



# **Region 1031 South Los Angeles**

# **Parent Handbook**

## **Fall 2015**

**[www.ayso1031.org](http://www.ayso1031.org)  
5401 S. Fairfax Avenue, 90056**

## WELCOME MESSAGE FROM BOARD

The Board would like to welcome new and returning families to the 2015-16 season. In order to make this a wholesome learning experience and the best season ever for our youth, we need the cooperation and assistance from ALL families in our region. We need your help as coaches, referees, team parents, in setting up equipment, and so on. Get involved and you will gain from the experience of working to provide a better activity for our youth.

## BRIEF HISTORY OF AYSO

The American Youth Soccer Organization (AYSO) is the oldest national youth soccer program in the United States. AYSO was established with only nine teams by a handful of soccer enthusiasts in 1964 out of a garage in Torrance, Calif. They wanted to make sure American kids were introduced to the beautiful game. Five decades later, AYSO has thriving programs in nearly 900 communities all over the country, over six million AYSO alumni and a logo that's recognized nationwide. Great soccer starts here!

Regions are assigned numbers chronologically with respect to when they were established. South LA is Region 1031. The Region was founded in 1994 by Cleve Freeman, Dave Hauptman and Jason Harlem. With the support of LAPD and several AYSO volunteer, we began playing soccer at Harvard Park and move to Kenneth Hahn Soccer Field in 2004 with the support of supervisor Yvonne Brathwaite Burke. South LA Region 1031 has grown to over 1000 players have been awarded Platinum Region status and our team have won several California State championships.

## THE ABCS OF AMERICAN YOUTH SOCCER (AYSO)

AYSO's vision is to provide world class youth soccer programs that enrich children's lives. The AYSO develops and delivers quality youth soccer programs which promote a fun, family environment based on our Six Philosophies:

- **Everyone Plays®:** Our goal is for kids to play soccer - so we mandate that every player on every team must play at least half of every game.
- **Balanced Teams:** We require every region at the start of each season to set up teams as evenly balanced as possible. It's more fun when teams are of equal ability.
- **Positive Coaching:** This builds a positive team spirit. We train and encourage our coaches to make the extra effort to understand and offer positive help to our players, rather than negative criticism.
- **Open Registration:** Our programs are open to all children ages 4 - 18 who want to register and play soccer. Interest and enthusiasm are the only requirements for playing.
- **Good Sportsmanship:** We create a positive environment based on mutual respect, rather than a win-at-all-costs attitude. All of our programs are designed to instill good sportsmanship in every facet of AYSO.
- **Player Development:** We believe that all players should be able to develop their soccer skills and knowledge to the best of their abilities, both individually and as members of a team, in order to maximize their enjoyment of the game.

## REGION 1031, SOUTH LOS ANGELES

AYSO is founded upon community involvement. Each region is headed by a Regional Commissioner (RC) who, with the assistance of a Regional Board, establishes rules and regulations that best suit the needs of our community. Should a situation arise that requires immediate attention, contact your Coach first. If your coach is unable to provide an answer or fully address your concerns, then contact your Division Commissioner. If necessary, the Commissioner will then notify the Regional Commissioner.

### AYSO 1031 Board

See board member page for current list of Board Members

<http://www.ayso1031.org/about-us/board>

## CALENDAR/IMPORTANT DATES

July 27-August 8	U10-U14 Player Assessment
Saturday, August 29	U10-U14 Assessment Scrimmage
Saturday, September 12, 2015	Fall Season Opening Day
Sunday, October 4	Picture Day
Sunday, November 1	All Star Tryouts, Week 1
Sunday, November 1	Early Bird Registration for Fall 2016
Sunday, November 8	All Start Tryouts, Week 2
Saturday, November 21	End of Fall Regular Season
Tuesday, December 1	Spring League 2016 Registration Opens
December 5-December 12	U10-U14 Playoffs
February 6-7, 2015	Hauptman Freeman Classic
Saturday, March 5, 2015	Spring League Opening Day

See Regional calendar for the Full Calendar

<http://www.ayso1031.org/calendar>

## A WORD FOR PARENTS

It cannot be overemphasized that the AYSO program is for the players. The emphasis is placed on the organization's objectives and on good sportsmanship by exhibiting the qualities of fairness and self-control, and by having a good time. Parents and officials are role models for children; thus overzealous behavior is totally inappropriate.

