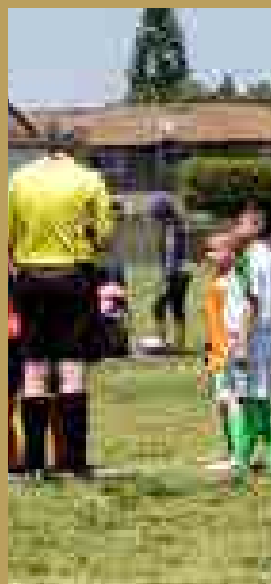




AYSO

PLAYER BUILT



REGION 54 CERRITOS COACH MEETING

EVERYONE PLAYS® BALANCED TEAMS OPEN REGISTRATION POSITIVE COACHING GOOD SPORTSMANSHIP PLAYER DEVELOPMENT





AYSO PLAYER BUILT



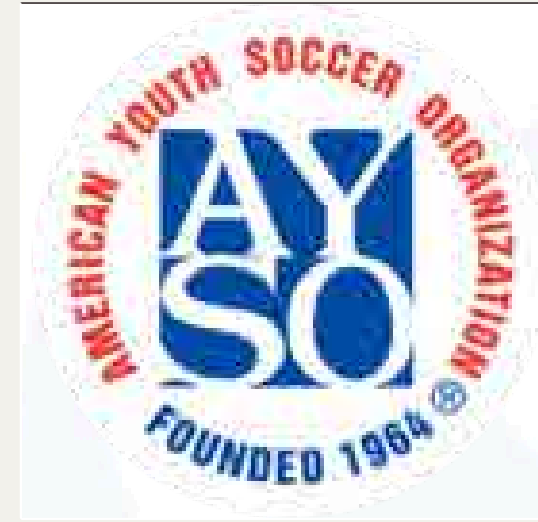
REGION 54 BOARD MEMBERS



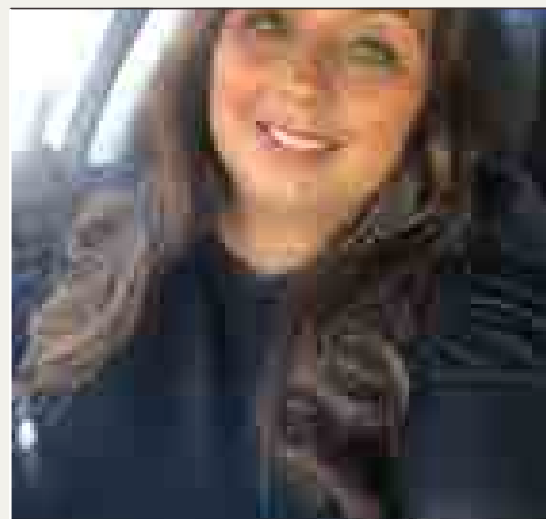
Veronica Janecky
Regional Commissioner



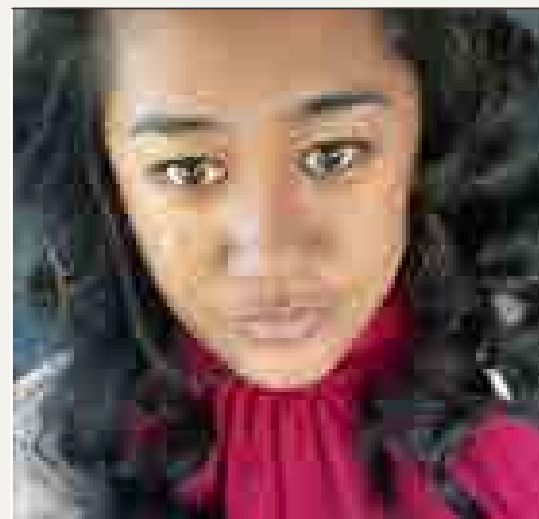
Danielle Moser
Asst. Regional Commissioner



Treasurer



Lisa Ramirez
CVPA



Victoria Loau
Registrar



Mike Schwichow
Coach Administrator

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BALANCED TEAMS

OPEN REGISTRATION

POSITIVE COACHING

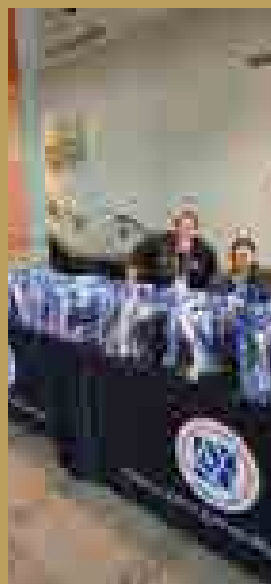
GOOD SPORTSMANSHIP

PLAYER DEVELOPMENT





AYSO
PLAYER BUILT



REGION 54 BOARD MEMBERS



Kailasapathy Aravinthan
Referee Administrator



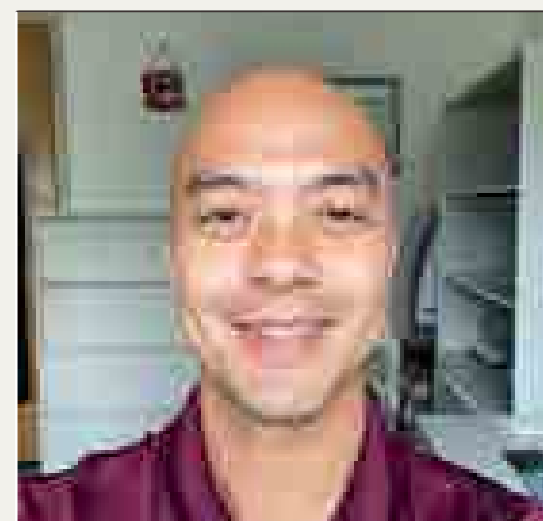
Ramon Valadez
Asst. Referee Admin



Felipe Torres
Referee Instructor



Miguel Ruiz
Referee Assessor



Son Nguyen
Scheduler/WebMaster



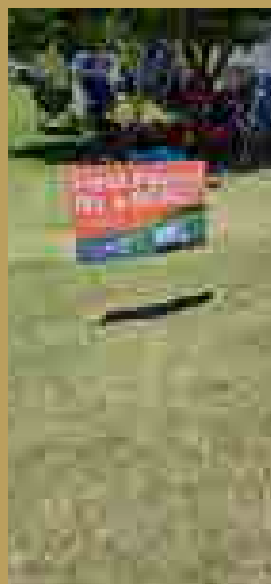
Jesse Cardoza
Safety Director





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SECTION 11 / AREA E / REGION 54

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POSITIVE COACHING

GOOD SPORTSMANSHIP

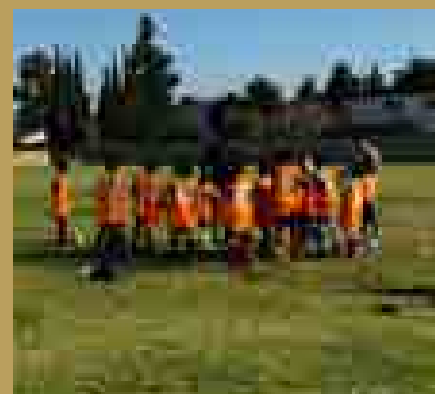
PLAYER DEVELOPMENT





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SECTION 11 / AREA E / SISTER REGIONS



Cerritos
Region 54



West Garden Grove
Region 59



Long Beach
Region 114



Cypress
Region 154



Los Alamitos
Region 159



LB, Belmont Shore
Region 177





AYSO

PLAYER BUILT



AYSO's 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 50 percent of every game.

Balanced Teams

Each year we form new teams as evenly balanced as possible. It is fair and more fun when teams of equal ability play.

Open Registration

Our program is open to all children who want to register and play.

Positive Coaching

AYSO requires coaches to create a positive experience for every player in AYSO. Encouraging player's effort leads to a greater environment, improved skills and stronger motivation in players.

Good Sportsmanship

We strive to create a safe, fair, fun and positive environment based on mutual respect rather than a win-at-all costs attitude, and our programs are designed to instill good sportsmanship.

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 a member of a team.

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POSITIVE COACHING

GOOD SPORTSMANSHIP

PLAYER DEVELOPMENT





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SUPPORT THE KIDS ZONE

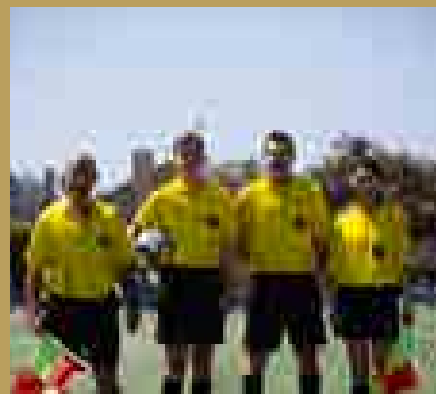
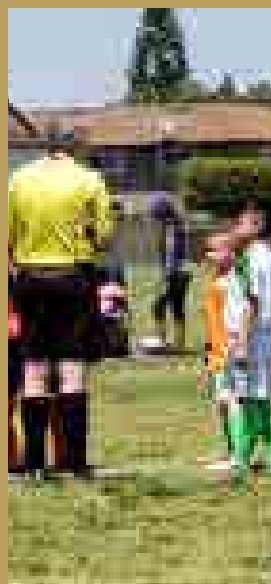
- Kids are #1
- Fun - not winning - is everything
- Fans only cheer, only the coaches should coach
- NO yelling in anger
- Respect the volunteer
- NO swearing
- NO alcohol, tobacco, or other controlled substances
- NO weapons
- Leave NO trash behind
- Set proper example of Good Sportsmanship!
- Celebrate the Player - Win or Lose!





