

**PAL SOCCER LEAGUE, INC. OF NICEVILLE, FL
2023 RULES AND REGULATIONS**

ARTICLE I - GENERAL RULES, REGULATIONS AND PROCEDURES

The rules and procedures herein govern all PAL players, coaches, parents and spectators during all PAL activities, unless the rules or procedures of a specific competition specify otherwise.

PAL Soccer League is a member of Soccer Association for Youth (SAY), which is affiliated with the United States Soccer Federation. PAL abides by SAY rules and regulations, unless exempted.

PAL Soccer League is not associated with any area, state or national Police Athletic League organizations and receives no assistance, support or funding from them nor attempts to raise any funds using their name.

The purpose of the PAL Soccer League program is to offer children an opportunity to have fun while learning soccer, sportsmanship and teamwork and to provide a safe, wholesome environment for children's development.

RULE I - REGISTRATION:

Part 1: All PAL players must have an accurately completed, either in hard copy or online, PAL registration form, SAY Medical Release/Hold Harmless form and parent consent form regarding concussions and head injuries on file with PAL's Registrar or designee to be eligible to participate in games, practices or related activities. Parent consent form is not applicable to Start Smart Soccer.

Part 2: Player registration shall include authentic verification of date and place of birth. Parents must provide PAL a copy of a new player's state birth certificate for verification. Hospital, baptismal or religious birth certificates may be accepted, at the discretion of the Registrar. Acceptable alternatives are copies of a player's passport, military dependent ID (front and back), state driver's license, birth registration or certificate of an American citizen born abroad issued by an appropriate government agency, board of health record, alien registration card issued by the US Government, or certificate of naturalization issued by the U.S. Citizenship and Immigration Services. Copies of foreign passports and birth certificates are acceptable if accompanied by a certified translation.

Part 3: Unless waived, payment for player registration fees must accompany registration forms or be paid online. Fees cover cost of uniforms, SAY registration fees, referee payments and City of Niceville field usage fees.

Part 4: A player who resigns after registration will be refunded the registration fee minus a \$15 withdrawal fee, the cost of the player's uniform (if already ordered), SAY registration fee (if already paid) and City of Niceville usage fee (if already paid). Player's parent must complete and turn in a PAL Withdrawal Form before a refund will be provided.

Part 5: A player is assigned to a PAL team until the end of the PAL season, to include the end-of-season playoffs.

Part 6: All persons who coach, assist or participate in practices on a frequent or recurring basis or who are in the technical areas during games must apply to and be accepted by PAL. Applicants must submit a PAL Coach Application and a certificate of completion of a concussion training course conducted by the National Federation of State High School Associations or the Centers for Disease Control and Prevention. Applicants must also complete coaching education, either 4v4 module from US Soccer (U6 & U8) or the Foundations of Coaching course from United Soccer Coaches (all other age divisions). Coaching education requirement does not apply to VIP coaches. Applicants must also complete a level 1 background check annually, which is mandated by Florida statute. Applicants must also submit a copy of a current SafeSport Training Certificate.

Part 7: PAL reserves the right to accept or reject any coach's application, with or without cause.

Part 8: A person must be at least 18 years of age prior to the first scheduled practice to be a head coach. A person younger than 18 may be a co-head coach if his/her parent or another adult registers to be the other co-coach.

At least one registered coach at all practices and at least one coach in the technical area during any game must be at least 18 years old. PAL Board members may substitute for a team's coach, if necessary.

Part 9: The maximum number of coaches per team will be three. PAL will provide official coach's shirts.

RULE II - AGE GROUPS FOR THE 2023 SEASON (“U” abbreviation for “under”):

Age Group	Aug 1 - Dec 31	Jan 1 - Dec 31	Jan 1 - Jul 31
High School (HS)	2004	2008	2009
U14	2009	2010	2011
U12	2011	2012	2013
U10	2013	2014	2015
U8	2015	2016	2017
U6	2017	2018	2019
VIP	2004	2005 - 2018	2019
Start Smart Soccer	2017	2018 & 2019	2020 (Through Dec 31)

RULE III - MAKE-UP OF TEAMS:

Part 1: Teams will be balanced as much as possible, based on an equitable distribution of experienced players, (derived from years played) and an equivalent share of players of each age. Also, the number of boy and girl players on coed teams will be balanced as much as possible. Additionally, “club players” (those with competitive team experience) enrolled in PAL will be distributed as evenly as possible across teams.

Part 2: Every attempt will be made to place on teams all children who desire to participate, regardless of mental or physical abilities.

Part 3: A player may “play up” in a higher age division only if it is in the child’s best interests, as determined by the PAL Board or designee(s). Space must be available in the higher group and the player’s parent must sign and submit a PAL Special Request. "Play up" requests must be received by PAL before team assignments and must be approved by the PAL President after consultation with the PAL Board. A player may not play up more than one age group.

Part 4: A player may not “play down” in a younger age group, unless the player has a verified disability or developmental problem justifying such placement. Prior to team assignments, the parent must submit to PAL a signed PAL Special Request plus a signed document from a doctor attesting that the child’s needs would best be served by being in a younger age group. The request will need the PAL President’s approval after consultation with the PAL Board. A player may not play down more than one age group.

Part 5: Team sizes:

Age Group	Minimum*	Preferred	Maximum**
VIP	8	10	OPEN
U6	9	10	11
U8	9	10	11
U10	10	11	12
U12	10	11	12
U14/HS	11	13	15

* Teams may be assigned fewer than the minimum if smaller teams are needed to create additional teams.

**Maximum team sizes may be exceeded under extraordinary circumstances, such as an insufficient number of coaches.

ARTICLE II - RULES FOR TEAM ASSIGNMENT

Part 1: Players will be assigned to achieve the best possible balance among teams. Placement will be done on a first-come-first-served basis but priority may be given to players of coaches, sponsors and Board Members.

Part 2: Assignment of players to teams will be done by PAL. Except for approved special requests in accordance with Article II, Parts 4 and 5 (below), the assigning of players to teams is done randomly. Coaches will not be allowed to select or request players, other than their own children.

Part 3: Siblings in the same age group will be assigned to the same team unless parents request otherwise.

Part 4: PAL will honor a special request signed by a parent NOT to have a specific coach.