While participation in a competitive situation is an important aspect of the game, it should not be confused with a "win-at-all-costs" attitude. The soccer promoted by AYSO is a balance of fun, development, and competition.

All of this can and often does set the stage for some spectator situations that are not consistent with what AYSO is trying to do for our boys and girls. We, as parents, spectators, coaches, and referees have a responsibility to keep our all-volunteer soccer program fun for all. Take a few moments to consider the following guidelines:

## PARENT AGREEMENTS:

1. To positively encourage your child and be supportive of his or her best efforts.
2. To assist the volunteers who bring the AYSO program to your child and be supportive of their efforts.
3. To assist your son or daughter in arriving at practices and games on time, and notify the coach or team parent when your child will not be able to attend the practice or game.
4. To arrange for your child's safe journey home after practices and games, and to remember that AYSO is not a baby-sitting service.
5. To be supportive of the AYSO community's fundraising efforts and participate in some measurable way.
6. To assist your child's coach by providing game refreshments when needed, and by participating in any team activities or meetings where parent help is needed.
7. Promote Good Sportsmanship, Fair Play and Fun for all AYSO players and their families through your conduct at practices and games. Support game officials and AYSO volunteers. Demonstrate a positive attitude.

## PARENT MEETINGS

After teams are assigned, coaches and/or team parents will hold a parent meeting. The purpose of the first meeting is for parents to meet the coach, discuss the practice and game schedules, AYSO philosophies and parent guidelines, and for the coach to answer any questions the parents might have. This meeting is usually where team volunteers are selected. Other meetings may be called throughout the season to discuss volunteerism, manage the snack schedule, determine additional or make-up practices, or for other reasons concerning the needs of the team.

## HOW TO BE A SPECTATOR

The best way to help a child to achieve goals and reduce the natural fear of failure is through positive reinforcement. No one likes to make a mistake. If your child does make one, remember that he or she is still learning. Encourage your child's efforts and point out the good things your child accomplished.

### Things to Consider:

- **Let Coaches Coach and Refs Ref:** Coaches and referees are usually parents. They volunteer their time to help make your child's youth soccer experience a positive one. They need your support, too. What coaches and referees don't need is your help in coaching from the sidelines. So please refrain from coaching during games and practices. Referees are not the "bad guys." They are volunteers, too, and need your support and encouragement. Treat them and their calls fairly and respectfully.
- **Stop Hollering:** That's the coach's job (during practice) and you'll only confuse the players. Besides, with younger children, you're wasting your breath. Few 5 or 6 year olds understand the concept of a team, much less admonishments such as "Stay in position!" or "Work together!", says Dr. Dilip Patel of Michigan State University, "no matter of yelling or instruction is going to change them."
- **Avoid the Negative:** Try not to make negative comments, and keep cheering whether your child is playing well or poorly. We're here to promote good sportsmanship and love of the game.
- **(Try) to Look Relaxed:** Psychologist Jim Taylor advises parents on the sidelines to sit and try to seem relaxed as appearing tense will distract your child. Sounds too difficult for you? Consider wearing a hat and sunglasses, says Taylor, "so they can't see your gnarled expression."

- **Skip the Post-Game Analysis:** After the final whistle, give your child a hug and praise his or her performance, says psychologist Rick Wolf. Remark on a specific play he or she made to show that you were paying close attention. But resist the temptation to critique a child's performance in detail. "Let the kid relax and enjoy the moment," says Wolf.

## A WORD FOR PLAYERS

Playing soccer is not only great exercise and a way to learn to work with a team, but it is also a lot of fun! As players, you are the fuel that drives our soccer organization. Please review the following as you prepare for an outstanding season of soccer!

## COMMITMENT

It's important that all players stay committed to their team throughout the season, no matter how often they win or lose. Commitment means arriving on time for practice and games ready to play, honoring the game, and supporting the volunteers. The success of each team is dependent on all players sticking with their commitment to the team...and your team members depend on you!

