

**PLEASE NOTE: Alcoholic beverages and smoking are NOT permitted at any practice or game. Failure to comply with this rule will result in disciplinary action by the Regional Commissioner.**

## **Organizing Your Team**

<b>No. of Parents needed</b>	<b>Title</b>	<b>Function</b>
All	Team Parents	An invaluable source of support and help for the coach and the children.
(1) or (2)	Team Coordinator(s)	Responsible for helping the coach throughout the season to: Organize team banner, Opening Day, Picture Day, etc. Organize game refreshments, team parties. Organize telephone tree.
(1) or (2)	Assistant Coach(s)	Invaluable source of support and assistance for games and practices. They should be able to take over if the head coach cannot attend the game or a practice. Therefore, they must have the same certifications as the Coach.
(2)	Referees	U-5, U-6 and U-8 games are refereed by the parents of the team. Each team should have at least two parents to referee their games on a weekly basis. They must have attended at least the U-8 referee clinic. Older division teams must supply a referee and an assistant referee for the game following theirs. They must have appropriate referee certifications.
(3) or (4)	Parents	For the younger divisions, each team should have at least 3 parents at each practice to assist the head coach and assistant coach in teaching and practice with the players. Older divisions still need 1 - 2 extra parents at each practice. It is recommended that at least 1 - 2 parents should be of the opposite sex of the head coach and assistant coach (i.e. 1 to 2 males should stay at each practice if the head coach is a female, and vice versa).

## Organizing Your Team (cont.)

### Practices

Take time before practice to plan what you want to accomplish in each session.

1. For ages 5 thru 11, a majority of the time should be spent on basic skills, i.e. passing, kicking, ball control, heading, dribbling, and throwing. Conditioning is necessary and tactical training should be kept to a minimum.
2. For ages 12 thru 18, increased conditioning and game tactics are necessary for good competitive play. Start with basic skills and move on to team/game play. Have the assistant coach spend extra time with the less skilled players while you work on game play with the rest of the team.

### Warm Up and Stretching exercises

These are strongly recommended for practice and pre-game conditioning. A good warm-up will prevent injury to the body from vigorous activity. **Coaches should also warm up to avoid injury during practices.**

### Game Time

It is important that your team arrive at the game field at least one-half (1/2) hour before game time to allow for warm-up exercises, discussion of game strategy, etc. You can confirm your lineup until everyone is there.

### Line Up Card

The players line up card in **numerical order** must be filled out and available at the start of each game. Numerical order is easier for the assistant referees who will check to determine if the players have played the correct number of quarters during the game required by Region 88 rules and National Guidelines.

### Law Book

**Read it, know the Laws of the Game**, and the Region 88 rules. Teach them to your team and the parents. You can't coach effectively if you don't know the laws of the game. Most of the "incidents" that arise during the season stem from ignorance of the coaches and parents of the Laws of the game.

### Referees

Their word is the law on the soccer field. Have respect for them and teach your players and their parents to respect their decisions. Remember, they are only human, and as humans can make errors; above all, they are volunteers, like yourself. They don't criticize your coaching during the game--don't criticize their refereeing.

**REMEMBER SOCCER IS A SPORT  
GOOD SPORTSMANSHIP AND COMPETITIVE PLAY ARE THE STANDRRD**

# SAMPLE LINE-UP FORM

**COACHES:**

Please complete your portion of the Line-up card in advance. It helps the Referees to find the players listed by Numerical order, not alphabetically.

**REFEREES:**


Please fill in the score and make sure the referee team signs on the backside of both cards. Also fill in the sportsmanship ratings also on (backside) of each card. Pass the cards to the referees of the next game. If you have the last game of the day, place all the cards in the envelope provided in the equipment box and mail it.

List players in numerical order. →

Don't forget to fill in the date, time, and field →

**Official Lineup Form**

REGION BB ON B2 TEAM # 203  
 TEAM NAME THUNDER  
 TEAM COLORS RED/WHITE/BLACK  
 COACH'S NAME ALFRED ABEKIAN  
 ASSISTANT COACH'S NAME JOSE OCHOA



No	PRINT PLAYERS NAME	Last Score	This Player			
			1	2	3	4
1	BOB DEROSA (KEEPER)					
2	DOUG WALLIS					
3	FRANK BAGHERI					
4	RANDY HOM C					
5	AL GUEVARA					
6	AURELIO VERA					
7	LITEA NITU					
8	NANCY JACOBSON					
9	ALDO MASCHERONI					
10	DAVID SAGHERIAN					
11	MARK GARCIA					
12	Bill Paxton					
13	VICTOR PINON					
14	ADAM HICKLIN					
15	RICHARD LYANS					
16	RANDY GREGG					

**List players in numerical order.**

Date 9-22-05 Time 10AM Field TALL JR. HIGH  
 Home Score 0-0 in Favor of \_\_\_\_\_  
 Final Score 1-0 Winning Team 203 THUNDER  
 Referee must sign reverse side: Losing Team REG. 214

# SAMPLE "SPORTSMANSHIP

(back of line-up card)

## REFEREE:

Fill in the appropriate  
Number of points and  
Add at the bottom.  
Don't forget to sign  
Both cards. Make sure  
You agree on the score  
And any disciplinary  
Actions taken, before  
Cards are turned in.



Fill in if Required



Don't Forget to Sign Card



DIVISION	DURATION OF GAME (MINUTES)		BALL SIZE
	FULL	OTR	
I	90	22 1/2	5
II	80	20	5
III	70	17 1/2	5
IV	60	15	4
V	60	12 1/2	4
VI	40	10	3
VII	40	10	3

### SPORTSMANSHIP RATING

5 - Excellent                      2 - Fair  
4 - Very Good                    1 - Poor  
3 - Normal                         0 - Unacceptable

Cooperation of Players (1-5 pts.)                      4 pts.  
Cooperation of Coaches (1-5 pts.)                    5 pts.  
Cooperation of Team Supporters (1-5 pts.)           5 pts.  
Overall Game Conduct (1-5 pts.)                     4 pts.  
Uniform Appearance (1-5 pts.)                       4 pts.

Note: No points shall be awarded to any team that receives a red card or two yellow cards during a game; abandons a game or does not play all players the required half game.

### REFEREE'S REPORT

Disciplinary Actions Taken: # 3 THUNDER  
DISSENT @ 10 MIN. 1ST HALF  
Additional Comments: # 8 THUNDER SERIOUS  
FOUL PLAY @ 39 MIN 2ND HALF

Referee's Signature: Nicole Battles  
Linesman's Signature: Patty Bittle  
Linesman's Signature: Eric Archer

Referee must report all red and yellow cards to proper authority.

# Requirements For A Successful Soccer Season

## Team Meeting

- Identify Assistant Coach(es)
- Identify Team Referee(s)
- Identify Team Coordinator(s)
- Sponsorship
- Team name/banner
- Team roster for all team members
- Objectives of the program
- Philosophy of the coach
- Practice schedule - time/place/map
- What to wear and what to bring to practice
- What to wear and what to bring to games
- Dogs or other pets are not allowed on school property or the Sports Complex Field
- Car pooling
- **Alcoholic beverages and smoking are never allowed at any practice or game**
- Always see to it that someone brings refreshments to each game

## Practice Sessions

- Have enough soccer balls - have team members bring them
- Have a prepared plan for your practice
- Have coaching board or large pad to describe and communicate the plan
- Warm up
- Techniques
- Drills
- Scrimmage

## Take Time As Required To Talk To Players And Parents Individually

### Items To Remember As A Coach

- Be prepared/have a plan
- Communicate
- Supervise
- Be firm/have control
- Be a Friend
- Keep a low profile, but be a leader. The children are No.1 in the program, not the coach/parents
- **Have Medical release forms at all practices and games.**

## Be On Time For All Activities Throughout The Season - If You Are Not, How Can You Expect Your Team Parents To Be?

You, as the coach, are responsible not only for the members of your team, but also for the actions of the parents or any adults connected in some way with your team. Impress upon all concerned that as the coach you expect positive enthusiasm and encouragement and you will not accept negative conduct toward the children or other adults connected with the organization.

