



# AYSO SECTION 1

## 16U-19U COACHES CHECK LIST

### 2025-2026

- ✓ **BEFORE** game day, confirm all your players with your Region and Area Director. Only players listed on the Official Roster submitted by your Area Director may participate.
- ✓ Verify that you and your assistant are Certified to coach at the appropriate age level for your team, have taken Concussion Training and that your cell phone number was submitted with the team roster.
- ✓ Check-in time is ONE HOUR before the start of your first game. Team check-in is not required after the first game.
- ✓ Submit your paperwork to be processed while waiting for all your players to arrive.
- ✓ You must present a **Player Medical Release Form** (player registration) FOR EACH PLAYER. No form = no play, no excuse!
- ✓ Assemble the Medical Authorization release forms in UNIFORM NUMBER ORDER to match the game card and the roster.
- ✓ Complete and submit four (4) "*Section 1 game cards*", filled out in uniform NUMERICAL ORDER, including all players on the roster, present or not.
- ✓ You will need your entire team to complete check-in.
  - Your players must be in complete uniform for check-in.
  - All players' uniforms must be identical & have the AYSO logos.
  - Players must have their hand stamped at check-in to enter the field of play.
- ✓ Remind your parents and their guests that NO DOGS and NO SMOKING are permitted at the fields.
- ✓ Read the [Section 1 RULES OF COMPETITION](#).
  - With the approval and recognition of the referee, substitutions may be made at any stoppage in play.
  - [MONITORED SUBSTITUTION FORMS](#) MUST BE FILLED OUT **DURING** EACH MATCH AND SUBMITTED WITH GAME CARDS.
  - Sportsmanship points will apply for tie-breaking purposes.
- ✓ If your team has the first game of the day you must arrive early enough to set up net & flags for ½ the field. If you have the last game of the day, you must take down net and flags for ½ of the field.