



PASS AREA AYSO REGION 641

EXTRA Program Guidelines



Introduction

EXTRA is a separate, competitive season from the Fall Primary Program and Spring Development League Program. The program is for accelerated player development by playing in a more challenging league. Extra is an opportunity for a player to improve his/her skills in the competitive environment of the Southern California Extra Development League and AYSO sanctioned tournaments, all while still following the Six Philosophies of AYSO. A limited number of teams are formed in division's 9U-15U depending on coach availability, available teams, qualification, interest, player skill level, as well as available volunteer support. There is no guarantee of a team in every division each year. The Extra Program consists of two seasons, Fall and Spring. The Fall season consists of competitive league play, followed by playoffs. The Spring season consists of either competitive league play or tournaments.

The Pass Area 641 EXTRA Program must comply with the Six Philosophies of AYSO as follows:

EVERYONE PLAYS – We mandate that each player from the teams participating must play at least one half of said game.

BALANCED TEAMS – Each year new teams must be formed. If a Region has more than one team, gender/age bracket, in EXTRA, these teams must be balanced.

OPEN REGISTRATION – Any player may try out for the EXTRA program in any Region. All players try out opportunities shall be widely advertised to all potential players.

POSITIVE COACHING – Only the highest caliber of properly trained coaches are to be recruited by a Region to ensure the best experience possible for the players of a team.

GOOD SPORTSMANSHIP – All players, coaches, parents, and other AYSO volunteers in the EXTRA program are expected to adhere to the highest standard of positive conduct and sportsmanship.

PLAYER DEVELOPMENT – By recruiting the highest caliber of properly trained and certified coaches, each player has a greater success in achieving a higher level of development in the EXTRA program.

The 6-philosophies of AYSO and the overall goal of maintaining a child-friendly environment are important during the EXTRA Season; however, EXTRA also differs from the Core program in the following ways:

A. The number of players able to participate is limited by available coaches and support staff (i.e., participating teams, Referees, Team Managers, Program Administrators, etc.)

EVERYONE PLAYS – BALANCED TEAMS – OPEN REGISTRATION – POSITIVE COACHING – GOOD SPORTSMANSHIP – PLAYER DEVELOPMENT DRAFT REV 10/04/2023.

- B. EXTRA is a program in which players are selected after participating in open tryouts.
- C. Tryout participants are not guaranteed placement and may be disqualified for multiple reasons, including, but not limited to attendance, attitude, and prior behavior(s).
- D. A greater team commitment from players and parents during the EXTRA season is required, as play includes regular and sometimes extensive travel. EXTRA practices, games, and tournaments may take place during holidays and school breaks.
- E. The cost of participation in EXTRA is significantly higher, as travel and lodging costs are often incurred, in addition to custom uniforms, and various registration, referee and tournament entry fees. Player registration fees for EXTRA may vary each season.
- F. Unlike the Core program, a coach can drop a player that does not fulfill his/her commitment to the team. Missing too many practices or games, being disruptive or disrespectful, etc., can be grounds for removal from a team (no player shall be removed solely based upon his/her performance or lack thereof). No refunds will be approved after one month prior to the start of the season, or the custom uniforms are ordered, whichever occurs first. Inappropriate, combative, abusive, or disruptive behavior from parents towards volunteers, coaches, players, and other parents can also be grounds for player dismissal from the team, without refund.
- G. Parents should be cautioned, a player's participation in another sport during the EXTRA season is highly discouraged and many coaches will not select a player if he/she is playing multiple sports at the same time. EXTRA is essentially All-Star level play and to be selected is a privilege, an honor, and not a right. Participants are making a commitment to a team and the commitment should not be entered into casually.

