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AYSO

# Antelope Select Season Manual

Antelope AYSO Region 884

2009



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# Select Soccer

The AYSO Area 2C/2D Select Soccer Program is a Winter/Spring soccer program that provides a higher level of competition than the regular Fall program. By providing a more competitive program for our players we hope to develop player skills to a level not always possible through the Fall recreational program. These players (and coaches) then bring their improved skills back to the recreational program, improving the overall experience for ALL players.

It is important to remember, however, that this program is still a part of AYSO, and therefore is still guided by the same principles that cover the Fall program. It is important that all teams recognize that good sportsmanship and positive coaching are not set-aside during this season.

This program is governed on two levels, the Area level and the Regional level. The Area 2C/2D Select Regulations specify the rules that manage the program. In addition, each Region may have its own rules and procedures that specify how the teams are to be formed and managed, within the Area rules.

This manual is revised each year prior to the season.

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## Area 2C/2D Regulations

The Select season draws teams from Area 2C and Area 2D. Each Area includes multiple Regions, although not all Regions will compete in the Select Program.

Area 2C includes the Concord, Stockton, Delta (Rio Vista), MDSA (Mt. Diablo), PHMSA (Pleasant Hill) and Walnut Creek Regions (others may be included as the Area grows).

Area 2D includes Antelope, Davis, Winters, Rio Linda, and Capay Valley (Esparto) Regions (others may be included as the Area grows).

The Area 2C/2D Select Committee administers the Select Soccer Program. The committee includes one Area Select Coordinator from each Area, and a Regional Select Coordinators from each participating Region. The rules and regulations that guide the Select Soccer Program are created by this committee and are included in this manual. Note, however, that the Area rules may be updated after the publication of this manual, as the Area 2C/2D Select Committee usually meets in late October.

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## Regional Regulations

Each Region specifies its own rules and regulations as to how the local program is run, how teams are formed, and so forth. While each Region is given flexibility in how their Select program is to be administered, the program must still abide by the Area 2C/2D regulations, and those of the AYSO National program.

# Antelope Select Program

Antelope AYSO (Region 884) offers a “Select” soccer season open only to players who participate in the Fall recreational season. Select is an opportunity for players to improve their skills in a more competitive environment. A limited number of teams will be formed in each age group, starting with Under 10. These teams are formed in November, and will participate in a season from January through March against teams from other AYSO Regions. Most teams will continue playing through May or June, traveling to various tournaments.

A high level of commitment is expected from the players, coaches and parents. Select is for motivated and enthusiastic players and coaches.

This guide is intended to provide our Select Program coaches with important information about the Select program, and about your role and responsibilities as a coach. It is critical that the coaches are familiar with the information in this guide, and adhere to all Rules and Regulations of AYSO and the Select Program.

**Please Note** that this information is subject to change during the season, if the Antelope Regional Board, Antelope Select Committee, or the Area 2C/2D Select Committee votes to implement a change.

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## The Select Program and How It Fits within AYSO

The Select Program is designed for developing AYSO players who are committed to improving their skills and playing soccer at a higher level of competition. Select retains the AYSO child-friendly philosophies while at the same time providing a higher level of soccer competition.

### **AYSO’s Approach to Advanced Play**

AYSO nationally sanctions several advanced play alternatives, including Select programs, provided that the children also participate on a regular season team (in Antelope this would be a Fall team) and that these programs are funded separately from the regular program.

### **Rules for Select**

The Select Program is governed on two levels. First, the Area 2C/2D Select Committee issues rules for the overall program, with representatives from each AYSO Region that participates in this program. Second, Antelope AYSO has established a series of Rules and Regulations developed and administered by the Antelope AYSO Select Committee, under the supervision of the Antelope AYSO Regional Board.

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## AYSO Select, Antelope

Antelope AYSO Teams are formed in boys and girls divisions in Under 10 through Under 19. The composition of Under 19 and Under 16 teams varies from year to year. In some years Under 19 may not be offered, in other years it may be combined with Under 16. The configuration of Under 19 and

Under 16 is determined in the Fall by the Area 2C/2D Select Committee, based on the interest level from the member Regions.

