

# San Mateo AYSO Regional Handbook 2023

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# Welcome to the 2023 Season!

Welcome to the 2023 San Mateo AYSO soccer season! This guide, in conjunction with our website ([www.aysosm.org](http://www.aysosm.org)), is your go-to resource for all things related to the AYSO experience.

The American Youth Soccer Association (AYSO) is an organization founded 59 years ago with an explicit vision: to provide world-class youth soccer programs that enrich children's lives.

This is achieved through our mission: to develop and deliver quality youth soccer programs that provide a fun, family environment based around six core philosophies:

- Balanced Teams
- Open Registration
- Everybody Plays
- Good Sportsmanship
- Positive Coaching
- Player Development

AYSO is structured into Sections, Areas, and Regions. San Mateo is in Section 2, Area 2N, and Region 36. San Mateo was recognized as "Region of the Year" in 2014 and "Area of the Year" in 2021.

There are no paid positions in our San Mateo AYSO organization. **All of the volunteers give their time for free.**

The San Mateo Regional Board sets annual objectives in support of this mission and vision. For 2023, these objectives include:

1. To promote a positive and productive coaching environment
2. To turn all our playing fields, both practice and game, into "Kids Zones".
3. 24-hour response time (even if just an acknowledgment of receipt) to all enquiries.

For more information on these objectives and our organization, please visit [www.aysosm.org](http://www.aysosm.org).

## Advice for Parents – Your Responsibilities

The AYSO Mission is to promote a fun, family environment based on philosophies that include Good Sportsmanship, Everybody Plays, and Player Development. As a parent, you play an important role in support of these philosophies.

Details can be found at [www.aysom.org](http://www.aysom.org) and include the following:

1. Attend the pre-season Coach-Parent Meeting.
2. To assist your child in arriving at practices and games at the time requested by the coach and notify the coach or team parent when your child will not be able to attend the practice or game.
3. To arrange for your child's safe journey home after practices and games, and to remember that your child's coach is a volunteer, not a baby-sitting service.
4. To assist your child's coach by providing game refreshments when needed and by participating in any additional team activities or meetings where parent help is needed.
5. Plan to be at all scheduled games, regardless of weather conditions, unless notified by the AYSO Team (coach / team parent) that the game has been canceled.
6. **Volunteer** to be the Team Parent or Referee.
7. Leave the coaching to the Coach.
8. For 7U and higher game, spectators must be on the opposite side of the field from the coaches and players and at least three yards from the touchline. At Los Prados, spectators must be located behind the outermost touchline (white line).
9. Spectators, coaches, and players are not allowed behind the goal line.

If you observe a situation where the AYSO philosophies are NOT being followed, and/or the game is NOT being honored, please file a Kids Zone Feedback report through the San Mateo AYSO website ([www.aysosm.org](http://www.aysosm.org)) within 24 hours of the occurrence.

## Concussions

All parents and players are provided the AYSO/CDC Concussion Information Sheet which provides information about the signs and symptoms of concussion and the associated risks as part of registration. Coaches will be collecting signatures on a concussion information form from all players (ages 8+) and parents prior to the start of practice or play. There are no exceptions since this is required by the State of California.

AYSO rules prohibit heading the ball in divisions 12U and below in both practices and games. Players in 14U may practice heading limited to 30 minutes and no more than 15-20 headers per day.

With regards to players and concussions:

- Any player who in the opinion of the referee, coach, or parent, shows any symptom of a concussion must be removed from play, **and**
- Parents are urged to seek medical care from a health care professional experienced in evaluating concussions, **and**
- In all cases the parent must sign a new Participation Release Form which includes a concussion waiver confirming that the player has been given the appropriate clearance before the player is permitted to return to practice or play.

## The AYSO Team

Each team has a **coach**, **assistant coach**, and **team parent** who are responsible for their team. The assistant coach assists the coach at practices and fills-in when the coach is unable to make games or practices. The team parent assists the coach by distributing information on snack schedules, photo times, banners, end-of-year party, and any other duty not specifically coach-related.

