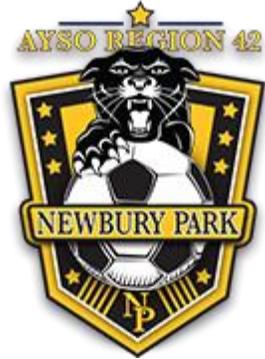


AYSO Region 42 Parent Handbook

General Information & Responsibilities



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1. INTRODUCTION

Welcome to Region 42 of the American Youth Soccer Organization!

You have joined a program in which many of your neighbors and your child's school friends participate. You are now part of a recognized sport and education program which also helps build community among players and parents alike.

Our program is entirely composed of parent volunteers. They devote many hours of their personal time so that all children receive the benefit of the game and of the AYSO program. NONE of the coaches, game officials, administrators or board members whom you will meet is paid staff. Region 42 is justly proud that our program, entirely volunteer run, rivals programs of other organizations and commercial ventures. We can only retain that quality and grow to meet our community's needs if every family volunteers to help Region 42 in some capacity.

You are encouraged to volunteer in whatever way you can and wherever your interests lie; there are many opportunities available. There are many jobs in addition to coaching or officiating whose duties can be shared with another person and which require different time commitments and skills.

AYSO sets national standards for training and certification for all volunteers and provides preparatory classes or clinics frequently throughout the year at no cost to the volunteer. Our web site has a listing of the positions and what they entail and lists current dates and locations for training classes, many of which are offered within Region 42 or the sister regions that form Area 10E.

Coaches and referees receive training leading to certification by AYSO; coach and referee certifications are recognized by other major soccer organizations. *Please note*, a parent can only volunteer himself or herself and should not "sign up" another person for a volunteer job. Region 42 protects its members. Coaches, parents and spectators are subject to disciplinary action by a referee or the Regional Board for violating our basic rules of conduct requiring respect for all our volunteers and players.

Your child will grow with AYSO and so can you. Please consider the opportunity for yourself to develop and enhance your own skills, explore new interests and make new friends by volunteering in Region 42. **REMEMBER, OUR PLAYER PROGRAM IS ONLY AS STRONG AS THE STRENGTH OF OUR VOLUNTEER PROGRAM**

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.

2. THE HISTORY OF AYSO

The American Youth Soccer Organization (AYSO) was established in the Los Angeles area in 1964 with nine teams. It was the dream of a group of devoted soccer enthusiasts who started the organization in a garage. Today, AYSO has more than 50,000 teams and more than 600,000 players. It also employs 50 people at the AYSO National Office in Torrance, Calif.

Over the years, AYSO has created many valuable programs and concepts. Most notably, AYSO revolutionized youth sports with its "Everyone Plays®" and "Balanced Teams" philosophies. In AYSO, each child who registers is guaranteed to play at least half of every game. To help create evenly matched games, all AYSO players are placed on new or "balanced" teams each year. These decisions are made based on each player's skill level and the overall ability of the team.

Since its establishment, AYSO has continued to grow and offer its membership relevant programs.

3. AYSO's MISSION & VISION

To Be the Nationally Recognized Youth Soccer Program of Choice

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

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

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

The mission is accomplished by providing these essential services:

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

4. CHILD & VOLUNTEER PROTECTION



Safe Haven

The “Safe Haven” program is designed to address the growing need for child and volunteer protection through volunteer training, certification and continuing education policies. It is a course that all volunteers have to attend at least once.

The Volunteer Protection Act of 1997

In order to receive the maximum protection provided under this law, AYSO volunteers must:

1. be properly trained and certified (Safe Haven plus job specific),
2. be properly authorized to do their job,
3. be performing their duties as laid out in their job description,
4. act within the scope of Bylaws, Policy Statements and Rules & Regulations.

AYSO provides continuing training for all jobs at all levels. Our region’s volunteers are 99% AYSO certified.

Child and Volunteer Protection Advocate (CVPA)

The AYSO volunteer position of Child and Volunteer Protection Advocate (CVPA) supports the Regional Commissioner (RC) with the promotion and implementation of the AYSO Safe Haven program, including the 4 main elements of volunteer protection. The CVPA is familiar with the Child Protection Act of 1993, the Volunteer Protection Act of 1997, “the Good Samaritan Laws of New York State” (Section 3000-a.1.), and New York State’s provisions for reporting of child abuse and maltreatment (Section 413: Volunteers in New York State are not required to report suspected child abuse). AYSO recognizes five types of abusive behavior: emotional, physical, sexual (Megan’s Law), neglect and ethical.