Select team formation is guided by a set of rules defined in this document (see “Select Team Formation”).

## Tournament Teams

While the Select season ends by April, most teams will participate in tournaments during April and May, and possibly through June and July.

Some Regions will combine their Select teams into a “tournament team” after the end of the Select Tournament. This is allowed ONLY with the approval of the Regional Commissioner.

In some cases there are tournaments following the end of the Select season that a Select team wants to participate in, but some of the players on that team cannot attend for one reason or another. This team can temporarily add players for this tournament from other non-participating Select teams, from the “reserve list”, or you may invite a player who participated in at least one half of the Fall AYSO season games. You must have prior permission from the Select Coordinators or Regional Commissioner prior to contacting replacement players for a tournament. Details of this are discussed in the section on “Select Team Formation”.

In some cases a “tournament team” can be formed. Typically a coach who wishes to gather together a team of players who were not drafted to a Select team does this. Please see the “Tournament Team” appendix in the Antelope Standard Regional Guidelines for the rules governing a tournament team. Note that tournament teams cannot interfere with Select teams, in that you cannot recruit a player from a Select team to participate with a tournament team.

## Player Eligibility

To be eligible to participate in the Select program a player must participate in the prior Fall season. The player must be registered no later than September 27<sup>th</sup>, and must participate in at least two thirds of the regulation games in the fall season. Exceptions may be allowed in case of injury but injured players need to still attend the games.

Players are only allowed to participate with a team in the same Region as they participated in during the Fall season, unless the Area 2C/2D Select Committee allows Regions to combine.

## Coach Eligibility

To help guide the selection of coaches for the Select program the Antelope AYSO Select Committee has adopted the following policy.

To be eligible to be a Head Coach or Assistant Coach:

- It is expected that the coach be currently registered as a volunteer with the Antelope AYSO program.
- The coach must be certified at the level / age group he/she is requesting to coach.
- The coach must be licensed through AYSO Safe Haven
- The coach should have completed and turned in a Select Coach Application

Often there will be more applications for coaches than there will be coaching spots available. The Select Committee often has a difficult time in deciding on which coaches to accept. We encourage all interested coaches to apply.

Many criteria are considered in choosing the coaches for the Select teams which will include:

- The coach should have coached a team in the current Fall season

- Demonstrated adherence to the AYSO philosophies of “Positive Coaching” and “Good Sportsmanship” at games and practices.
- Demonstrated ability to coach and motivate children in the relevant age group.
- Completion of additional coaching clinics.
- Knowledge of the Laws of the Game.
- Contributions of time and effort to improve the Antelope AYSO program.

## Tournaments

Once the Select tournament is completed there are numerous tournaments in Northern California, Nevada and Southern California that Antelope AYSO teams are eligible to participate in.

**IT IS IMPORTANT TO NOTE** that your team CANNOT participate in ANY event unless you have the approval of the Select Coordinators or the Regional Commissioner. All tournaments will require a Regional Commissioner signature. **YOU CANNOT PARTICIPATE IN EVENTS NOT AUTHORIZED BY AYSO** due to insurance restrictions. meaning if the tournament is not approved by AYSO, we can not participate.

The Select Coordinators will distribute information about AYSO approved tournaments as the information becomes available.. Please note that most tournaments, particularly those in Northern California, fill up very quickly after the applications are available. You will need to respond quickly to these tournaments if you want to be sure to get accepted. Note that some tournaments are open only to AYSO teams, and some are open to both AYSO and CYSA teams. Some tournaments offer a reduced fee if you bring referees who will work a specified number of games.

The following is a list of tournaments that have been available in the past, with an indication of the general timeframe that they are held, as well as possible costs. This information is NOT CURRENT – see the applications for current information when they are available. Information should be posted on the Select page of the Antelope AYSO web site when it is available.

