

Quartz Hill AYSO

Region 638

(Section 10, Area D)

2021-2022

Coach Handbook



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

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1.0 Welcome Back!

American Youth Soccer Organization

Quartz Hill, Region 638

2021-2022 Season

Welcome to the 2021-2022 soccer season! In this handbook, you will find information that will be useful to you throughout the season. You will also find some hints and tips to help you as a coach.

We are very pleased to have many new players, coaches and board members this year. Together, we will continue to provide a safe, fair, and fun environment that will make this soccer season a rewarding experience for all the children in the region!

Please read through the entire handbook carefully. ***You are responsible for all the information in this handbook.*** Remember, when you have a question at any time during the season, board members are just an email or phone call away. If we don't have an answer right away, we'll find an answer. The phone numbers and emails for the board members are included in this handbook. Additional information is available on our website: <https://www.ayso638.org/>

Most of our region policies regarding play are included in this handbook. These don't take the place of the Laws of the Game, but explain how our region, AYSO Region 638, implements AYSO National Guidelines. For more information see our Region 638 Policies and Protocols located on our website. It would be good to familiarize yourself with it.

AYSO is an all-volunteer organization, which means that everyone donates his or her time and effort to give the kids an opportunity to enjoy soccer. We all must work together to make this season enjoyable for everyone.

Thanks again for coaching our kids,

Lisa Kimura
Regional Coach Administrator
Lisakqh638@gmail.com

2.0 AYSO Philosophies

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 half of every game. In addition, we follow Area D guidelines of the $\frac{3}{4}$ rule, where all players must play three quarters before any player plays a whole 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. No players may be carried over from prior year's teams other than the coach's child. We want all teams to have an equal chance at success; when games are one-sided, players from neither team are satisfied, and little is gained by either team in skill.

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. No membership restrictions on the basis of neighborhood, talent, race, religion, nationality or creed.

Positive Coaching:

Encouragement of player effort provides for greater enjoyment by the players and ultimately leads to better-skilled and better-motivated players. Soccer can be fun for players, parents, and coaches! As a coach, you can help make it fun!

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. AYSO stresses that individual regions promote sportsmanship and ethics at all times.

Coaches play a vital role in encouraging sportsmanship by the example they set. You can address parents at your pre-season meeting and use the time to stress proper behavior. Good Sportsmanship goes beyond the game – we want the values we communicate on the field to be values that will best serve players off the field as well. We need to remember that AYSO is a fun, educational program first, and soccer is a means to that end.

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.

Training sessions may belong to the coach, but the game belongs to the players. We need to let our players play their game, and not conform to an adult idea of what the game is. Coaches are role models. Everything we do around our players communicates a message, whether we're aware of it or not. We need to continually ask, "What's best for the kids?" and speak and act accordingly.

3.0 Getting Organized

- Check that your team package is complete and organized. When in doubt, ask!
- It's a good idea to purchase a sturdy binder or notebook in which to place all your team information. **Keep your medical release forms and team phone list with you at all AYSO events, including games, practices and meetings.**
- Call your team as soon as possible.
- Set up a team meeting to communicate your expectations for players and parents. Let them know what they can expect from you, and what you expect from them.
- Medical release forms for each player on your team will be provided. Have each parent sign the player release form for their child. Please have them use blue or red ink. This will show that the form is not a copy of the original. **Keep these release forms with you at all AYSO events.**
- Let everyone know of your training session schedule, and keep to it.
- Get an assistant coach, they will need to be certified and a current volunteer
 - Have them submit a Volunteer form to the Region CVPA, Doug Emert
 - Have them take both the "AYSO's Safe Haven" and "CDC Concussion" courses on www.aysou.org.
 - *New Asst. Coaches cannot take the Safe Haven and CDC Concussion training until they have submitted an on-line Volunteer form through the Quartz Hill AYSO Blue Sombrero site and received an AYSO ID number.*
 - All assistant coaches must have an age appropriate coaching certification
 - If you have an assistant coach, photocopy the forms and get these signed too. A photocopy of a signature is NOT valid.
- Organize your parents to share the load with team duties. An example of this would to have a "parent helper" at all training sessions and have him/her retrieve balls for the team. This person should also have a current volunteer form and be safe haven certified. The more you involve your parents, the closer your team will be and the easier job you will have!
- Prepare a practice plan for every training session. Know what you want to accomplish, and how you will accomplish it. The Internet has some great sites to get good youth activities. The AYSO web site has activities that are age appropriate too.
- **Keep an extra pair of shin guards in your ball bag. Players cannot participate in AYSO games or practices without shin guards.**
- Write out your game plan prior to game days so you will know whom to substitute and when.
 - Keeping your game plans week to week is also a great idea. Some parents may want to review where their player has played or how many quarters they played and your notes will keep you from having to guess and perhaps find yourself in a conflict with a parent's memory.
 - Every year we have new referees. Mistakes will be made on the game cards. Having your weekly game plans will save time when issues are brought forward.

- Fill out your game cards prior to game days. Make sure the game cards are completely and properly filled out, with players' first and last names. Make sure you use the correct color-coded card for your division.
 - 16U/19U – White
 - 14U – Orange
 - 12U – Ivory
 - 10U – Bright Yellow
 - 8U – Bright Green
 - 6U – Pastel Blue
- Keep the region phone list handy. If you have a problem or a question, call your division coordinator.
- Have fun. We constantly tell our kids to have fun, but sometimes we forget to have fun ourselves.

3.1 The Importance of the Team Parent

A good set of team parents can be invaluable. Make this a priority at your team meeting. Have the parents divide the load. Taken as a whole, the size of the tasks can seem daunting, but if you share the work, the job is manageable. Hint to the team parent: Remember to thank your coaching and referee families - these are very time intensive volunteer positions! One suggestion is to relieve them from game day snack duty as a small thank you from the team.

Make everyone's job easier by sharing the workload. Here's an example of how you may want to break out the jobs:

Typical Parent Responsibilities:

- Team Parent(s)
- Snack Coordinator
- Banner Coordinator
- Hair Bows
- Quarter Can
- Picture Coordinator
- Field Paint Day Volunteer
- Snack Bar Coordinator (6U/8U Only)
- Field Set-up / Tear down
- Team Party Coordinator
- Referee(s)
- Assistant Coach

4.0 Coach to-do list (ASAP)

- **Call your team!** Yes, they have been desperately waiting for you! Make sure you telephone them right after you get home from this meeting or tomorrow at the very latest! If the first number does not work try all numbers on the form especially the cell phone numbers and any and all email addresses. As a last resort try the emergency contact. 😊 After all numbers and emails have been tried and you still haven't reached the player, contact Kajsa Courtial at qh638registrar@gmail.com
- **If a player drops** from your team, or can't make your practice time, email Kajsa Courtial (Regional Registrar) at qh638registrar@gmail.com All drops and adds will be handled via email. **Make sure your email includes your team number (located at the top of your roster e.g. 10UB-01)!** Please also inform your division coordinator, IMMEDIATELY!!
- **CHOOSE your team name.** Here's how it works:
 - At your team meeting, have your team choose a name, or pick one yourself.
 - After you select a team name, AND a 2nd choice:
- **EMAIL your team name** to qhaysoteamname@gmail.com
 - Please include all of the following:
 - Your name
 - Your team number (located at the top of your roster e.g. 10UB-01)
 - Your team Division and Gender
 - The name you have chosen
 - 2nd choice name
 - You should receive an email confirming your team name within a week. If you don't...do not panic. Those monitoring the email address receive hundreds of emails during this time and they will get back to you.
 - ***DO NOT*** order your team banner until your team name is confirmed. It's a little embarrassing to have a banner with the wrong name on it!
 - If you don't email in your team name by Friday August 29th your team name will be your name and team number. This is disappointing to your players.

Picture day for Quartz Hill AYSO is TBD. Banners should be completed by this date. So it is extremely important to get you team name approved and banner ordered quickly!

4.1 Coaching Equipment

4.1.1 Necessary Equipment

- **MEDICAL RELEASE FORMS MUST ALWAYS BE IN YOUR POSSESSION.** This is true for all matches, training sessions, and meetings. Most forms in QH AYSO are provided with an electronic signature, these are acceptable, however it's a good idea to get a "wet" signature on forms as well. A "wet" signature must be in blue or red ink
- **THIS BOOK** Keep it with you're a s a reference.
- First Aid Kit – keep it stocked.
- Water, in case a player or parent forgets.
- Ice or Instant Ice Pack.
- Cones or other objects (to serve as goals or obstacles).
- Balls – just a few extra for a player or parent who forgets.
- Lesson Plan / Game Plan you have prepared in advance.
- AYSO age-level appropriate coaching book.
- Chair

4.1.2 Optional Equipment

- Pinnies or other practice jerseys.
- Extra pair of shin guards and matching socks.
- A whistle.
- Assistant Coach (some would move this to the "Necessary" list!).
- Bicycle flags are excellent tools to have. I suggest having 8 to 10 of them. They can be used as goals, cones and corner flags
- Small portable nets. You can find a variety of them on the Internet. They have ones that fold up very small and are great for 1v1, 2v2 and 3v3 activities.

Where do you get this stuff?

One suggestion: The AYSO Store, which you can find online at: www.aysostore.com.

Another suggestion: Our National Sponsor, Dicks Sporting Goods: <https://www.dickssportinggoods.com>

5.0 Thinking Inside the Box (Coach Communication)

There are several sets of **boxes** conveniently located at the age corresponding field locations:

1. Divisions: 6U, 8U, and 10U. Coach boxes will be located at the entrance to Joe Walker Middle School adjacent to the bright yellow Snack Bar Trailer.
2. Division: 12U. Coach boxes will be adjacent to the Marie Kerr East (MKE) field.
3. Division: 14U. Coach boxes will be adjacent to the playing fields: Gregg Anderson Middle School (GA) and at the entrance to Joe Walker Middle School (UJW).
4. Divisions: 16U, 19U. Communicate Directly with the Upper Division Coordinator.
5. Boxes for Completed Game Cards are located at Joe Walker, Gregg Anderson & Marie Kerr. Please place Completed Game Cards in the Correct Box (6U\8U, 10U, etc)
6. A Box for Board Members is located at Joe Walker. There are also Board Member folders provided at Gregg Anderson and Marie Kerr.

Why should you care? Because it's the best way for you to communicate with the region, short of cornering a board member! It's also a reliable way for the region to communicate to you. Each coach "owns" his or her file folder in the box. Please don't take the folder with you just the contents. Here's what will be provided to you in the coming weeks:

- Extra Scorecards
 - Volunteer of the Week nomination forms
 - Sponsor-Provided Goodies
 - All Star Process and Nomination Forms
 - Player Rating Forms
 - Supplemental Training Notices
 - And More . . .
-
- **Check your folder weekly**, it is vital, imperative, crucial, and important that someone from your team get the information out of the box and back to you EACH WEEK. The only concern of having another person from the team going into your coach's box is that sometimes there is confidential material inside it, such as all-star information.
 - **The box** is a great way for you to "talk back" to the region. At Joe Walker/Lane Park each board member has a folder in the board member box into which you can drop a line of encouragement, recommendation, or concern. Use the file folder to return documents to the registrar, CVPA, coach administrator, referee administrator, division coordinator, commissioner, or any board member. At other locations, place correspondence in the Board Member Folder and we will make sure it gets to the appropriate board member.
 - **Completed** 6U/8U Game cards must be placed in the box labeled "Game Cards." 10U-19U Score cards are handled by the referees: 8U referees, if present will turn in the game cards at the end of the match. Please place game cards in the appropriate Game Card Box for the division. Completed game cards **DO NOT** go back into your coach folder.

6.0 Safety Checklist

- Keep your medical release forms with “wet” signatures in your possession at all times during all team activities. No Medical Release, No Practice. No Kidding. No exceptions. It is a great idea to place your emergency forms in a plastic protector so they do not get damaged throughout the season.
- Do not allow non-AYSO players to participate in training sessions or games. This includes non-registered siblings. Non-registered siblings that would like to participate must become a register volunteer.
- All Players must wear proper shin guards at all times. Proper coverage means that the shin guard must cover $\frac{3}{4}$ of the area between the knee and ankle. This also applies to registered youth trainers or any registered player, under 18 years of age, helping with a practice.
- Check your field for any hazards such as rocks, broken glass, plastic bottle caps, sprinkler heads, etc. Do this before each training session or game.
- Check for dangerous equipment such as balls with loose panels, cones with sharp edges, loose spikes on shoes, or goals with sharp edges.
- Check your players’ shoes. Some cleats used for other sports may be unsafe for Soccer.
- Teach your players the laws of the game, and the skills they will need. Be sure to show them techniques that they need to play the game safely.
- Warm up players before games and training sessions, and cool them down afterward.
- Give players sufficient rest, and be sure that they drink plenty of fluids at games and training sessions.
- Carry a simple first aid kit.

IMPORTANT: Treat only minor injuries. If you suspect a serious injury, seek professional help! Call for assistance. NEVER move an injured child until they can move themselves.

- Player Injuries:
 - If a player is injured during a game, wait to enter the field until you are directed to do so by the referee. Do not allow spectators to enter the field unless you need someone to help remove an injured player. Look over the injured player carefully. Do not touch the injury. He/she may want to continue to play, but if an injury is serious enough to stop play, exercise caution. When in doubt, take the player out! The player’s welfare is more important than the team. Period.
 - Whenever players are hurt, whether in training session, or in a game, proceed carefully. Let the player demonstrate that he/she is okay before you allow him/her to continue with any activity. If you suspect a serious injury, get professional help. Be especially aware of heat related illness. Observe the player carefully, and if he/she becomes unresponsive, call paramedics! Heat stroke can be deadly. Remember your Safe Haven training.
 - All injuries should be reported to the Regional Safety Director, Gabe Canett, 661-202-8323.

Prepare a preliminary injury report for any injury, even if the child seems to be okay. These forms are on our website and available in a file in the coach boxes. It is also suggested that you e-mail the Safety Director so it is documented that you completed an injury form, g.canett0813@gmail.com

John Ouellette, AYSO National Coach:

“Once the head coach has assumed charge of the children on his or her team, he or she remains responsible until a duly designated adult has taken charge of each child after practice or a game or the child leaves the immediate vicinity of the practice or game as prearranged by the parent to walk home or to a friend’s or relative’s house. No child shall be left unsupervised after a game or practice. Parents who are unreasonably late or consistently tardy should be reported to the child protection advocate for action. Each coach may establish a standing policy of where children may be picked up by late parents.”

6.1 Concussions

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. You can’t see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If one of your players reports any symptoms of a concussion, or if you notice the symptoms yourself, seek medical attention right away. Because of the serious nature of concussions AYSO and the CDC have developed a plan to increase awareness of concussions in youth sports. AYSO coaches are required to complete the “CDC Heads Up Online Concussion Training” every year. The concussion training course is located online at www.aysou.org and takes approximately 40 minutes to complete. Coaches will also be provided additional material at the back of this handbook which will provide important information on the warning signs of possible concussion in a youth athlete along with information sheets for both parents and players. Coaches will also be provided a concussion awareness handout which is to be signed by both the player and parents and returned to the coach. This should be done at the pre-season team meeting along with the medical release forms and the Kids Zone Pledge.

7.0 Kids Zone

In recent years, the national media have focused on the negative, even violent, behavior of players, coaches, and parents involved in youth sports. In a proactive effort to counteract this trend of violence, AYSO has initiated a program called Kids Zone. As part of AYSO's education agenda, Kids Zone is a dynamic program targeted to eliminate negative sideline behavior. It is aimed toward producing a thoroughly positive impact on everyone involved in youth soccer. To execute this program, four basic elements are involved:

1. The Badge. This is a pin-on button bearing the program's logo. This will be worn by program supporters at games, and will serve as a reminder of the importance of positive sideline behavior. **–Quartz Hill AYSO Region 638 currently does not use The Badge**
2. The Sign. A large signboard, which lists positive behavior standards, will be posted at the entrance of participating fields. Parents and spectators who will abide by these standards are welcome -- all others are not. **–Quartz Hill AYSO Region 638 currently does not use The Sign**
3. The Pledge. We will request AYSO parents to sign a pledge that holds them to the Kids Zone standards.
4. The Video. This is a 12-minute documentary that introduces AYSO's principles and its Kids Zone action plan to new participants.

In order to make this program work, we need your help!

- At the pre-season team meeting have your parents sign the Kid's zone pledge.
- Collect these forms and keep with your player medical forms. These are a valuable tool to use if a parent forgets why we are all here.
- You may share the "Tools for Parents" (Section 6.2) at your team meeting.

7.1 Kids Zone Parent Pledge

All Coaches must also agree to this and agree to be held accountable to it.

1. I pledge to be on time or early when bringing my child to his/her practices and games. I understand that it may be uncomfortable for my child to be late to a game or practice and that he/she is subject to physical risk if not provided with adequate time to warm up. I understand that I am encouraged to stay during practices and games, but if I do not, I will be there when he/she is finished. Being punctual shows respect for the coach, who has other time commitments, and it tells my child that he/she is my top priority.
2. I understand that the top three reasons kids play sports are to have fun, make new friends and learn new skills. I understand that the game is for the kids, and I will encourage my child to have fun and keep sport in its proper perspective. I understand that athletes do their best when they are emotionally healthy, so I will be positive and supportive.

3. I will redefine what it is to be a “Winner” in my conversations with my child. Winners are people who make the maximum effort, continue to learn and improve, and do not let mistakes, or fear of making mistakes, discourage them. I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that all children are born with different abilities and that the true measure of success is not how my child compares to others, but how he/she is doing in comparison to his/her best self.
4. I will “Honor the Game.” I understand the importance of setting a good example of sportsmanship for my child. 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 call I do not agree with, I will refrain from questioning, insulting or making personal attacks against him or her.
5. I understand that games can be exciting for my child as he/she deals with the fast-paced action of the game, responds to opponents, referees, teammates, and listens to coaches. I will not yell out instructions. During the game, I will make only sportsmanlike comments that encourage my child and other players on both teams.
6. I will not make negative comments about the game, coaches, referees or teammates in my child's presence. This sets a bad example, which can negatively influence my child's motivation and overall experience. I agree to act in a sportsmanlike manner and make every effort to foster a friendly and nonviolent atmosphere.

7.2 Tools for Parents

The following ideas may be helpful for being an AYSO supportive parent.

7.2.1 Conversations before the games

- Tell your child you love him/her regardless of the outcome.
- Tell him or her “Go for it, give it your best shot and have fun!”

7.2.2 During the game

- Understand that kids are over-stimulated during games. The coach may be giving instructions, opponents and teammates are talking, the crowd is cheering, and the referee is blowing the whistle. To a youth sports participant, the atmosphere is much like that of a fighter pilot with enemy jets racing all around. Do not yell instructions to your child during the game because it only adds to the confusion. Sometimes the best thing you can do as a parent is to be quiet.
- Cheer and acknowledge good plays by both teams.
- Keep ALL your comments positive! Remember this is supposed to be fun for the kids.

7.2.3 After the game

- Thank the officials for doing a difficult job.
- Thank the coaches for their efforts. After a difficult loss, recognize that it is not a good time to question a coach.
- Thank your opponents for a good game.
- Congratulate your child and his or her teammates for their efforts.
- Compliment individual players on good plays they made in the game.

7.2.4 During the car ride home

- Point out a good play your child made during the game.
- Avoid criticizing or correcting mistakes.
- Ask open-ended questions about how the game was played rather than how many points were scored. Here are examples of open-ended questions that might apply:
 - Did you have fun?
 - Did you give it your best effort?
 - What did you learn from the game?
 - What was the best play you made and how did it feel?
 - Did you bounce back from your mistakes?

