



AMERICAN YOUTH SOCCER ORGANIZATION



Huntington Beach, Ca

Region Handbook



Welcome!

Hello Region 55 Friends and Families,

Thank you for your time, commitment, and support in helping provide the best possible soccer experience for your child in Huntington Beach — and all children in our Region.

AYSO is 100% volunteer-run. The number of coaches and referees we have determines how many kids can play. Most volunteers are family members — many with no soccer experience — who simply want to help.

We're also proud of our growing number of youth players who give back by coaching and refereeing. Please treat them with the respect they deserve — they are a vital part of our community.

We know everyone's busy. Coaching often takes just 2–3 hours a week, and refereeing usually means 1–2 hours on Saturdays. Free training is provided. Not into coaching or refing? You can still help with our carnival, field setup, or painting lines. Every bit of help matters. If you want to get more involved, reach out to an existing Board Member about opportunities on our Regional Board.

Our Region is built on positive reinforcement and effort over results. This philosophy builds confidence, belonging, and a lifelong love of the game. Soccer knowledge is secondary — what matters most is creating a fun, supportive environment for the kids.

Your time and effort as a volunteer are critical to our success, incredibly valuable, and deeply appreciated.

Wishing you a fantastic season ahead!

Warm regards,

Jason McEwen

Commissioner, AYSO Region 55



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Contact Us

Board of Directors and Representatives:

Regional Commissioner	Jason McEwen	jason@ayso55.org
Asst. Reg. Commissioner	Jake Hudson	jake@ayso55.org
Registrar	Laura Powers	laura@ayso55.org
Child/Volunteer Protection Advocate	Jake Hudson	jake@ayso55.org
Coach Administrator	Justin Betance	justin@ayso55.org
Asst. Coach Administrator	Allissa Blystone	allissa@ayso55.org
Referee Administrator	Jose Meza	jose@ayso55.org
Secretary	Havah Felker	secretary@ayso55.org
Safety Director	Mark DiLauro	mark@ayso55.org
Scheduler	Pamela McEwan	schedules@ayso55.org
Treasurer	Erin Barrager	erin@ayso55.org
Team Parent Coordinator	Keri Scroggins	keri@ayso55.org
EXTRA Coordinator	Mary Ward	mary@ayso55.org
Uniforms	Laura Power	laura@ayso55.org
Fields Coordinator	Brian Meehan	refpoints@ayso55.org
Fields Coordinator	Paul Kirby	paul@ayso55.org
Social Media/Communications	Eva Lempert	eva@ayso55.org

Mailing Address: AYSO Region 55 P.O. Box 1852 Huntington Beach, CA 92647 www.ayso55.org	AYSO Area K: David Kuiper Area K Director EMAIL: director@ayso11k.org www.ayso11k.org	AYSO Section 11: Janice Lugo Section 11 Director www.aysosection11.org	AYSO National Support & Training Center: 19750 S. Vermont Ave. Ste. 200 Torrance, CA 90502 (800) USA-AYSO www.ayso.org
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Division Coordinators

Division Coordinators play a key role in helping each AYSO season run smoothly. They serve as the main point of contact for coaches and families within their specific age division. Their responsibilities include communicating important dates and updates, supporting coaches throughout the season, and helping to resolve any issues that may arise. Division Coordinators work closely with the Regional Commissioner and other board members to ensure players have a fun, fair, and positive soccer experience.

6U Girls	drew@ayso55.org
6U Boys	allissa@ayso55.org
8U Girls	keri@ayso55.org
8U Boys	erin@ayso55.org
10U Girls	mary@ayso55.org
10U Boys	tiffanie@ayso55.org
12U Girls	tobreah@ayso55.org
12U Boys	tobreah@ayso55.org
14U Girls	justin@ayso55.org
14U Boys	justin@ayso55.org
16U and 19U Boys/Girls	justin@ayso55.org
EXTRA Teams	mary@ayso55.org
Referee Points	refpoints@ayso55.org



About AYSO

The American Youth Soccer Organization is the oldest national youth soccer program in the United States and a nonprofit. Our mission is to develop and deliver quality youth soccer programs throughout the country which promote a fun, family environment built on the foundation of our Six Philosophies.

Beginning with only nine teams and a handful of soccer enthusiasts, AYSO was established in 1964 out of a garage in Torrance, California. The goal was, and still is, to ensure that kids have the opportunity to be introduced to the beautiful game of soccer. More than 50 years later, AYSO now has thriving programs for more than 400,000 kids and adults in nearly 900 communities all over the country. With over eight million AYSO alumni, we are a name that's synonymous with excellence and recognized nationwide.

AYSO's Six Philosophies are principles that separate AYSO from other sports organizations. These tenets were created to provide a positive, fair and fun soccer experience for all our players.

Everyone Plays® AYSO's goal is for kids and adults 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, providing a stronger learning experience for teams as they play teams of similar ability. It also allows for each player to experience playing with a wide variety of teammates of different skill levels.	Open Registration If you want to play soccer, AYSO welcomes you and gives all youth and adults the opportunity to register and play.
Positive Coaching A coach can be one of the most influential people in a player's life, so AYSO requires them to create a positive experience for every player in AYSO. Additionally, encouraging a player's effort leads to greater enjoyment, improved skills and stronger motivation in players.	Good Sportsmanship We strive to create a positive environment based on mutual respect rather than a win-at-all-costs attitude, and our programs are designed to instill good sportsmanship in every facet of AYSO.	Player Development All players should be able to develop their soccer skills and knowledge to the best of their abilities, both individually and as members of a team, to maximize their enjoyment of the game.



