

AYSO



AYSO SECTION 11
EXTRA Gaming Circuit
2026

GUIDELINES

Revised January 29, 2026

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AYSO Section 11 EXTRA Gaming Circuit

Effective December 1, 2025

Updated January 29, 2026

PROGRAM

The Section 11 EXTRA program aims to establish optimized gaming circuits that prioritize delivering the best possible experience for teams. These circuits may encompass age divisions ranging from 9U to 16U for both boys and girls.

JURISDICTION

The Section 11 EXTRA program guidelines solely pertain to matters concerning the EXTRA gaming circuit. These matters may include:

- Participation fees at the Area, or Region level.
- Eligibility criteria for forming an EXTRA team.
- Methodologies for team and player selection.
- Procedures for coach and referee selection.
- Guidelines for practice, training, and uniforms.
- Team sponsorship.
- Policies regarding misconduct and discipline.

The Section 11 Extra program operates in alignment with AYSO Governing Documents, including National Rules and Regulations, EXTRA Rules and Regulations, National Bylaws, and the National Policy Statement. Matches and program activities are to adhere to the current FIFA Laws of the Game (AYSO Edition) and the Program Guidelines provided herein.

The administration of the program falls under the responsibility of the Section 11 EXTRA Program Administrators. They oversee general administrative functions and manage dispute resolution and discipline reviews with the support of the Section Director or their designee. The Program Administrators may appoint staff as needed to ensure the program's success.

The Section 11 Area Directors verify compliance with EXTRA Program requirements regarding player and coach eligibility, team formation, field allocations, and referee support within their respective Areas for their Regions participating in the Section 11 EXTRA program. Compliance with AYSO Philosophies, Rules & Regulations, and By-Laws is essential for providing a consistent and positive experience for all involved.

DEFINITIONS

- **Team(s)** are eligible EXTRA Teams participating in the Section 11 EXTRA program with the approval of the Section Director.
- **Player(s)** are individuals rostered on an eligible EXTRA Team participating in the Section 11 EXTRA program, meeting all Player Eligibility requirements outlined in this document,

and approved by the Regional Commissioner, Area Director and Section Director to participate on the team.

- **Coach(es)** are individuals rostered on an eligible EXTRA Team participating in the Section 11 EXTRA program, meeting all Coach eligibility requirements outlined in this document, and approved by the Regional Commissioner, Area Director and Section Director to participate on the team.
- **Referee(s)** are officials overseeing matches played as part of the Section 11 EXTRA program.

PLAYER ELIGIBILITY

As of the Fall 2026 season, the age cutoff for players changed from calendar year to “school year”. All teams are expected to comply with these new age requirements.

Age Matrix

Division	Birthdate Range
9U	August 1, 2017 - July 31, 2018
10U	August 1, 2016 - July 31, 2017
11U	August 1, 2015 - July 31, 2016
12U	August 1, 2014 - July 31, 2015
13U	August 1, 2013 - July 31, 2014
14U	August 1, 2012 - July 31, 2013

Play Up Considerations:

We believe it is in the best interest of players to play in their assigned age division, when available. Teams will be formed based on the matrix provided above and will be regrouped with EXTRA players, chosen through a regional tryout, from their school year, instead of birth year.

- Grandfather clause: Younger 2013 EXTRA players (Aug-Dec 2013) may play up in u14 with RC approval. (Based on tryouts/not guaranteed). Viability of the u13 team should be considered before RC offering play ups into the u14 division.