AYSO recognizes the efforts and advancements made by the Positive Coaching Alliance in Honor of the Game. The Kids Zone Parent Pledge is adapted from Positive Coaching Alliance's Parent Pledge (www.positivecoach.org)

8.0 Required Referee Coverage

Every team in the competitive divisions, 10U-14U, is required to provide referees. This year, a team must earn seven (7) referee points during the season to be considered for the Regional Tournament but those seven (7) points will not be applied to the team's standings. An additional three (3) referee points, after the initial seven (7), can be earned and directly applied to a team's final standing. Each team can earn up to two (2) points a week with a maximum of ten (10) points a season. No 10U thru 19U game can take place without a referee.

Teams may earn a maximum of two (2) ref points per week and a total of ten (10) ref points per season. Referees must complete the AYSO certification course in order to be considered a referee.

- One (1) point may be earned for providing a center referee for 10U – 19U matches.
- One (1) point may be earned for providing an assistant referee (AR) for 16U – 19U matches.
- One half (1/2) point may be earned for providing an assistant referee AR for 10U – 14U matches.
- One half (1/2) point may be earned for providing a center referee for 8U matches.
- Upper division 16U/19U points can only be assigned to 10U thru 14U teams after Labor Day weekend.

| Team Name | Wins (3 pts) | Losses (0 pts) | Ties (1 pt) | Ref Bonus (3 pts max) | Adj (- pts) | Total Points | Ref Pts (7+ reqd) |
|-------------|-----------------|-------------------|----------------|--------------------------|----------------|--------------|----------------------|
| Aqua Aces | 4 | 0 | 1 | 1 | 0 | 14 | 8 |
| Black Bears | 2 | 2 | 1 | 3 | 0 | 10 | 10 |
| Calico Cats | 2 | 1 | 2 | 0.5 | -1 | 7.5 | 7.5 |
| Dirty Dogs | 1 | 3 | 1 | 0 | 0 | 4 | 5.5 |

Any combination of centers and ARs may be used to accumulate two (2) points per week, per team.

Referees must return a game card with their legibly printed name and indicate which team and division they are volunteering for, in order for their team to receive credit. No exceptions. (i.e. Scott Jones: 14UG-Jealous?). Any questions contact the Referee Administrator, Ben Megel, at 661-483-0346 (638megel@gmail.com). Points earned for upper division games will count for team credit.

No points will be awarded for returned blank game cards. No appeals, protests or exceptions.

9.0 2021 Region Referee Classes

Step to become AYSO Certified Referee:

Before you can become an AYSO referee there are several requirements that need to be completed. All these steps are necessary to protect our children and protect both you and our region from lawsuits, as all volunteers are required by law to be properly trained. Below is an outline of these requirements, which is also documented in the Referee Training Matrix below:

1. Set of items below need to be completed online prior to the referee training course:
 1. Register as a Volunteer using [My Account](#) on this site (this is a yearly requirement)
 2. Successful completion of the AYSO Safe Haven™ Course at www.aysou.org (Required every 2 years; it takes about 30-45 minutes).¹
 3. Successful completion of the CDC Concussion Awareness Training at www.aysou.org (Required every 2 years; it takes about 30-45 minutes).¹
 2. **Login to AYSOU and take the on-line Regional Referee Training (Online Courses>Refereeing Courses ~ 3 hr)**
 3. **Attend a 2-hour on-line zoom session with Area 10D Referee Instructors to confirm referee knowledge. Our region has the following Regional Ref Zoom trainings scheduled:**
 - 08/18/21 7-9pm
 - 08/26/21 7-9pm
 - 09/02/21 7-9pm
1. Attend Referee Orientation before the start of the season. Please see our website for updates and class registration:
<https://aysou.bluesombrero.com/Default.aspx?tabid=942294>

Additional information on the certification process for becoming a referee and frequently asked questions (FAQ) concerning the refereeing in Quartz Hill are provided in the back under forms.

Notes:

1. To login to AYSOU.org you need your BlueSombrero Login and Password AND you must have submitted a volunteer form. If you are unable to sign up for a training in eAYSO or BlueSombrero, please contact Ben Megel at 638megel@gmail.com
2. Dates are subject change

10.0 Regional Referee Feedback

To help your referee administrator upgrade our referee program, please feel free to send an email regarding the referee's conduct on your game. Please keep in mind:

1. Positive and negative feedback is welcomed
2. The game is now over, and the score is not going to change.
3. We are all volunteers and we all make mistakes; that is how we get better.
4. As the coach it is responsibility to control your conduct and that of the people on your side lines.
5. Negative feedback from a coach or parent directly to the referee, during, or immediately after the game, is *never warranted, not permitted and rarely ever helpful.*
6. The referee or referee administrator has the right to ask anyone to leave the field that is not provide a good environment for the children.
7. We are all on the same team - Coaches, Referees and Parents, striving to give our kids a Safe, Fair and Fun environment.

We are always trying to improve and sometimes we just need a little help learning from those errors. It is possible that your referee may benefit from some mentoring when it comes from mentor program, or a **neutral** source. Instead, please use this email tool so that your referee administrator can work with your referees to improve our program.

- Send such emails to: refdoug638@gmail.com
- Please include details such as: date, time and field
- All emails will be kept in confidential but please include your contact information so we can get more information as necessary

Your referee administrator, Doug Emert or a representative, find a way to turn whatever occurred into a teaching/mentoring opportunity for the coach, referee, or parent(s)

11.0 Very Important Player (VIP) Program

The VIP Program provides a quality soccer experience for children - and adults - whose physical or mental disabilities make it difficult to participate successfully on mainstream teams. VIP teams may include those who are:

- Blind or visually impaired
- Amputees or conditions that impair mobility
- Mentally or emotionally challenged
- Downs Syndrome
- Cerebral Palsy

We recognize that all children need to feel a sense of belonging and acceptance. The VIP program offers that acceptance and carries our philosophy of Everyone Plays to new heights - giving everyone a chance to play. The VIP team will need teams to play

with, and that's where your team comes in. At the end of the Coach Orientation meeting you may volunteer your team to play one of the VIP teams (typically 12U and 14U). If your team gets to play a VIP team that game will be added to your game schedule prior to publication. These games may or may not be on your bye week. Please consider taking this opportunity to help the VIP team and provide your players with a game they will always remember. If you have any questions please contact our VIP coordinator Melanie Aguilar 661-205-5771.

12.0 Division Information

| DIVISION | STANDARD ROSTER SIZE | PLAYERS ON FIELD | MINIMUM PLAYERS FOR GAME | DURATION | BIRTH YEAR | Ball Size |
|--------------------|-----------------------------|-------------------------|---------------------------------|--------------------|-------------------|------------------|
| 19U (Full) | 20 | 11 | 7 | 45 min half | 2003-2005 | 5 |
| 19U (Split) | 10 | 7 | 5 | 25 min half | 2003-2005 | 5 |
| 16U | 18 | 11 | 7 | 40 min half | 2006-2007 | 5 |
| 16U (Split) | 10 | 7 | 5 | 25 min half | 2003-2005 | 5 |
| 14U | 15 | 11 | 7 | 35 min half | 2008-2009 | 5 |
| 12U | 12 | 9 | 6 | 30 min half | 2010-2011 | 4 |
| 10U | 10 | 7 | 5 | 25 min half | 2012-2013 | 4 |
| 8U | 7 | 5 | 3 | 20 min half | 2014-2015 | 3 |
| 6U | 7 | 4 | 3 | 20 min half | 2016 | 3 |
| Schoolyard | na | na | 3 | 10 min half | 2017 | 3 |

Times shown are for each half of the match. For example: 19U plays two 45-minute halves, with the total game time 90 minutes. These are the time limits; under no circumstances should a game be lengthened. There may be instances where the games are shortened.

13.0 Practice Fields

Only use those fields that you have been approved to use, and at the times you have been authorized to use them. Field availability for practice times has been limited to 1½-hour slots twice a week for 10U and above, 1 hour for 6U and 8U once a week. Time can be spent in off-field conditioning, chalk talk, or small-touch ball skills. Practice field maps are provided in Section 26, and on the region website:

<http://www.ayso638.org>

Practice times (10U and above, twice a week):

4:00 to 5:30 PM

5:30 to 7:00 PM

7:00 to 8:30 PM

Practice times (6U and 8U, once a week):

4:00 to 5:00 PM

4:30 to 5:30 PM

5:00 to 6:00 PM

5:30 to 6:30 PM

6:00 to 7:00 PM

Please end your training sessions on time. Over-running practice times is rude, and creates an inconvenience for your fellow coaches. Remember that you set the tone for your team. If you are late, they will be late.

At the end of the Orientation Meeting, you can verify your preferred practice days and times. We do our best to accommodate everyone in making field assignments. You will receive a Practice Field Validation Form from your Coordinator, which will specify your practice field and time of use. Keep this form with you. Be prepared to show it if asked. If you have any questions or need to make changes, our Regional Practice Scheduler is Lisa Kimura (505-400-7112). Practice field maps are provided in Section 26.

If another coach is on the field that you are scheduled to use, show him/her your form. You should not have any problems, since all of us coaches work together, but if you do, please telephone the Coach Administrator (Lisa Kimura 505-400-7112)

2021 Field Set-Up Day: Saturday of Labor Day Weekend, September 4th. Volunteers should show up at your team's slotted time. Each team must provide at least 1 volunteer for a minimum of 1 hour. **Check-in will be at the location you are volunteering at (arrive 15 min early for check-in).** Once your team has fulfilled their field set-up duty, your team coach will receive the game schedules electronically.

6U / 8U: 8:00 am @ Lane Park

10U: 9:00 am @ Joe Walker

12U: 10:00 am @ Marie Kerr Park

14U-19U: 10:00 am @ Gregg Anderson

14.0 Game Day Information

14.1 Running on Time

We schedule games to make full use of our limited field space. Let's work together to avoid delays. Have your team ready to take the field at your scheduled game time. Limit your play to the game durations scheduled on the back of the game cards. After your game, be quick to move your post-game comments and snacks away from the sideline. This really helps to start bringing the schedule back on track, and will be most appreciated by fans and teams following yours. REMEMBER: Games are played with the clock running through the quarter-substitution breaks. The delayed start of the first game can lead to delays through the whole day, so let's start and stop on time.

14.2 Field Preparation

14.2.1 Field Set Up

If your team is scheduled for the first game of the day, it is your responsibility to help set up the goals, and paint the field. Both teams scheduled for the first game on a field are required to provide volunteers to help with field setup. Get there early, and enlist volunteers to help. If the fields are not ready on time, the entire schedule of games can be thrown off. One person from a team cannot do this job alone. Safety is critical! If you have questions about setting up a goal, ask!

Please scan the code below to see how to set up and tear down our goals. This season all of the 6U to 12U goals are from the same company. They all follow the same steps for set up and tear down. The code should take you to the Farpost Goals website. For 6U/8U we are using the 4'x8' goals and for 10U/12U we are using the 6.5'x18' goals.



<https://www.farpostgoals.com/videos/>

Specific Division Instructions:

- 6U: Nets the top corner of the nets are identified with orange paint. Be sure that these corners are attached to the upper left and right hand corners of the frame. Use the anchors to anchor the goal base and nets into the ground.
- 8U: Nets – the top corner of the nets are identified with bright colored zip-ties. Be sure that that these corners are attached to the upper post. Use the anchors to anchor the goal base and nets into the ground
- 10U: Nets – the top corner of the nets are identified with orange paint. Be sure that that these corners are attached to the upper post. Use the anchors to anchor the goal base and nets into the ground
- 12U: Nets – the top corner of the nets are identified with bright red paint. Be sure that that these corners are attached to the upper post. Use the anchors to anchor the goal base and nets into the ground
- 14U: Use the step ladders for putting up the nets
- All: **Be sure to return the spray cans to the shed at Joe Walker and Lane Park, to the tent at Marie Kerr, or to the ref tent at Gregg Anderson

14.2.2 Field Tear Down

If you are playing the last game of the day, your team needs to take down the goals and return them to the storage container if playing at Joe Walker/Lane Park. This isn't a one-person job either, so have some volunteers help. Each team scheduled for the last game on a field must tear down one goal. TRASH: If you are the last team playing, please have your parents pick up the trash and take it to the designated collection location.

Specific Division Instructions:

- 6U -12U Push the nets to the center of the cross bars. 6U/8U remove one cross bar section and push the other into the center. 10U/12U both cross bar sections can be pushed into the middle cross bar. Place the frames of the nets into the bags. Lay the cross bar with the UN ROLLED net into the bag. Lay the net on top of the frame of the goals and zip close. Please make sure there are 8 anchors for each goal
- 6U-10U bring corner flags to the storage containers at Joe Walker DO NOT PLACE IN GOAL BAGS.
- 12U: Bring all goals to Marie Kerr East to the white trailer. Please do not place the corner flags in the goal bags.
- 14U at Gregg Anderson- Take goals down to the East end of the track and lock to fence. Place flags, four anchors (two per goal) and field sprayers into the storage container. Place trash bags next to the container.
- 14U Joe Walker- unclip the nets and take to the storage container along with the corner flags.

14.3 Equipment and Uniforms

Quartz Hill AYSO will provide each player a uniform, consisting of a jersey, shorts and a pair of sock. No alternations to the uniform are allowed. ***Player names on the backs of uniforms are not allowed per AYSO Nation regulations.*** The complete uniform must be worn, including matching socks for games.

Due to the size of our Region, uniforms are ordered well in advance. This means each team will receive a preset variety of sizes. The sizes go in number order, #2 being the smallest size and the largest number being the largest size. Distribute uniforms by size. The best recommendation is to line up the players by size and go from there. Hand out uniforms **no earlier** than the week before your first game. Make it clear to your parents that uniforms should be used for Quartz Hill AYSO games only. Replacements are not available. We will not order smaller uniforms. However, if a player requires a much larger size then please contact your Division Coordinator for assistance. Do this ASAP.

No shin guards, no play, no exceptions. Although sneakers are acceptable for lower divisions, for 10U and up, regular soccer cleats are recommended. Some players may use cleats specific for another sport, and in many cases these are acceptable, however you as a coach should check to make sure they are safe. If you are unsure check with the referee or a regional board member.

In all divisions, no jewelry may be worn anywhere on the player. Yes, this even means: no starter earrings, no rubber wristbands, no face paint, and no hair beads or bows with metal clips. And no, it is not OK if it is covered up with a band-aid, or tape, or whatever. Face paint and colored hair spray are also prohibited during an AYSO match as they may pose a hazard to the players. No object may be worn which might present a hazard to any player. You must follow the referee's instructions in all such matters, regardless. In 6U/8U it is the coach's job if a Referee is not present.

14.4 Playing Time

AYSO rules state that all players must play at least half of every game. Section 10 requires three quarters of every game. And in Quartz Hill AYSO, no one plays four quarters until all players have played three quarters. Special provisions may apply for 16U and 19U divisions. Additionally, you should rotate who plays the full game and who sits out as a substitute each week, especially in 8U, 10U, and 14U where you will often have 1-2 players sitting out for two "quarters" a game. And if a player is only going to be playing half the game, consider not having them play keeper, unless he/she wants to do so. Please note the Quartz Hill Board does review game cards for player substitutions.

Late Arrivals should be played as follows:

1. If a player arrives during the first quarter, the player must play at least two of the remaining quarters.
2. If a player arrives during the second or third quarter, the player must play at least one quarter. No exceptions, so don't ask.

Coaches who violate this rule will receive a written notification after the first violation, and possible loss of game points or forfeit with any subsequent violations (this includes receiving -1 game points if your team lost the match). This policy also applies to the Region Tournament.

14.5 Substitutions

Substitutions allow players to enter and leave the game, and change places on the field.

Substitutions are allowed as follows:

1. About midway through each half, at a normal stoppage of play, the referee stops the match to allow substitutions to be made. Substitutions are noted on the scorecard.
2. At halftime.
3. For injuries.

Coaches may make any substitutions they wish during the halftime or midway through each half, provided the playing time requirements are met for the players.

The referee, and referee's assistant must recognize mid-game substitutions before players may enter the field. Both incoming and outgoing players should line up along the touchline at the centerline and wait to be recognized. Players remaining in the game during the "quarter break" must remain on the field. Many referees are very particular about this rule, so teach your players to follow the correct procedure.

14.6 Goalkeepers

A player shall play no more than two quarters as goalkeeper in any game. That player must also play at least one quarter in another position on the field. This rule applies only to games played against other Quartz Hill AYSO teams. It does not apply to games played against teams from other regions, either regular season or in post season. Coaches in 10U and 12U who violate this rule will receive a written notification after the first violation, and possible loss of game points or forfeit with any subsequent violations (this includes receiving -1 game points if your team lost the match).

The 19U, 16U, and 14U exception: If a player desires to play more than two quarters in the goalkeeper position, he/she may be allowed to do so. This is **the player's** decision, NOT the coach's. The referee will verify this.

14.6.1 Goalkeeper Rule Changes for 2021:

Beginning in 2017 USSF mandates that Goalkeepers shall not punt or drop-kick the ball in 10U. The goal keeper may throw, roll or pass the ball to begin their team's attack. A violation of this rule will result in an Indirect Free Kick from the spot of the violation, or on the line of the Goal Area if the violation occurred within the goal area.

UPDATE: 12U Goalkeepers are once again allowed to punt\drop-kick the ball.

UPDATE: 10U Goalkeepers are no longer required to target a player within the build-out line.

14.6.2 Goalkeeper FAQs:

Q: Is it permissible for a goalkeeper to take a throw-in, corner-kick, penalty kick etc.?

A: Yes. The goalkeeper is a regular player on their team. The goalkeeper may play anywhere on the field, but their ability to use their hands is limited to their Penalty Area.

Q: Can another player (on the field) change places with the goalkeeper?

A: Yes, with the Referee's permission, but only during a stoppage of play. Example: Referee calls a penalty kick against your team. Your best shot-stopper is on the field, but not in goal. As a coach, you can request a goalkeeper change. After the kick is taken, if you wish to perform another keeper change, you must again ask the referee, but only during a stoppage of play. *In 10U and 12U if the player has already played 2 quarters either as goalkeeper in goal or in the goalkeeper position, they cannot be substituted back into the goal for an injured player or a penalty kick.*

Q: Why does the goalkeeper wear a different colored jersey?

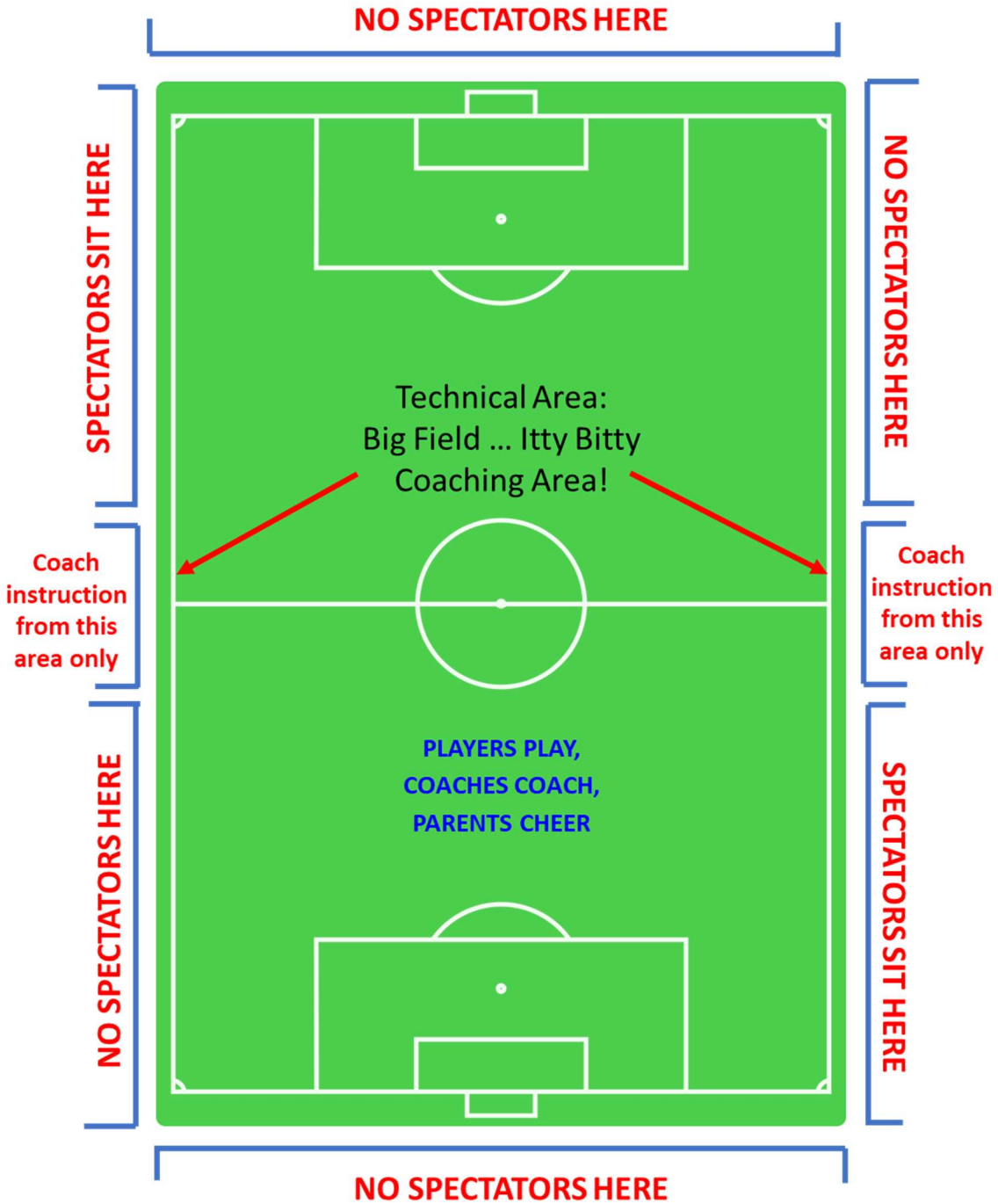
A: Referees afford goalkeepers special protection. In order to make this easier, goalkeepers are to wear a different colored jersey to that worn by any of the other players (on either team) and the Referees.