Region 55 Policies

Zero Tolerance Policy

AYSO referees, including **youth referees**, are unpaid volunteers working hard to ensure safe, fair play. Abusive or disrespectful behavior toward referees, players, coaches, or spectators will not be tolerated.

Negative comments about referee decisions set a poor example for our players and make it harder to retain the volunteers our program depends on. Any player, coach, or spectator who uses offensive language or gestures will be removed from the game. Repeat or severe behavior may result in being banned from future games.

Youth referees receive the same training as adults and often have extensive playing experience. They are instructed to pause the game if sideline behavior becomes inappropriate. **Abuse directed at youth referees will result in double disciplinary action.**

Please join us in creating a supportive, respectful, and positive environment for all players, volunteers, and families. Together, we can make every game a safe and enjoyable experience for our children.

Vendors and Action Photographers

During the season, you may encounter individuals or businesses offering products or services directly to teams. Please note: they do **not** have a right to be onsite. We play on **school district property**, not public land, and per Huntington Beach Municipal Code 9.02.040, "no person shall enter posted school grounds without first obtaining permission." AYSO Region 55 does **not** authorize or endorse unauthorized vendors and will not be responsible for any issues with their products or services.



Refund Policy

To request a refund, you must email Registrar@ayso55.org and include the following information:

- Parent's full name
- Player's full name
- Mailing address for the refund

Important Notes:

- The **\$25 AYSO National Player Fee is non-refundable.**
- Refunds requested **after teams begin practicing** may be reduced to cover incurred costs (e.g., uniforms, insurance).
- **Full refunds** will be issued to players on a waiting list who were not placed on a team.
- **No refunds will be granted after October 1st.**

Thank you for your understanding and support of AYSO Region 55.



Volunteers

Child/Volunteer Protection Advocate (CVPA)

Region 55 CVPA Contact:

Jake Hudson

Email: jake@ayso55.org

Attn: CVPA

P.O. Box 1852

Huntington Beach, CA 92647

The role of the **CVPA** is to oversee the child and volunteer protection program, including registering volunteers, performing Regional volunteer screening, and serving as a resource for the Region for good faith reporting of child abuse.

To provide a fun, fair, positive and safe family environment for youth soccer and to ensure AYSO volunteers receive the maximum protection under the Volunteer Protection Act of 1997:

What's Required of Volunteers? ALL volunteers must:

- Submit and eSign a volunteer application **yearly** (click [here](#) for instructions)
- Complete Safe Haven®, SafeSport, and role specific training
- Complete Concussion and Sudden Cardiac Arrest Awareness training
- Successfully complete background check and fingerprinting screening
- Abide by AYSO's philosophies and policies

Safe Haven® Training

We take safety seriously. AYSO's **Safe Haven®** program was the first of its kind in youth sports, designed to protect both players and the volunteers who serve them—especially in soccer. The program promotes awareness, prevents abuse, enforces policies, and provides legal protections for trained and certified volunteers.

For instructions on how to complete Safe Haven training, click [here](#) or contact your division coordinator for help.

- Use same email as player registration to access AYSOU
- New volunteers must first complete the online volunteer application.
- If Safe Haven has been completed in the past, there is no need to re-take the course.



! IMPORTANT:

- **All team volunteers must complete Safe Haven® and submit their volunteer forms before interacting with players.**
- **Teams with non-compliant volunteers will not receive uniforms.**

If you have any questions, please contact your [Division Coordinator](#).

Background Check and Fingerprinting (required)

All AYSO volunteers must complete a background check and be fingerprinted.

Background checks are handled by Sterling Volunteers, an outside agency. After submitting your volunteer application at www.ayso55.org, you'll receive an email from Sterling Volunteers with instructions to complete the process. These emails can land in spam/junk folders, so please check there if you don't see it.

There is **no cost to you**—Region 55 covers the fee. However, since this is a real expense, please only complete the background check if you plan to actively volunteer.

Fingerprinting is now required by the State for all youth sports volunteers. Like the background check, fingerprinting is covered by the Region. Please note that fingerprints must be submitted for each organization you volunteer with (e.g., AYSO, schools, Little League), as they are not shared across agencies.

For instructions on how to complete the background check, [click here](#) or contact your division coordinator.

CDC Concussion Awareness Training (required)

AYSO has partnered with the CDC to provide “Heads Up” Concussion Training to help keep our players safe. All coaches, referees, and board members must complete this training online.

For instructions on how to complete Concussion Awareness Training, [click here](#). If you've completed the training in a previous year, there's no need to retake it.

Sudden Cardiac Arrest Training (required)

All coach and referee volunteers must complete training on recognizing warning signs and emergency response for sudden cardiac arrest.



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For instructions on how to access Sudden Cardiac Arrest Training, [click here](#).

If you've already completed this training in a previous year, you do not need to retake it.