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PLAYER BUILT



VOLUNTEERING WITH REGION 54

MANDATORY SAFETY REQUIREMENTS

- ☒ LiveScan Fingerprinting
- ☒ Background Check (Sterling Volunteer)
- ☒ AYSOs Safe Haven
- ☒ Concussion Awareness
- ☒ Sudden Cardiac Arrest
- ☒ SafeSport Certificate (yearly referresher)
- ☒ Division Specific Coach Certificate (online+ on-the-field training)
- ☒ Referee Certificate (online + on-the-field training)
- ☒ Signed Coach Code of Conduct & Region Blowout Guideline

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BALANCED TEAMS

OPEN REGISTRATION

POSITIVE COACHING

GOOD SPORTSMANSHIP

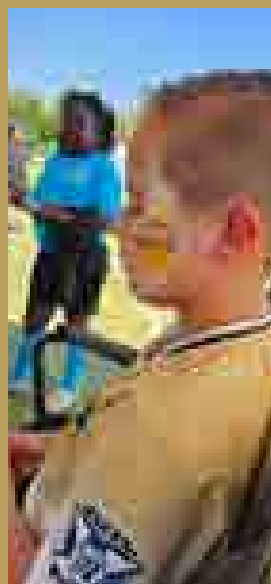
PLAYER DEVELOPMENT





AYSO

PLAYER BUILT



BANNER DAY/PICTURE DAY



Banner Day/ Picture Day: Banners are optional, but a great way to show team pride during the season!

- Sunday, October 5th, 2025 @Cerritos Sports Complex
- Team bonding, team parade, fun activities for all registered players
- Picture Day for all teams and players (all players will receive a picture packet)



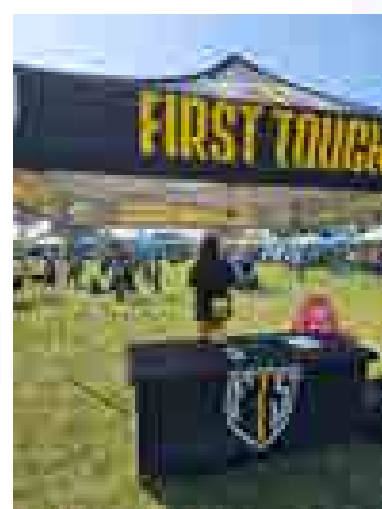
Banner Guidelines:

- All banner must include:
 - AYSO (in ALL CAPS)
 - Region 54 & Area E
 - Team Name
 - Division (eg., BU6, GU10, etc)
 - Coach & Assistant Coach Names
 - Team Parent Name
 - Players' **FIRST NAMES ONLY**
 - At least **one** soccer ball image



Banner Guidelines:

- **NOT ALLOWED**
 - Players' **last** names
 - Jersey numbers
 - Any personal identifiers
- This is part of our **Safe Haven** policy to protect palyer identity and safety.



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GOOD SPORTSMANSHIP

PLAYER DEVELOPMENT





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COACH EQUIPMENT & REQUIREMENTS

COACH EQUIPMENT

- ☒ Coach bag & Coach Shirt
- ☒ Cones & Pinnies
- ☒ Soccer balls & ball pump
- ☒ First aid kit & ice packs
- ☒ We DO NOT provide goals
- ☒ Must carry team rosters
- ☒ Must carry medical waivers
- ☒ ID Badge worn at all practices & games
- ☒ Returning coaches will receive new soccer balls/ all other equipment will not be provided again.

PRACTICE POLICIES & FIELD USE

- ☒ Practices allowed only at permitted fields
- ☒ Respect other coaches time slots & field space
- ☒ Start and end practices on time
- ☒ All players must wear proper equipment
- ☒ **NO PETS ALLOWED on any AYSO practice or game fields**
- ☒ Clean up after every practice - no trash left behind
- ☒ Follow all Region guidelines
- ☒ No jewelry allowed at practices or games

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UNIFORM DISTRIBUTION

TEAM UNIFORMS

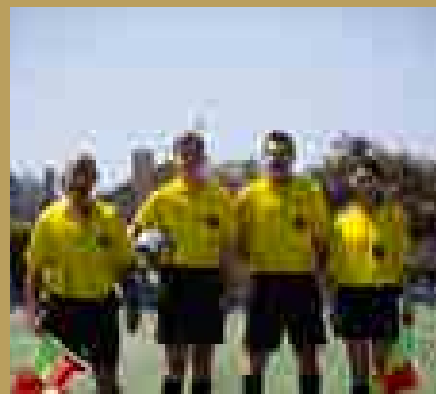
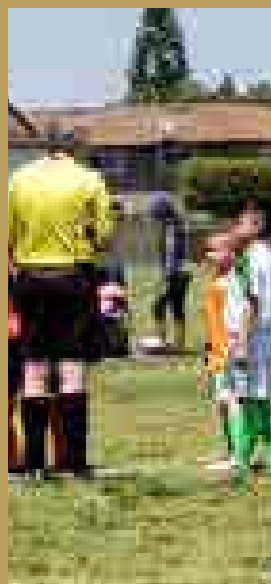
- ✓ Uniforms will be handed out on a first come, first serve basis.
- ✓ Only Coach or Certified Team Parent can pick up uniforms
- ✓ Uniforms will be distributed to coaches who have completed all safety requirements
- ✓ Distribute uniforms from smallest to largest player
- ✓ Jersey numbers are not chosen by players or families
- ✓ Uniforms will only be replaced if they are 2 sizes too large for a player
- ✓ EX: If player needs extra small but receives a small, we will not replace it. - NO EXCEPTIONS
- ✓ Region will notify all coaches of uniform pick up date
- * Uniform colors are not guaranteed, it is on a first come, first serve basis.





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PLAYER BUILT



DIVISION SPECIFICS

- ☒ Playground will be run by First Touch 1x a week
- ☒ Non-competitive divisions - U6 & U8
- ☒ Game cards needed for U8 & up - Sports Connect generated
- ☒ Competitive divisions - U10 & up
- ☒ U10, U12, & U14, participate in post season play & All-Star tournament
- ☒ Become familiar with AYSO game rules and guidelines
- ☒ Volunteer & Referee point system - U8 & up
- ☒ Referee support needed from teams U8 & up
- ☒ Schedules & Scores will be posted on Matchtrak
- ☒
- ☒
- ☒

Player Name	Position	Game Number	Score
Chris McCombs	Goalkeeper	1	0
Chris McCombs	Goalkeeper	2	0
Chris McCombs	Goalkeeper	3	0
Chris McCombs	Goalkeeper	4	0
Chris McCombs	Goalkeeper	5	0
Chris McCombs	Goalkeeper	6	0
Chris McCombs	Goalkeeper	7	0
Chris McCombs	Goalkeeper	8	0
Chris McCombs	Goalkeeper	9	0
Chris McCombs	Goalkeeper	10	0
Chris McCombs	Goalkeeper	11	0
Chris McCombs	Goalkeeper	12	0
Chris McCombs	Goalkeeper	13	0
Chris McCombs	Goalkeeper	14	0
Chris McCombs	Goalkeeper	15	0
Chris McCombs	Goalkeeper	16	0
Chris McCombs	Goalkeeper	17	0
Chris McCombs	Goalkeeper	18	0
Chris McCombs	Goalkeeper	19	0
Chris McCombs	Goalkeeper	20	0

Referee Report

Referee Name: [] Game Number: []

Game Date: [] Game Time: []

Game Location: []

Game Type: []

Game Result: []

Referee Points: []

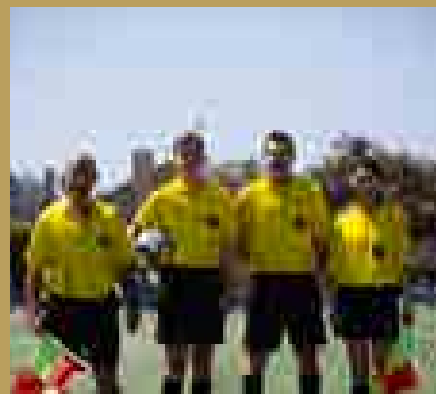
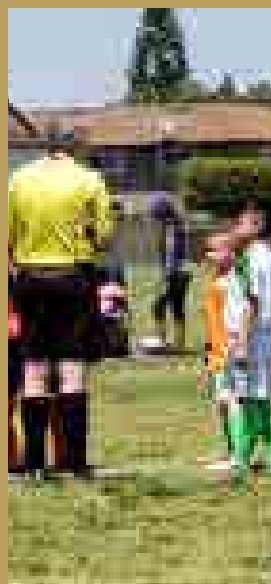
Referee Comments: []





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PLAYER BUILT



DIVISION SPECIFICS

COMPETITION POINTS

- ☒ Each win counts for 7 points
- ☒ A tie is worth 3 points
- ☒ A loss is worth 0 points
- ☒ Goal Bonus: 1 point per goal, up to 3 goals (max 3 points)
- ☒ 3 point deduction for coach/spectator removal
- ☒ Blowout game point deduction - 3 points will be deducted
- ☒ Competition points are awarded from the referee points the teams earn

* In addition to volunteer points, teams earn Competition points based on game outcomes.