Q: Why can't keepers in 10U Punt or Drop-Kick

A: USSF Player Development Initiatives mandate no Punts or Drop-Kicks in order to promote build-up play from defense and to discourage simply getting rid of the ball.

14.7 Technical Area

In 10U and above, coaches must stay within ten yards of either side of the centerline of the field. Since the center circle extends ten yards, this can be your guide. No coaching is permitted outside this area.



14.8 Coach's Conduct

Don't say or do things in anger. Stop and think about the situation. The kids are on the field to have fun. Adults who yell and make unpleasant remarks do not contribute to a fun atmosphere. Adults who model good sportsmanship on the sidelines are the best teachers of good sportsmanship. We can't teach it if the kids don't see it on the sideline.

The ONLY time coaches are allowed to talk to the referee is when the referee requests/allows it. NEVER enter the field of play without permission. Please do not interrupt the match by asking for clarification of calls. All communication with the referee is to be done by the team captains. Furthermore, coaches should not approach referees either before or after the game to speak with them about the upcoming or just concluded match. Any harassment of referees will result in immediate suspension from AYSO by the Regional Commissioner. The results of all games are final. Results of games ***may not*** be appealed.

14.9 Spectator Conduct

Please keep your spectators well away from the touchline, and outside of the penalty areas on both ends of the field. This includes the area behind and around the goals. *You as a coach are responsible for the behavior of your spectators at all times.* Repeated misbehavior may result in expulsion of you or a spectator if the referee does not believe you are trying hard enough to control your sideline. Your game may be forfeited. We expect coaches to insist on good sportsmanship from all members of their team (especially adults). Make sure all spectators understand this. Remember, if your spectators are unruly and you are unable to bring them under control, ask for help!

If you walk past enough games during any day of the season, you'll see parents coaching from the sideline in just about every division! Most coaches don't like parents coaching from the sidelines; it's inappropriate, and confusing to the players. When is it okay for parents or spectators to coach players from the sidelines? Never. If your teams' parents want to coach a team, have them talk to the Coach Administrator. We'll tell them everything they need to know about getting a team for next season. The same applies to armchair referees. If you have a parent who insists of refereeing from the sideline, have them talk to our referee administrator about getting certified.

Our fields are located on county parks, city parks, and on school grounds. Every field in use by AYSO is subject to AYSO policies and is a Kids Zone. **Leave dogs at home.** No alcohol or tobacco use will be allowed in the vicinity of the practice or playing fields. If you can see a child from where you are standing you should not be drinking or smoking, this includes e-cigs, etc. Foul language by coaches, players, and spectators will not be tolerated – ever.

14.10 Region 638 Zero Tolerance Policy

Our zero tolerance policy applies to all Referees and AYSO volunteers and will be enforced as follows:

1. If a coach or spectator questions the call of a referee, the referee may stop the match, retrieve the game ball, and invite the coach onto the field for a conversation.
2. During this conversation the coach may be told 3 things:
 - a. The purpose of the conversation is not to debate a call but to inform the coach that the behavior of the coach/spectator is unacceptable
 - b. The coach has 2 choices. He/she can go back to their coaching area and coach per AYSO philosophies or the coach/spectator can leave the playing facility.
 - c. The coach/spectator will be expelled if the referee has to speak to them again during the match.
3. If the referee is a youth referee, the youth referee may stop the match, retrieve the game ball, and find a board member to deal with the situation as described above.
4. Any coach/spectator who is heard verbally abusing a referee will automatically be expelled by the referee (if an adult) or a board member (in the case of a youth referee). Verbal abuse includes foul and abusive language and comments with racial or sexual overtones.
5. If the unacceptable behavior of the coach/spectator occurs after the game has ended it will still be reported by the referee and will be considered as an expulsion.
6. Referees will report any occurrences where a coach/spectator is expelled and there will be an investigation to determine the subsequent penalty. The penalties are at the discretion of the Region and may include suspension from future games.
7. The Region also reserves the right to investigate instances when abuse of a referee or volunteer is not reported by the referee or volunteer but is subsequently brought to our attention. The penalties are at the discretion of the Region and may include suspension from future games.

A copy of the Region 638 Zero Tolerance Policy is also included as a handout in the back of the handbook. Feel free to share this with your assistant coach and parents.

14.10.1 Coach/Spectator Send Offs

Coaches or spectators removed from a match by the Referee or an Executive board member will cost their team a 1 point deduction for each removed coach/spectator. Coaches removed from a match will receive a minimum 1 game suspension; additional games may be incurred following board review of incident. In addition, teams without a Certified Assistant Coach forfeit the match and any additional matches where the Head Coach is not present.

14.11 Score Card Etiquette (10U thru 19U)


Each week after the games, board members review game cards for all divisions. For upper divisions, we look at scores and referee conduct reports. We also tally the sportsmanship scores, and review the playing times, to ensure that *Everyone Plays*.

Use the following guidelines to properly fill out your game cards:

- Use Correct Division Game Card
 - 16U/19U – White
 - 14U – Orange
 - 12U – Ivory
 - 10U – Bright Yellow
 - 8U – Bright Green
 - 6U – Pastel Blue
- **List ALL players by uniform number**, NOT alphabetical order.
- List first and last names of players and coaches.
- Fill in Division and Team Name.
- Circle Gender
- Have the card filled out when the referee team calls you for check-in.
- When a player sits out a quarter, your Assistant Referee draws a line through that quarter. Have your players report to the halfway line until the A.R. has noted their status.
- If a player is absent or ill, let the A.R. know. They will indicate by drawing a line through all four quarters, and note the player's status next to his/her name.
- If a player is playing goalkeeper, the A.R. is to mark a G in the quarter they are in goal.
- After the game, mark your "players of the game" by circling their number on the game card. Pick individuals mainly, only infrequently "whole team". This may not seem important, but it's the world to the players.
- Review the card to ensure that player's playing times were accurately recorded. If it's not right, get it fixed immediately. Working in harmonious and respectful agreement with the referees, of course!
- **Review the entire card including substitutions and final score. When you agree that the card is accurate, sign the card. Your Signature is your approval.**
- If your game card does not show that you met the ¾ rule or proper goalkeeper substitution, you will receive a written warning for your 1st offense. Any additional violations may result possible loss of game points, suspension, and/or forfeit of the game (this includes receiving -1 game points if your team lost the match).
- Referees will take the game card to the scorecard boxes.

Attached is a properly filled out card (10U-14U) to use as a guideline.

Quartz Hill Season Score Card



AMERICAN YOUTH SOCCER ORGANIZATION
FOUNDED 1964

DIVISION: U9 Boys Girls (Circle One)

TEAM NAME: Red Devils

COACH: Alex Ferguson

ASST COACH: Jose Mourino

| No. | Print Players' Names* in Numeric Order Indicate a reason for any absence | Goals Scored | Qtrs. Played | | | |
|-----|---|--------------|--------------|---|---|---|
| | | | 1 | 2 | 3 | 4 |
| 2 | Gary Neville | | | | | |
| 3 | Phil Neville | | | | | |
| 4 | Gabriel Heinze | | | | | |
| 5 | Rio Ferdinand | | | | | |
| 6 | Wes Brown | | | | | |
| 7 | Cristiano Ronaldo | | | | | |
| 8 | Wayne Rooney | | | | | |
| 9 | Luis Saha | | | | | |
| 10 | Ruud van Nistelrooy | | | | | |
| 11 | Ryan Giggs | | | | | |
| 12 | David Bellion | | | | | |
| 13 | Roy Carroll | | | | | |
| 14 | Alan Smith | | | | | |
| 15 | Jose Kleberson | | | | | |
| 16 | Roy Keane | | | | | |

*GK=Goalkeeper, C=Captain, CC=Co-Captain, O=Outstanding Players for game

Date: ___/___/___ Time: ___:___ Field: _____

Halftime Score: ___ In Favor of: _____

Final Score: ___ Winning Team: _____

Losing Team: _____

Referee: Fill out reverse side

REFEREE'S SPORTSMANSHIP SCORE

Please consider the following in your Sportsmanship Score: Conduct of Players, Coaches, and Spectators, as well as overall courtesy toward Referees.

Overall Sportsmanship Score ___/12

Spectators: ___/4 Comment: _____

Players: ___/4 Comment: _____

Coaches: ___/4 Comment: _____

4 Points = Excellent, 3 Points = Good, 2 Points = Fair, 1 Point = Poor, 0 Points = Sent off
If score is 2 or less, a comment is required!

REFEREE'S GAME REPORT

Referee: Report all Cautions and Send Offs Here

Disciplinary Action Taken: _____

Please print names...

Referee: _____ Team: _____

Asst Ref (Home): _____ Team: _____

Asst Ref (Visitor): _____ Team: _____

Mentor: _____ Team: _____

| GAME HALF TIMES (maximum times) | |
|---------------------------------|---------|
| DIVISION | MINUTES |
| U14 | 35 |
| U12 | 30 |
| U10 | 25 |

List players in order by uniform number

Players first and Last Names

Check final score, don't sign until you agree

Check substitutions, don't sign until you agree

Sign the Card

Sportsmanship score filled out by referee team.

14.12 Game Card Etiquette (6U and 8U)

Each week after the games, board members review game cards for all divisions. For 6U and 8U, we tally the sportsmanship scores, and review the playing times, to ensure that *Everyone Plays*.

Use the following guidelines to properly fill out your game cards:

- Use Correct Division Game Card
 - 16U/19U – White
 - 14U – Orange
 - 12U – Ivory
 - 10U – Bright Yellow
 - 8U – Bright Green
 - 6U – Pastel Blue
- List ALL players by uniform number, NOT alphabetical order.
- List first and last names of players and coaches.
- Fill in Division and Team Name.
- Circle Gender.
- When a player sits out a quarter, please draw a line through that quarter.
- If a player is absent or ill, indicate by drawing a line through all four quarters, and note their status next to the players' name.
- If a player is injured during a "quarter" and is replaced by another player, only the injured player gets credit for playing that quarter.
- After the game, mark your players of the game by circling their number on the game card. Pick individuals mainly, only infrequently "whole team". This may not seem important, but it's the world to the players.
- After the game, mark your opponent's sportsmanship score on the back of the game card.
 - Giving opposing coaches low sportsmanship scores week in and week out in order to enhance your chances to win the sportsmanship award is unsporting. This behavior actually reduces your chances of winning a sportsmanship award. Be fair in your rating.
- **8U COACHES ONLY:** Identify your opponent's top three players by jersey number on the back under "COACH'S GAME REPORT"
- Sign the card.
- If your game card does not show that you met the $\frac{3}{4}$ rule, you will receive a written warning for your 1st offense. Any additional violations may result in a suspension.
- Take the game card to the game card box. If you have a referee for your game, they will turn the game cards in.

Attached is a properly filled out card (6U & 8U) to use as a guideline.

Quartz Hill Game Card, U6 and U8
 Division: U8 Boys (Girls) (Circle One)
 Team Name: Orange Juice
 Coach: Tony DiCicco
 Asst Coach: April Heinrichs

| No. | Print Player's Name (Last, First), in Numeric Order | Goals Scored | Substitutions | | | |
|-----|---|--------------|---------------|---|---|---|
| | | | 1 | 2 | 3 | 4 |
| 2 | Heather O'Reilly | | | | | |
| 3 | Siri Mullinix | | | | | |
| 4 | Lorrie Fair | | | | | |
| 5 | Kate Markgraff | | | | | |
| 6 | Lindsay Tarpley | | | | | |
| 7 | Christie Welsh | | | | | |
| 8 | Danielle Fotopoulos | | | | | |
| 9 | Kylie Bivens | | | | | |
| 10 | Jenny Benson | | | | | |

C=Captain, Co=Co-Captain;
 Coach: Mark up to 3 Outstanding Players of the Game - use an asterisk, circle, or mark with an "O"
 All Players listed on team roster must be listed in numeric order; indicate reason for any absences.

Date: 10 / 3 / 10 Time: 9:15 Field LP2
 Opponent Deja Blue

Coach: Please fill out reverse side

Players first and Last Names

List players in order by uniform number

COACH'S SPORTSMANSHIP SCORE

Please consider the following in your sportsmanship score for our opponent: Conduct of their players, coaches, and spectators.

Score (Maximum for a Good Game) 12 (12 pts)

Note: 12 Points would be earned for a normal good game; anything less than max requires an explanation

Spectators: 4 points (4pts max) Comments: _____
 Players: 4 points (4pts max) Comments: _____
 Coaches: 4 points (4pts max) Comments: _____

4 Points = Excellent, 3 Points = Good, 2 Points = Fair, 1 Point = Poor, 0 Points = WOW

COACH'S GAME REPORT

Additional Comments (ie players arriving late, leaving early, etc): _____

Top three players, by jersey number (and name, if possible), from opposing team (U8 ONLY):
 1. #3 2. #5 3. #7

If a Referee or Referee team was present, PLEASE PRINT NAMES AND TEAM INFORMATION below:
 Referee: _____ Team: _____
 Asst. Ref: _____ Team: _____
 Asst. Ref: _____ Team: _____

COACH'S SIGNATURE

By signing below, I agree that all game substitutions are correct.
 Coach: _____

GAME HALF TIMES (maximum times)

| DIVISION | MINUTES |
|----------|---------|
| U8 | 20 |
| U6 | 20 |

Sportsmanship score anything less than 3 must be written up in game report space below

Sign the Card

Identify opponent's top three players by uniform number 8U ONLY

14.13 Sportsmanship Scores

The most important measure of your success as a coach is not on the front of the scorecard, it's on the back. After every game, your team is graded with a Sportsmanship score. In the case of a 6U or 8U game, the coach you play against grades you. In 10U and above, your referees grade you. The rating is a reflection of the behavior of players, coaches, parents, siblings, observers, and fans: anyone who can impact the conduct of play by his or her behavior. Coaches are responsible for the conduct of everyone on their own sideline.

Our cards allow scores from three points to twelve points.

Spectators: Maximum of 4 points
 Players: Maximum of 4 points
 Coaches: Maximum of 4 points
 Total: Maximum of 12 Points –Minimum of 3 points

4 Points = Excellent
 3 Points = Good
 2 Points = Fair
 1 Point = Poor

Each team starts with 12 points, and if everything proceeds as it should, this is the default sportsmanship score. Any individual sportsmanship score less than 4 requires a written comment on the game/score card. As a rule of thumb, here's what those points indicate:

| POINTS | MEANING |
|--------|---|
| 12 | Everyone was well behaved, positive comments were made, no inappropriate behaviors. Good Sportsmanship was demonstrated. |
| 11 | Room for improvement, but overall Good Sportsmanship. Did a player say anything to an opponent or a teammate? The referee hears that kind of stuff even if coaches don't. |
| 10 | Do you or your spectators "ride" referees? One or two comments can result in one or two lost points. You need to improve your demeanor, or control your sideline more effectively. |
| 9 | Expect a call from a board member. Too much negative talk, from a variety of sources. The referee should have called you onto the field to direct a corrective comment. Or, are you proud of winning 8-0? |
| 8 | How many parents did you send away from the game for a cooling off? As a coach, you didn't succeed in controlling them, or yourself. |
| 7 | You yelled at a ref, and then encouraged your parents to do the same. The kids are looking at you like you're crazy. A couple of parents are setting up a petition to remove you as coach. |
| 6 | Your assistant coach finished the game, since you should not have been there for the end. Hopefully, a board member came along and scolded your parents for their lack of maturity. |
| 5 | Look up the meaning of the term "hooligan." Then again, it would be faster to just look in the mirror. Next week: Silent Saturday. |
| 4 | Too many things went wrong for the referee to include on just one card. |
| 3 | Anything below this? Clear the field. |

14.14 Running up the Score

There is no such thing as a mercy rule in soccer or in AYSO. However, running up the score is discouraged. A margin of 5 goals is sufficient to ensure a win. Please have your teams prepared in the event you end up playing a lesser team. Having your team play keep-away can be more insulting to a beaten team than a high score. Both are generally unacceptable. If your team is clearly the superior team, keep your team in your defensive half and after five or six controlled touches, boot the ball back to the other team's defensive half and let them bring it up again. The idea is to perform this task as graciously as possible without making it overly obvious. We understand it's hard for young players to hold back when they have a chance to score, especially if they have been placed in the defensive half of the field for most the season. If your team does win by more than 5 goals the game card will be reviewed for who scored the goals. If you win by a score of 8-0 and 6 different players scored, then most likely you as a coach did the best you could by moving players around. However, on the other hand if you win by a score of 8-0 and your best player scored 6 goals then expect to be contacted by the regional coaching staff.

Talk to your team at training sessions about possible ways to keep from running up the score so they KNOW it's not a punishment if you change tactics during a game. Another idea is to assign one player as your scoring player - no one else may take shots on goal and everyone else should pass to that player. This suggestion may also help a player who needs encouragement to become more involved in the game.

So what if you don't hold down the score? Referees are instructed to adjust your sportsmanship score when you don't pull back. On the first offense you will receive a written notification via email about running up the score. On a second offense a 1-point sportsmanship deduction will be assessed. Subsequent violations will incur point reductions and potentially make you ineligible for post-season play, regardless of your team's final win-loss record. Remember, your team is not learning a growing by running up the score. If you need assistance in tactics to help from running up the score please contact you Division Coordinator or Coach Administrator.

15.0 Game Guidelines by Division

15.1 5U Jamboree Guidelines for QH AYSO, Region 638

1. Jamboree, Parent with Player, is the combination of two different formats that, put together, will provide the best possible introduction to soccer for our youngest players. In AYSO soccer, a jamboree means that teams are formed on a weekly basis depending on how many players attend a given session. Parent with Player refers to the concept that each player will have a parent (or other adult) working with them on the field.

2. A “Master Coach” will lead each session. The Master Coach will introduce a game/activity that will practice a certain skill or part of the game using explanation and demonstration. Each pair (player/parent) will then attempt the activity while the Master Coach circles between pairs providing specific help or suggestions so that the activities are performed as intended. After a suitable amount of time, the Master Coach will bring the players and parents back together as a group and recap what they have done, introducing the next game/activity.
3. Each Jamboree Parent with Player session will end with a 20 minute short-sided game (3 v 3). Details regarding the game are explained later. Most importantly, allow the players to play without coaching or teaching them as this experience is designed to expose them to soccer, not to begin developing them. The two goals of the program are to allow the players to enjoy the activities and to let the game be the teacher.

