



AYSO Region 143 Coach Handbook



Spring 2024

Thank you for volunteering to be a Coach or Assistant Coach for your child's team! You are an important part of your child's soccer experience and will set the tone for your entire team.

WHO IS AYSO?

The American Youth Soccer Organization (AYSO) was founded in 1964. The home office is often referred to as "National". The organization is segregated by Sections, then Areas, then Regions.

- We are in SECTION 11 (San Diego, Orange County, and part of LA & IE)
- We are in AREA K (Huntington Beach, Westminster, Fountain Valley, Orange, and Santa Ana)
- We are REGION 143 (Huntington Beach, Westminster, Sunset Beach, Seal Beach)
- Our players are separated into Divisions based on BIRTH YEAR (Playground/Schoolyard, 6U Boys/Girls, 7U Boys/Girls, 8U Boys/Girls, 10U Boys/Girls, 12U Boys/Girls, 14U Boys/Girls, 16U Boys/Girls)

VOLUNTEER REQUIREMENTS

All volunteers (every role) must complete the following:

- Register as a volunteer/background check
- Fingerprinting/Live Scan
- SafeHaven (AYSOU)
- CDC Concussion Awareness (AYSOU)
- Sudden Cardiac Arrest (AYSOU)
- SafeSport* (SafeSport website - use link provided)

Additional role-specific certifications:

- COACHES - must have certification for the division they are coaching including the in-person training component
- REFEREES – must have Regional Referee certification with in-person training component

ROSTER ASSIGNMENTS

The Spring '24 season officially starts 3/2. To receive your team roster, you as a coach must be fully cleared (all requirements have been met and Coach training completed).

- Coaches/Assistant Coaches may request to be paired together.
- In spring, we try to honor some player requests while still building teams that promote a fair, safe, and fun season.
- When you are cleared and your team roster is released, you will receive an email with players' names and parent/guardian contact information. Please reach out to each parent/guardian to confirm participation in the season and introduce yourself as the coach. Communicate any issues with your division coordinator (unable to contact, player drops, etc.) immediately.
- If you are assigned a Team Manager, check in with that volunteer to review how they can best help you and the team. Let your Team Manager coordinate most administrative tasks to allow you to focus on coaching!



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- Schedule a team meeting. This is your opportunity to meet the players and families/guardians and set your expectations for the season. You will set the practice schedule, recruit any volunteers that your team still needs, and your Team Manager will distribute parent/player agreements. **There is a suggested agenda for the Parent Orientation Meeting on the Coach > Resources page at AYSO143.org.**

REQUIRED TEAM VOLUNTEERS

- COACH: leads practices/game days, responsible for all player instruction
- ASSISTANT COACH: assists the coach, covers in absence
- TEAM MANAGER: administrative, communication
- REFEREES: officiates games throughout the season - 2 Regional (or higher) referees per team
- FIELD MAINTENANCE: setup and/or take down of the field per guidelines
- PICTURE DAY: assists for a 2-hour shift on picture day (Fall only)

UNIFORMS

Your team will make their uniform selection once all your volunteer positions have been filled and each volunteer is CLEARED, and your coach/parent/player agreements have all been submitted. Your Team Manager will receive instructions on submitting forms and making the uniform selection.

TEAM PRACTICES/GAME DAYS

- Coaches must wear their badge and have player medical consent/release forms at all practices and games.
- If the coach and assistant coach are both the opposite gender of the players, an adult of the same gender of the players must stay at every practice (this can be any parent)
- Only CLEARED volunteers may participate in practice drills, game day warm-ups, and directly coaching the kids.
- Adults, including registered volunteers, are NEVER allowed to play soccer with the players on the field at any time. Adults are not covered to play by the AYSO insurance.
- Shin guards must be worn, UNDER socks, by all players during practices and games. No jewelry is allowed (including earrings). Players cannot play with casts or hard arm/leg braces. No hard plastic, metal, or other hard adornments on hair ties or bows.
- Shoes must be closed toe. If cleats are worn, they must be soccer-specific cleats. There is no cleat on the toe.
- Jackets may NOT be worn on the field during games; a long sleeve shirt may be worn under a jersey.
- Practices can start at 4:00 pm. Please do not set up before 4:00!
- No dogs or other animals are allowed on any AYSO field.



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SCHEDULES

- Schedules for 6U, 8U will be posted in your team page at AYSO143.org
- Schedules for 10U and above will be posted in MatchTrak. Teams may be scheduled to play in other regions.
- Our scheduler will work with head coaches who have more than one team to prevent overlap. If there are any known schedule issues, please advise the scheduler prior to schedule release. We cannot guarantee that accommodations will be made or games rescheduled, but if advance notice is given, we will do our best.
- Area games will not be rescheduled, except under extenuating circumstances.
- Games not played due to not having a certified referee will result in a forfeit and will not be rescheduled.