Each team in the 6U, 7U, 8U, 10U, and 12U Divisions are required to have two trained referees. For 6U-8U, the team-affiliated referees officiate their own team's game. For 10U and higher Divisions, the team-affiliated referees sign up for the game using the referee website (<https://referee.aysosm.org>).

All volunteers must be ANNUALLY registered with AYSO in order to participate to each season. This is a legal requirement and needed in order to be covered by AYSO insurance. All volunteers are subject to a criminal background check.

**All teams are encouraged to have a sponsor.** Donations from our sponsors support our financial assistance programs and help keep the cost of the program down. Sponsorship levels of \$300, \$400, \$500 or \$1000 per team have been established and we encourage multiple sponsors for each team. Sponsors are recognized on the team banner and on our website. Sponsorship information is available from your coach or from the web at <http://www.aysosm.org>, under About Us. If a team cannot find a sponsor, it is encouraged that the parents split the cost of being the team sponsor.

### Team Assignments

Division placement is based on a child's age, as of December 31<sup>st</sup> with most divisions covering two years. For 2023, we have divisions for ages 5U, 6U, 7U, 8U, 10U, 12U, 14U, 16U, and 19U. Recognize that this means that your child will be engaging with players either the same age, or younger, or up to one year older than themselves.

The Division Coordinator for each division determines team assignments with all decisions driven by our philosophy of **Balanced Teams**. If you find your team is unbalanced relative to the rest of the division, please know that this was NOT deliberate, and likely due to an incorrectly-rated returning player or unrated new player (or similar factor beyond our control).

For additional details, in particular for age-specific considerations, check [www.aysosm.org](http://www.aysosm.org).

## For Coaches

All coaches must be certified to coach in AYSO. Training programs are offered in San Mateo and in nearby regions that should fit into anyone's busy schedule.

Player Development focus areas will vary depending on the age-division. For this reason, coach training programs are division specific. Every coach is required to have taken the coaching clinic designed for the age division they are currently coaching.

Sometimes we have individuals offering to coach multiple teams. In a 10-week season, the logistics of coaching 20+ games, and potentially 40+ training sessions is an impressive commitment. However, while coaching multiple teams is an available option, it often creates scheduling challenges for you, for fellow coaches who may get asked to adjust their schedules to accommodate, and for our all-volunteer Division Coordinators in establishing fair and balanced schedules. Our region policy is to limit any individual to be on the coaching staff (Head or Assistant) of no more than two teams.

A Goalkeeper Clinic will be available and highly recommended for all players who want to learn the techniques necessary to help them be a better Goalkeeper.

For more information check out the regularly updated Coach page at [www.aysosm.org](http://www.aysosm.org)

### **Everybody Plays: Player Attendance and Participation**

Games in San Mateo AYSO are managed with the philosophy of Everybody Plays. Every player is assured of consistent playing time, with their time as a substitute being uniformly distributed among all players.

Each player is strongly urged to attend every practice – it is important for team cohesion, unity and spirit. If this is problematic, please work with your Division Coordinator on resolution suggestions.

Players who do not arrive at the game on time or who are not ready to play at the start of the game are not assured maximum playing time.

## Play-time Rules

For players arriving before the start of the game:

- For division 6U-14U: Players must play at least 1/2 the match. No player will play 4 quarters until all players have played 3 quarters.
- For divisions 16U and 19U: Play time is governed by Area 2N ([www.area2n.org](http://www.area2n.org)) rules.

For players arriving after the start of the game:

- Players arriving during the first quarter are entitled to play a minimum of two of the remaining three quarters.
- Players arriving during the second or third quarter are entitled to play a minimum of one quarter.

The goalkeeper is counted as a player.

Coaches who do not implement the play-time rules will receive a “0” in **Sportsmanship Points** for the game where the violation occurred.