Insurance

AYSO has an accident reimbursement program covering all registered players and volunteers for injuries occurring at practices or games. The AYSO insurance coverage is secondary to health insurance already in effect for the registered player or volunteer. The AYSO insurance becomes primary if the registered player or volunteer does not have health insurance.

AYSO's Safe Haven program, incorporating specific training and orientation of volunteers and background screening for sex offenders, provides coverage to Safe Haven-trained volunteers who are working within their prescribed job guidelines if a claim is filed.

5. THE PARENTS' ROLE

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

SUPPORT YOUR CHILD

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

ALWAYS BE POSITIVE

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

REMEMBER: YOUR CHILD WANTS TO HAVE FUN

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

REINFORCE POSITIVE BEHAVIOR

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

DON'T BE A SIDELINE COACH OR REFEREE

Coaches and referees are usually parents just like you. They volunteer their time to help make your child's youth soccer experiences positive ones. They need your support too. That means refraining from coaching or refereeing from the sidelines. Your "instructions" if even heard by the children, are more often confusing and distracting rather than helpful. If you really need to

coach or referee, remember that as a volunteer organization, there's always an opportunity for you to take your interest in coaching or refereeing to the next level and to become one yourself!

6. REGISTRATION: PLAYER & VOLUNTEER

We accept player applications in the spring of each year. Annually applications are made for both new and returning players. A returning player is a child who is playing the current year and registering for the next playing year. A new player is a child who is new to the program or a former player. Coaches, assistant coaches, and referees and other volunteers also must apply or re-apply annually although volunteers can apply at any time.

All children for whom an application is completed during our open application period will be placed on teams, with boys and girls playing in separate divisions.

Registration involves;

1. Using our national, web-based software "eAYSO," found at <http://www.eyso.org>, to make an application for a child or a volunteer
2. Attending a registration day to pay the player fee
3. Providing required documentation. We must see proof of age of all new players and all new volunteers must show their current driver's license to verify their identity.

Parents may now digitally sign their player and volunteer applications. The parents of new players are required to come to our Registration Day Event(s), dates of which are publicized, to show proof of their child's age.

New Volunteers may also use the Registration Event to show their Driver license or other State recognized form of identification

Complete current information about Region 42's registration process and instructions for using eAYSO can be found on our web site, <http://www.aysoregion42.org>

Players are registered for a full Membership year comprising a fall session and continuing in the ensuing Spring All Stars/Tournament season. Players are assigned by AYSO standards according to their age. The program consists of both games and practices. Registered players are expected to attend all games and practices.

Application to adjunctive programs (AYSO EXTRA) is handled separately from general registration. Membership and participation in the core program is a preliminary requirement for inclusion in our adjunctive programs.

a) Registration Policies

- All players must be formally registered via a signed player application.
- A player can only be registered by parents or legal guardians.
- Volunteers must also register by submitting a Volunteer Registration form.
- New team assignments are made by computer each season.
- AYSO intends the soccer program to encourage our children to make new friends and learn to work cooperatively with them. Hence, we do not accept requests to place children on specific teams or with specific children.
- National AYSO policy stipulates that players be placed on teams according to the age guidelines outlined below, and not by school grade. As the core program age divisions consist of a two year spread above U8, a child in all likelihood will be among the younger players during the first year in a division, and then will be one of the older players in that same age division the following season.