Part 5: To comply with SAY Rules, PAL will accept only one pairing request (sponsor and head coach or coach and one assistant) per team if the requestors will have children on the team. However, only two children may be placed together through a pairing request. The pairing request must be signed by both requestors and received by PAL before team assignments. These restrictions do not apply to U6.

Part 6: Except for those on a pairing request approved by the PAL Board and President, persons signing up to be assistant coaches do so with the understanding they are volunteering to serve with any coach in that age group. They will be allowed to request not being paired with a specific coach, which will be honored.

ARTICLE III - RULES FOR PLAYER PARTICIPATION

RULE I - 50% PARTICIPATION RULE:

Part 1: All players WILL be provided the opportunity to participate in at least 50% of every game or as closely as possible, except for reasons of injury, illness, absence, discipline or lack of required equipment (e.g., shin guards). Any player arriving after the start of the game MUST be allowed to play not less than one half of the game or the remainder of the game if less than one half remains. (NOTE: This is a requirement in the regular season as well as during the playoffs.)

Part 2: Players must make at least 50% of practices to guarantee at least 50% playing time. A coach with a player who does not make at least 50% of practices should inform a PAL Board member of the absences as soon as possible so the Board can intervene to try to remedy the situation. If Board intervention does not rectify the problem, the coach may submit a written request to the PAL president to reduce or deny playing time.

Part 3: Should a coach feel that it is in the best interest of the player to discipline a player by denying participation in a game, the coach must submit a written request to the PAL president describing the reason(s) for such action and how this will benefit the player. The coach must receive written approval from the PAL president to implement it. (NOTE: This is a requirement in the regular season as well as during the playoffs.)

Part 4: For U8 and U10, coaches are required to change goalkeepers so that no one player plays more than 50% of a game as goalkeeper. (This is NOT required during the playoffs, applicable to U10.)

Part 5: Violation of the 50% Participation Rule can result in an offending team being assessed a forfeiture of any game in which said violation is confirmed by the PAL president and/or a PAL Board Member, with the result that the offending team will be levied a 0-3 loss and its opponent a 3-0 win.

RULE II - PLAYER REMOVAL:

Part 1: Players may be removed from participation in PAL Soccer for conduct that is disruptive to their team during practices or games or for being uncooperative with their coaches or other PAL participants.

Part 2: The coach must submit a written recommendation for the player's removal to the PAL president, who will consult with the PAL Board before making a determination.

RULE III - END-OF-SEASON PLAYOFFS:

Part 1: For PAL U10 and U12 teams, with separate brackets for boys and girls.

Part 2: All coaches, players and spectators must comply with PAL rules.

Part 3: The 50% Rule (Article III, Rule 1, above) applies, except for overtime periods.

Part 4: During playoff games, U10 goalkeepers may play that position more than 50% of the game.

Part 5: PAL teams are still limited to three events (practices and games) per week (Sunday through Saturday) as established in Rule IV (below).

Part 6: Placement of teams on the playoff schedules will be done through a random draw. Coaches will be notified of the time and place of the draw and will be invited to attend.

Part 7: If the teams are tied at the end of regulation in elimination matches, one 12-minute “golden goal” period for will be played. (“Golden goal”: Team to score first wins.) If still tied at the end of the “golden goal” period, penalty kicks will be taken from 10 yards. Only players on the field at the end of the “golden goal” period will be allowed to take penalty kicks.

RULE IV - LENGTH AND NUMBER OF PRACTICES PER WEEK:

Age Group	Normal Duration	Maximum Length	Maximum # of Events *
VIP	1 Hour	1 Hour	two
U6	1 hour	1 hour	two
U8	1 hour	1 hour 15 minutes	three
U10	1 hour	1 hour 15 minutes	three
U12	1 hour 15 minutes	1 hour 30 minutes	three
U14/HS	1 hour 15 minutes	1 hour 30 minutes	three

*: The maximum number of events (practices and games) that can be held Sunday through Saturday. Make-up games may be excluded from the maximum number of events.

RULE V - GAME CANCELLATION AND RESCHEDULING:

Part 1: Games canceled by PAL or terminated by the referee due to inclement weather or other reasons shall be rescheduled at the earliest date possible. Teams will be notified of the new game dates and times. If the volume of games to be rescheduled impacts practice field availability, the PAL president may elect to not arrange replacement games.

Part 2: Cancellation due to other reasons: Notice of cancellation must be given 48 hours before the game to the PAL president. If a make-up game is desired, both coaches involved must agree on a date and time and coordinate it with the PAL field scheduler for field availability. The coach responsible for cancellation must notify the PAL president of the new game schedule at least 72 hours in advance, who will determine if referees can be available.

Part 3: Failure to give notice of game cancellation 48 hours prior to the scheduled match will result in coaches’ paying referee fees for the cancelled match.

Part 4: Games terminated by the referee after the first half is complete are considered final.

ARTICLE IV - OPERATION

RULE I - STANDING RULES OF PLAY:

Part 1: Except where modified herein, rules of play shall be SAY “Rules” and IFAB “Laws of the Game.”

Part 2: Appendices I - V provide modified rules for U6, U8, U10/U12, U14/HS and VIP.

Part 3: For U8 through HS, the referee will verify the players’ and coaches’ identities, using the rosters provided by PAL, and check the players’ equipment before the game. A player who arrives after the pre-game procedure may only enter the game after first reporting to the referee, being verified against the roster and having equipment checked.

Part 4: Goalkeeper: (This section does not apply to VIP and U6.)

- A. If a goalkeeper intentionally lies on the ball longer than is necessary, the goalkeeper shall be cautioned for unsporting behavior.
- B. An indirect free kick will be awarded to the opposing team when the goalkeeper, from the moment he or she takes control of the ball with his or her hands, takes more than six (6) seconds while holding, bouncing or throwing the ball in the air and catching it again without releasing it into play.
- C. An indirect free kick will be awarded to the opposing team when the goalkeeper, having released the ball into play, touches the ball again ("second touch") inside his/her penalty area (outer goal area for U8) with his or her hands before it has been touched or played by a player of either team.
- D. On any occasion when a player deliberately kicks the ball, or throws the ball on a throw-in, to his or her own goalkeeper and the goalkeeper does touch the ball with his or her hands, an indirect free kick will be awarded to the opposing team. However, the goalkeeper may handle the ball if the goalkeeper clearly kicks or attempts to kick the ball into play and the clearance attempt is unsuccessful.
- E. When a goalkeeper has possession of the ball in the penalty area (outer goal area for U8), opponents may not, in any manner, charge into, interfere with or impede the goalkeeper. Having possession of the ball includes pinning the ball against the ground or goal or touching it with the hand or any part of the keeper's body.
- F. An indirect free kick will be awarded to the opposing team when a player charges into a goalkeeper in the penalty area (outer goal area for U8) - whether or not the ball is in goalkeeper's possession.
- G. Charging the goalkeeper in the penalty area (outer goal area for U8) or when the ball is in goalkeeper's possession or attempting to kick a ball while in the goalkeeper's possession MUST be punished by a caution or ejection, the choice to be subject to the referee's judgment.

