

# Sparks AYSO Region 166 Addendums

## **1.0 Refund Policy**

While we recognize that plans change and that it is difficult to know what you will be doing months in advance, we cannot always provide a full refund if you decide that you cannot participate in the fall season after you have registered. There are certain unrecoverable costs that AYSO incurs at various times after you register.

To request a refund, you must submit the following information in writing by e-mail, letter or postcard and mail to the AYSO Registrar, PO Box 51122, Sparks NV 89435. Please note that refund requests will be processed once a month and refunds distributed once a month.

Please be sure the information is legible.

1. Player(s) name:
2. Player(s) birthday:
3. Reason for the refund request:
4. Make refund check payable to:
5. Mail refund check to:

Refunds are issued as follows:

### **SPRING SEASON**

1. Requests postmarked/received before and on Presidents Day will receive a full refund.
2. Requests postmarked/received after Presidents Day will receive a 50% refund.
3. No refunds will be granted after the second week of games.

### **FALL SEASON**

1. Requests postmarked/received before and on Independence Day will receive a full refund.
2. Requests postmarked/received after Independence Day will receive a 50% refund.
3. No refunds will be granted after the second week of games.

\*\*\*Refund requests for any U-19 and U15 players who are chosen for a local High School Team will be handled on a case-by-case basis.

## **2.0 Blood-Borne Disease Policy and Other Safety Policies**

### **Dealing with Blood-Borne Diseases**

The possibility of contracting a blood-borne disease such as AIDS or Hepatitis-B through athletic activity is minimal at best, according to the American Red Cross, Centers for Disease Control, and the Occupational Safety and Health Administration.

However, minimal does not mean non-existent. And when dealing with young players, you have to deal with parents who may not know the minimal risk. For safety and for peace of mind, know the risks and the precautions to minimize them further.

### **How minimal?**

When people talk about blood-borne diseases, AIDS immediately comes to mind, especially when talking about athletic activities. According to the disease experts listed above, the risk of contracting AIDS through casual contact or athletic activity is almost non-existent. These sources say the AIDS virus is very weak and does not survive well outside the body. It is easily killed by many common disinfectants. They further say the virus cannot be spread through everyday activities such as eating in restaurants, swimming in public pools, shaking hands, hugging or other casual contact; it cannot be spread by sharing meals or bathrooms; and not one case of AIDS is known to have been transmitted in a school, day care or foster care setting. There is no documented case of an athlete being infected with AIDS by another athlete as a result of athletic competition. However, in an editorial in the American Journal of Sports Medicine, Dr. Robert E. Leach, M.D. warns that as the number of infected athletes increases, so does the risk of infection through athletic activity.

### **Precautions**

While the risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood-borne infectious diseases can be transmitted. For example, Hepatitis B can be present in the blood as well as in other bodily fluids.

### **AYSO Guidelines for Dealing with 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 and the wound is covered.
- If there is blood on the uniform or clothing, the individual may not return until that portion of the uniform or clothing is replaced or the blood has been neutralized with a disinfectant solution. The best solution is 1 part bleach to 100 parts water (1 teaspoon bleach to 2 cups of water). The solution should be used within 24 hours.
- If there is blood on the body, the individual may not return until all blood has been removed from skin surfaces and the contaminated skin has been disinfected. The best solution is 1 part bleach to 100 parts water (1 teaspoon bleach to 2 cups of water). The solution should be used within 24 hours.
- Players, coaches or volunteers with a bleeding or oozing skin condition should refrain from all physical contact with others until the condition heals.

### **CLEANING UP A BLOOD SPILL**

#### **If a blood spill occurs**

- Clean up the spill immediately or as soon as possible after the spill occurs
- Use disposable gloves and other personal protective equipment while cleaning spills
- Wipe up the spill with paper towels or other absorbent material
- After the area has been wiped up, flood the area with a solution of ¼ cup of liquid chlorine bleach to 1 gallon of fresh water, and allow it to stand for at least 20 minutes.
- Dispose of the contaminated material used to clean up the spill in a labeled biohazard container. (AYSO NOTE: If a biohazard container is not readily available, best efforts should be used to eliminate the possibility that others might come in contact with such materials.)

## **Risk Management**

### **Environmental Conditions May Present Hazards**

- Wet field
- Dry field
- Hot day
- Cold day
- Electrical storms

### **Physical Surroundings May Present Hazards**

- Goalpost, crossbar, and nets
- Structures near practice or game fields—walls, fences, etc.
- Sprinkler heads
- Seating—player/coach area and spectator area
- Foreign objects on field—broken glass, debris, etc.

