



SECTION 1 EXTRA PROGRAM GUIDELINES 2022-2023

Guidelines for a more competitive youth soccer program

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1) Objectives

The objective of the EXTRA program is for accelerated player development by playing in a more challenging league. EXTRA is designed to give AYSO players additional opportunities to play in a more competitive environment among other teams from Section 1.

2) Application of AYSO Philosophies

The Section 1 EXTRA Circuit must comply with the Six Philosophies of AYSO as follows:

- **EVERYONE PLAYS:** We mandate that each player from the teams participating must play at least one half of said game.
- **BALANCED TEAMS:** Each year new teams must be formed. If a Region has more than one team, gender/age bracket, in EXTRA, these teams must be balanced.
- **OPEN REGISTRATION:** Any player may try out for the EXTRA program in the Region they register in. All player try-out opportunities shall be widely advertised to all potential players.
- **POSITIVE COACHING:** Only the highest caliber of properly trained coaches are to be recruited by a Region to ensure the best experience possible for the players of a team.
- **GOOD SPORTSMANSHIP:** All players, coaches, parents, and other AYSO volunteers in the EXTRA program are expected to adhere to the highest standard of positive conduct and sportsmanship.
- **PLAYER DEVELOPMENT:** By recruiting the highest caliber of properly trained and certified coaches, each player has a greater success in achieving a higher level of development in the Section 1 EXTRA West Circuit program.

3) Program

The Section 1 EXTRA PROGRAM is a primary program and shall be conducted in accordance with the current AYSO National Rules & Regulations, Bylaws and National Policies; the current FIFA Laws of the Game (AYSO Addition); AYSO EXTRA Program Guidelines, Section 1 Guidelines; and the guidelines contained herein and will consist of two playing circuit's, east and west which will operate a "Side by Side" program

The Section 1 EXTRA Program falls under the jurisdiction of the AYSO Section 1 Extra Guidelines. The program consists of two (2) playing circuits;

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- The East Circuit, consisting of the following areas:
 - Area B
 - Area N
 - Area R
 - Area G
 - Area U

- The West Circuit, consisting of the following areas
 - Area C
 - Area D
 - Area F
 - Area P

Each circuit will have a Circuit Coordinator. The Section 1 EXTRA Coordinator and Circuit Coordinators will be responsible for providing general administrative oversight and direction of the program, to include managing dispute resolution/discipline. The Circuit Coordinator with the oversight of the Section 1 Extra Administrator participating within the circuit will appoint staff to assist in managing the program.

Each participating Region/Area in the Section 1 EXTRA Circuit is responsible for overseeing/verifying that the EXTRA program requirements are met as they pertain to player eligibility, coach eligibility, board member training, team formation, field support and referee support by those Regions/Areas participating within the EXTRA program.

Each Region/Area will ensure that appropriate monitoring and measurement reports, as established by the AYSO Section 1 Guidelines and the National Board of Directors (NBOD) under the EXTRA Program, are completed and submitted as requested. Authorization to continue participation in the EXTRA Program is subject to completion and timely submission as requested.

4) Program Management

The EXTRA Program will be operated and administered by Section 1 and Circuit Coordinators and their respective Area Directors participating in the program.

Staffing requirements on each Playing Circuit, at minimum to include the designation of a Circuit Coordinator. The Circuit Coordinator will recruit a staff as necessary. At minimum the following positions should include under direction of the Coordinator:

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- Due Process Chair
- Referee Administrator
- Scheduler
- Treasurer (AYSO trained and certified)

5) Finances

The Section 1 EXTRA program must be financially self-supporting program. Extra team fees to be determined by the circuit and be used to support the Circuit Program activities. The circuit will establish a separate checking account.

6) Region Eligibility

Regions who wish to have an EXTRA program will complete the current approved EXTRA program application and submit program documentation to the Area Director and Section Director for approval only at the inception of an Extra program in the region. Each subsequent year you will be asked to fill out an information sheet only. (See ADDENDUM 2).

1. Each region is to submit "Regional EXTRA Operating Procedures" to the region's Area Director and Section 1 Extra Program administrator for approval.
2. Each region must be current in its accounts with the National Office.
3. Each Regional Commissioner participating is responsible for ensuring the Region's compliance with the established player eligibility requirements.
4. Region funds are not to be used to support the EXTRA program teams that are not also spent on the standard program. Any additional expenses are to be paid for solely by those participating in the EXTRA program.
5. Inter-regional recruitment of players is prohibited without prior written approval of each Regional Commissioner and Area Director concerned. Recruitment without prior approval may result in sanctions by the Area Director, who shall convene as a disciplinary board in such instances.
6. Participating regions must allocate an adequate number of fields of age-appropriate size.
7. Regions must meet the referee requirements.

