

AYSO Region 677

Parent Handbook



GREAT SOCCER STARTS HERE

CANYON COUNTRY, CA

AYSO's Six Philosophies



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

AYSO Region 677 serves over 1,000 children ranging in age from 4 to 18 in Canyon Country, CA

Visit our Website

<http://www.ayso677.org>

AYSO REGION 677

Regional Commissioner is **Laurie Wagner** and can be reached by email at rc@ayso677.org



AMERICAN YOUTH SOCCER ORGANIZATION
a nonprofit corporation dedicated to youth soccer
everyone plays[®]



Dear AYSO Parents,

Hello and welcome to another year of AYSO Soccer!

To help both new and experienced soccer parents understand the philosophy behind AYSO and the Region's program, the Board of Directors has formulated this handbook.

We are a 100% volunteer based organization that is dedicated to creating a fun, safe, fair and positive sports experience for our children and the children in our community. Our first priority is the well being of the children in our program and their growth and development in a positive environment.

As a volunteer organization, we seek to keep our program affordable and have a program open to all children in our community. We need your help to continue this tradition. Please contact anyone who is currently volunteering to find out how you can join the fun and contribute to your community.

As a Region, we strongly endorse the six AYSO Philosophies: Everyone Plays[®], Open Registration, Balanced Teams, Positive Coaching, Good Sportsmanship, and Player Development. We believe these are some of the major building blocks in promoting our children's self- esteem and having their youth sports experience be a positive one.

On behalf of the Board of Directors of Canyon Country Region 677, I would like to extend a special thanks to all of you for making AYSO a part of your child's youth activities. Your **commitment** to your child's AYSO experience should be fun and fulfilling.

For more information please visit our web site <http://www.ayso677.org>

Yours in soccer,

Laurie Wagner
Region Commissioner
AYSO Canyon Country Region 677

AYSO's MISSION & VISION

To Be the Nationally Recognized Youth Soccer Program of Choice

AYSO's **Vision** is to provide world class youth soccer programs that enrich children's lives.

AYSO's **Mission** is to develop and deliver quality youth soccer programs which promote a fun, family environment based on AYSO's Six Philosophies:

- **Everyone Plays®** - Our program's goal is for kids to play soccer so we mandate that every player on every team must play at least 50% of every game. It's no fun to spend the game on the bench...and that's no way to learn soccer!
- **Balanced Teams** - Each year we form new teams as evenly balanced as possible because it's more fun and a better learning experience when teams of similar ability play. It allows for each player to gain the experience of a wide variety of teammates of different skill levels.
- **Open Registration** - Our program is open to all children between 4 and 19 years of age who want to register and play soccer. Interest and enthusiasm are the only criteria for playing. There are no eliminations, try-outs and nobody gets cut.
- **Positive Coaching** - Encouragement of player effort provides for greater enjoyment for the players and leads to better-skilled and better-motivated players. A coach can be one of the most influential people in a child's life, so AYSO requires they create a positive experience for every boy and girl.
- **Good Sportsmanship** - We strive to create a 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** - 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.

THE MISSION IS ACCOMPLISHED BY PROVIDING THESE ESSENTIAL SERVICES:

- Coaching and referee programs including quality delivery systems
- Quality administrative and operating systems with a support network
- Strong financial position
- Special network for volunteers, supported by a national staff
- Program research and development