I. Coach Selection

Prerequisites for applying to coach EXTRA are as follows:

- A. Current AYSO Volunteer Application Form filed at AYSO National and approved.
- B. Current AYSO Safe Haven Certification and CDC Concussion Training.
- C. Current compliance with National, Section 1, Area N, and Region 641 training/ coaching requirements for age division applying for.
- D. Certified Referee (Regional or higher) for the age division applying for.
- E. Completed Application submitted by the deadline listed on the application.
- F. Applicants must be in good standing with Pass Area AYSO Region 641 and AYSO National.
- G. Be an active participant in Region 641's primary program as a volunteer coach, referee, instructor, board member, or other volunteer position the Selection Committee deems adequate to fulfill this requirement.
- H. 2-year minimum coaching experience.
- I. Be Approved by the Selection Committee.

COACHING REQUIREMENTS

- A. 09/10u Division- 10u Coach or higher Certification Required.
- B. 11/12u Division- 12u Coach or higher Certification Required.
- C. 13/14u Division- Intermediate and Advance Coach Certification Required.
- D. 15U- Advance Certification Required.

EXTRA coaches represent Pass Area Region 641 at all times. As such, coaches will exhibit respectful, professional, and exemplary behavior at all times. EXTRA Coaches should embrace the 6 philosophies of AYSO.

EXTRA coaches can be relieved of their duties for issues deemed detrimental to Pass Area Region 641 at any time. EXTRA coaches are not guaranteed a coaching position after each season and must reapply every year. Coaching selections are limited by the number of teams formed each season. Not every division is guaranteed an EXTRA team every year, and then only if a competitive team can be formed based on the skill of the players who tryout and commit to the team. The selection of EXTRA Coaches is final and not subject to appeal, debate, and/or rebuttal.

Coaches that meet all the prerequisite EXTRA coaching requirements, understand and agree to the paragraphs, and Region 641 EXTRA Program guidelines, are encouraged to fill out the online application during the open application enrollment period.

Additional coaching amendments:

- A. When equally qualified people have applied, the EXTRA Committee may choose to alternate appointments to allow players to be exposed to different coaches and coaching styles.
- B. When no qualified candidate has applied or in cases where all candidates have been disqualified, the EXTRA Committee may at their discretion do the following:
 - a. Contact a candidate in the interest of fielding a team in the division.
 - b. Decide for no team participation in the affected division.

Final determination will be made by the Regional Commissioner.
- C. Approved EXTRA coaches shall be notified of selection in writing (including via email, but NOT via text message.) Likewise, all eliminated candidates shall be notified in writing (including via email, but NOT via text message) when disqualified.
- D. EXTRA teams, including coaches, team managers, parents etc., are required to support the Core Program by refereeing.

SELECTION FOR PARTICIPATION IN EXTRA IS A PRIVILEGE, NOT A RIGHT.

II. Team Formation

- A. Teams will be formed from players who attended the open tryouts.
 - a. Players will be selected based on their evaluation, notes and scores from the tryout evaluators.
 - b. Proposed teams will be reviewed for approval by the EXTRA Coordinator and Regional Commissioner.
 - c. If there are questions by the EXTRA Coordinator on the make-up of the roster, the coach will respond to the coordinator, as appropriate. If there are no questions the Regional Commissioner will give the last review and issue final approval.

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- d. The Regional Commissioner either approves the roster or sends it back to the EXTRA Coordinator for adjustments.
- e. When all adjustments are made and final approval is given, the coach may notify his/her players in writing (including via email, but not via text message).
- f. If there are declines of invitations, the coach shall notify the EXTRA Coordinator of the decline and shall proceed to contact an approved alternate in the appropriate manner upon approval.
- g. Coaches who communicate roster selections prior to completing the above process shall be subject to disciplinary action up to and including removal as coach.

B. Only one EXTRA team per boy/girl division will be formed each year.

C. Coaching candidates that prematurely contact players and their families prior to the official selection process shall be considered tampering. Such activities shall be subject to disciplinary action by the EXTRA Coordinator up to and including disqualification as a coaching candidate.