15.2 6U Guidelines for QH AYSO, Region 638

1. The game consists of two (2) twenty (20) minute halves. Substitution breaks will occur about halfway through each half. The halftime will be five (5) to ten (10) minutes in length. Substitution breaks will be no more than one (1) minute in length and are for substitutions only. The clock should not be stopped during substitution breaks. If parents would like to meet their player at the touchline to give them a drink, it is acceptable. Players are not to leave the field unless they are being substituted for. Halftime is when you will have the opportunity to talk with your team and for your team to rest.
2. The game is played with four (4) players per side. There is no goalkeeper. Players may play defense, but they must not be waiting in the goal area. It is perfectly acceptable for players to move into the goal area when the ball is there. Sitting a player in goal does not allow them to experience the game.
3. A game (lineup) card must be completed for each game and given to the referee, if one is assigned. If no referee is assigned, the acting referees (see item 9) will complete the card. The game card will be marked indicating team substitutions. 6U roster sizes typically mean players will play 2 to 3 quarters per game. Remember no player plays four (4) quarters, until everyone has played three (3) quarters. If a player did not play the minimum number of quarters, the reason must be noted. The game card must be turned in to the game card box at the conclusion of the game. Game cards will be reviewed by Region staff on a weekly basis. Given the level of maturity of 6U players, some children may not want to play three quarters. They should not be forced to play in order to meet the three quarter rule. Common sense must be applied. If a child chooses not to play, please mark that on the game card.
4. Coaches will be allowed on their **DEFENSIVE** side of the field for the first two (2) games ONLY. After the first two games, the coach will remain in the coaches’ area near the center of the field.
5. Do not set the ball for players for restarts (e.g., kick-ins, goal kicks, free kicks); the players need to learn the restarts.
6. At no time is it permissible for a 6U team to play with more players than the other team. If a team is short players, the opposing team must play short also or loan a player to the other team.

7. There are no penalty kicks, or direct free kicks. Indirect free kicks will be taken from outside the goal area. If a foul is committed by a defending team inside their goal area, the ball will be placed on the goal area line at the point nearest the foul.
8. There are no thrown-ins in 6U. A restart from the touchline will be done with a Free Kick-in or Dribble-in from the spot on the touchline where the ball went out of play. Players are allowed to score directly on a kick-in.
9. Heading the ball is not taught in the 6U game. Players should not be heading the ball during practice or the game. If a 6U player deliberately heads the ball during a match it is encouraged that coaches/referees use it as a teaching moment for both teams and re-start the match with a drop ball. However, if a player continues to deliberately head the ball the coach/referee should stop the match and award an Indirect Free Kick to the opposing team.
10. 6U Games generally do not have Referees. Each team will referee one half of each game. A parent, coach, assistant coach, spectator, etc. can referee the game as long as they have a current volunteer from submitted to the region for the 2021 season. At no time will a playing team's referee continue to coach on the field.
11. Although unlikely, Youth referees may be assigned to 6U matches. **At NO time is it acceptable for coaches, spectators, etc. to challenge these young people.** While the Region does not maintain standings in the 6U division, youth referees are encouraged to mark game cards for goals, as well as substitutions. Refereeing is a learning process for our youth referees, and keeping track of the game helps them to become more skilled at the task of officiating.
12. 6U teams may have two (2) team functions per week, including games, but practices may not exceed one hour.

15.3 8U Guidelines for QH AYSO, Region 638

1. The game consists of two (2) twenty (20) minute halves. Substitution breaks will occur about halfway through each half. The halftime will be five (5) to ten (10) minutes in length. Substitution breaks will be no more than one (1) minute in length and are for substitutions only. The clock should not be stopped during substitution breaks. If parents would like to meet their player at the touchline to give them a drink, it is acceptable. Players are not to leave the field unless they are being substituted for. Halftime is when you will have the opportunity to talk with your team and for your team to rest.
2. The game is played with five (5) players per side, there is **no goalkeeper**. Sitting a player in goal does not allow them to experience the game.
3. A game (lineup) card must be completed for each game and given to the referee, if one is assigned. If no referee is assigned, the acting referees (see item 9) will complete the card. The game card will be marked indicating team substitutions. Remember no player plays four quarters, until everyone has played three quarters. If a player must sit two quarters in a game, coaches should ensure that it is not the same player every week, instead this should be rotated thru all the players. If a player did not play three quarters of a game, the reason must be noted. The game card must be turned in to the game card box at the conclusion of the game. Game cards will be reviewed by Region staff on a weekly basis.

4. Coaches will be allowed on their side (DEFENSIVE) of the field for the first two (2) games ONLY. After the first two games, the coach will remain in the coaches' area near the center of the field.
5. Do not set the ball for players for corner kicks, etc.; the players need to learn the restarts.
6. It is permissible for a team to play with more players than the other team. However, in the interests of good sportsmanship, if a team is short players, the opposing team may play short also or loan a player to the other team.
7. There are no penalty kicks, or direct free kicks. Indirect free kicks will be taken from outside the goal area. If a foul is committed by a defending team inside their goal area, the ball will be placed on the goal area line at the point nearest the foul.
8. There are no thrown-ins in 8U. A restart from the touchline will be done with a Direct Kick-in or Dribble-in from the spot on the touchline where the ball went out of play. Players are allowed to score on a kick-in.
9. The build-out line has been added in the 8U game. The halfway line is used as the build-out line and only affects goal kicks in 8U. On a goal kick, the team without the ball must retreat behind the halfway line until the ball is kicked. The ball is "in play" when kicked, and then the opposing team may cross over the halfway line. The kicker may kick the ball anywhere on the field. Coaches are encouraged to teach their teams to perform a controlled pass to a teammate standing nearby.
10. Heading the ball is not taught in the 8U game. Players should not be heading the ball during practice or the game. If an 8U player deliberately heads the ball during a match it is encouraged that coaches/referees use it as a teaching moment for both teams and re-start the match with a drop ball. However, if a player continues to deliberately head the ball the coach/referee should stop the match and award an Indirect Free Kick to the opposing team.
11. If there is no referee at game time, each team will referee one half of each game. A parent, coach, assistant coach, spectator, etc. can referee the game as long as they have a current volunteer from submitted to the region for the 2021 season. At no time will a playing team's referee continue to coach on the field.
12. Youth referees may be assigned to 8U matches. **At NO time is it acceptable for coaches, spectators, etc. to challenge these young people.** While the Region does not maintain standings in the 8U division, youth referees are encouraged to mark game cards for goals, as well as substitutions. Refereeing is a learning process for our youth referees, and keeping track of the game helps them to become more skilled at the task of officiating.
13. 8U teams may have two (2) team functions per week, including games, but practices may not exceed one (1) hour per session/day.

15.4 10U Guidelines for QH AYSO, Region 638

1. The game consists of two (2) twenty-five (25) minute halves. The quarter breaks will be approximately every twelve and one-half (12 ½) minutes. Quarter breaks are for substitutions only, and the clock is not stopped. If parents would like to meet their player at the touchline to give them a drink, it is acceptable. Players are not to leave the field unless they are being substituted. Halftime is when teams have the opportunity to talk and rest.

2. The game is played with seven (7) players per side, including the goalkeeper.
3. A game (lineup) card must be completed for each game and given to the referee. The game card will be marked by the referee indicating team substitutions. Remember no player plays four quarters until everyone has played three quarters. There will be instances where one or more players must sit two quarters; it is the coaches' responsibility that it is not the same player every week! The only exception is if a player is sick or injured. If a player did not play three quarters of a game, the reason must be noted. The game card must be turned in to the Joe Walker scorecard box by the referee at the conclusion of the game. Game cards will be reviewed by Region staff on a weekly basis.
4. Coaches will remain in the coaches' technical area near the center of the field.
5. If there are no assistant referees at game time, each team may be asked to provide one "club linesman" to assist the referee. The club linesman will be responsible for indicating the ball in and out of play. Club linesman may print their name on the game card to receive referee points for the team.
6. Youth referees may be assigned to 10U matches. **At NO time is it acceptable for coaches, spectators, etc. to challenge these young people.**
7. The build-out line in 10U is marked by a line between the halfway line and the penalty area and affects three situations:
 - 1) Goal Kicks. On a goal kick, the team without the ball must retreat behind the build-out line until the ball is kicked. The ball is "in play" when kicked, and then the opposing team may cross over the build-out line. The ball does NOT have to leave the penalty area. The kicker can kick the ball anywhere on the field, including a short pass to a teammate standing in their own penalty area.
 - 2) Keeper Possession. When the goalkeeper has possession of the ball, the opposing team must retreat behind the build-out line until the ball is put back into play by the goalkeeper. The goalkeeper puts the ball back in play by releasing it from their hands, and then the opposing team may cross over the build-out line. The goalkeeper may roll it, throw it, or kick it on the ground to anyone, anywhere on the field. The ball does NOT have to leave the penalty area. The goalkeeper is not permitted to "punt" or "volley" the ball.
 - 3) Offside Position. The build-out line replaces the halfway line for the purpose of offside position determinations.
8. **Heading the ball is no longer taught in the 10U game. Players should not be heading at practice or during the game. If a 10U player on the field deliberately heads the ball the referee will whistle to stop play and award an Indirect Free Kick to the opposing team.**
9. 10U teams may have three (3) team functions per week, including games, but practices may not exceed one and one-half (1-½) hours per session/day.
10. At no time shall the spectators for opposing teams occupy the same side of the field. The home team and its spectators shall occupy the north or west side of the field. The visiting team and its spectators shall occupy the south or east side of the field.
11. All other play conforms to FIFA Laws of the Game.

15.5 12U Guidelines for QH AYSO, Region 638

1. The game consists of two (2) thirty (30) minute halves, separated by a five (5) minute halftime. The quarter breaks will be approximately every fifteen (15) minutes. Quarter breaks are for substitutions only, and the clock is not stopped. Quarter breaks should not exceed one (1) minute. If parents would like to meet their player at the touchline to give them a drink, it is acceptable. Players are not to leave the field unless they are being substituted. Halftime is when teams have the opportunity to talk and rest.
2. The game is played with nine (9) players per side, including the goalkeeper.
3. A game (lineup) card must be completed for each game and given to the referee. The game card will be marked by the referee indicating team substitutions. Remember no player plays four quarters until everyone has played three quarters. If a player did not play three quarters of a game, the reason must be noted. The game card must be turned in to the scorecard box by the referee at the conclusion of the game. Game cards will be reviewed by Region staff on a weekly basis.
4. Coaches will remain in the coaches' technical area near the center of the field.
5. If there are no assistant referees at game time, each team may be asked to provide one "club" referee to assist the referee. The club linesman will be responsible for indicating the ball in and out of play. Club linesman may print their name on the game card to receive referee points for the team.
6. Youth referees may be assigned to 12U matches. **At NO time is it acceptable for coaches, spectators, etc. to challenge these young people.**
7. **Heading the ball is no longer taught in the 12U game. Players should not be heading at practice or during the game. If a 12U player on the field deliberately heads the ball the referee will whistle to stop play and award an Indirect Free Kick to the opposing team.**
8. 12U teams may have three (3) team functions per week, including games, but practices may not exceed two (2) hours per session/day.
9. At no time shall the spectators for opposing teams occupy the same side of the field. The home team and its spectators shall occupy the north or west side of the field. The visiting team and its spectators shall occupy the south or east side of the field.
10. All other play conforms to FIFA Laws of the Game.

15.6 14U, 16U, and 19U Guidelines for QH AYSO, Region 638

1. The 14U thru 19U divisions do not play short sided. These divisions follow FIFA Laws of the Game (LOTG) for number players on the field (11), with adjustment to match duration per Section 9 of this handbook.
2. A game (lineup) card must be completed for each game and given to the referee. The game card will be marked by the referee indicating team substitutions. Remember no player plays four quarters until everyone has played three quarters. If a player did not play three quarters of a game, the reason must be noted. The game card must be turned in to the scorecard box by the referee at the conclusion of the game. Game cards will be reviewed by Region staff on a weekly

basis. *16U/19U exception – Due to roster size, ¾ rule does not apply, only requirement is every player play ½ of match. It is still recommended that coaches attempt to follow the ¾ rule if possible.*

3. Coaches will remain in the coaches' technical area near the center of the field.
4. If there are no assistant referees at game time, each team may be asked to provide one "club" referee to assist the referee. The club linesman will be responsible for indicating the ball in and out of play. Club linesman may print their name on the game card to receive referee points for the team.
5. Youth referees may be assigned to these matches. **At NO time is it acceptable for coaches, spectators, etc. to challenge these young people.**
6. 14U teams may have three (3) team functions per week, including games, but practices may not exceed two (2) hours per session/day. 16U/19U teams may have up to five (5) team functions per week due to possibility of multiple games during a week.
7. At no time shall the spectators for opposing teams occupy the same side of the field. The home team and its spectators shall occupy the north or west side of the field. The visiting team and its spectators shall occupy the south or east side of the field.
8. All other play conforms to FIFA Laws of the Game.

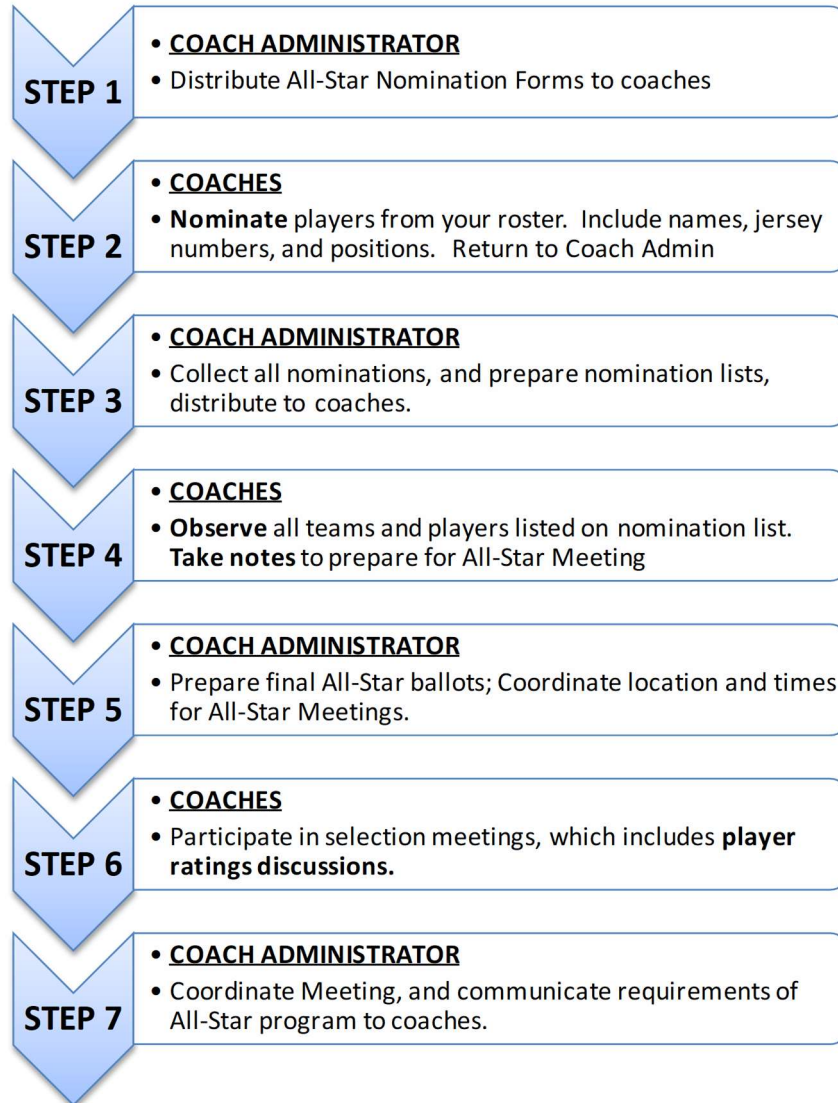
16.0 All-Star Selection Process

All Star teams are selected from Division 10U through 14U players to represent the region in the Area All Star competition. (There will be no All Star play for 16U/19U or AYSO Extra.) The coaches of each division select these teams. It is important that coaches **observe the players** of other teams starting in Match Week 1, so they can make informed decisions at the All Star selection meetings. We want to send our best players in order to be competitive at the All Star tournament, so be objective and observe other teams! Note, players have to have played in half the season games in their division.

All-Star coaches will be selected by the regional board prior to All-Star Team selection. All coaches must be licensed at the age-appropriate level, certified in Safe Haven, completed concussion training, and registered as a volunteer, including the assistant coaches. Coaches must have coached during the current season in the same age/gender division. Coaches who have been sent off during the season likely will not be allowed to be an All-Star coach and represent our region in Area All-Star play.

All-Star teams are selected and voted on by the regional coaches for each division. The selected all-star coach will have the opportunity to select two (2) players from the list of nominated players to help balance the team positions.

Here's the way it works:



16.1 All-Star Coach Checklist

So you've been selected by your board to coach the all-star team. If you've never done this before, you're wondering what you got yourself into! The information below will help you make the all-star season go more smoothly for everyone.

Rosters:

An all-star roster will be provided to you shortly after the all-star meeting by the Registrar. Please contact the player's parents immediately upon receiving the roster and confirm the player's availability to participate on the All-Star team. The Registrar will submit the All-Star rosters to Area; coaches are not responsible for this.

Medical Releases:

Just like starting the season over! You will be provided a set of medical releases forms. At your first team meeting, please have your parents sign the medical releases. Just like regular season, these must be with you at all training sessions and all team functions, including parties. No roster, no practice, no exceptions.

Uniforms:

Uniforms are no longer provided by the region per AYSO Section rules. Each player making an All-Star team will have to purchase a uniform. Additional, information will be supplied to families of players making an all-star team, by the All-Star coach.

Game Schedules:

The Area staff will provide a schedule of game times and meetings as soon as it is available. Game times and requirements are posted on the Area 10-D website in mid-December. Since the all-star tournament is typically held in mid-January, you'll have a couple of months to get ready. Games are played on both Saturdays and Sundays. This is new to a lot of parents so be sure to mention it. You can check the area 10D website to keep yourself and your team updated on playing dates, locations, times and contact information for board members working with the all-star teams:

<https://ayso.bluesombrero.com/area10d>

Practice Schedules:

Your first priority is your regular season team, so you'll have to work the all-star training sessions around regular season teams. Plan on starting practices after the completion of the Regional Trournament, to avoid congestion on our practice fields. Contact the Regional Practice Scheduler to make sure your training session is coordinated not to conflict with other teams.

The Team Meeting:

Plan on having a parent meeting to introduce yourself to the players and the parents. They'll want to know who you are and what you believe in. Talk about practice schedules, game schedules, and team jobs. Be sure to spell out your expectations for practice attendance. All-star teams require a different level of commitment for parents, players, and coaches, but you can still have fun. Don't lose sight of the opportunity to enjoy the all-star experience!