## SPORTSMANSHIP & CONDUCT

AYSO has always encouraged good sportsmanship in its programs. In fact, "Good Sportsmanship" is one of the six philosophies listed in the AYSO National Bylaws. AYSO strongly recommends that its individual Regions promote good sportsmanship through dynamic programs. Elements of these programs may vary from Region to Region, but all define the conduct of players, coaches, referees and even parents. They explain the fundamentals of good behavior-which is simply showing courtesy and respect for all involved in the game.

AYSO is proud of its many good sports, but understands that good sportsmanship doesn't just happen. It needs to be taught, encouraged and demonstrated.

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

## VOLUNTEERING

**AYSO Region 1031** is an all-volunteer organization. Parents are encouraged to participate actively. Without their volunteer efforts the team would not exist. The following is a description of some of the volunteer positions. We expect the parents of each player to volunteer to help in some way. The following describes some of our volunteer positions:

### Team Volunteer Positions

U5 and U6	U8	U10 – U19
Coach Asst Coach Team Parent Snack Bar Field Setup	Coach Asst. Coach Referee Team Parent Field Setup Snack Bar Field Monitor	Coach Asst. Coach Referee (3) Field Setup Field Striper Snack Bar Field Monitor Team Parent

## VOLUNTEER SCREENING

All volunteers must fill out a confidential volunteer application form. Volunteers are subject to screening processes in accordance with applicable law and AYSO's Safe Haven Program and Child Protection Policy.

AYSO Region 1031 welcomes youth referee volunteers, who must submit youth volunteer applications and attend training courses for their certifications, just like the adults do. AYSO National Policy prohibits children under 18 from serving as team coaches.

## COACH

Being a coach is a very fun, rewarding experience. It allows the parent to share in the excitement with the children. The coach is responsible for training the team, typically once a week, and supervising the team during games. Prior experience **IS NOT REQUIRED!** AYSO has coaching clinics for all experience levels.

## ASSISTANT COACH

The assistant coach helps the coach run the practices and manages the team at games. When the coach cannot be present, the assistant coach acts in the coach's place. No experience is required. We will provide coaching clinics for you.

## TEAM PARENT

The team parent assists the coaches by organizing and managing the parents. They prepare a list telling parents how to set-up and break down the field, and organize a weekly schedule for parents to bring drinks and snacks after the game for the team. They help coordinate after game activities such as a pizza party, and specifically, the team's end of the season celebration. No experience is necessary, just enthusiasm. No season would be complete without a thank you card or gift for the coaches.

## REFEREE

The referee is always in the middle of the action. We ask that referees sign up to officiate 1-2 games a week. However, you can referee more often if you like and less often if necessary. We send you to an AYSO referee-training clinic to make sure you are adequately prepared. Once you try it, you will be hooked. We also welcome youth referee volunteers 12 and over. **We are always in need of more referees.** We can't play without them.

## FIELD SET UP

On the days your team has the FIRST or LAST game, at least two from each team need to either set-up the field (goals, netting, cones, etc.) or break them down. Field Set up involves assembling the goals, nets, flags, and marking the field. Allow a minimum of one half hour before the scheduled game time for set-up. Games will not begin until the field has been properly set up. Breaking down the field involves placing nets, flags, and goals back in the storeroom. Each team must pick up the trash on the field as they depart. **No trash shall be left on the ground.** All trash must be placed in the receptacles.

## FIELD STRIPER

This person will be called on to stripe the field. This involves picking up the field marking machine and paint. It typically takes 6 cans of paint to stripe a large field and take 20 to 40 minutes. You shake up the can of paint, load it in the machine, pull the trigger and walk over the lines that were painted the week before.

## SNACK BAR

Snack bar attendants help sell snacks and beverages during game day. These volunteers are needed each weekend manage the concession stand.

## FIELD MONITORING

Field monitors are the time and safety guardians during game days. Field monitors walk the perimeter of each game being sure games start on time, end on time, and appropriate conduct is being displayed by coaches, players, spectators, and referees. They also remind teams about cleaning up all trash and field set up/break duties down as needed. Field monitors check in at the snack bar area and receive a safety vest to wear so players and parents know who they can approach should assistance be required.