- A player may play up one division, ONLY if there is not a team offered in their current division in their region and only if the region offers one-year divisions. (Written RC/AD approval needed prior to player being rostered)
- Under no circumstances may a player play up into a u9 division.
- **There will be no other Play Up Exceptions for the Fall 2026 EXTRA Season.** All rosters will be reviewed prior to the start of the Fall Season in order to assure compliance and eligibility of the team.
- Under no circumstances may a player “play down” into a younger division.
- Each Regional Commissioner whose teams participate in the Section 11 EXTRA program is responsible for ensuring their Region's compliance with established Player Eligibility requirements.
- Player Eligibility, as it pertains to age requirements to participate in a specific division, is outlined in the AYSO National Rules & Regulations.
- An individual team member is limited to one AYSO primary season team.
- Eligible players must be registered with AYSO in the membership year corresponding to the Section 11 EXTRA program year in which they are participating. The AYSO National Office player database is the sole source for determining all players' current registration status and for creating team rosters and ID cards.
- The Section 11 EXTRA program operates as a "Side-by-Side" program. According to AYSO National regulations, a player involved in the Section 11 EXTRA Side-by-Side program cannot play on any other AYSO team during the same season, nor are they eligible for All-Star play.
- Per National Guidelines, a player restricted by age from heading the ball shall not be allowed to play up in a division where heading the ball is allowed (e.g., an 11U player may not play up to 13U).
- Heading is ONLY allowed starting in the 13U division and up. There is no heading in the 12U division and down.
- Players are expected to prioritize their teams as their main non-school activity. It is anticipated that every player attends each practice and game at the agreed-upon times.
 - To fulfill the player commitment requirement, players cannot be enrolled in or participate in AYSO or non-AYSO soccer programs during the Section 11 EXTRA Program's fall primary season. However, as long as compliant rosters are maintained for the Section 11 EXTRA postseason tournament, players transitioning to club programs in the spring will be allowed to participate in the

postseason tournament, provided they meet all eligibility requirements during the fall primary season.

- o Players are strictly prohibited from practicing with, competing for, or serving in any capacity as a "guest player" for any soccer club during the Fall Section 11 EXTRA regular season. The Fall season starts on August 1st of every year.

The participating Region and its coaches are responsible for ensuring adherence to the Player Eligibility rules. Even unintentional or inadvertent violations will result in the player being considered ineligible.

INELIGIBLE PLAYERS

A team that fields an ineligible player shall forfeit every match in which that player participated during the period of ineligibility. Participation by the ineligible player shall be presumed for all such matches unless the team's coach provides conclusive evidence to the contrary. In addition to any forfeiture, the use of an ineligible player in a match shall result in the assessment of a one-point deduction.

The inclusion of an ineligible player on a team may result in the removal of the player, the coach, and/or the entire team from the Section 11 EXTRA program, and may subject them to such additional disciplinary action as may be appropriate under the AYSO dispute resolution and due process procedures.

COACH ELIGIBILITY (Team Coach and Assistant Coach)

Each team shall have a team coach and an assistant coach.

All coaches must be registered as an AYSO volunteer in the program's membership year and stay up-to-date on all background checks and safety training required by AYSO. If a coach starts the season compliant but allows any aspect of their eligibility to expire before the conclusion of the Section 11 EXTRA program, they will be considered ineligible, which may lead to sanctions against the coach and/or team.

Coaches are advised against coaching multiple teams participating in the Section 11 EXTRA program. Doing so may lead to scheduling conflicts. A coach being "double-booked" is not considered a valid reason for rescheduling a Section 11 EXTRA match.

REQUIRED COACHING CERTIFICATIONS

Coaches must have completed the minimum training levels below prior to the beginning of the Fall season:

Age Division	Certification Required
9U/10U	U-10 Coach Certified
11U/12U	U-12 Coach Certified
13U/14U	Intermediate Coach Certified
15U/16U	Advanced Coach Certified

REGIONAL SUPPORT (Officiating)

Participating Regions are responsible for providing appropriate referee coverage for each Section 11 EXTRA match hosted in their Region.

At a minimum, referees shall:

- Be registered as an AYSO volunteer in the program's membership year and up-to-date on all background checks and safety training mandated by AYSO.
- Be an AYSO-trained and certified referee.
- Be in good standing with the Region, Area, Section, and AYSO.
- Referees (including Assistant Referees) shall be a minimum of two years older than the oldest players in the division to which they have been assigned.
- Be approved by the Regional Referee Administrator.

Referees covering a Section 11 EXTRA Match should, ideally, be one badge level higher than the minimum outlined below, with experience in positive sideline management (AYSO National 2:14). It is strongly recommended that a Referee have a minimum of two years of officiating experience. Badge certification level as follows:

- 9U/10U – Regional or higher
- 11U/12U/13U – Intermediate or higher.
- 14U to 18U – Advanced or National.

All Section 11 EXTRA program games must adhere to the Diagonal System of Control, employing one Referee and two Assistant Referees. Club Linesmen are not preferred and should only be enlisted when an inadequate number of Assistant Referees are available.

Referees covering a Section 11 EXTRA Match should, ideally, not be the parent, guardian, or relative of any players on either team. Matches that do not have a Referee assigned by Thursday at 5:00 PM before that weekend's play are open to the home and away team referees to officiate. The

referees must officially sign-up for the match in MatchTrak to avoid a possible forfeit by the home team.

