

ALERT!

**You are
Entering
an**



**By entering this
kids zone,
you agree to
the following:**

- **Kids are #1**
- **Fun—not winning—is everything**
- **Fans only cheer, and coaches only coach**
- **No yelling in anger**
- **Respect the volunteer referees**
- **No swearing**
- **No smoking**
- **Leave no trash behind**
- **Set a proper example for our children**

AYSO—it's for the kids!

DeKalb AYSO Region 193 Family Handbook



Fall 2014—Spring 2015



DeKalb AYSO Region 193
Fall 2014-Spring 2015 Regional Board of Directors

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* National AYSO Required, Voting Position

** DeKalb AYSO Required, Voting Position

*** DeKalb AYSO Needed, Non-Voting Position

For a current list, please visit the [Regional Board of Directors](#) page on our website.

**We are always looking for volunteers, please contact
any board member to see how you can help
your child's soccer organization!**

INTER-REGION PLAY

Beginning at the U14 level, teams travel for some games. Please consult the schedule for the games. Field locations are as follows:

- **Amboy** - Amboy Sports Park, 300 Appleton Avenue, Amboy, IL.
- **DeKalb** - Kiwanis Park, 391 Fairview Drive, DeKalb, IL. Fields are located east of the shelter house.
- **Genoa** - Kiernan Park, located at the end of Locust Street, Genoa, IL. Field is east of the baseball diamond.
- **Rochelle FALL** - Rochelle Middle School, 111 School Street, Rochelle, IL. Field is on the west side of the school.
- **Rochelle SPRING** - Helms Park and Athletic Complex, Jones Street, Rochelle, IL. Field is in the football field.
- **Rockford** - SportsCore One, 1288 Elmwood Drive, Rockford, IL.
- **Sycamore** - Sycamore Community Park Sports Complex, 23942 Airport Road, Sycamore, IL, located on Airport Road, just south of IL Rte 64. Fields are south of the main entrance.

Maps can be found on the "[Field Locations](#)" page of our website.

AYSO PHILOSOPHY

The AYSO philosophy is based on six guiding principles:

Everyone Plays—Our goal is for children to play soccer so AYSO mandates that every player on every team plays at least half of every game. Our goal in DeKalb is for players to play even more than half a game.

Balanced Teams—Each year we form new teams as evenly balanced as possible, because it is more fair and more fun when teams of equal ability play.

Open Registration—Our program is open to all children between 4 and 13 years of age and high school girls (and high school boys in spring) who want to play soccer. Interest and enthusiasm are the only criteria for playing. Financial assistance is available to assure that no child is turned away due to financial concerns.

Positive Coaching—Positive encouragement of player efforts provides for greater enjoyment by the players and ultimately leads to better-skilled and better-motivated players.

Good Sportsmanship—We strive to create a positive environment based on mutual respect rather than a win-at-all-cost attitude, and our program is designed to instill good sportsmanship in every facet of AYSO.

Player Development—All players should be able to develop their soccer skills and knowledge to the best of their abilities, both individually and as members of a team, in order to maximize their enjoyment of the game.



CONTACT

Contacting Us Visit the "[Regional Board of Directors](#)" page on our website for more information and an updated list of board members and their e-mail addresses. Feel free to contact us with your questions, comments, complaints and suggestions.

AYSO Trailer For additional information on game days, visit the AYSO trailer. There you will find team information, schedules, first aid supplies, etc.

AYSO National Offices The National Support and Training Center is located 19750 South Vermont Avenue, Suite 200, Torrance, California 90502. Check out the AYSO website at soccer.org for valuable information or call AYSO at 800-USA-AYSO. Section 6 which comprises AYSO regions mostly in Illinois and Wisconsin also has a website at www.AYSOSection6.org.



Child and Volunteer Protection Every person interested in being an AYSO volunteer must submit a volunteer application each year. The regional Child and Volunteer Protection Advocates (CVPA) collect and screen all completed volunteer applications forms. Personal and professional references will be checked and volunteers are subject to background checks.