## COACHES REFEREE COMMITMENT

Except in the Under 5, 6 & 8 Divisions, every coach is responsible for supplying referees for the next game following their own game. If their own game is the last game of the day, they will be required to supply referees for the first game of that day on that same field. It is the coach's sole responsibility to line up a qualified substitute when necessary. (Must have attended Referee Clinics) Check the Region website for certified referees who may be available to help you out.

### ***THE REFEREE ADMINISTRATOR HAS VETO POWER OVER ANY SUBSTITUTE***

All substitutions for refereeing games must be communicated to the Referee Administrator, E-mail [ref88@ayso88.org](mailto:ref88@ayso88.org)  
The coach requesting the change is responsible for making sure that the substitute fulfills this commitment (if commitment is not fulfilled **the coach** will receive a commissioner's red card). If the substitute has not been approved in advance by the Referee Administrator, **the coach** will receive a Commissioner's Administrative red card, even if the substitute was in fact qualified to referee.

### ***PLEASE NOTE:***

Coaches who miss their referee assignment will receive a Commissioner's Administrative red card and will not be allowed to coach their team in their next game. The **Referee Administrator** is the only person who can issue a Commissioner's red card. The coach who receives a Commissioner's red card is still responsible for his/her referee commitment of that week, even though he/she is not allowed to coach the team's game. If you are not sure, or have a question, please contact the Referee Administrator.

# REGION 88

## BLIND DRAFT GUIDELINES

A blind draft will be used for Boys and Girls in the Under-5, Under-6, Under-8 and Under-10 divisions.

### Adjustments

Adjustments are made after all the player registration forms have been distributed. The adjustments will be made in the following order

1. Coaches
2. Siblings
3. Assistant coaches
4. Parent requests (Under 5 and 6 only - all other divisions must obtain Regional Commissioner's approval)

### Parent Request

If a parent presents to the RC a valid reason why their child should not play for a particular coach, the draft master will make the necessary adjustment. The draft master will exchange the player with the first player of rank and year to the right in the draft order. (The RC must be notified in writing no later than one week prior to the draft in order to honor this request.)

### Club Players

**The Region recommends that Club players not attempt to play both AYSO and Club during the same season because of scheduling conflicts.** AYSO cannot schedule games to accommodate Club players.

### Zip Codes

Zip codes will not be considered in the draft.

## Region 88 Player Drop and Absence Policy

It is AYSO policy to take every reasonable and prudent step to enroll every child who applies. Limitations such as playing fields and the number of available coaches are acceptable limits to enrollments, and usually are the prime factors in creating waiting lists.

One factor that is not acceptable, however, is failing to replace drops. Drops create space; not filling these with waiting children is a violation of both Region and National policy and is a serious matter. It is a requirement in Region 88 that all coaches report drops to their Division Coordinator as soon as they become aware of them. Do not make assumptions whether or not there are waiting lists; you may not be aware of all existing circumstances. Players who drop will be replaced with similarly rated players from the waiting list, if available. **Failure to report drops when you know of them may result in disciplinary action by the Regional Commissioner, especially when the player dropping is a lower rated player.**

A related issue is absences. Players and their parents have a responsibility to maintain reasonable attendance if they are to occupy space in AYSO, particularly if there are others waiting. It is important, for the sake of fairness, that all coaches adopt a consistent approach to determine reasonable attendance. In Region 88 we use the following procedure:

1. Ask your parents to inform you before practices or games if their child will not be there. When this doesn't happen, do your best to follow up with a phone call. These two actions demonstrate the importance of good attendance.
2. If three (3) successive absences occur, (or you become aware they will occur) - this counts practices and games together - report the player immediately to your Division Coordinator

The reasons for such absences are varied. It is very important for the Regional Commissioner to determine these so that the proper action may be taken. Failure by you to report such absences to your Division Coordinator may result in disciplinary action by the Regional Commissioner. **Do not attempt to take any disciplinary action against the player yourself or indicate such to the player or parents.** Such action can only be taken by the Regional Commissioner. In the case of repeated but scattered absences, when the absences dominate, report the situation to your Division Coordinator.

**If you have any questions, call your Division Coordinator first.** He or she may direct you to another Board Member or the Regional Commissioner. It is of paramount importance that all children be treated fairly, both those in AYSO and those waiting to join the program.

The last date for the addition of new players to teams will be October 1st.

# The Player Evaluation Process

In order to achieve balanced teams, our program uses a method of evaluating players based on their skills, kicking, speed, aggression, game play and attitude. We are putting all these numbers in a computer for easy analysis and distribution to the coaches.

Note: this is strictly confidential for the coaches and no rating should ever be discussed with any parent or child in the region.

It is very important to fill these forms out correctly and return them to your division coordinator. Following is the process for each coach.

1. Coaches receive the Player Evaluation forms (in Excel) through e-mail from the division coordinator. If the coach does not have access to e-mail, the division coordinator will send the coach an evaluation form by US Mail.

The Excel form has already been filled in with each player's name AYSO ID number, previous year's rating, and birth date, as well as team information, such as coach and assistant coach's names, team name, division, and won-loss record (where applicable).

2. The coach fills out ONLY the information in the shaded areas. Do not change the information that is not in the shaded areas. (see sample PDF document). When filling out the form, use the Player Evaluation Form Guidelines below.

3. After filling out completely, each coach returns the proposed ratings to the division coordinator by e-mail preferably, so the division coordinator can easily verify the completeness and place the form in the "Master" Excel spreadsheet for the Division.

DEADLINE TO RETURN: a week before the Final Evaluation Meeting for your division.

4. Coaches must attend the Final Evaluation Meeting where they will go over the evaluations of the players in their division to make sure they have the proper ratings. This is a **mandatory** meeting that helps assure the teams are balanced for the next year. This is also used as an opportunity to determine which players have truly earned the opportunity to play for the region as all-stars.

5. After arriving at each player's consensus final rating at that meeting, the Division Coordinator records each player's final evaluation rating and sends it to the Regional Commissioner who maintains these evaluations as official records.

To give you an idea of where players should be in regards to an overall rating, review the Player Rating criteria that follow for examples. The ratings range from 1 to 10, with 10 being best.

For most teams, 2/3 of the team will be rated 4, 5, or 6. 1/6<sup>th</sup> of the team will typically be 7 or higher and 1/6<sup>th</sup> of the team will be 3 or lower. On a 14 player team, 10 players will likely fall in the 4,5,6 range with 2 or 3 in the 7,8,9,10 range and 1 or 2 in the 3,2,1 range. A team that had an outstanding season may shift toward the high end of the range and a team that made little improvement during the season may shift toward the lower end of the range.

Please keep in mind that it is to everyone's benefit that all players are rated accurately - not overrated or underrated. If you have any questions regarding how to rate a player, please ask your division coordinator, the Coach Administrator, or a more experienced coach who can provide you with some

additional guidance. Next year's coach will thank you for not rating a player an "8" when he/she is actually a "4". Similarly, that "4" rated player who is really an "8" won't get to play all-stars and will probably be playing for someone else next season.



# AYSO REGION 88 2009/2010 SEASON

## REGIONAL PLAY-OFF GAMES PROCEDURE

IN THE CASE OF INCLEMENT WEATHER CONDITIONS AND TO CHECK TO SEE IF THE FIELDS ARE IN PLAYABLE CONDITIONS, PLEASE CALL THE FOLLOWING NUMBER:  
(818) 957-AYSO

The following Region 88 requirements regarding play-off games are subject to change by the Region Commissioner prior to commencement. If there are any questions, please **contact your Division Coordinator first**. Then contact one of the following:

**Region Commissioner**  
**Region Coach Administrator**  
**Region Referee Administrator**

### 1. **Conflicting colors:**

- a. In the case of conflicting uniform colors, the designated home team (listed on the bottom of the pairings) shall change jerseys.
- b. If jerseys of a different color, or pullovers are not available, the home team shall turn their jerseys inside out to distinguish them from their opponents. If the coaches are aware of a possible problem beforehand, contact the above and the Region may be able to provide different color jerseys.
- c. All players must be in full matching uniforms of their respective teams, different color jerseys, shorts, or socks are not acceptable, sliding shorts must be of the same color as the uniform shorts. Exception: goal keepers.