### **Injury Prevention**

- Be safety conscious. Take the time to inspect players, game equipment, and the field itself.
- Take immediate proactive corrective measures.
- Inform others—players, coaches, referees, safety director, league representatives.
- Move to a safer location if necessary and possible.
- Modify the activity and/or rules.
- Cancel activity if unsafe conditions cannot be corrected.

### 3.0 Concussion/Brain Injury Policy

A concussion is a type of traumatic brain injury that changes the way the brain normally works. It is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

If a player exhibits any signs or symptoms of having a concussion, remove the athlete from play immediately and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play until the parent or legal guardian provides a signed statement from a medical professional indicating that the player is symptom-free and medically cleared to participate in play. This must be reported to the Regional Safety Director.

*The following are typical signs & symptoms of a concussion:*

#### **SIGNS OBSERVED BY COACHING STAFF**

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

#### **SYMPTOMS REPORTED BY ATHLETE**

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional. Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

**IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.**

*For more information and to take the Free Online Training Course, please visit:*

[http://ayso.org/resources/safety/cdc\\_concussions.aspx](http://ayso.org/resources/safety/cdc_concussions.aspx)

[http://www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html)

<http://www.cdc.gov/concussion/>

#### 4.0 Cancellation of Games

Inclement weather or poor field conditions may necessitate from time to time the postponing or canceling of games. Any such postponement or cancellation will be made at the discretion of the Regional Commissioner or the Regional Safety Director (or designate) as early as practical before game time.

**Lightning Policy:** When lightning is reported within one hour of game time or the first practice of the day, the lightning detector is taken to the field (likely Shadow/Reed or Golden Eagle) by the Safety Director or other designated board member to determine how far away the lightning is from the field. In addition, ground radar will be viewed to assist in determining the direction of the storm. The following procedure will be used based on how close the lightning is to the fields and the direction of the storm.

If Lightning Is:

*Closer than 8 miles:* All matches/practices cancelled.

*Between 8 and 20 miles:* Monitor lightning detector and ground radar to determine the direction of the storm. If the storm is heading away and lightning is more than 20 miles away within 30 minutes of game/practice start times then games/practices will proceed as scheduled. If lightning is closer than 20 miles within 30 minutes of start times then games/practices are cancelled.

*Greater than 20 miles:* Game/practices can proceed but continue to monitor lightning detection and ground radar for approaching storms. If lightning gets closer than 20 miles while games/practices are ongoing, all games/practices in progress will end immediately.

*If lightning detector is not available:* If lightning is visible anywhere in the valley within 30 minutes of game/practice start times, then games/practices are cancelled.

Once games/practices have been cancelled, all subsequent games/practices are cancelled for that day.

**Air Quality Policy (Smoke):** Daily monitoring of the air quality in the area will be the responsibility of the Safety Director or designate. The U.S. EPA "Air Now" website or smartphone application will be used to determine air quality readings. The following actions shall be taken based on the air quality index.

Good (0-50; Green): Normal activities with no restrictions.

Moderate (51-100; Yellow): Normal activities with no restrictions.

Unhealthy for Sensitive Groups (101-150; Orange):

- Normal practice and game schedules will be followed.
- Players with asthma should follow their asthma action plans
- Parent wishing to keep their child indoors shall not be penalized in any way for such a decision.
- Coaches shall give more frequent breaks during practices and modify practices so that less strenuous activities are conducted.
- Game times shall be reduced by a minimum of 5 minutes per half or a time so determined by the referee of the match based on game conditions.

Unhealthy and above (151 and above; Red and Purple): All outdoor activities shall be cancelled.

Once the game begins, only the referee in charge of the particular soccer field may suspend or cancel the game, except that the Regional Commissioner or designate may suspend or cancel games due to inclement weather or other conditions that may warrant such action.

## 5.0 Year End Intra-Region Tournament Qualifications and Rules

To conclude the Fall season, an end of season tournament is held for qualified teams within Region 166 for the U10 through U15 divisions.

### Tournament Qualification

There are two requirements that must be completed in order for a team to qualify for the end of year tournament. These are the Referee and Player Evaluation requirements as follows:

#### 1. Referee Requirement:

- Designate team referee(s) by the first game of the season. Each referee must be AYSO-certified. No referee can be designated for more than one team. The Head Coach and Assistant Coach of each team will sign a "Referee Requirement Acknowledgement" and will submit to the Division Coordinator the designated referee(s) for his/her team.
- Referee(s) may officiate matches in any division as long as appropriate level of certification is earned. This includes (and especially for beginning referees) U-8 matches.
- Each team earns one credit for each match its team referee officiates. If a team has multiple referees designated to it, the team receives one credit for each match each of its referee's officiates. Credit is earned for either Referee or Assistant Referee duty.
- **Each team must accrue at least the number of matches the team plays in the regular season to be eligible for the year-end division tournament. For example, if a team plays 12 regular season matches, it must have 12 credits.**

#### **SEMI-FINAL QUALIFICATION**

- **Each team will need to have their referee(s) officiate at least 3 games prior to the start of the Semi-Final games. If a team that qualifies for the Semi-Finals does not meet this referee requirement, that team will not be eligible for the Semi-Finals.**

#### 2. Player Evaluation Requirement:

- The player evaluations must be submitted to the division coordinator prior to the tournament meeting.