Volunteering

We ask that every parent/guardian or another member of the family assist in some way. Here are some ways that you can volunteer:

Coach: This is the bedrock position on which AYSO is built. It involves teaching the children how to play soccer and assigning positions and playing time. Coaches should not be burdened with administrative duties that can be performed by other parents. AYSO will provide training for all coaches.

Assistant Coach: This is a great way to learn the game. The job entails helping the coach. We encourage ALL PARENTS OR GUARDIANS to participate in the practices. Even if you just hang around, you will find opportunities to become involved. If you simply desire to stay and observe, do so...it's fun! We will provide training for all assistant coaches.

Referees: The referee is in charge of the game. Referees are parents or others who volunteer their time to help make the children's experience a positive one. They need your support and encouragement. The referee ensures that player safety and fair play come first, and encourages and enforces the AYSO philosophies of everyone plays, positive coaching and good sportsmanship.

Youth Referees: We encourage older players (U19, U14, U12) to become trained and certified referees to handle the younger (U6, U8, U10) games.

Staff: Parents working in staff positions will be called as needed to assist in registration, communications, pictures, uniforms, etc.



REGISTRATION

Age Guidelines

All boys and girls ages 4 through 13 and high school girls (and high school boys in spring) are eligible to register. Players are assigned to teams based on their ages as of September 1. The ages of the players on a team generally span two years. The birthdate guidelines for 2014-15 are as follows:

U19—September 1, 1995—August 31, 2000 (Traveling League)
U14—September 1, 2000—August 31, 2002 (Traveling League)
U12—September 1, 2002—August 31, 2004
U10—September 1, 2004—August 31, 2006
U08—September 1, 2006—August 31, 2008
U06—September 1, 2008—August 31, 2009
U05—September 1, 2009—July 31, 2010 (April 1, 2010, for spring)

“U” is short for “under” so, for example, U10 teams are made up of children under 10 years of age as of September 1.

U5 & 6 Divisions The U5 and U6 divisions introduce 4 and 5 year olds to soccer through the AYSO “Jamboree” style of practice and game play. All 4 and 5 year old players will come to the assigned AYSO field with a parent or guardian on Saturday mornings where the coach will organize a 20-30 minute practice. The parent or guardian will work with the player on a new skill each week. After the practice, the players will play a 20-minute. The U5 and U6 jamboree division is intended to teach the most basic soccer skills so that the players can move more easily into the U8 division.

Boys & Girls Teams As numbers allow, we strive to make teams all boys or all girls, however especially in upper division play, we do combine them into co-ed teams. This would be done division wide.

Player Placement To assure balanced teams (see “Team Balancing” below), players are shuffled each year. To facilitate this, requests for friends to be on the same team or requests for a particular coach cannot be honored. A player is assigned to his or her own parent if that parent is coaching. Requests for siblings in the same age and gender group to be assigned to the same team will be honored. It is against the national bylaws for players to be assigned to teams for any reason, including carpooling and to avoid scheduling conflicts with non-AYSO activities.

Team Balancing All players are rated by coaches at the end of the season. Those ratings are used to balance new teams for the following year and are seen only by the individuals creating the teams.

South County Teams For geography's sake, occasionally “South County” teams will be created (there will NOT be Waterman only or Shabbona only teams). Balanced teams will be formed in each division based on age and player ratings. Practice may take place in Shabbona and Waterman, games are played in DeKalb. Where there are insufficient South County players, they will be assigned to DeKalb teams.

Fee Registration fees and early bird dates can be found on the [“Player Registration”](#) page of our website.

Financial Assistance Limited financial assistance is available for any player in need.

Refund Policy Refunds are available for players who leave the program prior to August 1 (fall) or April 1 (spring); however, refunds will be reduced by direct costs incurred by the region. After that date refunds are at the discretion of the region. Refund requests after the first scheduled games will be denied. Refund requests should be made in writing.

Returned Checks Any fees incurred due to returned checks must be paid, along with the registration fee, before a child can play.

TEAMS

Team Assignments Players should be contacted by their coaches by a date specified after the time of this printing. Please visit the website for more information.

