

# WELCOME!!!

## 2023 METRO PAL COACHES



Note: The information in this presentation is latest at time of publication. The document "2023 Metro P.A.L. Constitution, Bylaws, Rules and Regulations" supersede any information presented herein, and is considered the ultimate and final authority.

# INFORMATION

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- Available online at: [sjdpal.com/soccer](http://sjdpal.com/soccer) or [milpitaspalsoccer.com](http://milpitaspalsoccer.com), you will find the following:
- MPYSL 2023 Constitution, Bylaws, Rules & Regulations
- Complete copy of this presentation
  - It is your responsibility to familiarize yourself with the documents.



**SOCCER**

# P.A.L. RULES & REGULATIONS

- Rules and Regulations Specify:
  - How teams are to be formed
  - Who is eligible to play
  - Age limits
  - Birth date verification
  - Rules of play
  - Disciplinary ruling and punishments
  - Referee rules, regulations, & guidelines
- If a player is not listed on the team roster or player card prior to the game, he/she may not participate.
- Players may not be added after 5<sup>th</sup> game.
- Fighting – the offender(s) suspended for life.



# BYLAWS

- **Bylaws direct the board in their governance including:**

- Registration
- Committees
- Meetings
- District Commissioners
- Suspensions and Discipline
- Specific rules for age groups



- ***BYLAWS - EXAMPLES***

- The board has the sole authority to establish districts within METRO P.A.L.
- The board can suspend, bar completely, or otherwise discipline any player, spectator, coach or district from any game.





# CONSTITUTION

- MPYSL Constitution and Bylaws are the governing documents for our league.
- The constitution outlines the basic organizing structure of METRO P.A.L.
- Membership: Affiliated Players and Districts.
- Governing Authority: The Board of Directors include:
  - The PAL Executive Director
  - The Board Chair
  - Secretary
  - Referee Director
  - District Commissioners



**Police Activities League**

**Constitution, Bylaws,  
Rules and Regulations**

# P.A.L. DISTRICT CONTACT INFO

<b>Foothill</b>	<a href="http://www.sjdpal.com/Soccer">www.sjdpal.com/Soccer</a>		<b>(408) 272-9725</b>
<b>Milpitas</b>	<a href="http://www.milpitaspalsoccer.com">www.milpitaspalsoccer.com</a>		<b>(408) 934-7132</b>
<b>Santa Clara</b>			
<b>Willow Glen</b>	<a href="http://www.wgpalsoccer.com">www.wgpalsoccer.com</a>		<b>(408) 826-8246</b>
<b>Rose Garden</b>	<a href="mailto:rgsoccer@att.net">rgsoccer@att.net</a>		<b>(408) 506-7424</b>

# MPYSL PHILOSOPHY



- PAL's formula for success is simple. It consists of dedicated police officers and dedicated civilian volunteers working together for one cause - *the development of our youth*.
- By reinforcing positive experiences in practice sessions and games, they help each other develop confidence in their abilities.
- With the leadership of the coaches, the players should gain a positive attitude toward the game of soccer.
- We are a league governed and affiliated with local police departments.
  
- Requirements: (4)
  - Coaches License
  - Live Scan
  - Heads Up Certificate
  - Abuse Prevention Orientation
  
- PAL Forms Must be completed:
  - Adult Registration Form
  - PAL Code of Conduct Form



# LIVE SCAN

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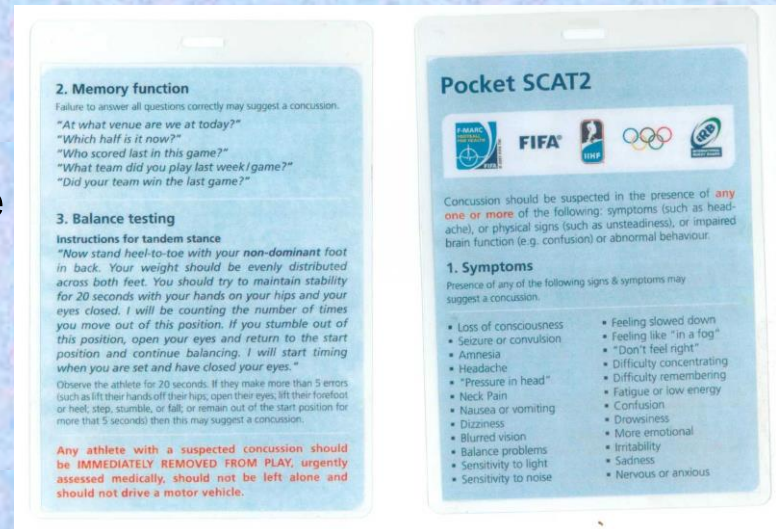