Matches that do not have a Referee assigned by Friday at 7:00 PM before that weekend’s play will be cancelled and marked as a forfeit by the home team. The corresponding Area Director will be in charge of making the decision.

Regions failing to provide appropriate referee coverage will be referred to the Section Director, who may suspend the Region’s eligibility to participate in the EXTRA program for the current or following year.

REGIONAL SUPPORT (Fields)

Fields and equipment need to be age-appropriate. Participating Regions are responsible for properly preparing all fields used. The hosting region is responsible for field set-up and take-down.

Per AYSO National Rules and Regulations, the dimensions and markings of the field of play and goals shall be at the discretion of the Region and, whenever possible, conform to the IFAB Laws of the Game for 13U and older or to AYSO/US Soccer Player Development Initiative small-sided match requirements as follows:

	9U, 10U	11U, 12U	13U, 14U	15U, 16U
Length (Yards)	55 to 65	70 to 80	100 to 130	100 to 130
Width (Yards)	35 to 45	45 to 55	50 to 100	50 to 100
Center Circle Radius (Yards)	8	8	10	
Goal Area Length/Width (Yards)	4 x 8	5 x 16	6 x 20	
Penalty Area Length/Width (Yards)	12 x 24	14 x 36	18 x 44	
Goal Line to Penalty Spot (Yards)	10	10	12	
Max Goal Size Height/Width (Feet)	6.5 x 18.5	7 x 21	8 x 24	
Recommended Goal Size (Feet)	6.5 x 12	6.5 x 18.5	8 x 24	

TEAM, PLAYER, AND COACH IDENTIFICATION REQUIREMENTS

- At every match, coaches must possess a team roster generated by the AYSO registration system (Affinity/Association Platform) and signed by the Regional Commissioner or their delegate. These rosters contain sensitive personal information and may not be requested by or shown to the opposing team's coaching staff or anyone other than the referees for a particular match or Region, Area, or Section representatives who have a legitimate need to see the roster (such as tournament officials).
- An AYSO registration system (Team Central in Sports Connect) generated team lineup card should be presented to the Referee at check-in. The players should be listed in jersey-number order with no handwritten alterations except for the jersey number. This document holds the same importance as player ID cards. The match should be played if a team does not provide the official team lineup card and has the appropriate signed roster (or Official Roster with Photos) and coach/player ID cards. Any Region that cannot print team lineup cards from Team Central must receive approval from Section 11 EXTRA Program Administrators to print the alternative lineup card. Players not listed on this lineup card are ineligible to participate in the match.
- Coaches must also wear coach ID cards and have player ID cards at all matches. These items must be presented to the referee at check-in. Players or coaches without valid IDs will not be permitted to participate in the match. The Official Roster with Photos from Sports Connect (e.g., SportsAffinity platform and choosing "Print Official Photo Roster") can be used in lieu of Player ID Cards if the Photo Roster contains a photo of each player and each photo meets the requirements for AYSO ID cards. **Even if the Official Roster with Photos is utilized, Coaches must still wear Coach ID cards.**
- Player ID cards must display the player's name, AYSO ID number, expiration date of the current Membership Year, date of birth, recent photo, and Region number. All player ID cards must be laminated paper cards or hard plastic printed cards.
- Coach ID cards should include the coach's name, AYSO ID number, expiration date of the current Membership Year, volunteer position, recent photo, and Region number. All coach ID cards must be laminated paper cards or hard plastic printed cards.
- Coaches are required to wear their ID cards visibly on their person during check-in and throughout the match.
- Additionally, coaches must have AYSO Player Medical Release Forms (MRF) for each participating player at all matches. These forms contain sensitive personal information and may not be requested by or shown to the referee, opposing team's coaching staff, or any third parties other than medical personnel who need to see them to authorize treatment.

Nonetheless, MRFs must be on hand at all events (games, practices, scrimmages, parties, etc.) in which the team participates.

Teams failing to provide the required documentation to participate in the match may forfeit the match, pending review by the Section 11 EXTRA Program Administrators, Section Director, or their delegates.