## FIELD LINING

Field liners will be called on to stripe a field a couple times during the season. This involves picking up the field marking machine and paint. It typically takes 6 cans of paint to stripe a large field and take 20 to 40 minutes. You shake up the can of paint, load it in the machine, pull the trigger and walk over the lines that were painted the week before. Field liners typically paint Thursday or Friday night rather than Saturday morning, as there is normally a lot of dew in the morning.

## ADMINISTRATION/REGION BOARD

Our soccer league is managed and organized by parent volunteers like you and we welcome new parents who wish to take a more active role in helping to run the league. Numerous board member positions are available. Most do not require in depth knowledge of soccer. Each involves managing different aspect of the region. Please contact any current Board Member or Commissioner for details.

## TEAMS

Teams are formed by the [division commissioners](#) for each age group, using feedback from prior coaches and confidential player evaluations from the prior year. The division commissioners' primary objective is to create balanced teams, which is never an easy task. We make every effort to consider schedule conflicts when setting up teams. However, coaches have the ultimate authority on when and where practices are held. **The only way a parent can guarantee a specific time for practice is to volunteer to be a coach.**

## IN WHICH DIVISION WILL MY CHILD PLAY?

The chart below is based on the age groupings in AYSO's Rules and Regulations Article III. Any player whose birth date falls on or between these dates will be placed in the designated division. The term U means "under", example, U-10 indicate Under-10 and comprises of players who where 8 or 9 years old on 7/31/15.

### Age Guide for 2015-2016 Membership Year

Division	Age	Born Between
Under-19 (U19)	16-18	8/1/97 and 7/31/99
Under-16 (U16)	14-15	8/1/99 and 7/31/01
Under-14 (U14)	12-13	8/1/01 and 7/31/03
Under-12 (U12)	10-11	8/1/03 and 7/31/05
Under-10 (U10)	8-9	8/1/05 and 7/31/07
Under-8 (U8)	6-7	8/1/07 and 7/31/09
Under-6 (U6)	5	8/1/09 and 7/31/10
Under-5 (U5)	4	8/1/10 and 9/12/11
Under-4 (U4)	3	9/13/11 - 9/26/12

## PLAYER ASSESSMENTS

Player assessments are only for players in U10 - U14 divisions. The assessments are mandatory for all players in U10 through U14 divisions. We will not be able to assign your child to a team until he or she has participated in an assessment. Assessments are required in order to evaluate your child's soccer skills so that we can create balanced teams in these divisions. For questions, contact your Division Commissioner.

## PRACTICE

Your child's team will practice either once or twice a week, for one hour. Players U10 and under, will practice on a weekdays selected by the team coach typically beginning at 6 PM or earlier. Players U12 and up, will start their practices at 7:00p.m. Shin guards, worn under socks, are mandatory during both practice and games. Likewise, players should bring their own soccer ball to use during practice.

It is imperative that players attend all practices and arrive 10 minutes before the start of practice in order to locate their practice field, fill water bottles, or use the restroom before the start of practice. Coaches sacrifice their time to work with the children throughout the week. Please honor their time with by coming to practice on time and ready to play.

## THE GAME

Each team is required to have a minimum number of available players present on time in order for the game to begin. If your team does not meet the minimum number of required players at the scheduled start time, your team forfeits the match. For divisions U-12 and above, a team must have a minimum of 7 players. For U-10, the minimum number is 5.

In the instance of forfeiture, the match is treated as a loss for the team, however, for the sake of the players, a fun match is played, with players mixed from both teams for balance. In order to limit confusion as to which team they are playing with, the player(s) shifting sides should turn their jersey inside out or wear a non-conforming jersey.

## ARRIVAL TIMES

Our games and practices must begin and end on time. We have very limited field space. Delays in the start of practices and/or games can further retard each team's match. When you arrive late, it shortens the practice and/or game times for your team. Players who arrive after the game starts, or who are not ready to play at the start of the game are not assured maximum playing time.

All are advised to arrive at least 30 minutes prior to your game (1 hour, if you are the first teams playing, to allow ample time for field set-up). This allows the players ample time to warm up and meet with their team. Likewise, due to limited parking, arriving early will assure you time to park your vehicle and walk to your playing field.