SafeSport Training (required)

The Safe Sport Act mandates training for all youth sports volunteers on recognizing and reporting suspected abuse, neglect, or exploitation.

All coaches, referees, and board members who regularly interact with youth must complete Safe Sport training through the U.S. Center for Safe Sport.

For instructions on how to complete SafeSport Training, [click here](#). An annual refresher is also required after the initial training.





Safety

Safety Director:

Mark DiLauro
mark@ayso55.org

The **Safety Director** plays a critical role in ensuring the safety and well-being of all participants—players, volunteers, and spectators—within the region.

SAFETY IS EVERYONE'S JOB!

Before Games or Practices

Coaches and Referees must:

- Inspect the field for hazards
- Check that players are wearing:
 - No jewelry or metal accessories
 - No baseball/softball shoes with toe cleats
 - Shin guards covered by socks
 - No casts or splints
- Confirm a first aid kit is in the field bin
- Carry medical release forms at all times

All players must wear the 5 S's: Shirt, Shorts, Shoes, Socks, Shin guards

During Games or Practices

Coaches and Referees should:

- Ensure players continue wearing proper equipment
- Monitor behavior on the field and sidelines

After Games or Practices

Coaches and Referees must:

- Report any accidents to the Safety Director (phone or email)
- Request first aid supply refills as needed
- Report unsafe fields or equipment to the Division Coordinator or Fields Director
- Have players clean the sidelines
- Remain until all players are picked up
- Never be alone with a child who is not your own



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Emergency Safety Procedures

- Administer first aid and call 911 if needed
- Notify parents ASAP if not present
- Contact the Region Safety Officer within 24 hours

Communicable Disease Safety

- Risk is low, but precautions must be taken:
 - Wear latex gloves when handling bodily fluids
 - Wash hands after removing gloves
 - Stop bleeding, cover wounds, and change bloody clothing before a player returns to play

Accident/Injury Reporting

Any accident or injury must be reported within 24 hours to the Safety Director and include:

- Date, time, and location
- Player's name and contact info
- Injury details and cause
- First aid administered
- Witness contact info

Insurance Coverage

Soccer Accident Insurance (S.A.I.), underwritten by the Peoples Benefits Life Insurance Company, covers medical costs up to \$50,000 for injuries during AYSO activities. This is a **Full Excess Policy**, meaning other insurance must be used first.

For more detailed information regarding S.A.I. and downloading a Soccer Accident Insurance Claim form, [click here](#).

Who and What is Covered?

Covered Individuals:

- Registered players, coaches, referees, and volunteers

Covered Activities:

- AYSO games, practices, tournaments, and events under official supervision
- Team travel directly to/from activities with a licensed adult driver

For specific coverage questions, email: marksafety@ayso55.org



Uniforms

Uniform Distribution

Uniforms are ordered in preset size kits and are loose-fitting. You should be able to outfit your entire team with the provided set. **If you have sizing issues, contact laura@ayso55.org.**

To distribute uniforms:

- Line players up from smallest to tallest.
- Start with the largest player, assigning the largest jersey and work down in size (it won't be a perfect fit).
- Players may not choose their jersey number unless it matches their assigned size. If you allow this, prepare for chaos!

Note: There is no #1 jersey, as AYSO promotes team play over individual recognition.

The uniform color issued to your team is FINAL. Do not request or arrange trades with other teams.

Uniform Add-Ons

No alterations are allowed. This includes:

- Player names
- Sponsor names
- Additional designs or graphics

Socks & Shorts

All players must wear the full, matching uniform as issued—no swapping of socks or shorts. The only exception is in October, when **pink socks** are allowed in honor of Breast Cancer Awareness Month.

Soccer Shoes (Cleats)

Soccer-specific cleats are preferred, tennis shoes are allowed. No toe cleats (commonly found on baseball, football, or softball shoes) are allowed. If a player is in financial need, contact the Commissioner for assistance.



Shin Guards

- Mandatory for every practice and game.
- Must be fully covered by socks (worn over the guards and not folded under).
- Referees will check before each game.

Jewelry Policy

No jewelry of any kind is allowed during practices or games, including earrings, necklaces, and ID bracelets.

- Taping over earrings is not permitted—they must be removed.
- Only exceptions: medical ID bracelets and flat barrettes.

Casts and Splints

No casts or splints—hard or soft—are allowed in any practice or game. Neoprene supports and padded braces are permitted only if all metal parts are fully covered.

Hair Bows

Hair bows must be soft with no hard components (e.g., bobby pins, clips, or barrettes). Do not add names to bows.





Family Carnival and Picture Day

Team Picture Day – Lark View

Thanks to the Ocean View School District, we'll be using **Lark View** for the Family Carnival & Team Pictures Day. Division Coordinators will distribute photo schedules, info packets, and exact location details.

Each player receives a photo package with registration, which typically includes:

- Team photo
- Individual photo
- (1) photo button

Additional packages may be purchased through the vendor's website. Details to be provided on/after Picture Day.

Note: Package contents may vary slightly from year to year, depending on the vendor.