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7) Player Eligibility and Participation

Each Region/Area participating in the Section 1 EXTRA PROGRAM is responsible for their region's compliance with established player eligibility requirements. This will be by birth year. The Section 1 EXTRA program will operate a "Side-by-Side", meaning a player cannot play on more than one AYSO team at a time, and will not be eligible for All-Star play. They will be eligible for participation on approved tournament teams.

Placing/playing an ineligible player on a team may result in the expulsion of the player, coach, and/or the entire team from the EXTRA Program, further sanctions will be left to the discretion of the Circuit Coordinator and Section Director.

8) Coach Eligibility (Coach & Assistant Coach)

Coaches that are approved by their Regions must meet the required training and certification standards of the Section 1 EXTRA guidelines which state that a current volunteer application is on file with National, have taken/passed AYSO's Safe Haven and completed the CDC Concussion Awareness training. Coaches must have the following training to coach a specific division:

- 9U/10U:10U Coach Certified
- 11U/12U: 12U Coach Certified
- 13U/14U: Intermediate Coach Certified
- 15U - Advanced Coach Certified

9) Referees and Officiating

Regions must provide a Regional Referee Scheduler and an adequate number of referees who are capable of supporting the various gender/age brackets of teams participating in this program. The hosting Regions are responsible for providing referee coverage for all games played on their fields. Regional Commissioners are to attest to compliance with Area concurrence. The Circuit Referee Administrator will monitor such compliance, with the help of Regional Referee Administrators.

Referees participating in the EXTRA Program should (strongly encouraged) have the following training to referee a specific division:

- 9U: Regional Badge and minimum of two years of officiating
- 10U: Regional Badge and minimum of two years of officiating & Intermediate course
- 11U / 12U: Intermediate & Advanced

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- 13U / 14U / 15U: Advanced and National

Youth Referees shall be a minimum of two years older than the oldest players in the gender/age bracket to which they have been assigned with appropriate badge level.

All games shall be officiated using the 3 referee Diagonal System of Control, i.e. one referee and two assistant referees. The Dual (two-man) System of Control is NOT allowed. The use of “club linesmen” is discouraged. When an insufficient number of assistant referees are available Club linesman shall only call the ball in, and out of play.

Regional Extra Referee Scheduler’s shall assign “neutral” referees of appropriate badge level as outlined above. Regions failing to provide appropriate and qualified referees will not be allowed to participate in the EXTRA program the following year.

10) Fields

Regions must provide an adequate number of fields to support the teams they enter into the program. Regions are responsible for properly preparing all fields used and ensuring they are age appropriate. Field set-up and take-down is the responsibility of the hosting Region. Failure to provide appropriate fields will result in regions not being allowed to participate in EXTRA for the following year.

11) Program Structure

The Section 1 EXTRA program will be organized around single year gender/age brackets starting from 9U through 15U, as follows:

- 9U, 10U, 11U, 12U, 13U, 14U, 15U

A player may only ‘play up’ with Regional Commissioner AND Area Director’s approval. The age of the oldest player on the roster will determine the gender/age bracket placement.

If more than one team is formed in a participating region in the same division, the teams must be balanced

Teams will compete in a 10 to 14 game schedule, depending on the number of teams, brackets or pools may need to be created. Playoff seeding will be determined based on the number of teams in a division. Teams that advance to the playoffs could vary year to year based on different factors and will be determined before the season starts

12) Team Formation

Regional Commissioners shall approve the number of teams participating from each of their regions.

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Roster sizes will be as follows:

- 9U and 10U: 7v7 with maximum roster of 10 players
- 11U and 12U: 9v9 with maximum roster of 12 players
- 13U, 14U, 15U: 11v11 with maximum roster of 15 players

Team rosters may carry one more player on their roster with the prior approval of circuit coordinator.

The determination of the appropriate number of EXTRA Program teams in a gender/age bracket should be based on the population of the gender/age bracket within a Region,

Regions may NOT have more EXTRA Program teams gender/age bracket than they do in a standard primary program gender/age bracket.

If a shortage of teams is found in any of the respective age divisions, inter circuit play between the East/West circuits may occur.

13) Team Rosters & ID Cards (Both Coaches & Players)

Preliminary team rosters (in AYSO Tournament format) including the names of the players and names/certifications of the coaches must be received by the Division Coordinator and the Area Director no later than July 31. Final rosters are due on Wednesday before the first game, and shall include:

- Region and gender/age bracket identification.
- Coach and Assistant Coach names, AYSO ID number, cell phone numbers, email address (es), coach training level, AYSO Safe Haven certification date and CDC Concussion Training.
- Player information: AYSO ID number, jersey number (numerical order), name, address, phone number, birth date and registration date.
- Signature of the Regional Commissioner verifying players and coaches and confirming appropriate player registration and coach volunteer status, training, and certification.