- **Select Tournament:** open to all teams participating in the Area 2C/2D Select Season. Held in late March usually, in Davis and Concord. There is NO CHARGE for this tournament – it is the end of the season championship for the Select Season.
- **PHMSA Soccer Festival:** Pleasant Hill CA.. The fee was roughly \$350.00; This was held roughly two weeks after the Select tournament. Open to AYSO teams only.
- **Comstock Shootout:** Carson City Nevada. Usually held in the last two weekends of April, with the boys on one weekend and the girls on the other. This is an “open” tournament so you will see CYSA teams in addition to AYSO teams. The fee is roughly \$400.00, although it may be higher if you do not bring one or more referees.
- **Concord Cup:** Concord CA. Usually in late May, a week before Memorial Day Weekend. This is an “open” tournament so you will see CYSA teams in addition to AYSO teams, although sometimes there is a separate AYSO bracket. Fees are roughly \$375.00.
- **Davis World Cup:** Davis CA. Held on Memorial Day weekend in May. The fee is roughly \$400.00. Open to AYSO teams only.
- **Washoe Zephyr Tournament:** Reno Nevada. Held in mid June. Open to both AYSO and CYSA teams. Fees are roughly \$350.00.
- **Pacifica Fog Classic:** Pacifica CA. Typically held in late May or June. Open to AYSO and CYSA teams.

Other tournaments are available to AYSO teams that want to travel to Southern California in the Spring, or even to Hawaii in the early summer. This can be an exciting event – traveling to a game that far away! For information on these tournaments see the “tournament page” of the AYSO National web

site (<http://www.soccer.org/>). Note that the list of available tournaments is being updated all of the time, so you need to check often. In this listing an “AYSO Invitational” tournament is open to AYSO teams only; an “AYSO Open Invitational” is open to both AYSO and CYSA (USSF) teams.

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## **The Coach’s Role in Select**

### **Balancing the AYSO Principles and a Higher Level of Competition**

The single most important thing to remember is that Select is not “win-at-all-costs”! Every Select coach must recognize and abide by AYSO’s key principles of Everyone Plays, Positive Coaching and Good Sportsmanship! The coach must always balance the desire to win versus the needs of the players to also have fun and be treated well as kids. Remember always they are children and not miniature professional athletes.

### **Developing Skills and Having Fun**

Long after the game scores are forgotten, the players will still retain the skills that they were taught in this program. Skill development, good character through a positive sports experience, and having FUN are the primary things the coach wants to develop in the players. If the players do not have fun, chances are they won’t apply to participate again.

### **Managing Parents & Their Expectations**

Many parents bring challenging expectations to travel sports. The coach’s role is to help manage those expectations to be reasonable. The coach should try to avoid a mentality where the parents see themselves – and the coach – as helping push along their child’s budding “sports career”. Managing these expectations will prevent many problems down the road in handling over-involved parents.

### **If You Have Problems**

The Antelope Select Committee is always available to help you. Don’t let problems build, talk to someone from the committee.

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## **Key Things The Coach Must Adhere To**

### **Playing Time**

Within the Area 2C/2D guidelines, all Select teams are required to play every player at least ½ of the game. The Antelope AYSO Select Committee encourages all Antelope teams to play every player at least ¾ of the game, as we require in our Fall season. Try to balance play time as much as possible.

### **Positive Coaching**

Positive Coaching is just as important an AYSO principle in Select as in the Fall season. A coach will get the best results, and happiest kids and parents, if he or she practices positive coaching. Constructive criticism is always okay and a necessary part of coaching at this level, but the coach should never verbally abuse or berate players. Remember that these are children!

## **Teaching Sportsmanship**

This AYSO principle is also key in Select. While Select games may tend to have more aggressive play at times than in the Fall season, the coach must avoid any tendency to play “dirty” even if the other guy seems to be pushing the limit. Coaches must remember that they are a role model to the kids, and the kids will key on *what they see the coach do* and how the coach behaves.