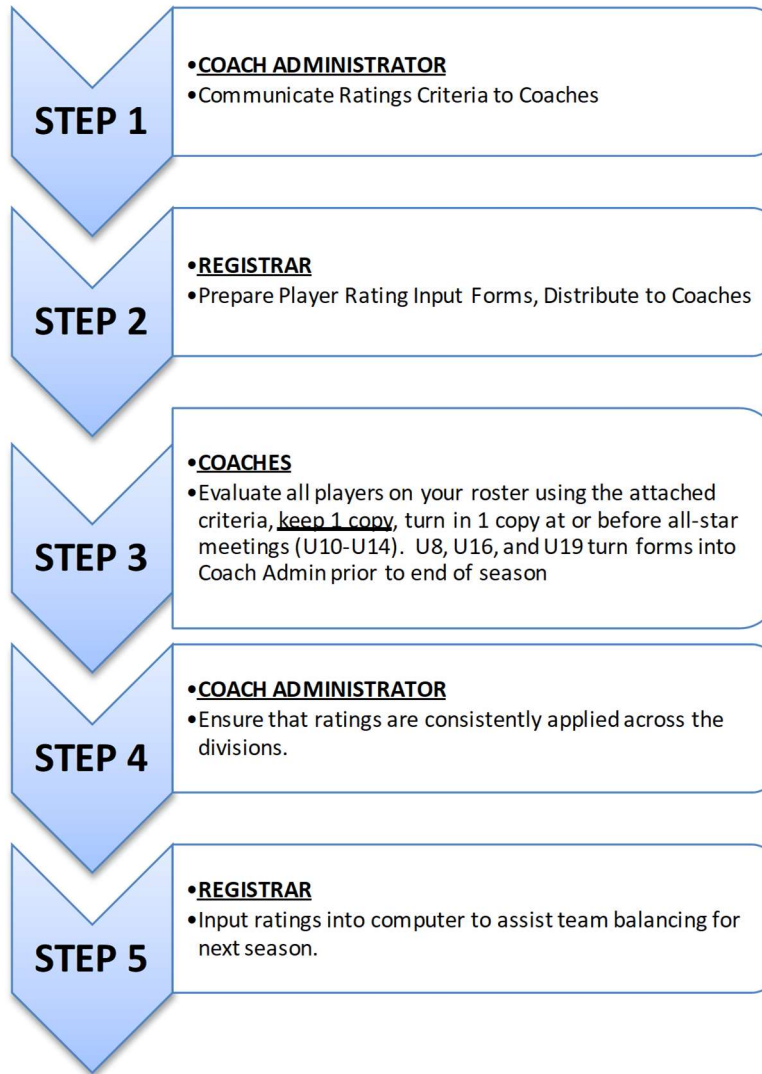
17.0 Player Ratings Process (10U-19U)

You as a coach play a crucial role in helping form balanced teams. If we can consistently apply ratings to all players in competitive divisions, we can more effectively balance teams, and maintain or improve the competitive balance of each division. The process begins with you! Your fair and objective assessment of the skill and attitude of each player on your team will help to make next year's teams more balanced. This process applies to all coaches in 10U through 19U. **8U coaches will be provided separate instructions during the season, in their coach folder, for the 8U Player Rating process.**

Be fair. Don't purposely rate your child abnormally low in order to build up your chance of getting a stronger team next year. Don't attempt to "punish" a child by giving them an artificially high or low rating. You could wind up with that child on your roster again next year! Use these instructions to provide an objective base for your ratings.

Remember: player ratings are CONFIDENTIAL!!!

Instructions: Evaluate all players on your team (even in U-8). You will provide a numerical skill rating of between 40 points and 96 points to each player on your team. You will also provide an alphabetical attitude rating from A to D for each player. Use a pencil, not a pen, on the player rating form. Ratings are subject to review and revision.



17.1 Skill Ratings Process

- Rank the players on your team, using 1 for the best player.
- Objectively place the players in one of the following categories: 1) Outstanding, 2) Very Good, 3) Good, Better than Average, 4) Average Typical Player, 5) Below Average Player, and 6) Passive Player. See descriptions below.
- Evaluate your players to determine which category you believe they currently belong. Use the following traits as the basis for your evaluation:
 - Aggressiveness: How hard do they try to be a part of the game and how much a part of the game are they? They may try hard but are still not a major impact on the game.
 - Athletics: Are they a natural athlete, average, or poor? They may not have developed good coordination yet.

- Skills:
 - Dribbling (Do they lose the ball a lot, or dribble past others?)
 - Kicking (Is it strong, accurate, consistent, or weak, or swings and misses more than average. It is done with proper technique or is it a toe-punch)
 - Passing (accuracy, proper technique, proper speed on the ball)
 - Finishing (when they have the ball near the goal do they have a knack for scoring, or do they kick it high or wide, or always at the goal keeper)
 - Defending (how are they at preventing the other team from scoring? How are they at taking the ball away from an opponent? Do they get beat a lot, or can they get their foot on the ball and kick it away, or can they take it away under control and start off towards their own goal?)
- Speed: Consider straight line speed as well as quickness in a small area.
- Impact: How much of an impact do they make on the game. Can they take over the game by themselves, or are they rarely involved in the game?

17.2 Category Descriptions

- **Outstanding:** One of the best players in the league. Very fast, aggressive, with very good dribbling and kicking skills. Tireless, good attitude, and may have team skills. A very good athlete. This player makes a major impact on the game and may be the difference whether your team wins a lot or not. Some of the teams will have one player in this category. Many teams will not have anyone. A lucky team may have two.
- **Very Good:** Just below outstanding. Fast, aggressive, with good skills. Good at scoring and at taking the ball away from opponents. Many teams will have a player in this category, but if your team didn't win, it may be because your team did not have any Very Good or Outstanding players.
- **Good, Better than Average:** A player you feel is better than the typical players you have seen in your division. He or she has something that causes you to believe they are better than average. It may be better speed, or average speed but very good skills, or average speed and skills, but is quite aggressive and tries hard all the time.
- **Typical, Average Player:** Typical speed, skills, and aggressiveness. Similar to many of the players you have seen in your division. About one-third of all the players in the division may be in this category.
- **Below Average:** This is a player that is either slow, lacks aggressiveness, lacks skills, or is just not athletic at this time in his or her life.
- **Passive:** A player that makes very little impact on the game. This player may rarely touch the ball during the game. May have poor coordination at this stage of his or her life or lack any desire or aggression to get involved.

17.3 General Numeric Guidelines (10U-14U)

- 90 to 96: Outstanding Player, comparable to the best player in the division for their age group. Many teams will not have an outstanding player in an age group.
- 85 to 89: Very Good Player. For each age group, a typical team will have one player in this rating group (unless they have a player in the outstanding group, then they may not have a player in this group).
- 80 to 84: Good, Better Than Average Player. For each age group, a typical team will have one player in this rating group.
- 65 to 79: Average, Typical Solid Player. For each age group, a typical team will have three players in this rating group. The majority of players will fall into this level.
- 60 to 64: Below Average Player. For each age group, a typical team will have one player in this rating group.
- 40 to 59: Passive players with little soccer skills. For each age group, a typical team will have one player in this rating group.
- ***Typical averages per age group are as follows 8U (60), 10U (68-70), 12U (70-74), 14U (74-76), and 16U/19U (76-79).***

17.4 Skills to Assess

- 8U and 10U
 - Dribbling — do they kick and run or keep ball close to them? Can they turn and change directions easily? Do they use both feet? Can they dribble with their head up?
 - Kicking — what is the strength and accuracy of kicks? Do they look where kicking before kicking? A player that can kick twice as far as another should receive 3 times as many points for kicking.
- 12U add following skills.
 - Ball Control — Receiving the ball on the ground, does the ball bounce away to opponents, or do they get good quick control to shoot, pass, or dribble? Receiving ball in air, do they wait for a bounce or two or three, or take it from the air? Does the ball stay close or bounce a long distance away?
 - Passing — what is the strength and accuracy of passing? Do they wait too long to pass? Do they look where they are passing? What percentage of time does the ball get passed to a teammate and what percent to the opponent?
- 14U add heading and receiving the ball out of the air.
- At all ages, do they defend well? Do they stab for the ball and miss it, or keep the ball in front of them?

17.5 Attitude Ratings Process

Not all players have an all-star attitude. This is your chance to identify those players who are true leaders, are well behaved, and are a joy to be around.

Category Descriptions:

“A” rating:

This player is a team leader. They always follow directions. They help keep other players in line. This player is a mature influence on the team. If your team has one ‘A’ player, you’re lucky; if you have two, you’re blessed!

“B” rating:

Most players fall into this category. These players are eager to please, and follow directions well. They will do what you ask, the first time. Chattiness should not be held against them if they quickly refocus on task.

“C” rating:

Players with a “C” rating are mostly cooperative. They can occasionally be disruptive, but are not overtly defiant. They may have trouble focusing on simple directions.

“D” rating:

If poor behavior falls outside of the above criteria, consider this rating.

Remember: player ratings are CONFIDENTIAL!!!

18.0 Coaching Tournament Teams

QUARTZ HILL AYSO’S TOURNAMENT PROGRAM WILL RETURN BUT WILL NOT BEGIN AS EARLY AS IN THE PAST.

COACHES WILL HAVE THE OPPORTUNITY TO APPLY TO BE A TOURNAMENT TEAM COACH. WE WILL PUBLISH NOTICE OF TOURNAMENT TEAM COACH APPLICATION WINDOWS AND PLAY TRYOUT DATES LATER IN THE SEASON

19.0 Region 638 Regional Tournament Rules (Subject to Change)

At the conclusion of the regular season, eligible teams in each division-pool (10U-14U) may participate in the Regional Tournament. The Regional tournament is a privilege awarded to teams who perform well on the field and both meet their volunteer requirements and demonstrate the philosophies of AYSO. Regional Tournament winners will represent the region at the Area 10D League Tournament held in January. Both coaches **and** assistant coaches must be licensed at the age-appropriate level, certified in Safe Haven, and registered as a volunteer in order for the team to play at Area level and beyond.

To be eligible for the Regional Tournament teams must:

- a. Earn at least the minimum number of Referee Points to qualify.
- b. Finish in the Top 4 or 6 (based on Division size) teams in Pool Points.
- c. Although very rare, serious and/or repeated misconduct during the season may result in a team becoming ineligible for post-season play.
- d. If a Pool does not have enough eligible teams to fill a bracket, eligible Wild-card teams may be selected from other pools.

PLEASE REVIEW SECTION 8.0 – REQUIRED REFEREE COVERAGE FOR DETAILS ON REFEREE POINTS

Quartz Hill uses “pool-play” games to determine qualification and seeding of the Regional Tournament. Pool-play games will be indicated on your schedule and are the only games that count in official standings. If there is a tie for the last Regional Tournament spot, a single tie-breaking match will be scheduled. Such games are scheduled for Sunday after the regular season, or the week prior to the beginning of the Regional Tournament. All other ties are settled by (1) head-to-head records (2) goals allowed (3) sportsmanship score (4) goals scored (5) **referee points** (6) a flip of the coin, in that order.

1. All games will be conducted exactly as a regular season game unless the score is tied at the end of regulation play.
 - a. Normal substitution and player participation requirements are in effect, including goalkeeper participation and $\frac{3}{4}$ rule.
 - b. Game time and team size remain the same.
2. If the game is tied at the end of regulation play, the following procedure will be used to determine a winner.
 - a. Extra time consisting of two complete equal periods (10U = 5 min. ea.; 12U & 14U = 10 min. ea.). If a team is leading at the end of this period, that team wins the match.
 - b. If the match is still tied, kicks from the mark in accordance with the “Procedures to Determine the Winner of a Match” in the Laws of the Game (LOTG) will be used to determine the winner.
3. Procedures for extra time periods.
 - a. Teams field the same number of players as during regulation play.

- b. Teams may field players at their discretion. (AYSO and Region 638 participation requirements only apply to the two regulation halves).
 - c. Overtime is begun with a coin toss in accordance with Law 8. Play is stopped at the end of the first half to switch sides, substitute, and restart with the appropriate kick-off.
 - d. Substitutions will only be made in the case of injury or during the overtime half.
 - e. Only those players on the field at the end of the extra time period may participate in kicks from the mark.
4. Summary of LOTG procedures for kicks from the mark
- a. Determining a winner:
 - i. Kicks from the penalty mark are taken by one team and then the other team. An initial group of up to five pairs may decide the match if, after the fifth pair, one team has scored more goals than the other team.
 - ii. At any time in this first set of five pairs, the taking of kicks is completed if it becomes impossible for one team to equal the number of goals scored by the other team.
 - iii. After the fifth pair, the teams take kicks from the penalty mark one pair at a time. The procedure ends if, after any pair, one team has scored a goal and the other team has not.
 - iv. No player from the same team may take a second kick from the penalty mark until all players on the team (including the goalkeeper) have kicked.
 - v. Once all eligible players have taken a kick, the original kicking order need not be repeated.
 - b. Procedures:
 - i. Assistant Referees note on their cards the eligible players and the kicking order (see 3.e. above).
 - ii. The referee selects the goal to be used.
 - iii. Only players may enter the field. Teams will remain near the half line on their side of the field in the center circle with the AR.
 - iv. A coin is tossed (visitor calls) and the winner of the toss decides which team kicks first.
 - v. Only the referee, an assistant referee, the kicker, and both goalkeepers are allowed near the goal. (The other assistant referee stays at the half with both teams.) All others must remain at the half line.
 - vi. The other goalkeeper must wait at the intersection of the penalty area line and the goal line.
 - vii. The assistant referee stays on the point where the goal area boundary line meets the goal line, opposite the referee, and serves as a judge to determine if the ball has completely crossed the goal line.
 - viii. The referee ensures both the kicker and keeper are ready then signals for the kick with a whistle.
 - ix. For the kicker and defending goalkeeper, the Laws are the same as for a penalty kick. However, once the kick is taken, no one other than the defending goalkeeper can play the ball.
 - x. The referee must ensure a thorough record is kept of kicking order and goals.

20.0 2021-22 Quartz Hill AYSO Regional Board

| Position | Name | Phone | E-Mail |
|--|-------------------------|--------------|--|
| *Commissioner | Eric Dilger | 661-917-3036 | qhayso.ericdilger@gmail.com |
| *Asst Commissioner | Jon Alamillo | 661-313-9218 | qhayso.jonalamillo@gmail.com |
| *Asst Commissioner | Sandra Zepeda-Contreras | 661-317-2414 | 638qh.sandra@gmail.com |
| *Treasurer | Dallas Russell | | qh638treasurer@gmail.com |
| *Registrar | Kajsa Courtial | | qh638registrar@gmail.com |
| *Child Protection Advocate | VACANT | | |
| Asst Child Protection Advocate | Melanie Aguilar | 661-205-5771 | melanieaguilar97@yahoo.com |
| *Safety Director | Gabe Canett | 661-202-8323 | g.canett0813@gmail.com |
| Asst Safety Director | Vacant | | |
| *Coach Administrator | Lisa Kimura | 505-400-7112 | lisakqh638@gmail.com |
| Asst Coach Admin - Upper Div | Gabe Canett | 661-202-8323 | g.canett0813@gmail.com |
| Asst Coach Admin - 6U\8U | Vacant | | |
| *Referee Administrator | Doug Emert | 661-341-8333 | refdoug638@gmail.com |
| Asst Referee Administrator | John Schoorl | 661-878-3280 | jschoorl638@gmail.com |
| Referee Instructor & Assessor | Tim Haddad | 661-576-2020 | tshtshtsh@gmail.com |
| *Secretary | Josh Barbosa | 661-402-1099 | region638@outlook.com |
| *Facilities Director | Mike Courtial | | coachmikeqhayso638@gmail.com |
| *Ways and Means Director | Vacant | | |
| Asst Ways and Means Director | Sandra Zepeda-Contreras | 661-317-2414 | 638qh.sandra@gmail.com |
| *Programs Director | Vacant | | |
| Picture Day Coordinator | Vacant | | |
| Sponsorships Coordinator | Vacant | | |
| VIP Administrator | Melanie Aguilar | 661-205-5771 | melanieaguilar97@yahoo.com |
| U05 Jamboree Coordinator | Vacant | | |
| *Tournament Director | Vacant | | |
| Fields and Facilities Acquisition | Eric Dombrowski | 661-917-0577 | dombrowski.eric@yahoo.com |
| Asst Fields and Facilities Acquisition | Vacant | | |
| | | | |

| DIVISION COORDINATORS | | | |
|-----------------------|------|-------|-------|
| Position | Name | Phone | Email |
| 14U Boys Coordinator | | | |
| 14U Girls Coordinator | | | |
| 12U Boys Coordinator | | | |
| 12U Girls Coordinator | | | |
| 10U Boys Coordinator | | | |
| 10U Girls Coordinator | | | |
| 8U Boys Coordinator | | | |
| 8U Girls Coordinator | | | |
| 6U Boys Coordinator | | | |
| 6U Girls Coordinator | | | |

See our website for more and up-to-date information: <https://www.ayso638.org>

Please make your first call or email to your Division Coordinator.

Please be considerate of the time you call. No calls before 9 AM or after 9 PM.

21.0 Team Sponsorships

Get one. This is a great way to support our growing region. Team sponsorships are \$275 for one team and \$500 for two teams. Three teams or more are \$250 per team. Team sponsorships may be deductible please check with your accountant or tax preparer. Sponsorships need to be turned in by September 6th, 2021 to be included on the regional sponsor banner and by September 21st to be included in the sponsor directory. All sponsorships are acknowledged with the following:

- a) Sponsor's name can be displayed on the team's banner at games.
- b) Sponsor's name will also be displayed on region sponsor banners.
- c) Sponsors will receive a plaque with team picture to display at their business.
- d) Sponsors will be listed on the region website, which is accessible by all families in our region. Web links are available.
- e) Sponsors will be listed in the sponsor directory, which will be distributed during the season.
- f) Sponsor will enjoy the gratitude of all our kids and their parents for helping provide a positive learning experience in a healthy environment.

Sponsors may contribute to the region in general if they have no specific team to support. If they need more information, contact Angela Meyers (909-519-4442) our Programs Director.