D. Team approval will be subject not only to players, but also to the quantity and quality of team volunteers, including the following positions: a. Head coach (refer to section I. above.) b. Assistant coach and certification. c. Team manager and certification. d. Team treasurer and certification. e. Team referees. A minimum of 3 certified, qualified and approved referees for the division desired.

III. Player Eligibility

1. All players must be currently registered before they can try out. Non-AYSO players can try out by completing a tryout form and paying an appropriate nominal fee. Any exception to this rule may be approved exclusively by the Regional Commissioner.
2. A player from a neighboring AYSO region may be eligible after (1) All eligible players in the region have been contacted and participation declined, and; (2) An exception is made in writing by the EXTRA Coordinator to allow player to play, and; (3) Full release in writing is given by the player home region's Regional Commissioner, and; (4) Full release in writing is given by Pass Area AYSO's Regional Commissioner, and; (5) Full Release in writing is given by the Area 1/N EXTRA Coordinator, and; (6) Full release in writing is given by the Area 1/N Area Director.
3. Tryouts are open to all players. All players wishing to play EXTRA must tryout.
4. All players wishing to participate in EXTRA are required to have a parent or guardian attend the MANDATORY Extra parents' informational meeting and orientation. Such a requirement might be waived solely by the Regional Commissioner and once it has been deemed satisfactory that the player's parent or guardian has properly read and understood the EXTRA Guidelines and league commitments.
5. The Regional Commissioner of Pass Area AYSO Region 641 retains the right to review all team rosters and disqualify any participant from EXTRA participation due to recurring behavioral problems or major negative incidents associated with the player and/or his/her family. It should be noted that the following shall be considered behavioral problems and major negative incidents:

1. Historic undermining of head coaches by parents, guardians and/or associated family members.
 2. Continual criticism and/or berating of volunteer referees.
 3. Sideline or match-day coaching.
 4. Ejections by referees or Regional Staff.
 5. Violations of Kid's Zone Policies and AYSO Parents' Pledge, including non-adherence to the NO PETS guideline at AYSO activities.
 6. Previous suspensions or warnings issued by the region.
6. Invitations to players shall be issued in writing (including via email, but NOT via text message) and presented to the potential player's parent or guardian. The name(s) of any player(s) declining an invitation will be presented to the EXTRA Coordinator before their roster can be finalized. The EXTRA Coordinator will note all players declining invitation and shall inform all interested parties (coaches, EXTRA Committee, etc.; NOT curious parents) of a player's ineligibility.
 7. EXTRA players cannot play on 2 AYSO teams' side by side including Fall Core, or Spring Rec, and Spring Select. Players on EXTRA rosters will not be available to AYSO United participation from August 1st to January 31st, or during the Extra gaming circuit play.
 8. While Region 641 encourages players to experience other extracurricular activities, the Pass Area EXTRA soccer team will be the primary focus and commitment for players before other sports.
 9. Player participation in Elementary, Middle School, and High School extracurricular activities is allowed.
 10. Players and parents are expected to communicate with coaches in a timely manner when a player is absent from a training session or game.
 11. Too many absences from practices and/or games may be cause for removal from the team.

IV. Finances

1. EXTRA teams will follow the AYSO Region 641 Financial Policy.
2. The player registration fees for EXTRA may vary each year and are collected in Blue Sombrero.
3. No refunds will be approved after one month prior to the start of the season, or the custom uniforms are ordered, whichever occurs first and shall be a complete refund of any paid League Fees, less National Fee's paid. There are no refunds of sponsorship for fundraising proceeds.
4. Each team shall appoint a team treasurer to monitor team finances. The team treasurer must be a properly registered and approved volunteer.
5. The team treasurer will make team deposits to the Regional Treasurer using region provided deposit forms. The Regional Treasurer will then deposit those funds into the Pass Area AYSO Account designated for the team. All team finances must be channeled through this account. **NO exceptions.**
6. EXTRA teams may request an additional amount of \$250.00 per player, per season, which includes Fall and Spring. This is above the required league fee (which does not include personal travel expenses for teams choosing to enter tournaments) to help pay for tournaments, indoor soccer, or team participation in Spring leagues outside of AYSO. The \$250 is not mandatory, and therefore players can fundraise.