ROSTER SIZE AND FORMAT OF PLAY

Age Division	Minimum/Maximum Roster Size	Match Format	Match Durations
9U	8/10	7v7	25 Minute Halves
10U	8/10	7v7	25 Minute Halves
11U	10/12	9v9	30 Minute Halves
12U	10/12	9v9	30 Minute Halves
13U	12/15	11v11	35 Minute Halves
14U	12/15	11v11	35 Minute Halves
15U	12/18	11v11	40 Minute Halves
16U	12/18	11v11	40 Minute Halves

PLAYER PARTICIPATION REQUIREMENT/SUBSTITUTIONS

Coaches are responsible for ensuring that all eligible team players present at a game play at least the minimum required playing time, unless they are prohibited by injury or illness.

- Substitutions are allowed at halftime and approximately mid-way through each half (at the quarter break).
- Substitutions will be recorded on the lineup card by the referee.
- Substitutions may be made for injured players; however, they may not return until the beginning of the next quarter and will be considered as having played the current quarter (exception: an injured player not replaced may return to play at any time with the referee's permission).
- All substitutions must be approved and recognized by the referee.

- The coach is responsible for ensuring that each player on their team plays at least the minimum required playing time for which they are present. Failure to comply with the minimum playing time requirement may result in forfeiture of game(s) and possible disciplinary action.
 - All players within 9U-14U:
 - Players MUST play at least 3/4 of each game unless prohibited by roster size
 - No player may play 4 quarters until ALL teammates have played at least 3 quarters (including goalkeeper).
 - All 15U+ players:
 - Players must play at least 50% of each match.

GAMES – SCHEDULING AND RESCHEDULING

The teams in each division may be separated into distinct flights, as determined by the Section 11 EXTRA Program Administrators.

- The match schedules, results, and standings will be posted (or linked) at www.matchtrak.com.
- A match may be scheduled for Saturday or Sunday. Some weekends, a match may be scheduled on both Saturday and Sunday (e.g., a double-header weekend).
- A “Blackout Date” is when a Region cannot host a home game. A team cannot request a specific bye weekend and is expected to be available for a match on each regular season weekend, unless an exception is approved by Section at the Area-level (e.g. for a Religious holiday).
- Inter-Area matches (i.e., those involving two teams from different Areas) may not be scheduled to kick off prior to 9:00 AM.
- A weeknight match or two matches in one day may only be scheduled with the approval of the impacted teams.
- Rescheduled matches more than 14 days in advance do not require approval from the opponent, so long as they are not for a second match on the same day or a weeknight match.
- All matches shall be played as scheduled, with no exceptions. Under no circumstances should coaches attempt to contact one another to discuss rescheduling a match. **Teams participating in unapproved reschedules will receive a “double forfeit,” be sanctioned, and may be deemed ineligible for postseason play.**
 - NOTE: There are very few valid reasons for rescheduling a match outside of field

closure or AYSO Region-wide events. Aside from city/school-directed field closures (typically due to weather) or AYSO Region-wide events, all requests for reschedules must be approved by the Section 11 EXTRA Program Administrators.

- MatchTrak is the only valid source of match information (date, time, venue, field open/closed). Local “mud lines” are not to be relied upon for field status determination. Unless and until MatchTrak indicates that a match is postponed, teams can presume the match will be played as scheduled.

If games are postponed due to adverse weather conditions and field closure, the Regional Commissioner of the home team shall, within 96 hours, submit a request to reschedule the game to the Section 11 EXTRA administrators via MatchTrak. Agreement from both teams is required (before submitting a change request) for short-notice rescheduling (less than 14 days), playing two games on the same day, or scheduling weekday games. These would all be acceptable, provided both teams/Regions agree. Agreement from the away team is not required if rescheduled more than 14 days in advance, though a Region may do so as a courtesy. The Section 11 EXTRA Program Administrators have the authority to reschedule games or declare a forfeit should there be an unfair advantage by not rescheduling a game.

GAMES – SCORE REPORTING

- Coaches must report match scores to the designated schedule/standings system as soon as reasonably possible, and no later than 24 hours after the match. The home team is responsible, but either team may submit the score.
- In the case of an incorrect score report, coaches should contact their Area’s EXTRA Program Administrator.