Team Practices Teams in divisions other than U5 and U6 will generally practice two times during the week. (U5 and U6 teams have no weekly practices. Half the scheduled time on game days for U5 & U6 teams may be devoted to practice.

Practice Locations, Days and Times Practice times and locations are determined by the coaches and will be communicated by the coaches to the teams. Please recognize that all coaches are volunteers. For insurance reasons, practice can ONLY be held at Kiwanis Park. We have NOT approved to practice at other area parks and any injuries incurred at a non-insured site will not be covered by supplemental insurance. Practices may be cancelled or rescheduled at the discretion of the coach. Each parent is responsible for getting players to practice on time and picking them up on time. Parents are encouraged to stay at practices and assist the coaches as necessary. At least two adults should be with the team at all practices.

Uniforms Each player will receive a full uniform: jersey, shorts and socks, prior to the season. No additional markings are to be added (names), and no alterations are to be made to the uniforms. Shin guards are not supplied and **must** be worn to all practices and games. Soccer shoes are not required but are recommended. Soccer cleats are the only cleats allowed. Soccer cleats do not have a toe cleat. Football and baseball cleats will be allowed only if the toe cleats are removed.

Picture Day Team and individual pictures are scheduled to be taken on September 13, 2014 (Spring to be announced; please check the website). Players will receive a picture day schedule from the team coach prior to picture day. Team and individual pictures will be available for sale.

Awards Each player will receive an award at the end of the playing season.

Snacks Each team should organize a snack list, dividing the duty of providing snacks and drinks on a weekly basis among the parents of the team. ***Snacks and drinks should be healthy items.*** Children really look forward to these treats. Halftime snacks should be a fruit (orange slices, grapes, apple slices, etc.).

Kids' Zone Kids' Zone is a nationwide AYSO program. Parents play a big part in its success. At each week's games when spectators and visitors enter Kiwanis Park, they enter the AYSO Kids' Zone, where the fields belong to the children, not you. Respect the Kid's Zones Rules. AYSO—it's for the kids.

Kiwanis Park / DeKalb AYSO Rules

- NO smoking.
- NO alcohol.
- Pets must on leashes at all times.
- Obey speed limits—Remember children do not always look both ways.
- Park in designated areas.
- Put litter in its place.

Playing Field Restrictions No one is allowed to be behind the goal lines. Spectators should remain three feet from the playing fields for safety reasons. Please be sure to park well enough away from the fields so that the parked cars do not interfere with player safety.

CAMPS

Summer Camps For more information, contact Joe Holda joe@vineyarddekalb.org 815-501-9089. Online registration is available via the "[Soccer Camps](#)" page on our website.

VOLUNTEERS

Much of the training for volunteer positions is available online to complete at your convenience. There are also meetings for various positions and the Board is always happy to help if you have any questions.

Regional Board Region 193 is governed by a regional board. All members of the regional board are unpaid volunteers giving their time to help run the region. The Board meets on the third Thursday of each month at the De Kalb Public Library. The meetings are open to all, and you are welcome to attend. For our meeting schedule visit the "[Regional Board](#)" page of our website.

Volunteers The region always needs volunteers. To join the fun, e-mail Kristi Radtke at kradtke.ayso193@hotmail.com

Online Training Coaches and referees can complete online training for their positions by visiting www.eayso.org.

Coaches Training Dates and times for coaches' training will be announced during the summer. Please visit the "[Coach Information](#)" page of our website for further information.

Safe Haven Training Safe haven training is available online. All new or non-certified volunteers must take this training. Please visit the "[Coach Information](#)" or "[Referee Information](#)" pages of our website for more information.

SPECTATORS AND VISITORS

Positive Support Spectators and other visitors are encouraged to support the players and coaches on both teams as well as the referees in a positive way. The children learn from adults by their actions.

AYSO Parent Code

Parents play a special role in contributing to the needs and development of youngsters. Through your encouragement and good example, you can help assure that all the boys and girls learn good sportsmanship and self-discipline. In AYSO, young people learn to work together, to sacrifice for the good of the team, to enjoy winning and deal appropriately with losing - all while becoming physically fit and healthy. Best of all, they have fun.