## Controlling Point Spread

Excessive game point spreads are strongly discouraged and run against the spirit of the AYSO philosophy. Therefore, a game differential score of more than 5 goals (e.g., 7-1) is reviewed by the division coordinator who may, after investigation, deduct Sportsmanship Points (or in the lower divisions talk to the coach).

## Team Training

Team practices are typically held once or twice a week on weekdays or weekends, at the discretion of your coaching team. Please review the section on **Parent/Guardian Responsibilities** to ensure there are no issues.

## The Game

AYSO games are played in two halves of equal lengths with a half-time break. The game is paused at approximately the middle of each half substitution (each quarter). The Laws of the Game do not permit coaching time-outs.

During the game, coaches wearing their badges and substitute players shall remain in their respective technical areas which are three yards from the touchline and up to 10 yards from the halfway line. Spectators are not permitted in the technical area.

For 6U through 12U, substitutions are made at the half and at each quarter. Since the referee does not stop the clock at the quarter substitutions, coaches and players are encouraged to perform the substitutions as efficiently as possible. For 14U, substitutions may occur at any stoppage of play, subject to the approval of the referee.

See the grid below for age-specific game conditions. For more details, please review [www.aysosm.org](http://www.aysosm.org):

	Field Size	Markings	Play-time	Game Length	Team size
6U	Very small 15'x30'	Simplified markings	1/2 game minimum	40 min.	4 vs 4
		Small size goal net	No goalkeeper	Substitutions @ 10 min	7 players per team
7U and 8U	Small 25'x35'	Simplified markings	3/4 game minimum	40 min.	5 vs 5
		Small size goal net	No goalkeeper	Substitutions @ 10 min	7 players per team
10U	Medium 35' x 45'	Standard	3/4 game minimum	50 min.	7 vs 7
		Intermediate size goal net		Substitutions @ 12.5 min.	9 players per team
12U	Standard 50'x80'	Standard	3/4 game minimum	60 min. Substitutions @ 15 min.	9 vs 9 12 players per team
14U	Standard	Standard	1/2 game minimum	70 min.	11 vs 11



			Unlimited Substitutions	14 players per team
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Key points for games include:

- Sportsmanship points are awarded for all games.
- A minimum of 7 players in 14U-19U; 6 players in 12U; and 5 players in 10U per team are required in order to play an official game. (No restrictions in 8U and below.) No team will play short (fewer than the allotted number of players) if players are available on the sidelines.
- For all divisions without a goalkeeper, all players are expected to be actively involved in play. If the ball is on the attacking half of the field, the coach should instruct players to move up towards the halfway line and move back if the ball crosses into the team's half of the field. Goal-line “blockades” do NOT encourage Player Development or Positive Coaching.
- For 12U divisions and below, for player safety, heading is not allowed.
- The definition of 3/4 game minimum: no player can play the full game unless all other eligible players have played 3/4 of the game.

For regulations at 16U/19U age groups, visit [www.area2n.org](http://www.area2n.org).

## 2023 IFAB Laws of the Game and AYSO Rules

AYSO matches are governed by IFAB 2023 Laws of the Game (<https://thefab.com/>) and AYSO age-appropriate rules. For official AYSO rules in each division, please refer to [www.aysosm.org/referees](http://www.aysosm.org/referees) for details.

## Standings

Divisions 6U-8U are non-competitive and instructional in format. Games are played without standings.

Division 10U is largely a non-competitive division. The outcome (win/tie/loss/goals) of the last five regularly scheduled games are considered in establishing tournament qualification and placement.

Divisions 12U and 14U are competitive divisions. Points from all scheduled games are used in developing league standings and tournament qualification.

In Divisions 10U, 12U, and 14U points are awarded for regular season play as follows:

- Win: 3 points
- Tie: 1 point
- Loss: 0 points

For Divisions 10U and 12U, bonus points (up to 5 points) are awarded to a team for Team Referee service, as described in the Team Referee Program section.

Standings are calculated weekly and posted to the Region's website.