2011 REGION 677 BOARD MEMBERS

POSITION	NAME	AYSO EMAIL
Region Commissioner	Laurie Wagner	rc@ayso677.org
Treasurer	Julie Cook	treasurer@ayso677.org
Registrar - Boys	Sheila Lloyd	registrar@ayso677.org
Registrar - Girls	Tracy Pierce	registrar@ayso677.org
CVPA	Teresa Shoemaker	cvpa@ayso677.org
Coach Administrator	Donald Pierce	coach@ayso677.org
Referee Administrator	Lou Aguilera	rra@ayso677.org
Safety Director	Ralph Wagner	safety@ayso677.org
Asst.RC/Coach Advisor/Mentor	Robert Benavidez	coaching@ayso677.org
Director of Coach Training		
Coach Advisor/Mentor	Mark Hovis	coaching@ayso677.org
Secretary	OPEN	secretary@ayso677.org
Fields Director	Sebastian Torres	fields@ayso677.org
U5 Program Coordinator	OPEN	u5pc@ayso677.org
Extra Program Coordinator	Allan Devantier	extra@ayso677.org
Sponsorships, Events & Publicity Coordinator	OPEN	events@ayso677.org
Volunteer Coordinator/Recruiter	OPEN	volunteers@ayso677.org
Division Rep - U8/U6 Boys	OPEN	bdru6_8@ayso677.org
Division Rep - U8/U6 Girls	Rob Shaughnessy	gdru6_8@ayso677.org
Division Rep - U10 Girls	Rob Shaughnessy	gdru10@ayso677.org
Division Rep - U10 Boys	James Tadeusiak	bdru10@ayso677.org
Division Rep - U12 Girls	Kris Benavidez	gdru12@ayso677.org
Division Rep - U12 Boys	OPEN	bdru12@ayso677.org
Division Rep - U14 Boys	Sergio Quintero	bdru14@ayso677.org
Division Rep - U14 Girls	Carrie Warner	gdru14@ayso677.org

BOARD MEETINGS

Our monthly board meetings are held on the first Tuesday of every month. Board meetings are open to all participating members of AYSO. We welcome and encourage participation from players' families, please check our website for more information

THE PARENTS' ROLE in AYSO

As a parent, you play a special role in contributing to the needs and development of your children. Through your encouragement and good example, you can help assure that all the boys and girls learn good sportsmanship and self-discipline. In AYSO, young people learn to work together, to sacrifice for the good of the team, to enjoy winning and deal appropriately with defeat - all while becoming physically fit and healthy. Best of all, they have fun.

SUPPORT YOUR CHILD

Supporting your child by giving encouragement and showing interest in his/her team is very important. Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are more important than victory - that way your child will always be a winner despite the outcome of the game!

ALWAYS BE POSITIVE

Parents serve as role models for their children. Become aware of this and work to be a positive role model. Applaud good plays by your child's team as well as good plays by the opposing team. Support all efforts to remove verbal and physical abuse from youth sports activities.

REMEMBER: YOUR CHILD WANTS TO HAVE FUN

Remember that your child is the one playing soccer, not you. It's very important to let children establish their own goals - to play the game for themselves. Take care not to impose your own standards and goals on them. Don't put too heavy a burden on your child to win games. Surveys reveal that 72% of children would rather play for a losing team than ride the bench for a winning team. Children play for the fun of playing.

REINFORCE POSITIVE BEHAVIOR

Positive reinforcement is the best way to help your child achieve his/her goals and overcome his/her natural fear of failure. Nobody likes to make mistakes. If your child does make one, remember it's all part of learning. So encourage your child's efforts and point out the good things your child accomplished.

DON'T BE A SIDELINE COACH OR REFEREE

Coaches and referees are parents just like you. They volunteer their time to help make your child's youth soccer experiences a positive one. They need your support too.

That means refraining from coaching or refereeing from the sidelines. Your "instructions," if heard by the children, are more often confusing and distracting rather than helpful. If you really need to coach or referee, remember that as a volunteer organization, there's always an opportunity for you to take your interest in coaching or refereeing to the next level and to become one yourself.

WHAT TO EXPECT

TEAM SELECTIONS

Immediately following the last day of registration the board begins forming teams.

For U6/U8, teams are formed based on schools; we try to get players from the same school/neighborhood on the same team. Each team has a coach and at least one assistant coach, and approximately 5-8 players. At our discretion, we may honor teammate requests, provided that both players' families have made the request in a timely manner, either on the registration form or an email to the registrar.

For U10 and above, we form balanced teams based on the input from the prior year coaches. We will try to have a mix from each school, but the emphasis is on balancing the teams. With the exception of siblings of the same gender and in the same age division, requests to be on a particular team are not permitted. Once the teams are formed, late registrants and new players are randomly assigned to teams that need players.

NOTIFICATION BY COACHES

Your family will be contacted by your child's coach shortly before the start of the Fall Season to notify you of your child's team assignment. If you have not heard from your coach by August 20th, contact your child's Division Coordinator or Region Commissioner. The Division Coordinator contact information is available at www.ayso677.org.

TEAM MEETING

Your coach will arrange for a pre-season team meeting; at this meeting the coach will go over important information for you and your child. The coach should set practice times and let you know what is expected of you and your child.