AYSO

PLAYER BUILT



REGION 54

How to Earn Volunteer Points

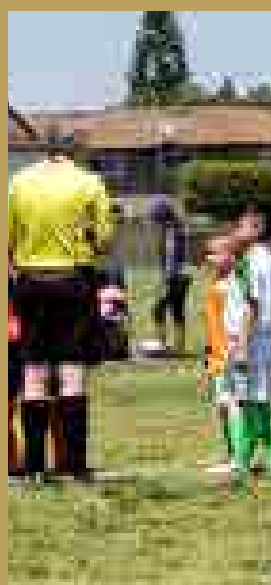
- ☒ Refereeing games (Center referee or Assistant referee)
- ☒ Serving as Field Marshals (walking fields, assisting referees,etc.)
- ☒ Helping at the Region 54 tent (answering questions, etc.)
- ☒ Picture Day & Banner Day Event assistance
- ☒ Collecting game cards
- ☒ Directing families to fields, restrooms, etc.
- ☒ Picking up trash and helping with field setup/tear down
- ☒ Volunteers can support Region 54 & earn team points by signing up for these specific duties





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PLAYER BUILT



REGION 54

Team Volunteer Point System

Referees Points

Divisions	Center Referee	Assistant Referee	Referee Mentor	Min. Required Points
U8	1.0	N/A	1.0	10
U9 - U12	1.5	1.0	1.0	20*
U13 - U16	2.0	1.5	1.0	20*

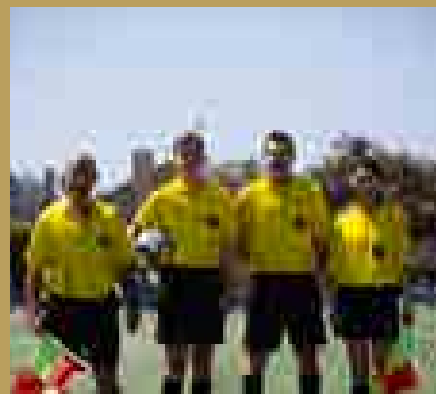
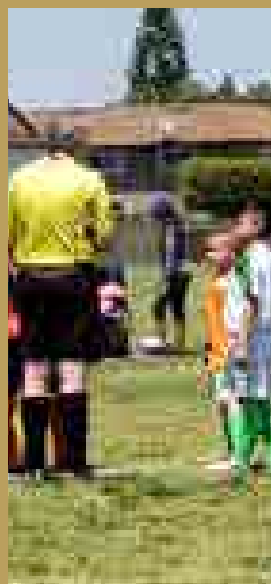
- *Extra team need min of 25 points





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PLAYER BUILT



REGION 54

Team Volunteer Point System

Volunteer Points

	Point Per Volunteer	Max points per team
2 Hr Shift at the Region Tent (Game Card Collection/Cleanup/ Helping with Directions)	1.0	4.0
Banner Day/Picture Day Task	1.0	2.0
Field Marshal/ Game Support	1.0	N/A

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GOOD SPORTSMANSHIP

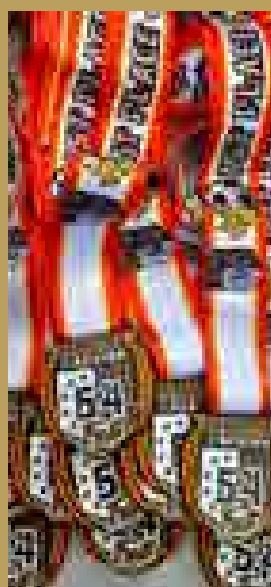
PLAYER DEVELOPMENT





AYSO

PLAYER BUILT



REGION 54 TOURNAMENTS

* Region 54 tournament teams will be made up of current registered Region 54 players only. All teams must provide referee support. Tournament teams are expected to represent Region 54 with exceptional sportsmanship, effort, and class at all times.



Area Playoffs

- Area E Playoffs are the post-season tournament for U10, U12, & U14 core teams. Teams from Region 54 will compete against other top teams from the following neighboring regions.
 - Region 59 - West Grove
 - Region 114 - Long Beach
 - Region 154 - Cypress
 - Region 159 - Los Alamitos
 - Region 177 - Long Beach/Belmont Shore
- Teams representing Region 54 will travel to the hosting regions for playoff matches.



All-Star Teams

- Each Fall season, Region 54 forms All-Star Teams in the U10, U12, & U14 divisions to represent Cerritos in the All-Star Tournament.
- One boys and one girls team per division will be selected
- Coaches may nominate players to attend All-Star tryouts
- All players must attend tryouts to be eligible
- Players will only be placed on an All-Star team in the Region has enough interest, eligible players and a certified coach.
- Coach must complete an All-Star application
- Coaches must be in good standing and all safety certifications must be complete

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GOOD SPORTSMANSHIP

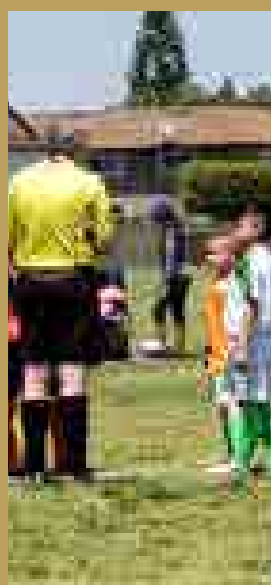
PLAYER DEVELOPMENT





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SUN KISSED CUP - REGION 54 TOURNAMENT

* The Sun Kissed Cup is Region 54's end-of-season tournament for our U8, U10, & U12 core divisions. This tournament is designed to determine which teams will advance to the Area E playoffs.



Requirements:

- Met the minimum referee point requirements
- Followed Region 54's sportsmanship and conduct standards
- Teams in U10 & U12 will only participate in this tournament if there is enough teams in their bracket
- U8 teams do not advance to AREA Playoffs, this is a fun tournament for teams that meet the requirements to participate

Conclusion of the Sun Kissed Cup:

- 1st and 2nd place teams will receive medals
- The top two teams in each division (U10 & U12) will advance to Area E Playoffs
- A 3rd place team may be selected to advance based on availability and Area tournament structure
- Participation in this tournament is a reward for teams that performed well on the field and in fulfilling volunteer and referee commitments throughout the season.
- This is a great opportunity for U8 teams to participate in this tournament so that players can understand the concept of tournament play, especially for those that will be moving up to U10.

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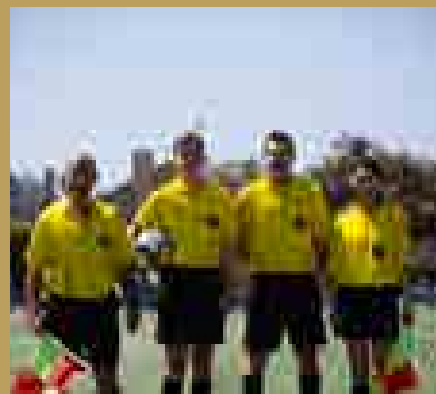
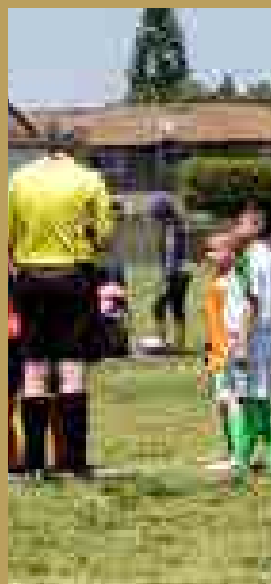
PLAYER DEVELOPMENT





AYSO

PLAYER BUILT



BLOWOUT GAME GUIDELINES

AVOIDING BLOWOUT GAMES



Blowout games go against multiple AYSO principles and undermine the experience for both teams. Coaches at all levels are expected to manage matches responsibly to protect the integrity of the game. A score differential of **6 or more goals** is considered a blowout. Coaches are responsible for preventing blowout situations through in-game adjustments.



Winning Coach - What Can You Do:

- Stop attacking once your team has a 5- goal lead.
- Move stronger players to defense or goalie.
- Encourage passing only play and possession style soccer.
- Use the opportunity for player development in less experienced positions.



