



AYSO Region 177 Flex Extra Program Guidelines

1. AYSO Flex Extra Program is offered to provide a more competitive environment for those skilled players who are looking for a greater challenge than that offered by the basic Fall League play. AYSO Flex Extra play takes place at the same time as the fall season.
2. AYSO Flex Extra Program teams can be created starting in the U10 Division.
3. Teams will only be formed if a qualified coach is approved by the board, and then only if a competitive team can be formed based on the skill level of the players that tryout and commit to the team.
4. Coaches – the goal is to have Region’s “best” coaches in AYSO Flex Extra.
 - a. AYSO U12 Coach License required for U10 and division. Intermediate Coach License required for U11 and U12 divisions. Advanced Coach License required for U13 and U14 divisions. Coaches may apply for the coaching position only if they firmly commit to earning the U12 Coach License, Intermediate License (for U11 or U12) or Advanced License (for U13 or U14) prior to the start of the Flex Extra season.
 - b. Coaches must be Referee trained and certified and actively participating as a referee volunteer.
 - c. Selection process will include application and a possible interview by a committee (RC, RCA, Flex Extra Coordinator, RRA, Division Coordinator, Divisional Commissioner, etc.) A recommended slate of AYSO Flex Extra coaches will be presented to the Regional Board. The board will then vote to select the coach for each division. If the committee does not recommend a coach for a division or if the board does not vote to approve a coach for a division, there will not be a Flex Extra team for that division and player tryouts for that division will be canceled.
 - d. Coaches who have had misconduct issues or sendoffs will be considered only if there are no alternatives, and then will be informed that additional misconduct could be grounds for removal.
5. Tryouts - will be OPEN, well advertised and well organized.
 - a. Letter to registered players (including players from the last two seasons) in applicable age brackets.
 - b. Website.
 - c. Emails
6. Players need to be registered in order to try out for the Flex Extra team. Registered means, “registration form filled out on eAYSO, then printed, signed and mailed with payment to the PO Box listed on AYSO177.org. Please check the deadline given for this on the AYSO177.org website.

7. Players may try out for the age group that they are appropriately in and for the age group that is one year older than the age appropriate level that they are in. An 8-year-old may only try out for the U10 team while a 9-year-old may try out for the U10 and U11 team. If a player does not make any Flex Extra Team that they tried out for, they will be put back into the pool of players for a regular fall season team. If a player tries out for two teams and is picked for both teams, the decision on which team they will play will be left up to the family. An impartial board member will call the family and ask them which one they would like to play on.
8. Evaluators: A committee of qualified coaches will evaluate the players at tryouts. None of the coaches on the committee will be related to any of the players trying out. If possible, the committee will include coaches from other regions.
9. Regional support by AYSO Flex Extra teams: AYSO Flex Extra teams are required to support Regional volunteer incentive programs in the same fashion as other fall league teams. Failure to do so may jeopardize a team's participation in the post-season tournament.
10. Referee support for AYSO Flex Extra games: The AYSO Flex Extra coordinator will work with RRA's to ensure assignment of a 3 person team capable of officiating the age level of the match on each AYSO Flex Extra game.
11. Conduct: The AYSO Flex Extra program has a high degree of visibility. As the coaches and players involved are of a "higher caliber," expectations as to conduct are higher as well. Referee decisions are final and may not be adjudicated. Any send-off carries a minimum one game suspension – no appeal! Any send-off for violent conduct carries a two game suspension – no appeal! Additional sanctions may be imposed based on Area Director/AYSO Flex Extra Director review of the misconduct in question. Any incident involving fighting will carry stiff sanctions for ANYONE involved in the fight, to include immediate expulsion from the AYSO Flex Extra program.
12. Expenditures: The AYSO Flex Extra program is offered to participants at cost of Regional registration fee. However, since AYSO Flex Extra teams must have a change of jersey in case of conflicting team colors an additional program fee will be required. An added expense is charged to the team to cover administrative costs for AYSO Flex Extra season and post- season tournament.
13. Time Frames/Deadlines: Check the AYSO Region 177 website for dates and times. Also make sure your contact information (mainly email address) is correct in eAYSO .
14. The Region 177 Flex Extra PROGRAM GUIDELINES will be used in conjunction with the Region 177 Flex Extra TRYOUT GUIDELINES.