Age Guide for 2016-2017 Membership Year		
Division	Age	Born Between
U-19	16-17-18	8/1/97 and 7/31/00
U-16	14-15	8/1/00 and 7/31/02
U-14	12-13	8/1/02 and 7/31/04
U-12	10-11	8/1/04 and 7/31/06
U-10	8-9	8/1/06 and 7/31/08
U-8	6-7	8/1/08 and 7/31/10
U-6	5	8/1/10 and 7/31/11
U-5	4	8/1/11 and 7/31/12
This age guide is for games and competitions that begin on or after Aug. 1, 2016.		

b) Age Policy Exception

The Commissioner may, under very specific circumstances, permit a player to be teamed in the next higher division than his or her age places that player. Otherwise, there are no exceptions. AYSO does not permit a player to “play down” into a younger age group.

c) Team Balancing

AYSO uses several methods to balance the composition of all teams. Because of team balancing, neither the team coaches nor assistant coaches may choose players for their teams; nor may team officials add an unregistered player to their team. However, children of coaches and assistant coaches will be assigned to their parents' teams according to the divisional age guidelines discussed above.

d) Registration Fees

Registration fees are due when the player is registered. Our Player fee covers the cost of a full soccer uniform, annual team and individual pictures, player trophies and the ongoing costs associated with running the program each year. AYSO is a not for profit organization.

Financial Assistance and fee waivers are available for families for whom the registration fee is a hardship. Region 42 does not intend for fees to bar any youngster from participating in our program. Please contact the Regional Commissioner about scholarships. No registration discounts are given in exchange for volunteer activity.

e) Player Withdrawal and Fee Refunds

A parent who needs to withdraw a registered player from AYSO is asked to notify the Registrar as soon as possible. This not only means an earlier refund but also will permit the placement of a wait listed player to a team.

Parents must use the Player Withdrawal form available on our website to both inform of withdrawal and request a fee refund. *Please note that all requests for refunds should be accompanied by proof of completed payment.*

Region 42 refunds player fees according to the following schedule:

- If a refund is requested before June 30, the player fee is refunded in full.
- There are no refunds after June 30

Region 42 reserves the right to modify the refund policy as may be indicated by individual circumstance or at any time.

Region 42 also reserves the right to discuss the potential need for player withdrawal with the parents of a child who consistently or frequently is absent from games or practices.

f) Player Wait List

Wait listing involves completing the player application using the on-line eAYSO system, paying the player fee and providing proof of player age as discussed above. Players will be placed on a first come, first served basis, for U5, U6 and U7 divisions. For all other divisions placement will be based on team balancing requirements. Because the number of openings in each age division varies, *Region 42 cannot guarantee team placement for any child on the wait list.*

The Wait List policies apply to new and returning players. Any player who has not been registered at our formal registration events may be placed on our wait list when it opens. Region 42 wait lists players in the summer to fill remaining slots for the new season beginning in September each year.

g) Notification by Coaches

Your family will be contacted by your player's coach shortly before the start of the Fall season to notify you of your child's team assignment. If you have not heard from your coach and feel that you should have, contact your child's Division Director. The Division Director's contact information is available at www.aysoregion42.org

7. PLAYER & GAME SAFETY

Arrive early to scheduled games so that your child has time to warm up and stretch before his or her game.

In colder weather players may wear warm garments UNDER their jerseys and shorts. Whenever possible, sweatpants, worn under the shorts, should be the same color as the shorts. *The uniform must be visible at all times during game time.*

Shin guards are required at all practices and games and are to be worn underneath the soccer socks with no part of the shin guard exposed. Referees and coaches will tell a player to sit out the game or practice until the player is wearing shin guards in the proper manner.

Players are not permitted to wear any jewelry, including earrings, friendship or other string bracelets, hard hair barrettes or baseball caps or any other hard-brimmed headgear during games or practices. Referees and coaches will tell the player to sit out the game or practice if they choose not to remove the jewelry or other items. Please keep your player's soccer schedule in mind if your child wishes to have ears pierced. Parents are expected to keep removed jewelry and other items. Region 42 discourages coaches from holding these items.

Under no circumstances is a coach or other Region volunteer responsible for jewelry or other player if items given to the coach or volunteer to hold.

An exception is made for religious tokens which must be worn or Medical Alert medallions. These items are allowable but must be securely taped down.

For the safety of the child involved and other players with whom the child may come into contact, players wearing casts or splints will not be permitted to participate in games or practices.

Soccer shoes are recommended, but not required. Sandals or baseball style cleats are not permissible, nor are shoes with removable cleats which have exposed nails when the cleat is removed – these shoe types are dangerous. All purpose athletic shoes or “gym shoes” are allowed although most children will nudge their parents for “real soccer” shoes. Referees and coaches will request any player not wearing appropriate footwear to sit out of a game or practice until correct footwear can be provided.