### 2. **Forfeitures:**

- a. Failure of either team to be ready at the kick-off shall constitute forfeiture, and the opponent shall be declared the winner by a score of 1 to 0.
- b. A team will be considered not ready if fewer than 7 eligible players (**5 in the U-10 Division**) are present, in full uniform, at the scheduled kick-off time.
- c. The Referee shall allow a maximum of ten (10) minutes grace period from the scheduled start time (or in case of schedule delay, the time that the Referee is ready to start the game) for arrival of late players to fulfill the minimum player requirement. The ten (10) minutes or portion thereof shall be deducted equally from each half, from the official game time.
- d. Failure of both teams to be ready at the scheduled kickoff time shall constitute a double forfeiture, and their respective opponents shall receive a bye in the following round. No score will be recorded in the event of a double forfeiture.

### 3. **Send Off (Ejection):**

- a. If a team is playing short because of a player(s) being sent off (ejected), the team shall continue to play short handed, in the event the match goes into overtime, or Penalty Kick phase.
- b. Sent off players shall leave the field, (players who are sent off are allowed to remain on the side line, under the supervision of their coach unless when leaving, they are accompanied by a responsible adult) and the game shall not be restarted until their departure from the pitch. They shall not participate in their next scheduled match; they may join their teammates on the sidelines but may not be in team uniform.
- c. Sent off coaches shall leave the field of play for the duration of the game (same as players that are ejected) and shall have no contact with their team. They shall not participate in their team's next scheduled match nor have any contact with their team during that match. They may watch from outside the field. If they are scheduled to referee a game, they shall fulfill their referee assignment.

### 4. **Tie Game:**

In the event of a tie game at the end of regulation time, the match will be extended by two equal overtime periods as follows:

- Under 19's ..... two 2 ten minute periods
- Under 16's ..... two (2) nine minute periods
- Under 14's ..... two (2) eight minute periods
- Under 12's ..... two (2) seven minute periods
- Under 10's ..... two (2) six minute periods

### 5. **Substitution:**

During the game, normal substitution as required for that age group. During the overtime periods, there will be free substitutions when there is a dead ball, (any goal kick, or by the team that has possession on a corner kick or throw-in and for an injury). If the team that has possession substitutes, the opponent may also make a substitution, except for an injury. Substitution is at the discretion of the coaches during the overtime periods, with the approval of the Referee.

### 6. **Kicks from the Penalty Mark (Shoot Outs):**

In the case where the score is still tied at the end of the overtime periods, the winner shall be determined by the taking of kicks from the penalty mark as follows:

- a. Only the players on the field of play at the conclusion of the second overtime period may participate in the Penalty Kick Phase.
- b. When a team finishes the match with a greater number of players than their opponents, they shall reduce their numbers to equate with that of their opponents and inform the referee of the name and number of each player excluded. The team captain has this responsibility.
- c. The team captains shall participate in a coin toss, and *the winner of the toss shall have the choice of kicking first or second.*
- d. Each team shall determine the rotation of their kickers from 1 through 5.
- e. The Referee shall determine into which goal the kicks shall be taken, giving consideration to the goalkeepers (sun, or condition of the goal area).
- f. Each team shall alternately take five (5) kicks from the penalty mark at the same goal.
- g. Goalkeepers, when not in goal shall position themselves at the intersection of the goal line and the penalty area line perpendicular to the goal line.
- h. A different player shall take each kick.
- i. If before both teams have taken five kicks, one has scored more goals than the other could even if they were to complete their five kicks, the taking of kicks shall cease.

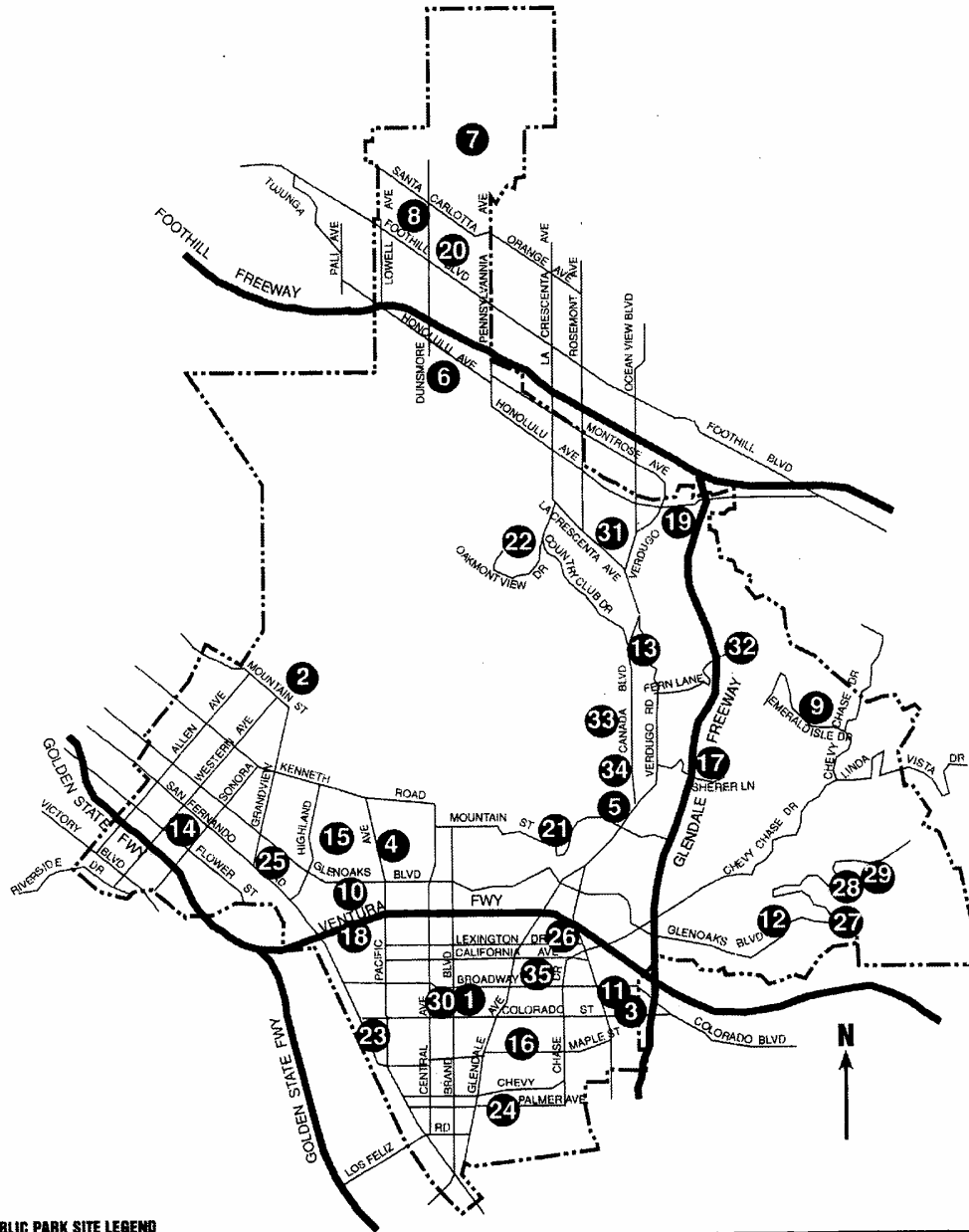
- j. Teams may change their goalkeepers at any time during the shoot out with one of the players that are participating in the kicks from the penalty mark.
- k. In the case of injury to the goalkeeper, the coach may replace the keeper with any of the substitutes who will take the keeper's place in the team kicking rotation, the original keeper may not return once replaced for injury.
- l. The team scoring the most goals shall be declared the winner at the end of the series of five kicks. In case of a tie at the end of the first series of kicks, continue with the sixth through the remainder of the kickers, except on a one vs one basis, until one-team scores and the other team misses.
- m. In the event the score is still tied after all the eligible players on each team have kicked; the rotation will start from the beginning, still on a one vs one basis, until a winner is decided. The order in which players kick may be changed, however.