7. All team purchases including the purchase of warmups, practice shirts, equipment, balls, training aids, pop ups, benches or any other item must be authorized by the Regional Commissioner and EXTRA Coordinator. If approved, these items can be purchased through fundraising. However, no player or parent is obligated to pay any additional money out of pocket. These items become property of the team and must be decided how they will be dispersed after the season is over prior to purchasing. If a unanimous team agreement cannot be reached, the purchase of items will be unauthorized.
8. Any t-shirts, hoodies, or other items made for the team that have a logo, must only use the approved official EXTRA logo of Region 641.
9. Scholarships are unavailable for the EXTRA program.
10. No sponsorship or donation can go towards the player's registration fee. However, these can go towards the individual expenses of a player for additional incurred team expenses (See IV.F), such as tournament fees, team gear, team parties, etc. Tracking and allocation of funds per player must be done by the team treasurer and shared among all team parents and subject to verification by the Regional Treasurer.
11. Deposits and check requests will be made by the team treasurer only and in accordance with the rules set out by the Regional Treasurer.
12. The Regional Treasurer will make accessible to each team treasurer and coach an overall accounting of the team's account for reconciliation on at least a monthly basis.
13. A full accounting of all team finances must be presented to each family and to the EXTRA Coordinator within two weeks following the final tournament of the season and must be presented to any parent requesting such information within forty-eight (48) hours of request during the season.
14. All unused funds deposited in the form of sponsor donations requiring a regional receipt will not be refunded to the team at the end of the season, or by July 31.
15. ALL team funds, team monthly dues, sponsorships, fundraising income, etc., must be verified by two people present when the funds are turned in.
16. The deposit verification form is to be completed for all deposits.
17. The deposit form must be signed by the head coach and the team treasurer before being submitted to the region treasurer.
18. When the Regional Treasurer receives the deposit, the funds will be verified, and the Regional Treasurer will add it to the team budget, indicating that the funds were received by the region. EXTRA teams may request a check for payment of a tournament entry fee, a bill paid directly to a vendor for a team expense, or to reimburse the coach, team manager, team treasurer, or other designated team parent for funds spent on purchases for the team. If the check request is for a tournament, the tournament team invitation must be provided with the check request.
19. A check request form signed by the head coach and team treasurer, is to be completed for all check requests.
20. Invoices or receipts must be provided with the check request. A check will not be disbursed without proper documentation of expenditures beforehand of receipt. If the request is for a tournament, the tournament team invitation/application form must be included with the check request.
21. Checks will only be issued to the extent that funds are available in the team's account. An EXTRA team will not be able to request funds in excess of their team's account balance.
22. EXTRA teams must obtain approval from the Regional Commissioner and Extra Coordinator to hold a fundraiser or solicit a company.
23. EXTRA teams are required to use their funds deposited during the season, and any team account balances remaining after July 31 of each calendar year will become the funds of the region. Balances may not be carried over into the next calendar year.

24. Teams should not use alternative payment methods, such as Venmo, PayPal, Zelle, etc. to pay the team treasurer.

V. Sponsorships

1. It is the responsibility of the Head Coach to get approval from the Regional Commissioner and EXTRA Coordinator prior to contacting a potential sponsor or service provider.
2. No team shall solicit the donation of funds, goods, or services from an AYSO National Sponsor or a Pass Area AYSO Region 641 regional sponsor, vendor or service provider.
3. No team shall solicit the donation of funds and/or goods and services from a sponsor that has donated to another team.
4. No single team shall create a conflict of interest by soliciting the donation of funds and/or goods and services from competing businesses.
5. The EXTRA Head Coach and Team Manager are responsible for ensuring sponsors are appropriately recognized by the team.