GAMES – GAMEDAY REQUIREMENTS

- Sideline assignments of players, coaches, and spectators shall be solely determined by the hosting Region’s regulations.
- Both teams shall be present and ready for pre-game check-in no later than 15 minutes prior to the scheduled kick-off time. If either of the teams is not ready to play at the scheduled kick-off time, the referee shall allow a grace period of 10 minutes before abandoning the match. In any case, the referee may, at their sole discretion, shorten both halves of the match to accommodate a late start.
- All teams are required to wear uniforms approved in accordance with the National Guidelines. Any game played in which a team’s uniform fails to comply with these Guidelines may result in the forfeiture of those matches. Additional sanctions may be imposed at the discretion of the applicable Area or Section Director.

- Each team shall maintain both a home and an away jersey. If maintaining two distinct sets is not feasible, the team must possess a set of alternate pinnies to resolve any color conflicts that may arise during a match.
 - Home jerseys shall be designated as the darkest version available, and away jerseys shall be designated as the lightest version available.
 - In the event that competing teams' uniforms are determined to be excessively similar in color, the home team shall bear the responsibility for resolving the conflict by changing jerseys or utilizing pinnies.
- The referee may terminate or suspend a match for safety reasons (including unsafe field conditions, bad weather, or darkness), for any serious infringement of the Laws, or because of spectator interference.
- The referee is to report all match suspensions or terminations due to field closures and any other area of concern, including unsafe conditions, in MatchTrak's Referee Match Reporting System within 24 hours of the game.
- In the case a match is abandoned prior to Full Time, the Section 11 EXTRA Program Administrators, or their delegates, have the authority to declare a winner, a forfeit, or a replay of the match in its entirety as follows:
 - If a team does not have enough players ready to play at the scheduled time (after a 10-minute grace period), their opponent will be awarded a 1-0 forfeit victory. Minimum number of players is outlined below under Games - Gameday Minimum Number of Players.
 - If an entire team fails to appear for a scheduled match, the Section 11 EXTRA Program Administrators will investigate the cause of the no-show. If warranted, the coach of the "no-show" team may be charged with coach misconduct (failure to conduct themselves responsibly before the match) and be subject to all the consequences of coach misconduct, including a loss of 1 point in the league standings.
 - If the match termination is due to the actions of both teams, the game shall be deemed a "double forfeit" (loss by both teams) and will count in the computation of average points per game in determining the standings.
 - If less than one-half of the regulation match time had been played at the time of the game suspension, the match will be rescheduled and played in its entirety at a later date and time. If the match cannot be rescheduled, it will be considered a "match not played" for standings purposes.

If a match is terminated prior to completion for any reason, the match score may stand as recorded by the Referee, provided one-half or more of the regulation match time had been played at the time of suspension. In these cases, the Section Director has the authority to determine a “match not played” (and may be rescheduled) in cases where coach, player, or spectator misconduct directly led to the termination.

FORFEIT

If a team does not have enough players or is otherwise unable to play a scheduled match, except in the case of field closure, the Region of the team forfeiting the match should have their Region Program Admins submit the forfeit through MatchTrak so both coaches are immediately notified.

GAMES – GAMEDAY MINIMUM NUMBER OF PLAYERS

Games may proceed with a minimum number of players as specified by the division. If a team is unable to field the required minimum number of players, the opposing team will be awarded a 1-0 forfeit victory.

Age Division	Minimum Number of Players
9U/10U	5 players (including goalie)
11U/12U	6 players (including goalie)
13U/14U	7 players (including goalie)
15U/16U	7 players (including goalie)

GAME SCORING & STANDINGS

- A maximum of three (3) points shall be awarded to a team in any one game as follows:
 - Win - 3 points
 - Draw - 1 point
 - Loss - 0 points
 - A one-point deduction for each red card (send-off) received by a player, team coach, or assistant coach (before, during, or after the match).

- A one-point deduction for using an ineligible player in a match (in addition to the forfeit).
- Forfeits will be recorded as a 1-0 score in favor of the non-forfeiting team.
- Point deductions for Blowouts
 - At 7 goal differential, minus 1 point in standings
 - At 8 goal differential, minus 2 points in standings
 - At 9+ goal differential, minus 3 points in standings
- Standings will be determined by average points per game (total points earned divided by the number of games played).
- Tie breakers for season standings shall be as follows:
 - Head-to-Head Play (outcome of the game(s) involving the tied teams).
 - Goal Differential: goals scored less goals allowed, maximum differential of three (3) goals per game.
 - The team with the lowest number of goals conceded.
 - The team with the highest number of goals scored, maximum of five (5) goals per game.
 - Lowest point deductions for misconducts and send-offs.
 - Random draw (coin toss)

Divisional Flights

During registration, coaches and teams can choose which flight they prefer to participate in. Flights are organized based on competition level and geographic location. The League does not guarantee placement in any specific flight or division. All final determinations shall be made to ensure competitive equity and operational feasibility for the season.