## Regional Tournament Qualification

Post-season tournament in the 10U and 12U Divisions are played as weather and field conditions permit. The top teams in regular season standings will be invited to participate in the Division tournament.

In the event a tie occurs in the cumulative standings points used for tournament qualification, the following tiebreaker criteria are applied (in rank order):

1. Sportsmanship Points (cumulative total from **all** games).
2. Winner of a head-to-head game.
3. Goal differential (goals scored minus goals allowed) **up to a maximum of 3 per game.**
4. Fewest goals allowed.
5. Most goals scored up to a maximum of 3 per game.
6. A coin toss.

Tournament rules are published and distributed to coaches of qualifying teams prior to the tournament. The Regional Board may need to alter the number of participating teams or the format of the tournament based on the number of qualifying teams or other factors.

If the San Mateo Regional tournament cannot be played in entirety, the top ranked team based on regular season play is selected to participate in the Area tournament. Tournament game day decisions regarding playability of fields due to weather or other circumstances are final and not subject to dispute. Final decisions are made by the Regional Commissioner, Regional Coach Administrator, and Regional Referee Administrator.

## Area/Section Tournament Qualification

San Mateo AYSO Region 36 is a local regional program within AYSO's Section 2, Area N. The Section and the Area schedules tournaments between the regions within our section and area. These games will be played under Area/Section rules. The coaches of qualifying teams will be provided with detailed information prior to the tournament dates. Information will also be available from the website at [www.area2n.org](http://www.area2n.org).

## Awards

It is hoped that the rewards of fair play, good competition and positive volunteer-player interaction will be the primary reward. Awards will be presented to the 1st and 2nd Place tournament winners in Divisions 10U and 12U.

Participation trophies will be presented to all players in Divisions 5U- 10U.

## Game Protests

- Game protests are DISCOURAGED and WILL NOT RECEIVE ENTHUSIASTIC CONSIDERATION.
- Referee judgment calls are final and are not grounds for protest.
- Protests must be submitted electronically as a Kids Zone Feedback report through the San Mateo AYSO website ([www.aysosm.org](http://www.aysosm.org)), under the Coach or Referee tab **within 24 hours** of the occurrence.
- Referees are required to file a written report of any abusive language used by coaches, players, or spectators, or for conduct, which interfered with the game.

## Game Cancellations

While soccer worldwide is generally played rain or shine, AYSO in San Mateo has made certain commitments to the various institutions that provide our playing fields. Coaches should check our website ([www.aysosm.org](http://www.aysosm.org)) for field status reports.

It is the responsibility of the coach to contact their team for any scheduling changes including if a game is canceled.

On the field, the only person authorized to cancel or abandon a game is the referee scheduled for that game.

## Uniforms and Equipment

### Proper dress for scheduled games

1. Each player must be dressed in:
  - Issued jersey tucked into shorts.
  - Issued shorts.
  - Issued socks pulled up.
  - Shinguards, worn under the socks.
  - Soccer shoes with plastic or molded rubber cleats are recommended.
2. Only Region 36 approved emblems, patches, or awards may be added or attached to the uniforms.
3. No clothing, such as shirts and pants, may be worn over the uniform while a player is participating in a game. Players may not wear hats, caps, bandannas, or hooded sweatshirts.
4. Compression pants may be worn under the issued shorts if they don't extend beyond the hemline of the shorts and are similar in color. Compression shirts are allowed under the player jersey. **Players will NOT be allowed to play unless properly dressed.**
5. Goalkeepers may wear gloves and soft knee or elbow pads. They may also wear warm-up pants when the weather is cold.
6. Players may wear prescription glasses, hearing aids, Med-Alert bracelets and necklaces. See note below.
7. No jewelry, including bracelets (metal or plastic), wristwatches, barrettes, earrings or any other such object, including casts or splints, which could possibly cause injury to him/her or another player may be worn. **NO EXCEPTIONS.**
8. Long hair may be tied back (a soft headband is allowed).
9. Coaches will have some practice balls and game balls. It is recommended that each player have his or her own ball.
  - 6U - 8U                      Size 3 ball
  - 10U - 12U                    Size 4 ball
  - 14U - 19U                    Size 5 ball
10. Players are not allowed to chew gum or eat while participating in games or practices.