Part 5: Injured player:

- A. Coaches should advise their players, that if they are injured during a game and need assistance, to stay down if seriously hurt or to go down on one knee to signal the referee. Other players should remain standing.
- B. The referee may or may not stop the game while the ball is in play, depending on the referee's assessment of the severity of the injury, whether continued play will jeopardize the injured player and which team has possession of the ball.
- C. Coaches should instruct their players, that if they see a player from either team down on the field, to kick the ball out of play across the touchline (sideline). When play resumes, the team awarded the throw-in, as a matter of sportsmanship, will intentionally throw the ball in to a player from the other team and allow him/her to establish possession without hindrance.
- D. Coaches and parents may not come on the field to assist or treat an injured player unless signaled by the referee to do so. If an injured player needs to be tended to on the field, the injured player must come off the field and may only reenter play from the midfield touchline during a game stoppage and with the referee's permission. Exceptions to having to leave the field after medical attention: Injured goalkeepers, players injured after collision with a teammate or a goalkeeper and outfield player injured as a result of a collision.

Part 6: Blood Rule: Players who are bleeding, have open wounds, or have blood on their uniforms or person, must leave the game. They may return during a normal substitution, provided the bleeding has stopped, all blood has been cleaned off and the wound has been covered. Coaches and parents treating players with a bleeding or open wound are advised to wear protective gloves, available at the concession stand, and immediately afterwards to wash their hands and other areas exposed to blood or any bodily fluids.

- Part 7: 30/30 Rule: In the event of a storm, the referee will suspend play if 30 seconds or less elapse between the sightings of a lightning flash to the hearing of associated thunder. Play shall not be resumed prior to 30 minutes after the last sound of thunder. During the stoppage, coaches will get their players under cover and keep them there until the referee signals he/she is ready for the game to restart. During practices coaches will follow the same 30/30 rule (30 seconds/30 minutes) if the weather becomes inclement.
- Part 8: In the event a regular season game becomes obviously lop-sided, coaches on the winning team should make adjustments in personnel and tactics to try to equalize the situation. For U10 and above regular season matches, the referee will terminate play if the goal differential reaches eight goals and record the fact on the game report.
- Part 9: For VIP, U6 and U8, an indirect free kick will be awarded to the opposing team if a player, when tackling to gain possession of the ball, makes contact with the opponent on a tackle made from outside the peripheral vision (the rear 180 degrees) of the opponent, even if first contact is with the ball.
- Part 10: For U10, U12, U14 and HS, a direct free kick will be awarded to the opposing team if a player, when tackling to gain possession of the ball, makes contact with the opponent on a tackle made from outside the peripheral vision (the rear 180 degrees) of the opponent, even if first contact is with the ball.
- Part 11: Slide tackling is not allowed. An indirect free kick will be awarded to the opposing team for slide tackling. If contact with an opponent is made during a slide tackle, the referee may award a direct kick.
- Part 12: For U14 and HS, if a player leans on the shoulders of another player of his own team to head the ball, the player shall be cautioned for unsporting behavior. This rule does not apply to U12 and under because they are not allowed to intentionally head the ball.
- Part 13: For U12 and under, an indirect kick will be awarded to the opposing team if a player intentionally heads the ball. A player shall not be cautioned nor sent off for persistent infringement, as a result of a heading infraction. A player shall not be cautioned nor sent-off for denying an obvious goal scoring opportunity as a result of a heading infraction.

RULE II - PLAYER UNIFORMS AND EQUIPMENT:

- Part 1: Players are required to wear protective shin guards under and fully covered by socks while actively participating in a game, scrimmage or practice. If a player wants to wear a sock next to the skin and then wear a shin guard, a separate sock must then be worn to cover the shin guard. Shin guards need to be made of a suitable material and provide a reasonable degree of protection.
- Part 2: Team members will wear uniforms of matching design and color with non-duplicated numbers on the back. The goalkeeper's jersey must be distinctly different from the jerseys of either team or the referee and does not require a number on it. Goalkeepers in the same game may wear the same color/style jersey. (Teams at their own expense may have players' and/or coaches' names added to the back of the team shirts but all shirts must be done uniformly.) If the colors of opposing teams are too close in appearance for the referee to distinguish, the designated home team will be required to don pinnies.
- Part 3: Cold weather gear (such as sweat suits) may be worn in conjunction with the uniform shirt, shorts and socks at the referee's discretion. Sweatpants should closely match the shorts color (i.e., be of a dark color). Bicycle shorts (compression/thermos pants) worn under the shorts must match the color of the shorts, if visible, and not extend below the top of the knee. The referee has the final decision on appropriateness of cold weather gear.
- Part 4: Watches and jewelry, including hard items in the hair or yarn, plastic or rubber bracelets and necklaces, may not be worn during games or practices. Earrings and body piercing are not allowed, even when taped over. Ribbons, bows and other ornamental items may not be worn. Medical and religious bracelets and necklaces may be worn if taped down.