Updated rosters must be finalized the Wednesday before the first game. Players cannot be drafted from another AYSO team whose season is in progress. Additional players must be approved by the Regional Commissioner and the Area Director.

Revised rosters must be submitted by the Regional Commissioner to the Circuit Coordinator prior to the new team member participating in a game. No registration or placement of players shall be accepted after October 31 of the calendar year.

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Coaches shall prepare ID cards for each participating player and for a maximum of two coaches per team. The ID Cards shall bear the name, recent photo of the respective player or coach and the signature of the Regional Commissioner. ID cards must be laminated prior to first game of the season.

ID cards for all players and coaches and a team lineup card shall be presented to the Referee by each team prior to the start of each game but maintained by the coach.

Coaches must wear ID Cards visibly on their person during all games.

Coaches must have a team roster, ID Cards and copies of AYSO Player Registration Forms (medical release forms) for each participating player as well as their own ID Card. These must be at all events (games, practices, scrimmages, parties, etc.) in which the team participates.

Referees may request team rosters or player registration forms and may use same as part of the pre-game/check-in process.

14) Uniforms

All uniforms and equipment will be in accordance with AYSO National Rules & Regulations.

A second "traveling jersey" is recommended. Player uniforms, warm-ups, backpacks, additional field usage needs, etc. should be accounted for from Extra program funds.

The Home team is responsible for wearing uniform jerseys (or scrimmage vests) if there is a uniform color conflict.

15) Games & Playing Time

As per National Rules and our Everyone Plays Philosophy, each player is required to play at least one half of each game.

All games shall be played as scheduled (date, time and venue). Home teams shall be on the north or west side of field.

Referee shall allow a grace period of ten (10) minutes before canceling the game. A team not ready to play at the time shall forfeit the game. If a team does not show for a scheduled game, its opponent will be awarded a 1-0 victory by forfeit. The Circuit Coordinator with approval of Section Coordinator may impose additional sanctions if the forfeiting team gains an advantage by the forfeit.

Games cancelled by adverse weather conditions (rain, poor air quality or Act of Nature), the Circuit will reschedule games according to field availability.

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16) Score Reporting

Coaches from both teams are responsible for reporting game scores as directed by the Circuit Coordinator (**SEE ADDENDUM 1**)

If the Referee terminates a game before completion because of actions by players, coaches and/or spectators, the outcome of the game will be determined by the Circuit Coordinator and Section Director.

If the game is suspended prior to completion due to inclement weather or any other unforeseen circumstances, the game score will stand as recorded by the Referee, provided one half or more of the regulation game time had been played at the time of suspension.

If less than one-half of the regulation game time had been played at the time of the game suspension, the game will be rescheduled and played in its entirety at a later date and time. If the game is not rescheduled for any reason, the game shall stand as a NOT-PLAYED game, irrespective of the score at the time of game suspension.

The Host Region of each game is responsible for the collection of game cards to a central location in case the circuit needs cards to be verified.

Standing in bracket play, points shall be awarded as follows:

- Win: 3 points
- Tie: 1 point
- Loss: 0 points
- Send Off: -1 point (Player, Coach or Spectator)

Tie breakers for standings at the conclusion of pool play shall be as follows:

- Head-to-head play (outcome of the game involving the tied teams)
- Lowest point deductions for misconducts and send-offs
- Team with the lowest number of goals against
- Goal differential: goals scored, less goals allowed, maximum differential of three (3) goals per game
- Coin toss

17) Practice/Training

Teams are **NOT** permitted to begin practice or engage in any training activity prior to

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August 1st (the beginning of the MY) for the Fall Season. Once formed, only registered players on the official roster are permitted to participate in team training

18) Vacancy Policy

No EXTRA Program player may be transferred from one EXTRA team to another once the season has started.

19) Misconduct, Discipline & Dispute Resolution

All participants (players, coaches, and spectators) are subject to FIFA rules as modified by AYSO Rules, Regulations and Policies, Section One Rules.

Cautions (Yellow Cards, or Official Warnings to Spectators) The Circuit will record and keep records of the number of yellow cards received by each team and each player. If any player accumulates three (3) yellow cards during the season, then that player will be suspended from playing in the next game, and may be subject to further disciplinary action. (2) yellow cards /red card in a game do not count towards the yellow card count.

Coach Send-Offs. If the authorized coach, any assistant coach or other person acting as the authorized coach is expelled during a game, then the referee shall immediately terminate the game, and the other team shall win by forfeit with a score of 1-0. Any coach or assistant coach who is expelled may not coach and may not be present at or near the field for **at least** the next scheduled game and may be subject to additional disciplinary action as deemed appropriate by the Circuit Coordinator and Section Director. A coach who is expelled for a second time during a single season is subject to additional disciplinary action, including suspension from further participation in the season.