Spectators are to stand clear of the goal lines and *must* stay on their team’s sideline. No one is permitted to stand at or behind the goals. To comply with player safety issues, please comply with all requests issued by Board Members, field marshals or referees.

Health and Injuries

The eAYSO player registration screen has an area in which parents should include medical information about which the coach needs to know. Information about allergies or respiratory concerns, such as asthma, should be included. Contact your child’s coach about any other specific issues about which he or she should be made aware.

If your child has a chronic health condition possibly requiring medication immediately before, during or after a game or practice and is too young to self-administer treatment a parent or designated caregiver must be present during all practices and games.

Coaches are not permitted to administer any medication to players (including inhalers or medicines or injectable medications to treat allergic reactions).

Referees will stop a game when a child appears to be injured. Games will be halted more frequently in younger divisions and always in any division if/when a player appears to have difficulty rising and leaving the field unaided. When a game is halted, only the coaches are to go onto the field to assist the player. Our coaches are trained to help the injured player safely off the field and can recognize if the child should not be moved. Coaches will call 911 in the latter event or when any injury seems serious. If the injured player’s parents are not present, they will be notified as quickly as possible. At each practice or game, coaches carry forms containing

contact information and permission to provide players on the team with medical treatment as needed on the field or at a local hospital.

Dogs

For the safety of the players and spectators, NO DOGS ARE ALLOWED at AYSO practices and games, even leashed. There are no exceptions, other than for the visually impaired.

Goals

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

The U.S. Consumer Product Safety Commission (CPSC) has reported 26 deaths and hundreds of injuries since 1979 resulting from soccer goal accidents. Most of these injuries occur when children climb on top of an unsecured goal, causing it to either break from the strain (in the case of many homemade goals) or simply flip over onto an unsuspecting victim. You only need to review some of the descriptions of injuries and deaths addressed in the CPSC report to become saddened by this easily preventable problem. The bottom line is this: Goal safety is everyone's job and volunteers and parents need to be aware of the dangers. Keep children from climbing on goals and nets and from pulling on nets. Keep children away from goals when transporting them.

Heading

New guidelines issued by U.S. Soccer and accepted by AYSO prohibit players age 10 and younger from heading the ball during games or practices. In addition, the guideline will reduce headers in practice for those from age 11 to 13. Because the AYSO program has two year age groups, heading will not be allowed in U12 and below. The guidelines do not modify the Laws of the Game, but are rather safety recommendations aimed at reducing head injuries.

HYDRATION

Parents, coaches and the athletes themselves should watch for the “warning signs of dehydration”:

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

It is imperative for the safety of your players and volunteers that you and your coaches know how to identify and treat them.

When a body loses too much water and salt through sweat, muscles tend to cramp (particularly in the abdomen and legs). Players suffering from these painful "heat cramps" should;

- Rest in a shady spot.
- Sip one glass of cool water every 15 minutes until the pain relents.
- If the player's parents are on hand, have them help by massaging the affected muscles.
- Applying cool, wet cloths to help relax the muscles.

Players with cool, moist, or flushed skin, heavy sweating, headache, nausea, dizziness, or muscle cramps may be experiencing heat exhaustion. This condition occurs when, because of high humidity or restrictive clothing, sweat is not properly evaporated and the body cannot cool down. To assist a player experiencing heat exhaustion

- Have the player lie down in a shady spot and elevate his or her feet.
- Remove the child's shoes, shin guards, and socks.
- Apply cold packs to the armpit and scalp areas.
- Have the player drink water or an electrolyte solution.
- Dampen the player's skin with cool cloths.
- Fan the player to help evaporate excess sweat.
- If the player's parents are on hand, have them remove the player's shirt.

When a body completely loses the ability to cool itself, the internal temperature continues to rise resulting in heat stroke. If a player's temperature rises too quickly, brain damage and/or death may result. Players suffering from heat stroke may have hot, dry skin -- those with fair complexions may appear red, while darker-skinned individuals may appear gray. Victims may also experience a very rapid pulse and extremely high body temperature. In some cases, victims of heat stroke may seem confused, unresponsive, or even suffer from seizures. Recovery from heatstroke depends on the amount of time it takes to return the body temperature to normal, so immediate medical attention is imperative.

