overseeing/verifying that the EXTRA program requirements are met as they pertain to player eligibility, coach eligibility, team formation, field support and referee support by those Areas and Regions within the Section's Playing Circuits.

**IV. Organization**

- A. The Section 1 EXTRA Program will operate "Side-by-side" so as not to overwhelm players and parents with multiple team practice and game commitments.
- B. Section 1 will be divided into two or more Playing Circuits made up of one or more Areas within the Section. Each Playing Circuit will have the responsibility of managing its program. The Section Director shall oversee the management of all EXTRA programs, new and existing, within Section 1.
- C. Each Playing Circuit should have, at minimum, the following Staff members, with others being added as deemed necessary.
  - 1. Director - responsible for making sure that all of those participating in the Playing Circuit abide by the EXTRA Program Guidelines for the Playing Circuit and the Section EXTRA Guidelines.
  - 2. Referee Administrator
  - 3. Coach Administrator
  - 4. Disciplinary Review Panel Coordinator
  - 5. Other Staff may be added as deemed necessary, such as:
    - a. Treasurer
    - b. Game Scheduler
    - c. Statistician
    - d. Referee Scheduler
    - e. Divisional Coordinator
    - f. Team Registrar
- D. The Playing Circuit is responsible for preparing written guidelines which will include Rules of Competition and Dispute Resolution. These Guidelines are to be sent to the Section Director and/or the Section 1 EXTRA Program Director for approval, prior to being disseminated to the Areas and Regions that have teams participating within the Playing Circuit.
- E. Players participating in the EXTRA program will not participate in the primary fall program, and thus, will not be eligible for participation in fall league all-star play, but will be eligible for participation on approved tournament teams.

- F. It is the stated intent of this program to begin operations on a small scale the first year; only forming teams in U10, U11, U12, U13 and U14 divisions and to expand participation in future seasons as needed.

## V. Region Eligibility and Responsibilities

- A. Each region wishing to participate in the EXTRA program must complete and submit the EXTRA Program application to the Area, Playing Circuit, and Section. So long as the EXTRA Program is a Pilot program, Section will submit approved applications to the NBOD for final authorization.
- B. Each Region is to submit "Regional EXTRA Operating Procedures" to the Region's Area Director and Section Director and/or Section 1 EXTRA Program Director for approval.
- C. Each Region must submit an annual report to maintain eligibility.
- D. Each Region must be current in its accounts with the National Office.
- E. Region must receive approval from Area Director in regards to its eligibility for participation in an EXTRA program and the number of teams.
- F. Each Regional Commissioner participating is responsible for insuring the Region's compliance with established player eligibility requirements.
- G. Region funds are not to be used to support the EXTRA program teams that are not also spent on the standard program. Any additional expenses are to be paid for solely by those participating in the EXTRA program.
- H. Each participating Region will ensure that appropriate monitoring and measurement reports, as established by the National Board of Directors under the EXTRA Pilot Program, are completed and submitted as requested. Authorization to continue participation in the EXTRA program is subject to their completion and timely submission.
- I. The determination of the number of EXTRA teams in a division should be based on:
  - 1. The population of a division in a Region;
  - 2. The effect the creation of the teams will have on the standard primary program;
  - 3. Field availability; and,
  - 4. Age-appropriate referee support
- J. Regions may **NOT** have more EXTRA Program teams in a gender/age bracket than they do in standard primary program gender/age bracket
- K. Regions that create multiple EXTRA teams in the same gender/age division shall make all reasonable efforts to create balanced teams.
- L. Inter-regional recruitment of players **is prohibited** without the prior written approval of each Regional Commissioner and Area Director concerned. Recruitment without prior approval may result in sanctions by the Area Director, who shall convene as a disciplinary board in such instances.
- M. Participating Regions must allocate an adequate number of fields of age appropriate size.

- N. Regions must provide an adequate number of Referees who are capable of supporting the various age/gender brackets of teams participating in this program. The hosting Regions are responsible for Referee coverage for EXTRA Program games providing a minimum of three (3) Referees, badge level appropriate, per team to cover EXTRA Program games. Regional Commissioners shall attest to compliance with Area oversight/verification.