It is the responsibility of the Referee in Section 1 EXTRA Circuit games to submit a written Misconduct Report to the Circuit Referee Administrator within 24 hours after the conclusion of the game at which the offense occurred.

The Referee must also report any behavior by coaches and/or spectators on or off the field that seriously interferes with the game and/or proper standards of conduct.

Should a player or spectator be sent from the field (verbally or by a red card) BEFORE OR DURING a game, they will be suspended from the remainder of that game and the next subsequent game actually played. Should a player or spectator be sent from the field (verbally or by a red card) FOLLOWING a game, they will be suspended from the next two subsequent games actually played.

If a player, coach or spectator has a game, or multi-game, suspension remaining at the end of the Circuit Season, that player, coach or spectator must sit out any actually played EXTRA playoff games until the game(s) suspension(s) has (have) been completed.

Suspended players not accompanied by a parent will remain with their team, but

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separated from teammates, remain completely quiet and not participate in any post-game activities (celebrations, handshakes, etc.). The enforcement of these requirements will be the responsibility of the coach.

Players, coaches, and spectators who are suspended pursuant to the automatic penalties set forth in paragraphs above are not permitted to attend any game(s) during the period of the suspension. Should the player, coach or spectator violate the "out of sight and sound" requirement, the game may be suspended and after a reasonable time, terminated.

The Due Process Coordinator, with the assistance of the Circuit Coordinator and Section Director shall review all inter-Regional disciplinary issues. Any disciplinary action taken shall be, if at all possible, communicated within 96 hours of the game in which the incident occurred. In such cases where it is determined to impose additional sanctions on the affected person without convening a Due Process Review Board, the affected person may also request that a Due Process Review Board is convened.

ANY PERSON WHO IS SENT OFF FOR VIOLENT CONDUCT or SERIOUS FOUL PLAY WILL BE INELIGIBLE FOR THE CIRCUIT PLAYOFFS, SECTION PLAYOFFS AND STATE PLAYOFFS.

The Circuit Coordinator or their designee will publish a weekly Misconduct Report Summary distribution to the Area Director, Area/Regional Referee Administrators, Regional EXTRA Program Coordinators and Regional Commissioners. This report will list all cautions, send-offs and information on other reports submitted by Referees and shall also list those suspensions that are to be served (by gender/age bracket, player name, coach name, date and location).

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Addendum 1- EAST Circuit

Game Cards: Game cards will be provided to each team prior to the start of the season. Only those issued cards will be used. Cards must be fully completed prior to the start of the match, including both first and last names of all players in jersey number order. Coaches are responsible to sign the game card after each match as verification of the contents of said card. Each region must establish internal procedures to ensure that the Regional EXTRA Coordinator obtains the cards and misconduct reports as soon as possible. All misconduct reports must be completed and submitted to the Circuit Coordinator, Area Directors and RC's of the teams involved within 24 hours.

Match Results: Coaches must report their team's results within 24 hours of the conclusion of their match via email to the Circuit Statistician. Failure to submit match results, including misconduct reports, within 24 hours, may result in loss of points in standings. Regional coordinators must monitor their teams to ensure match results are promptly and accurately reported. Any matches canceled or rescheduled must be reported to the Circuit Coordinator, scheduler, involved Area Directors and Regional Commissioners. Regional Coordinators will work with the Scheduler and coaches to reschedule the match. Any challenge to the reported match score must be received by the Statistician within one week of the posting of the score. The Circuit Coordinator will have the authority to determine the result of any abandoned or terminated game. A neutral Review Panel will be convened to review the decision of the coordinator.

Other Important Dates:

June 15: Annual Region information sheet due to the Circuit Director and Area Director with the proposed coach and assistant coach.

July 15: Annual Region Information sheet, including field availability, due to the Circuit Director and Area Director along with preliminary rosters with coach and assistant coach on roster. (No teams will be scheduled without this information.)

August 15: Payment must be received by all regions for teams scheduled.

October 31: Last day for roster changes.

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Addendum 2 - WEST Circuit

Game Cards: Game cards will be provided to each team prior to the start of the season by the region. Only those issued cards will be used. Cards must be fully completed prior to the start of the match, including both first and last names of all players in jersey number order. Coaches are responsible to sign the game card after each match as verification of the contents of said card. Each region must establish internal procedures to ensure that the Regional EXTRA Coordinator obtains the cards and misconduct reports as soon as possible. All misconduct reports must be completed and submitted to the Circuit Referee Administrator within 24 hours.

Scoring Reporting: Coaches from both teams are responsible for reporting game scores to the EXTRA Circuit Coordinator within 12 hours of completing a match.

After each game the coaches of each team are responsible for reporting game scores by text or email, with a copy of game cards back and front, no later than Friday following the game. If not reported the score will be reported as a 0-1 loss to the home team

The Host Region of each game is responsible for the collection of game cards to a central location in case the circuit needs cards to be verified.