Teams seeking the most competitive experience should opt for Flight 1.

- **Flight 1**
This is the top tier of competition, offering the most challenging matches
- **Flight 2:**
Generally feature a slightly lower average talent & experience compared to Flight 1.

MISCONDUCT

The Referee is responsible for submitting a written MatchTrak Match Report within 24 hours after the game's conclusion in which a coach or player caution or send-off occurred. The referee must also submit a Match Report when a spectator is expelled for failure to conduct themselves in a responsible manner (before, during, or after the game).

There is **no** mandatory “cooling off” period for cautioned players (also defined by FIFA as “sin bins”). It is recommended that, at the coach’s request and with the Referee’s permission, a cautioned player, or any player having difficulty controlling their emotions, may be substituted at the earliest opportunity.

Should someone refuse to immediately leave the field when requested to do so by the Referee, the game shall be suspended until the situation has been resolved. If it is not resolved within what the Referee considers a reasonable amount of time, the match shall be abandoned, and the Referee must submit a Match Report.

A player sent off must leave the field in the company of their parent(s) or guardian(s). Otherwise, the player may remain in the proximity of the field under adult supervision.

Send-Off’s (Red Cards), Cautions (Yellow Cards), and spectator expulsions or reports of irresponsible behavior issued in games **are not subject to appeal**.

Coach Expulsions: If the authorized coach, assistant coach, or any other person acting as the authorized coach is expelled during a game, the referee shall immediately abandon the match. The disposition of the match will be determined by the Section 11 EXTRA administration. In most cases, the game will be recorded as a forfeit by the offending teams. In addition to the mandatory one-game suspension, a coach or assistant coach who is expelled may be subject to additional disciplinary action as deemed appropriate by the Section 11 EXTRA Administration.

Suspensions do carry over from the regular season to the postseason tournament.

The AYSO Referee Abuse Prevention Policy applies to all Section 11 EXTRA matches.

SUSPENSIONS

- The penalty for a player, coach, or spectator send-off shall be a minimum one-game suspension.
- Referees shall not retain any Player ID Cards from players who have been sent off.
- Disciplinary Review shall be conducted by the team’s home Region, Area and/or Section in cases of send-offs related to abusive language, serious foul play, violent conduct, and any

reported coach or spectator expulsions.

- The length of any suspension may be increased, and other disciplinary measures may be applied if deemed warranted in accordance with the AYSO Referee Abuse Prevention Policy and AYSO due process procedure.
- Suspensions shall be served in the first regular season or postseason game (not scrimmage) that is played following the game of the incident.
- A player serving a suspension may attend the team’s next scheduled game as a spectator and not in uniform, but may not participate in any manner.
- A coach or spectator serving a suspension may not attend the game (including pre- and post-game activities) or participate in any manner.

POSTSEASON TOURNAMENT

The Section 11 EXTRA Fall season will culminate with the Section 11 Champions Cup postseason tournament.

Details regarding the Section 11 Champions Cup Tournament will be published in a separate guidelines document.

PROGRAM MODIFICATIONS & EXCEPTIONS

While these guidelines serve as the primary governing document for the Section 11 EXTRA program, the program administrators reserve the right to modify or make exceptions to these guidelines at any time. Any such modifications or exceptions require prior approval from the Section Director.

PROGRAM CALENDAR

Date	Event
April 1, 2026	Application for Participation Opens for Fall 2026
May 31, 2026	Deadline For Regions To Submit Initial Team Counts
July 1, 2026	Application for Participation Deadline
July 18, 2026	Initial Schedule Submitted
July 26, 2026	Official Team Rosters Due

July 31, 2026	Schedule Published for Regions to Schedule
August 1, 2026	Mandatory Coach Meeting (Via Zoom)
September 12, 2026	Regular Season Begins (10 weeks)
September 30, 2026	Last Day for Roster Changes
November 1, 2026	Champions Cup Registration Deadline
November 1, 2026	Application for Participation Opens for Spring 2027
November 14, 2026	Regular Season Ends (No Regular Season games after this)
December 5-6, 2026	Potential Play-in games (hosted on Home Region fields)
December 12 - 13, 2026	Champions Cup

PARTICIPATION FEES

Fees are outlined on the Section 11 website under "Guidance / Fees". Refer to this site for questions regarding fees.