You will be asked to review your child's registration forms for accuracy, particularly in regards to current phone numbers and emergency information. You will be asked to sign the forms and return them to the coach. If you have a child with asthma or any other condition which may require special attention, please bring this up to the coach. Your coach will work with you to handle any special health concerns with discretion.

Minimum expectations are that you come to all games and practices, or call if your child cannot make a practice or game. Cheer for your child and team, set a good example, always be positive and let the coach do the coaching.

Volunteer to help, your coach will need at minimum an assistant coach and team parent to help him organize the team and to keep things running smoothly.

PRACTICES

Practices cannot begin until after August 1, and will be held at a time and place determined by the coach. We understand that everybody has different schedules and that conflicts may arise - please try to work this out with the coach. We cannot put you on a different team due to practice conflicts.

A team may have 1 or 2 practices a week, with each being 1 - 1 ½ hours. No team should practice more than 3 hours a week. For the non-competitive divisions 1 practice per week is satisfactory, if preferred. Teams may add a scrimmage in lieu of practice.

Players must arrive on time and dressed appropriately to allow for proper warm-up. Players should have a ball, water and **MUST** wear shin guards at all practices and games. Shorts, sweats and t-shirts are appropriate dress for soccer practice.

Players must be picked up promptly - It is unfair to have the coach wait on a regular basis for tardy parents. You should know the plan of action the coach will take if you are late to pick up your child. It is your responsibility to be on time to pick up your child after practice. If you are more than 15 minutes late, the coach may call your emergency contact to pick up your child.

Remember that coaches are not babysitters or chauffeurs. Each child in the U5 to U8 divisions should have a parent or other responsible adult present at games and practices. In U10 and up; for safety and security when picking up your child after practice please do not ask your child to meet you in the parking lot, come to the area where the practice is being held so that the coach can see that your child is safely in your care. If you have made other arrangements for someone else to pick up your child, please notify the coach.

Uniforms and Equipment

Your registration fees pay for your child's uniform it consists of a jersey, shorts and socks. Uniforms should be distributed by fit not uniform number. Players may not put their name anywhere on the uniform, for safety reasons. No alterations or additions may be made to the uniform.

Soccer cleats are recommended but not required, at minimum regular athletic shoes must be worn at all practices and games. Toe cleats are **NOT** allowed. Your child must wear shin guards.

- ✚ Players cannot participate in any games or practices without shin guards. (By the way, shin guards are worn under the soccer socks.)
- ✚ Players cannot practice or participate in any game or practice with any type of cast or splint.
- ✚ Players cannot wear anything which is dangerous to either themselves or other players, including, but not limited to any jewelry (earrings, watches and bracelets) or bands of any kind (including Livestrong bands and their progeny), hats with hard brims, or hair bands or barrettes with metal or plastic. Medical Identification is the **ONLY** exception.

Ball Sizes:

- U5 - U8 Size #3
- U10-U12 Size #4
- U14 - U19 Size #5

Games

Your coach will be given a schedule of games in late August; he will also receive uniforms at this time.

Please arrive to all games when the coach asks you to be there, usually 20 -30 minutes before the game is to start; this is to give plenty of time for the team to warm-up, go over the line up and hear the coach's game strategy. Notify the coach as soon as possible if your child will not be able to attend a game, coaches make their game plans ahead of time and knowing who will or will not be there can be a big help.

Players should be encouraged to learn to play both offense and defense to develop all of their skills. It is your child's coaches' responsibility to give all the players an opportunity to try different positions; exceptions can be made for U14 and up.

Each player must play at least 3 quarters of a game and no player can play the entire game until all other players have played at least 2 quarters.

Fields

Field permits do not include the use of bathroom facilities for practices, please plan accordingly and please do not disturb any school's aftercare programs with requests to use their facilities. Do not to park in Red Zones or any other area where parking is prohibited. Violators will be cited.

NO DOGS or ANIMALS, NO SMOKING, NO ALCOHOL, & NO SKATEBOARDING or BIKES are allowed at **ANY** of the schools ... this includes practices. (Service Dogs are the only exceptions.)

Weather and Cancellations

Rain: If it's raining, we play soccer unless the fields are determined to be unsafe. The Regional Commissioner, Safety Director and Director of Fields and other board members will check the fields early on Saturday morning to determine if the fields are safe for players and referees. If they are not safe, the AYSO web site will be updated. It is the job of the coaches to contact the parents. Every attempt will be made to get the information on the AYSO hotline and website as soon as possible. If you don't hear from anyone, the games are on as scheduled.