To prepare for Picture Day:

- Complete your photo form online or bring the filled-out form with you
- Arrive 20 minutes early, **all players must be present at check in.**
- Bring your team banner
- Players may bring a ball for their individual photo (optional)

Make-Up Picture Day

Details will be posted at www.ayso55.org and shared with coaches and team parents.

Family Carnival

Carnival Day will take place alongside Picture Day.

Each team must provide one volunteer for a 1-2 hour shift. Sign-up links will be sent to team volunteers ahead of the event.



Fields

Field Rules and Reminders

Ocean View School District strictly prohibits:

- Tobacco or alcohol use
- Pets (including dogs), please leave your pets at home!
- Bicycles, skateboards, roller blades, etc.

Game Fields

Fall season game field locations and maps are available [here](#).

Approved Practice Fields

Teams may only practice at the following locations:

- Westmont
- Lark View (6U & 8U games)
- Spring View (10U games)
- College View
- Glen View (12U games)
- Sun View (14U+ games)

Important: No practice is allowed on **Back to School Nights** or other dates identified by OVSD. Coaches will be notified if a field is closed—please comply to protect field use.

Parking

- **Park at your own risk**—AYSO and OVSD are not responsible for damages or loss.
- **Do NOT** park on fields, perimeters, driveways, or fire lanes.
- Park on the **school side of the street first** to avoid disturbing neighbors.
- Report issues to: jason@ayso55.org

Note: Field access can be revoked due to neighbor complaints.



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Restrooms

- Portable restrooms will be available at game fields on **Saturdays only**.
- **Do NOT** attempt to use school restrooms—even if open. This may jeopardize our field permits.
- Use the restroom at home before and after practices.
- Report any issues to: jason@ayso55.org

First Aid

Each field bin includes a First Aid Kit and emergency contact list. Report injuries requiring medical attention within 24 hours to safety@ayso55.org

Weather and Field Status

- Rain alone does not cancel games—unsafe field conditions do.
- Check www.matchtrak.com for updates (posted by 7:00 AM on game days).
- Referees may cancel games on-site if conditions worsen.
- Lightning Protocol: Suspend play for 30 minutes after the last strike is observed.

Rescheduling info will be communicated by Division Coordinators.



Referees

Referee Administrator:

Jose Meza

jose@ayso55.org

The **Referee Admin** is intended to implement, monitor, and maintain the AYSO National Referee Program including program delivery, staff development, communication, and coordination at the regional level.

Program Overview

Does Every Team Need a Referee? Yes. AYSO depends entirely on volunteers, including coaches and referees. Trained, certified referees are essential to ensure games are safe and fair. Due to a shortage of referees and the growing number of teams, Region 55 has implemented a referee point system to ensure adequate coverage. Every team must support this by providing at least one volunteer referee. No referee = no play.

This system isn't meant to punish, but to ensure three certified referees are present at every game. It is unfair to expect a few individuals—some without children in the program—to shoulder the entire responsibility.

If you're interested in helping but unsure about refereeing, consider becoming an Assistant Referee. Two-thirds of our referee positions are ARs. Training and mentorship are provided. See training schedules at www.ayso55.org.

[Click here for helpful Referee resources.](#)

Team Referee Requirements

- **6U & 8U:** Each team must provide at least 2 referee volunteers. The home team provides the referee. Use parents as ARs unless certified referees are available (8U).
- **10U – 19U:** Each team must provide at least 3 referee volunteers. **DO NOT referee your own child's game.** It's best to ref before or after your child's game.



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Scheduling

Referees schedule games online via the Region 55 website under the "Referee" tab. Follow the "Referee Scheduler How-to-Guide."

Referee Points

Referee points are required for teams in 10U through 14U to qualify for playoffs. Points are awarded only for certified referees in uniform officiating Region 55 home games. Parent "line runners" during their child's game do not earn points.

Division	Referee Points	AR Points	Weeks 7/9 Min. Pts.
10U-14U Rec & Extra	6	2	32/42

Additional incentives may be available. Contact jose@ayso55.org for more details.

Important Notes

- Only certified Regional referees may officiate 10U+ games
- Limit sign ups in Matchtrak to 1 game per week until Friday AM.

Referee Training

Find class dates at www.ayso55.org (Referee > Training). Referees must complete all the **volunteer specific certifications** and then **complete the online Basic (Regional) module before the companion in-person course.**

Substitution Policy

3/4 Play Rule (6U-14U)

All players must play 3/4 of each game, unless injured or late. Referees track participation on lineup cards. Violations must be reported and may result in disciplinary action.

Substitution Timing (6U-14U)

- Midway through each half
- Halftime
- Injury
- Start of OT



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Sub breaks are not coaching sessions. Coaches must have subs ready. Delays may result in cautions.

Injury Substitutions

Coaches may sub an injured player and keep them out until the next quarter, or play short to allow reentry. All subs must check in with the referee.

14U-19U Substitutions

Free substitutions allowed at any stoppage with referee permission.

Goalkeeper Changes

Permitted at stoppage with referee notice. In 6U-12U, only on-field players may switch with the goalkeeper.

Slide Tackle Policy

Slide tackles are **banned** for all **12U CORE and under divisions**. *This does not apply to EXTRA teams.* Slide tackles that violate **Law 12** (e.g., careless, reckless, or excessive force) will still be penalized per the Laws of the Game.