Losing Coach - What Can You Do:

- Emphasize effort, attitude, and learning from adversity.
- Use a water break to reset your players mentally and tactically.
- Reinforce confidence, resilience, and team spirit.
- Remain positive!



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POSITIVE COACHING

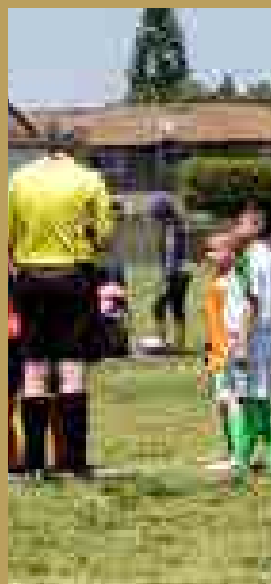
GOOD SPORTSMANSHIP

PLAYER DEVELOPMENT



AYSO

PLAYER BUILT



BLOWOUT GAME GUIDELINES

BLOWOUT GAME POINT DEDUCTION



Region 54 and Area E have adopted this rule in alignment with our values of sportsmanship, respect, and fair competition. This rule has now been implemented at the Section level.



If a team wins by 6 or more goals, 3 competition points will be deducted from their total:

- This rule applies regardless of intent
- There are no exceptions
- Both the head coach and assistant coach are held accountable for blowout results



This policy will be enforced at both the Region & Area level and applies to both head coach & assistant coaches:

- 1st Blowout Notification
 - Email and verbal warning from the Coach Administrator
 - RC (Regional Commissioner) is copied
 - Team competition points will be deducted
- 2nd Blowout Notification
 - Email outlining a 1-game suspension for the head and or assistant coach
 - Sent to the Coach, RC, and Area Director
- 3rd Blowout Notification
 - Email sent to Coach, RC, and Area Director
 - May result in removal from the team
 - If there is no qualified assistant coach to take over, the team may be disbanded for the remainder of the season





AYSO PLAYER BUILT



PIE = POSITIVE, INSTRUCTIONAL, & ENCOURAGING



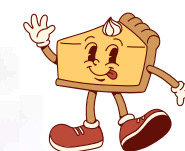
Positive: Coaches should focus on what players are doing well and offer constructive feedback rather than criticism.



Instructional: Coaches should provide clear explanations and demonstrations of skills, helping players understand how to improve.



Encouraging: Coaches should offer support and motivation, helping players build confidence and a positive attitude.



The **PIE** philosophy is a core part of AYSO's commitment to player development & good sportsmanship. It encourages coaches to be positive role models and create a positive experience for all players.





AYSO PLAYER BUILT



EXTRA PROGRAM



The AYSO EXTRA Program is a higher-level competitive program within AYSO designed for skilled players who are seeking a more challenging level of play while still participating in the AYSO philosophies and structure. This is **not a recreational team** - EXTRA is a **year-long commitment** for both players and families.



What is the EXTRA Program?

- EXTRA teams participate in inter-regional games against other AYSO EXTRA teams across Area E and sometimes beyond.
- The program runs for a full year, typically beginning in Fall & continuing through Spring.
- EXTRA **players may not participate** on any other AYSO team or on **non-AYSO teams** (e.g., club teams) during the year.



How to Join?

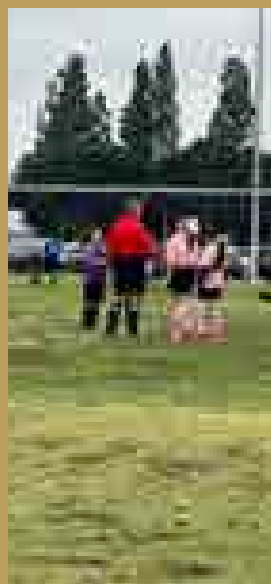
- All new players and returning players must tryout
 - Players are **required to attend at least one** tryout session, but are highly encouraged to attend both.
- Tryouts are conducted by a **third-party training organization** to ensure **unbiased evaluation**.
- Team selections are made by the trainers, with final input & **approval from the Regional Commissioner**
- Final roster are submitted to the **Area Director for approval**
- Attendance at tryouts does not guarantee selection
- Tryout are held in the Spring season for the upcoming Fall season.
- Region 54 is required to host two tryout weekends for each division.





AYSO

PLAYER BUILT



SILENT WEEKEND

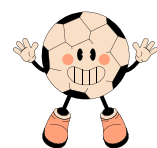


Silent Weekend is one of Region 54's most meaningful and intentional events. We host two Silent Weekends each year - one during the Fall season and one during the Spring season.



The purpose of Silent weekend is to:

- Let players think, communicate, and problem-solve independently
- Help coaches and parents observe players's decision-making without interference
- Foster greater player development and sportsmanship



During Silent Weekend:

- There is no coaching, shouting, or instructing from the sidelines
- Players, coaches, parents, and spectators must remain quiet & respectful throughout the game
- Referees are instructed to enforce Silent weekend expectations
- U6 teams are exempt



What Can We Do?

- Applaud & cheer using non-verbal support (signs, thumbs up, rally towels)
- Remain calm and positive on the sidelines
- Allow players space to learn and make decisions on the field



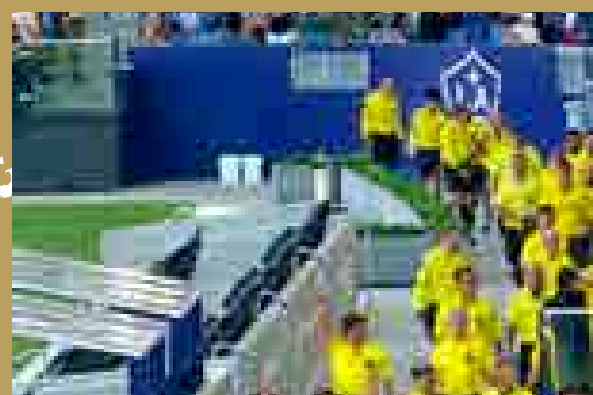
What NOT to Do:

- No yelling player names or instructions
- No coaching from the sidelines (even "positive" or "helpful" comments)
- No reacting to referee decisions
- Per AYSO National Policy
 - Noise makers, horns, whistles, and music of any kind are strictly prohibited and not allowed at any AYSO-sanctioned event.





AYSO PLAYER BUILT



REFEREES: THE HEART OF THE GAME



Referees are essential volunteers in AYSO and play a crucial role in creating a **safe, fair, and fun** environment. Every game needs at least one certified referee, without them, kids can't play. AYSO referees are trained and supported at the Regional, Area, and National levels, and we invite all parents, youth, and volunteers to get certified and get involved.



All referees must:

- Be registered as AYSO volunteers
- Wear the official referee uniform
- Follow pre-game duties (equipment checks, field inspections, game card collection)
- Referees are also expected to submit game reports for any serious incidents, injuries, or misconduct.
- Referees not in proper uniform or without completed safety certifications will not be permitted to officiate.



NO REFEREES = NO GAMES

- Games will be forfeited if no certified referee is present. Coaches are responsible for communicating this requirement and organizing referee coverage.





AYSO

PLAYER BUILT



REFEREES: THE HEART OF THE GAME

YOUTH REFEREE PROTECTION POLICY



Many of our referees are youth volunteers gaining experience and giving back to the game. Region 54 has a **ZERO-TOLERANCE policy** toward any negative comments or verbal abuse towards youth referees.

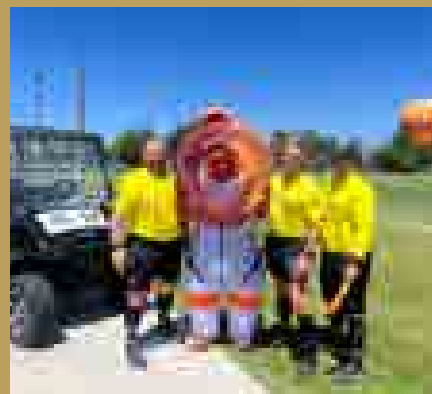
- **Absolutely no comments, complaints, or coaching from the sidelines directed at youth referees will be tolerated.**
- **Board members will be present** at all games where youth referees are officiating to monitor compliance.
- Violations may result in removal from the field or further disciplinary action.
- To ensure a clear working area for officials, team parents must sit on the half of the field opposite the assistant referees.





AYSO

PLAYER BUILT



U.S. SOCCER REFEREE ABUSE POLICY



Region 54 supports and implements the U.S. Soccer Referee Abuse Prevention Policy, which protects both adult and youth referees.

Key Principles:

- Respect the Call - The referee's decision is final.
- Protect our Referees - Their emotional and physical safety matters.
- No Physical Contact - Except for friendly post-game handshakes.

Unacceptable Behavior Includes:

- Level 1: Verbal taunting, sarcasm, or disrespect
- Level 2: Intimidation, retaliation, or threatening language
- Level 3: Aggression, cyberbullying, doxing
- Level 4: Discriminatory language or physical abuse

Consequences - Violations may result in disciplinary action at the Region, Area, or National level:

- Warnings or suspensions
- Removal from coaching roles
- Family bans from fields
- Permanent expulsion from AYSO
- The Referee Abuse Penalties Matrix defines further consequences for both physical & non-physical misconduct.