If you suspect that a player is suffering from heat stroke

- Call 911 immediately.

NUTRITION

Nutrition plays a key role in athletic performance. Failure to provide the calories and carbohydrates that young athletes need to fuel their bodies, the fluid to maintain hydration,

and the vitamins and minerals to support metabolism and tissue growth and repair will result in poor performance and an increased risk for injury and/or illness.

8. PARENT ORIENTATION – A BRIEF PRIMER

Every AYSO Region adheres to core philosophies, summarized below:

Open Registration	Any child who wishes to play may register. AYSO is not limited to any specific group of people.
Everyone Plays	All assigned players are entitled to play at least 3/4 the game, provided they arrive on time and are present for the entire game.
Balanced Teams	To the extent possible, all teams in each two-year age division are created equal, with similar composition of experienced versus inexperienced players, and older versus younger players in that age division. Region 42 does this by means of computerized calculations based on coach-provided player ratings and review by experienced Division Administrators.
Positive Coaching	AYSO's program is heavily based on child development principles. We encourage our players to learn and grow in both sports and social skills. To this end, coaching and communications are to be direct and honest, while also being supportive and encouraging. Disparagement of any player or his efforts, in any form, is not tolerated.
Good Sportsmanship	Our players are taught to respect each other, their opponents, coaches, game officials and other volunteers, and parents. Coaches and game officials are to demonstrate positive and honest sporting behavior both on and off the field
Player Development	Our players are helped to develop their individual capabilities in the sport as well as helped, via the team experience, to develop social skills. Region 42 offers several programs in addition to the Core fall season program offering more intense soccer experience for youngsters interested and capable.



Kid's Zone®

Our program is for and about kids. When coming to games or practices, parents in Region 42 enter a Kids Zone®. In this zone our focus is positive and we expect our parents and players to accept the following responsibilities;

Parent Responsibilities

- Set a good example by complying with AYSO policies and procedures.
- Treat players and volunteers with respect. Do not argue with coaches or referees. Remember that everyone involved in the Region is a volunteer doing his or her best.
- Please refrain from coaching from the sideline, as it is confusing to the player, may contradict instructions issued by the coach and undermines the coach's position with players.
- Support the team as a whole rather than an individual player.
- Volunteer. We are all responsible for making our Region 42 program work. Assist your coach as your coach requires.
- Players are expected to attend all games and practices barring illness or a special conflicting event. Notify the coach as soon as you know your child will miss a practice or game. Players cannot join Region 42 to play only games or only attend practices.
- Bring your child to practice and games on time. Pick up your child promptly when practice is over.
- Cheer all plays, even if made by the opposing team

Player Responsibilities

- Treat all players, game officials, coaches and other parent volunteers with respect. Do not argue with or complain to coaches and referees concerning game calls or coaching instructions.
- Cheer all plays. Be a good sport. Resist the urge to retaliate when you feel you have been wronged.

-
- Be on time and ready to participate at practices and games.

9. HOW WE DO THINGS IN REGION 42

a) Team Basics

Teams are composed of a set number of players depending on division, and are coached by a head and an assistant coach. Teams are expected to each have a team parent, or manager, whose duties include scheduling the traditional snack among the players' parents, and assisting the team coaches in communicating with players' parents.

In the U8 division, each team is also strongly encouraged to identify a parent who is agreeable to attend the team official course in refereeing offered by the Region.

U10/12/14 teams must identify parents willing to train as a Regional Referee and earn the team referee points. Please note that referee points are only awarded to certified **ADULT** referees or a youth referee that has completed the upgrade to Intermediate Referee.

The region provides training and mentoring of new Referees and provides Referee uniforms and equipment free of charge to the referee upon the successful completion of the training. Referees self-assign to referee games via an on line scheduling application.

For competitive divisions U10 – U14, match results and referee points are both used to determine final standings. Teams not supporting the region by not earning referee points are highly unlikely to finish high enough in the final standings to progress to Area 10/E league playoffs.

In the event of ties in total points, goals allowed will be the tie breaker. In the event the full season of scheduled matches cannot be played due to unforeseen circumstances, such as rain, fires, field closures, etc. final standings will be determined based on standings as of games played. Teams are invited to Area League Play-offs in December based on the number of slots available, to be determined by Area 10/E.

b) Game Basics

For U5 through U10 the Region's games are at Peppertree Park.