- Live Scan is Mandatory for all new coaches & assistants
- “I’ve done it through another organization. Do I have to go again?”
- “What if the PD has issues with my past?”
- You must be go thru and pass Live-Scan before a coaches license is issued and your team is put on the schedule.
- For San Jose coaches, Livescan will be provided at PAL Stadium
- Live Scan DOES NOT have not be repeated as long as you stay in PAL
- Milpitas and Santa Clara have similar Live Scan policies but handle their own coaches
- Completed Coaches Licenses will be distributed by Metro P.A.L. to your district commissioner



# HEADS UP CONCUSSION CERTIFICATE

- California law now requires all coaches to take an online training course for concussion identification, “ CDC (Center for Disease Control) Heads UP” .
- It will take about 45 minutes and you can then print up the certificate. Certificate must be turned into SJ PAL each season.
- Parents must also acknowledge receipt of this information.
- No coaches license or team rosters will be issued without completing this training.
- SCAT card will come with your license



# SAFETY TIPS

- Concussions – see SCAT card, seek medical help
- Minor Injuries – sprains, strains, cuts, blisters, & bruises
  - R – rest
  - I – ice
  - C – compression
  - E - elevation
- Heat Exhaustion – dehydration, cramps
  - Plenty of fluids
- Where are the First Aid Kits?
- Major Injuries – call for help
- 911 from your cell phone connects with local police.



# INJURY REPORT FORM



Injuries must be reported to PAL office within 24 hours of incident in order to be recorded

1. Notify your district commissioner
2. Fill out form
3. Fax to 408 272-9733
4. OR
5. E-mail:  
pal@sjdpal.com



## INJURY INCIDENT REPORT

All injuries must be reported within 24 hours of incident or void.

PLEASE PRINT CLEARLY

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_  
PLAYER'S NAME: \_\_\_\_\_ JERSEY # \_\_\_\_\_ REG # \_\_\_\_\_  
PARENT'S NAME: \_\_\_\_\_  
PHONE NUMBERS: (home) \_\_\_\_\_ (work) \_\_\_\_\_  
TEAM NAME: \_\_\_\_\_ AGE GROUP: \_\_\_\_\_  
COACH'S NAME: \_\_\_\_\_ PHONE # \_\_\_\_\_  
GAME LOCATION: \_\_\_\_\_ TIME: \_\_\_\_\_  
WITNESS(ES): \_\_\_\_\_  
Nature of Injury: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Outcome of Injury: \_\_\_\_\_  
\_\_\_\_\_  
Paramedics?: YES NO Hospitalization?: YES NO  
Coach's signature: \_\_\_\_\_ Commissioner signature: \_\_\_\_\_  
Reported to San Jose PAL Officer: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

SAN JOSE PAL – Fax Number 408.272.9733



# PLAYER CARDS



Every player must have their player card by the 3<sup>rd</sup> game.

The card must be laminated.

**METRO-PAL**  
- The Bond Between Cops & Kids -

**Smith, Bobby**  
LAST NAME, FIRST NAME


**#801 Earthquakes U6**  
TEAM/DIVISION

**17-Mar-01 Age 6**  
DATE OF BIRTH / AGE

**08-07-0123 #7**  
REGISTRATION # / JERSEY #

EXEMPTION

EXECUTIVE DIRECTOR



## METRO-PAL PARTICIPANT CODE OF CONDUCT

- 1) I will show respect to all adults, including but not limited to officials, parents, & spectators.
- 2) I will maintain poise & self control at all times.
- 3) I will respect my coaches/chaperones decisions and/or requests; and do my best to listen and learn.
- 4) I will show respect and encouragement to all participants.
- 5) I will not use profanity and/or engage in inappropriate behavior throughout the activity/event.
- 6) I will not wear any clothing that is disrespectful or a "put-down" to another participant's family or culture.
- 8) I understand that fighting will not be tolerated under any circumstances.