After games have been played or started: If rain becomes heavy during the course of the day, it is up to the referee to determine if the field is unsafe for play. The referee will decide if the game should be suspended or not and will notify appropriate board members if this happens. If there is thunder and/or lightning, games will be suspended immediately. (This is part of the Safe Haven training for coaches and referees.)

Fires: Air quality from fires in the area will be monitored by Regional and Area staff. To check if games or practices are cancelled, coaches should call the AYSO hotline 252-2976. Coaches/parents should carefully monitor their children carefully.

WHAT WE EXPECT

SPORTSMANSHIP

Kids look to the adults for their examples. So let's show them good sportsmanship right from the very beginning. This means not verbally abusing the officials, coaches, players or other parents. Spectators are not permitted to stand on the ends of the field that have the goals. Stay behind the spectator lines, well behind the touchlines. We also encourage you to acknowledge the skilled plays made by the other team, especially in the non-competitive divisions. Remember that referees and coaches are volunteering their time to help your child learn and have fun. Don't give them a hard time. Unless you are part of the coaching staff, do not coach your kids from the sidelines, it confuses them; the coach and/or assistant coach may have told them something different. Cheer, but don't coach! Let the coaches coach, the referees referee and let the players play!

Volunteer

We strive to run a vibrant soccer program that will expand and improve every year. However, the more we do, the more we realize that we can do even more. Not only can we always improve the existing program, we can offer more, if we have the people to do it. Every Regional Board Member, coach, assistant coach, team parent and referee is a volunteer. Some of our volunteers have played soccer their entire lives and others had never kicked a soccer ball before getting involved with AYSO. All of us do it because it is fun and worthwhile. Our AYSO program will improve only if more members of our community get involved. If you have an interest, let the Board know. Volunteer to coach or referee. If you only have a little bit of time, but want to help, we can find something for you to do. Become involved!

AYSO list some 52 volunteer positions so there is always something for everyone to do!

All volunteers will be trained and certified in their job specific and age appropriate function, so you don't have to be a soccer player or know anything about soccer to become a volunteer. Here are some ways you can help out:

Coach/Assistant Coach: Each team should have a head coach and one or more assistant coaches. AYSO provides the coaches with continuing education (Safe Haven Course and Age Appropriate Courses); a net bag with 2 soccer balls, cones, first aid kit, goalie shirts (in U10 and up), and training materials. You supply the enthusiasm.

Referee: Each team U10 and older should have a referee for its games. The Region and Area also train referees and youth referees for all other levels of refereeing. AYSO provides the referees with continuing education (Safe Haven Course and Age Appropriate Courses); and a uniform. *Youth Volunteers are referees age 12 through 18. There should be at least 2 years difference between a youth referee and the players they referee.*

Field Monitor: Each game day location should have a field monitor present, to answer questions and oversee the games being played. This year we are hoping to have one or two parents from each team volunteer to fulfill this requirement. If interested please contact the Volunteer Coordinator/Recruiter.

"We make a living by what we get; we make a life by what we give." --Winston Churchill

Conduct Policy

The use of fields is a privilege, not a guarantee. We depend upon the gracious support of the schools for our program. We need the cooperation of our entire AYSO community to continue the good relationships that make this possible. Therefore all people are expected to follow all the school's rules and to respond respectfully when asked to do so by AYSO or school personnel.

Parking shall be in designated parking locations only. The Region reserves the right to have towed or immobilize vehicles parked in fire lines, or that block access roads, or in inappropriate locations.

Foul language and/or abusive behavior from coaches, players and spectators will not be tolerated and people who violate this will be asked to remove themselves from the field of play. Failure to do so will result in a forfeit for the offending team. This situation will be addressed accordingly by the Center Referee, Field Monitor on duty, or Executive Board Member. Repeat offenders will be asked to leave the program.

Use of tobacco is prohibited on all school grounds and at ALL AYSO events.

NO PETS, bike riding or skateboarding allowed on school grounds. [The only exception is for Service Animals]

Noisemakers of any kind are not permitted during games.