For **Region 55 playoff matches**, legal (non-Law 12) slide tackles will result in the following:

- No contact with another player:
 - **Indirect Free Kick (IFK)** awarded to the opposing team at the spot where the slide began.
 - If inside the opposing penalty area, the IFK will be taken from the edge of the area closest to the slide.
- Contact with another player:
 - **Direct Free Kick (DFK)** awarded if contact occurred outside the defender's penalty area.
 - **Penalty Kick (PK)** awarded if contact occurred inside the defender's penalty area.

No cautions or send-offs will be issued for persistent infringement or denying a goal-scoring opportunity based solely on the slide tackle.

Player ID Cards (14U-19U)

All players/coaches must have signed (by Region Commissioner), laminated AYSO ID cards. No card = No play. Coaches without ID cards cannot coach. A team without a credentialed coach cannot play.



Line up Cards & Referee Responsibilities

While enforcing the Laws of the Game is our top priority, properly completing lineup cards is also critical. These cards are the official game record and necessary for referee point tracking.

Before the Game

- The **coach** provides a completed lineup card at check-in, listing all players **numerically by jersey number, last name first, and first name last**.
- Ensure **coach and assistant coach names** are listed and match AYSO ID cards.
- All rostered players must be listed, even if absent or injured (note reason).
- Mark **team captains** with a "C."

During the Game

- Track play time by marking an **"X" in the QTRS Not Played** column.
 - Region 55's 3/4 play rule (6U–14U) allows only one quarter not played per child unless excused.
- For **14U–19U**, free substitution applies, so no playtime tracking is required.
- Note **goals scored** in the appropriate column for each half.

After the Game

Complete the **back of the card**:

- Game date, time, field number, halftime/final score.
- The winning team clearly indicated.
- Print your full name and note the team/division you are earning ref points for.
- Assistant referees should also print names.

Incidents & Misconduct

Use the **incident report section** to briefly record:

- Cautions (YCs), send-offs (RCs)
- Coach/spectator issues
- Injuries

Report serious incidents to jose@ayso55.org and file a formal **Match Report** if needed.



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Card Submission

Place completed lineup cards in the **Game Cards mailbox folder** at your field.
Division Coordinators collect them at the end of the game day.

Accurate and complete lineup cards ensure fairness, track performance, and help teams earn credit.

Example Game Card:

PLEASE PRINT LEGIBLY. Be sure to use numbers and not just team names.

Fill out the back of the game card **clearly and completely** with the following:

- Date, time, and field name/number
- Weather/field conditions
- Home and visiting team numbers and colors
- Halftime and final scores, and which team was winning at halftime and at the end
- Winning team number
- Any misconduct (yellow/red cards)

Also include:

- Your full name
- The team number and division you are refereeing for (to ensure credit)
- Names of both Assistant Referees (so they also get credit)

Incomplete cards may result in no referee points being awarded.

COACH FILLS OUT

numerical order

Cross out missing players & write reason

REFeree FILLS OUT GOALS SCORED & QUARTERS PLAYED.

Refs - we must know who scored the goals so please fill it in

Refs - show who sat out and what quarter. Also, who played goalkeeper.

OFFICIAL LINEUP CARD

REGION 55 AGE GROUP U8G TEAM # 2 DATE 9/8/07

TEAM NAME Pink Ponies OPPOSING TEAM U8G-4

COACH'S NAME Doherty, Deb ASST. COACH'S NAME Hamm, Mia

All team players must be listed in order by jersey #. If absent, indicate reason.

No.	PRINT PLAYERS NAME	Goals Scored	"Qtrs." Not Played			
			1	2	3	4
2	Wilkinson, Sarah					
3	Braden, Ceara					
4	Gehris, Kelly					
5	Cashman, Maddie					
6	Eseobar, Jessica					
7	Gehris, Brooke					
8	Vanasse, Cara					
9	Young, Missy					

Age Group

Age Group	Each Half, not to exceed	Duration of the Game, not to exceed	Ball Size
U-19	45 Minutes	90 Minutes	
U-16	40 Minutes	80 Minutes	Size 5
U-14	35 Minutes	70 Minutes	
U-12	30 Minutes	60 Minutes	Size 4
U-10	25 Minutes	50 Minutes	
U-8	20 Minutes	40 Minutes	Size 3
U-6	20 Minutes (10 min recommended)	40 Minutes (20 min recommended)	

Disciplinary action taken: Cautions for USB player #4 team 6

Additional comments:

Referee's Signature: G. Mulcahy Team 1 U12G

Assistant Referee's Signature: R. Sedivy Team 3 U14B

Assistant Referee's Signature: T. Klier Team 9 U10B

REFEREES!
PRINT your name, team number and division



Coaches

Coach Administrators:

Justin Betance justin@ayso55.org
Allissa Blystone allissa@ayso55.org

Coach Administrators oversee the coaching program by recruiting, training, and supporting volunteer coaches to ensure a safe, positive, and age-appropriate soccer experience for all players.

Zero Tolerance Policy

Coaches who mistreat referees or allow spectators to do so will face sanctions or removal. If you need help addressing a parent issue, please contact the Coach Administrators.