## **Balancing Winning Against Skill Development and Fun**

No coach, even in the Fall season, probably ever walks onto a soccer field intending to lose a match. Nevertheless, you are better off to have a .500 season but have well-treated and happy players, than be undefeated at the expense of the kids and their having fun.

## **Representing Antelope at Other Towns**

Whenever a team travels to another community and plays a match, the coach must remember that he/she and the team and parents are representing Antelope AYSO. What they do reflects on the entire organization. Coaches must always maintain good decorum at all times.

## **Treat The Referees With Respect**

It is imperative that the coach must always treat the referees with respect. The referees are volunteers, and without their assistance we could not have a season. If the coach treats the referees with respect, the parents and the players will also.

## **Scrimmages/Friendly Games/Pick Up Games**

It is imperative that any games(scrimmages, friendly or pick up games involving another team) that are planned in addition to the regularly scheduled game MUST be approved and coordinated by the Select Coordinators, Referee Administrator and the Regional Commissioner. This will ensure that appropriate level certified referees are available to referee the game as well as field availability.

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## **Required Coach Meetings**

An Antelope Coach meeting will be held in (typically) late December. It is imperative that all Antelope coaches attend this meeting.

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## **Team Management**

### **Parent Meeting**

As soon as possible (after you are allowed to contact your players) you should hold a parent meeting to talk about the upcoming season.

This meeting is critical! It is where you communicate and set expectations among your parents about the upcoming season. Plan to communicate your coaching philosophy and objectives for the team as well as any operational information about practices and schedules that you have at that point. Set up a communications routine that you will follow throughout the season. E-mail is highly recommended for speed and ease of use.

You will need to discuss the fees and costs of the program, decide on the time and location of practices, and discuss the issue of player (and parent) commitment to the program.

In addition you must discuss the responsibilities that your team will have for field setup and takedown and the select tournament.

This is also the time to discuss the Spring Tournaments, to get an idea of what tournaments your parents are interested in attending.

## Parent Volunteers

Your team will be responsible for field painting as well as field setup and/or takedown duties if you are the first or last team on the field. Please recruit several parents to handle these jobs.

## Player Documentation

You must collect the following items of information to document your players:

- You must obtain the official AYSO player ID number for each of your players. This will be needed for picture ID's and any tournament applications. If this information is not provided to you on a copy of your official roster, contact the Antelope AYSO Select Coordinators as soon as is possible.
- You must get a signed and completed Medical Release form from the parents of each player. These must ALWAYS be in your possession at any practice, game or other AYSO event. It is a good idea to have a copy of these forms with parent's original signature. Each coach should have a set. You may be asked to present these at any game during the season. You will often be asked to present these at tournaments when you sign in. Blank forms will be given to you with your roster.
- YOU MUST have a PICTURE ID card for every player, with the player ID number, birth date, and Regional Commissioner signature, on the official AYSO card. The Select Committee will supply this card to you. You will need to have these cards for EVERY SELECT GAME and most tournaments. WE RECOMMEND that when you have your first set of cards completed that you take them to a copy shop and make two color copies of them for safekeeping, as the cards can easily be lost. Laminate them as individual cards (not as one sheet). Make two sets (the original, and one from the copies) and give the backup to the assistant coach.

## Fees and payments

Select Fees vary from year to year. The information on fees was listed on the current year's select application.

Select season fees will be collected at the Select registration, date, time and location TBA (usually in early December). Checks should be made out to "Antelope AYSO".

**All fees, payments, fundraising and sponsorship monies MUST go through the Antelope Region (884) Treasurer.** See "Select Season Contacts" on page 13. The Treasurer will work directly with the coaches and team parent/manager to ensure expectations are clearly communicated.

## Practices

Select Teams may start practices as soon as you are allowed to contact your players.

Practice locations are limited in the winter and early spring. We ask that you do NOT use the fields that our games are scheduled on during the wet part of the year. Do not use ANY field if it is wet and muddy. It is difficult to find time to practice during the winter as the day lengths are very short.