## **7. Coin Toss:**

**The Referee will terminate the game in the event the elements (lightning or heavy rain) or darkness, threaten the safety of the players.**

- a. If the referee terminates the game in the first half of play because of darkness or the elements, the game shall be rescheduled.
- b. If the referee terminates the game in the second half, and one of the teams is ahead, the score will stand and the team that is ahead will be declared the winner; game will not be rescheduled.
- c. If the referee terminates the game in the second half and the score is tied, the game will be decided by a coin toss, with the winner of the toss advancing; game will not be rescheduled.
- d. If the referee terminates the game in the overtime or penalty kick phase; the game will be decided by a coin toss with the winner of the toss advancing; game will not be rescheduled.
- e. **The above points (b) thru (d) shall apply to regular season games also, except that regular season games may end in a tie score at the end of regulation time. We are at full capacity and rescheduling games because of the elements will be almost impossible.**

# PARKS DIRECTORY & MAP



**PUBLIC PARK SITE LEGEND**

- |                               |                               |  |  |
|-------------------------------|-------------------------------|--|--|
| 1. Adult Recreation Center    | 11. Glendale H.S. Pool        | 21. Nibley Park                            | 30. Skate Park   |
| 2. Brand Park                 | 12. Glenoaks Park             | 22. Oakmont View Park                      | 31. Sparr Heights Senior Center  |
| 3. Carr Park                  | 13. Glorietta Park            | 23. Pacific Park                           | 32. Sports Complex   |
| 4. Casa Adobe de San Rafael   | 14. Griffith Manor Park       | 24. Palmer Park                            | 33. Verdugo Adobe  |
| 5. Civic Auditorium           | 15. Hoover H.S. Pool          | 25. Pelanconi Park                         | 34. Verdugo Park-<br>Stengel Field, Babe Herman Little<br>League Field |
| 6. Crescenta Valley Park      | 16. Maple Park                | 26. Piedmont Mini-Park                     | 35. Wilson Avenue Mini-Park  |
| 7. Deukmejian Wilderness Park | 17. Mayor's Bicentennial Park | 27. Lower Scholl Canyon Park               |  |
| 8. Dunsmore Park              | 18. Miford Mini - Park        | 28. Scholl Canyon Athletic Fields          |  |
| 9. Emerald Isle Park          | 19. Montrose Community Park   | 29. Scholl Canyon Golf & Tennis<br>Complex |  |
| 10. Fremont Park              | 20. New York Park             |  |  |

## Directions to Fields in Glendale & La Crescenta

**Brand Park** 1601 W Mountain Street, Glendale 91028  
134 freeway West and exit on San Fernando Rd. Turn right and go north (towards Burbank), 1 mile to Grandview and turn right. Go 1 mile to (past Kenneth Rd) to dead-end. Parking and fields are on the left.

**Clark Magnet High** 4747 New York Avenue, Glendale 91214  
210 freeway West and exit on Pennsylvania Ave. Turn right and proceed north to Foothill Blvd. Turn left on Foothill Blvd to New York Ave. Turn right on New York Ave. proceed approximately 1/2 mile.

**Dunsmore Park** Dunsmore Avenue, Glendale 91214  
210 freeway West and exit on Pennsylvania Ave. Turn right and proceed north to Foothill Blvd. Turn left on Foothill Blvd. To Dunsmore Ave. and turn right on Dunsmore Ave.

**Glendale Sports Complex** 2200 Fern Lane, Glendale 91208  
2 freeway North exit on Mountain Ave. Turn left on Mountain Ave. to Verdugo Rd. Turn right on Verdugo Rd. and proceed to Fern Lane. Turn right on Fern Lane and follow the street up to the Sports Complex.

**Glorietta Park** Glorietta Ave. Glendale 91208  
2 freeway North and exit on Mountain Ave. Make left and go down hill to Verdugo Rd. Stay in right lane on Verdugo and go approximately 1.5 mile to Glorietta. Park is on left hand side.

**Montrose Park** Span Blvd., Glendale 91208  
2 freeway North to Verdugo and make left. Go 1 /2 mile and make left on Verdugo just before you go into Montrose shopping center. Go 2 blocks to Broadview and make left. Turn right just behind the 7-11 store into alley onto Sparr. Fields and parking are on your left.

**Mountain Ave. Elementary** 2307 Mountain Ave., La Crescenta 91214  
210 West freeway and exit on Ocean View. Go North 1 /2 mile to Foothill Blvd and turn left. Go 1/2 mile to Briggs and turn right. Go North on Briggs to Mountain Ave. and turn right. Proceed to dead end and park. Field is to the left on hill.

**Pelanconi Park** 1000 Grandview Ave. Glendale 91202  
134 freeway West to San Fernando Rd. Go north (towards Burbank) approximately 1 mile to Grandview and turn right. Go 1 block and park is located between Pelanconi and Grandview just before Glen Oaks Blvd.

**Rosemont Middle School** 4725 Rosemont Ave., La Crescenta 91214  
210 freeway West exit on La Crescenta Avenue. Turn right and go north approximately 1 /2 mile to Foothill Blvd. Turn right and go 1 /2 mile (past shopping center) to Rosemont and turn left. Go 1 /2 mile to school. Parking is on your left and fields are in back of school.

**Roosevelt Middle School** 1017 S. Glendale Ave., Glendale 91205  
134 freeway West to Glendale Blvd. and turn left. Go South 3 miles to Acacia (1 block before Chew Chase) and turn left. Go 1 block and parking and field is on your left.

**Scholl Canyon** 3800 Glenoaks Blvd., Glendale 91206  
2 freeway North to Holly exits. Turn right and follow street to Glenoaks Blvd. Turn right on Glenoaks and follow road up the hill. Fields are on the right (before Scholl Canyon Golf Course).

## Directions to Fields in Glendale (continued)

### **Toll Middle School**

700 Glenwood Road, Glendale 91202

134 freeway West to San Fernando Rd. Go North (towards Burbank) 1 /2 mile to Highland and turn right. Go (past Glenoaks) to South St. and turn right. Make immediate left on Virginia and turn right into field parking lot.

### **Wilson Middle School**

Corner of Verdugo Rd. and Monterey Rd., Glendale 91208

134 freeway to Glendale Blvd. exit. Go straight on Monterey Rd. pass Glendale Blvd. to Verdugo Rd. Turn left, field is on the left. Parking on Verdugo Rd.

### **Glendale High School**

1440 E. Broadway, Glendale 91205

Enter from parking lot on the corner of Verdugo Rd. and Broadway.

## Coaches Code

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

## Players Code

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

## Referees Code

1. Always remember that the game is for the players. Player safety and fair play come first.
2. Study and learn the Laws of the Game and understand the spirit of the Laws. Help fellow referees do the same.
3. Encourage and enforce the AYSO philosophies of "Everyone Plays", "Positive Coaching", and "Good Sportsmanship".
4. Respect other referees' decisions and do not publicly criticize another official especially in front of spectators who may hear you, this discredits the officials on the field.
5. Wear the proper badge, uniform, (socks pulled up, shoes shined) keep uniform in good condition.
6. Maintain good physical condition so that you can keep up with the action.
7. Honor accepted game assignments. In an emergency find a qualified replacement.
8. Support good sportsmanship with a kind word to players, coaches and parents of both teams when deserved.
9. Always be fair and impartial, avoid conflicts of interest. Decisions based on personal bias are dishonest and unacceptable and lead to difficult game control.

# **Making Soccer Fun for Your Child!**

## **(Also called Parent Rules)**

Every sport has its own rules and regulations to try to make the sport as enjoyable to watch and play as possible. One of the main differences between soccer and the other main sports is that there are no time-outs and the game is continuously flowing. (There are only 17 laws to the game of soccer. NOTE that they are called Laws, not Rules)

The joy of this non-stop play is that the game is taken out of the hands of the coaches and the parents and is preserved for the players. Whereas, in other sports, there is time for instructions from the coach or parents, there is little time in soccer for a player to listen to the sidelines and then react. By the time a coach or parent has yelled out a command, the entire situation on the field of play has changed and usually the instructions are then useless. This gives the player a lot of responsibility on the field to make his or her own decisions. There are few "set" plays and players must improvise and react to play as it develops.