11. Coaches must have player medical release forms and a First Aid Kit with them at all games and practices.

## **Glasses, Hearing Aids, and Med-Alerts**

Players who use prescription glasses, hearing aids, insulin pumps, etc., are allowed to wear them during a game. Retaining straps for glasses are allowed.

Med-Alerts (bracelets, jewelry, or necklaces with emergency medical information) should not be removed as they contain important medical information about the player. Med-Alert bracelets must be completely covered with a soft cloth band or tape for the safety of your child and all the other players.

## **Sportsmanship Program**

The purpose of the Sportsmanship program is to support the AYSO Philosophies (notably Good Sportsmanship and Positive Coaching), and to honor the game.

The San Mateo AYSO Sportsmanship Program is designed to promote positive sportsmanship in the 10U- 14U Divisions through the consistent, objective awarding of sportsmanship points by referees during regular season and tournament play.

Details of the program can be found at [www.aysosm.org](http://www.aysosm.org). This content includes the following:

- Two scores are assessed: one for players, and one for adults. The adult category includes the coach and spectators.
- For a typical game, a team will earn 4 points (2 points each for players and for adults).
- Any incidences of Unsporting Behavior, Persistent Offenses, or Dissent will result in a point deduction. Sendoff will warrant a two-point deduction.

Any incident of a failure to respect the AYSO philosophies (Good Sportsmanship, Everyone Plays, and Positive Coaching) will result in a point deduction. Coaches who do not follow the minimum play-time rule receive zero sportsmanship points for the game where the violation occurred.

Expect to be contacted by the Division Coordinator whenever below average (1) or unacceptable (0) sportsmanship is identified. The Division Coordinator has the latitude to adjust Sportsmanship Points, if appropriate.

Sportsmanship points are reported weekly as part of the team standings.

## **Application of Points**

Sportsmanship points are used as qualification criteria for post-season tournament play:

- A team must earn a minimum of 32 points during the 10 regular-season games to be eligible for post-season tournament play.
- During the regular season, the award of two or more "0" sportsmanship points in either category (players or adults) disqualifies a team from post-season tournament play.
- During the San Mateo Regional tournaments, the award of a single "0" sportsmanship points in either category (players or adults) disqualifies a team from Area/Section tournament participation.
- Any disqualified team has the right to appeal to the Sportsmanship Committee. This appeal must be received as a Kids Zone Feedback report by the Monday before tournament commences.

## **Player Suspension / Expulsion**

If a player is sent off from the game (red card), they will automatically be suspended from the next game. This includes post-season and tournament play. A second send off (second red card) can result in expulsion for the remainder of the season. Any expulsions will be reviewed by the Sportsmanship Committee. Players are not allowed to attend practices or games during their suspension.

Cautions (yellow card) are cause for the Sportsmanship Committee to consider meeting with the player and parent/guardian to discuss ways of avoiding future cautions. Two yellow cards in any one game will result a red card. The player will be ejected from the game, will be suspended from the next game, and must meet with the Sportsmanship Committee. Any player with three cautions given for the season will be suspended for the game following receipt of the third yellow card and must meet with the Sportsmanship Committee. This includes post-season and tournament play.

Once a team receives 4 cards (red or yellow), the head coach will need to come before the Sportsmanship Committee.

STRIKING OR ASSAULTING A REFEREE, ASSISTANT REFEREE, OR OTHER AYSO OFFICIAL WILL RESULT IN A SUSPENSION AND IS A FELONY UNDER CALIFORNIA STATE LAW.

## Kid Zone Feedback

The Kid Zone Feedback ([www.aysosm.org](http://www.aysosm.org)); under the Coach or Referee tabs, allows parents, spectators, coaches, and referees to provide feedback to the San Mateo region describing any game problems or incidents of misconduct. This report is automatically sent to the Regional Commissioner and members of the Sportsmanship Committee.