## SET UP/BREAK DOWN

Games will not begin until the field has been properly set up. Field Set up involves assembling the goals, nets, flags, and marking the field. On the days a team has the FIRST or LAST game, at least two volunteers from each team are needed to either set up the fields or break them down. Allow a minimum of one half hour before the scheduled game time for set-up. Goals should be properly anchored on both sides and from behind. Watch for goal anchors inadvertently left on the ground around the goals. There should not be broken goal sections taped together, nor burrs or sharp edges along the goal posts.

Breaking down the field involves placing nets, flags, and goals back in the storeroom. Each team must pick up the trash on the field as they depart. **No trash shall be left on the ground.** All trash must be placed in the receptacles.

## ATTIRE/EQUIPMENT

Soccer equipment can be purchased at any sporting goods store, Wal-Mart, or Target, often at a discount when packaged together. See the table on "Game Duration and Ball Size" to determine the correct ball size to purchase. Please be aware that children may not wear ANY jewelry, rings, watches, chains, necklaces, earrings, hair beads, or hard pony tail holders or barrettes. These items can be the cause of injury during play.

- **Uniforms:** Uniforms are provided for your child's use, and are his/hers to keep. Uniforms are worn only for scheduled games.
- **Shoes:** Region 1031 requires your child to wear athletic shoes, preferably SOCCER CLEATS (not Baseball or Football cleats - they have an additional cleat up front (toe cleat) in the middle of

the shoe that Soccer cleats do not). The shoes should fit comfortably with thick soccer socks. The socks should also be long enough to COVER the SHIN GUARDS.

- **Shin Guards:** Age appropriate shin guards are mandatory. No child will be allowed to practice or play unless he/she is wearing shin guards UNDER their socks.
- **Ball:** Your child should be encouraged to practice with a ball and we recommend that you obtain a “real” soccer ball and bring it to every practice. Your child needs to practice with a ball to develop skill and coordination. Any time spent with the ball makes your child a better player. You can encourage them by actively participating in practice. Please put your child’s name on the ball for identification.

## GAME DURATION & PLAYING TIME

### Game Duration and Ball Size

Division	Each Half Max	Game Max	Ball Size
U-19	45 Min	90 Min	No. 5
U-16	40 Min	80 Min	No. 5
U-14	35 Min	70 Min	No. 5
U-12	30 Min	60 Min	No. 4
U-10	25 Min	50 Min	No. 4
U-8	20 Min	40 Min	No. 3
U-5/6	20 Min	40 Min	No. 3

## COACH/PLAYER/SPECTATOR CONDUCT

The highest standards of conduct and good sportsmanship must be maintained at all times by players, coaches, referees, spectators and all other participants. Offensive, insulting or abusive language is forbidden. The use of alcohol, tobacco products or illegal drugs in the vicinity of the playing field during practice or games is strictly forbidden.

Coaches are expected to be positive and set the best possible example for the participants. Excessive coaching from the sidelines shall not be permitted, and the function of the coach should be to provide encouragement and a positive direction. The coach may enter the field of play only with the consent of the referee and shall coach only within 10 yards in each direction of the half-way line of the field (in no event in either of the penalty areas or from behind the goals).

Spectators at games must remain behind the spectator control line if it exists or an imaginary line three yards from the sideline and between the penalty areas. Their vocal efforts should be limited to positive compliments to the participants. Under no circumstances should they attempt to coach or address remarks derogatory to players, coaches or referees.

Discipline shall be up to the referee at each game. The referee shall have the power and authority to caution and send off players and coaches (as well as spectators, in the case of outside interference) from the playing area, or terminate the match if necessary, if their conduct violates the Laws of the Game, the Regional Guidelines or otherwise interferes with the course of play. No appeal of disciplinary action taken by a referee shall be allowed.

## AYSO KIDS ZONE

Kids Zone is a program that encourages fans on the sidelines, and anyone else near the play, to use positive language, show sportsmanship in their attitude and behavior, and create a great experience for

every player. It's a reminder that the soccer fields are a kid's zone – a friendly, happy, wholesome place for children to play. Parents and spectators are asked to sign agree to the following guidelines:

1. Kids are No. 1.
2. Fun, not winning is everything.
3. Fans only cheer, and only coaches coach.
4. No yelling in anger.
5. Respect the volunteer referees.
6. No swearing or abusive behavior.
7. No alcohol, tobacco or drugs.
8. No weapons.
9. Leave no trash behind.
10. Set a proper example of sportsmanship.