All fields and associated facilities and surrounding structures are to be treated with appropriate care and consideration. Teams shall leave the fields clean and clear of debris. All trash must be placed in provided receptacles.

Vandalism of any kind will not be tolerated and will be immediately reported to authorities. Violators will be suspended from AYSO participation until final resolution is reached through the problem resolution process.

Serious or repeated violations of any of the conduct policies or AYSO rules and regulations may cause the individual to go through the problem resolution process and may result in the suspension of the individual or their child from further participation in AYSO for a period of time, perhaps permanently.

The possession and use of alcoholic beverages is prohibited on all fields. Any individual possessing alcoholic beverages will be asked to remove the alcoholic beverage(s) from the premises. This individual may return to the field upon willingly removing the alcoholic beverage(s). Upon returning to the field, this individual must exhibit behavior conducive to a youth sports environment. It is not within the authority of Region 677 to determine if an individual is under the influence of alcohol; however, Region 677 will make every effort to ensure an atmosphere that is appropriate for youth sports participants. The safety of the children will be the priority of Region 677 when handling situations such as this.

Illicit substances or weapons of any nature will not be tolerated. Law enforcement agencies will be immediately notified when an individual is found possessing illicit substances or weapons. Violators will be suspended from AYSO participation until final resolution is reached through the problem resolution process.

Energy drinks are prohibited to be given to any child. *AYSO Standard Regional Guidelines--Article 7 Section 8(b)*

Spectators Conduct

Spectators are to remain three feet back from the touchlines and may not travel down by the goals. They must remain between the penalty areas. Spectators must not attempt to coach and are prohibited from addressing players and referees in a derogatory manner. Please inform family and friends of these expectations.

Parents' Code

- Do not force an unwilling child to participate in sports.
- Remember children are involved in organized sports for their enjoyment, not yours.
- Teach your child always to play by the Laws of the Game.
- Teach your child that hard work and an honest effort are often more important than a victory.
- Help your child work toward skill improvement and good sportsmanship in every game. Your child will then be a winner, even in defeat.
- Do not ridicule or yell at your child for making a mistake or for losing a game.
- Set a good example. Children learn best by example.
- Applaud good plays by your team and by members of the opposing team.
- Do not publicly question referee judgment and never their honesty.
- Recognize the value and importance of volunteer coaches, referees and officials and give them their due respect. Without them, there would be no AYSO soccer.
- Support all efforts to remove verbal and physical abuse from youth sporting activities.

Coach's Conduct

Only two (2) coaches will be allowed to coach a team during a game. With the exception of U5, U-6 and U8 all coaches must remain on their team's designated side of the field during play. No coaching will be allowed to take place on the opponent's side of the field unless the sole purpose is to coach a deaf or developmentally mainstreamed child. Coaches are limited to a traveling distance of ten yards on either side of the center line of the playing field. This area will be referred to as the "coaches' area". If a coach is ejected from a game, that coach will sit out the remainder of the game and the following game.

Coach's Code

- **Enthusiastically** support and practice the "Everyone Plays," "Good Sportsmanship" and "Positive Coaching" philosophies of AYSO.
- **Be reasonable** in your demands on a young player's time, energy, enthusiasm and performance on the soccer field. Impress on your players that they must abide by the Laws of the Game at all times.
- **Develop team respect** for the ability of opponents, and for the judgment of referees and opposing coaches.
- **Ensure** that your players' soccer experience is one of fun and enjoyment (winning is only part of it). Players should never be yelled at or ridiculed for making mistakes or losing a game.
- **Set a good example** and be generous with your praise when it is deserved. Children need a coach they can respect.
- **Keep informed** of sound principles of coaching, growth and child development.
- **Check your equipment and playing facilities.** They should meet safety standards and be appropriate for the age and ability of your players.
- **Follow the advice** of a physician when determining when an injured child is ready to play again.

Player's Conduct

Players who are substituted out for the quarter must remain three feet back from the sidelines within the boundaries of the coaches' area. If a player receives two yellow cards during a game, the referee will show a yellow immediately followed by a red card. If a player receives a red card during a game, that player will sit out the remainder of the game and the following game. If a player in U-14, U-16, or U-19 receives 2 yellow cards in two separate games at any time during the season, that player will be suspended from playing in the next scheduled game. Any player who throws a punch or intentionally strikes another player before, during, or after a game will be automatically subject to further action by the Review Board Committee and may be ejected for the remainder of the regular season and all post season play. Any child or coach who receives a red card for violent behavior must appear before the Review Board Committee prior to participating in further scheduled games and may be ejected for the remainder of the regular season and all post season play. Any player who receives two red cards in a season or any coach who has been sent away more than once may be subject to further action by a Review Board. No appeal of any form of disciplinary action rendered by a referee shall be allowed.