I understand that not abiding to this METRO-PAL Participant Code of Conduct will cause disciplinary action, which may include removal from this event.

PARTICIPANT'S SIGNATURE Smith, Bobby

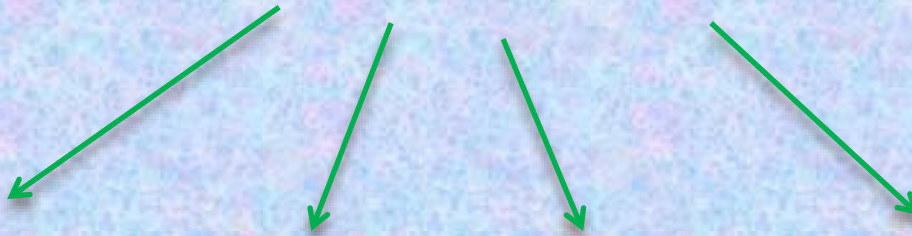
Exec Dir signature required only  
when the player has an exemption





# DECODE TEAM NUMBERS

RG12 - 18



- |                   |           |          |             |
|-------------------|-----------|----------|-------------|
| ■ C = Cambrian    | B = Boys  | 06 = U6  | Team number |
| ■ F = Foothill    | C = Coed  | 08 = U8  |             |
| ■ M = Milpitas    | G = Girls | 10 = U10 |             |
| ■ R = Rose Garden |           | 12 = U12 |             |
| ■ S = Santa Clara |           | 14 = U14 |             |
| ■ W = Willow Glen |           | 16 = U16 |             |



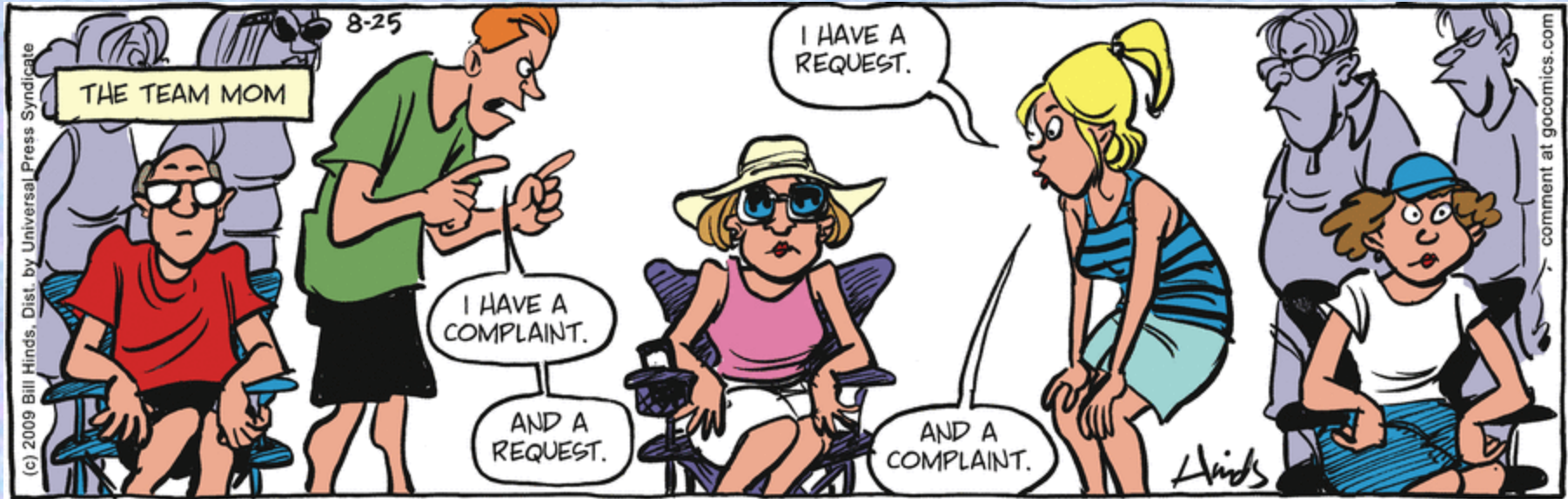
# INTRODUCE YOURSELF TO THE TEAM

- Letter or e-mail to parents at the beginning of the season:
  - Or call a parents meeting to review this and take feedback.
- Be a positive role model, set good examples
- Recruit a team parent and/or assistant coaches, ask for volunteers
- Set expectations
  - Coaches expectations of the players
  - Coaches and players expectations of the parents
  - Players and parents expectations of coaches
  - Coaches give instructions, parents give encouragement.
- Other things to introduce:
  - Practice times and location
  - Snack schedule
  - Game time/location





