

AYSO Region 10

Palos Verdes Peninsula, California

TO: EXTRA Teams

FROM: Region 10 Tournament Committee

RE: EXTRA TEAMS

DATE: January 2015

INTRODUCTION

AYSO National has established the EXTRA program as set forth on the AYSO National Website. The Region 10 Board has approved the formation of EXTRA teams, coaches, and Rules as established by the Regional 10 Tournament Committee.

The purpose of the EXTRA program is to provide AYSO players who possess the appropriate commitment, abilities, and sportsmanship an even more competitive soccer experience. The EXTRA program is designed to allow these AYSO players an opportunity to further develop their skills consistent with AYSO principles and at a cost that is substantially less than a club soccer program.

Region 10 has approved the side by side EXTRA program in which EXTRA players play in a fall EXTRA league with other EXTRA teams from the Western Circuit. This program is approved to reduce the attrition of skilled AYSO players and parent volunteers frequently lost to club programs.

The Region 10 EXTRA program is a primary program and shall be conducted in accordance with the current National Rules and Regulations and the current FIFA Laws of the Game.

MANAGEMENT

The Regional Commissioner shall oversee the EXTRA program and its requirements, including players and coaches and eligibility, team formation, training, field support, and referee support. The EXTRA program shall be administered by the Region's EXTRA Board Members as selected and supervised by the Region's Tournament Committee. The EXTRA Board Members shall include: EXTRA Program Director, EXTRA Assistant Program Director, EXTRA Training Coordinator, EXTRA Referee Coordinator, and EXTRA Field Coordinator.

The EXTRA Program is a primary program, and therefore, Region funds may be used to support the EXTRA program activities, but only to the extent that they are consistent with the funds expended for the standard primary program. Any additional costs needed to participate or run the EXTRA program must be borne by the EXTRA players/parents.

ELIGIBILITY

Coach Eligibility

In order to Head Coach an EXTRA team, an applicant must meet the following criteria:

- (1) Head coach a current post season or current EXTRA team in any division, (2) Head coach a post season team from the prior year in any division or (3) be a Division Coordinator in the immediate past fall season in any division;
- Submit a current Volunteer Form and completed Safe Haven
- Display good sportsmanship and sign a Region 10 Code of Conduct
- Have earned the following Coach Certifications:
 - U12 Coach Certification required to coach U9/10 teams
 - U12 Coach Certification required to coach U11/12 teams
 - Intermediate Coach Certification required to coach U13/14 teams

Required Certifications must be obtained by September 1. It is strongly recommended that EXTRA Program coaches be certified at least one level above the required Certification.

Region 10 has a Tournament Committee comprised of board members designated by the Regional Commissioner. The Tournament Committee is responsible for selecting all EXTRA team coaches and for deciding all issues involving EXTRA teams and players. Approval and eligibility of all coaches and players and all issues relating thereto rests solely with the discretion of the Tournament Committee and is final. The Tournament Committee will choose all coaches using guidelines that include:

- **Sportsmanship** – must adhere to the AYSO philosophy of positive coaching
- **Experience** – coaches with years of experience and higher certifications are preferred
- **Commitment** – a principal goal is to develop talent with the result that EXTRA team players will continue to play AYSO soccer as they mature to older divisions
- **Volunteer Efforts** – coaches who have shown previous efforts to volunteer in the Region and those who have committed to volunteer for positions in the EXTRA Program

Player Eligibility

- Players must be registered with AYSO Region 10 for the upcoming fall season
- All EXTRA players shall make the EXTRA team, practices, and games their primary obligation as compared with club teams of any sport or competing activity. Failure to do so subjects the player to potential removal from the EXTRA team.

- Players shall play in their respective age divisions except that a player may play up one EXTRA division with the approval of the Regional Commissioner or Tournament Committee. Thus, if a player's age places him/her in the U10 EXTRA division, the player may play up one division to the next EXTRA division offered by the Area for EXTRA play. If that division is U12, then the player may play up in U12. If the next EXTRA division offered by the Area is U11, then the player may play up in U11, but not in U12.
- Players not registered with Region 10 are prohibited from playing on a Region 10 EXTRA team.
- All EXTRA players must display good sportsmanship and be approved by the Tournament Committee
- Players with a financial obligation outstanding to the Region are ineligible

TEAM COMPOSITION AND RULES

Number of EXTRA teams. The Tournament Committee will assess the number and quality of coaches, players, referees, and volunteers, among other things, in each division and the effect on the fall program in determining the number of EXTRA teams for a particular division. There is no requirement that the Region have an EXTRA team in any particular division. If two EXTRA teams in a division are formed in a division, the coaches shall work together at try outs. If the coaches have any disputes, then the Tournament Committee or EXTRA Program Director may intervene and make final and binding rulings.