Parking at Peppertree Park

As a condition of our permits to use Pepper Tree Park, we must be respectful of the homeowners and businesses adjacent to the park. We must ask that there be

- NO SOCCER PARKING on the residential streets in the neighborhoods adjacent to the Peppertree Playfields, and
- NO SOCCER PARKING in any **GREEN** parking spot in the Peppertree Business Park.

We have prominently posted No Soccer Parking signs at the entrance to the neighborhood off of Reino and also on the streets adjacent to the neighborhood entrance to the park. Those signs apply to the entire neighborhood, not just to the areas in which they are posted. We also have two security guards posted in the neighborhood, who will ask AYSO families to move their vehicles.

In addition, signs will be posted at the entrances to the Peppertree Business Park notifying AYSO patrons not to park in GREEN parking spots. Please note that AYSO vehicles parking in GREEN parking spots in the Peppertree Business Park will be towed as posted by the land owner at the entrance to the Business Center.

We realize that parking can be a challenge at times at Pepper Tree, but we must ask that everyone please be good soccer neighbors and do not park anywhere in the neighborhood. There is overflow parking along Reino Road and in the designated areas of the business park across Old Conejo. In addition, there is parking available at Newbury Park High School. Please allow enough time to arrive early for your games and walk to the park.

Some of you may have friends who live in the neighborhood and have given their permission for you to park by their homes. In those situations, you must be able to park in the driveway or we will still ask you to move your car if it is parked on the street. The No Soccer Parking on Neighborhood Streets applies to everyone and every street within the neighborhood.

Without Pepper Tree, we would be unable to continue to offer the AYSO experience to the families of Newbury Park. Please don't let this happen - we need your understanding and cooperation. We want to be able to continue to offer our soccer program for the kids of Newbury Park. We don't want to have to tell over 1100 kids that they can't play soccer next year because a few people keep parking in the neighborhood.

U12 and U14 teams play at Dos Vientos Community Center.

No parking on residential streets in the neighborhoods adjacent to Dos Vientos fields.

Dos Vientos Fields



U16 and U19 teams participate in Area play with games scheduled at various locations in Area 10/E.

U5 through U14 games are scheduled to start on Saturdays at 8:00 a.m. and are played throughout the day, with the last game being played in the mid- or late afternoon, depending on the division. Team schedules and game locations are posted on our web site (<http://www.aysoregion42.org>) you should also receive a team schedule from your child's coach. Once published, game times are not changed. Teams are not permitted to "swap" their game schedule. Because of the number of games scheduled, games must start and end on time.

Teams scheduled for the first game of the day are responsible for setting up the goals and striping the field.

Players are expected to arrive at their games 15 to 30 minutes before the game to meet with their coach and warm up. Please notify your child's coach if he or she is ill or unable to attend the game as, absent such notice, the coach and team are counting on the participation of your child.

c) Pre-Season Team Meetings

Your coach will schedule a team meeting during the week prior to the first practice and game. The team meeting is an opportunity for the players to meet the coach and each other. At the meeting, the coach will also discuss his or her expectations for the season.

d) Team Practice

In addition to the weekly Saturday games, all teams except U5 and U6 hold at least one practice during the week. Teams may hold two practices weekly.

Practice times for U-12 & up: Twice per week, limited to 1½ hour in duration.

Practice times for U-10: Twice per week, limited to 1½ hour in duration.

Practice times for U-7 and U-8: One per week, limited to 1 hour in duration.

Combined practice and game times for U-5 & U-6: Limited to Saturdays only; 1 hour in duration on game days only. No mid-week practices permitted.

Practice time and location are chosen by the team coach in consultation with team families as to the best times. The Team Coach makes the definitive choice of practice day and location. Deference is given to the coaches' needs and schedules in view of the time and effort the coaches are making in volunteering. Practice scheduling is done very early in the fall, often immediately after team assignment is made.