## VI. Player Eligibility

- A. In order to try out for an EXTRA team, players must either be registered with AYSO or complete the Non-AYSO Registered Participant Form.
- B. There is no requirement that EXTRA players have previously played or registered as AYSO players.
- C. The eAYSO National player database shall be the source of determining all players' current registration status and for the creation of team rosters and ID cards.
- D. The effective date of age determination shall be the player's age as of July 31st immediately prior to the start of the membership year. Players who have reached the age of eight years as of this date are eligible to participate.
- E. By definition, an EXTRA Side-by-Side player may not play on another AYSO standard primary program team during the same season, nor will they be eligible for All-star play.
- F. Player Commitment: Players selected to the EXTRA Program will commit to their teams as their priority non-school activity. It is expected that every player attends each practice and game at the agreed upon times.

## VII. Player Selection

- A. There are two types of participants eligible to take place in the selection process.
1. A registered AYSO player whose Region accepted their registration AND whose region has paid the player registration fee to the National Office, prior to the process. All currently registered AYSO players in the gender/age bracket of the selection being conducted are eligible to participate
  2. A player not registered in AYSO who completes a Non-AYSO Registered Participant Form and pays the requisite tryout fee (a non-refundable fee of \$5.00 per form must be submitted by the hosting AYSO entity). These forms should be made available for on-site participation of any player not registered in AYSO prior to arriving at the evaluation.  
**[NOTE: if the evaluation is taking place prior to the start of the new season for which a new player is registered, they must use the Non-AYSO Registered Participant Form to provide insurance coverage for the event]**
- B. All players must be newly selected each Membership Year. Teams will be reformed and balanced each membership year. It is possible that not all players who tryout will be selected to a team.
- C. Player evaluation opportunities shall be widely advertised to all potential players. A minimum of two (2) advertised tryouts will be held for each team.
- D. All players in the gender/age bracket of the tryout being conducted are eligible to try out.

- E. Each player who participates in the player selection process will be notified promptly after the final selection date whether he or she was selected to a team. Notification must first be given to those players who were not selected with the assurance they will be placed on a standard primary program team in the standard Region process
- F. EVALUATION PROCEDURE
1. Evaluators shall be AYSO Advanced or National Coach Certified or equivalent.
  2. Evaluations shall be as impartial as possible.
  3. Coaches of an EXTRA program team shall not participate in their team's evaluation.
  4. Coaches may observe all the players throughout the evaluations.
  5. A parent/legal guardian or relative of a player trying out for an EXTRA team may not participate as an evaluator for that player's gender/age bracket.
  6. Evaluators are strongly encouraged to use a short-sided game format to evaluate players. Evaluators may also use additional skill tests.
  7. Evaluators will submit player rankings/ratings and recommend the most capable and deserving players.
  8. The Selection Committee will consist of the Regional Commissioner, the Regional Coach Administrator, the Regional Extra Program Administrator, and any other designees by the Regional Commissioner.

### **VIII. Coach Eligibility**

- A. Those volunteers wishing to coach in EXTRA must fill complete an application and submit it to his/her region for approval. The Region, Area, and/or Playing Circuit Director will conduct a mandatory EXTRA coach meeting prior to the start of the EXTRA season which each coach assigned to an EXTRA Team must attend
- B. In order to satisfy the commitment required by the EXTRA program, coaches should be fully dedicated to coaching an AYSO EXTRA team. Coaches participating in EXTRA should be of excellent character. At a minimum, EXTRA coaches (head and assistant) must:
1. Have a current Volunteer Application on file at the National Office;
  2. Have taken and passed "AYSO's Safe Haven" (latest version);
  3. Be an AYSO trained and certified coach as follows;
    - a. U-9/U-10: U-12 Coach Required
    - b. U-11/U-12: U-12 Coach Required, Intermediate Coach strongly recommended
    - c. U-13/U-14: Intermediate Coach Required, Advanced Coach strongly recommended  
(A minimum of one season (fall or spring) shall take place between coach training and certification upgrades.)
    - d. U-15/U16: Advanced Coach Required;
  4. Have completed the Centers for Disease Control Concussion Awareness training;
  5. Be an active participant in the Region's standard primary program as an instructor, coach or referee mentor, or other volunteer service the Region determines adequate to fulfill this requirement;
  6. At a minimum be a trained and certified Regional referee;
  7. Be in good standing with the Region, Area and/or Section and AYSO;
  8. Be approved by the Region board; and,  
Be evaluated and renewed each membership year.