VI. Fundraising

1. All fundraisers must be approved by the EXTRA Coordinator and the Regional Commissioner; and may not start until the roster and budget are approved.
2. All funds generated must be processed through the Pass Area AYSO Region 641 Treasurer to comply with National AYSO guidelines.
3. No team may raise more than \$4,000.00 no matter the source (i.e., family donation, sponsorship, and fundraising) without the express written consent of the Regional Commissioner.
4. All funds belong to Pass Area AYSO Region 641 until disbursed to the EXTRA Team.
5. All EXTRA teams must follow the Pass Area AYSO EXTRA financial policy.
6. All team balances must be zeroed out by July 31.

VII. Scope of Play

EXTRA teams are required to play in the Southern California Extra Developmental League but may also play in tournaments if the tournaments do not conflict with their SCEDL matches, no exceptions. Game forfeiture during league play will result in sanctions being placed on the team, up to and including team disbandment.

VIII. Tournament Play

1. Tentative tournament schedules must be turned into the EXTRA Coordinator and may not conflict with league play, including playoffs. It is strongly suggested that teams within the same division discuss their schedules to avoid conflicts associated with drawing on the limited pool of volunteers.
2. The Regional Commissioner or his designee is the only person who may sign rosters, ID cards, and forms requiring his/her signature. No blank rosters will be signed. Any forgery of signatures will result in sanctions being placed on the team, up to and including disbandment and being banned from the region.
3. Only regional checks requested from the Regional Treasurer may be used to enter tournaments. No personal checks may be used.
4. Referee deposits must be returned to the Regional Treasurer for credit.
5. Lost or stolen checks will result in a \$35.00 stop payment fee to be charged against that team's account.
6. Teams with a negative team account will not be allowed to participate in additional tournaments until the account is current and paid up.
7. Guest players are allowed for tournaments, if they are not on a team currently playing that weekend and you are not excluding players from your own team. All guest players must be registered with AYSO, and you must get approval from the EXTRA Coordinator and the Regional Commissioner for all guest players.

IX. Coach Code of Conduct & Responsibilities

1. Coaching will be conducted in accordance with the AYSO National Philosophy and Positive, Instruction, Encouraging (PIE) coaching. The coach and team will conduct themselves in accordance with all AYSO National and Regional rules.
2. Coaches will have in their possession at all AYSO functions signed copies of each player's registration forms with player pictures and medical release forms.
3. Coaches will conduct themselves in a manner representative of Pass Area AYSO Region 641 and must abide by the guidelines set forth by Area 1/N, as well as those set forth by Pass Area AYSO, Region 641. Any Coach being ejected or receiving complaints from league or tournament officials for his/her sideline conduct, the inability to control his/her team's sideline conduct, or failure to follow Pass Area AYSO Region 641 conduct standards is subject to immediate removal from his/her coaching position and including up to team disbandment. This applies to AYSO games and outside events.
4. In the event of a Coach's removal from his/her position, or Coach decides to leave the team at any point, the EXTRA Coordinator at his/her discretion and with the approval of the Regional Commissioner can assign a qualified Coach or disband the team if a qualified replacement cannot be located.
5. EXTRA teams must have and maintain a properly certified Head Coach and Assistant Coach. The Assistant Coach will handle coaching duties if the Head Coach cannot be present.
6. EXTRA Coaches are responsible for their team referee assignments being always covered. EXTRA teams that do not fulfill their EXTRA referee assignments are subject to being suspended or disbanded.
7. EXTRA coaches who attempt to take a player or players (other than their own child) to a club soccer team, or competitive soccer team in direct competition with AYSO, will be immediately relieved of their coaching duties and subject to expulsion from the region and is ineligible from further participation in Pass Area AYSO Region 641 programs. The team may also be disbanded. (School teams, Middle-school and High School are exempt).