Players, Parents, Coaches, and Spectators are encouraged to use Kids Zone Feedback to:

- Make any comment (positive or negative) about their AYSO soccer experience, or
- Report any inappropriate behavior at practice or at the game.

Referees are required to use Kids Zone Feedback to report:

1. Any sportsmanship point deductions for the game.
2. Where a Player's sportsmanship conduct fails to meet the AYSO goals and objectives.
3. Where a player has been Sent-off (red card infractions of the laws of the game).
4. Any inappropriate behavior during (or before or after) the game.
5. If a game is suspended for any reason.
6. For any field problem (field conditions, sprinklers, goal net, etc.).
7. Or for any other reason, that in the opinion of the referee, may warrant reporting.

Referees must file a report within 24 hours of the game.

Upon review of a Kid Zone Feedback Report, the Sportsmanship committee may proceed with:

1. Verbal counseling (in person or over the phone discussion)

2. Formal warning in email (include recommendations)
3. Regional Hearing (in person meeting)

## Referee Program

Being a referee can be rewarding and is an essential part of the AYSO program. Becoming a Referee is easy to do. Every AYSO-sanctioned soccer game MUST have a certified referee. If there is no certified referee, the game cannot be played.

Parents do not have to have any knowledge of the Laws of the Game or have played soccer in the past. Our Referee Program provides training and equipment for 6U, 7U, and 8U Referees and Regional Referees (10U and 12U Divisions). Referees are encouraged to upgrade to Intermediate, Advanced and National Referees as they gain experience and officiate in 14U and higher divisions. Referees who successfully obtain their Intermediate, Advanced, or National Referee certifications receive red, green, and blue jerseys to complement their yellow jersey, and other referee gear, in recognition of their commitment to help kids play.

For more information about volunteering to be a referee, visit our referee web page [www.aysosm.org/referees](http://www.aysosm.org/referees) for schedules of upcoming training opportunities or contact the Regional Referee Administrator ([rra@aysosm.org](mailto:rra@aysosm.org)).

## Team Referee Program

Parents can help develop their child's knowledge of the game by serving as a volunteer referee for their child's team. Details on how to become a team referee, including how to apply and be trained, are available at [www.aysosm.org/referees](http://www.aysosm.org/referees).

### 6U, 7U, and 8U Division Team Referees

Each 6U, 7U, and 8U team must have at least two (2) team referee volunteers. For each game, each team must provide one trained team referee, forming a two-person referee team. Training, referee T-shirt, and whistle are provided to all referee volunteers.

### 10U and 12U Team Referees

Each 10U and 12U team must have at least two (2) team referee volunteers to officiate games each Saturday. Training, mentoring, and equipment is provided to all referee volunteers.



Tournament qualification and seeding for the 10U and 12U divisions is based on a) the total awarded game points in the season, plus b) bonus points awarded for team referee participation, as a thank you to our involved team referees. Each team can be awarded up to 5 bonus points.

In recognition of the higher level of commitment required to serve as the referee for higher-division matches, we are awarding more bonus points per match to referee volunteers who officiate as the referee based on the age level of the game.

<b>Match in Division</b>	<b>Assistant Referee</b>	<b>Referee</b>	<b>Max Game + Bonus Points for Fall Season</b>
10U	0.10	0.15	20
12U	0.10	0.20	35
14U (Note 2)	0.10	0.25	N/A

Note 1: Team referees who work any game in 10U, 12U, or 14U can assign their game credit to any 10U or 12U team. The referee bonus program does not apply in the 14U Division since all 14U teams participate in the regional tournament.

Note 2: For 14U division, referees need to be experienced Regional Referees to serve as assistant referees and have an Intermediate Referee certification, at a minimum, to serve as the referee. If referees do not meet these minimum certifications, we encourage them to discuss their interest with the 14U Referee Coordinator and Regional Referee Administrator ([rra@aysosm.org](mailto:rra@aysosm.org)).