Region 54 Stance - we will no longer tolerate abuse of any kind toward our referees. This includes:

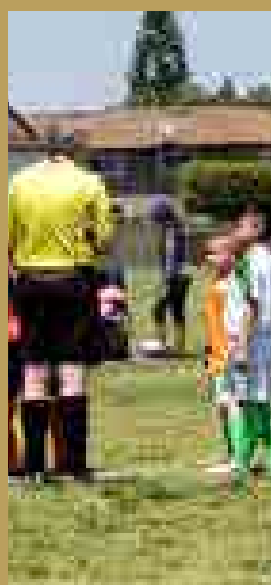
- Coaches/Assistant Coaches
- Parents / Spectators / Players
- Referee protection is **non-negotiable** and will be strictly enforced in every division
- **Respect the Call, Respect the Whistle, Respect the Game**





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REFEREE RESPONSIBILITIES BY DIVISION

DIVISION REQUIREMENTS

U6 : The home team coach referees the game. Referee certification is not required, but U8 Official Referee Course (online) is strongly encouraged.

U8: Each team must provide a **Center Referee**. Minimum certification : U8 Official Referee Course (online) .

U10 & U12: Each team must provide **three(3) certified referees** (1 Center, 2 ARs). All must complete the **Regional Referee Training** (online + in person).

U14: Requires **Intermediate-level Center Referee** and two ARs with at least Regional Certification.

U16: Requires **Advanced-level Center Referee** and two ARs with Regional Certification.

U8 & Up: Must provide **3 certified referees per team** for at least half the season.

NO REFEREES = NO GAMES!

Games will be forfeited in no certified referee is present. Coaches are responsible for communicating this requirement and organizing referee coverage.



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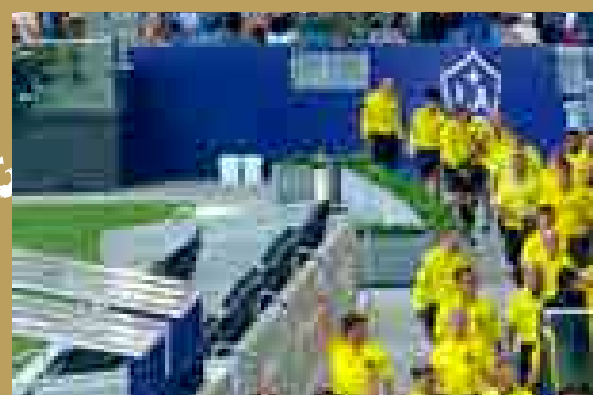
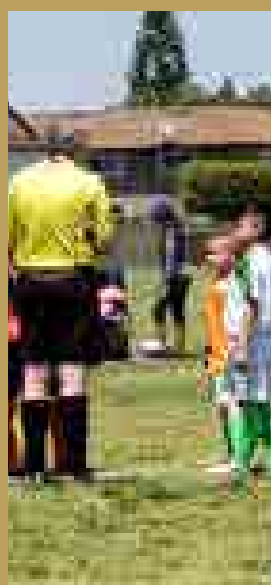
GOOD SPORTSMANSHIP

PLAYER DEVELOPMENT



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REFEREES: THE HEART OF THE GAME

READY TO BECOME A REFEREE?

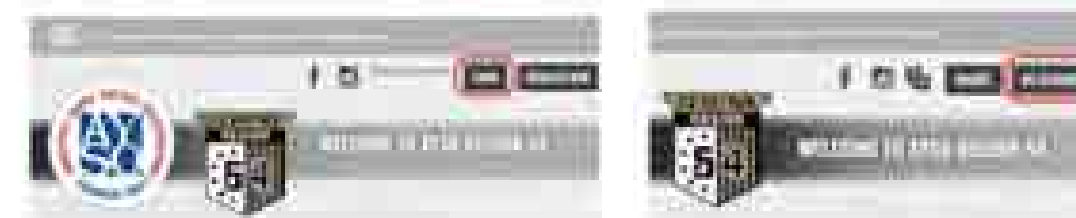
First Step

- Sign up as a referee volunteer

Questions???

- Reach out to our Referee Administrator Aravin
- Email: rra.ayso54@gmail.com

1. Log into your account at AYSO54.ORG > and click My Account



2. Click Volunteer > Click Find Volunteer Roles



3. Select your desired volunteer role



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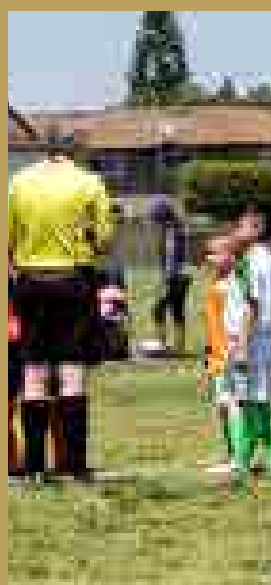
PLAYER DEVELOPMENT





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REGIONAL REFEREE TRAINING

BECOME A REFEREE!

Learn the Laws of the Game!

Regional Referee Courses

- August 16th - Regional Referee Companion Course
 - ABC Adult School - 20122 Cabrillo Lane, Cerritos
 - Time: 9:00-1:00pm - Must register via AYSOU
- September 14th - Regional Referee Companion Course
 - Liberty Park - 10:30-1:30pm - Must register via AYSOU

Referee/ Coaches Meeting:

- September 4th
 - Liberty Park - starting at 5:30pm



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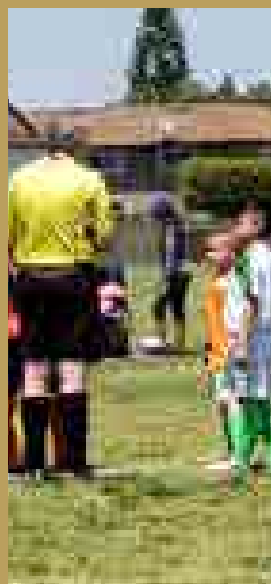
PLAYER DEVELOPMENT





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REGION 54 SAFETY GUIDELINES



Safety is our #1 priority. All participants, volunteers, and families are expected to follow these safety policies at all practices and games.



NO PETS ALLOWED

- **PETS ARE NOT PERMITTED** on any AYSO practice or game fields!!
- This is an AYSO National Policy
- If a pet is present, Region officials will ask you to **leave immediately**
- Bringing pet puts us at risk of **losing our field permits**
- **NO FIELDS = NO GAMES!** Please leave your pets at home.
- NO EXCEPTIONS!

No Jewelry Allowed

- During practices or games, this includes earrings
- Players may not tape over earrings
- If asked by referee to remove jewelry, they must comply
- This is an AYSO National Policy based on player safety

Drop-Off Policy

- It is strongly recommended that parents remain present during practices and games



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REGION 54 SAFETY GUIDELINES



Safety is our #1 priority. All participants, volunteers, and families are expected to follow these safety policies at all practices and games.

Incident Reports: all incidents involving injury, violence, vandalism, or misconduct must be reported using the official AYSO Incident Report Form

- Forms can be found at ayso54.org > Forms & Docs
- Submit completed forms to the Safety Director and Regional Commissioner within 24hrs
- Reports are also required for damage to city property or any safety concern

Field Safety Rules

- All goals must be anchored before the start of any game
- Anchors are available at the Region 54 tent (first game of the day picks up, last game of the day returns)
- Players may NOT hang on goals - this is a major safety violation and a leading cause of serious injury
- Do not allow children to play on, swing, or hang from goals - ever!

Heading Policy

- Per AYSO National Policy
 - Headers are NOT permitted for players in U6 through U12 divisions
 - Any intentional header in these divisions results in an indirect free kick for the opposing team.

**** All safety rules are designed to protect our players. Please ensure they are followed at all times.**

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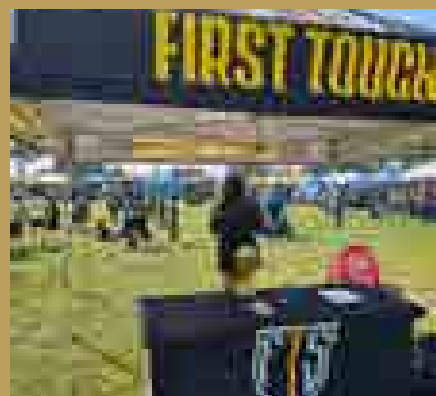
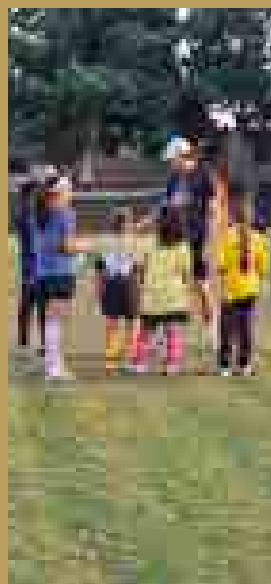
PLAYER DEVELOPMENT





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ADDITIONAL PROGRAM INFORMATION

FIRST TOUCH SUPPORT

First Touch Soccer is your local, community-based soccer provider, delivering high quality training sessions with enthusiasm, knowledge and fun. They offer a range of different training programs for recreational soccer players from ages 4-14, in the form of camps, team training sessions and academies.