### Tournament Format

- Eligible U-10, U-12, and U-15 Teams compete in the tournament in their respective division. Awards are presented to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> place in each division. Awards will be presented, **along with the Sportsmanship Trophy**, at the conclusion of the championship game in each division. After the Championship, the highest placed team may have the opportunity to compete in the Area and/or Section Tournament.
- Each division will follow a Round Robin format leading to Semi-Finals and Finals.
- **Scoring** during pool play will be awarded using the following formula:
  - Win: 3 points
  - Tie: 1 point
  - Loss: 0 points
- In case of a **tie within a flight**, the following tiebreakers will be used in sequence from tournament games until a winner is determined:
  1. Head to head results
  2. Lowest number of total penalty points deducted
    - Penalty points are from any Caution (1 point) and/or Send Off (2 points) given to a player or a coach during the tournament
  3. Most sportsmanship points received
  4. Team with fewest goals allowed
  5. Team with most goals scored
  6. Team with most shutout wins
  7. Team with most wins
  8. Team with fewest losses
  9. Coin toss

- **Game Forfeiture** takes place when:
  - A team is not ready to play and unable to field the minimum number of players at kickoff time. That team shall lose by a score of 3-0. Minimum players are 5 players for U-10, 6 players for U-12, and 7 players for U-15.
  - A coach fails to play a player for at least three-quarters of a game, unless the number of players on a team inhibits this possibility (i.e. 10 players on a U-10 team) making each player play at least 2 quarters instead.
  - A team leaves the field before completion of a game. The coach will be Sent Off, deeming him/her ineligible to coach the next game.
  - Forfeiture score will be 3-0 in favor of the opposing team. The winning team will be allotted a shutout.
- **Overtime** will take place if a Semi-Final or Final Game ends in a tie after regulation. The following are the Overtime rules:
  - U-10, U-12, & U-15 will have TWO 5-minute extra time periods with a 5-minute break in between. There is NOT Golden Goal or Sudden Death, as both periods will be played to completion with any time added for injuries at the discretion of the Referee. Teams will switch sides/halves after the completion of an extra time period.
  - Substitutions may be made at the following times during the OT periods: before each overtime period or, at the referee's discretion, to replace an injured player.
- A **Shootout** (Kicks from the penalty mark) will take place if after the TWO extra time periods the game is still tied.
  - All players on the roster will be eligible for the Shootout. The players on the field MUST be the first players listed for the Shootout with the remaining players on the roster listed in any order by the coach.
  - If the total number of players on the two teams is not equal, the team with the greater number of players will reduce their number of eligible players for the Shootout to equal the number of the other team. Therefore, both teams will list the exact same number of players for the Shootout.
  - There will be two groups of shooters from each team. Group One will be 5 players and Group Two will be the remaining players. Coaches must provide a list of the two groups, in the order the players will shoot, to the Center Referee prior to the start of the Shootout. Order must be followed unless an injury occurs.
  - Keepers: Coaches may substitute for the keeper at any time prior to a shot (must be a player from one of the shooting groups). The original keeper may be substituted back into goal at any time.
  - The home team will call the toss of the coin by the referee. The team winning the coin toss has the choice of first or second kick. Group One from each team takes alternating shots. The team with most goals scored wins.
  - If still tied after Group One, the Shootout then enters into a **Shootout Sudden Victory**. Group Two from each team takes alternating shots. The team with the first unanswered goal wins.
  - If still tied after going through the Shootout Sudden Victory, the Group One from each team with take alternating shots and continue Shootout Sudden Victory. This will continue with alternating shooters going through Group One and Group Two until a winner is determined.

### **Players – Eligibility & Playing Time**

- Before the tournament begins, at the mandatory tournament meeting for coaches, each coach must list each eligible player on his/her team for which he/she has a validated registration form. The eligible players will be listed on a tournament card and will be deemed the official team roster for the tournament. Each division coordinator will verify that the coach has a validated registration form for each player listed on the tournament roster. Division coordinator will keep these official tournament rosters on hand throughout the tournament.
- No changes will be made to these rosters unless it is an extreme situation and is reviewed and approved by the Tournament Committee.
- Each player on the roster must play at least three-quarters in each game, unless the number of players on a team inhibits this possibility (i.e. 10 players on a U-10 team) making each player play at least two quarters instead. Exceptions to this rule are injury, absence, and illness- extent of illness may require a conference involving the coach, referee, and the player's guardian. Also, if a player arrives late, the coach may not be required to play that player for three quarters. That will depend upon the time the player arrives.
- If player arrives during the 1<sup>st</sup> quarter, that player must play at least two quarters.
- If player arrives during the 2<sup>nd</sup> or 3<sup>rd</sup> quarter, that player must play at least one quarter.
- If a player is deemed ineligible by the referee or field marshal, that team will forfeit all games in which that player participated with a score of 3-0 in favor of the opposing team.