- Part 5: No casts or splints are allowed (other than so-called inflated “air” casts or splints) even though covered with soft padding.
- Part 6: Knee braces shall not be worn, unless wrapped and covered with soft padding and then approved by the referee.
- Part 7: Knee, thigh or hip pads containing sole leather, fiber, metal or other dangerous material shall not be worn, even when covered with soft padding.
- Part 8: Ace bandages may be worn, even when visible and protruding from the uniform; however, no metal clips or other hard objects are allowed on or in ace bandages.
- Part 9: Helmets made of hard material shall not be worn; however, soft headwear such as knit caps is allowed. Goalkeepers may wear a soft-billed cap or a properly fitted and fastened helmet that is made of foam or other soft material.
- Part 10: Face or spectacle guards shall not be worn; eyeglasses with or without restraining strap are permitted. Sunglasses, unless required for medical reasons, are not permitted to be worn during a match or practice. Contact lenses are allowed.
- Part 11: Players during games shall not have foreign objects (such as gum or ice) in the mouth. Players may wear internal orthodontic braces in a game or practice but are encouraged to simultaneously wear protective mouthpieces.
- Part 12: Hearing aids are allowed to be worn during games.
- Part 13: Players are required to wear shoes during practices and games. Shoes must completely cover the foot. Tennis shoes are acceptable footwear. Flip-flops and footwear that does not cover the foot are not allowed. Cleated shoes provide better traction, especially on wet surfaces, but non-cleated shoes may be worn. Shoes with any number of cleats (rubber, nylon or plastic) whether molded as part of the sole or detachable and that have NO sharp or jagged edges are allowed. Individual cleats must be in good condition. Shoes with non-metal toe cleats may be worn; shoes with metal cleats are not allowed. Shoes with "zipper" type laces are not allowed. Final decision as to safety and wearing of footwear rests with the referee.

RULE III - FIELD EQUIPMENT AND PLAYING/PRACTICE FIELDS:

- Part 1: City of Niceville workers reline our playing fields each week in exchange for our keeping the fields and parks clean. Coaches need to ensure their areas are picked up.
- Part 2: Our teams are guests on the game and practice fields they use. Parents, coaches and players need to ensure they do not leave any trash or litter on these sites.
- Part 3: Coaches who find the field or their technical area a mess or littered when they arrive will report it to a PAL Board member before the game, if possible.
- Part 4: Home team for the first game of the day will set up goals, corner flags and team benches, as needed. Setting up the goals includes making sure they are anchored. U6 4' by 6' goals do not require anchors and disc cones may be used in lieu of corner flags for U6 matches.
- Part 5: Home team for the last game will collect corner flags and return them to the concession stand. Both teams for the last game will collect trash left on and near the field and place in trash receptacles.
- Part 6: Coaches must warn their players not to climb on, swing on or hang from the crossbars and immediately correct any violations. Except for U6 4' by 6' goals, goals must be anchored with stakes or sand bags during practices and games.
- Part 7: Everyone who drives must park in designated parking areas.

Part 8: Pets are prohibited at the Niceville Recreation Complex and at Twin Oaks Park per City of Niceville rule.

RULE IV - DURATION OF GAMES, NUMBER OF PLAYERS AND BALL SIZES:

AGE GROUP	DURATION OF GAME	MAX # PLAYERS ON FIELD	# OF PLAYERS TO START/PLAY	BALL SIZE
VIP	Four 10-minute quarters	OPEN	4	3
U6	Four 10-minute quarters	4 & 4	3 & 3	3
U8	Four 12-minute quarters	7	4	3
U10	Two 25-minute halves	8	6	4
U12	Two 30-minute halves	8	6	4
U14/HS	Two 30-minute halves	11	7	5

- Notes:
1. Half-times will be 5 minutes.
 2. VIP, U6 and U8 have 2-minute breaks between quarters 1&2 and 3&4.
 3. No overtime periods (tie remains a tie).
 4. If teams are not ready to play 15 minutes past scheduled time, referee may call off the match.
 5. Play may be started and/or continued if a team fields the minimum number to start/play. The opposing coach may keep his/her team at full strength on the field or reduce to a lesser number.
 6. Goalkeeper required for each team, except field players only (no goalkeeper) for VIP and U6.

RULE V - SUBSTITUTION::

Part 1: Players may only substitute during stoppage of the game by the referee and may enter or exit the field only with permission of the referee (for U6, the coach refereeing the match).

Part 2: An unlimited number of return substitutions are allowed.

Part 3: Times that substitutions may be made (F does not apply to VIP, U6 and U8):

- A. Prior to a throw-in, but only if the team with the throw-in substitutes.
- B. Prior to a goal kick, by either team.
- C. After a goal, by either team.
- D. After an injury, on either team, when the referee stops play.
- E. At half-time. (VIP, U6 and U8 may also substitute at the end of each quarter.)
- F. After a caution or send-off of a player from either team.

Part 4: For U8, U10, U12, U14 and HS, substitutes may enter the field only at the midfield touchline. Substitutes must be at the midfield touchline before the referee stops play to be eligible to enter the field at the next stoppage.

Part 5: If a goalkeeper is substituted or swapped with another player after play starts, the referee must be notified. This is not required for goalkeeper changes at half-time or, for U8, between quarters.

RULE VI - CONDUCT:

Part 1: All persons on and in the vicinity of playing fields and practice areas are expected to show good sportsmanship and proper behavior.

Part 2: Alcohol and drugs not medically prescribed may not be consumed or brought into the vicinity of playing fields or practice areas. Coaches, players, parents and referees may not use tobacco or vaping products or bring them into the vicinity of playing fields or practice areas.

Part 3: During games, parents and spectators must stay in the designated spectator area, behind the spectator line, on the opposite side of the field from the teams. No one is permitted to stand or sit behind the goals.

Part 4: Parents, spectators and coaches may not enter the playing field during the game for any reason other than to assist in an injury and only then if allowed to do so by the referee.