Select Teams may opt to rent all weather fields for practices, such as Mahany Park, Antelope High School or other venue as deemed necessary by the team. The costs varies by location and are the responsibility of the teams to coordinate. On average it runs about \$200-250 per night to rent the fields.

## Uniforms and Equipment

Antelope AYSO will supply you with the official Antelope Select uniform. Typically you will receive two jerseys of different colors, one set of shorts, and one set of socks, for each player.

DO NOT put the player names on the back of the uniforms! This is not allowed by AYSO National rules.

TEAM EQUIPMENT: Most coaches will have retained their team equipment (soccer balls, goal keeper equipment) from the Fall season. If you need additional equipment contact the Antelope Equipment Coordinator as soon as possible.

## Games

Select Games will generally be held on every weekend from early January through late March. One weekend will be skipped for the AYSO Section meeting. The season will end with the Select Tournament in late March, although many teams continue to participate in tournaments.

Makeup games, extra games, scrimmages involving another team – if you wish to add a game to your schedule please contact the Select Coordinators, Referee Administrator and Regional Commissioner to approve and coordinate before the date and time of the desired game. (It is best to reserve a field through AYSO so that we don't have multiple teams trying to hold a game at the same time. Many teams will try to schedule a second game during the season on Saturdays, or prior to the season to prepare for the upcoming games.

ALWAYS BE NICE TO THE REFEREES because they are volunteers, and if you (or the parents) are hard on them then they won't referee your game, and without a referee your games will be CANCELLED. A good practice is to have the entire team shake hands with the referees after shaking hands with the players of the other team.

ALWAYS SHOW GOOD SPORTSMANSHIP to the other team.

AT HOME GAMES if you are the first game on the field you will be responsible for field setup. NO ONE ELSE will **NOT DO** it – **you** are responsible. If you don't know how to set up a field, contact the Select Coordinators.

If you are the LAST team on a field you are responsible for FIELD TAKEDOWN. If you do not take the field down properly you will be called out to do the job later that day, or your future home games may be cancelled.

IF THERE IS RAINY WEATHER – if you are scheduled to play in Antelope, check the Antelope website at [www.antelopeayso.org](http://www.antelopeayso.org) or call **491-2529** to check on field conditions on Friday night. PLEASE DO NOT HAVE every parent call – have the coach or team manager call only. If too many people call it ties up the phone lines and makes it difficult for people to get through. If the games are cancelled, call your opposing coach (you will have a coach list of all teams) and let them know that the game is cancelled. You may find that the decision is postponed to Saturday morning – call that number (do NOT call anyone at their home number, the decision will be posted at this number FIRST). If you are scheduled to play in another town then there will be a rainout number for that Region on your schedule.

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# Conduct During Games

## Coaches

**Positive coaching** only will be allowed 10 yards to each side of mid field, and only from one side of the field (their team's side). Coaches are to stay behind the touchline at all times, unless called onto the field by the referee. Opposing teams will stay on opposite sides of the field where practical. Home teams will have their choice of sides of the field. At the end of the game, the players and coaches on each team shall line up and shake hands with the players of the opposing team and then the referee and linesmen. Remember, if you're a good winner, be a gracious loser.

All of your games are held in the spirit of good sportsmanship and regard for your game and your opponent. Recognizing that the outcome of a game produces winners and losers, there is however no purpose in running up the score and producing lop-sided victories. Once your team achieves a significant advantage in a game, we suggest that you use the opportunity to rotate players into positions that they don't normally play, give opportunities for your defensive players to play on offense, and work on passing skills. A run-up score does nothing for your team and only discourages the other team.

**Player registration forms must be in the coaches' possession at all games and practices.** These can be subject to inspection by the referee or any AYSO official. Failure to show these forms upon request may result in a forfeited game. The Select Coordinators will be notified when a coach is asked for and cannot produce these forms. Remember, these forms are *Consent to Treat* forms in the event a player is injured and the parent is not present. If a coach has forms for some players but not others, the players without forms cannot play. A photocopy of the forms should be given to the Assistant Coach and Team Parent.