When it comes down to it, Kids Zone is about supporting every child on the field - even those on the opposing team. It means supporting the players whether they win or lose. It means honoring the game – not the outcome of the game. Remember, respect starts with you!

## CANCELATIONS/RAINOUT

Check our website [www.ayso1031.org](http://www.ayso1031.org) on the morning of the game to find out about game cancellations. Division commissioners will also be contacted, if fields are not playable, and in turn, they will contact the coaches. Coaches will then call the team parents and players. The Region will also send an email to notify families should the field be closed.

## DISPUTES

It is the policy of the Region to resolve all disputes in an amicable way. Compromise should be emphasized whenever possible, and personality conflicts should be avoided. If disciplinary action is ultimately necessary, it is the Region's policy to take only the minimum action necessary. All means available should be taken to avoid legal action.

If you have been unable to resolve a problem with a coach, referee, or other volunteer, please contact the next person in the respective chain:

- A. Coach -> Division Commissioner -> Regional Coach Administrator -> Assistant Regional Commissioner -> Regional Commissioner
- B. Referee -> Regional Referee Administrator -> Assistant Regional Commissioner -> Regional Commissioner

Please refer to the Region 1031 Board Directory for the email addresses of the volunteer occupying each of these roles.

## PLAYOFF POLICY

All teams in U10 - U14 divisions are welcome to participate in the playoffs provided the team volunteer commitments have been met. Each team is required to meet a minimum number of referee and other volunteer points in order to qualify for the League Division Playoffs.

### U10 - U14 Playoff Requirement

- 18 Referee Points. If team has a new parent volunteer referee. The new referee must earn minimum 3 points
  - 24 Point if team does not have a new parent referee. Each team must have at least 1 NEW Referee.
- Go to Referee Point Program for instruction on how to earn referee points.
- 5 Snack Bar points (1 point = 1 hour)
- 3 Field Monitor points, (1 point = 1 hour)
- 4 Field Lining points, (1 point = 1 hour)

### U5 - U8 team volunteer requirement

- 4 Snack Bar points (1 point = 1 hour)
- Each U8 team must provide 1 team Referee. That referee will officiate a U8 match either before or after the team's game.
- Teams that meet these requirements will participate in the end of season World Cup Tournament

## POST SEASON PLAY

Just because the fall soccer season is complete doesn't mean your child has to stop playing soccer and developing as a player. There are several ways your child can stay involved in our region:

- **Spring League Soccer:** Spring League is very similar to the fall season, but do not end in a playoff tournament. Some teams also have the opportunity to play teams from neighboring AYSO Regions. Players are assigned to teams following the same regulations as the fall season and have the opportunity to continue their play in order to develop their skills and prepare for the next fall season.
- **All Star\* & Select Teams:** These teams are designed to give children with advanced soccer skills a chance to play in the off season to further develop their skills in a more competitive arena. Each team participates in tournaments throughout the winter, spring and early summer. There will be a parent meeting held during the first tryout session to discuss and share the required commitments needed from the players and parents selected. To be selected to either team is a great honor but more than that it is a great experience as the kids travel and play against teams and players from other AYSO Regions. More often it is even a greater experience for the parents as they bond and build friendship during their child's tournament experience.

\*Area Rules mandate that All Star players must have played in 75% of the AYSO games during their team's regular season. For 2015, we will have a 12 week season. Therefore a player cannot miss more than 3 games

The region will form as may select team are we have interest.

## SAFETY

**Parents, be a part of the Region's safety net!** All volunteers in the AYSO community attempt to ensure safe conditions for our kids, but we're all human. If you see something you consider a safety hazard, bring it to the attention of a coach or referee (if it pertains to a match) or to a Commissioner or the Safety Director at any time. If you do not get a satisfactory response, please make sure to inform the Safety Director or Regional Commissioner of the situation immediately.

## PLAYER SAFETY

Player safety is of the utmost importance to AYSO. Please review the following sections to assure your player is safe at all times.