22.0 Picture Day

BASED ON THE CURRENT COVID SITUATION QUARTZ HILL AYSO IS ASSESSING THE OPTIONS AND BEST PRACTICES FOR PICTURES. PARENTS AND COACHES WILL BE NOTIFIED OF PICTURE DAY OPTIONS IN EARLY SEPTEMBER

23.0 Regional Calendar Information

Please regularly check the Regional Calendar Located on our website at:

<https://www.ayso638.org/calendar>

Key Dates to Start the Season:

- July 22 – August 6th Coach Orientation Meetings
- August 1st Upper Division (16U - 19U) and Extra practices may begin.
- August 12th Core Practices (6U – 14U) may begin.
- August 24th Upper Division (16U – 19U) and Extra games begin.
- August 31st Field Set-up and Painting Day.
- September 1st Jamboree Style Scrimmages – 10U through 14U
- September 7th Core (6U - 14U) games begin.
- September 15th Picture Day

24.0 Game Day Fields

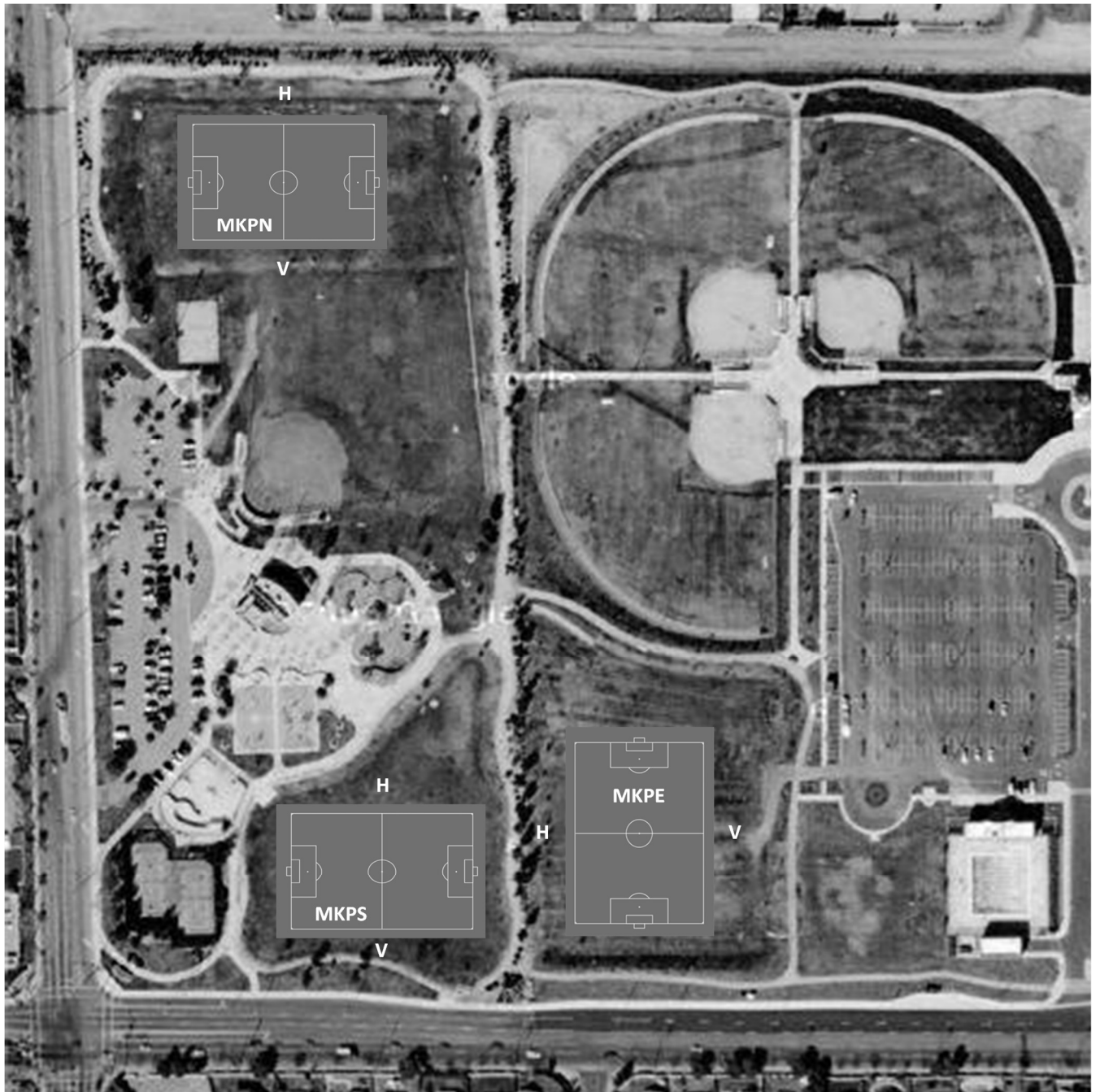
JOE WALKER FIELDS

Joe Walker Middle School: 5632 W. Ave. L8, for Joe Walker Fields enter off of 57th St. South of Ave. L-8



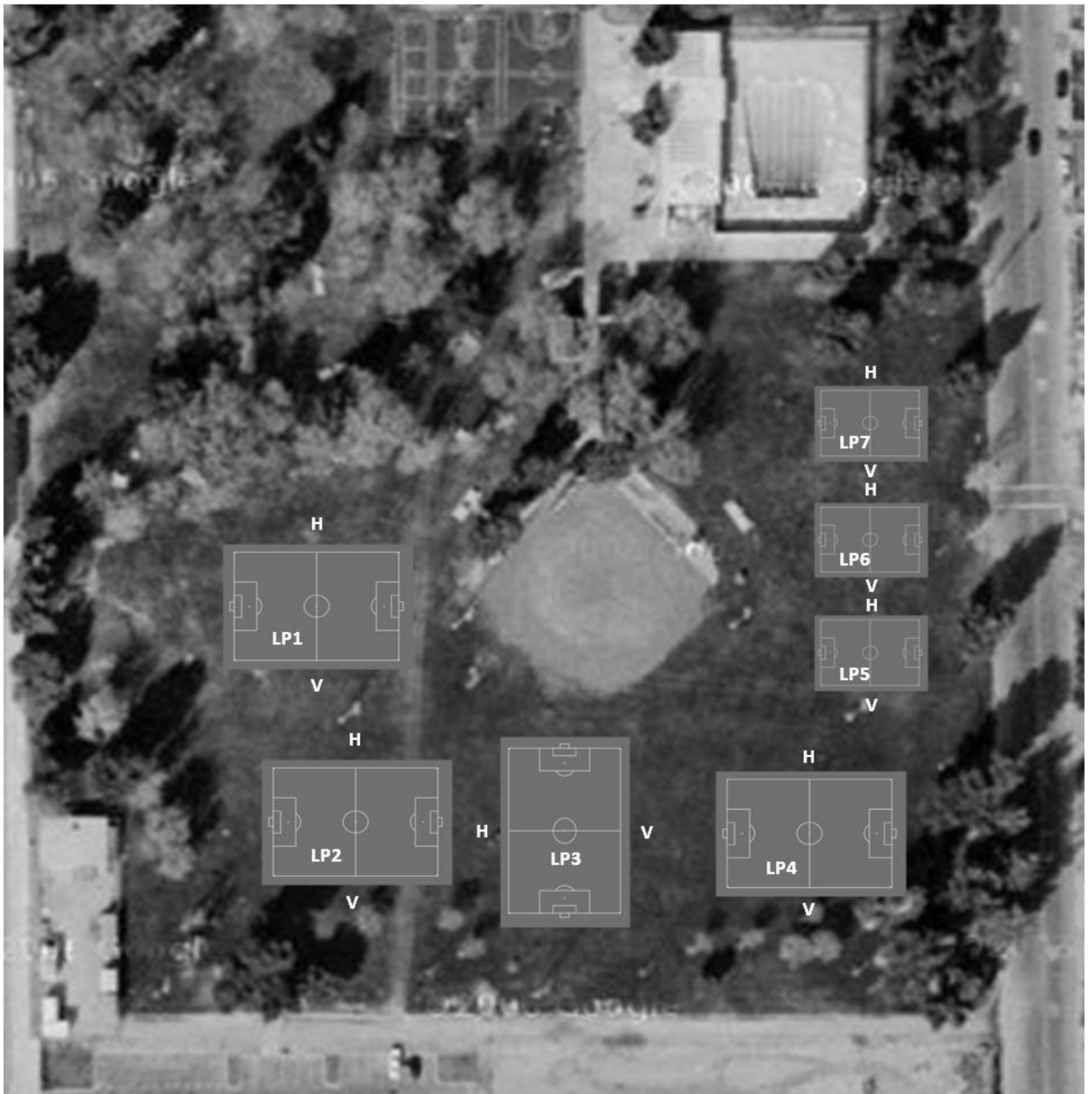
MARIE KERR FIELDS (12U SETUP)

Marie Kerr Park (Palmdale): 39700 30th St. West, Located at the corner of 30th St. West and Rancho Vista Blvd



LANE PARK FIELDS

George Lane Park: 5520 West Ave. L-8



ESPERANZA FIELDS

Esperanza Elementary School: 40521 35th St. West



GREGG ANDERSON FIELDS

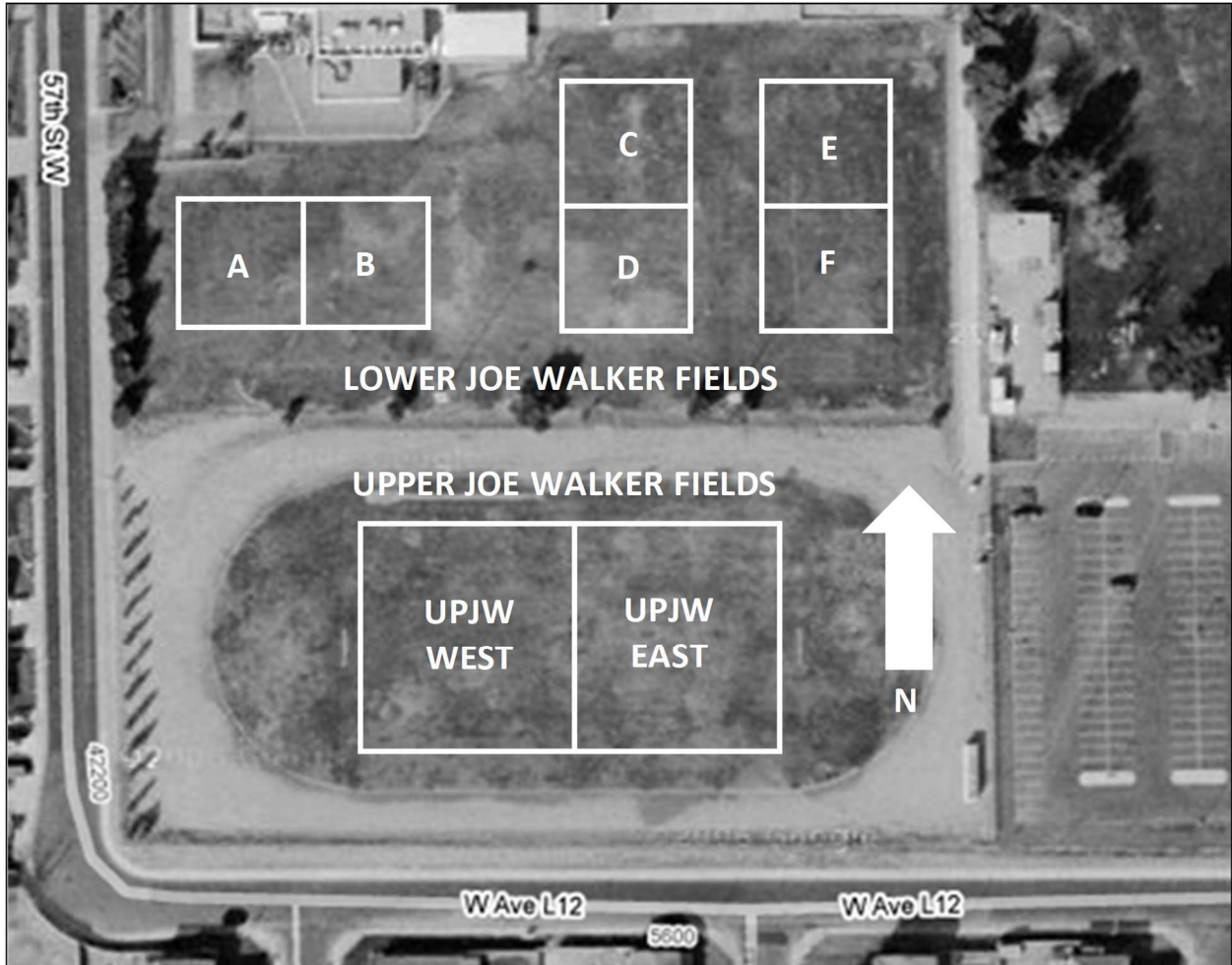
Gregg Anderson Elementary School: 5151 West Ave. N-8 (Corner of Ave. N-8 and 50th St. West)



25.0 Practice Locations

JOE WALKER PRACTICE LOCATIONS

Joe Walker Middle School: 5632 W. Ave. L8, for Joe Walker Fields enter off of 57th St. South of Ave. L-8

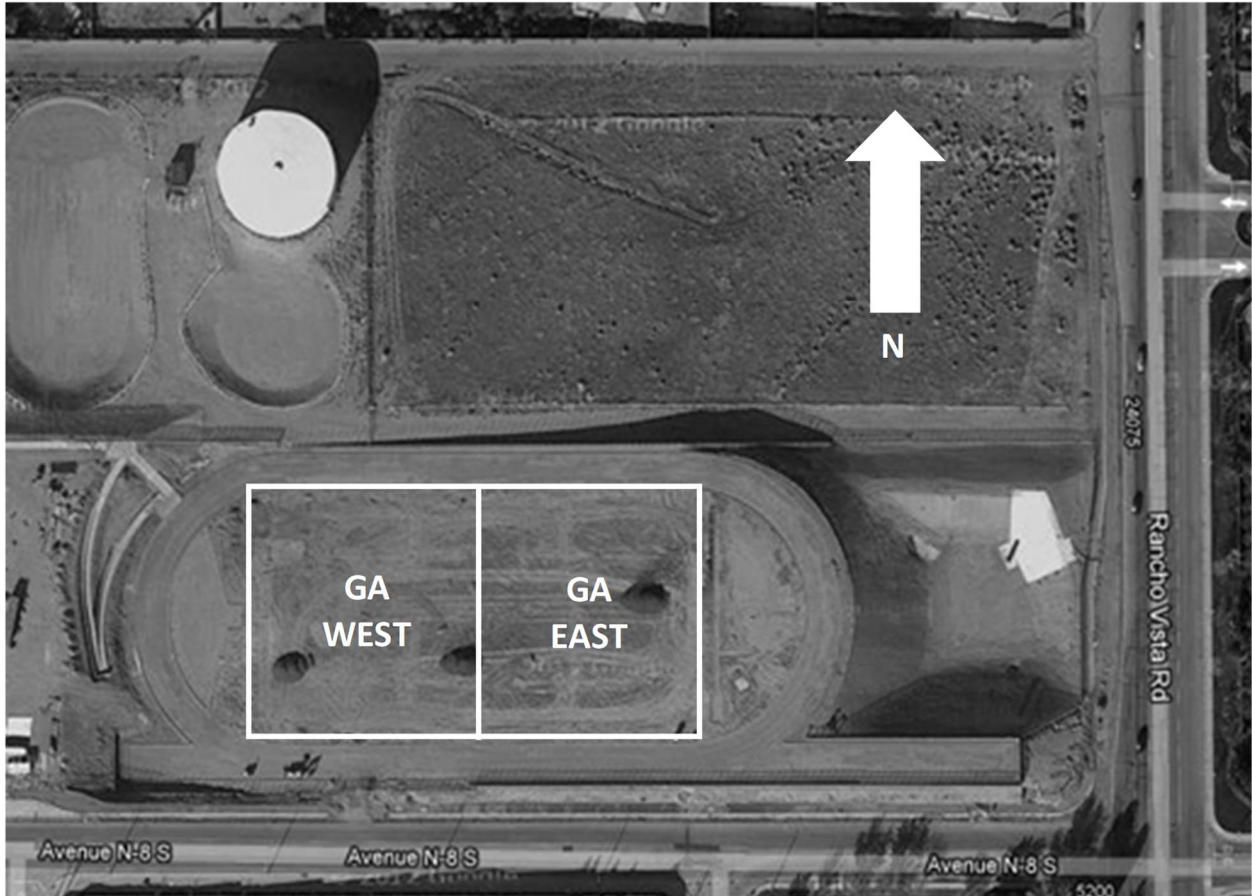


LIGHTS AVAILABLE

FIELDS AVAILABLE MON THRU FRI

GREGG ANDERSON PRACTICE LOCATIONS

Gregg Anderson Elementary School: 5151 West Ave. N-8 (Corner of Ave. N-8 and 50th St. West)



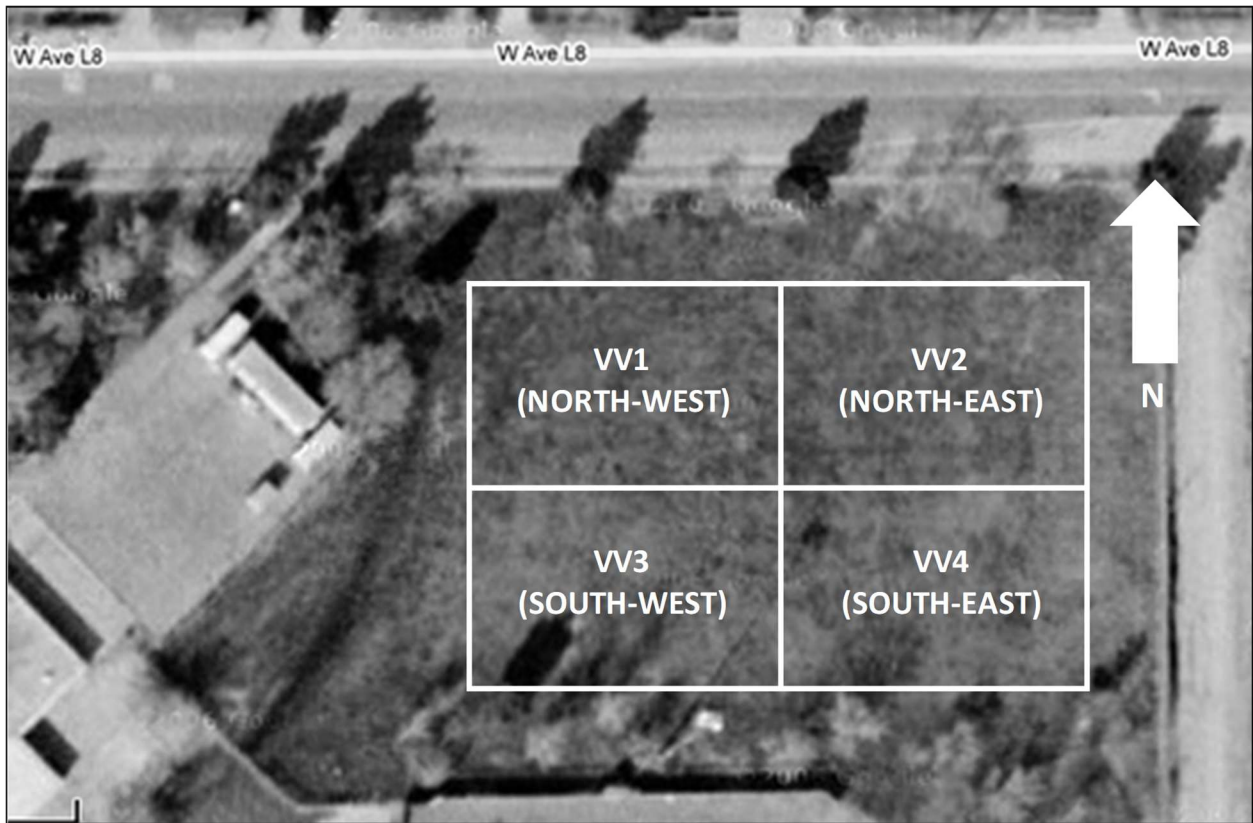
LIGHTS AVAILABLE

FIELDS AVAILABLE MON, TUE, THUR, & FRI

**NOT AVAILABLE WED, USED FOR UPPER
DIVISION GAMES**

VALLEY VIEW PRACTICE LOCATIONS

Valley View Elementary: 3310 West Ave. L-8

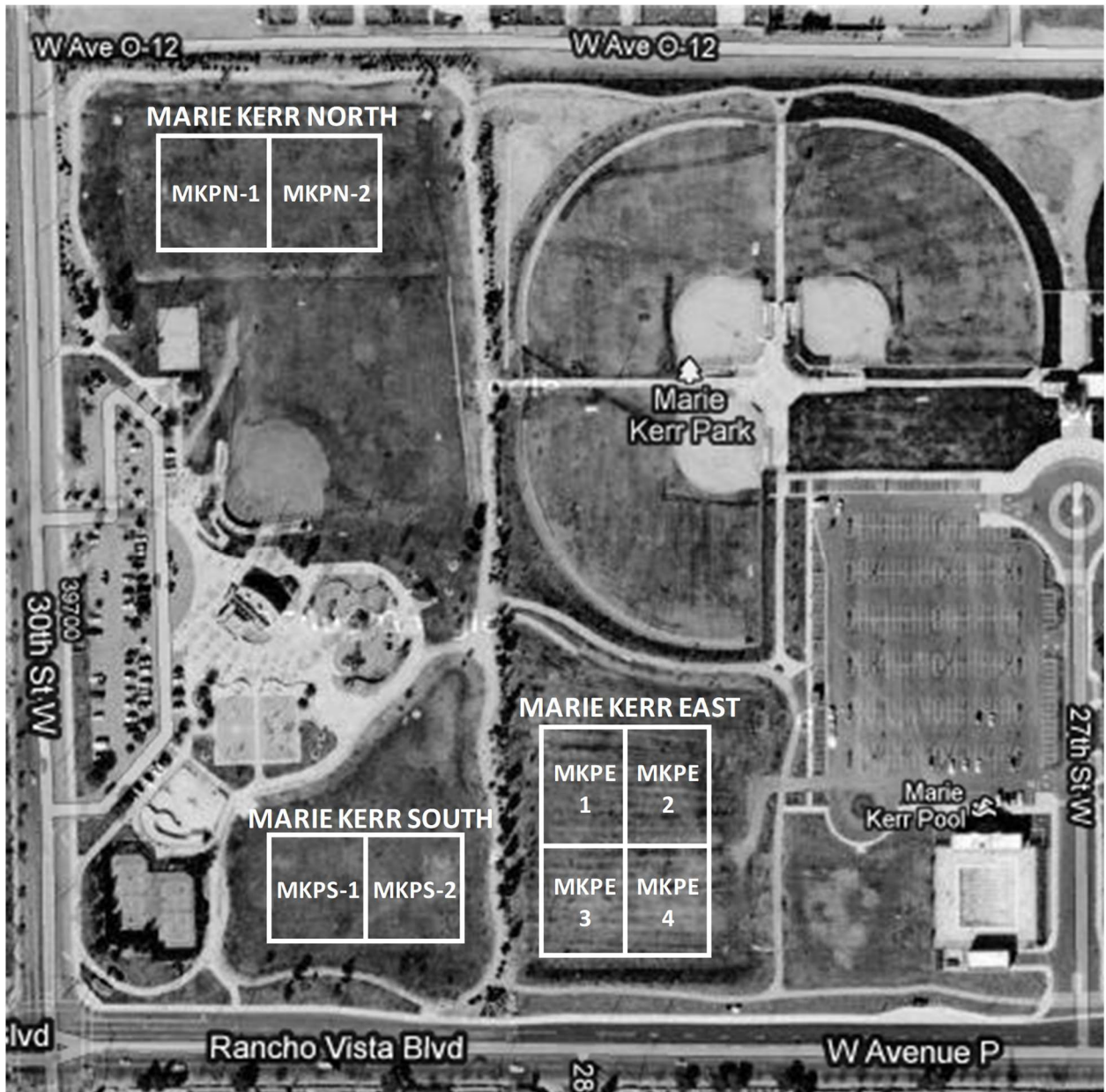


LIGHTS AVAILABLE

FIELDS AVAILABLE MON THRU FRI

MARIE KERR PARK PRACTICE LOCATIONS

Marie Kerr Park (Palmdale): 39700 30th St. West, Located at the corner of 30th St. West and Rancho Vista Blvd