Region 54 has partnered with First Touch for the Fall 2025 Season!

- Team training & coach support
- Teams must sign up to reserve their spot
- Goalie Training will take place on Monday (U8 & Up Only)
- Team Trainings will take place on Tuesday

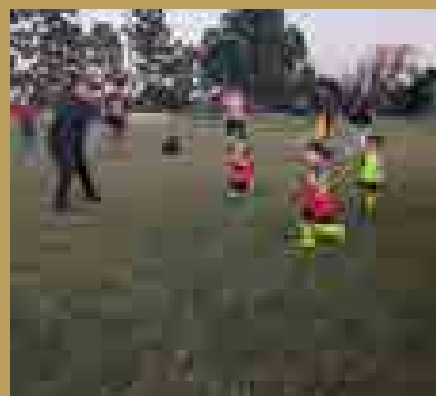
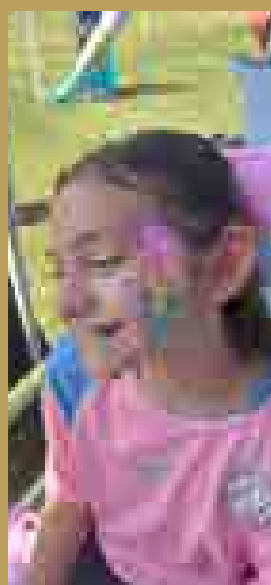


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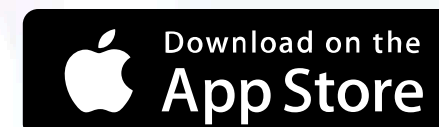
PLAYER BUILT



ADDITIONAL PROGRAM INFORMATION

HEJA TEAM APP

- Team Communication Application for AYSO Region 54
- **Coach Code: CT-733944**
- Coaches will be able to control roster settings by inviting team staff, players, & parents
- Coaches & Parents will be able to view calendar soccer events, including practices & games.
- Please download this app before the start of the season all teams will be using this platform for the Fall season



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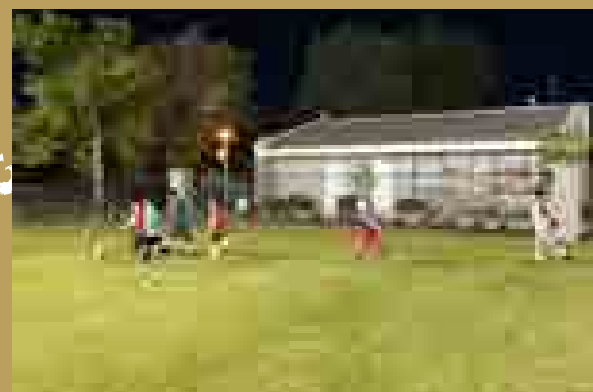
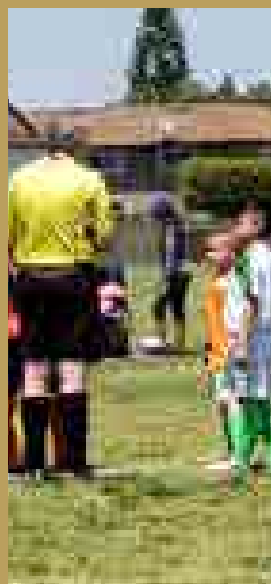
PLAYER DEVELOPMENT





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ADDITIONAL PROGRAM INFORMATION

PRACTICE & GAME FIELDS

Game Fields in Region 54

- All games will be played at Tetzlaff Middle School - 12351 Del Amo Blvd, - North Field
- Games Begin - Saturday, September 6, 2025 - November 8th
- November 15th & 22nd - Region 54 Tournament play

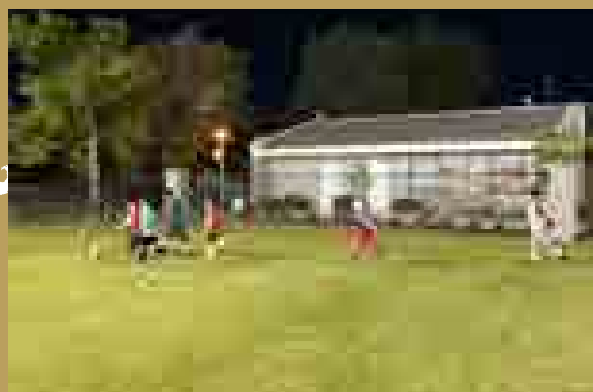
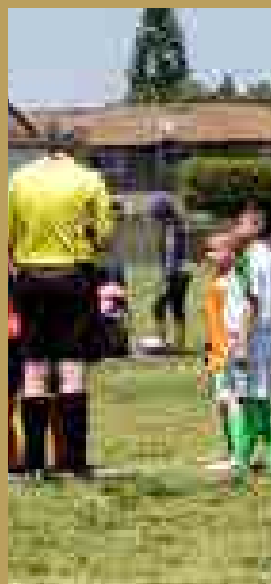
Practice Fields in Region 54

- Cerritos Park East - until 9/11
- Heritage Park - until 9/9
- Artesia High School - until 9/11
- Cerritos Sports Complex - 9/15 - 11/20 - Fields 3, 4, 5, & 6
- Practices can NOT be held at parks that we **DO NOT** have permits for, it is a liability issue!
 - **NO EXCEPTIONS, IT IS NOT ALLOWED**
 - Practices can NOT start until all permits are signed by RC and you have received your practice field allocation!





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REGION 54 PRACTICE FIELDS



CERRITOS PARK EAST
MIDDLE OF TRACK

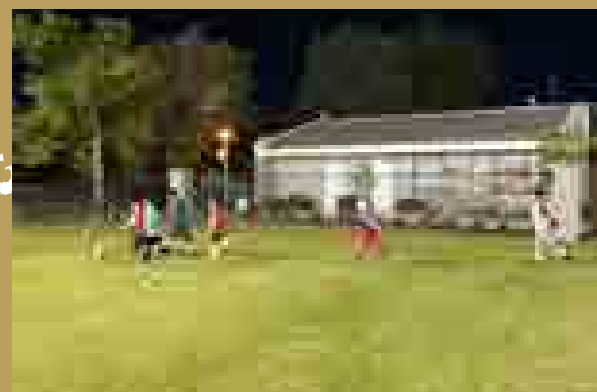
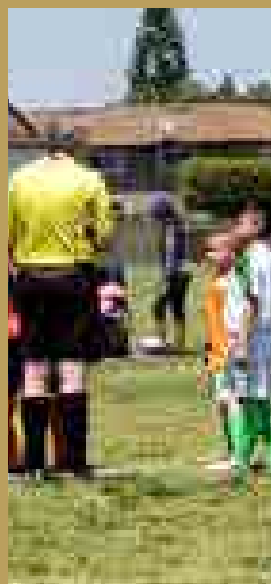


HERITAGE PARK
MULTI-PURPOSE FIELD





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REGION 54 PRACTICE FIELDS



ARTESIA HIGH SCHOOL

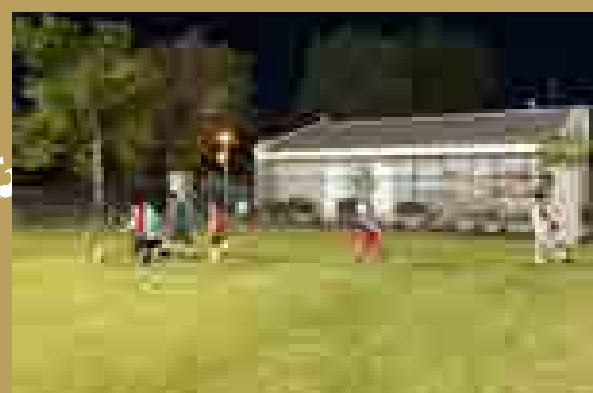
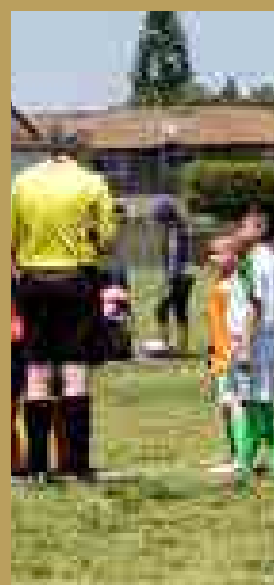


CERRITOS SPORTS COMPLEX





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REGION 54 GAME FIELD

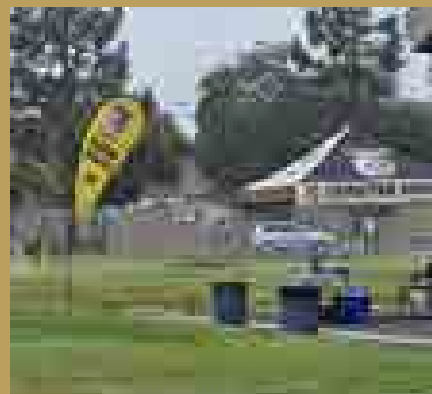
TEZTLAFF MIDDLE SCHOOL





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IMPORTANT UPCOMING DATES

Season Dates

- September 6, 2025 - November 8, 2025
- Region Playoffs: November 15th & 22nd
- Practices Start: August 11, 2025 (only if all coaches have completed all safety certifications)
- Volunteer Appreciation - Date TBD
- New Coach Equipment Distribution
 - Saturday, August 9, 2025 @ San Marino Elementary - 6215 San Rolando Way, Buena Park
 - 10:00 am - 1:00pm
- Uniform Distribution
 - Tentative Date: Saturday, August 23, 2025
 - Teams will be scheduled to pick up uniforms

Game Schedules

- All schedules will be posted to Matchtrak closer to the start of the season
- All games will be played on Saturday's
- No make-up games this season
- The season start date will not be pushed back due to teams not having enough practice time. Plenty of notifications have been sent out to get all safety requirements completed.