Player's Code

- Play for the fun of it, not just to please your parents or coach.
- Play by the Laws of the Game.
- Never argue with or complain about the referee calls or decisions.
- Control your temper and most of all resist the temptation to retaliate when you feel you have been wronged.
- Concentrate on playing soccer and on affecting the outcome of the game with your best effort. Work equally hard for your team as for yourself.
- Be a good sport by cheering all good plays, whether it is your teams or your opponent's.
- Treat all players as you would like to be treated.
- Remember, the goals of the game are to have fun, improve skills and feel good. Don't be a showoff or ball hog.
- Cooperate with your coaches, teammates, opponents and the referees.

Conflicts with other Activities

While we encourage children to play more than one sport and to have multiple activities; should a conflict with soccer arise, and your child must miss an activity, we ask that you balance it out among the different activities. Of course you should keep your coach informed, as well. Remember you have made a commitment to the team.

SAFETY POLICIES

Player Injuries

Soccer is a contact sport and occasionally injuries do occur. The vast majority of these injuries are very minor and the player fully recovers after a couple of moments rest. If the injury is such that in the opinion of the referee the game needs to be stopped, the referee may halt the game. In some cases, the referee shall signal for the coach to attend to the child. This is a judgment of the referee and shall be based in part upon the age of the player. Coaches may not enter the field until so signaled by the referee. Parents must not enter the field unless called for by the coach and referee.

Injuries Resulting in Bleeding

Players with bleeding injuries should be removed from play immediately. Once the bleeding stops and all traces of blood are removed from the skin, the player may return to play if the wound is covered and there is no evidence of bleeding through the covering.

If the injured player's uniform contains any traces of the blood from the injury, the affected parts of the uniform must be changed or disinfected with Isopropyl Alcohol (rubbing alcohol) or Hydrogen Peroxide. Rubbing Alcohol and/or Hydrogen Peroxide may be found in the First Aid Kit located at the playing field. Those attending a bleeding player should use disposable gloves provided in the first aid kit on the field. This is for the protection of both the player and the attendant.

Injuries resulting in serious injury

Do not move the player if there is doubt about severe injury where the player cannot move a limb unless it is clearly safe to do so.

Call for emergency medical assistance immediately in case of unconsciousness or immobility stemming from any back or neck injury.

In the case of a suspected broken bone, call for medical assistance. If a bone has penetrated the skin, do not move the player but call for emergency medical assistance.

Incident Reports

Every injury requiring a doctor's evaluation – soccer related or not – must be reported to the coach. When a player requires medical attention from an injury during practice or a game, it is the coach's responsibility to complete an Incident Report Form. The form can be obtained online at both the AYSO National site and our local site, www.ayso677.org. The form is also available in the field communication box, the First Aid Kit, or from the Safety Director. Incident reports should be filed with the Safety Director or Regional Commissioner as quickly as possible.

Medical Release

Any player, who consulted a medical professional for an injury, may not resume play in a practice or game until the coach receives a Participation Release Form and forwards it to the Safety Director or Regional Commissioner. This holds true whether the injury is soccer related or not. The form can be found at http://www.ayso.org/resources/forms/region_area_admin_forms.aspx and also www.ayso677.org in the Region Documents section. This rule is a strict adherence with AYSO National guidelines - no release, no participation.

Emergency Treatment Authorization

In the event that a medical emergency or serious injury occurs, the player registration form contains a medical release that allows the coach or assistant coach to take a child/player for medical treatment if the parent or guardian is not present. It is **required** that the coach and assistant coach keep copies of the registration form, with an **original** parent or guardian signature, with them at all team events such as practices, games, tournaments, team parties, and the like. If a registration form with the medical release and original signature is not present, the player will not be allowed to play.

Any player(s) from other regions who join in an event sponsored or co-sponsored by Region 677 must also present a copy of a medical release with an original parent or guardian signature before being allowed to participate.