It is also strongly recommended that coaches have continuing education each year as determined by each Region/Area.

- C. Regional Commissioners shall attest to coach compliance, and the qualifications will be subject to verification by the Playing Circuit.

#### **IX. Team Format and Size**

- A. Game formats will be small sided games for younger divisions as follows:
- U10 – 7v7 with maximum roster of 10 players
  - U11 – 9v9 with maximum roster of 12 players
  - U12 – 9v9 with maximum roster of 12 players
- B. Game formats for older divisions will be as follows:
- U13 – 11v11 with a maximum roster of 15 players
  - U14 – 11v11 with a maximum roster of 15 players
  - U15 – 11v11 with a maximum roster of 16 players
- C. The U15 and above programs will conclude in time to comply with California Interscholastic Federation (CIF) rules.
- D. Guest players are not allowed in the EXTRA program.

#### **X. Team Information, Rosters and ID Cards**

- A. The team information sheet and Roster are to be forwarded by the Region to the Playing Circuit Director no later than 2 weeks prior to the start of competition.
1. No team without a properly completed eAYSO team roster, approved by the Regional Commissioner and verified by the Area Director, will be permitted to participate in the EXTRA Program.
  2. Only players on a team's official eAYSO roster are eligible for participation. Allowing an ineligible player to participate with a team at practice or to play with the team during a scrimmage or scheduled game may result in the expulsion of the coach, and/or team from the EXTRA program, or such other disciplinary action as deemed appropriate by the Playing Circuit Director.
- B. Team information sheet is to contain the following information for coach and assistant coach:
1. Mailing Address
  2. Cell and home phone numbers
  3. Email address
- C. Team roster shall be created by eAYSO (Tournament Roster) to include:
1. Area, Region and division identification.
  2. The Coach and Assistant Coach names, cell phone numbers, and e-mail addresses, current Coach Certification level and Safe Haven Completion Date.
  3. Team Number, uniform colors and team name (if available)
  4. Player information in jersey number order:
    - a. AYSO ID number

- b. Jersey number
  - c. Name
  - d. Address
  - e. Phone number and
  - f. Birth date.
5. Signature of the Regional Commissioner verifying players and coaches and confirming appropriate player registration and coach volunteer status, training and certification.
- D. For each EXTRA program team, the coaches must have a team roster, ID cards for players and coaches and copies of AYSO Player Registration Forms (medical release forms) for each participating player. These must be at all AYSO sanctioned events (games, practices, scrimmages) in which the team participates.
- E. Roster revisions
1. Revision to a roster may occur when a player voluntarily drops from a team, and is verified by the region. Players cannot be drafted from another AYSO team whose season is still in progress. The additional player must be approved by the Regional Commissioner and the Area Director.
  2. Revised rosters must be submitted to the appropriate authority prior to the new team member participating in a game.
- F. Player/Coach ID Cards
1. Player ID cards shall bear the name, AYSO ID number, Membership Year, and a recent photo and the signature of the Regional Commissioner or designee. ID cards may be made of plastic stock by an ID printer controlled by the Regional Commissioner or paper or cardstock that has been laminated.
  2. Coach ID cards shall bear the name, AYSO ID number, a recent picture and a Section/Area/Region designation. Coaches shall wear ID cards visibly on their person during pre-game check-in and for the duration of all games.
- G. Practice/Training
- Teams are NOT permitted to begin practice or engage in any training activity until all participating teams have been chosen within their Region and approved by the Regional Commissioner, but no sooner than August 1 of the new membership year. Only players on the official roster are permitted to participate in team training.