### **Coaches**

- Must exhibit positive coaching and are responsible for the actions of the players, parents, and spectators. Spectators and parents are not allowed to coach but positive encouragement is welcome. Only two coaches are allowed on the sideline and are restricted to the area 10 yards either side of the midfield line. Spectators and parents are to be on the opposite side of the field of the coaches and no one is allowed behind the goals. Exceptions can be made for photographers with referee's permission.

### **Referees & Field Marshals**

- Each team in the tournament will provide at least ONE (1) referee that will be responsible for refereeing at least THREE (3) games during the Round Robin portion of the Tournament. A team may provide more than 1 referee to complete this requirement as long as the referees are exclusive to that team.
- Any team which does not provide a referee for the Tournament OR if a team's Referee does not complete the THREE (3) game requirement, that team WILL NOT BE ELIGIBLE FOR THE SEMI-FINALS.
- Referees will be assigned to games that will not create a conflict of interest, in the event any Referee (Center or AR) for the game has an association with one of the teams (has a son/daughter playing), the Referee needs to have both coaches sign off on the game card that they acknowledge and agree that the Referee in question is approved by each.
- Referees will be rating Sportsmanship throughout the tournament and that will have a bearing on the Sportsmanship Winner for the season.
- Referees must record, in detail on the official game card, any incident, which results in a Caution (yellow card), Send Off (red card), or game suspension.
- Division Coordinators are deemed Field Marshals for his/her respective division or must designate another board member if he/she cannot attend at a tournament game.
- Field marshals are to check official game cards to tournament roster cards prior to each game.
- Field Marshals are to check each player's uniform to confirm it is to code. (see uniform requirements below)

## Uniforms

- Players must wear issued jersey. Replacement socks are okay if they are close in color to the original socks. Socks must cover the shin guards.
- If a player does not have the original issued shorts, he/she must wear black shorts.
- No jewelry permitted unless it is a taped down Medic Alert bracelet/necklace.
- Nails must be trimmed down to where they are not deemed dangerous.
- Properly wrapped leg braces are acceptable; splints & casts are not allowed.
- Soft caps are acceptable in cold weather. Keepers may wear a hat any time as long as it is soft and will not interfere with any play.
- Gloves, with no hard attachments, are permissible for cold weather by all players.
- Sweats under the uniform are ok – recommended to be the same color as the socks. A hooded sweatshirt is permissible if the hood is safely tucked under the jersey and there are no loose strings.
- No sweatbands are allowed.
- Regulation soccer shoes, gym shoes, or sneakers (with or without cleats) are permissible in all AYSO competitions subject to the referee's approval regarding their safety. Due to field regulations and concern for player safety, the Region does not allow the use of metal cleats.
- A player may not be permitted to play if the player does not adhere to the above uniform guidelines.
- All Uniform decisions are to be determined by the Referee and are final and not challengeable.

## Substitutions

- During regulation, will be allowed only at quarter breaks or to replace an injured player.
- During Overtimes, will be allowed before each overtime period or, at the referee's discretion, to replace an injured player.

If a health situation prevents a player from playing three quarters in a game, the coach must notify the Center Referee before the start of a game or immediately at the time such a situation may come about during a game. The Center Referee then may confer with the Coach and the Player's guardian regarding the player's condition.

## Sportsmanship

- Each player, coach, spectator, and parent for each team will be evaluated by the referees each game.
- The team in each division that has the highest average sportsmanship score at the end of the season will receive the Sportsmanship Award. This is the **highest honor a team can receive** in our Region.

## Safety/Injury

- Safety is a top priority. Any injury to a participant or damage caused by a participant shall be immediately reported to the Field Marshal or the Center Referee. The Safety Director or one of the Tournament Committee members will be contacted.
- Coaches must have the certified Registration Forms on hand at all times for medical information and emergency information for each player.

## Tournament Committee

- Committee consists of the following people: Regional Commissioner, Tournament Coordinator, Referee Administrator, Coach Administrator and the Director of Coordinators
- Protest about player eligibility must be reported to a Committee member immediately. The protest will be reviewed immediately by the Tournament Committee.
- Other than protesting player eligibility, no other protest will be allowed.