### STAY AT THE FIELD

**AYSO** recommends that children should not be left unattended during practice or after a game. Try to be present the entire time your child is on the field. This will help ensure that there is more than one adult present on the field at any given time. It is an **AYSO** requirement that a child shall not be left alone with a coach or any other adult volunteer of the opposite gender. For the protection of your child, if after the conclusion of any practice or game, a parent and/or guardian has not picked up the child, coaches will have the authority to contact local law enforcement to safeguard the child. However, in the event of an emergency, if you have to leave the field, please inform the team coach. Make sure you have exchanged telephone numbers. Effective communication is vital.

### HYDRATION/NUTRITION

Parents are asked to be prepared. You are responsible for supplying water and sunscreen for your child. Please make sure they have eaten at least one half hour prior to a game. Soccer is a very active sport. Your child will need as much energy as possible. A good well-balanced meal will provide that!

Make sure that your child drinks 12 to 16 ounces of water before practice or a game, and continue to take in fluids during the physical activity, especially on warmer days. Sports drinks are an acceptable substitute, but are not considered necessary supplements unless the activity will last longer than one hour. "Junk food" is highly discouraged before and after games, especially as part of team snacks. Snack bags should include healthy choices whenever possible.

### CONCUSSION

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

### HEAT

When temperatures and humidity rise above normal levels, the potential for risk rises. We are aware of these dangers and will be prepared to stop or delay games to ensure proper hydration. Coaches should allow for frequent water breaks in addition to substitution breaks.

Incidents of dehydration, heat exhaustion, heatstroke and sunburn are avoidable. The proper and continued hydration of players and volunteers is essential starting at least 24 hours prior to the scheduled event. Sunscreen of appropriate strength should be applied frequently. Plenty of shade should be provided to player by trees, tents or buildings.

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## INJURIES

Soccer is a contact sport, and there are situations where a player will be knocked down. Although serious injuries are rare, bumps and bruises are common.

If a player's injury at our fields appears to require emergency response, we do not recommend calling 9-1-1 on a cell phone. Those calls route through the CHP dispatchers, which can delay the arrival of help. We are fortunate to have a Paramedic-staffed County Fire Station a block away, at the corner of Slauson and Fairfax.

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## SOCCKER INSURANCE (SAI)

Each player is covered by AYSO's Soccer Accident Insurance (SAI). You may have received a pamphlet describing the coverage when you registered your child. The insurance is secondary to his or her existing health coverage. This means the SAI pays only for those eligible expenses NOT covered by group or individual insurance carried by parents or guardians of registered participants (and only AFTER claims are submitted to the primary insurance carriers). The pamphlet, a link to answers to frequently asked questions, and insurance forms are all available at the Region 1031 Web site, and at the field office.

Two forms need to be completed promptly in the event of an injury for which you seek medical attention for your player. The first is an Incident Report Form. The other is an SAI claim form, which must be turned in within 90 days of the incident for coverage to be provided. The completed forms should be handed, emailed, or faxed to the Safety Director as soon as possible. The Safety Director will be pleased to assist you if there are questions or concerns about your claim. **If you are covered by an HMO, you must get treatment from the appropriate HMO.**

## OTHER SAFETY ISSUES

We are surrounded by a busy street on our east side, and a relatively steep canyon to the west. Balls occasionally fly over the fence on either of those sides. Please do not allow players to pursue those balls. Let an adult volunteer do so.

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## PARKING LOT

During peak hours (8am-12pm) on game days, preferential parking is given to coaches, referees and staff. A drop off zone is provided to safely let passengers out of each vehicle at the entrance to the field. Please obey all posted parking practices and routines. Children enter and leave vehicles in the general parking area frequently – please be extremely careful when entering or leaving! When at all possible, ask another adult to stand outside the car and monitor when you are backing out of a space, to ensure that there are no small kids in your path.

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## FIELD RULES

NO ALCOHOL

NO SMOKING

NO PETS AT ALL! Please leave any and ALL dogs at home.

CARRY YOUR TRASH OFF THE FIELD WITH YOU

NO BICYCLES, SCOOTERS OR SKATEBOARDS

NO ABUSIVE, INSULTING, OR FOUL LANGUAGE BY ANYONE; PLAYERS, PARENTS, NOR AYSO VOLUNTEERS.