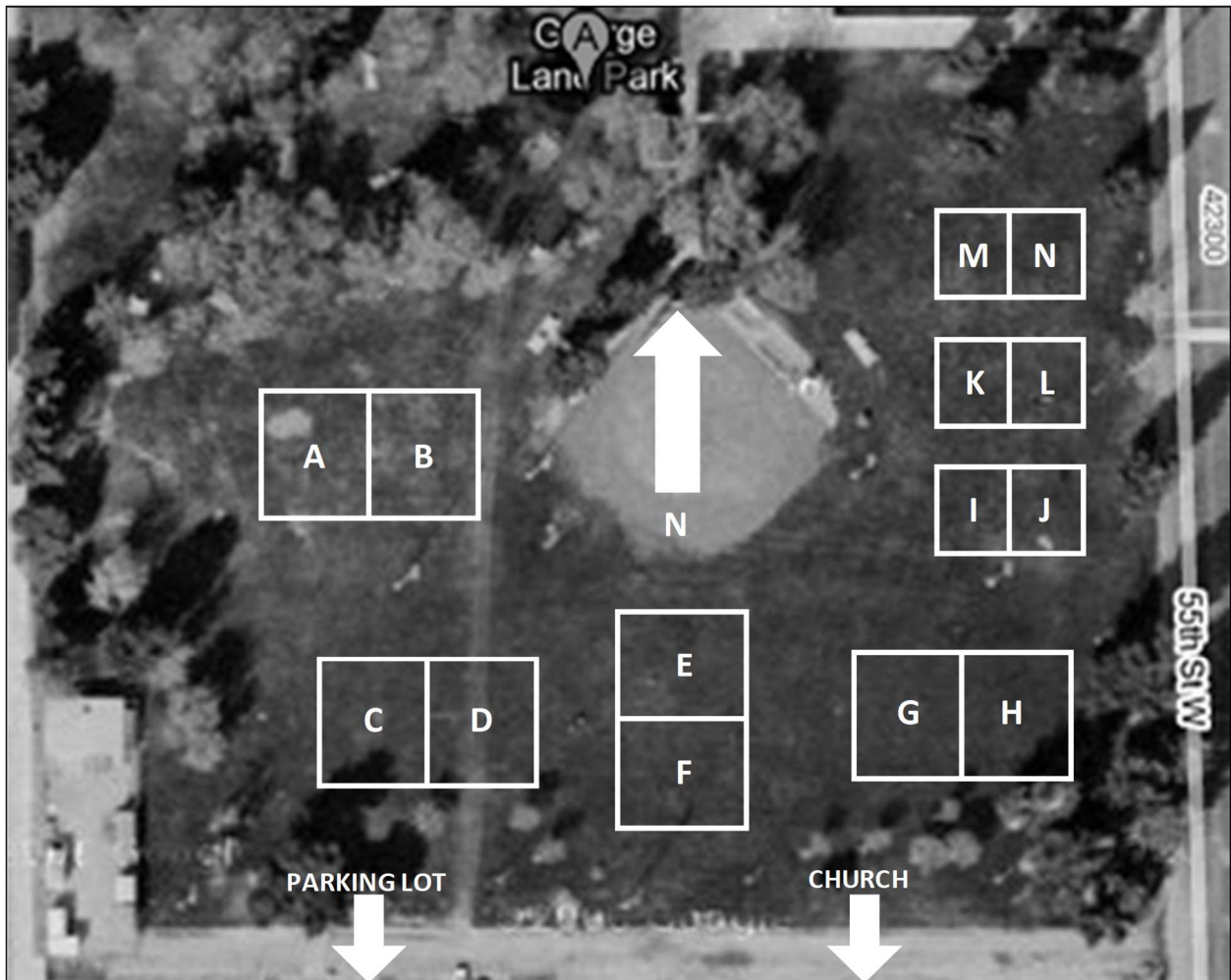


LIGHTS AVAILABLE

FIELDS ONLY AVAILABLE MON & FRI

LANE PARK PRACTICE LOCATIONS

George Lane Park: 5520 West Ave. L-8



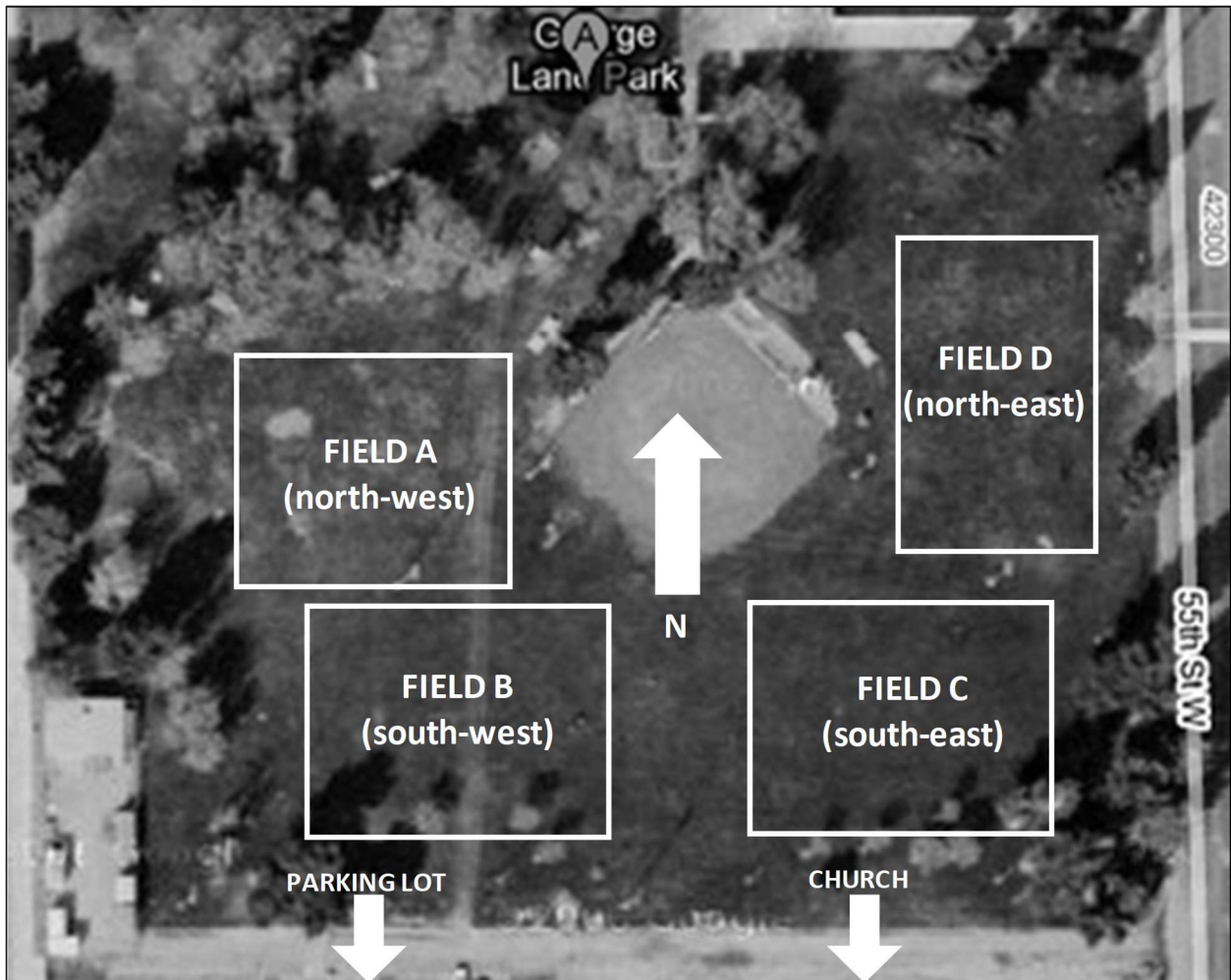
LIGHTS AVAILABLE

FIELDS AVAILABLE MON THRU FRI

FIELD LAYOUT FOR BEFORE 7:00 pm

LANE PARK PRACTICE LOCATIONS

George Lane Park: 5520 West Ave. L-8



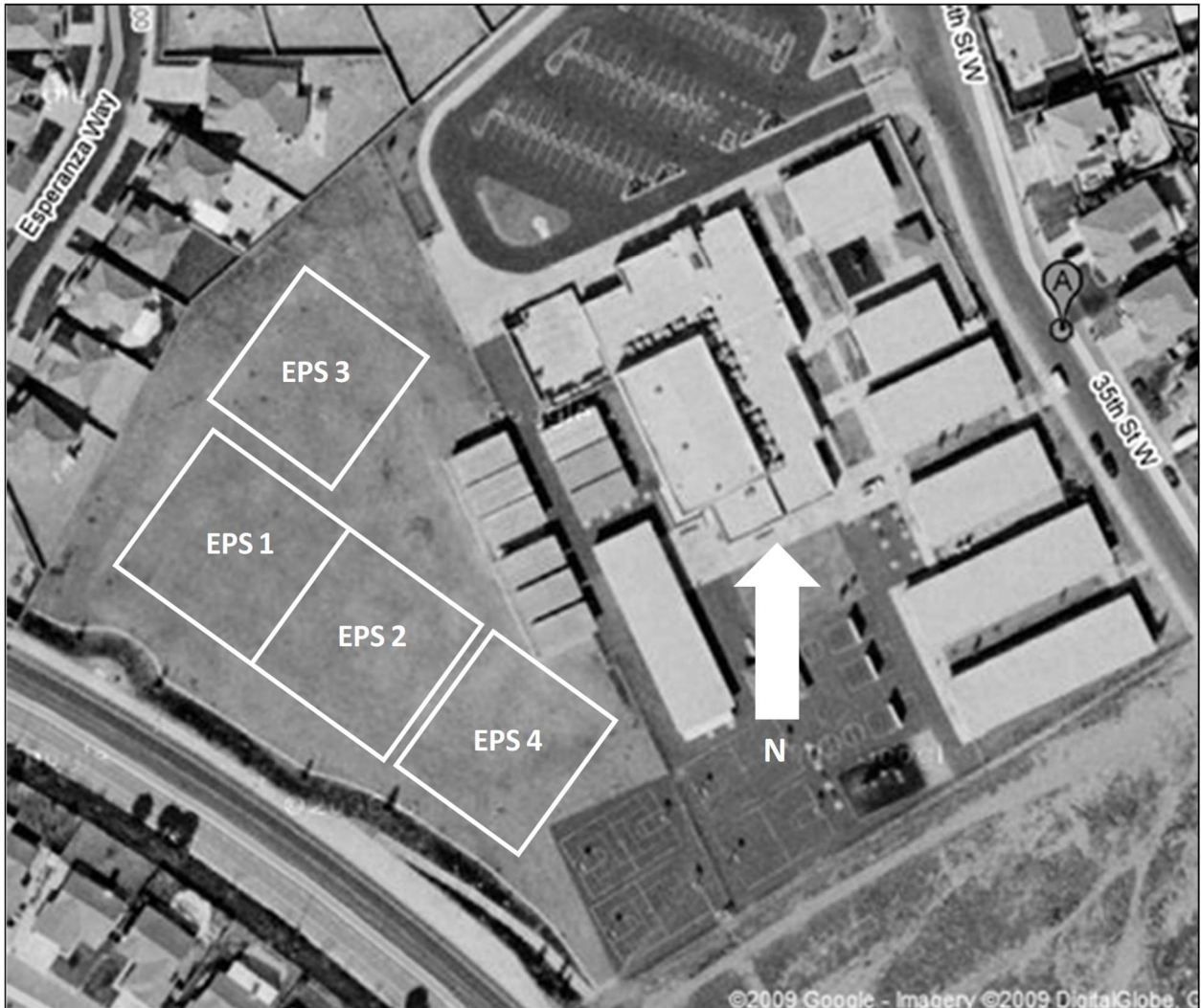
LIGHTS AVAILABLE

FIELDS AVAILABLE MON THRU FRI

FIELD LAYOUT FOR AFTER 7:00 pm

ESPERANZA PRACTICE LOCATIONS

Esperanza Elementary School: 40521 35th St. West

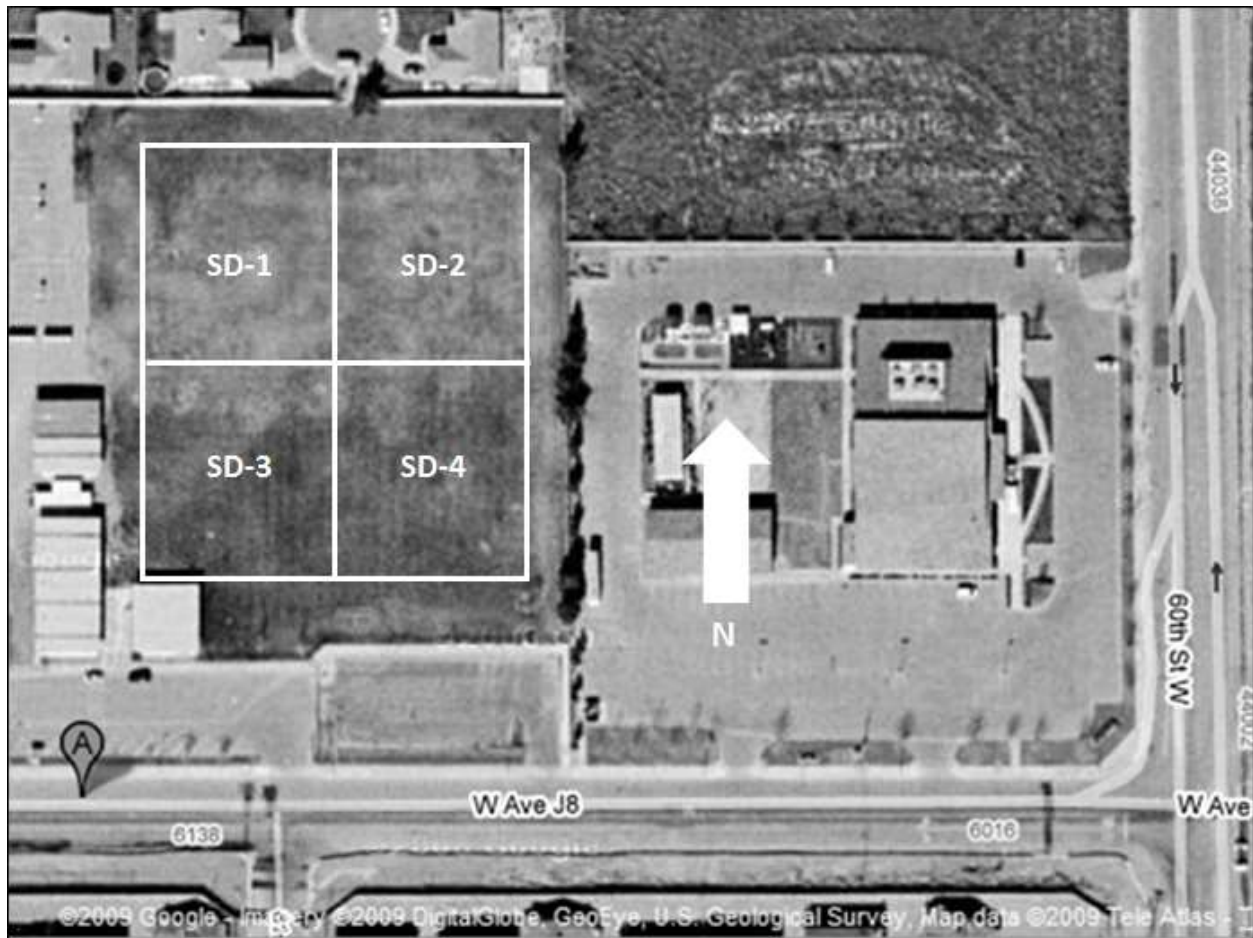


NO LIGHTS

FIELDS AVAILABLE MON THRU FRI

SUNDOWN ELEMENTARY:

Sundown Middle School: 6151 West Ave. J-8



**NO LIGHTS
FIELDS AVAILABLE MON THRU FRI**

26.0 Team Meeting Organizer

Pre-Season Team Meeting
AYSO Region 638

2010 Season

1

AYSO BASIC PHILOSOPHY

SIX PILLARS OF CHARACTER

- TRUSTWORTHINESS
 - Honesty, Integrity, Promise-Keeping, Loyalty
- RESPECT
 - Autonomy, Privacy, Dignity, Courtesy, Tolerance, Acceptance
- RESPONSIBILITY
 - Accountability, Obligation, Pursuit of Excellence, Dependability
- CARING
 - Compassion, Consideration, Giving, Sharing, Kindness, Loving
- FAIRNESS
 - Impartiality, Consistency, Equity, Equality, Due Process, Procedural, Fairness
- CITIZENSHIP
 - Law Abiding, Community Service, Protection of the Environment

4

AGENDA

- Introduction
- AYSO Philosophy
 - Character Counts
- Training Session Requirements
- Game Day
- Do's and Don'ts
- Objectives
- Volunteer Sign ups

2

KIDS ZONE

By entering this Kid's Zone,
you agree to the following.

- Kids are #1
- Fun - not winning - is everything
- Fans only cheer and only coaches coach
- No yelling in anger
- Respect the volunteer referees
- No swearing
- No smoking
- Leave no trash behind
- Set a proper example for our children



If you can agree to the above, we welcome you
IF NOT, WE ASK THAT YOU PLEASE LEAVE NOW!
AYSO, IT'S FOR THE KIDS!