### **Parent's Role**

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

### **Support Your Child**

Supporting your child by giving them encouragement and showing interest in their 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 often 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 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 their goals and their natural fear of failure. Nobody likes to make mistakes. If your child does make one, remember it is all part of learning; so encourage your child's efforts and point out the good things your child has 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 experience a positive one. They need your strong support; that means refraining from coaching or refereeing from the sidelines. As a volunteer organization, there's usually always an opportunity for you to take your interest in coaching or refereeing to the next level and become one yourself.

## U-5 & 6 Skills

- **Dribbling**

Players should use the majority of their foot, while keeping their knees slightly bent. They should stay balanced and play with their heads up to be aware of the game around them.

- Stop to Ball
  - Balancing on the planted foot
- Turn the ball
  - Using the motion of their foot to change direction
  - Accelerating after turning

- **Instep Kick**

At this age, the instep kick is generally just used for passing/kicking the ball

- Prepare Plant Leg
  - Next to the ball, pointed in the correct direction
  - Bent knee, weight on planted foot, arms out for balance
- Prepare Striking Leg
  - Bend knee, withdraw leg, lock ankle back and toes pointed down
- Striking Movement
  - Body over the ball, eyes on the ball
  - Strike ball in center, follow through

- **Throw-in**

- Facing field of play
- Placement of feet in reference to the line, keeping their feet down
- Using both hands, slightly apart

## U-8 Skills

- **Dribbling**

Players should use the majority of their foot, while keeping their knees slightly bent. They should stay balanced and play with their heads up to be aware of the game around them.

- Stop to Ball
  - Balancing on the planted foot
- Turn the ball
  - Using the motion of their foot to change direction
  - Accelerating after turning

- **Instep Kick**

At this age, the instep kick is generally just used for passing/kicking the ball

- Prepare Plant Leg
  - Next to the ball, pointed in the correct direction
  - Bent knee, weight on planted foot, arms out for balance
- Prepare Striking Leg
  - Bend knee, withdraw leg, lock ankle back and toes pointed down
- Striking Movement
  - Body over the ball, eyes on the ball
  - Strike ball in center, follow through

- **Throw-in**

- Facing field of play
- Placement of feet in reference to the line, keeping their feet down
- Using both hands, slightly apart

- **Inside of foot – Push Pass**

- Prepare Plant Leg
  - Toe should not be past the ball, pointed in the correct direction
  - Bent knee, weight on planted foot, arms out for balance
- Prepare Striking Leg
  - Draw leg back from hip, bending that knee slightly
  - Lock ankle back and inside of foot should face target
- Striking Movement
  - Body over the ball, eyes on the ball
  - Strike ball in center, follow through
  - Lower body as leg rises, step out of the kick

- **Inside of foot – Ball Control**

- Prepare Plant Leg
  - Place support leg next to path of ball
  - Bent knee, weight on planted foot
- Prepare Control Leg
  - Leg forward, bending knee slightly
  - Rotate leg at hip 90 degrees out
  - Lock ankle with toe point up
  - Raise foot off ground, perpendicular to ball
- Controlling Movement
  - Keep eyes on the ball, contacting center of the ball
  - Withdraw action leg straight back when contact is made with the ball, to cushion the reaction
  - Prepare ball for next move

# U-10 Skills

- **Dribbling**

Players should use the majority of their foot, while keeping their knees slightly bent. They should stay balanced and play with their heads up to be aware of the game around them.

- Stop to Ball
  - Balancing on the planted foot
- Turn the ball
  - Using the motion of their foot to change direction
  - Accelerating after turning

- **Instep Kick**

At this age, the instep kick is generally just used for passing/kicking the ball

- Prepare Plant Leg
  - Next to the ball, pointed in the correct direction
  - Bent knee, weight on planted foot, arms out for balance
- Prepare Striking Leg
  - Bend knee, withdraw leg, lock ankle back and toes pointed down
- Striking Movement
  - Body over the ball, eyes on the ball
  - Strike ball in center, follow through

- **Throw-in**

- Facing field of play
- Placement of feet in reference to the line, keeping their feet down
- Using both hands, slightly apart

- **Inside of foot – Push Pass**

- Prepare Plant Leg
  - Toe should not be past the ball, pointed in the correct direction
  - Bent knee, weight on planted foot, arms out for balance
- Prepare Striking Leg
  - Draw leg back from hip, bending that knee slightly
  - Lock ankle back and inside of foot should face target
- Striking Movement
  - Body over the ball, eyes on the ball
  - Strike ball in center, follow through
  - Lower body as leg rises, step out of the kick

- **Inside of foot – Ball Control**

- Prepare Plant Leg
  - Place support leg next to path of ball
  - Bent knee, weight on planted foot
- Prepare Control Leg
  - Leg forward, bending knee slightly
  - Rotate leg at hip 90 degrees out
  - Lock ankle with toe point up
  - Raise foot off ground, perpendicular to ball
- Controlling Movement
  - Keep eyes on the ball, contacting center of the ball
  - Withdraw action leg straight back when contact is made with the ball, to cushion the reaction
  - Prepare ball for next move

- **Tackling – Front Block**

- Prepare Plant Leg
  - Place plant foot even with and next to the ball
  - Knee bent slightly, weight on planted foot, arms out for balance
- Prepare Tackling Leg
  - Draw leg back from hip, bending that knee slightly
  - Rotate leg at hip 45 degrees outward
  - Lock ankle back with toe pointed slightly up
- Tackle
  - Keep eyes on ball, move tackling leg straight forward
  - Lower body and lean slightly forward
  - Strike ball in center with inside foot and block through the ball with your body weight
- Follow through
  - Keep foot behind the ball with body lowered
  - Win the ball from opponent
  - Don't give up

- **Goalkeeping**

- RECEIVING THE BALL

- Body Position
  - Stands on balls of feet with knees slightly bent
  - Move whole body inline with ball when shot is taken
  - Always receive ball with body behind the ball
- Hand position
  - Hands should be up at the side, around waist level, facing the play before the shot is taken
  - When receiving the ball, hands should be close together behind the ball:
    - “W” shape with hands for receiving balls chest level and above
    - “M” shape with hands for receiving balls chest level and below
- Bending for ground balls
  - Keep legs together, bend at waist
  - Scoop up ball with “M” shaped hands
  - Gather ball to chest and stand up straight
- Follow through
  - Keep foot behind the ball with body lowered
  - Win the ball from opponent

- DISTRIBUTING THE BALL

- Throws
  - Underhand Roll – “Bowling”, quick, short, accurate, no bouncing
  - Overhand – “Baseball” longer distance, arrives more quickly
  - Overhand – “Arc/sling” most distance with least accuracy, takes time
- Kicks
  - Volley – “Punt” greatest distance, not very accurate
  - Dropping the ball and kicking it before it hits the ground

# U-12 Skills

- **Dribbling**

Players should use the majority of their foot, while keeping their knees slightly bent. They should stay balanced and play with their heads up to be aware of the game around them.

- Use all major surfaces of the foot
  - Top, Outside, Inside, Bottom
- Whenever possible, keep your body between the defender and the ball
  - A type of shielding

- **Inside of foot – Ball Control**

- Prepare Plant Leg
  - Place support leg next to path of ball
  - Bent knee, weight on planted foot
- Prepare Control Leg
  - Leg forward, bending knee slightly
  - Rotate leg at hip 90 degrees out
  - Lock ankle with toe point up
  - Raise foot off ground, perpendicular to ball
- Controlling Movement
  - Keep eyes on the ball, contacting center of the ball
  - Withdraw action leg straight back when contact is made with the ball, to cushion the reaction

- **Sole of foot – Ball Control**

- Prepare Plant Leg
  - Place support leg next to path of ball
  - Bent knee, weight on planted foot
- Prepare Control Leg
  - Raise leg from hip, bending knee slightly
  - Place foot in path of ball
  - Toe up, heel down (makes a wedge)
  - Use arms for balance
- Controlling Movement
  - Keep eyes on the ball, wedge ball lightly between the foot and ground
  - Keep weight on support leg