REGION GUIDELINES

- **MINIMUM PLAYING TIME RULE:** All able-bodied players must be allow to play 3/4 of every game
- **GOALKEEPER RULE (10U & UP):** A player may not be GK for their entire time in the game. The must play out of the goal for at least one quarter.
- **NO GOALKEEPERS IN 6U-8U:** No goalkeeper. Encourage your players to play the field, not hover in front of the goal they are defending
- **NO OFFSIDE IN 6U-8U:** But please discourage "cherry pickers"
- **GOOD SPORTSMANSHIP RULE:** The goal differential is not to exceed 5 goals. As coach, please be aware of the pace of the game and players and make adjustments as needed prior to reaching 5 goals. In 10U and up, there will be point deductions for scores that exceed the 5 goal differential.
- **NO COACHES ON THE FIELD:** There should be no adults on the field for any age division. Exception: 6U coaches can be on the field during play as referees.
- **NO GUEST PLAYERS:** Only the players on the team roster can participate in team practices and games. Teams cannot borrow players from another team (or league) to cover absent players.
- **RAINY DAYS:** In general, we play in the rain. Games may be cancelled in 6U/8U if heavy rain is expected, or in any division is a field is deemed unsafe. Please watch for emails for field closures if rain is expected.

ROSTERS/PLAYER FORMS/GAME CARDS

All coaches are required to have their official team roster and a copy of each player's medical consent/release form with them at every practice and game. It is recommended that the Assistant Coach also keep copies in case the coach is not available at a game or practice.

Each team must provide a line-up card at each game to give to the referees at each game. The line-up cards can be printed from the Team Page on www.ayso143.org. All players must be listed on each card even if the player is not at the game. They should be listed in jersey order with full names. Instructions on how to print may be found at www.ayso143.org under Coaches>Resources



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SAFETY

- Report any incidents or accidents to your Division Coordinator and the Safety Director (Safety@AYSO143.org)
- Fill out and submit an Incident Report (found at www.ayso143.org under Team Managers or Coaches>Resources)
- For any head injury, the player needs to be removed and cannot return to play in that game, or any soccer activity, until a doctor has cleared them. The doctor must complete the Participation Release (Return to Play) form (available at www.ayso143.org under Coaches>Resources)

SCRIMMAGES

- Any scrimmage must be scheduled through your Division Coordinator and the Scheduler
- Scrimmages must have a center referee that is fully certified and in uniform.
- Games can only be played against other AYSO teams (including other regions). No club teams or non-registered players.

GOALS

Goals are NOT ALLOWED during practices. They are available for games and pre-approved scrimmages only.

REFEREES

- There is zero tolerance for any abuse towards a Youth Referee.
- There is a zero tolerance for any misconduct towards Referees.
- If there is no certified referee, the game will be cancelled. In 10U and up, it is a forfeit and no points are awarded towards standings.

SPORTSMANSHIP

- Be a positive example – less negative yelling and more praise for good plays.
- Great Sportsmanship Award – nominate a coach, player, referee, or spectator that has exhibited inspiring behavior!
- Game Reports – anyone can report good or bad behavior for players, coaches, referees, or spectators

HEBREW ACADEMY

Everyone Plays! Region 143 participates in a joint program with the Hebrew Academy, which allows their students to enjoy the AYSO experience. Each Sunday during the season, official games will be scheduled. Typically the participating divisions include 6U - 12U teams. All games are played on Sunday at 9:30 am at the Hebrew Academy located at 14401 Willow Lane, HB 92647.

If your team is selected to play at Hebrew Academy, the game will be added to your schedule in Sports Connect. If you have a conflict and will not be able to field enough players, please reach out to your coordinator at least two weeks prior to your scheduled game.



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RATINGS

Coaches will be asked for player ratings mid-season (8U and above). These ratings are crucial for balancing teams the following season. You will receive instructions and guidelines, but start thinking about each player's individual skill level as soon as the season starts.

TOURNAMENTS

There are tournaments hosted by local regions or by Areas that are open to AYSO teams (usually 10U and above) that teams can choose to participate in. There are additional costs associated with these tournaments.

IMPORTANT DATES

- 3/2 First weekend of games
- TBD - Uniform pickup
- 3/30 - NO games, except Extra teams & possibly 16U
- 4/6 - NO games for ALL TEAMS
- 5/11 Last weekend of games

Board Members:

Doug Wood, Regional Commissioner
rc@ayso143.org

Rebecca Balestrieri, 6U Boys/Girls Division Coordinator
6uboys@ayso143.org / 6ugirls@ayso143.org

Tim Fisher, Assistant RC, Regional Coach Admin
arc@ayso143.org

Pepper Hernandez, 8U Girls Division Coordinator
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Armando Sanbrano, Regional Referee Admin
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Tosh Meza, 8U Boys Division Coordinator
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Dana Arazi, Assistant Referee Administrator
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Katie Harris, 10U Boys/Girls Division Coordinator
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Susan Rodriguez, Registrar
registrar@ayso143.org

Susan Rodriguez, 12U-19U Boys/Girls Division Coordinator
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Travis Ingrao and John Dankha, CVPA
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Susan Rodriguez - Hebrew Coordinator
hebrew@ayso143.org

You can find the rest and official list at AYSO143.org Home >>Information >> Contact Us.
Thank you for volunteering to coach!!!