**Picture ID Cards are required for every player.** The referee at the beginning of the game will examine these cards. The official AYSO form must be used, and each card must have the player name, ID number, birth date and be signed by the Regional Commissioner.

## Spectators/Families

Parents are to stay back a reasonable distance from the touchline at the discretion of the referee. Standard FIFA rules shall apply except as designated by AYSO. There shall be **no coaching from spectators on the sideline, and positive comments only will be allowed.** Spectators must not come onto the field without referee permission, cannot be behind the goal line or nearer to the goal than the penalty area. It is the **coach's responsibility to control spectators** and the coach may be asked to do so by the referee. A coach may be cautioned or dismissed for not complying with such a request. The referee can terminate the game if in the referee's judgment the game cannot continue or be played fairly due to spectator or coach behavior. The referee shall have the power and authority to discipline and eject players and coaches if their conduct violates the rules of the game, these Guidelines or otherwise interferes with the course of play.

*The use of alcohol or tobacco products in the vicinity of the playing field during practices or games is strictly forbidden.*

# 2009 Select Season Update

This section includes information that will vary from one season to the next.

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## Important Select Season Phone Numbers and Contacts

Position	Name	email
Select Coordinators	Kristin Ballinger	kristin.ballinger@antelopeayso.org
	Ron Arnott	r.arnott@comcast.net
Select Committee:	Monica Hopelian	monica@antelopayso.org
	Cindy Neufeld	registrar@antelopeayso.org
	Ryan Vermilion	ldonovanfan21@hotmail.com
Region 884 Treasurer	Kristin Ballinger	treasurer@antelopeayso.org
Regional Commissioner	Joe Hopelian	joe.hopelian@antelopeayso.org
Assistant Regional Commissioner	Monica Hopelian	monica@antelopayso.org
Regional Coach Administrator	Jeff Keena	
Registrar	Cindy Neufeld	registrar@antelopeayso.org
Area 2D Select Coordinator	Dave Pike	dp2749@comcast.net

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## Season Calendar

Please note that at this time the calendar for the season has not been established. This information will be distributed as soon as it has been settled. The list of events here will give you an idea of what to expect, in general terms

- **September 27, 2008:** Deadline for Coaches to submit interest forms
- **September 27, 2008:** Select season information meeting for all interested
- **October 1, 2008:** Select coaches notified
- **October 9, 2008:** Deadline for Select player interest forms.
- **October 1- October 29 2008:** Team formation for each division will be held during this period of time.
- **October 30 2008:** Select coaches will contact players not selected for a team and will be placed on a "Wait List"
- **November, 2008:** Team registration and pictures, location TBA
- **December 1, 2008-** Deadline for teams to submit sizes (Burgundy and Silver or Pink and Silver) colors will be ordered. The Select Committee is picking the jersey style/design.
- **December 2008:** Antelope Select Coach meeting. All coaches must attend this meeting. This is where you will receive your player ID cards, game cards, rosters, and other important information that you **MUST** have.
- **January 2009:** There will be a meeting of all coaches in Area 2D where you will be required to present the Player ID Cards and medical release forms for ALL players on your roster. This will occur before the first game of the season. All teams must be represented.
- **January 3, 2009:** *PROBABLE DATE* for first game of the season for U10 through U14. U19/16 may start later (date not set yet).
- **March 2009:** Last game of the season, most likely (date not confirmed yet)
- **March 2009:** Select Tournament, most likely (date not confirmed yet).

# Select Team Formation

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## Overview of Team Formation

The following process will form all Antelope AYSO Select teams. Variations are not allowed unless specifically approved in advance by the Select Committee.

Coaches will turn in a Select Coach application, and the Select Committee will select the coaches for the teams. Note that the number of teams may vary once it is known how many players sign up in each division. The Select Committee must approve all Select Coaches and Assistant Coaches.

During the Fall season interested players will complete and submit Select Season applications. The Select Committee will compile this information and form teams.

The Select coaches will call the players NOT selected.

Coaches MAY NOT add players to their team without the full consent of the Select Committee.

