

## Coach Guidelines for FALL 2025

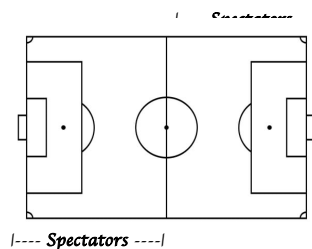
**THANK YOU** for volunteering to coach. This is an all volunteer organization and without you, we couldn't have enough teams and our children couldn't play. Thank you!!

10U

- **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 runs from Aug thru Nov 22. *An additional week maybe be added if your team is invited to the invitational tournament.*
- Practices: 2 weekdays for 1 hr each.
- There are not enough goals on the field for everyone to use. You and the team(s) around you must share the goals. They can't be moved.
- 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.
- Medical Release FORMS must ALWAYS be with you.
  - In your absence, ONLY the asst coach or team manager can carry the forms IF they completed certs
- **REFEREES are needed to play games!** Each team must recruit 3 referees. | Region Ref Admin (RRA): Christopher 909-215-3753
  - Anyone 11 ½ yrs and older can referee. Ask parents for help!
  - Regional Level FULL In-Person Referee Classes (NEW referees): **Sep7 @ 8:30am** | **Sep21 @ 8:30am** | **Oct5 @ 8:30am**
- REFEREE ABUSE POLICY (RAP): New policy eff Mar 2025.
  - There is no yelling at or taunting to the referees. **It is the coach's responsibility to control their sideline.**
  - Family MUST sit on the LEFT half of the field, away from the Asst Ref (AR)
  - Family can only CHEER positively. Only the COACH can provide instructions to the players
- Bullying of the opposite team or teammates will not be tolerated.
- Team Name: name is picked at the coaches' meeting
- Banner: It's optional, but your team would have to pay for it. You can ONLY put the name of the player or the jersey# NOT BOTH!!
- Uniforms: NOTHING may be added to the uniform. 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**
- Coach Certification in-person classes: Attend a 10U coach certification class. If your team makes it to playoffs, coach MUST be certified
  - **Aug9 or 10th @ 8am** Ray Wiltsey Jr High (1450 East G St, CA 91764)
  - There are other classes around us. Look in AYSOU
- There will be a **MEET the COACH** night on **Aug12 @ 6:30pm**. You will go over these guidelines, posted on our website. The Region can help you with the volunteers you recruit or help you recruit volunteers. The Region can help them complete their requirements.
- Team Parent Role:
  - Pick up/hand out uniforms; make a snack schedule; schedule pizza parties; coordinate a banner...
  - Team Manager meeting will be on **Aug18 @ 7:30pm** at the Soccer Park next to garage, under an ezip.
  - Uniforms will be handed out. ONLY if ALL your volunteers have completed ALL courses
- Medals will be given ONLY if your team is invited to the invitational tournament by:
  - Standings will be used to determine order at the invitational tournament. 1<sup>st</sup> place team @I.T. will be invite to area playoffs
  - Earning **10 referee points** and 2 service points. The volunteer schedule will be posted before games start
  - You need to let your parents know we need ALL player participation if your team makes it to Area Playoffs
- OPENING CEREMONY: **NOT** this year, due to the city closing the park earlier than expected
- Park opens **Aug 18**. First Day of games is **Sept 6** \*\*\* tentative || Picture Day is **Oct11**.
- If we add new players to the team, our Registrar or your division Commissioner will be letting the coach know.
  - **Do not let any players join your team** without the parent handing you the player's Medical Release form.
- Our Volunteer Appreciation Meal is **Nov6 6pm-8pm** for coaches, assist coaches and team parent who are approved volunteers and completed ALL requirements (see Vol Req List on website under Coach Tab)

### GAMES:

- Games will be played on field 6 north for girls, field 5 north for boys
- Heading and punting are not allowed at practice or games | Games are 7v7, including the goalkeeper.
- The goalkeeper can't punt the ball, it must be rolled or thrown. GK must wear a penne
- BUILD-OUT Line: Determines OFF-SIDE. Not the midway line
  - Opponents must be behind the build-out line before the ball is released but may attack without waiting for the ball to cross the goal line or the build-out line.
- Any questions, please contact your division coordinator first: Liz B. @ (310) 722-5332
- Coach Admin: Carlos Z @ (909) 731-7278



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

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