5

AYSO BASIC PHILOSOPHY

American **YOUTH** Soccer Organization

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

3

TRAINING SESSIONS

- TIMES: _____
- PLACE: _____
- Training Sessions are _____ in Length
- What to Bring
 - Player; Dressed to play soccer
 - Shin Guards (no shin guards, no soccer), socks, white T-Shirt, Soccer shorts
 - Water, Water, and more Water
 - A ball Size 3 (U6 and U8), Size 4 (U10 and U12), Size 5 (U14)
 - Permanently marked with name and phone number
 - Be There on Time
 - Definition of on time is: "Ready to play at the time training session starts"

6

TRAINING SESSIONS

- Please arrive ON TIME at the end of practice
 - Baby sitting is _____ per hour, billed in 2 minute blocks
- No Taxi service can be provided by coaches
- Help with training sessions is ALWAYS appreciated
- If you cannot make a training session or a Game, Let us know (we tend to worry)
 - Coaches Home Number _____
 - Coaches Cell Number _____

7

GAME DAY

DO's:

- DO arrive at least _____ minutes before game time
- DO set up chairs/shade on OUR side of the field
- DO position yourself to get a clear view of the game
- DO make positive, Encouraging Comments
- DO cheer when we score (for us), or when we are scored upon (for other team)
 - "Nice Try", "Good Shot", "Way to Play Hard", "Nice pass", "Good idea"
- DO watch for the goal can (if your team has one)
- DO line up to cheer after the game
- DO pick up any trash

10

TRAINING SESSIONS HAVE STRUCTURE

- Free Play
- Warm ups
- Skill Activities
- Team Activities
- Small sided games / scrimmage
- Cool down

8

GAME DAY

DO's:

- DO keep your player Hydrated
 - On a hot day, there's no such thing as "Too Much Water"
- DO provide your player with a healthy meal
 - But not 20 minutes before the game
- DO have appropriate clothes handy for cold weather
- DO take time to get to know other parents: They're really nice people!
- DO let us know if we can improve what we're doing
 - After practice, or after the game
- DO help with field set-ups and tear-downs

11

GAME DAY

Things to Bring:

- Your Players Ball, for warm-up
- Family and Friends
- Cameras (share pictures with the regions web page)
 - www.ghayso.org
- Chairs
- Shade (umbrellas?)
- Water, Water, and more Water
- Snacks, if its your day
- Smiles: This is supposed to be FUN!

9

GAME DAY

DON'Ts:

- DON'T arrive late or 5 minutes before game time
- DON'T automatically set up chairs on the shady side of the field
- DON'T watch the game from behind the goal, ever!
- DON'T position yourself to get a clear view of the game at the expense of the Assistant Referee
- DON'T make negative comments to either team's players, to the Referees, or the opposing team's parents... *even if they say something first*
- DON'T coach from the sidelines (that's our job)
- DON'T run onto the field if there's an injury (that's also our job)
- DON'T leave a mess for others to clean up

12

GAME DAY

6 Things Parents need to tell their kids:

- Before the game
 - "Have Fun"
 - "Play Hard"
 - "Get dirty"
- After the game
 - "You played great"
 - "I'm proud of you"
 - "Let's go eat"

13

SUMMARY

The Objectives of this team are:

- To have fun as a team
- To play clean soccer
- To play soccer as a team
- To play soccer well

The Objectives are NOT:

- Goals made or surrendered
- Wins or Losses
- Standings
- Making an "All-Star Team"

14

Team Parent Volunteer Sign-ups

| POSITION | NAME | PHONE / CELL No. |
|----------------------------|------|------------------|
| Team Parent | | |
| Snack Schedule Coordinator | | |
| Banner Coordinator | | |
| Hair Bow Coordinator | | |
| Quarter Can | | |
| Picture Coordinator | | |
| Snack Bar Volunteer | | |
| Field Paint Day Volunteer | | |
| Field Set Up | | |
| Field Tear Down | | |
| Team Party Coordinator | | |

15

27.0 Regional Forms

Select few forms are provided herein, all additional regional forms can be found on the regional web site

<https://www.ayso638.org/forms>



AMERICAN YOUTH SOCCER ORGANIZATION

PO Box 3324, Quartz Hill, California 93586
(661) 917-3036 ayso.bluesombrero.com/region638

Region 638 Zero Tolerance Policy - (Rev. 03/05/2018)

In past years, Region 638 has witnessed incidents where coaches and/or spectators questioned the calls of referees requiring referees to stop matches to deal with the situation. There have also unfortunately been incidents once a game has ended when coaches and/or spectators confront referees or other volunteers over decisions made during the game. These incidents prompt me to remind everyone that Region 638 has a long standing, zero tolerance policy prohibiting such behavior.

Our zero tolerance policy applies to all Referees and AYSO volunteers and will be enforced as follows:

1. If a coach or spectator questions the call of a referee, the referee may stop the match, retrieve the game ball, and invite the coach onto the field for a conversation.
2. During this conversation the coach may be told 3 things:
 - a. The purpose of the conversation is not to debate a call but to inform the coach that the behavior of the coach/spectator is unacceptable.
 - b. The coach has 2 choices. He/she can go back to their coaching area and coach per AYSO philosophies or the coach/spectator can leave the playing facility.
 - c. The coach/spectator will be sent off if the referee has to speak to them again during the match.
3. If the referee is a youth referee, the youth referee may stop the match, retrieve the game ball, and find a board member to deal with the situation as described above.
4. Any coach/spectator who is heard verbally abusing a referee will automatically be sent off by the referee (if an adult) or a board member (in the case of a youth referee). Verbal abuse includes foul and abusive language and comments with racial or sexual overtones.
5. If the unacceptable behavior of the coach/spectator occurs after the game has ended it will still be reported by the referee and will be considered as a send off.
6. Referees will report any occurrences where a coach/spectator is sent off and there will be an investigation to determine the subsequent penalty. The penalties are at the discretion of the Region and may include suspension from future games.
7. The Region also reserves the right to investigate instances when abuse of a referee or volunteer is not reported by the referee or volunteer but is subsequently brought to our attention. The penalties are at the discretion of the Region and may include suspension from future games.



AMERICAN YOUTH SOCCER ORGANIZATION

AYSO Player General Release

Dear AYSO Parents:

Once the team coach has assumed charge of the children on his/her team, the coach remains responsible until a duly designated adult has taken charge of each child after a practice or game.

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 (CVPA) for action. Each coach may establish a standing policy of where children may be picked up by late parents.

AYSO does not encourage children to walk or ride a bicycle home or to a friend or relative's house. However, we recognize that it may be necessary in some cases.

Neither AYSO nor the coach can be responsible for a child's safety if they do walk or ride home. A parent or guardian assumes full responsibility for the safety of the child once he or she is released from a practice or game. Please note that this also applies in the case of players who are of legal driving age and transport themselves to and from AYSO activities.

If your child will be walking, riding a bicycle or driving themselves home from practice or games, please complete the following information in order for your coach to release them:

Print Child's Full Name

Print Parent or Guardian Full Name

Parent or Guardian Signature

Date

Child will be (check one): Walking Riding a Bicycle Driving

One Time (Date): _____ Ongoing

Carpooling with: _____

One Time (Date): _____ Ongoing



AMERICAN YOUTH SOCCER ORGANIZATION

National Office | 19750 S.Vermont Ave., Suite 200 | Torrance, CA 90502
(800) 872-2976 www.AYSO.org

AYSO Participation (Return to Play) Release

This form is to be completed, signed and dated by the parent or guardian of a player who has suffered an illness or injury that required the care of a physician or a visit to a medical care facility. This form must also be completed for players who were removed from participation as described in the next paragraph. When a player is away at an event or competition, and a parent/guardian is not present, a facsimile copy containing the parent/guardian signature is acceptable. The coach should immediately forward any completed form to the Regional Safety Director.

When it is believed that a player has exhibited signs or symptoms of a concussion such that a coach, parent, guardian or other AYSO volunteer has removed the player from participation in the remainder of a practice or game because the person is concerned that the player may potentially have a concussion, AYSO strongly recommends that the player not return to play and participation in practices or games without evaluation and clearance by a medical professional. When required by State law¹, the player must be evaluated and cleared for return to play and full participation by an appropriately licensed medical professional who has received training in the evaluation and management of concussions. Some of those states also require documentation of that clearance be signed by that medical professional and that documentation must be provided to AYSO and attached to this form. (Such a Concussion Release form is the second page of this document.) Submission of this Participation Release form will constitute an acknowledgement by the player's parent or guardian: (1) that the player has been evaluated and cleared as required; and (2) that acceptance of this form does not constitute a waiver of these requirements.

Print Player's Full Name

I hereby certify that the above named player has been cleared for full participation in AYSO programs without restriction. If required by applicable state law, I have also attached a writing signed by a medical provider authorized to confirm such clearance.

Parent or Guardian Full Name (Print or type)

Parent or Guardian Signature

Date

This Portion is for Regional Use Only

Region _____ Safety Director: _____

Received by AYSO Regional Safety Director:

Signature: _____ Date: _____

¹ A list of the states in which these requirements apply is available at http://www.ayso.org/For_Volunteers/region_boards/safety_director/safety_director_res/safety.htm#V13F50lrJhE or by calling the Safe Haven department at the AYSO National Office (1-800-USA-AYSO).



AMERICAN YOUTH SOCCER ORGANIZATION

National Office | 19750 S.Vermont Ave., Suite 200 | Torrance, CA 90502
(800) 872-2976 www.AYSO.org

AYSO Concussion Release

This form is to be given to the medical provider of a player who exhibited signs or symptoms of a concussion and was evaluated by a medical professional. It is to be completed in full and signed and dated where indicated upon the player being cleared by a medical professional who has received training in the evaluation and management of concussions. When a player is away at an event or competition, a facsimile copy of the medical professional's signature is acceptable. The coach should immediately forward any completed form to the Regional Safety Director.

Print Player's Full Name

I hereby certify that the above named player has been released by me and cleared for full participation to play soccer in the AYSO program without restriction. I further certify that my training as a medical professional included the evaluation and management of concussions.

Print Medical Professional Full Name

Medical Professional Signature

Date

This Portion is for Regional Use Only

Region _____ Safety Director: _____

Received by AYSO Regional Safety Director:

Signature: _____ Date: _____

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AYSO INCIDENT REPORT FORM

Complete this form for any of the following: *(check type)*

Injury/illness Threats Fights Property damage Calls to Police Other

Return **completed** form to the
Regional Commissioner,
Safety Director, Area Director,
or Tournament Director.

| | | | |
|--|---|---|---|
| AFFECTED PARTY: <input type="checkbox"/> Player <input type="checkbox"/> Official <input type="checkbox"/> Coach <input type="checkbox"/> Spectator <input type="checkbox"/> Volunteer <input type="checkbox"/> Other | | AYSO ID # | Region # |
| Last Name | | First Name | MI |
| | | Birth date: | |
| | | Phone: | |
| Address: | | City: | State: Zip: |
| Does the injured person have other medical insurance? YES <input type="checkbox"/> NO <input type="checkbox"/> | | If yes, please provide name of company and policy #: | |
| GUARDIAN/PARENT (if affected party is a minor): | | | |
| Last Name | | First Name | MI |
| | | Telephone Number: | |
| Address: | | City: | State: Zip: |
| INCIDENT INFO: | Date of Incident: | Age Division: | <input type="checkbox"/> Boys <input type="checkbox"/> Girls |
| Time of Incident: AM / PM | | | |
| Tournament Name & Location (if applicable) | | | |
| Team Involved #1: | | Coach Name: | Region # |
| Team Involved #2: | | Coach Name: | Region # |
| FOR INJURIES: BODY PART INJURED | | TYPE OF INJURY | FIELD SURFACE |
| <input type="checkbox"/> Ankle (L/R) <input type="checkbox"/> Shoulder(L/R) <input type="checkbox"/> Tooth <input type="checkbox"/> Knee (L/R) <input type="checkbox"/> Wrist (L/R) <input type="checkbox"/> Back <input type="checkbox"/> Leg <input type="checkbox"/> Finger <input type="checkbox"/> Neck <input type="checkbox"/> Foot <input type="checkbox"/> Eye (L/R) <input type="checkbox"/> Internal <input type="checkbox"/> Toe <input type="checkbox"/> Ear (L/R) <input type="checkbox"/> No injury <input type="checkbox"/> Arm <input type="checkbox"/> Nose <input type="checkbox"/> Other <input type="checkbox"/> Hand <input type="checkbox"/> Head | | <input type="checkbox"/> Abrasion <input type="checkbox"/> Dislocation <input type="checkbox"/> Pain <input type="checkbox"/> Burn <input type="checkbox"/> Foreign Body <input type="checkbox"/> Seizures <input type="checkbox"/> Cardiac <input type="checkbox"/> Fracture <input type="checkbox"/> Sting/Bite <input type="checkbox"/> Cold Injury <input type="checkbox"/> Heat Exhaustion <input type="checkbox"/> Strain <input type="checkbox"/> Concussion <input type="checkbox"/> Laceration <input type="checkbox"/> Sprain <input type="checkbox"/> Contusion <input type="checkbox"/> Nausea | <input type="checkbox"/> Dirt <input type="checkbox"/> Grass <input type="checkbox"/> Turf <input type="checkbox"/> Indoor |
| | | LOCATION | |
| | | <input type="checkbox"/> Before Competition/Event <input type="checkbox"/> During Competition/Event <input type="checkbox"/> After Competition/Event <input type="checkbox"/> Concession Area <input type="checkbox"/> Parking Lot <input type="checkbox"/> Restrooms | |
| CAUSE | OUTCOME | | POLICE REPORT FILED?: |
| <input type="checkbox"/> Collision (participant/spectator) <input type="checkbox"/> Struck by falling/flying object <input type="checkbox"/> Struck by or fell into goal <input type="checkbox"/> Animal/insect bite/sting <input type="checkbox"/> Slip/Fall <input type="checkbox"/> Assault/Sexual <input type="checkbox"/> Assault/Non-Sexual <input type="checkbox"/> Property Damage | No care given: <input type="checkbox"/> Not Needed <input type="checkbox"/> To Doctor <input type="checkbox"/> Patient Refused <input type="checkbox"/> To Hospital/Clinic Released: <input type="checkbox"/> To Parent <input type="checkbox"/> Region Recommended <input type="checkbox"/> To Personal Vehicle <input type="checkbox"/> Patient/Parent Requested | | <input type="checkbox"/> Yes <input type="checkbox"/> No Report No: Officer's Name & Contact No: |
| Describe how the incident, injury or property damage occurred: <i>(use the backside or attach a separate sheet if necessary – may attach a copy of the Referee Game Misconduct Report)</i> | | | |
| WITNESS INFORMATION - Confidential | | | |
| Name | | Address | |
| | | | |
| | | Phone Number | |
| | | | |
| Person/volunteer completing/submitting this form: | | | |
| Name: | | Signature: | Ph: () Cell: () |
| Position Title: | | e-mail address: | Date: |
| Regional Commissioner: <i>print name</i> | | Signature: | Date: |

AYSO Staff: Forward copy of completed form to AYSO, Attn: Risk Mgmt, 19750 S Vermont Ave, Suite 200, Torrance, CA 90502 or scan and email to riskmanagement@ayso.org.

REGIONAL REFEREE CLASSES are taught at the Lancaster National Soccer Center 30th East AVE L

Sign-up¹ and attend a Referee Training Course at the Lancaster National Soccer Center, Eastside Building, Just EAST of Avenue L and 30th Street East: *(Training required just once)*

Referee FAQ's

Q) Why should I referee?

A) AYSO is an **all-volunteer organization** and **there are NO games at 10U or higher without referees**. Also, it is a fun way to be involved and the best "seat in the house" is in the middle of the field.

Q) I heard that teams can get referee points that affect the standings, and to make the Regional Tournament a team must get referee points, is this true?

A) **Yes**, in 10U, 12U and 14U the teams play 10 games and referees can get as many as ten (10) points to help their team of choice. A team also has to get at least seven (7) referee points just to be eligible for the Regional Tournament.

Q) How many points do I get for refereeing a game?

Teams may earn a maximum of two (2) ref points per week and a total of ten (10) ref points per season. Referees must complete the AYSO certification course in order to be considered a referee.

- **One (1) point** may be earned for providing a center referee for 10U – 19U matches.
- **One (1) point** may be earned for providing an assistant referee (AR) for 16U – 19U matches.
- **One half (1/2) point** may be earned for providing an assistant referee AR for 10U – 14U matches.
- **One half (1/2) point** may be earned for providing a center referee for 8U matches.
- Upper division 16U/19U points can only be assigned to 10U thru 14U teams after Labor Day weekend.

Q) I do not know the rules of soccer - does it matter?

A) **No**. The Regional Referee Class will teach you all you need to know about the Laws of the Game to function as a referee or assistant referee.

Q) Do I have to buy anything?

A) **No**. We provide you with a uniform and all the basics needed to referee.

Q) My weekend schedule is crazy busy - who assigns games to me?

A) **You do!** After taking the Regional Referee Class, we will send you an invitation to join "Arbiter Sports". This is a web-based program that will list all the games that you will be qualified to referee. You pick and choose which games fit your schedule. We do not assign you to any games.

Q) I am an adult volunteer, what level games will I be set to referee?

A) After taking the Regional Referee Class, we will initially set your level so that new Adult volunteers **can be an Assistant Referee or Referee on 10U games and a Referee on 8U games**. There are mentor opportunities as needed to make sure you are comfortable with refereeing a game. Contact Angela Meyers at ghayso.angelameyers@gmail.com for any questions.

Q) I am a youth volunteer, what level games will I be set to referee?

A) After taking the Regional Referee Class, we will initially set your level so that new youth volunteers can be an **Assistant Referee on 10U games and a Referee on 8U games**.

Q) Are there mentor referees available to help new referees learn the ropes?

A) **Yes.** We are always short of referees, but where possible there are a few of us who will come out and help you on your first games – please just ask! Contact Angela Meyers at ghayso.angelameyers@gmail.com for any questions.

Q) When will I be able to referee higher-level games?

A) **Talk to the referee staff during the season**, and we can adjust the level for any referee who shows the inclination to move up.

Step to become AYSO Certified Referee:

Before you can become an AYSO referee there are several requirements that need to be completed. It may seem like a lot of requirements, but it is really not too much effort. All these steps are necessary to protect our children and protect both you and our region from lawsuits, as all volunteers are required by law to be properly trained. Below is an outline of these requirements, which is also documented in the Referee Training Matrix below:

2. Set of items below need to be completed online prior to the referee training course:
 1. Register as a Volunteer using [My Account](#) on this site (this is a yearly requirement)
 2. Successful completion of the AYSO Safe Haven™ Course at www.aysou.org (Required every 2 years; it takes about 30-45 minutes).¹

3. Successful completion of the CDC Concussion Awareness Training at www.aysou.org (Required every 2 years; it takes about 30-45 minutes).¹
4. Login to AYSOU and take the on-line Regional Referee Training (Online Courses>Refereeing Courses ~ 3 hr)
5. Attend a 2-hour on-line zoom session with Area 10D Referee Instructors to confirm referee knowledge. Our region has the following Regional Ref Zoom trainings scheduled:
 - 08/18/21 7-9pm
 - 08/26/21 7-9pm
 - 09/02/21 7-9pm

1. Attend Referee Orientation before the start of the season

Please see our website for updates and class registration:

<https://ayso.bluesombrero.com/Default.aspx?tabid=942294>

Additional information on the certification process for becoming a referee and frequently asked questions (FAQ) concerning the refereeing in Quartz Hill are provided in the back under forms.

Notes:

1. To login to AYSOU.org you need your BlueSombrero Login and Password AND you must have submitted a volunteer form. If you are unable to sign up for a training in eAYSO or BlueSombrero, please contact Ben Megel at 638megel@gmail.com
2. Dates are subject change

ANY QUESTIONS? CONTACT ONE OF OUR QHAYSO REGION 638 REFEREE STAFF:

- Doug Emert (Referee Administrator): 661-341-8333; refdoug638@gmail.com
- Angela Meyers (Asst. Referee Administrator / Mentor Director): 909-519-4442; qhayso.angelameyers@gmail.com
- John Schoorl (Asst. Referee Administrator): 661-878-3280; jschoorl638@gmail.com
- Tim Haddad (Referee Instructor/Assessor): 661-576-2020; tshtshtsh@gmail.com
- Rodney Jacobson (Referee Instructor/Assessor): 733-1679; rodneyljacobson@yahoo.com