- **Top of thigh – Ball Control**

- Prepare Support Leg
  - Get in line with the flight of the ball
  - Place weight on support foot
  - Bend knee slightly
- Prepare Action Leg
  - Raise leg from hip, let knee bend down
  - Raise leg until top of thigh is parallel to the ground
  - Use arms for balance
  - Target contact of ball with top of thigh between hip and knee
- Controlling Movement
  - As ball hits thigh, withdraw the action leg on contact
  - Move leg from hip to drop the ball at feet

- **Instep Kick Passing and Shooting**

- Prepare Support Leg
  - Knee slightly bent, place support foot next to the ball (3-4 inches) pointed towards target
  - Weight on support foot
- Prepare Action Leg
  - Withdraw leg at hip
  - Bend knee back, cock lower leg
  - Lock ankle back and down
- Striking Movement
  - Eyes on the ball, knee over ball, eye-knee-ball in line
  - Move thigh forward (whip action)
  - Strike the center of the ball in the instep
  - Leg moves straight through toward target

- **Inside of foot – Push Pass**

- Prepare Support Leg
  - Knee slightly bent, place support foot even with or slightly behind and next to the ball
  - Weight on support foot, arms for balance
- Prepare Action Leg
  - Draw leg back from hip
  - Knee bent slightly, rotate leg at hip 90 degrees outward
  - Lock toe up on foot
- Strike
  - Eyes on the ball
  - Move leg straight forward
  - Strike the center of the ball in the inside of the foot
- Follow through
  - Leg straight through, maintain balance
  - Lower body as leg rises, as if sitting in a chair
  - Step out of the kick

- **Heading**

- Prepare Body
  - Eye on the ball
  - Place your body so that the forehead will meet the ball
  - Take a comfortable stance with knees bent.
  - Eyes, open, mouth closed, chin tucked in, rigid neck
  - Use arms for balance
- Contact ball
  - Move forehead to ball
  - Use legs to propel your body forward to meet the ball
  - Neck should be kept rigid
- Follow through toward target

- **Throw-in**

- Legs
  - Feet on out outside of touchline
  - Facing field of play, knees bent slightly, weight even between both feet
- Hands
  - Hold ball equally with both hands
  - Place ball behind head

- Throw
  - Move hands together and throw ball from behind and over the head
  - Bend forward at the waist, then arms, then hands
  - Keep a part of both feet on or outside the line and on the ground when throwing
- **Tackling – Front Block**
  - Prepare Support Leg
    - Place plant foot even with and next to the ball
    - Knee bent slightly, weight on planted foot
  - Prepare Tackling Leg
    - Draw leg back from hip, bending that knee slightly
    - Rotate leg at hip 45 degrees outward
    - Lock toe up on foot
  - Tackle
    - Keep eyes on ball, move tackling leg straight forward
    - Lower body and lean slightly forward
    - Strike ball in center with inside foot and block through the ball with your body weight
  - Follow through
    - Keep foot behind the ball with body lowered
    - Win the ball from opponent
    - Don't give up
- **Goalkeeping**

RECEIVING THE BALL

  - Body Position
    - Stands on balls of feet with knees slightly bent
    - Move whole body inline with ball when shot is taken
    - Always receive ball with body behind the ball
  - Hand position
    - Hands should be up at the side, around waist level, facing the play before the shot is taken
    - When receiving the ball, hands should be close together behind the ball:
      - “W” shape with hands for receiving balls chest level and above
      - “M” shape with hands for receiving balls chest level and below
  - Bending for ground balls
    - Keep legs together, bend at waist
    - Scoop up ball with “M” shaped hands
    - Gather ball to chest and stand up straight
  - Follow through
    - Keep foot behind the ball with body lowered
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DISTRIBUTING THE BALL

  - Throws
    - Underhand Roll – “Bowling”, quick, short, accurate, no bouncing
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  - Kicks
    - Volley – “Punt” greatest distance, not very accurate
      - Dropping the ball and kicking it before it hits the ground

# **ALL STAR PROGRAM (Region 88 Guidelines)**

The All-Star program will be conducted according to the following guidelines:

## **All Star Coach Selection Process**

Each Division Coordinator will recommend the All Star coaches for their division. The All-Star Committee will review these recommendations and advise the RC. The RC will appoint the All Star coaches. Division U-14, U-12 and U-10 coaches will be announced at the Final Evaluation meeting.

## **All Star Coach Selection Criteria**

General criteria for All Star coach selection is given in Article VI, Section M, of the Region 88 Guidelines. Specific criteria for coach selection are the following:

1. Can properly represent our region in Area, Section and Tri-Section play
2. Follows the AYSO coaching philosophy
3. Has the ability to coach players of All Star caliber
4. Has the ability to coach winning teams (some leeway for blind draft)
5. Has suitable years of coaching experience
6. Has provided service to the region outside of coaching
7. Has received AYSO coach's certificate corresponding to that division
8. Has achieved an AYSO regional referee badge as a minimum.

## **All Star Player Selection Process**

The candidate All Star players list shall be assembled based on the Final Evaluations of the coaches in the division. In addition, conduct of players and parents during the season may be taken into account in determining eligibility of a player for All Star play.

The number of players on each All Star team shall be determined according to the Table referenced in this document. Section rules prohibit announcing the Division U-14, U-12 and U-10 All Star team selections before December 1.

The Section coach shall first select the Section team from eligible All Star players. The Area coach shall select the Area team after the Section coach has selected the Section team. The Region coach shall select the Region team after the Area coach has selected the Area team.

## **All Star Player Selection Criteria**

In addition to meeting the minimum rating requirement, All Star players will be selected based on the following criteria:

1. Can properly represent the region in Area, Section and Tri-Section play
2. Consistently demonstrates good sportsmanship and conduct
3. Has a commitment to soccer and parents have commitment to All Star program
4. Has soccer ability commensurate with All Star Level of play

## Number of Teams

Table 1 shows the number of All Star teams and the total number of players participating for each division. Area rules require that twelve (12) younger players be represented on the section and area teams combined. Each region team must have at least five (5) younger players. Area rules are subject to change prior to commencement of the season.

Table 1. Number of All-Star Teams and Players Per Division

DIV	SECTION	AREA	REGION	PLAYERS
U-14B	1	1	2	44
U-12B	1	1	4	44
U-10B	1	1	6	30
U-14G	1	1	3	44
U-12G	1	1	4	44
U-10G	1	1	6	30

## Player Notification

When coaches notify players of their selection, they should make it clear that **Sunday play** will be involved and have parents complete a letter of commitment to the All Star program. Players involved in other sports should commit that All Star play will have priority over other sports.

A \$40 fee will be charged for each All Star. Each team should have a team coordinator.

## Club Players

Club players will not be allowed to participate in the all-star program.

# Tournament Policy

Announcements will be posted on the Region 88 web site regarding tournaments. Coaches who are interested in forming a tournament team should notify the Regional Commissioner as soon as possible. Same as All-Star coaches, or Spring Select coaches, tournament coaches will be selected and approved by the Executive Board.

As always, the approval of a tournament coach is based on the following criteria:

1. Positive Coaching
2. Years of coaching experience
3. Tournament experience
4. Coaching certificate and referee certification levels

In order to alleviate any confusion, the tournament coach (es) should work together with the Division Coordinator and the Spring Select coach (es) within their own division to select and invite players. The main goal is to ensure that all eligible children will be able to play more soccer.

## Spring Program

Region 88 will field an in-region program if desired and field space is available.

Spring games are normally played on Sundays in May and June.

Coaches who are interested in participating in the Spring Program should notify the Spring Season Coordinator as soon as possible. Spring Season coaches will be identified and selected by the Executive Board. The primary selection criterion shall be whether the candidate follows the AYSO philosophy. Coaching certification and referee badge levels will also be considered.

To be eligible to play on a Spring Season Team, a player must have played at least one half of the regular (Fall) season games. Exceptions to this rule are allowed for players registered in the Fall who were injured or who moved into the geographic area during the season.

Region 88 referees and referee-trainees are encouraged to officiate in the Spring games to increase their skills. Evaluations or assessments may be set up by calling the Region Referee Administrator and the Area Director of Referee Assessments.