- Part 5: All coaches, players, parents and spectators must show respect for the referees and their decisions. No parent, coach, player, or spectator may interfere with, yell at, distract or express disrespect or dissent towards the referee(s). The referee may stop or suspend a game if there is an infraction by anyone. The clock will remain running during the suspension of play until the issue is resolved.
- Part 6: Coaching by spectators/parents confuses and distracts players. Let the coaches coach.
- Part 7: Parents and spectators are urged to cheer and provide only positive encouragement to players. Jeering, taunting, criticizing, heckling or deriding the players will not be tolerated.
- Part 8: Artificial noisemakers are not allowed. This includes, but is not limited to, air horns, whistles and bells. The best sounds players can hear are their parents' encouraging voices.
- Part 9: Only registered coaches wearing the current year's official PAL coach's shirts and players on the team playing on the field are allowed in the technical areas during the game. If the technical area is not marked, it is defined as one yard in front of and one yard to either side of the team bench.
- Part 10: A properly registered coach assigned to the team on the field (18 years of age or older) must be present for a team to play. If arranged in advance, PAL Board members may serve as substitute coaches.
- Part 11: Coaches and player substitutes must remain in their designated area (players on benches and coaches in technical areas) while the game is in progress. Coaches are not allowed to coach from the spectator area. (Exception: VIP coaches and "buddies" may be on the field during play.)
- Part 12: Head coaches are responsible for the conduct of their players, assistants and spectators.
- Part 13: Coaches' actions shall be in the spirit of "good sportsmanship" at all times. Coaches are expected to set an example of proper conduct and appearance.
- Part 14: Only one coach for each team at a time may give directions to their players, provided it is limited and intended to be instructional or informative as to player-positioning or team tactics. Coaches may not use mechanical devices, such as voice amplifiers or megaphones.
- Part 15: Coaches may make positive, encouraging remarks to their team. They may not make any negative and/or derogatory comments toward any player, coach or official.
- Part 16: As a mutual courtesy after the game, players and coaches from both teams will congratulate their opponents for a game well-played.
- Part 17: Coaches may not pay or monetarily reward players for goals or performance.
- Part 18: Parents are encouraged to stay throughout all practices and games. Persons dropping off players at practices or games are responsible before departing the area for ensuring their children report to a coach registered for their team or for entrusting their children to an adult known to be responsible and trustworthy. For liability purposes, parents must ensure at least two adults (18 years of age or older) are present.
- Part 19: Parents are responsible for getting their children to practices and games and, if not in attendance, for picking up their children within 15 minutes of the scheduled completion time or for arranging reliable transportation for them. (Coaches are not responsible in any manner for providing transportation for players on their team, other than their own children.) Parents who do not uphold their responsibilities for transporting their children may subject their children to being dropped from PAL Soccer League, without refund.
- Part 20: Coaches may not leave players who have not been picked up after practice or games. In keeping with SafeSport and SAY guidelines, two adults need to remain with the child until the child's parent arrives. Coaches should wait 15 minutes after the scheduled completion time for parents to pick up their children. If after 15 minutes the parents have not arrived, the coach should contact any member of the PAL Board of Directors who will come to the field and take control of the child/children until the parents arrive. However,

the coach or another adult need to also stay until the child is picked up. Under no circumstances will anyone affiliated with PAL transport the stranded child/children away from the field. If a child is stranded, coaches should also speak to the parents and remind them of their responsibilities. If there is a recurrence, coaches should report the problem to a PAL Board member.

Part 21: Demands for practice fields exceed availability. The PAL Field Scheduler will assign fields to equalize use among the teams. Coaches must adhere to assigned fields and times.

RULE VII - DISCIPLINE:

Part 1: PAL will impose discipline and sanctions on players, coaches, parents and spectators for misconduct during practices and games, including pre- and post-game activities. Players, coaches, parents and spectators who are under suspension may not be in the park during and immediately before or after games.

Part 2: The PAL president will determine whether to directly apply minimum discipline or sanctions or refer red card/send-off offenses and complaints of misconduct to the PAL Board.

Part 3: When discipline/sanctions are imposed, they shall meet the minimums shown below. More stringent discipline and/or sanctions may be imposed based on the severity of the offense or the intent or past misconduct of the offender. More severe discipline/sanctions shall be imposed for multiple red cards or send-offs during a season and for misconduct directed toward PAL officials or administrators.

Part 4: The game in which a person is sent off (ejected) does not count toward any imposed suspension.

Part 5: When these minimums are imposed, a hearing is not required. When discipline/sanctions exceeding these minimums are being contemplated, the subject of the proposed disciplinary action will be allowed a hearing before the PAL Board.

Part 6. Minimum Disciplinary Sanctions:

A. One-game suspension:

1. Second caution in the same game, resulting in a send-off.
2. Misconduct that is neither violent or with intent to harm or injure, resulting in a send-off.
3. Denying the opposing team a goal or obvious goal scoring opportunity by deliberately handling the ball (except for a goalkeeper in his own goal area penalty area), resulting in a send-off.
4. Denying an obvious goal scoring opportunity to an opponent heading toward the player's goal by committing a foul punishable by a free kick or penalty kick, resulting in a send-off.
5. Offensive, insulting or abusive language (in any language), not directed at anyone.
6. Violation by coaches of practice limits in Article III, Rule IV.

B. Two-game suspension:

1. Serious foul play (endangering the safety of an opponent or using excessive force or brutality).
2. Any tackle from behind that endangers the safety of an opponent.
3. Gesture with any part of the body that implies visual profanity.
4. Any exposure of the anatomy considered lewd or lascivious.
5. Attempting to strike, hit or punch.
6. Offensive, insulting or abusive language (in any language), directed other than at an official.

C. Three-game suspension: Referee abuse, to include offensive, insulting or abusive language directed toward a referee or assistant referee, or verbal abuse, to include offensive, insulting or abusive language (in any language), directed toward a PAL Soccer League Board member or a playoffs official.

D. Four-game suspension:

1. Violent conduct (using or attempting to use excessive force or brutality towards an opponent when not challenging for the ball or against or a teammate, team official, match official, spectator or any other person, regardless of whether contact is made).
2. Threatening gestures.
3. Fighting, hitting or punching.
4. Spitting.

- E. Six-game suspension:
 1. Entering a fight in progress.
 2. Actions resulting in law enforcement being called.

- F. Suspension for remainder of the seasonal year:
 1. Player who enters a game knowing he/she is not registered/rostered to either of the teams.
 2. Any player or coach receiving a second red card/ejection during a seasonal year or a third within two seasonal years for either violent conduct, foul/abusive/offensive language or referee abuse.

- G. Suspension for remainder of seasonal year plus one additional year: (1) Coach who sends onto the playing field with the intent to participate any youth who is not registered, is overage or is not a rostered member of the teams playing. (2) Coach who allows a player removed from a practice or a game because of a suspected concussion or head injury to return to practicing or playing prior to notification from the PAL President of receipt of written clearance from a medical or osteopathic physician.

- H. One-year suspension: Assault or battery on a referee. (Minimum three-year suspension if the offender is an adult and the referee is 17 years of age or younger.)

- I. Five-year suspension: Assault or battery on a referee if serious injuries are inflicted.

