



## **SECTION ELEVEN - FLEX PROGRAM EXTRA PROGRAM GUIDELINES**

(Effective February 7, 2011)

### **1. PROGRAM**

- a. The FLEX EXTRA program is a pilot program for U10 – U19 players (Boys & Girls) . This program is designed to provide a more competitive level of play to those players who possess the appropriate skills, commitment and abilities.
- b. The 2011 Section Eleven EXTRA Side-by-Side Program for Areas E, K, L, Q and Z will include U10, U11, U12, U13 and U14 age divisions for each gender.

### **2. JURISDICTION**

- a. The Section Eleven EXTRA Program is a primary program and shall be conducted in accordance with the current AYSO Rules and Regulations, Bylaws and National Policies; the current FIFA Laws of the Game (AYSO Edition); AYSO EXTRA Program Guidelines; and the guidelines as contained herein.
- b. The Section Eleven EXTRA Program Rules of Play and calendar will be published on the Section Eleven website.
- c. The program will be administered by the Section Eleven “FLEX” Program Administrator, who will be responsible for providing general administrative oversight and direction of the program. This will include managing dispute resolution/discipline review on behalf of and/or through the Section Eleven Director or his designee. The Program Administrator will be authorized to appoint staff to assist in managing the program through AYSO volunteers or third party contractors in the best interest of the program.
- d. Each Area Director is responsible for overseeing/verifying that the EXTRA Program requirements are met as they pertain to player eligibility, coach eligibility, team formation, field allocations and referee support by those Regions within their Area that elect to participate in the EXTRA program.

- e. Each Region will ensure that appropriate monitoring and measurement reports, as established by the National Board of Directors under the EXTRA Pilot Program, are completed and submitted as requested. Authorization to continue participation in the EXTRA program is subject to completion and timely submission as requested. We must ensure compliance with all AYSO Philosophies, Rules & Regulations and By-Laws. It is critical to the success of the program that all Regions follow these guidelines to provide a common, consistent and positive experience for all players, parents and volunteers.
- f. Issues requiring special jurisdiction will be evaluated and handled by the Section Eleven “FLEX” Program Administrator in the best interest of the Section and AYSO. This may include appointing a three-member committee of Area Directors or Section Staff Members to resolve matters of disagreement. Any appeal of discussions handled by the above identified process will be adjudicated by the Section Eleven Director or his designee.

### **3. PLAYER ELIGIBILITY**

- a. Each Regional Commissioner of a Region electing to participate in the EXTRA program is responsible for his/her Region’s compliance with established player eligibility requirements. Player eligibility, as it pertains to age requirements to participate in a specific gender/age bracket, is defined in the AYSO National Rules & Regulations.
- b. Eligible players must have registered with AYSO and have participated in a scheduled regional team tryout. The AYSO National Support & Training Center player database shall be the source of determining all players’ current registration status, the creation of team rosters and ID cards.
- c. Gender/age bracket placement of players shall be based on their age as of July 31 of the current registration year.
- d. As defined by National regulations, an EXTRA Side-by-Side player may not play on another AYSO standard primary program team during the same season, nor will they be eligible for All-star play.
- e. Player Commitment: Players selected to the EXTRA Program will commit to their teams as their priority non-school activity. It is expected that every player attends each practice and game at the agreed upon times.
- f. Guest players, outside players and loan players are strictly prohibited. Any team using a player that is not on their official eAYSO roster will forfeit all games in which this player participates.

- g. In order to satisfy the commitment required by the Section Eleven EXTRA program, players may not be enrolled and participate in other non-AYSO or Club soccer programs during the EXTRA Program season. Non compliance may result in the player being removed from the EXTRA program.
- h. 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, or such other disciplinary action as deemed appropriate by the Area Director in accordance with the AYSO due process procedure. The Area Director shall also determine the extent of culpability with the possibility of additional sanctions being administered as well.

#### 4. **COACH ELIGIBILITY (Coach and Assistant Coach)**

- a. Coaches participating in EXTRA should be of excellent character. At a minimum, EXTRA Coaches and Assistant Coaches must:
  - i) Have a current volunteer application on file at the National Support & Training Center;
  - ii) Be an AYSO trained coach as specified in these guidelines;
  - iii) Be Safe Haven certified;
  - iv) Be an active participant in the Region's standard primary program as an instructor, coach or referee mentor, or other volunteer service the Region determines adequate to fulfill this requirement;
  - v) Be in good standing with the Region, Area and/or Section and AYSO;
  - vi) Be approved by the Region Board of Directors; and
  - vii) Be evaluated and renewed each membership year.
- b. Coaches must have completed the minimum training levels below:
  - i) U-10: U-12 Coach Certified
  - ii) U-11/12: Intermediate Coach Certified
  - iii) U-13/14: Advanced Coach Certified
- c. A minimum of one season (fall or spring) shall take place between coach training and certification upgrades.
- d. It is also strongly recommended that coaches have continuing education each year as determined by each Region/Area.
- e. Each EXTRA Coach/Assistant Coach must be a trained and certified referee.
- f. In order to satisfy the commitment required by the EXTRA program, coaches should be fully dedicated to coaching an AYSO EXTRA team.