Pre Existing Conditions (HIV Positive, Cancer & Shunts)

Players who are known to have HIV positive conditions, cancer or shunts will not be excluded from play in Region 677.

A parent or other primary caregiver must be present at all practices and games and must provide any emergency care to the player. The player cannot play or practice if a parent or primary caregiver is not present.

Shunts must be adequately covered and padded.

Other conditions

Please advise the coach of any other pre-existing medical conditions (especially any if medical supplies or prescriptions are required). The coach will work with the Safety Director, if necessary, to resolve any concerns with discretion. An office physician's authorization to play may be requested.

Dogs

For the safety of the players and spectators, **NO DOGS ARE ALLOWED** at AYSO practices and games, even leashed. There are **no exceptions**, other than for certified service animals. In addition to it being an AYSO policy, it is that of the School Districts, on which we are dependent for fields.

PLAYER SAFETY

Soccer Shoes and Shin Guards

Soccer shoes and shin guards made by any established soccer equipment manufacturer are acceptable. Other shoes and shin guards are acceptable if, in the opinion of the referee, they are not dangerous to the player wearing them or to other players and the shin guards afford the player a reasonable degree of protection. A piece of cardboard, rolled up newspaper or similar makeshift items does not constitute proper shin guards. The referee must inspect all cleats to ensure there are no sharp edges; this is especially important for aluminum and nylon cleats. Toe cleats are NOT allowed.

Goals

You have nothing to fear from a quiet, unassuming portable soccer goal, right? Its importance as the focus of a child's goal-kicking effort outweighs any possible danger, right? WRONG!

The U.S. Consumer Product Safety Commission (CPSC) has reported 26 deaths and hundreds of injuries since 1979 resulting from soccer goal accidents. Most of these injuries occur when children climb on top of an unsecured goal, causing it to either break from the strain (in the case of many homemade goals) or simply flip over onto an unsuspecting victim. You only need to review some of the descriptions of injuries and deaths addressed in the CPSC report to become saddened by this easily preventable problem.

The bottom line is this: Goal safety is everyone's job and volunteers and parents need to be aware of the dangers. Keep children from climbing on goals and nets and from pulling on nets. Keep children away from goals when transporting them. Children should **NOT** be allowed to tear down or put up the goals.

Cast and Splints

AYSO National Rules and Regulations paragraphs VI.H. states:

"Players shall not be allowed to practice or participate in any game with any type of cast or splint."

"Removal of any type of cast or splint at the field or surrounding area in order to participate shall disqualify the player from practice or in any game."

Coaches and referees must not allow players to participate in practices or games if the player was observed to have removed a cast or splint.

Knee Braces

AYSO policy statement 2.9 titled "Knee Braces" reads as follows:

“AYSO will not prohibit the use of knee braces by players in AYSO events and programs, provided that the knee brace is adequately covered and padded so as to eliminate the possibility of its use causing injury to other players on the field of play.”

The difference between casts or splints and a knee brace is that a cast or splint is used for the treatment of a temporary injury to provide for healing. The use of a knee brace is different in that it is used to provide support and/or flexibility. Knee braces are designed to allow for flexibility of movement, while conversely a cast or splint is designed to restrict mobility.

Medical Alert

Medical information bracelets should not be removed, but can be covered with a soft wrist band or temporarily modified to fit more snugly, which does not involve taping the bracelet directly to the child's skin, as this can be very painful when it is removed. We must recognize that if the bracelet is removed and lost or hidden in any way, the child might be put in danger, particularly if the parents are not present to ensure that the medical condition is known. We must also recognize that it is unlikely that a medical alert bracelet, when properly covered, will pose a danger to the other children who are participating.

Eyewear

Players who require prescription glasses are allowed to wear them during practices and games. It is recommended that retaining straps be worn. Rubber bands may also be used for this purpose. Prescription goggles, such as the type used by racquetball players, are also permitted, subject to the approval of the referee prior to the start of the match. Spectacle guards made of plastic or other hard material are not permitted, nor are non-prescriptive eyewear and sunglasses.

Hearing Aids

Players who normally must wear hearing aids are allowed to wear them during a game.

Mouth guards

AYSO does not prohibit the use of mouth guards. Parents are encouraged to consult their child's dentist or orthodontist to determine what, if any, mouth guard is appropriate for their child. Children should not be prevented from participating in practice or games because they are using or not using an athletic mouth guard.