Support Your Child

Supporting your child by giving encouragement and showing interest in the team is very important. Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are often more important than victory - that way your child will always be a winner regardless of the outcome of the game!

Always be Positive

Parents serve as role models for their children. Become aware of this and work to be a positive role model. Applaud good plays by your child's team as well as good plays by the opposing team. Support all efforts to remove verbal and physical abuse from youth sports activities.

Remember: Your Child Wants to Have Fun

Remember that your child is the one playing soccer, not you. It's very important to let children establish their own goals - to play the game for themselves. Take care not to impose your own standards and goals on them. Don't put too heavy a burden on your child to win games. Surveys reveal that most children would rather play for a losing team than ride the bench for a winning team. Children play for the fun of playing.

Reinforce Positive Behavior

Positive reinforcement is the best way to help your children achieve their goals and overcome their natural fear of failure. Nobody likes to make mistakes. If your child does make one, remember it's all part of learning, so encourage your child's efforts and point out the good things your child accomplished.

Don't be a Sideline Coach or Referee

Coaches and referees are parents just like you. They volunteer their time to help make your child's youth soccer experience a positive one. They need your support too. That means refraining from coaching or refereeing from the sidelines. As a volunteer organization, there are opportunities for you to take your interest in coaching or refereeing to the next level and become one yourself!

GAMES

Game Schedules Games will be scheduled on Saturdays from August 16, 2014, through October 25, 2014. Some upper level, inter-region games will be played earlier; please check the website for details. There will be no games scheduled on August 30, 2014 (Labor Day weekend). Game schedules will be distributed to coaches at the coaches' meetings and will be posted by team number on the "Game Schedules" page of our website. Families / friends with multiple children playing, can use the "Personalized Schedules" page on our website to help plan your game days.

Start Times Players should arrive at the game fields at least 15 minutes before their scheduled game time. Coaches need time to get teams warmed up, to assess who is there and most importantly, to get games started on time. Even a 5-minute delay makes it difficult to keep later games on schedule.

Game Locations The games are played on the De Kalb Park District fields located at DeKalb Kiwanis Park at Fairview Drive and South Fourth Street (Route 23). A concession stand is on site and run by the Boy Scouts. U14 and U19 games are played with teams from other regions in surrounding towns including Amboy, Genoa/Kingston, Rochelle, Rockford and Sycamore. Maps to those sites can be found on the "Field Locations" page on our website.

Cancellations Games are played as scheduled unless dangerous conditions (for example, lightning) exist. Coaches will setup a phone tree to notify all players of game cancellations in a timely manner. Weather cancellations will be posted on the "Announcements" section of the home page of our website, we well as Twitter and Facebook as soon as they are known.

Make up Games All cancelled games may be made up at the discretion of the team coaches.

Team Work Players, particularly younger players, should be given the opportunity to play different positions in the course of the game.

Playing Time Each child is guaranteed to play at least half of the game time they are present for. Efforts should be made so each child can play three quarters of each game, if possible.

Short-sided Play Most divisions will play short-sided games with fewer than 11 players per team on the field at one time. For younger players, fewer players on the field mean more opportunity to be in the action—and to learn the game.

U5 and U6 Divisions There are no goalkeepers in U5 and U6 games, and U5 coaches are allowed to be on the field.

SAFETY

Length of Games All AYSO games are played in quarters. Sufficient time will be allowed to make substitutions during the breaks between quarters. There will be a 5- to 10-minute break during half time. Game halves will be the following durations:

- U5 & U6—10 minute halves
- U8—20 minute halves
- U10—25 minute halves
- U12—30 minute halves
- U14—35 minute halves
- U19—45 minute halves

Game Balls It is recommended that each child have a ball to use at practice and at home. Games will be played with balls of the following sizes:

U5—U8	Size 3
U10—U12	Size 4
U14—U19	Size 5

Equipment: It is the responsibility of the teams playing the last game to take the corner flags, sideline flags and game ball to the AYSO trailer.

Conduct The referee is the final authority for conduct at games. The referee will deal directly with improper conduct by players and coaches. Improper conduct can result in the suspension of the game until the involved child leaves the field. Referees will also have authority over the conduct of spectators, parents and coaches. Only positive coaching and positive comments will be allowed. Remember, all coaches are volunteers.