- g. Regional Commissioners shall attest to coach compliance, with the respective Area Director's oversight/verification. The list of approved coaches and assistant coaches shall be submitted to the Program Administrator by August 1st of each year.

## 5. REGIONAL SUPPORT (Officiating)

- a. Hosting Regions are responsible for providing a minimum of three (3) referees, badge level appropriate, per team to cover EXTRA Program games. Regional Commissioners shall attest to compliance with Area oversight/verification.
- b. In addition, each team shall have a minimum of three (3) certified referees that are active in any of the AYSO primary programs.
- c. Referees participating in the EXTRA Program should be of excellent character. At a minimum, referees shall:
  - i) Have a current volunteer application on file at the National Support and Training Center;
  - ii) Be an AYSO trained and certified referee
  - iii) Be Safe Haven certified
  - iv) Be in good standing with the Region, Area, Section and AYSO;
  - v) Be approved by the Region Referee Administrator (RRA) and/or Area Referee Administrator (ARA)
  - vi) Be evaluated and approved each membership year
- d. Referees will be assigned to games in divisions for which they are certified based on the following minimum badge levels:
  - i) U-10: Regional Referee
  - ii) U-12: Intermediate Referee
  - iii) U-14: Advanced Referee
- e. Unless otherwise approved by the Section Referee Administrator, referees shall be a minimum of two years older than the oldest players in the division to which they have been assigned.
- f. All EXTRA Program games shall be officiated using the 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 encouraged when an insufficient number of assistant referees are available.
- g. Games that do not have a minimum of a referee (center) assigned by Thursday at 9:00 PM prior to that weekend's play may be subject to cancellation.

## **6. REGIONAL SUPPORT (Fields)**

- a. Fields/equipment needs to be age appropriate. Participating Regions are responsible for properly preparing all fields used. Field set-up and take down are the responsibility of the hosting Region.
- b. Regions must allocate an adequate number of fields based on the following:
  - i) Saturday fields - 0.75 game slots per team.
  - ii) Sunday fields – 0.5 game slots per team. Regions that do not provide Sunday allocations are required to provide full-day Saturday to allow for the scheduling of two games.
- c. Each Region is restricted to one (1) Saturday block-out date per field. Alternate fields shall be provided for any additional block-out dates.
- d. Regional Commissioners shall attest to compliance, with the respective Area Director's concurrence.

## **7. PLAYER/COACH ID CARDS AND TEAM ROSTERS**

- a. Player ID cards shall bear the name, AYSO ID number and a recent photo and the signature of the Regional Commissioner.
- b. Coach ID cards will be specified by the Program Administrator and shall bear the name, AYSO ID number, a recent picture and a Section/Area/Region designation. Coaches shall wear ID cards visibly on their person during pre-game check in and for the duration of all games.
- c. For each EXTRA program team, the 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 cards. These must be at all events (games, practices, scrimmages, parties etc.) in which the team participates.
- d. Properly completed and laminated ID cards for all players and a maximum of two coaches and a team lineup card shall be presented to the referee prior to the start of each game.
- e. NOTE: Referees are NOT to request team rosters and/or to use same as part of the team check-in process prior to a game.
- f. NOTE: Any volunteer not provided with a coach ID card is NOT considered an EXTRA Program Coach. If there is no "credentialed coach" present during the pre-game check-in process the referee shall abandon the game. The Program Director will award a 1-0 forfeit to the "non-offending" team.