# TEAM PARENT



- Team Parents can be a great resource to the coach. They can help with the “off-field” activities such as:
  - Organize the snack & drink schedules for games.
  - Contact parents to remind them of games, practices and Picture Day.
  - Organize parents to help set up field equipment
  - Organize parents & kids to patrol their fields for litter
  - Organize a team banner or web site



# 2023 SCHEDULE

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- Regular season will start: August 26th
- No games Labor Day Weekend September 2nd
- Week 10 Games ending on November 4<sup>th</sup>
- End of Season Tournament November 11<sup>th</sup>-12<sup>th</sup>  
at the Milpitas Sports Complex



# 2023 SCHEDULE PREPARATION

- Teams are ranked preseason based on the criteria to the right:
- They are then placed in a division based on how they compare to other teams:

Preliminary Team Ranking by Age Group Ranking Total

Division	Team #	Rank	Team Name	Coach	D i v
U12B	340	72	Team 340	Richard Flores	1
U12B	141	69	Team 141	Daniel Bobay	1
U12B	742	69	Manarcas-12	Eduardo Reyes	1
U12B	541	65	Cambrian Tigers	Hartmut Broring	1
U12B	144	64	Lions	Marc Silva	1
U12B	142	59	Team 142	John Buchanan	2
U12B	143	56	Milpitas Elite	David Murillo	2
U12B	840	36	Team 840	Deni Garcia	2
U12B	841	36	Team 841	Jim Voydat	2
U12B	741	0	Team 741	Octavio Mijangos	2
U12B	941	0	Team 941	Coach Pending	2

MPYSL Fall 2010

**Initial Team Ranking**

District Name:

Age Group Under:  Boys  Girls

Team Number:  Team Name:

Coaches Name:  Coaches Phone Number:

Coaching more than 1 team?

Number of players ranked:  Do not rank unless you have 8 or more players

**Players Experience: Section A = 30 Pts Possible**  
 Please indicate the number of players with their experience per their Registration Form

1	x 0 (no experience) =	0	7	x 2 (4 years) =	12.7
3	x 1 (1-2 Years) =	2.7	0	x 3 (5+ Years) =	0.0
<b>Correct</b>				Sub Total Points	15.5

**Players Age: Section B**

1	x 1 (under age - playing up) =	1		
6	x 2 (1st year in age group) =	12		
3	x 3 (2nd year in age group) =	9		
<b>Correct</b>			Sub Total Points	22

**Coaches Experience: Section C**  
 Enter "X" in correct area

	x 5 (1 year or less) =	0		
X	x 10 (if two years or more) =	10		
<b>Correct</b>			Sub Total Points	10

**Team Experience: Section D**  
 Enter "X" in correct area

	If 6-7 returning players, 5 points	0		
X	If 8-10 returning players, 10 points	10		
	If 11 or more returning players, 15 points	0		
<b>Correct</b>			Sub Total Points	10

**Total Points** 57.5

- Scores are reported weekly by YOU and teams are re-ranked after 4 games, then again prior to the EOS tournament.

Age	Div	Team #	Rank	Team Name	# of kids	29-Aug	12-Sep	19-Sep	26-Sep	W	L	D	GF	GA	GD	% Win	Pts.
U8	4	824Q	45	San Jose United	12	W 824 (6) - 815 (1)	W 824(7) - 820(0)	W 824(17) - 113(0)	W 824(7) - 819(0)	4	0	0	37	1	36	1.000	12
U8	4	814	43	Tornadoes	12	W 814(2) - 820 (0)	W 814(6) - 113(0)	L 814(1) - 819(2)	L 814(3) - 815(5)	2	2	0	12	7	5	0.500	6
U8	4	820	43	Speed Bullets	12	W 814 (2) - 820 (0)	W 824(7) - 820(0)	L 820(0) - 815(3)	W 820(3) - 113(0)	3	1	0	3	12	-9	0.750	9

- Weekly On-time, consistent score reporting ensures an accurate on-time schedule for our parents!