Jewelry, Earrings and Studs

Players may not wear jewelry of any type (including chains, watches, body jewelry and earrings), bandanas or other ornamentation or anything else that may, in the opinion of the referee, create an increased risk of injury to himself or herself or to other players during the game. Players wearing beads braided into the hair must wear a hair net covering the beads in order to prevent them from flying into the face or eyes of another player. Coaches and referees are role models and should abide by the same rules as the players in regard to wearing jewelry and studs during practices or games.

Additional clothing

At the referee's discretion, additional clothing may be worn when and where appropriate. Additional clothing which is only for adornment or which may pose a hazard is not allowed. The referee has the final decision in this regard. During cold or inclement weather, at a referee's discretion and in consideration of the age group, warmer clothes may be worn under the uniform. It is desirable that the color of any undergarment matches the predominant color of the jersey or shorts, as applicable.

Hats - Players may be allowed to wear soft hats or caps without brims if the weather is inclement. They must not constitute a danger to the player or to other players and must be approved by the referee. Baseball-style caps with hard brims are not acceptable.

Gloves - Goalkeepers are traditionally allowed to wear gloves. Other players may also wear gloves if, in the opinion of the referee, the weather is cold enough to warrant it.

Hydration

A number of factors place young athletes at an increased risk for dehydration and various heat illnesses. First, the higher energy expenditure of young athletes means that they produce more metabolic heat. In addition, young athletes don't sweat as efficiently as older athletes and thus cannot cool their bodies as effectively. Finally, young athletes are not as diligent about drinking fluids and their body core temperature during dehydration tends to increase faster. For these reasons it is essential that young athletes be encouraged to drink frequently even when they are not thirsty. Research studies have shown that providing a cooled and flavored beverage produces greater fluid consumption among children and helps prevent dehydration. Parents should make sure that athletes arrive at practice sessions, games or competitions fully hydrated. Coaches should enforce drink "pauses" every 15-20 minutes even when athletes do not feel thirsty. Parents, coaches and the athletes themselves should watch for the "warning signs of dehydration":

- Thirst
- Irritability
- Headache
- Weakness
- Dizziness
- Cramps
- Nausea
- Decreased Performance

During games players are permitted to drink water when needed, but only at the touchline. It is not permitted to throw water containers onto the field.

GENERAL INFORMATION

AYSO Region 677 Misc. Information

Picture Day - Your coach or team parent should provide you with information regarding Picture Day. A basic picture package was included in the fees you paid at registration; any additional packages will be the parents' sole responsibility. If there is a problem with your order please contact the photo company directly.

Problems and Complaints - If you have a problem or complaint, please take the following steps: Talk to your coach. If he or she cannot resolve it, contact your Division Coordinator or the appropriate Board Member related to your complaint. If you feel that your complaint is not addressed, your next step would be to contact the Regional Commissioner. If the complaint is not resolved, the Region Board Members will address it. Board Contact information is available at www.ayso677.org.

Web site - Did you know Region 677 has a web site? The address is <http://www.ayso677.org>. Information is updated constantly; this is the best way to get the information you need. However if there is a question you have that cannot be found on the web site please feel free to email any Board Member – your Division Rep. should be able to answer most of your questions. Please do not use the AYSO phone number to inquire about team standings – your call will not be returned. Team standings will be updated during the week, remember we are volunteers and have regular jobs to attend so please have patience with us.

General Soccer Information

Soccer is governed by a set of rules called 'Laws of the Game'. The 'Laws of the Game' is comprised of seventeen individual laws. AYSO has modified some of the Laws to conform to AYSO philosophies and guidelines for more information go here http://www.ayso.org/parents/parents_abc.aspx#2

AYSO plays short-sided games in divisions U5 - U12, in which there are fewer than 11 players on the field. This allows for players to be involved in more plays and get more touches on the ball.

- U6 plays 3v3 in 2 -15 minutes halves
- U8 plays 6v6 in 2 -20 minute halves
- U10 plays 7v7 in 2 - 25 minute halves
- U12 plays 9v9 in 2 - 30 minute halves
- U14 plays 11v11 in 2-35 minute halves
- U16 -U19 plays 11v11 in 2 - 40 minute halves

Half-time is about 5 minutes for all divisions.