- J. Players, coaches, parents or spectators suspended as a result of actions during one age group, may not play, coach or observe a subsequent (different) age group that they may be involved in (as a player, coach or parent). For example, a coach with both a U-8 and a U-10 team that is suspended for one game during their U-8 game may not coach the U-10 team if that is the next scheduled game.

Part 7: A player or coach who participates in a game before completion of a suspension shall have the original suspension reinstated.

Part 8: Any PAL Soccer League member (player, parent/guardian, coach or Board member) whose actions are prejudicial to the interests of PAL may be suspended or expelled. Actions prejudicial to the interests of PAL include, but are not limited to, unsporting behavior, improper conduct (includes offensive, insulting or abusive language or gestures), use or misuse of illegal or controlled substances (includes illegal drugs or alcohol) and flagrant or repetitive violations of PAL or SAY rules.

Part 9: Complaints about or reports of behavior or conduct described in Part 8 will be submitted to the PAL president as soon as possible but within seven days of the incident. The report or complaints must be in writing and signed for any action to be pursued. Anonymous or verbal complaints and reports will not be accepted for investigation but may be considered for advisory or informative purposes.

A. Within three days of observing an incident or receiving written information concerning acts which are prejudicial to the interests of PAL, the president will investigate the allegations, calling upon other Board members to assist if needed.

B. Based upon the results of the investigation and within two days thereafter, the president will inform the Board members by email or telephone of the matter and whether a Board meeting will be necessary. If a regularly scheduled Board meeting does not fall within seven days, the president may call a special meeting of the Board to consider the matter. At the same time, the president will send written notice to the person(s) under review of the allegations and any action being contemplated.

C. If warranted, the Board shall consider the matter within seven days. The subject of the review will be offered an opportunity for a hearing before the Board.

D. The decision of the PAL Board will be final.

E. Any PAL Soccer League member (player, parent/guardian or coach) may be suspended temporarily by the president for up to 14 days, pending Board review. The temporary suspension may apply to games, tournaments, practices and presence on and around the playing and practice soccer fields. Prior to imposing a temporary suspension, the president will confer with (if available) the PAL vice president, secretary, treasurer, registrar(s) and one other Board member and must receive approval of the proposed action by a majority. For a temporary suspension to be valid, a letter signed by the PAL president stating the specific reason(s) for and the length of the suspension shall be provided, either personally or through certified mail, to

the individual being suspended. If the suspended individual is a player, a copy of the letter will be provided to his/her coach.

Part 10: All other concerns about or questions of procedure, conduct or fairness involving PAL parents/guardians, players, coaches or Board members shall be submitted to the president within seven days of the alleged violation. For action to be pursued, the report or complaints must be in writing and signed. (Anonymous or verbal complaints and reports may be accepted for advisory or informative purposes only.)

Part 11: Questions or complaints regarding referees will be referred to the PAL Referee Coordinator, who will keep the PAL President informed about these issues.

ARTICLE V - PROTESTS AND COMPLAINTS

RULE I - PROTESTS: Games cannot be protested.

RULE II - COMPLAINTS: Complaints about persons or events will be first directed to the appropriate commissioner, who will refer them to the president, if necessary. Matters that appear to justify further review and possible disciplinary action will be handled in accordance with the procedures in Article IV - OPERATION, Rule VII - DISCIPLINE, Parts 9 and 10.

ARTICLE VI - MISCELLANEOUS MATTERS

RULE I - Players, parents and coaches are not allowed (1) to solicit or fundraise using the team's or PAL's name or on either's behalf or (2) to solicit additional funds or support from sponsors. However, any support offered by a sponsor on his/her own volition may be accepted.

RULE II - Two adults (age 18 or older) must be present for all PAL activities involving children.

ARTICLE VII - MATTERS NOT PROVIDED FOR

Any matters not provided for in these rules shall be determined by the Board of Directors.

ARTICLE VIII - APPENDICES

Appendix I - Rules for U6 Games
Appendix II - Rules for U8 Games
Appendix III - Rules for U10 and U12 Games
Appendix IV - Rules for U14 and HS Games
Appendix V - Rules for VIP Games

APPENDIX I - RULES FOR U6 GAMES
(IFAB: International Football Association Board Laws of the Game)

Law I - THE FIELD:

- A. Dimensions: 25 yards by 35 yards.
- B. Markings: Goal area only (no penalty area) measuring 5 yards by 12 yards (5 yards on each side of the goal); 5-yard radius center circle; 1-yard radius corner arcs.
- C. Goal: 4 feet high by 6 feet wide.
- D. Corner flags: Disc cones may be used in lieu of corner flags.

Law II - THE BALL: Size three (3)

Law III - PLAYERS AND SUBSTITUTIONS: Maximum number of players is four per team on each field at any one time. There are no goalkeepers. The minimum number of players to start a game is three per field. Substitutes must enter and exit the field only with permission of the coach refereeing the game. An unlimited number of return substitutions are allowed.

Law IV - PLAYER'S EQUIPMENT: Shin guards under and fully covered by socks are mandatory.

Law V - REFEREES: Coaches will officiate.

Law VI - ASSISTANT REFEREES: Not used.

Law VII - DURATION OF GAME: Four quarters of 10 minutes each with 5-minute half-time and 2-minute breaks between quarters 1&2 and between 3&4.

Law VIII - START OF PLAY: Conform to IFAB, except that opponents must be 5 yards from the center mark when kick-off is in progress. The team that kicks off at the start of the game also kicks off at the beginning of the second quarter. The other team kicks off after half-time and at the beginning of the fourth quarter. Teams switch ends at the half. For a dropped ball, the coach refereeing the game drops the ball to a member of the defending team if the ball, when play was stopped, was in the goal area and the last touch of the ball was in the goal area.

Law IX - BALL IN AND OUT OF PLAY: Conform to IFAB.

Law X - METHOD OF SCORING: Conform to IFAB

Law XI - OFFSIDE: There shall be no offside enforced.

Law XII - FOULS AND MISCONDUCT: Conform to IFAB, except slide tackling and intentional heading of the ball are not allowed. A retry is allowed for an immediate second touch of the ball by a thrower on a throw-in or by a kicker after a kickoff, an indirect free kick, a corner kick or a goal kick. Penalty for slide tackling is an indirect free kick for the opposing team. The coach refereeing the game must explain all infractions to the offending player. No cautions or send-offs shall be issued to players but the coach refereeing the game may remove players, if necessary.