AYSO Section 11 EXTRA Gaming Circuit for Spring Season

SPRING PROGRAM

The Section 11 Spring Extra program serves as a gaming circuit specifically tailored to support the AYSO EXTRA Program offered within AYSO Section 11.

The program aims to establish optimized gaming circuits that prioritize delivering the best possible experience for teams within the section. It may encompass age divisions ranging from 9U to 16U for both boys and girls.

The Spring EXTRA program will host a Spring regular season only. No postseason tournament is offered. The season will consist of approximately 8 games.

The guidelines below are in addition to the guidelines outlined above.

PLAYER ELIGIBILITY

Player eligibility has many exceptions for the Section 11 Spring EXTRA program vs the Fall 2026 EXTRA program.

As of the Fall 2026 season, the age cutoff for players changed from calendar year to “school year”. All teams are expected to comply for the Fall EXTRA season with these new age requirements by the July 1, 2026 deadline.

Many teams are currently being formed under these new age rules for the Spring 2026 season.

Age Matrix

Division	Birthdate Range
9U	August 1, 2017 - July 31, 2018
10U	August 1, 2016 - July 31, 2017
11U	August 1, 2015 - July 31, 2016
12U	August 1, 2014 - July 31, 2015
13U	August 1, 2013 - July 31, 2014
14U	August 1, 2012 - July 31, 2013

- ALL EXTRA teams must receive approval from their Regional Commissioner, prior to the team registering for the Spring season.
- Players on newly created EXTRA teams may play in their next Fall’s designated division, to

prepare for the Fall EXTRA season.

- Players transitioning from a Club program into AYSO are also eligible during the Spring Season.
- Per National Guidelines, a player restricted by age from heading the ball shall not be allowed to play up in a division where heading the ball is allowed (e.g., an 11U player may not play up to 13U).

The participating Region and its coaches are responsible for ensuring adherence to the Player Eligibility rules. Even unintentional or inadvertent violations will result in the player being considered ineligible.

TEAM ELIGIBILITY & PARTICIPATION

Participation in the Fall season shall be limited exclusively to teams classified under the Section 11 EXTRA Program. The Spring season, however, shall be open to all teams electing to participate in the Spring EXTRA Program, including but not limited to Core and All-Star teams.

The Spring EXTRA Program is designated as a competitive-level program. Accordingly, teams that are not ordinarily part of the EXTRA Program, but elect to participate in the Spring season, shall acknowledge and accept the competitive nature and standards applicable to all participating teams.

Divisional Flights

During the registration period, coaches and teams may indicate their preferred flight for participation. Flights shall be organized according to relative levels of competitive play. Teams seeking the highest level of competition are encouraged to select Flight 1.

For the Spring EXTRA season, teams shall have the opportunity to declare whether they intend to play in a higher division (“play-up”) and whether the team originates from a program other than the EXTRA Program.

Final placement of teams into flights and divisions shall be determined by the Section Administration based on the following factors:

- Declared flight preference.
- Play-up designation.
- Program of origin (EXTRA or other).
- Overall number of teams registered and competitive balance considerations.

The League does not guarantee placement in any specific flight or division. All final determinations shall be made to ensure competitive equity and operational feasibility for the season.

SPRING PROGRAM CALENDAR

Date	Event
November 22, 2026	Application for Participation Opens for Spring 2026
January 25, 2026	Application for Participation Deadline
February 7, 2026	Regional Approval of Participating Teams
February 14, 2026	Initial Schedule Submitted
March 7, 2026	Spring Season Begins
March 26-29, 2026	AYSO EXPO - No Games
April 4-5, 2026	Easter Weekend - No Games
April 11-12, 2026	Silent Weekend
May 10, 2026	Spring Season Ends

END OF DOCUMENT

CHANGE LOG

VERSION	DATE	DESCRIPTION OF CHANGE	WHO UPDATED
v01	11/7/2025	Original Guidelines for 2026-2027 Section 11 EXTRA Program	Jake Hudson
v02	1/22/2026	Section Director/Area Director updates: $\frac{3}{4}$ play, blowout rule, player eligibility updates	Jake Hudson