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## Player Eligibility

Players must be registered and have participated with their Fall AYSO team no later than the 2nd weekend in September (of the prior AYSO Fall season).

Players must participate in at least two thirds (7 or 8 games) of the Fall AYSO season. Exceptions may be allowed in case of injury but injured players need to still attend the games. (with approval of the Select Committee).

Players must complete and submit Player form to the Select Committee via email or US mail. Note that a deadline is published on the form – forms will not be accepted after that date.

## Rosters

The Select Committee controls your team roster. You cannot add or delete players without permission. There are a number of restrictions on what you can do with your roster. The Select Committee or Regional Commissioner must approve any changes that might be allowed in advance.

- NOTE that a coach CANNOT drop a player from a team without first discussing the issue with the Select Committee or Regional Commissioner and gaining approval.

ALL players that are added to a team (as guided by the rules above) must have participated in at least two thirds (7 or 8 games) in the prior AYSO Fall season and if possible be selected from the alternate list. Exceptions may be allowed in cases of injury but injured players still need to attend games.

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## Roster Changes After The Select Tournament

Most Antelope Select teams will continue to participate in tournaments following the Select Tournament. Although the formal Area 2C/2D Select Season has ended, it is the policy of Antelope AYSO to keep the Select teams together as long as they are participating in tournaments. Our goal is to keep all of the Select players involved in the program.

At the completion of the Select Season Tournament, changes in rosters may be made for the following tournament season. The Select Committee or the Regional Commissioner must approve any changes or additions to rosters, even during this period of time.

If a Select team wishes to add a player to fill a vacancy in the roster for a tournament the coach must have prior permission from the Select Committee or Regional Commissioner prior to contacting replacement players. Players added to the team after the Select Tournament do not have to be taken from the reserve list, but they must have participated in at least half of the games in the prior Fall season.

## Select Forms

This section contains a number of forms used for the Antelope AYSO Select Season.

### Select Player Interest

Please make a copy of this and give it to the parents of EVERY PLAYER on your team.

### Player-Team Agreement

This is a suggestion for an agreement that you can have your players sign. It is NOT REQUIRED – this is a form that one coach has used in the past that we offer to you as an example. Some coaches use this. The Select Coordinators can supply you with a copy of this form as a Word document upon request

# National AYSO Tournament Handbook

The AYSO National Tournament rules are updated each year prior to the tournament and are subject to change.

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## Tournament Handbook

Excerpt from National AYSO Tournament Handbook

[http://www.aysohelp.org/tournament/National\\_Tournament\\_Handbook.pdf](http://www.aysohelp.org/tournament/National_Tournament_Handbook.pdf)

### **Tournament Guidelines:**

The following are Tournament Guidelines that apply to secondary play and tournaments. If you plan to deviate from these guidelines, you should seek prior approval from the authorities who have or will approve your secondary play or tournament activity

1. Do's and Don'ts – Keep yourself out of trouble by following these simple reminders:

DO:

- a. Clearly state if the tournament is being held to make a profit. If so, indicate the amount of profit expected and what is to be done with the profit. Excessive profits in relation to the stated purpose are inappropriate and will not be approved.
- b. Clearly state whose name (team credit) is to be given on sponsorship checks. These checks must be made payable to the region, and should be sent to the tournament treasurer for deposit
- c. Clearly state the name of the team, the region and the coach's name on registration fee checks before giving them to the tournament treasurer for deposit.
- d. Collect the full tournament fee with the application form. Insist on this for fairness to all of the teams who may want to enter the tournament.
- e. Distribute the refund policy with every team application form sent out.
- f. Implement refund procedures immediately. Refunds are to be mailed within 14 calendar days.

DON'T:

- a. Use regional funds to support the tournament.
- b. Retain other than minimum start-up funds to be held over from one year to the next in the regional, area, or section tournament account.
- c. Maintain “slush” funds in individual team accounts
- d. Establish or use a non-AYSO bank account for tournament funds.
- e. Collect “token” registration fees or verbal promises allowing a team to have a spot in the tournament while the coach/region attempts to put a team together.
- f. Accept personal checks or money orders without the approval of the hosting regional commissioner and unless there are mitigating reasons to do so. A letter of permission from the team’s regional commissioner stating the reasons for the variance must accompany the check.