NO UNSUPERVISED CHILDREN

NO DOUBLE PARKING

OBSERVE THE PARKING REGULATIONS AT OR NEAR OUR SOCCER FIELD. DO NOT PARK IN THE MARKED RED ZONES, NOR IN THE DESIGNATED FIRE LANES.

USE CAUTION WHEN CROSSING FAIRFAX

NO PARKING IN BASEBALL FIELD PARKING LOT AFTER SUN-DOWN, YOUR CAR MAY BE LOCKED INSIDE FOR THE NIGHT

GOOD SPORTSMANSHIP AT ALL TIMES.

POSITIVE CHEERING ONLY

## SIMPLIFIED RULES OF SOCCER

**Goalkeeper** - The goalkeeper may play the ball with his or her hands, but only inside his or her penalty area. The goalkeeper may not waste time putting the ball into play. The goalkeeper wears a different color jersey from his or her teammates.

**Out of Play** - All of the ball must go completely past all of the goal line into the goal.

**Throw-In** - After the ball has gone out over the touch line, the ball is thrown in at the spot it went out. Both of the player's feet must be behind or on top of the touch line. The ball must be thrown from behind the head with both hands, one on each side of the ball.

**Corner Kick** - After the ball has gone out over the goal line having last been touched by the defensive team, the ball is kicked by a defensive player from anywhere inside the goal area. The ball must be kicked out of the penalty area before it is back in play.

**Goal Kick** - After the ball has gone out over the goal line having last been touched by the offensive team the ball is kicked by a defensive player from anywhere inside the goal area. The ball must be kicked out of the penalty area before it is back in play.

**Offside Penalty** - A player is in an offside position but not necessarily offside if:

1. The player is ahead of the ball, **and**
2. The player is in the opponent's half of the field, **and**
3. There are fewer than two opponents ahead of the player.

\*If, in the opinion of the referee, a player in an offside position participates in the play, interferes with an opponent, or otherwise takes advantage of the offside position, then an indirect free kick is awarded the other team. A player in an offside position is not to be called offside if the player receives the ball directly from a throw-in, corner kick or goal kick.

**Indirect Free Kick** - A kick is taken from the spot of the foul. A goal cannot be scored unless the ball is touched by a second player from either team. Awarded for off side and all non-penal fouls including the following:

1. Dangerous Play
2. Impeding the progress of an opponent
3. Preventing the goalkeeper from releasing the ball
4. Applying to the goalkeeper within own penalty area.
  - a. Taking more than four steps.
  - b. Handling ball directly from throw-in by teammate.
  - c. Handling ball directly from kick by teammate
  - d. Handling ball first after releasing it.
  - e. Otherwise wasting time.

**Direct Free Kick** - A kick is taken from the spot of the foul. Awarded for the following penal fouls when committed intentionally against an opponent (except when committed inside the offenders own penalty area):

1. Kicking or attempting to kick an opponent.
2. Tripping or attempting to trip an opponent
3. Jumping at (or charging) an opponent
4. Striking or attempting to strike an opponent
5. Pushing (or holding) an opponent
6. Contacting the opponent before tackling the ball

7. Handling the ball except by the goalkeeper in penalty area
8. Spitting at an opponent

**Penalty Kick** - Awarded for a penal foul committed inside a team's penalty area and taken from the penalty spot. All players except the kicker and goalkeeper must be outside the penalty area, behind the ball and at least 10 yards from the penalty spot.

The ball is in play after it has been kicked, but the kicker may not be the next to touch it.

**Warning** - A verbal warning from the referee to a player, coach or spectator.

**Caution (Yellow Card)** - For the following:

1. Unsporting behavior
2. Dissent by word or action.
3. Persistent infringement
4. Delaying a restart
5. Failing to respect required distance
6. Entering or reentering the field without permission
7. Deliberately leaving the field without permission

**Send Off (Red Card)** Ejection from the present game and the next game for the following:

1. Serious foul play
2. Violent conduct
3. Spitting at anyone
4. Denying a goal by deliberate handball
5. Denying a goal by an offense punishable by a free kick or penalty kick
6. Foul or abusive language
7. Receiving a second Yellow Card

**An ejected player, coach, or spectator must immediately leave the field and surrounding areas.**

An ejected player may not be replaced during the game.

Note: Players under-14 must accompanied by an adult when leaving the field and surrounding areas.