- g. Team rosters are to be entered in eAYSO no later than August 1, and shall include:
  - i) Regional and divisional identification;
  - ii) Coach's and assistant coach's names, address, home and work phone numbers, e-mail addresses, coach training level and Safe Haven certification date;
  - iii) Player information: name, address, phone number, birth date, AYSO registration number and date of registration;
  - iv) Team number, uniform colors and team name (if available); and
  - v) Approval of the Regional Commissioner certifying players and coaches.
- h. Rosters are to be complete by August 15. No team without a properly completed eAYSO team roster, approved by the Regional Commissioner and verified by the Area Director, will be permitted to participate in the EXTRA Program.
- i. Roster revisions shall occur when the total amount of permanent rostered players drops to the number of field players permitted in the division. At that point, the team will be allowed to add one (1) player. This player cannot be drafted from another AYSO team whose season is still in progress. The additional player must be approved by the Regional Commissioner and the Area Director.

## 8. TEAM FORMAT

- a. Area Directors shall approve the number of teams participating from each of their Regions.
- b. Participating Regions are allowed to enter teams in the U-10 through U-14 gender/age brackets as follows:
  - i) The maximum number of team members allowed in U-10 will be ten (10) and teams will play 7 v 7;
  - ii) The maximum number of team members allowed in U-11 and U-12 will be fifteen (15) and teams will play 11 v 11; and
  - iii) The maximum number of team members allowed in U-13 and U-14 will be fifteen (15) and teams will play 11 v 11.
- c. Single-year age bracketing is permissible and recommended. Regions may also have "combo" teams (two-year age bracketing) where they feel that such action may be in their best interest. In such cases, the age of the oldest player will determine the age bracket placement of the team.
- d. Regions may not have more teams in an EXTRA division than they do in a standard primary program division.

- e. The determination of the appropriate number of EXTRA teams in a division should be based on the population of a division in a Region, the effect the creation of the teams will have on the standard primary program, field availability, age-appropriate referee support and the effect on the program-wide team balancing.
  - i) In order to enter a team in the EXTRA program, the Region should have a minimum of seventy-five (75) players in that same gender/age bracket.
  - ii) In order to enter a second team in the same gender/age bracket the Region is to have a minimum of one-hundred and fifty (150) players in that same gender/age bracket. A third team will require two-hundred and twenty-five (225) players in the same gender/age bracket, and so on.
  - iii) Regions that create multiple EXTRA teams in the same gender/age division shall make all reasonable efforts to create balanced teams.
- f. At no time is inter-regional recruitment of players allowed without the prior approval of each of the Regional Commissioners and Area Directors concerned. Recruitment without prior approval may result in sanctions. The Program Administrator may convene a dispute resolution/disciplinary review in such instances.

## **9. PLAYER SELECTION PROCEDURE**

- a. Player evaluation opportunities shall be widely advertised to all potential players. A minimum of two (2) advertised tryouts will be held for each team.
- b. All participants in a tryout must be registered with AYSO prior to the tryout session. On site registration may be done for anyone not registered prior to arriving to the tryout.
- c. All players in the gender/age bracket of the tryout being conducted are eligible to try out.
- d. Regions are to notify all players who tried out as to their status, positive or negative, on the EXTRA team within a reasonable amount of time after the tryouts for that particular Region have concluded.
- e. Regions are encouraged to select as large a team as allowed by AYSO Rules and Regulations to ensure enough players and substitutes are available each game day as well as to eliminate the need for adding players at a later date.
- f. Evaluation and Selection Procedure:
  - i) Evaluators shall be Advanced or National Coach Certified.
  - ii) Evaluations shall be as impartial as possible.
  - iii) Coaches of an Extra program team may not participate in their team's evaluation. Coaches should observe all the players throughout the evaluations.

- iv) A parent of a player trying out for an EXTRA team may not participate as an evaluator for his/her child's gender/age bracket.
- v) Evaluators are strongly encouraged to use a short-sided game format to evaluate players. Evaluators may also use additional skill tests.
- vi) Evaluators will submit player rankings/ratings and recommend the most capable and deserving players.
- vii) The Selection Committee will consist of the Regional Commissioner, the Regional Coach Administrator, the Regional Extra Program Administrator, the EXTRA Program Coach and any other designees by the Regional Commissioner.

## 10. UNIFORMS

- a. All uniforms and equipment shall be in accordance with AYSO National Rules and Regulations.
- b. The referee is the final authority on the safety of any player's uniform and equipment.
- c. EXTRA teams should be provided with uniforms similar to those provided to other Fall Standard Primary Program teams. A second (traveling) jersey is recommended.
- d. Regional funds are not to be expended for any additional player uniforms, warm-ups, backpacks, etc.
- e. All players must wear shin guards that provide a reasonable degree of protection, and that are completely covered by their socks, to participate in any practice or game. .
- f. AYSO will not prohibit the use of knee braces by players in AYSO events and programs; providing that the brace is adequately covered and padded in the judgment of the referee, so as to eliminate the possibility of its causing injury to the other players on the field. EXTRA team members shall not be allowed to practice or participate in any game with any type of cast or splint.
- g. The goalkeeper on each team must wear colors (jersey or scrimmage vest) that clearly distinguish the goalkeeper from other players on both teams to the satisfaction of the referee.
- h. The Home team in a match is responsible for wearing uniform jerseys (or scrimmage vests) that clearly distinguish them from the other team. In case of color conflicts, the Home team is required to change uniform colors.