2. Tournament Playtime Guidelines

The following guidelines were developed by the Playtime Study Task Force, which was a joint effort between the Tournament, Referee and Coaching Commissions. These guidelines were presented to and approved by the NBOD on January 26, 2007.

- a. Number of Games Per Team Per Day -In tournaments that are held over two or three days, a maximum of two games per day -- four maximum for a two day tournament and six maximum for a three day tournament. In tournaments that are held on one day only, extra games may be added provided the total number of minutes per day is not exceeded. (See chart in Item 2 below.) If a tournament is shortened by rain or other unforeseen incidents, extra games may be added provided the total number of minutes per day is not exceeded. (See chart in Item 2 below).
- b. At anytime more than one game is scheduled or is needed per day, the maximum playing time per day should not exceed two times the number of minutes allowed in a primary season game, as outlined in the *AYSO Game Length Guidelines. (Rules and Regulations – Section 1B - Duration of Game)*. See chart below.

Age Division Maximum Minutes Per Day

U-19	180 min
U-16	160 min
U-14	140 min.
U-12	120.min.
U-10	100 min.

- c. Recovery Time Between Games- At least two hours between all games involving the same teams should be scheduled. For one-day tournaments, or if games are shortened by rain on other unforeseen incidents, as much recovery time as possible should be scheduled between games.
- d. Participation in Tournaments - Teams should limit their participation to two tournaments per month and they should not be on back-to-back weekends. Twelve games (i.e. two weekends of tournament play and two single weekend games or scrimmages in between tournaments) are the maximum games that should be played in a month.
- e. Practice Time --Teams should be limited to two training sessions (practices) per week. Following a tournament at which three or more games were played by the team, training

sessions for the week following the tournament should be held only once. The length of a training session should be no more than the length of one full game:

Age Division Maximum Minutes Per Training Session

U-19 90 min

U-16 80 min

U-14 70 min.

U-12 60.min.

U-10 50 min.

- f. Playing Time Coaches should strive to give each player on the roster and in attendance equal playing time in each game. Fatigue is the leading cause of injuries and inferior performance. Coaches need to be aware of what other activities their players are involved in and when these other activities will be occurring. If a coach is aware that players are involved in other sport activities, practice time should be adjusted accordingly.

### 3. Early Withdrawal from Competition

Tournaments give players the opportunity to meet and compete against other players in an enhanced and different environment from their primary season experiences. All teams want to do their best in a fun and fair environment whether in a friendly match, a soccerfest or a competitive setting. The nature of tournament play also often spans an entire weekend and can, on occasion, conflict with family obligations or other events.

When these conflicts arise they pose difficult decisions for both the teams that wish to otherwise compete, as well as for the tournaments which desire that a variety of teams participate.

The choice made by teams with known player commitment/attendance problems to nonetheless apply to a tournament, and the tournament's decision of how far a team that intends to withdraw early should be allowed to advance without disrupting or causing unfairness to the remaining teams (or teams which would have advanced if not for another team's early withdrawal), must be carefully considered and fairly and consistently applied.

Contingency plans for these situations should be developed by the Tournament Committee prior to tournament approval and before any advertising for the tournament takes place. It is also recommended that the contingency plans emphasize:

- a. Providing more opportunities for kids to play soccer.
- b. Avoiding or minimizing the impact to the remaining teams after a team has departed early.

Any tournament rules developed about early team withdrawal must be stated in all appropriate published documentation including the Team Application, the Tournament Rules and all documents containing refund policy statements.

Additionally, tournament policies which address this issue should take into consideration the scope of the event before determining whether any team's participation should be limited or denied.

Finally, all such policies must be applied in a consistent manner regardless of the nature of the reason for early withdrawal.