Laws of the Game The rules that govern the play are called the “Laws of the Game.” These laws are established by FIFA, the international governing body for soccer. There are some modifications to the official laws for AYSO play.

Offside Offside is playing the ball from an offside position. A player is in an offside position if 1) the player is in the opponent’s half of the field, 2) the player is ahead of the ball and 3) fewer than two players of the defending team are between the player and the defenders’ goal line when the ball is played. An offside violation will not be called in U8 unless the referee has reason to believe the player is intentionally positioning himself or herself in an offside position to gain an advantage.

Mercy / Slaughter Rule One of the six philosophies of AYSO is positive coaching. The National AYSO office does not observe the Mercy or Slaughter rule, therefore DeKalb AYSO does not have one. The goal of the game is to play good soccer and win. Coaches can add extra challenges in for the dominating team. Further information can be found on the Mercy / Slaughter Rule page of our website.

Photo and Video Policy On occasion, AYSO staff may take pictures and videotape participants in the program, at practices and at games. Please be aware that these are for AYSO use only. Pictures may be used in future brochures, flyers, Newsletters, slide shows, Shutterfly and social media. AYSO is not responsible for photos taken by the media. Anyone who wishes to be excluded from these activities must do so in writing.

Jewelry Jewelry is not allowed to be worn at games or practices. This includes earrings. Children’s ears should not be pierced during the season if the earrings cannot be removed before game time. They will not be allowed to play with them. Rings, watches, bracelets of any kind, hair attachments with metal or plastic, chains, medallions and beads braided into hair are NOT ALLOWED. The only exception will be for medical or religious purposes, and these must be covered and taped to the child.

Casts Players with casts or hard splints will not be allowed to play.

Clothing Warm clothing may be worn only **under** the uniform. Hooded sweatshirts are not advised. Shirts should always be tucked into the shorts for good appearance. Socks will be worn over shin guards. Shin guards are REQUIRED for all games and practices.

Lightning If lightning or thunder is observed or electronically detected, play will be suspended for 30 minutes. Take cover in a vehicle with windows up or in a substantial building. If shelter is not available, crouch down, avoid high ground and other people. Avoid water, the shelter building, metal objects (flag poles, fences, goal posts and light poles) and trees. Avoid telephone usage. The decision to resume play will be made by the AYSO officials.

Concussions Concussions are a serious threat to the wellbeing of children. Children are more likely to get concussions and take longer to recover than adults. Any player suspected of suffering a concussion (confusion, dizziness, headache, etc.) will be removed from play. Such players should be evaluated by a health care professional experienced in evaluating such injuries and should not be allowed to play again until the health care professional approves the player’s return. For more information, visit eayso or, in the online versions, click [here](#).

Blood Any player or official who is bleeding must leave the field immediately to receive medical treatment and may not return until the bleeding is stopped, the wound is covered and any blood is removed from skin surfaces with a disinfectant. Blood on clothing must be either treated with disinfectant or the affected clothing can be replaced. All first aid kits provided by the region contain approved gloves for coaches and officials to wear when dealing with blood.

AYSO Supplemental Accident Reimbursement Plan If a registered player, coach or referee is injured during a game or practice, he or she is covered under the AYSO Accident Reimbursement Plan. If an injury occurs, the parent or guardian should contact the coach or the region’s Safety Director Jennifer McMaster, for assistance in filling out a Preliminary Accident Report Form jennifer.mcmaster77@gmail.com / 815-793-3517. The forms are located on the “[Supplemental Insurance](#)” page of our website. This reimbursement plan only covers players and volunteers who are officially registered. The purpose is to reimburse participants for a portion of qualified medical expenses not covered by family insurance. Make sure you read the brochure about the AYSO plan you receive at registration to avoid any confusion you may have should you need to file a claim. All claims need to be filed as soon as possible.

PLEASE NOTE: Because AYSO is for the kids, ANY adult or child injured while an adult is playing in a scrimmage game is NOT covered by the supplemental accident insurance.