Note 3: All referees who wish to participate in the 10U-14U Team Referee Program must use the San Mateo AYSO Referee System ([referee.aysosm.org](http://referee.aysosm.org)) to self-assign themselves to games. Referees who have signed themselves up in the referee system are the assigned referees for a given game. If another referee wishes to referee but did not sign up in time for the game, the assigned referees are not required to relinquish their assignments. When the Division Coordinators enter the game reports, they will input the referee's names and their affiliated team number from the signed game cards.

## Pictures

Team and individual pictures will be taken on Sunday, September 10, 2023, at Joinville Park. You will be notified by your team parent, or coach as to the reporting time. The cost of the team picture is included in the registration fee.

## San Mateo Select Programs

San Mateo AYSO offers a Select soccer program, open only to players (and coaches) who participate in the Fall recreational season. The San Mateo AYSO Select Soccer Program consists of the following two (2) independent programs:

- Winter Select Program – runs in January and February (consists of games between Area 2N teams)
- Spring Select Program – runs from March to May (consists of Pacific Coast Spring Soccer League and Tournaments)

These programs provide a higher level of competition than the regular Fall recreational program. The Select programs require a higher level of commitment from the players, coaches, and parents. It is important to remember, however, that these programs are still a part of AYSO, and therefore are still guided by the same AYSO principles that cover the Fall recreational program.

Eligibility to participate in these programs consists of tryouts and player ratings, if available from the Fall recreational season. Details for each program can be found on the San Mateo AYSO website.

In any of the listed programs, Select teams are eligible to participate in AYSO sanctioned tournaments with the approval of Regional Commissioner. More information regarding AYSO tournaments can be found on the San Mateo AYSO website.

As with any AYSO program, the Select program relies on certified and trained referee volunteers to officiate AYSO games. Without referee volunteers, no AYSO game can occur.

Parents (or siblings older than age 12) of Select players are strongly encouraged to volunteer to referee, at any level, in order for more experienced referee volunteers to officiate Select games. Please sign up to be a referee for regular, select and/or tournament games. Without your help, games may not be played.

To be eligible to be a Head Coach or Assistant Coach, a coach must have demonstrated commitment to the AYSO philosophies, currently registered in in San Mateo AYSO program, have coached a team in the current Fall season, have been recommended by the Division Coordinator, have updated Safe Haven certification, have Concussion Training and must have appropriate coaching certification for the age group.

The Select Program is administered by the San Mateo Select Program Committee, under the supervision of the San Mateo AYSO Regional Board. If there are any questions regarding the Select Program, please contact either the Select Program Coordinator or the Regional Commissioner.

## Soccer Accident Insurance

Soccer has a low injury rate and is generally considered a safe sport. However, participants in any athletic activity may suffer injury. You should be aware of the steps to take if your child sustains an injury.

1. If a player is injured at practice or at a game, notify the coach and the referee (if present) immediately. If it looks as if the injured player should possibly see a doctor, seek medical attention immediately.
2. Following an injury that required medical treatment, or if the player showed any symptom of a concussion, a signed Region 36 Participation Release is required before the child can participate in any practice or game.
3. It is imperative that accidents be reported to our Regional Safety Director immediately as all claims must be submitted to our insurance carrier within 90 days. **All coaches and referees are required to report any injury to the Safety Director who will assist the parent/guardian in making the SAI claim.**

## 2023 Regional Board

AYSO is a non-profit corporation run by an Executive Director and a National Office Staff under the direction of a Board of Directors.

San Mateo Region 36 is administered by a Regional Board appointed by the Regional Commissioner and is responsible for the Region's operation.

Contact information for board members is found on the region's website ([www.aysosm.org](http://www.aysosm.org)).

There are always Board positions that need to be filled to help run the league. If you are interested in joining the Regional Board in any capacity listed, please see our website.

PLEASE VOLUNTEER.....We need your help!