



NCFC Volunteer hour rules (Updated 6/6/2025)

Players receiving player assistance hours are as follows:

- 2 Parent Families: 5 hours total by September PA deposit, 10 hours total by December PA deposit, and 15 hours total by May PA deposit.
- 1 Parent Families: 4 hours total by September PA deposit, 7 hours total by December PA deposit, and 10 hours total by May PA deposit.

Board members receive a \$550 registration credit and will not be allowed further credit for additional volunteering.

Managers and treasurers already receive \$450 credit for volunteering. (This will be refunded to you via got sport or via check * Limit one credit per person per family) However, we allow a max of 5 hours (\$20 per hour) = to \$100 for other volunteering to be paid by the club directly to the volunteer. (Not to be deducted for dues) *If your team decides to have a scheduler, the manager will split the \$450 refund with the scheduler.

Equipment volunteer gets \$250 credit
Team Uniform coordinator gets \$200 credit
Team fundraising rep gets \$100 Credit
Team Travel coordinator gets \$50 Credit

You may do 2 of these jobs, however the max amount any volunteer can get is \$550 total.

To find out ways to volunteer for Sonoma County Sol, please contact Pete Cellitioci pcellitioci@northcoastfc.org