Coach Requirements

All coaches must complete division-specific training plus Safe Sport (annually), Safe Haven, CDC Concussion, and Sudden Cardiac Arrest courses. Once completed, most courses do not need to be repeated.

Division	Coach/Asst. Coach	All Star Coach	EXTRA Coach
6U	6U	N/A	N/A
8U	8U	N/A	N/A
10U	10U	12U*	12U*
12U	12U	Intermediate*	Intermediate*
14U	Intermediate	Advanced*	Advanced*
16U	Advanced	N/A	Advanced
19U	Advanced	N/A	N/A

* Higher-level certification is preferred and increases coach selection chances, but may be waived by Coach Admins or the Regional Commissioner.



AMERICAN YOUTH SOCCER ORGANIZATION

Lighted Field Schedule - College View

College View is our only lighted field and is reserved for 10U and up. To practice there after dark, you must be assigned a scheduled time slot.

Several weeks before the fall time change, coaches will receive an email from their Division Coordinator. Reply with your top two preferred days and one practice time (max 1 hour for Core teams through 12U; 1.5 hours for EXTRA and 14U+). Include your last name and team division/gender.

Email requests to: schedules@ayso55.org

Space is limited, and the schedule will be strictly enforced.

Practices

Practice areas should be small and focused on short-sided games with minimal cones, few lines, and constant player movement. Kids learn best through active play—aim for 90% of practice time with players moving, not standing.

Field space is limited and must be shared. In August, we will monitor field usage and may ask teams to reduce oversized setups. Reuse the same area for multiple activities instead of spreading out. Need help planning an efficient session? Let us know!

Recommended Field Sizes

6U: 10x20	12U: 25x40
8U: 15x25	14U: 30x50
10U: 20x30	16U: 35x60



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Training Session Guidelines

Division	Recommended Time	Max Time	Max/Wk (Aug)	Max/Wk (after 1st game)
6U	30-50 min	60 min	2 (1 preferred)	2
8U	40-50 min	60 min	2	2
10U	50-60 min	70 min	2	2
12U	60-70 min	75 min	3	2
14U	70-80 min	90 min	3	2

Player ID Cards (14U, 16U, 19U)

Players and coaches in 14U+ divisions must have a signed, laminated AYSO ID card.

No Card = No Play. No Exceptions.

Players without cards must sit out. Teams without a credentialed coach cannot play. Coordinators will provide cards to coaches, who must attach each player's photo.

Example Game Card

Please print legibly. Use the "Line Up Generator" function on your Team Page on www.ayso55.org to print your cards.

[Click here](#) for detailed instructions on how to generate a line up card.

COACH FILLS OUT

numerical order

Cross out missing players & write reason

REFEREE FILLS OUT GOALS SCORED & QUARTERS PLAYED.

Ref's - we must know who scored the goals so please fill it in

Ref's - show who sat out and what quarter. Also, who played goalkeeper.

OFFICIAL LINEUP CARD

REGION 55 AGE GROUP U8G TEAM # 2 DATE 9/8/07

TEAM NAME Pink Ponies OPPOSING TEAM U8G-4

COACH'S NAME Doherty, Deb ASST. COACH'S NAME Hamm, Mia

All team players must be listed in order by jersey #. If absent, indicate reason.

No.	PRINT PLAYERS NAME	Goals Scored	Qtrs. Not Played
			1 2 3 4
2	Wilkinson, Sarah		
3	Brader, Ceana		
4	Gehris, Kelly		
5	Cashman, Maddie		sick
6	Escobar, Jessica		
7	Gehris, Brooke		
8	Vanasse, Lara	G	G G G G
9	Young, Missy		



Division Information

Division	Each Half	Game Duration	Ball Size
6U	15 min	30 min	3
8U	20 min	40 min	3
10U	25 min	50 min	4
12U	30 min	60 min	4
14U	35 min	70 min	5
16U	40 min	80 min	5
19U	45 min	90 min	5

Substitution Policy - 3/4 Play Rule

(applies to 6U, 8U, 10U, 12U, and 14U)

In Region 55, all players (unless injured or suspended) must play **at least 3/4 of each game**, if roster size allows. Players arriving after the start of the game may play up to **1/2 of the remaining game time**.

If roster size prevents all players from playing 3/4 of the game, **no player may play 4 quarters unless all others have played 3**. Coaches must rotate who sits out so the same players aren't missing extended play time each week.

Referees will track substitutions. If a violation occurs, the referee will ask the coach to correct it. If ignored, the matter will be reported and reviewed by the Discipline Review Committee. Repeated or intentional violations may result in **disciplinary action, suspension, or game forfeiture**.

16U and 19U divisions follow **AYSO National Rules**, which allow **open substitutions**.



Game Point System - 10U & 12U

Region 55 uses the following point system to determine standings and playoff eligibility:

- 7 points for a win
- 3 points for a tie
- 1 point per goal (max 3)
- No points for a shutout
- Max 10 points per game

Deductions:

- -1 point per goal over a 5-goal differential
- -3 points for red cards or coach/spectator ejections

*Example: Winning 3-1 earns the full 10 points. Winning 6-0 results in deductions for goal differential. **No extra points are awarded beyond 3 goals scored.***

Run-up scores will not be tolerated. Keep goal differential within 5 goals. Start pulling your team back once ahead by 2 goals. For help managing this, contact the Coach Administrators.