8. It shall be the duty of each player, Coach, Team Manager, referee, official, other volunteer, parent/guardians, relatives and visiting friends, and any other spectator to:
 1. Conduct himself/herself in a manner becoming a member of AYSO and consistent with the AYSO Six Philosophies and highest standards of conduct.
 2. Work together as a team in support of all participants involved in alignment with the Stewards of the Game program to promote a FUN, FAIR, and SAFE environment.
 3. Comply with and promote compliance with all AYSO Rules & Regulations and policies including those related to registration, facilities, certification and training.
 4. Encourage clean competition and good sportsmanship.
 5. Prohibit and abstain from use of profane or negative comments or actions involving officiating, opponents, staff, other spectators, or any volunteers.
 6. Present a healthy and safe athletic environment for all, including but not limited to consumption of alcohol, use of drugs, tobacco products or smoking or simulating smoking or use of such products during practices or matches or in the immediate vicinity of the soccer fields.
9. It shall also be the duty of each Coach or Team Manager to:
 1. Present themselves as a trained Coach, knowledgeable in AYSO Philosophies, IFAB/FIFA Laws of the Game, and training techniques and practices.
 2. Train and coach the team to the best of his/her ability.
 3. Remain within the coaches' technical area (Article I.G.2.) during the match. A maximum of two coaches and one team manager is permitted for each team.
 4. Limit his/her sideline participation during matches comments that are positive, instructional, and or encouraging (PIE) with limited supportive direction.
10. All players, Coaches, Team Managers, referees, officials, other volunteers, parents/guardians, relatives and visiting friends; and any other spectator understand and agree to conduct themselves in accordance with all AYSO's National and Regional Rules and Guidelines.
11. Pass Area Region 641, at its sole discretion, can suspend – temporarily, for the entirety of the season or permanently - any player, coach, team manager, referee, official, other volunteer, parent/guardians, relatives and visiting friends; and any other spectator, that violates any rule or regulation set forth, including violations under AYSO's National Policy Section 2.12 AYSO Code of Conduct Policy Against

Harassment, Abuse or Violence, subsection Acts of Violence:

12. An intentional act of physical violence directed at or upon an individual, for purposes of this policy, includes an act intended to cause the individual targeted to be fearful of injury to himself or herself, to a member of his or her family or to said individual's property or the property of said individual's family members. Unintended consequences of the act are irrelevant.
13. Acts of violence also include, but are not limited to, the following acts committed upon an individual: hitting, kicking, tripping, punching, choking, spitting on, grabbing or bodily running into an individual; head butting; the act of kicking or throwing any object at an individual that could inflict injury; damaging the individual's clothing or personal property, e.g., car, equipment, etc. Acts of violence also include what is any type of criminal assault or battery by law enforcement authorities with jurisdiction over the location of the incident.
14. Coaches should report any issues with players, parents or others in a timely manner so they may be addressed by the RC and EXTRA Coordinator.

X. Spectator Code of Conduct and Responsibilities

EVERYONE PLAYS – BALANCED TEAMS – OPEN REGISTRATION – POSITIVE COACHING – GOOD SPORTSMANSHIP – PLAYER DEVELOPMENT DRAFT REV 10/04/2023.

1. Spectators will conduct themselves in accordance with the AYSO national philosophy and Positive, Instructional, and Encouraging (PIE) and conduct themselves in accordance with all AYSO National and Regional rules and guidelines.
2. Disruptive, violent or unruly behavior may result in a parent or spectator being banned from all future matches involving that team. Any parent or spectator that refuses to respect any such ban associated with his/her behavior and/or engages in violent, threatening and/or intimidating behavior towards players, parents, other spectators or AYSO Volunteers shall result in Law Enforcement being contacted for his/her removal. Any behavior that meets the above criteria shall be grounds for the removal from the program any player associated with the parent or spectator in question. This applies to all AYSO games and outside events.