## 11. PRACTICE/TRAINING

- a. Teams are NOT permitted to begin practice or engage in any other training activity prior to August 1st. Only players on the official roster of the team are permitted to participate in team training.

## 12. GAMES

- a. The gaming schedule/standings for the EXTRA Program will be posted on the Section Eleven website.
- b. All games shall be played as scheduled (date, time and venue).
- c. Coaches are responsible for reporting game scores to the Section Eleven website.
- d. The coaches, substitutes, and spectators of the two teams playing the match shall be on opposite sides of the field of play unless the referee gives permission for them to be on the same side, in which case they will remain on separate ends of the field. Home teams shall have the choice as to side of field. Teams and spectators will only be allowed in areas approved by the referee.
- e. If either of the teams is not ready to play at the scheduled kick-off time, the referee may allow a grace period of up to ten (10) minutes before abandoning the game.
- f. In cases of games cancelled by adverse weather conditions (rain, poor air quality or act of God), the Area Director of the home team will reschedule the game to be played within two weeks of the scheduled game. The Program Administrator has the authority to reschedule games or declare a forfeit should there be an unfair advantage by not rescheduling a game.
- g. The referee is to report all misconduct, including cautions or send-offs of players; irresponsible behavior by coaches or spectators; injuries that may require medical attention; and any other area of concern including unsafe conditions in the Misconduct Reporting System within twenty-four (24) hours of the game.
- h. The referee may terminate or suspend a match for reasons of safety (bad weather or darkness), for any serious infringement of the Laws, or because of interference by spectators. The referee must report fully on the events.
- i. The Program Administrator has the authority to declare a winner, a forfeit, or a replay of the match in its entirety as follows:
  - i) If a team does not appear for a scheduled game, their opponent will be awarded a 1-0 forfeit.
  - ii) A team not ready to play at the scheduled time shall forfeit that game and their opponent will be awarded a 1-0 forfeit.

- iii) If the game termination is due to the actions of both teams the game shall be deemed a forfeit by both teams and will count in the computation of average points per game in determining the standings.
- iv) If a 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.
- v) 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.

### 13. GAME SCORING

- a. Standings will be determined by average points per game (total points earned divided by number of games played).
- b. A maximum of three (3) points may be awarded to a team in any one game.
  - i) Points shall be awarded as follows:
    - (1) Win 3 points
    - (2) Tie 1 point
    - (3) Loss 0 points
  - ii) A one (1) point deduction for each red card (send-off) received by a player.
  - iii) A one (1) point deduction when a coach or assistant coach is expelled for failure to conduct themselves in a responsible manner (before, during, or after the match).
  - iv) A one (1) point deduction when a spectator is expelled for failure to conduct themselves in a responsible manner (before, during, or after the match).
- c. Tie breakers for standings at the conclusion of “standings” play shall be as follows:
  - i) Head-to-Head Play (outcome of the game involving the tied teams).
  - ii) Team with the lowest number of goals against.
  - iii) Goal Differential: goals scored, less goals allowed, maximum differential of three (3) goals per game.
  - iv) Team with highest number of goals scored, maximum of three (3) goals per game.
  - v) Lowest point deductions for misconducts and send-offs.
  - vi) Random draw (Coin toss).
- d. Awards will be given to the top teams based on the final league standings.

#### 14. POST SEASON PLAY

- a. Post Season Play is optional. Applications must be submitted by the due date.
- b. A separate fee is to be paid for Post Season Play.
- c. Player participation is limited to those who are on the eAYSO roster during the regular season.

##### **d. Champions Cup Flight**

- i) The top teams from each division are eligible to participate in the Champions Cup. The number of teams will be determined at the beginning of the season based on the number of teams within each division.
- ii) Teams that have two or more reported incidents of coaches or spectators being expelled for failure to conduct themselves in a responsible manner will not be accepted.
- iii) Medals will be presented to the 1st – 4th place teams in each age/gender division.
- iv) The winner(s) are eligible to participate in the California EXTRA Program Championships.