Law XIII - FREE KICKS: Conform to IFAB. except all free kicks are indirect and opponents must be 5 yards from the ball.

Law XIV - PENALTY KICKS: No penalty kicks are to be taken during these games.

Law XV - THROW-IN: Conform to IFAB, except a player making an incorrect throw-in will be allowed a second throw-in after the referee explains the error in the first attempt.

Law XVI - GOAL KICK: Conform to IFAB, except that opponents must withdraw beyond the halfway line.

LAW XVII - CORNER KICK: Conform to IFAB, except opponents must be 5 yards from the ball.

APPENDIX II - RULES FOR U8 GAMES
(IFAB: International Football Association Board Laws of the Game)

Law I - THE FIELD:

A. Dimensions: 25 yards by 60 yards.

B. Markings: Goal area measuring 5 yards by 14 yards (5 yards on each side of the goal); outer goal area measuring 10 yards by 20 yards (8 yards on each side of the goal); build-out area measuring 25 yards wide by 20 yards deep (area between the goal line and the offside line, aka build-out line, equidistant from the top of the outer goal area and the halfway line, bounded by the touchlines); 8-yard radius center circle; 1-yard radius corner arcs.

C. Goal: 6.5 feet high by 12 feet wide.

Law II - THE BALL: Size three (3).

Law III - PLAYERS AND SUBSTITUTIONS: Maximum number of players is seven per team at any one time, one of which must be a goalkeeper. The minimum number of players to start a game is four. Substitutes must enter and exit the field only with permission of the referee. An unlimited number of return substitutions are allowed.

Law IV - PLAYER'S EQUIPMENT: Shin guards under and fully covered by socks are mandatory.

Law V - REFEREES: A certified referee will officiate. If one is unavailable, a substitute may be used.

Law VI - ASSISTANT REFEREES: Not used.

Law VII - DURATION OF GAME: Four quarters of 12 minutes each with 5-minute half-time and 2-minute breaks between quarters 1&2 and between 3&4.

Law VIII - START OF PLAY: Conform to IFAB, except that opponents must be 8 yards from the center mark when kick-off is in progress. The team that kicks off at the start of the game also kicks off at the beginning of the second quarter. The other team kicks off after half-time and at the beginning of the fourth quarter. Teams switch ends at the half. For a dropped ball, the referee drops the ball to the defending team goalkeeper if the ball, when play was stopped, was in the outer goal area and the last touch of the ball was in the outer goal area.

Law IX - BALL IN AND OUT OF PLAY: Conform to IFAB.

Law X - METHOD OF SCORING: Conform to IFAB.

Law XI - OFFSIDE: There shall be no offside enforced.

Law XII - FOULS AND MISCONDUCT: Conform to IFAB, except: (1) Slide tackling and intentional heading of the ball are not allowed; penalty for slide tackling or intentional heading is an indirect free kick for the opposing team. (2) Opponents who enter the build-out area before the ball is put back into play are guilty of encroachment; restart is an indirect free kick by the kicking team from the spot of the encroachment. (3) Goalkeepers may put the ball on the ground and kick it or roll or throw the ball, but may not punt or drop-kick it. Restart for an infraction is an indirect free kick for the opposing team from the spot of the punt or drop-kick, adjusted as required if it occurred in the goal area. The ball is not in play when the goalkeeper places it on the ground to kick it; it comes into play after it is kicked and clearly moves. The ball is in play as soon as a goalkeeper rolls or throws it. The referee must explain all infractions to the offending player. No cautions or send-offs shall be issued to players but referees may ask coaches to remove players, if necessary.

Law XIII - FREE KICKS: Conform to IFAB, except all free kicks are indirect, opponents must be 8 yards from the ball and, for defensive free kicks, opponents must move and remain outside the build-out area until the ball is kicked and clearly moves. Defenders taking free kicks before opponents have moved outside the build-out areas do so accepting the positioning of the opponents.

Law XIV - PENALTY KICKS: No penalty kicks are to be taken during these games.

Law XV - THROW-IN: Conform to IFAB, except a player making an incorrect throw-in will be allowed a second throw-in after the referee explains the error in the first attempt.

Law XVI - GOAL KICK: Conform to IFAB, except that opponents must withdraw outside the build-out area.

LAW XVII - CORNER KICK: Conform to IFAB, except opponents must be 5 yards from the ball.

APPENDIX III - RULES FOR U10 and U12 GAMES
(IFAB: International Football Association Board Laws of the Game)

Law I - THE FIELD:

- A. Dimensions: 40 yards by 70 yards.
- B. Markings: Goal area 6 yards by 18 yards (6 yards on each side of the goal), penalty area 14 yards by 34 yards (14 yards to the side of the goal); penalty mark 10 yards from center of goal line; 8-yard radius center circle and penalty arcs; 1-yard radius corner arcs.
- C. Goal: 6.5-7 feet high by 18-21 feet wide.

Law II - THE BALL: Size four (4).

Law III - PLAYERS AND SUBSTITUTIONS: Maximum number of players is eight per team on the field at any one time, one of which must be a goalkeeper. Number of players to start a game is six. Substitutes must enter and exit the field only with permission of the referee. An unlimited number of return substitutions are allowed. Except for playoff games, U10 coaches will ensure a player does not play (be the) goalkeeper for more than half a game.

Law IV - PLAYER'S EQUIPMENT: Shin guards under and fully covered by socks are mandatory.

Law V - REFEREES: A certified referee will be used in the center.

Law VI - ASSISTANT REFEREES: Certified referees. If certified referees are unavailable, club assistants may be used only for signaling the ball out of play.

Law VII - DURATION OF GAME: Two halves of 25 minutes each with 5-minute half-time for U10; two halves of 30 minutes each with 5-minute half-time for U12.

Law VIII - START OF PLAY: Conform to IFAB, except that opponents must be 8 yards from the center mark when kick-off is in progress.

Law IX - BALL IN AND OUT OF PLAY: Conform to IFAB.

Law X - METHOD OF SCORING: Conform to IFAB.

Law XI - OFFSIDE: Conform to IFAB.