## **XI. Vacancy Policy**

No EXTRA player may be transferred from one EXTRA team to another once the season has started, without the consent of the player, the player's parents, both coaches involved, the Regional Commissioner and Area Director. Parental consent is not required if the player is of legal age (majority).

## **XII. Uniforms**

- A. All uniforms and equipment will be in accordance with AYSO National Rules and Regulations.
- B. EXTRA program teams shall be provided with uniforms similar to those provided to other primary program teams. A second (traveling) jersey is recommended. Regional

funds are not to be expended for any additional player uniforms, warm-ups, backpacks, additional field usage needs, etc.

- C. The goalkeeper on each team must wear colors that clearly distinguish the goalkeeper from other players on both teams to the satisfaction of the referee. The goalkeeper jersey shall have the AYSO logo.
- D. The Home team in a match is responsible for wearing uniform jerseys (or scrimmage vests) that clearly distinguish them from the other team. In case of color conflicts, the Home team is required to change uniform colors.
- E. All players must wear shin guards that provide a reasonable degree of protection, and that are completely covered by their socks, to participate in any practice or game.
- F. AYSO will not prohibit the use of knee braces by players in AYSO events and programs; providing that the brace is adequately covered and padded in the judgment of the referee, so as to eliminate the possibility of its causing injury to the other players on the field.
- G. The referee is the final authority on the safety of any player's uniform and equipment.
- H. EXTRA team members shall not be allowed to practice or participate in any game with any type of cast or splint.

### **XIII. Referee Eligibility**

- A. Referees participating in the EXTRA Program should be of excellent character. At a minimum, referees shall:
  - 1. Have a current volunteer application on file at the National Support and Training Center;
  - 2. Have completed and passes "AYSO's Safe Haven" (latest version);
  - 3. Have completed the Centers for Disease Control Concussion Training;
  - 4. Be an AYSO trained and certified referee;
  - 5. Be in good standing with the Region, Area, Section and AYSO;
  - 6. Be approved by the Region Referee Administrator (RRA) and/or Area Referee Administrator (ARA); and,
  - 7. Be evaluated and approved each membership year.
- B. It is strongly recommended that EXTRA program referees be certified at least one level above the levels listed and that they have continuing education each year as designed by the Region or Playing Circuit.
- C. Unless otherwise approved by the Section Referee Administrator, referees shall be a minimum of two years older than the oldest players in the division to which they have been assigned. If Youth Referees are assigned to any games, a field monitor should also be assigned.
- D. All Referees participating shall obtain ID cards from their Regional Commissioner or Regional Referee Administrator that will bear their name, recent photo, AYSO ID#, current certification level and the signature of the Regional Commissioner or Regional Referee Administrator. ID cards must be laminated.



**XIV. Officiating**

- A. All EXTRA program games shall be officiated using the Diagonal System of Control, i.e., one Referee and two assistant Referees.
- B. The use of “club linesmen” is discouraged. When “club linesmen” are utilized Club they shall only call the ball in and out of play. The “Dual” (two-man) System of Control is not allowed.
- C. Regional Referee Administrators shall assign “neutral” Referees of appropriate skill and ability to all EXTRA program games assigned to their Region. Referees shall be a minimum of two years older than the oldest players in the division to which they have been assigned.

**XV. Relationship of EXTRA to All-Star and Secondary Play**

- A. Players and teams participating in the Section 1 EXTRA Program will participate in a post season playoff experience such as a Section EXTRA Playoff. EXTRA Program players shall not participate in the primary core program and will not be eligible for participation in all-star play, but may participate in other post season tournament opportunities as approved by the RC and/or with the consent of the AD.
- B. Rules of Competition for the Section 1 EXTRA Playoffs will be determined and established by the Section Director.