XI. Player Code of Conduct and Responsibilities

1. Players will conduct themselves in a manner representative of Pass Area AYSO Region 641 at all AYSO games including outside tournaments and beach tournaments.
2. Red cards will result in suspension of that player for at least the next scheduled played game. If the player is sent off in the last match of a tournament, the suspension will be served at the next tournament or scheduled EXTRA match. Additional game(s) suspension may be added at the discretion of the Pass Area EXTRA Coordinator, Regional Commissioner and/or Area 1/N Staff.
3. Excessive or continual yellow and red cards issued to a player will not be tolerated. Players may be suspended or removed from the program for excessive and/or continual cautions (yellow cards) or sendoffs (red cards.)
4. **Any player being ejected for violent conduct is subject to suspension for the remainder of the season and is subject to permanent removal from the program where registration fees will not be refunded. E. Any player involved in a fight or other physical altercation during, before, or after a game or practice will be immediately removed from the team for the remainder of the season without refund.**

XII. Player Drops, Refunds and Recruitment

1. No refunds will be approved after one month prior to the start of the season, or the custom uniforms are ordered, whichever occurs first and shall be a complete refund of any paid League Fees, less National Fee's paid.
2. Any player/family who participates in fundraising or sponsorship activities associated with his/her EXTRA team or Pass Area Region 641, agrees that all funds collected through these activities belong to Pass Area AYSO Region 641 and are not subject to refund.
3. Coaches can recruit players if they have open roster spots with approval from the Extra Coordinator and only if the EXTRA rosters are not frozen. The roster freeze date is determined by Area N each year. Players cannot be added after the freeze date, and teams cannot be over maximum roster sizes as set by Area N. Recruitment is done solely at the discretion of the Regional Commissioner and Extra Coordinator.

XIII. Uniforms

1. Included with the registration fee, each player will receive two full uniforms consisting of 2 jerseys, 2 pairs of shorts and 2 pairs of socks.

2. Additional uniforms (full or partial) can be ordered for rostered players only. The uniforms can be ordered through the EXTRA Coordinator. Payment for additional uniforms must be made following the AYSO Region 641 Extra Financial Policy.

XIV. EXTRA Program Activities

1. EXTRA teams, including players, coaches, team managers, and parents should be available and participate in activities such as EXTRA picture day, EXTRA player clinics and other EXTRA program activities that are designed to enhance and unify the EXTRA program and build the EXTRA brand.
2. Coaches and assistants are expected to attend all EXTRA meetings coordinated by the Regional Commissioner and EXTRA Coordinator.
3. EXTRA coaches will be evaluated at the end of each season.
4. To maintain a sufficient volunteer pool for League activities during the seasons, parents/guardians of EXTRA players will need to make themselves available and give back to the region, through their teams' volunteering obligations.
 - a. Volunteer points - each team is required to earn 5 volunteer points for Fall and 5 for Spring, through activities such as match day set up, clean up/tear down and striping of the fields.
 - b. Referee assignments - Each team will be required to fill referee assignments for each season home game they have. We expect each team to give back to the region for the volunteer referees required to cover their matches. Since EXTRA games require a higher caliber of referee, which draws from the region's pool of referees, we expect the teams to give back equally. Each team should have level appropriate certified referee (i.e., 10U = Regional, 12U = Intermediate, and 14U = Advanced).

XV. Miscellaneous

1. Violation of any of these EXTRA Guidelines may result in sanctions being placed on the team, player, coach, team manager, referee, official, other volunteer, parent/guardians, relatives, visiting friends and any other spectator. These include but are not limited to permanent suspension or removal from the program.
2. All guidelines may be changed, amended, or suspended at the discretion of the Regional Commissioner at any time and without notice.
3. Registration fees are not refundable due to suspensions.
4. All scrimmages must be requested in writing to the Regional Commissioner and Extra Coordinator and are subject to approval. Scrimmages must be run like a match, including game duration, rules, referees, etc.