Region 42 reserves the right to request player withdrawal if a player is unable to attend team practices.

e) Game Cancellation

Twenty-four hour rain rule: There will be no games, scrimmages or practices held on any Region

42 soccer field immediately after or during rain. Rainfall must be stopped for a minimum of 24 - 48 hours before any game or practice may take place. An exception to this rule can only be granted by the Director of Fields or the Region Commissioner. If in doubt, check our website www.aysoregion42.org or the Conejo Recreation and Parks Dept website or hotline. Teams practicing on a closed field can jeopardize our ability to use that field in the future.

Come to the field for a scheduled game unless:

- a) your coach or team parent notifies you of a cancellation; and/or
- b) you see a cancellation notice on our web

Games are canceled only as necessary. It is very possible that games in certain hours or on certain fields are cancelled while games earlier or later or games on other fields take place.

Please do not make your own decision about whether your child's game is cancelled. Contact your child's coach, check our web site, or call our voice mail which will be updated as soon as possible with game/weather reports in the event of game cancellations.

f) Practice Cancellation

Coaches will notify their team members if inclement weather necessitates canceling scheduled practices.

10. PLAYER EQUIPMENT

Our region provides players with a matching team uniform consisting of jersey, shorts, and socks. Please safeguard the uniform and save wearing it for the Saturday games (uniforms are not worn to practice). Players are expected to be in full uniform (including correct socks) at each game.

- Players cannot participate in any game or practice unless they are wearing shin guards.
- Players cannot practice or participate in any game or practice with any type of cast or splint.
- Players cannot wear anything which is dangerous to either themselves or other players, including, but not limited to any jewelry (earrings, watches and bracelets) or bands of any kind (including Livestrong bands and their progeny), hats with hard brims, or hair bands or barrettes with metal or plastic.

Please note that there is no exception for someone who has recently had his or her ears pierced – even with the supposed "cure all" of a band aid over the new earrings.

For practices, players should wear any soccer outfit (don't forget the shin guards) and bring a water bottle. For games, players must wear the team uniform - socks are worn over (not under) the shin guards.

If it is cold or windy, dress accordingly and have layers under the uniform. Have an extra layer to add during half time and after the game.

Eyeglasses are allowed, just be sure that they are made of shatterproof glass or plastic. All players will be checked before the game by the referee (or coach in U6 and below) and will not be allowed to play if they do not adhere to the rules regarding uniforms and equipment.

If a uniform or any of its components is misplaced, a player must obtain a replacement at the family's expense. Inform your child's coach if replacement components are needed. The Region's Uniform Manager will order a replacement and arrange to deliver it to you. The cost for replacing misplaced uniform components is the family's responsibility, and payment is due upon delivery.

Soccer shoes are recommended, but not required. Cleats must be rubber or plastic; they may not have a pronounced cleat at the toe. Baseball style cleats are not allowed, because they usually have sharp edged rectangular shaped cleats along the edge of the shoe. These are not safe for soccer.

If you are able to purchase a soccer ball for your child, he or she will have a greater opportunity to learn and improve soccer skills and techniques. Soccer balls come in three sizes and although it is tempting to use a hand-me-down ball, it is developmentally important that a player use the correct size for his or her age group.

Follow the chart below to obtain the correct ball for your player:

Ball Size Division

#3 U5, U6, U7 and U8

#4 U10 and U12

#5 U14 and older

If you have questions about equipment, ask your player's coach for assistance.

Lost and Found

Lost and found items are consolidated near the Snack Shack at Peppertree Park or the storage sheds at Dos Vientos Community Center. Please check to locate items that may have left behind on a Saturday. At the end of the season, all unclaimed items are donated to charity.

11. COMMUNICATIONS – PUBLICATIONS AND HOW TO REACH US

Our primary and most successful mode of communicating is via our web site; <http://www.aysoregion42.org> and we urge our families to check the web site frequently. On our web site you will find the email addresses of executive officers, Division Directors and others whom you are invited to contact with your questions.

AYSO will never publish player information or coach contact information on our web site or otherwise. Privacy and safety of Region families are important to us. Your child's coaches or the Division Administrator for the applicable division will provide you with the contact information preferred by the coaches of your child's team. Teams are encouraged to privately compile contact information of the teams' families for communicating among the team members.

AYSO and Region 42 do not sell our membership data. We ask you to keep us current so that we may keep you updated on regional events and information affecting our players.