##### **e. League Cup Flights**

- i) The balance of the teams from each division are eligible to participate in the League Cup. Flights of six (6) or eight (8) teams will be formed based on the league standings. The number of teams accepted will be based on the number of applications and field allocations.
- ii) Team acceptance will be as follows:
  - (1) Teams from Regions that provide fields and staff to host the games will be accepted first.
  - (2) Teams that have received coach or spectator misconducts will be accepted last.
  - (3) The balance of the Applications will be accepted on a first-come basis.
  - (4) Medals will be presented to the 1st and 2nd place teams in each age/gender flight.

#### 15. PLAYER SUBSTITUTION

- a. All games shall have a substitution opportunity approximately midway through each half, at half time and in the event of injury. The half time break will be no less than five (5) minutes and no more than ten (10) minutes.

## 16. MISCONDUCT

- a. It is the responsibility of the referee in EXTRA games to submit a written Misconduct Report within 24 hours after the conclusion of the game in which a caution or send-off occurred. The referee must also submit a Misconduct Report when a coach or spectator is expelled for failure to conduct themselves in a responsible manner (before, during or after the game).
- b. Should violators of the penalties set forth in this section refuse to immediately leave the field when requested to do so by the referee, the game shall be suspended until the situation has been resolved. If it is not resolved, in what the referee considers a reasonable amount of time, the game shall be terminated and the referee must submit a Misconduct Report.
- c. There is **no** mandatory “cooling off” period for cautioned players. It is recommended that, at the coach’s request and with the referee’s permission, a cautioned player, or any player having difficulty controlling his emotions, may be substituted at the earliest opportunity.
- d. Send-Off’s (Red Cards), Cautions (Yellow Cards) and Coach/Spectator expulsions or reports of irresponsible behavior issued in games **are not subject to appeal**.
- e. Suspensions:
  - i) The penalty for a player send-off (Red Card) shall be a minimum one (1) game suspension. The suspension for violent conduct or serious foul play shall be a minimum of two (2) games. Referees shall not retain any Player ID Cards from players who have been sent-off.
  - ii) The penalty for coaches or spectators being expelled for failure to conduct themselves in a responsible manner shall be a minimum one (1) game suspension.
  - iii) Disciplinary Review shall be conducted by the team’s home Region/Area in cases of send-offs related to abusive language, serious foul play, violent conduct and any reported coach or spectator expulsion/irresponsible behavior. Additional sanctions shall be reported to the Section Director, Program Administrator and the Referee Administrator.
  - iv) The length of any suspension may be increased and other disciplinary measures applied if deemed warranted in accordance with the AYSO due process procedure.
  - v) Suspensions shall be served in the first game (not scrimmage) that is played following the game of the incident.

- vi) If the player sent off is a minor (under 18 years of age), he/she must leave the field in the company of his/her parent(s) or guardian(s). Otherwise, the player must leave being accompanied by a Safe Haven certified adult. Otherwise, the player may remain in the proximity of the field under adult supervision.
  - vii) A player serving a suspension and not in uniform may attend the team's next scheduled game as a spectator, but may not participate in any manner.
  - viii) A coach or spectator serving a suspension may not be present at the game (including pre and post game activities) or participate in any manner.
  - ix) In the event a suspended player or coach participates in a match that he/she has been suspended, the game shall be recorded as a forfeit in favor of the opposing team. For each such event, the original suspension must be served at the next game played by the team, an additional one game suspension must be served at the following game, and the coach of such team must serve a one game suspension.
  - f. The EXTRA Program Code of Conduct letter shall be a governing document related to acceptable conduct for players, coaches and spectators at EXTRA Play games. The rules related to fighting will be strictly enforced.
  - g. The applicable Area Director(s), with the assistance of the Area Referee Administrator(s) and the Area Coach Administrator(s), together with the respective Regional Commissioners, shall review all inter-regional disputes or disciplinary issues not resolved at the regional level. Any disciplinary action taken must be communicated to the Section Director, EXTRA Program Administrator and the Section Referee Administrator within 96 hrs of the game in which the incident occurred. Disciplinary Review Panels may be called if deemed necessary by the Area Director(s) or the Section Eleven Program Administrator.
  - h. A weekly Misconduct Report Summary will be distributed to Area Directors, Area/Regional Referee Administrators, and the applicable Regional Commissioners. This report will list all cautions, send offs, expulsions and information on other reports submitted by referees and shall also list those suspensions that are to be served (by gender/age bracket, name, date and location).
- 17. These guidelines shall serve as the governing document for the EXTRA Program conducted in AYSO Section Eleven.**