Player Selection. There will be at least two try outs for each EXTRA team. The try out dates will be set by the Regional Commissioner or Tournament Committee. An evaluation committee shall be formed such that there will be three impartial evaluators at each tryout who shall provide recommendations for EXTRA player selection. Players shall be considered based on ability, commitment, sportsmanship, chemistry, and volunteer efforts of their family. Players not selected for EXTRA teams will be contacted first as to their status. Players that have made the EXTRA program will then be contacted in a timely fashion.

Rosters. All EXTRA Rosters must be submitted to the Tournament Committee by July 15. U9/10 max roster of 10 players for 7 v 7 play. U11/12 max roster of 12 players for 9 v 9 play. U13/14 max roster of 15 players for 11 v 11 play.

Referee Requirement. At the time EXTRA rosters are submitted (no later than July 15), the coach must submit a list of at least six adult family volunteers of players on the team who are certified badged referees with at least a Regional Badge. For EXTRA teams in the U11/12 and U13/14 divisions, at least two referees on the team must have an Intermediate Referee Badge. All Referee badges must be obtained by September 1.

Season. The EXTRA fall season begins in September and continues through late November or early December. The season will generally consist of 12 to 14 games with about the same number of home and away games. Home games will be played on Region 10 fields as designated by the Regional Commissioner or Tournament Committee

The West Circuit EXTRA playoffs take place in February and teams may advance to Section and State play in March. After the Fall season concludes, the EXTRA team may continue post season play in tournaments as an EXTRA and/or select team as approved by the Tournament Committee.

The EXTRA/select team is required to play in the Palos Verdes Spring Select League (that begins in February and ends in mid-May) and in any weekend/two day tournaments run by Region 10.

Uniforms. Region 10 EXTRA teams shall wear as their main jersey a red jersey and black shorts in the same style as Region 10 Post Season teams. White jerseys in the same style are back-ups. EXTRA teams must wear uniforms approved by the Tournament Committee. Each EXTRA player must have a uniform with two jerseys, one red and one white, two pairs of black shorts, and two pairs of socks. The cost of the uniform is approximately \$90, and each parent/player must pay for a uniform in order for the player to become an EXTRA team member.

ID Cards. Coaches, Players, and Referees must create and have in their possession at all times ID cards required for EXTRA play in Area and consistent with Area Rules.

REGIONAL SUPPORT

EXTRA team's player's parents must contribute volunteer time back to the Region in volunteer support positions to assist in the successful operation of the Region's fall program. Each EXTRA family's volunteer commitment to the Region shall be at least 10 hours. This averages to about 1 hour per week in the fall season. Volunteering can consist of: acting as a coach or referee in the fall season, volunteering at registration, opening day, Galaxy night or closing day, volunteering as a Region Board Member, or any other volunteer activities approved by the Tournament Committee.

TRAINERS AND EXPENSES

Paid trainers are allowed to train EXTRA teams pursuant to AYSO National Rules. The Tournament Committee has decided that in order to assure quality training and make teams competitive in the EXTRA program, it shall be mandatory for each EXTRA team to have in the fall at least 10 training sessions lasting 1 hour and 30 minutes with a paid professional trainer. The trainer/training organization shall be determined by the Tournament Committee or EXTRA Training Coordinator. There is also a per player fee charged by the West Circuit running the Fall EXTRA League. The cost for the professional trainer and player fee is included as part of the EXTRA fee paid by each player/parent.

Each EXTRA player/parent must pay the following 1) a player registration fee to the Region to sign up as a player in PV AYSO. The Region fee in 2015 depends on when the player registers and will be either \$145 (Early Bird Discount), \$175 (Discounted), or \$225 (Regular); 2) a \$200 EXTRA fee in order for that player to be a part of the EXTRA team. The \$200 EXTRA fee includes training, administrative fees, field costs, and costs to the Region for running the EXTRA program. The \$200 EXTRA fee is in addition to the registration fee paid to sign up and register as a player in the Region. The \$200 EXTRA fee must be paid to the Region by July 15

or else the player is not eligible to join EXTRA; 3) \$90 for Uniform cost paid by the parent to Score, the uniform provider. If a player has a uniform from the prior season, this uniform may be used again if it fits and if the player has all the jerseys, shorts, and socks.

AYSO PRINCIPLES AND SPORTSMANSHIP

For all AYSO EXTRA teams, their parents, coaches, and spectators must conduct themselves at all times in accordance with AYSO philosophies, four of which include:

- Good Sportsmanship
- Everybody Plays
- Positive Coaching
- Player Development

Learning good sportsmanship is the most important part of participating in youth sports and is an integral part of the AYSO philosophy.

Palos Verdes EXTRA teams represent our Region. Good sportsmanship by all EXTRA coaches, players, parents, and spectators is mandatory. Failure to demonstrate good sportsmanship by anyone is grounds for suspension from an EXTRA team. Any coach, player, parent or spectator who is ejected or who receives a red card in any game must be reported to the Tournament Committee by the head coach. Further, any such ejection or red card will subject the coach, player, parent, or spectator to a review by the Tournament Committee for further discipline including suspension for the remainder of the EXTRA season and beyond.