We encourage teams to share their success stories in the community; however we ask that player and team photographs submitted to local news organizations do not include any means to identify individual players. i.e. names should not be directly associated to specific rows in a team picture.

12. SPECIAL EVENTS AND ACTIVITIES IN ADDITION TO OUR WEEKLY GAMES

a) Picture Day

AYSO Picture Day (Photo Day) is held on a Sunday during the fall season. Photographs are taken by professional photographers and their crews. AYSO provides each player with an individual and a team photo. Parents have an opportunity to order copies and other photo-gift items at their expense. A make-up photo session of limited time duration is also provided for teams and/or players that missed the original photo session. Specific information concerning Picture Day and the makeup day is provided to the team parents, coaches and via information on our web sites.

The pictures are distributed later in the season. Pictures are NOT distributed to teams that have not fulfilled their Snack Shack volunteer obligations.

b) Trophy Day

Trophy Day is held on the last Saturday of our playing season. For Divisions U-5 through U-8, participation trophies will be presented to all players in the division. For all other Divisions, trophies will be presented to each player that places in the award rankings. (The number of teams is determined by the Board, depending upon the enrollment in the respective divisions).

For competitive divisions U10 – U14, match results and referee points are both used to determine final standings. In the event of ties in total points, goals allowed will be the tie breaker. In the event the full season of scheduled matches cannot be played due to unforeseen circumstances, such as rain, fires, field closures, etc. final standings will be determined based on standings as of games played. Teams are invited to Area League Play-offs in December based on the number of slots available, to be determined by Area 10/E.

Many teams use this opportunity to hold an end of season celebration.

13. VOLUNTEERS

We believe that we are running a vibrant soccer program that is expanding and improving every year. However, the more we do, the more we realize that we can do even more. Not only can we always improve the existing program, we can offer more, if we have the people to do it. Every Regional Board Member, coach, assistant coach, team parent and referee is a volunteer. Some of our volunteers have played soccer their entire lives and others had never kicked a soccer ball before getting involved with AYSO. All of us do it because it is fun and worthwhile.

Your AYSO program will improve only if more members of our community get involved. If you have interest in a Board position, let the Board know. Volunteer to coach or referee. If you only have a little bit of time, but want to help, we will find something useful for you to do. Become involved!

AYSO currently lists more than 50 volunteer functions, so there is something possible for everyone. All volunteers will be trained and certified in their job specific and age appropriate functions, so you don't have to be a soccer player or know anything about soccer to become a volunteer.

Here are some ways you can help out:

COACH/ASSISTANT COACH

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

REFEREE

Each team U7 and older should have a referee for its games. The Region and Area train referees and youth referees for all levels of refereeing. AYSO provides the referees with continuing education (Safe Haven Course and Age Appropriate Courses); a uniform, and whistle.

Youth Volunteers who train as referees are age 12 through 18. There should be at least 2 years difference between a youth referee and the players they referee. Youth referees cannot earn points towards standings for a team.

TEAM PARENT

Each team should have a team parent. The team parent organizes the banner, snack schedule and team picture day.

FIELD MONITOR

Each team will provide a field monitor each time they are the home team (listed first on the schedule). Field monitors will check in 10 min prior to the game they are monitoring to receive a walkie-talkie and vest. Their role will be to monitor the field their child is playing on, and they will report any incidents or injuries that require Region staff attention. Field monitors are NOT expected to intervene.

14. PROBLEMS AND COMPLAINTS

If you have a problem or complaint, please take the following steps: Talk to your coach. If he or she cannot resolve it, contact your Division Director or the appropriate Board Member related to your complaint. If you feel that your complaint is not addressed, your next step would be to contact an Assistant Regional Commissioner. If you are not satisfied with the response please feel free to contact the Regional Commissioner.

Board Contact information is available at www.aysoregion42.org

The Board is the legislative body of our AYSO Region and consists of the commissioner, assistant commissioner(s), treasurer, registrar, coach administrator, referee administrator, Child and Volunteer Protection Advocate, Division Directors and various other volunteers. The Board meets regularly and the members are always willing to hear your suggestions. Remember that all AYSO management is done by volunteers who have other jobs and responsibilities and who have set aside a significant chunk of their time to run a great soccer program for your children. If you have a good idea, be prepared to help implement it.