Law XII - FOULS AND MISCONDUCT: Conform to IFAB, except slide tackling and intentional heading of the ball are not allowed. Penalty for slide tackling is an indirect free kick for the opposing team.

Law XIII - FREE KICKS: Conform to IFAB, except opponents must be 8 yards from the ball.

Law XIV - PENALTY KICKS: Conform to IFAB.

Law XV - THROW-IN: Conform to IFAB.

Law XVI - GOAL KICK: Conform to IFAB, except opponents must be 8 yards from the ball.

LAW XVII - CORNER KICK: Conform to IFAB, except opponents must be 8 yards from the ball.

APPENDIX IV - RULES FOR U14 and HS GAMES
(IFAB: International Football Association Board Laws of the Game)

Law I - THE FIELD:

- A. Dimensions: 50-60 yards by 100-120 yards.
- B. Markings: Goal area measuring 6 yards by 20 yards; penalty area measuring 18 yards by 44 yards; penalty mark 12 yards from center of goal line; 10-yard radius center circle; 1-yard radius corner arcs.
- C. Goal: 8 feet high by 24 feet wide.

Law II - THE BALL: Size five (5).

Law III - PLAYERS AND SUBSTITUTIONS: Maximum number of players is 11 per team on the field at any one time, one of which must be a goalkeeper. The minimum number of players to start a game is seven. Substitutes must enter and exit the field only with permission of the referee. An unlimited number of return substitutions are allowed.

Law IV - PLAYER'S EQUIPMENT: Shin guards under and fully covered by socks are mandatory.

Law V - REFEREES: A certified referee will officiate.

Law VI - ASSISTANT REFEREES: Certified referees. If certified referees are unavailable, club assistants may be used only for signaling the ball out of play.

Law VII - DURATION OF GAME: Two halves of 30 minutes each with 5-minute half-time.

Law VIII - START OF PLAY: Conform to IFAB.

Law IX - BALL IN AND OUT OF PLAY: Conform to IFAB.

Law X - METHOD OF SCORING: Conform to IFAB.

Law XI - OFFSIDE: Conform to IFAB.

Law XII - FOULS AND MISCONDUCT: Conform to IFAB, except slide tackling is not allowed. Slide tackling includes any intentional slide by a player with an opponent in the vicinity. Penalty for slide tackling is an indirect free kick for the opposing team.

Law XIII - FREE KICKS: Conform to IFAB.

Law XIV - PENALTY KICKS: Conform to IFAB.

Law XV - THROW-IN: Conform to IFAB.

Law XVI - GOAL KICK: Conform to IFAB.

LAW XVII - CORNER KICK: Conform to IFAB.

APPENDIX V - RULES FOR VIP GAMES
(IFAB: International Football Association Board Laws of the Game)

Law I - THE FIELD:

- A. Dimensions: 20 yards by 40 yards.
- B. Markings: Goal area only (no penalty area) measuring 6 yards by 12 yards (5 yards on each side of the goal); 5-yard radius center circle; 1-yard radius corner arcs.
- C. Goal: 4 feet high by 6 feet wide.

Law II - THE BALL: Size three (3)

Law III - PLAYERS AND SUBSTITUTIONS: Maximum number of players is five per team on the field at any one time. No goalkeeper. Number of players to start a game is four. An unlimited number of return substitutions are allowed. Substitutions will normally occur at the quarters and half, however, a player may be substituted at any time if an injury causes a need for substitution. Substitutes must enter and exit the field only with permission of the referee.

Law IV - PLAYER'S EQUIPMENT: Shin guards under and fully covered by socks are mandatory.

Law V - REFEREES: A certified referee will officiate. If one is unavailable, a coach will substitute.

Law VI - ASSISTANT REFEREES: Not used.

Law VII - DURATION OF GAME: Four quarters of 10 minutes each with 5-minute half-time and 2-minute breaks between quarters 1&2 and between 3&4.

Law VIII - START OF PLAY: Conform to IFAB, except that opponents must be 5 yards from the center mark when kick-off is in progress. The team that kicks off at the start of the game also kicks off at the beginning of the second quarter. The other team kicks off after half-time and at the beginning of the fourth quarter. Teams switch ends at the half.

Law IX - BALL IN AND OUT OF PLAY: Conform to IFAB, except coaches and buddies may be on the field during play.

Law X - METHOD OF SCORING: Conform to IFAB

Law XI - OFFSIDE: There shall be no offside enforced.

Law XII - FOULS AND MISCONDUCT: Conform to IFAB, except slide tackling is not allowed and a retry is allowed for an immediate second touch of the ball by a thrower of a throw-in or by a kicker after a kickoff, an indirect free kick, a corner kick or a goal kick. Penalty for slide tackling is an indirect free kick for the opposing team. Referee must explain all infractions to the offending player. No cautions or send-offs shall be issued to players; referees may ask coaches to remove players, if necessary.

Law XIII - FREE KICKS: Conform to IFAB, except all free kicks are indirect and opponents must be 5 yards from the ball.

Law XIV - PENALTY KICKS: No penalty kicks are to be taken during these games.

Law XV - THROW-IN: Conform to IFAB if disability allows, otherwise any attempt to get ball in play is acceptable. Player making an incorrect throw-in will be allowed a second throw-in after the referee explains the error in the first attempt.

Law XVI - GOAL KICK: Conform to IFAB, except that opponents must be 5 yards from the ball and be outside the goal area and the ball must leave the goal area to be in play.

LAW XVII - CORNER KICK: Conform to IFAB, except opponents must be 5 yards from the ball.

NOTE 1: During the game, coaches and buddies may roam the entire field to assist players as needed.

NOTE 2: For those players who may have limited mobility or are wheelchair-bound: Players using wheelchairs or those with limited mobility or aids (such as walkers that may cause foot entanglement) will be given special consideration to participate during static play (defined as throw-ins and all kicks). Players with severe coordination problems may be allowed to have buddies provide physical assistance for throw-ins and kicks. During active game play all wheelchair-bound players and those with limited mobility may roam the perimeter of the field. Wheelchair-bound players and those with limited mobility may be on the field during static play only. Once play becomes active, all wheelchair-bound players and those with limited mobility must proceed to the perimeter of the field. For safety reasons, the referee should stop active game play in the event players start accumulating around wheelchair-bound or limited mobility players as they proceed to the perimeter of the field.