## AMERICAN YOUTH SOCCER ORGANIZATION

a nonprofit corporation dedicated to youth soccer

**Everyone Plays**

Dear Prospective Sponsor,

Welcome to the 2009-2010 season. We are sanctioned under the auspices of the American Youth Soccer Organization and are officially known as Region 88, Area "C", Section I. AYSO is a non-profit organization and our philosophy is: **EVERYONE PLAYS, BALANCED TEAMS, OPEN REGISTRATION, POSITIVE COACHING AND GOOD SPORTSMANSHIP.**

Our objective is to develop children in body and character through the teaching, promotion and development of youth soccer in our community.

Children are registered based on their interest and enthusiasm for the game, rather than on their ability as soccer players. Our region is comprised of over 3500 boys and girls from ages 4 through 18. The teams consist of 10-18 players depending on the age of the players. Younger divisions have smaller teams to promote more participation. Your sponsorship will help provide the teams with official soccer uniforms, soccer balls and all the proper equipment necessary to produce an exciting and positive soccer experience. We have supportive family participation throughout the entire program; not only as spectators and boosters, but also in getting players to practice, providing refreshments and tending to the myriad of administrative and maintenance tasks required to keep the organization running well.

We know your involvement in this positive character building experience for the youth of our community will be very heartwarming. All sponsors will have their company name on a team banner, in the annual yearbook with business card and with the team photo, in the local newspaper should your team appear there, and in the end of season advertisement in the *Glendale News Press*. You will also receive a beautiful team plaque to display to your customers and a listing on our Region 88 website next to your team. Please enclose a business card for publishing in the yearbook.

Silver level sponsors receive the above benefits plus additional listing on the website on their team page and the Top Sponsors Page. World Cup Gold Sponsors receive the Silver level benefits plus a link to their own website on their team page on our website, and special mention at our Opening Day Ceremony.

We hope you will join us in AYSO by filling out the enclosed TEAM SPONSOR FORM and return it either to your team coach, or to Mike Sternau (818-768-8286), the Sponsor Coordinator. Send payment prior to September 1st, so your team can include your company name on the banner for the OPENING DAY PARADE on September 9, 2007 at 6:00 pm at the Glendale Community College athletic field. We invite you to attend and enjoy the pageantry and thank you for your support.

Sincerely,

Aldo Mascheroni  
Regional Commissioner, Region 88



# AMERICAN YOUTH SOCCER ORGANIZATION

a nonprofit corporation dedicated to youth soccer

**Everyone Plays**

## TEAM INFORMATION

TEAM NUMBER \_\_\_\_\_

TEAM NAME \_\_\_\_\_

DIVISION  Boys  Girls

COACH \_\_\_\_\_

## SPONSOR INFORMATION

SPONSOR NAME(S) \_\_\_\_\_

\_\_\_\_\_  
(Please use the exact name that the Sponsor wants used for publicity purposes)

OWNER/INDIVIDUAL'S NAME \_\_\_\_\_

ADDRESS: STREET \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

TELEPHONE: OFFICE (        )

HOME (        )

Does the Sponsor object to being listed with its team when weekly scores are published in the newspaper?    Yes    No

Sponsorship Level: Bronze (\$300)    Silver(\$400)    World Cup Gold (\$500)

Does the Sponsor object to other types of advertising as mentioned in our letter? Yes No

If yes, please explain

## OTHER INFORMATION

Please make the check in the amount of \$300, \$400, or \$500 payable to: AYSO Region 88.

Mail this form and the check to:

Mike Sternau  
Sponsor Coordinator, Region 88  
9049 Martindale Avenue  
La Tuna Canyon, CA 91352  
818 768-8286



**AMERICAN YOUTH SOCCER ORGANIZATION**  
(NON-PROFIT CORPORATION DEDICATED TO YOUTH SOCCER)

**PRELIMINARY ACCIDENT REPORT FORM**

**RETURN THIS FORM TO:**

**Region 88 Safety and Insurance Director**

(Refer to the Region 88 Board of Directors List for this information)

**This form must be submitted within 90 days from date of injury**

**This report** may be signed by the coach or referee and submitted directly to AYSO with one copy to the regional safety director, or camp/clinic tournament director.

NAME OF INJURED PERSON: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

DIVISION: \_\_\_\_\_ TEAM: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_

DATE OF INJURY: \_\_\_\_\_ TIME OF INJURY: \_\_\_\_\_

Was this an Indoor Soccer Accident? Yes \_\_\_ No \_\_\_ Tournament? Yes \_\_\_ No \_\_\_ VIP Program? Yes \_\_\_ No \_\_\_

DESCRIBE INJURY: \_\_\_\_\_

\_\_\_\_\_

COMMENTS: \_\_\_\_\_

\_\_\_\_\_

SIGNATURE OF COACH, REFEREE OR AYSO OFFICIAL: \_\_\_\_\_

ADDRESS OF OFFICIAL: \_\_\_\_\_ PHONE: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

NAME OF WITNESS: \_\_\_\_\_

ADDRESS OF WITNESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

SIGNATURE OF WITNESS: \_\_\_\_\_

REGION No. \_\_\_\_\_ OR CAMP/CLINIC/TOURNAMENT LOCATION: \_\_\_\_\_

DATE: \_\_\_\_\_

This is only a preliminary form to notify AYSO that an accidental injury has occurred. Please secure a request for accident reimbursement form from your regional safety director, camp, clinic or tournament director, complete and mail to AYSO as soon as possible.

**THIS FORM IS NULL AND VOID 52 WEEKS AFTER DATE OF INJURY**

## Small-Sided Games (Under-5's and Under-6's)

In 1995, Region 88 adopted the rules for short-sided games for Under-6's and Under-8's. The change was made to assure that children of young ages would be able to touch (meaning without their hands) the soccer ball many times in a game. In 2005, Region 88 offered an Under-5 program and further reduced the number of players on the field for the Under-6's. For 2006, Region 88 adopted a new 5 vs. 5 format in the Under-8 division.

Under-5 teams will have a roster of 5 players and play 3 vs 3. There are no goalkeepers in this division.

Under-6 teams will have a roster of 10 players, but will split the team into 2 squads of 5 and also play 3 vs 3 against the other teams. There are no goalkeepers in this division.

Under-8 teams will have a roster of 13 players, but will split the team into 2 squads and will play 5 vs 5 against the other teams. There are goalkeepers in this division.

In the Under-6 and Under-8 divisions, the Coach and the Assistant Coach will each oversee a squad at the game. The squads will be determined each week and coaches and assistant coaches are expected to balance the two squads-creating an "A" squad of more skilled players and a "B" squad of less skilled players is specifically prohibited. **Remember: these are non-competitive divisions-no keeping score and no standings!** and all players should play at least half a game and whenever possible, three quarters of a game. Coaches and Assistant Coaches should make an effort to provide equal playing time for all players over the course of the season.

### **SPECIAL NOTES FOR COACHES TO SHARE WITH PARENTS:**

This is the most important time of developing a child's love for the sport. Players at this age do not need to know about off-side traps, overlapping runs, wall-passes, volleys, bicycle kicks, or the many other techniques and strategies that complicate soccer at the higher levels.

This is the time for your child to have fun, kick the ball around a bit, learn some very basic skills, and have a good time. If your son or daughter doesn't look like the next soccer star, don't worry about it. If your child never passes the ball, think about the dribbling skills he or she is learning. If your child doesn't "get-in" and kick with the rest of the group, think about how your child is developing a "sense" of the field.

At this age, it is not the coaches or the parents that teach the game. It is the game itself. Your child may like the sport and may not. All we want is that your child finishes the season with a smile on his or her face because they met new friends, had a great time and a lot of fun. If they love soccer and want to play again next year, then great. If not, that's OK too.

Be supportive. Be positive. Cheer for both teams. Support your coach. Don't yell at the referees. Remember that everybody is a volunteer and trying to have a good time! It is up to the parents, the coaches and the referees to assure that the players have a fun time!

**Coaches- the above should be communicated to the parents several times during the season and especially when you sense some are taking things too seriously.**

# Small-Sided Games (Under-8's)

## A. The Field

Shorter  
Smaller goals  
Smaller goal area  
Smaller penalty area  
No penalty mark or arc

## B. The Ball

Size three (3)

## C. Number of Players

Maximum number of players on the field is five (5) per team, so all players get to play  $\frac{3}{4}$  of the game.