# AS A PAL SOCCER COACH

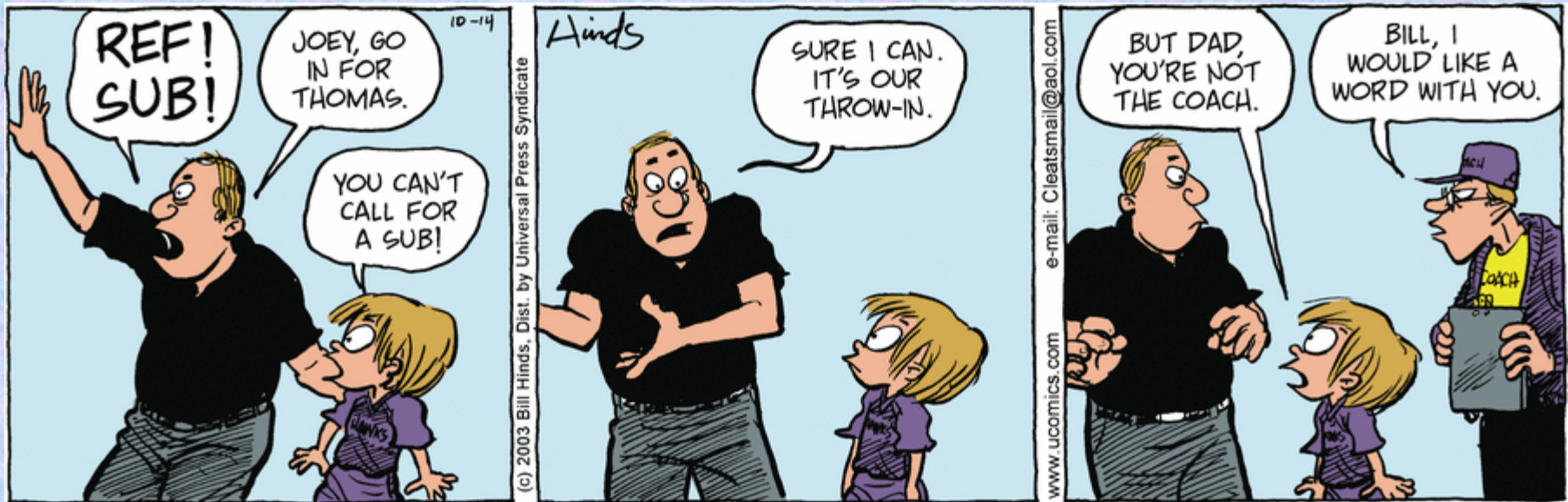
- Never do anything that would embarrass the team
- MPYSL is a recreational league



- Your job is to:
  - Instill and Teach
  - Motivate and Encourage
  - Be the “good” example, not the “bad” one
  - Don’t bend the rules to win
  - Respect the referees – they are human and most are kids