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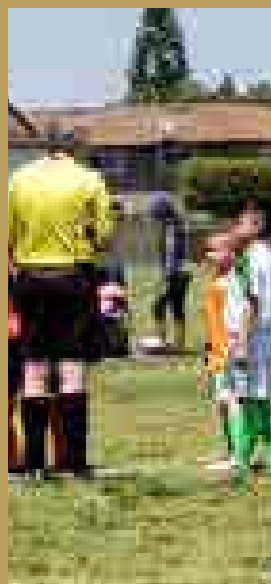
PLAYER DEVELOPMENT





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IMPORTANT UPCOMING DATES



Habit Fundraiser

- Wednesday, August 27th / 4-pm

Silent Weekend

- October 4th & 5th

Banner/Picture Day

- Sunday, October 5, 2025
- Picture Schedule: TBD
- Banner Day Event Begins: TBD

All Stars Tryouts

- Sunday, November 2, 2025
- All Stars Coach Applications Due: October 12, 2025
- All-Stars Player Nominations Due: October 10, 2025
- Player Evaluations (all divisions) Due: October 12, 2025

Sun Kissed Tournament

- November 15th & 22nd

Area Playoffs

- December 6th and 13th

All Stars Tournament

- January 10th, 17th, 24th and 31st



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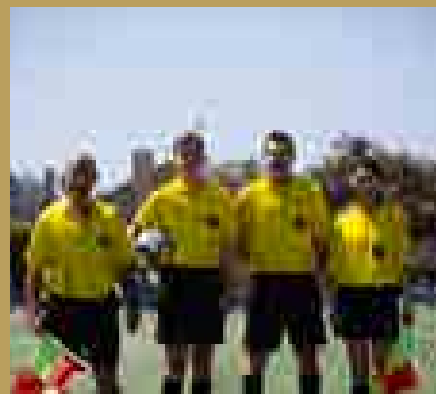
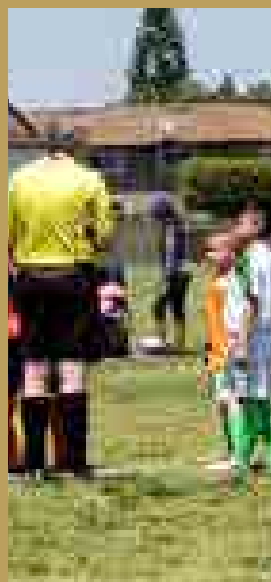
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PLAYER DEVELOPMENT



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SHOW YOUR TEAM SPIRIT

CERRITOS SWAG



sideline screamers



AYSO 54

Custom Sports apparel clothing printing embroidery uniforms fan gear merch spirit wear

Sideline Screamers



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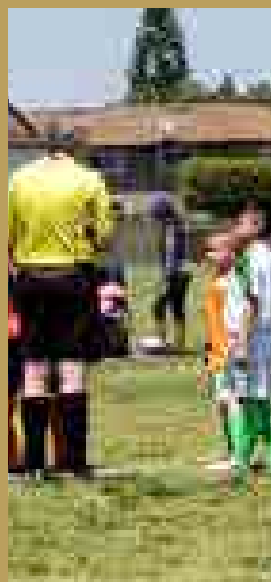
PLAYER DEVELOPMENT





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CERRITOS SWAG - SCORE



Visit our **NEW E-STORE**
where you can find fanwear,
player, & coach equipment.

Plus: **FREE SHIPPING**
directly to parents on orders over \$100!



SHOP NOW AT: <https://scoresports.com/estore/region54/>



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SOCIAL MEDIA

FOLLOW US ON INSTAGRAM

Region 54 information is posted on our Instagram page as well as our Region website. Make sure to follow us to keep track of the latest Region 54 information.



Find us on
Instagram



https://www.instagram.com/cerritosayso_54/





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CHEERS TO 50 YEARS!!

Thank You

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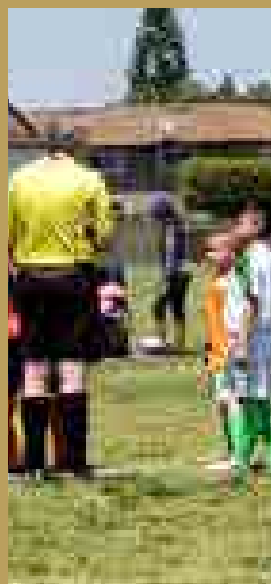
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PLAYER DEVELOPMENT





AYSO PLAYER BUILT



REGION 54 CORE PROGRAMS

- What is AYSO Playground?
 - It is a child development program that will help develop, in collaboration with the parent, the child's fundamental motor skills using soccer as a common thread.



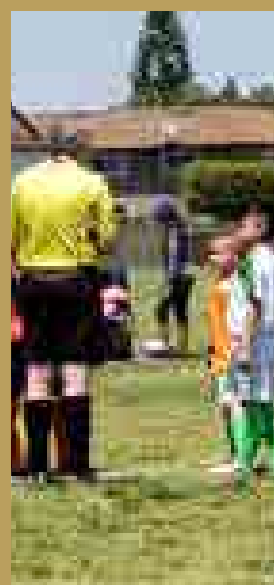
- Playground Sessions - about an hour to an hour & half
- Practice will take place on Friday evenings, small sided game will be held after.
- There is NO competition in AYSO Playground
- Playground will help players develop fundamental motor skills
- Playground will be lead by Certified Lead Coaches with parent involvement.





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PLAYER BUILT



REGION 54 CORE PROGRAMS

Non-Competitive Divisions

Co-ed U6

- 4v4 / 6 players per roster
- No score / no goalkeepers / no throw-ins / no slide tackle
- 30 minute game / 6 minute quarters / half-time 2-3 min.
- Coach is the referee

Boys & Girls U8

- 7v7 / 9 players per roster
- Score will be kept/ goalkeepers are introduced / build-out line introduced / no slide tackle / NO HEADERS / No punting
- 40 minute game/ 10 min quarters / half-time 2-3 min.
- Certified Referee Required (3) per team / team Referee points will be earned
- All players must play at least 1/2 the game

Required Equipment

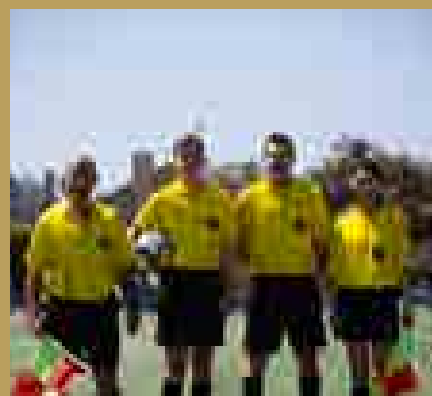
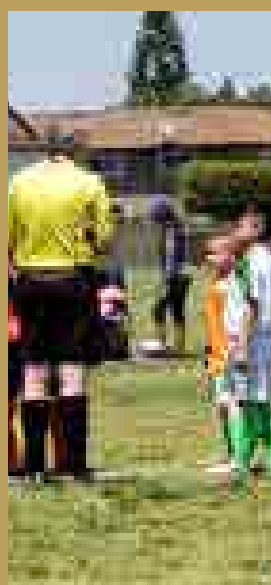
- Shin guards must be worn at all practices and games - No EXCEPTIONS
- Cleats preferred
- Size 3 soccer ball
- NO Jewlery (this includes practices as well) - medical purposes only





