



Region 59 EXTRA FAQs

What is Extra?

EXTRA is designed to provide a more challenging level of play for those players who possess the appropriate interest, skills and abilities and to enhance each player's experience and individual growth through the game of soccer. It provides players with a more progressive soccer experience, following the AYSO core philosophies: Positive Coaching, Player Development, Good Sportsmanship, Everyone Plays, Balanced Teams, and Open Registration. EXTRA teams play against other EXTRA teams from neighboring AYSO Regions.

Can my son/daughter play on Extra and another team?

Participation in the EXTRA program requires a higher level of commitment from both parents and players. Players who participate in the EXTRA program cannot play in another competitive soccer program (i.e. Club) or Core. Your attendance at all team functions (practices, games, tournaments, and other events) is not only expected, but it is critical to a successful season.

How much does it cost?

Fall 2025 EXTRA registration fees are the same as the fees for the Core program. However, there is an additional participation fee for each team that is set by the league for running the program, which will be split amongst the players. Last year the fee ranged from \$150-\$200 per team depending on the age group. In addition to the league fee, parents will also be responsible for paying for a second uniform. Optional costs include the registration fee to participate in the SCEDSL State Cup and other tournaments that the team decides on.

What is the schedule like? Do I have to travel?

The EXTRA season is similar to that of the regular Fall and Spring seasons. The primary difference is that EXTRA teams play half of their games at other nearby regions within our Section. Games are generally in and around Orange County.

EXTRA teams do not participate in the All Stars tournament after the Fall season, however, there is an EXTRA tournament that is held for qualifying teams.

Is EXTRA for Fall only?

Fall is the primary season, and if you receive an invitation to join a team and accept, you are committed to the Fall season. However, if the team decides to continue into the Spring (and teams often do!), there is usually an EXTRA spring season as well.

Can I play up?

Unlike in Core, EXTRA teams are built on single-year age brackets based on birth year. Players should sign up for the appropriate year; playing up is not allowed.

When will I find out?

We hope to provide results within 3-4 weeks after tryouts, however, we do not have a guaranteed date. However, please do NOT try to register for fall season prior to hearing a decision from us, as EXTRA is a separate program within the system. If, due to unforeseen circumstances, decisions come out after the early registration deadline, we will honor the early registration amount if you were waiting for an EXTRA determination.

What else should I know?

Parents and players are expected to adhere to all rules and regulations, the philosophies of AYSO, and conduct themselves in an appropriate manner both on and off the pitch and treat others with respect. You will be representing Region 59 at all games that you attend.

In addition, just like the Core program, we expect EXTRA teams to provide volunteers to referee, help out at the snack shack, or any other support that is needed. A three-person referee team for each EXTRA team is expected prior to team activation in the fall.

Please see our website for additional Extra Information:

[Section 11 EXTRA Page](#) – Includes links to EXTRA guidelines.