- **6U & 8U** do not keep official scores, but lopsided results will be noted and addressed.
- **14U, 16U, 19U** teams playing in Area/Section circuits follow those point systems. Check respective websites for details.

Player Evaluations (8U and up)

Evaluations help us build balanced teams. Coaches must submit ratings for all players by the **Tuesday after Week 6**. Teams that don't submit evaluations will not receive medals/trophies, and those players must attend a separate spring session to be placed next season.

Division	Rating Scale
8U	Ratings from a low of 1 to a high of 8.
10U	Ratings from a low of 1 to a high of 10.
12U	Ratings from a low of 1 to a high of 12.
14U	Ratings from a low of 1 to a high of 14.



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Base ratings on: Tactical, Technical, Defending, and Attacking skills.
Multiple players may receive the same score.

Example:

Player Last Name	Player First Name	Score	Coach Last Name	Team Number	Division
Smith	Joe	7	McEwen	1	12UB
Williams	Ray	8	McEwen	1	12UB
Miller	Frank	6	McEwen	1	12UB
Clayton	Sam	2	McEwen	1	12UB

Balanced teams create a better experience for all—thank you for helping make that happen!

Rating Criteria Explanations

Tactical:

Understands the game flow, communicates well, takes charge on the field, and supports both attack and defense. Plays effectively on and off the ball, maintaining team shape and creating options with smart runs.

Technical:

Excels in dribbling with good touch, shielding, feints, and changes of speed. Passes accurately with proper timing and pace. Controls the ball well using all surfaces, maintains balance, and prepares smoothly for the next move.

Defending:

Maintains strong control and balance, marks opponents well, stays goal-side and ball-side, prevents attackers from turning, and shows strong tackling skills.

Attacking:

Keeps possession under pressure, creates space, beats defenders, takes direct routes to goal, times shots well, and shows good decision-making and anticipation when shooting.

**Goalkeeper (if applicable):**

Always ready and adjusts position with the ball's angle, reads plays well, communicates clearly, has strong physical and technical skills, commands the area, initiates attacks, and consistently makes saves.

Referee Points & Playoff Eligibility

Each team must provide volunteer referees as detailed in the [Referee section](#) of this handbook.

For 10U and older teams, referees officiating 10U–19U games earn points for their team. Refer to the “Referee” section for specific point requirements.

Coaches, team parents, and managers are responsible for tracking referee points throughout the season. The Referee Points Administrator will regularly send updated reports to help monitor progress.

Teams that do not meet the required referee points risk being declared ineligible for postseason play, including Region playoffs, Area and Section Championships, and Western States Games.

All-Star Selection Process**Player Selection**

Starting at 10U, All Star teams are formed by division and gender to represent Region 55 in the Area All Star Tournament. Winners may advance to Section and Western States tournaments (typically held in March).

Late in the season, coaches will be asked to nominate a set number of players for tryouts. This number varies by division. Coaches may nominate fewer players if needed, but should include standout players regardless of team record. Being nominated is an honor and all nominated players should have the chance to try out.

If a coach wishes to nominate more players than allowed, they must first request approval from the Coach Administrators—no extra nominations should be discussed with families unless approved. To maintain the quality of tryouts, the number of attendees must be limited.



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Coach Selection

Interested All Star coach candidates should email Coach Administrators when nominations open. Include a brief statement of interest and qualifications.

Selections are made by Coach Administrators, the Regional Commissioner, and Referee Administrator. All Star coaches are not chosen based on win/loss records.

Criteria include:

- Alignment with AYSO's 6 philosophies
- Coaching certifications and experience
- Positive conduct with referees and other coaches
- Focus on player development over winning
- Regional involvement history





Team Manager/Team Parent

Team Manager Coordinator:

Keri Scroggins
keri@ayso55.org

The Team Manager Coordinator

supports team managers in their role as the coach's assistant, communicator, and organizer for each team.

Team Manager/Parent Overview

The Team Manager plays a key role in team success by supporting the coach and helping with communication between coaches, players, and parents. This allows the coach to focus on training and ensures the team runs smoothly.

Being Team Manager should be fun, not overwhelming! Stay positive and delegate—many parents are happy to help if asked. Like the players, parent teamwork makes for a better season.

Thank you for helping create a great experience for everyone. If questions come up during the season, please reach out!

Social Media

Stay connected and share the fun by following Region 55 on social media! Tag us @aysoregion55 in your team photos and videos—we love seeing our players in action and may feature your posts on our pages. If you're not on social media, no problem! You can email your pictures or clips to info@ayso55.org.

Team Parent Duties - Before Season Starts

- Attend the Team Parent Meeting
- Email team name to keri@ayso55.org (include division & team # in subject)
- Set up roster and contact info
- Create snack schedule (if needed)
- Set up team website (Shutterfly or Sports Connect)
- Coordinate team banner, hair bows, etc.
- Help with uniform pickup and distribution to team
- Ensure volunteers complete required registration/training



AMERICAN YOUTH SOCCER ORGANIZATION

Meet with Your Coach

Talk with your coach early to understand their expectations and how you can support the team. Discuss volunteer roles, team parties, and communication so you're aligned. A good partnership helps the team run smoothly.

