



Guidelines for Spring Open/Rec Season 2024

Thank you to our Volunteers for helping to coach this season. This is an all-volunteer organization: Coaches, Referees, Team Parents, Board Members. We are all here so our children can play this wonderful sport of soccer. Thank you!!.

U5/U6

- **SET UP 1 GOAL IF YOU ARE THE FIRST GAME OF THE DAY**
 - **TAKE DOWN 1 GOAL IF YOU ARE THE LAST GAME OF THE DAY**
- The season will run from **Mar11 thru May 18**
 - There will be no games on **Apr6**
 - ALL games will be played at our sister region AYSO66 @ Munoz Park on **Apr13** and **May4**
 - This division practices 1 day a week for 1hr until games start. Weekday practices will stop once games start.
- Players **MUST ALWAYS** have shin guards during **practices** & games, or they can't participate!!
 - Players are not allowed to wear jewelry of any kind during practices or games this includes earrings.
 - Bullying of the opposite team or teammates will not be tolerated.
- Team Name: Lottery for an MLS team name.
- Player FORMS: Must ALWAYS be with the coach, or in their absence, the asst coach or team manager ONLY (if they completed certs)
- Banner: It's optional, but your team would have to pay for it.
- Uniforms: NOTHING may be added to the uniform. Ex: players name, nickname or team name. This is for the player's safety and is a national guideline set by our national office.
- No pets of any kind or size are allowed in the park
- No sunflower seeds or any shelled nuts are allowed within the park
- The coach will hold a parent meeting before the start of the season to provide important information
- Coach must be certified at this level by taking the class online under AYSOU
- Your team needs a Team Manager! This person is to provide support to the team:
 - They will pick up and hand out uniforms, make a snack schedule, schedule pizza parties, coordinate a banner (optional)...
 - A Team Manager meeting will be on **Mar 22 @ 6pm** at our OSP. Uniforms will be handed out. ONLY if ALL your volunteers (asst coach, team manager) have completed ALL courses
 - To help these additional volunteers complete these requirements, we will be available on **Mar15 & Mar22** 6:30-7:30 at field 7
- Medals will be handed out to players in this division.
- If new players are added to the team, our Registrar or your Division Commissioner will be letting the coach know. **NO PLAYERS ARE ALLOWED to be in your team** without the Medical Release form
- GAMES:
 - Heading is not allowed. There are no goal keepers
 - There are no goal kicks or corner kicks.
 - There are no throw-ins. Throw-ins are taken as a free kick from the touch line where the ball exited the field.
 - The team will run drills and practice for the first 30min.
 - The game against your opponent will start at the 30min mark.
 - The game will have two 10min halves with a 5min half time.
 - At around 5min into each half, please give about a 30second water break.
 - After half time, the team will switch sides.
 - Only 1 coach per team will be allowed inside the field. Home team manages the whistle. The other coach manages the time.
 - Your time on the field should be done at the 55min mark.
 - Games are played 6v6. All players play the entire game, regardless of # of players on each team
- Any questions, please contact your commissioner first: [Anna Suarez](#)

"There's nothing greater than the HEART of a volunteer"

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