Minimum number of players for game to start is three (3) per team.

Substitutions: At the end of the 1st quarter, half time, end of the 3rd quarter, and in case of injury, any time.

Playing time: 75% of the game (3 quarters).

## D. Players' Equipment

Footwear: cleated soccer shoes, or tennis shoes.

Shin guards are **mandatory** at practices and games.

Uniforms: Jersey, shorts and socks per the team colors as supplied by the Region.

## E. Referee

Registered referee of any certification

Coach

Parent Referees with any certification

Should emphasize the following

- Fairness
- Fun
- Learning
- Safety

**Note:** the referees should explain briefly any infringements to the player(s) and help players with instructions. All referees must be registered AYSO Volunteers.

## F. Duration of Game

Four ten minute quarters: Stop play when the ball leaves the field sometime between the 9th and 11th minute of time, in each half to allow for substitutions.

Half time break is a minimum of five (5) minutes, maximum of ten (10) minutes.

## G. Start of Play

The winner of the coin toss chooses which end to defend; the loser takes the kick-off.

The second half is started with the team that elected which end to defend taking the kick-off.

The game is started with a kick-off at the center mark of the field, on the referee's signal. (may be a whistle)

All teams must be in their own half of the field at the start of a kick-off, and the defenders must be outside of the center circle.

## **H. Ball in and out of Play**

When the whole of the ball passes over the touchline, or goal line; either on the ground or in the air.

When it passes over the touchline restart the game with a throw-in by the opponents of the team that touched it last.

The throw-in shall be taken from within one (1) yard of where the ball left the field along the touchline.

When the ball passes over the goal line, last touched by a defender, restart with a corner kick by the attacking team. The corner flag shall not be moved to take a kick.

When it passes over the goal line last touched by an attacker, restart with a goal kick taken anywhere within the goal area by the defending team.

All free kicks in the penalty area by the defending team must leave the Penalty Area before the ball is in play. If the team taking the Goal Kick kicks the ball over the goal line, it has left the Penalty Area and the restart is a Corner Kick.

## **I. Method of Scoring**

When the whole of the ball crosses the goal line between the goal uprights and below the cross bar.

A goal may be scored directly from a Kick-Off, Goal- Kick or Corner Kick.

No score is kept in these divisions.

## **J. Fouls and Misconduct**

For all fouls, the restart shall be an Indirect Free Kick (IFK). This includes the 10 fouls for which a direct free kick would normally be awarded.

All opponents shall be at least five (5) yards away when the kick is taken.

Players taking a restart may not touch the ball a second time until another player has touched it.

The referee should explain what the infraction was to the player(s).

Players shall not be shown cards; verbal cautions or send-offs should be used on those rare occasions when a player's conduct is a danger to other players or disrupting the continuance of the game.

## **K. Offside**

There is no Offside Law in these divisions. If a player is constantly in an offside position near the goal, the referee should have the player's coach instruct the player to move away from the opponent's goal when play is not in the area.

## **L. Other Guidelines**

These are non-competitive divisions.

Region standings are not recorded.

Game scores are not recorded.

Parents, coaches and players from both teams exchange handshakes after each game.

**No individual should be allowed to run the length of the field along the touch line to instruct the players.**

Parents and coaches should encourage players.

Instructions should be given to players by the coaches prior to the game and during half time.

Quarter breaks are for substitutions only and not instructional periods.

Spectators are not allowed behind either Goal Line or within three yards of the touchline.

Parents should not enter the field unless invited by the referee, including during the substitution period.

# Small-Sided Games (Under-10's)

## A. The Field

Shorter  
Smaller goals  
Smaller goal area  
Smaller penalty area  
Penalty mark and arc

## B. The Ball

Size four (4)

## C. Number of Players

Maximum number of players on the field is seven (7) per team. ( 7 vs 7)

Minimum number of players for game to start is five (5) per team.

Substitutions: At the end of the 1st quarter, half time, end of the 3rd quarter, and in case of injury, any time.

Playing time: 75% of the game (3 quarters), whenever possible

## D. Players' Equipment

Footwear: cleated soccer shoes, or tennis shoes.

Shin guards are **mandatory** at practice and games.

Uniforms: Jersey, shorts and socks per the team colors as supplied by the Region.

## E. Referee

Region level certification or higher

Trained youth referee (PRO)

Referees should emphasize the following

- Fairness
- Fun
- Learning
- Safety

Note: the referee's decisions are final and must not be questioned by coaches. All referees must be registered AYSO Volunteers. Parents must not question referees' decisions-**it is the coach's responsibility to maintain control of and proper behavior by his team's parents and supporters.**

## F. Assistant Referees

Must be a certified assistant referee or higher certification.

Must be a registered AYSO Volunteer

## G. Duration of Game

Four twelve and a half minute quarters; Stop play when the ball leaves the field sometime between the 12<sup>th</sup> and 13<sup>th</sup> minute of the half.

Half time break is a minimum of five (5) minutes, maximum of ten (10) minutes.

## **H. Start of Play**

The winner of the coin toss chooses which end to defend; the loser takes the kick-off.

The second half is started with the team that elected to defend taking the kick-off.

The game is started with a kick-off at the center mark of the field, on the referee's signal, which may be a whistle.

All teams must be in their own half of the field at the start of a kick-off, and the defenders must be outside of the center circle.

## **I. Ball in and out of Play**

When the whole of the ball passes over the touchline, or goal line; either on the ground or in the air it is out of play. Restart the game with a throw-in by the opponents of the team that touched it last.

The throw-in shall be taken from within one (1) yard of where the ball left the field along the touchline.

When the ball passes over the goal line, last played by a defender, restart with a corner kick by the attacking team. The corner flag shall not be moved to take a kick.

When the ball passes over the goal line last played by an attacker, restart with a goal kick taken anywhere within the goal area by the defending team.

All free kicks in the penalty area by the defending team must leave the Penalty Area before the ball is in play. If the team taking the Goal Kick kicks the ball over the goal line, it has left the Penalty Area and the restart is a Corner Kick.

If play is stopped due to injury, the restart is a dropped ball. The ball is dropped at the spot where the BALL was when play was stopped

## **J. Method of Scoring**

When the whole of the ball crosses the goal line between the goal uprights and below the cross bar.

A goal may be scored directly from a Kick-Off, Goal-Kick, Corner Kick, Penalty Kick, or Direct Free Kick

This is a competitive Division and scores and standings will be kept in this Division.

## **K. Fouls and Misconduct**

For all fouls, the restart shall be as prescribed by the Laws of the game (Law 12).

All opponents shall be at least eight (8) yards away when the kick is taken.

Players taking a restart may not touch the ball a second time until another player has touched it.

The referee should explain what the infraction was to the player(s).

## **L. Penalty Kicks**

No change from the Laws (Law 14)

## **M. Free Kick**

Per the laws of the game (Law 13)

## **N. Throw-In**

Per the laws of the game (Law 15)

## **O. Goal Kicks**

Per the laws of the game (Law 16)

## **P. Corner Kick**

Per the laws of the game (Law 17)

### **Q. Other Guidelines**

Game scores are recorded. Team standings are recorded. A Division Championship tournament is held at the end of the regular season.

Coaches and players from both teams exchange handshakes after each game.

No individual should be allowed to run the length of the field along the touch line to instruct the players. Coaches must remain in the Technical Area. Parents must not coach.

Parents and coaches should encourage players. Instructions should be given by coaches and assistant coaches prior to the game and during half time. **Quarter breaks are for substitutions only and not instructional periods.**

Spectators are not allowed behind either goal line or within three yards of the touchline.

Players, Coaches or spectators may be removed from the game. Only players may be shown red or yellow cards, all others should be dealt with through verbal communication.

If a sendoff is issued by the referee, the player or coach shall leave the field and not participate in the team's next game, in the case of a player(s) the team shall play short for the remainder of the match.

A player sent off the field may remain on the sideline with the team. Coaches and spectators sent off must leave the playing area, but may remain in the park or parking lot and watch the game from there, provided that they do not attempt to coach, cheer or disrupt the game.

**The Coach is responsible for the conduct and control of the parents and spectators, as well as the players and assistant coaches, associated with the team.**