Tips from Experienced Team Managers:

- *Label handouts with player names (before you distribute) so you know who missed them.*
- *Give info directly to parents—kids often lose it.*
- *Mark balls and bottles with last name/phone number to return lost items.*
- *Always have the roster, game schedule, extra snacks, first aid kit, key AYSO dates, and a cell phone on hand.*
- *You may want to have a ziplock bag of ice (or ice packs) available for minor injuries during practices and/or games.*

Team Money

You may collect a flat fee to cover team expenses, but keep everyone informed. Be mindful of different family budgets—aim for inclusive planning.

Roster & Team Information

Include player and parent names and phone numbers. Add addresses or birthdays only with permission. Print on your team's color for easy ID. Direct parents to ayso55.org for answers and updates.

Volunteer Support

Each team needs a coach, assistant coach, team parent, and referees—each must register, complete training, and clear a background check. Work with your division coordinator to ensure all volunteers complete requirements. **Uniforms won't be released until all team volunteers are cleared.**

Snack Schedule

Each family should provide snacks at least once. Assign alphabetically and allow swaps. Ask about food allergies and whether to include siblings. Bring water for referees and a Ziploc of ice for minor injuries.

Snack duty = snack + ref water + trash bag.

Be proactive about trash—remind families to clean up!



Team Communications

Find a communication platform that works best for your team: group chat, Band, WhatsApp, GroupMe, etc. to share photos, reminders, and events.

Banners & Flags (optional)

Banners displaying team names are brought to games and to the Family Carnival & Picture Day. Assign a “Banner Parent” to design, purchase, or make it and transport it.

Soccer Hair Bows (optional)

- Supplies: Ponytail holders (no metal) + ribbon/fabric in team colors.
- Cut into 12"–18" strips and tie around the holder, alternating styles and textures.
- One yard of each ribbon type per player is usually enough.

Team Parent Duties - During the Season

- Plan team events/parties
- Assist with team photos
- Track referee points weekly (10U and up)

Team Parties

Team parties are optional but a fun way to build team spirit. Most teams have 2–3 parties during the season—pizza nights, BBQs, or park potlucks are great options.

Early-season parties help families connect, while end-of-season parties are a great way to celebrate. Plan for 1–1.5 hours, as most pizza places budget that time per party.

Tips:

- Call in your order before leaving practice/game so pizza is ready.
- For younger teams, parks are a great option—bring blankets, toys, and snacks.

Team Pictures

Picture Day forms will be provided—make sure each player brings theirs completed. Assign a Picture Day Volunteer to help gather the team. Don't forget to bring your banner or team flags for the photo!



Monitor Referee Points (10U and up only)

Volunteer referees are required for teams 10U and older. Teams must earn a set number of referee points to qualify for post-season play.

A weekly points report will be emailed to coaches, referees, and team parents starting early in the season. Team Parents should monitor this report and coordinate with the coach and referees to make sure your team stays on track.

Teams that do not meet the referee points requirement may be ineligible for playoffs, even if they qualify based on wins. Don't let that happen—stay proactive!

[See the “Referee” section of this handbook for details.](#)

Team Parent Duties - End of Season

- Organize final team party
- Purchase coach gifts and be sure to thank referees too!
- Pick up and distribute trophies/medals

Plan Team Party

The end-of-season party is a fun way to celebrate and distribute trophies, medals, and yearbooks. Check with your coach to choose a date and location—popular options include pizza parlors, park picnics, or potlucks.

Coordinate Coach & Referee Gifts

Team Parents usually organize small thank-you gifts for coaches and referees. This is typically done by collecting donations from families (excluding the coach's family).

Ideas include gift cards, coaching supplies, or a photo album with notes from players. Be sure to plan for assistant coaches and referees too. If you collected team funds at the start of the season, you may already have money set aside.

Banner Distribution

At season's end, banners can be raffled or cut apart so each player takes home a personalized piece. Some designs make this easy—e.g., each player's name on a shape or icon (like a butterfly, star, etc.).



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Trophies & Medals

All players receive a trophy or medal (depending on division). Team Parents are typically responsible for picking these up—look for info in your team mailbox in October, named “Trophy and Medals.” Use the email to confirm the spelling of player names.

⚠️ Reminder: Teams in 8U and up will not receive trophies/medals unless player evaluations are submitted. [See the Coach section for details.](#)

Team Parent Duties - Post Season/All Stars (10U+ only)

- Help with roster, team photos, parties, and coach/volunteer gifts

Fall Champions (10U & Up)

First-place teams in 10U and older divisions advance to compete against other Regions in December.

All Stars (10U–14U)

Coaches nominate players for All Star tryouts, with final selections made by a panel. Games are usually held in January/February. No extra cost unless the team enters additional tournaments beyond Area/Section play.

Spring Soccer (8U & Up)

Spring Select and Rec teams are coach-driven. Coaches build their own teams; unassigned players can register online and will be placed as space allows. Visit ayso55.org in late January for details.

Soccer Camps

Region 55 offers 2–3 camps annually, typically in summer. Visit ayso55.org for dates and registration.