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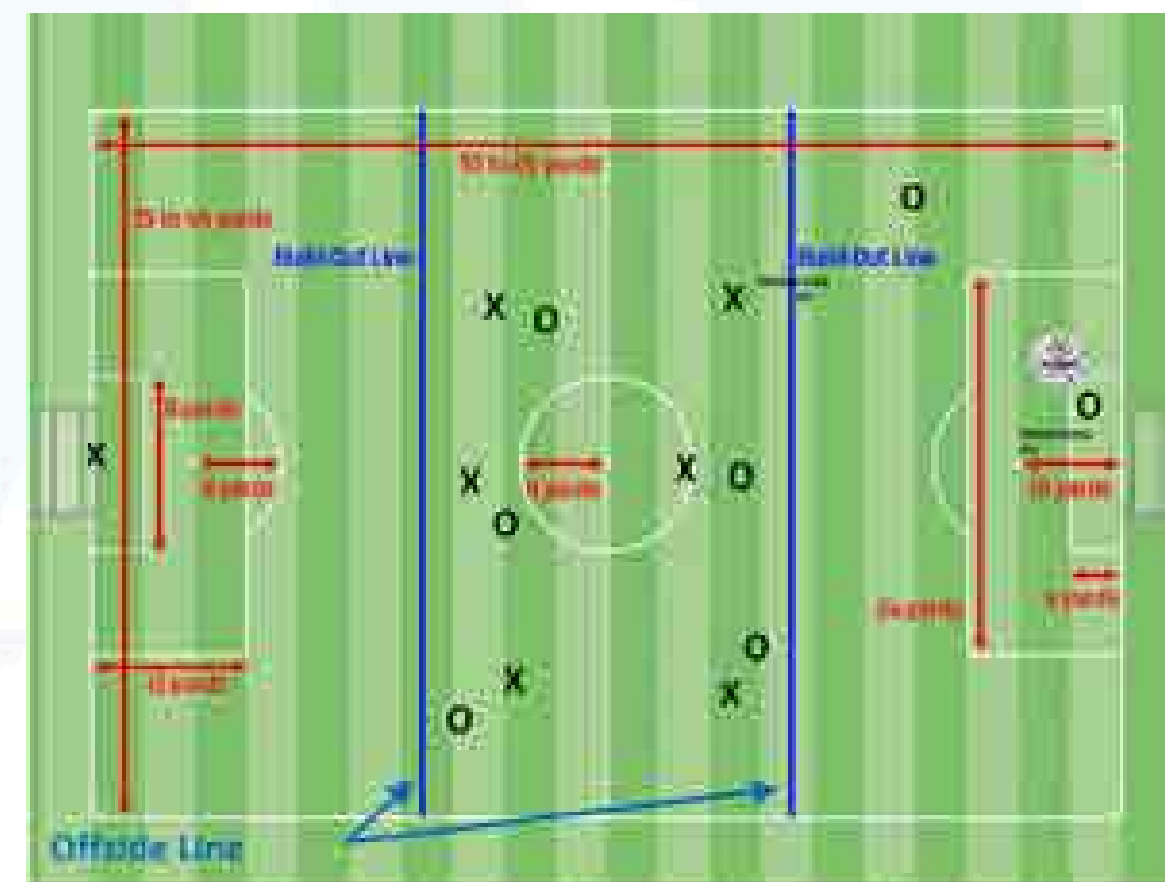
PLAYER BUILT



REGION 54 CORE PROGRAMS

BUILD OUT LINE

The purpose of the build out line is to teach players how to advance the ball out of the back by keeping the ball in possession, now becoming the attacking team. This will facilitate player development by allowing the attacking team the opportunity to receive and play the ball in a controlled method rather than the chaotic, more common method of punting the ball up the field and the ensuing scramble for possession (which is usually lost to the opposing team 80% of the time). In addition, players learn to control the ball, have less opportunity to head the ball, and reduce the dangerous play of high kicking because the ball remains on the ground.



BUILD OUT LINE & OFFSIDE

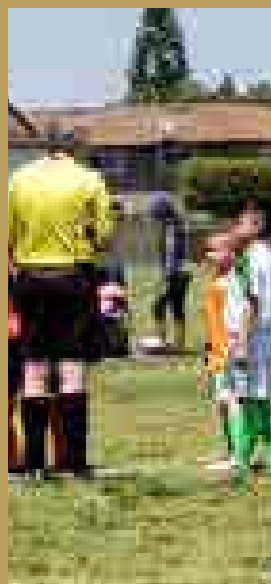
The build-out line shall be used as the line to determine offside. Players cannot be penalized for an offside offense between the halfway line and the build-out line.





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REGION 54 CORE PROGRAMS

Upper Divisions

Boys & Girls U10

- 7 v 7 / 10 players on a roster
- Score is kept/ goalkeepers / no slide tackle
- 50 minute game / 12 min quarters / half-time 2-3 min.
- 3 Certified Referees are required per team / team Referee points will be earned
- All players must play must play at least 1/2 the game
- Build-out line is used / No punting allowed / NO HEADERS
- All- Stars & Area Playoff Tournaments

Boys & Girls U12

- 9v9 / 12 players on a roster
- Score is kept / goalkeepers / no slide tackle
- 60 minute game / 15 min quarters / half-time 2-3 min
- 3 Certified Referee are required per team / team Referee points will be earned
- All players must play at least 1/2 the game
- No build-out line / Off-side rule implemented / Punting allowed/ NO HEADERS
- All-Star & Area Playoff Tournaments

Required Equipment

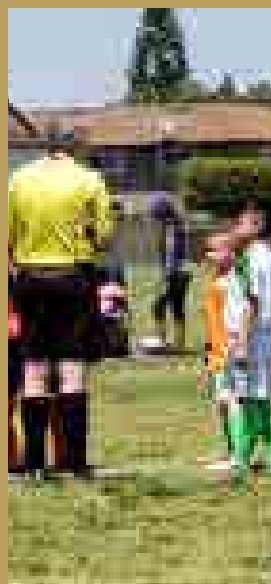
- Shin guards must be worn at all practices and games - NO EXCEPTIONS
- Cleats preferred
- Size 4 soccer ball
- No Jewlery (this includes practices as well) - medical purposes only





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REGION 54 CORE PROGRAMS

Upper Divisions

Boys & Girls U14

- 11 v 11, 15 players per roster
- U14 games will be played in Area Circuit
- Headers are allowed / substitution at quarters
- 3 Certified Referees Required for all teams

Boys & Girls U16

- 11v11, 18 players per roster
- U16 games will be played in Section Circuit
- Headers are allowed
- U16 Free substitutions
- 3 Certified Referees Required for all teams

Required Equipment

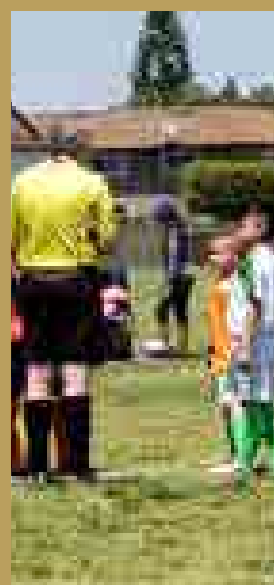
- Shin Guards are Required for all games and practices - NO EXCEPTIONS
- Cleats are recommended
- No earrings or jewelry
- Size 5 soccer ball





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PLAYER BUILT



TEAM GAME DUTIES

FIELD SET UP

First Game of the Day - will need to set up the field which includes goals, flags & touching up the field if needed.

Last Game of the Day - will need to break down the field which includes taking down nets, setting goals to the side, putting flags away and making sure all trash is picked up.

Artesia High School: If you are scheduled to play at Artesia equipment will need to be picked up from Cab Lane by the home team (first game of the day) and home team (last game) will need to bring equipment back to Cab Lane.

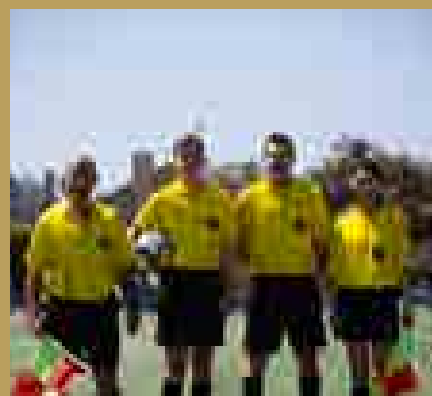
Please make sure you communicate to your families that we need to follow and guidelines at all practice & game locations. Please pick up your trash and make sure we use designated areas.





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DIVISION SPECIFICS

ZERO TOLERANCE

As a coach you are responsible for managing your team and parents during the game. You should make it clear to parents that they will be ejected from the field if their behavior is inappropriate.

Youth development is the central focus of the AYSO program. This includes development of youth whether they are soccer players or soccer referees. All AYSO guidelines and policies are directed toward providing a "Safe, Fair, and Fun" environment for all of us, including our children. As such, please remember that only "Positive, Instructive, and Encouraging" (P.I.E) comments are allowed to be directed at youth players and referees. The purpose of this policy is to make clear that verbal abuse or negative criticism of ANY player or referee is unacceptable and subject to immediate sanctions for improper conduct.

Too often many of us forget the reasons for being out on the field: encouraging and supporting our children, promoting fair play and good sportsmanship, teaching the kids how to have fun while competing and learning that there is more to winning and losing than just the final score.