# **!! PARENTS ARE NOT ALLOWED TO COACH !!**



**Referees can Yellow Card or Red Card any spectator who ignores this rule!**



# GAME PREPAREDNESS

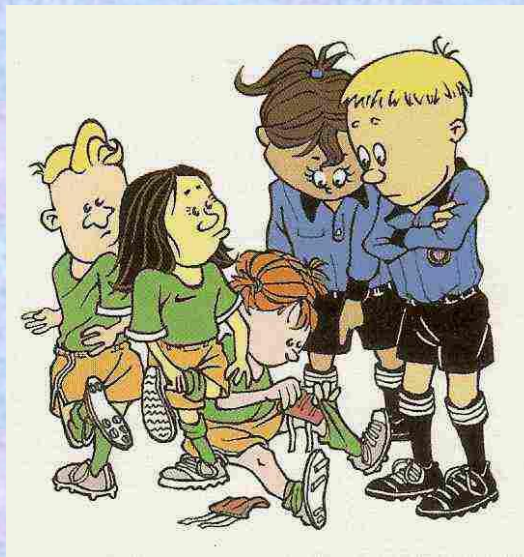
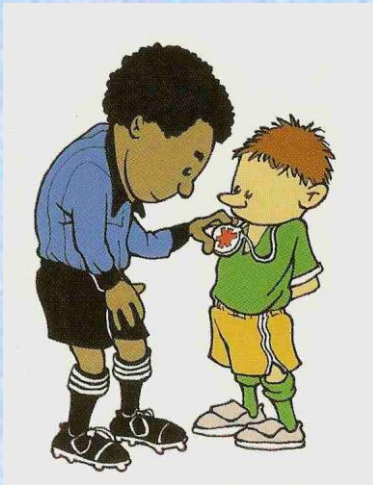


- Be ready to go at game time.
- Complete your starting line up before the game.
- If traveling to another district give yourself time to find the correct field.
- Referees have no the authority to extend game times, if the start is delayed, it may be terminated early to keep the later games on time.
- A forfeit will result if a team does not field enough players to begin the game 10 minutes after the scheduled start time. If players are used from any other team to make the minimum, this counts only as practice. A team and/or coach who knowingly use players from another team to permanently fill their roster will have all season wins and/or trophies reversed and will be permanently banned from the league.



# FIELD LAWS

- Player/Coaches cards are required at check-in for every game.
- Players must be in complete League-issued uniform (shirt, short, socks) or will not play. No other logos or sponsors names allowed.
- Shin guards must be worn inside the player's socks. Kneepads are OK.
- No jewelry is permitted. No bandages or tape over earrings. Medic-Alert allowed if taped to body.
- Hard casts are not permitted on the field of play.





# FIELD LAWS

- Coach's area extends 10 yards to either side of midfield line. If both teams are on the same side, coaches and spectators may not cross the half way line.
- Spectators not permitted within 10 yards of corner flags or behind the goal line.
- No coach or spectator may enter the field of play at any time, including injury, substitution or fighting, without a signal from the Referee. Everybody not in play must be 1 yard behind the touch line, whether marked by lines or not.
- A coach or player that is stepping over the touchline when their team scores can have that goal nullified by the referee!





# FIELD LAWS

- For the safety of the players at games, only coaches who are LiveScanned will be allowed to coach. Your license identifies you as such and **MUST** be visibly worn at all times.
- Referees will not allow you to coach if you left your license at home.
- All players are guaranteed at least 50% of game playing time.





# LENGTH OF GAME AND BALL SIZE



- U6 - Size 3 ball,  
Four 7.5 minute Quarters.
- U8 - Size 3 ball,  
Four 10 minute Quarters.
  
- U10 - Size 4 ball, 25 minute halves
- U12 - Size 4 ball, 30 minute halves
- U14 - Size 5 ball, 35 minute halves
- U16 - Size 5 ball, 40 minute halves
  
- On kickoff, the ball may be passed forward or backward.

# HANDLING THE BALL

- A ball accidentally striking a player on the arm is not a foul.
- A goal scored by the ball striking an attacker's player's arm, intentionally or not, will be disallowed.
- A determination of handling will be based on where the player's arm is positioned
- Did the ball strike the hand or did the arm strike the ball?
- A player who is falling to the ground and touches the ball will not be penalized for handling unless they intentionally change the direction of the ball.





# SUBSTITUTIONS

- U6 and U8 substitutions at the quarter or half breaks only, unless for injury.
- U10 & above:
  - Unlimited substitutions. Can be made:
    - ⊕ Prior to a throw-in; your favor
    - ⊕ After a goal has been scored by either team
    - ⊕ Before a goal kick by either team
    - ⊕ After injury, by either team, when referee stops play
    - ⊕ At half-time or quarter
  - Substitutions may enter and exit anywhere on the field but only when referee signals OK to do so.



# U6/U8 SPECIAL RULES

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- Throw-in fouls: Repeat of throw-in allowed once only.
- No offside penalties (except for "camping at goal").



# U10 SPECIAL RULES

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- OFFSIDE rules apply.
- No repeat for bad throw-in.





# MERCY RULE



- Only for U6, U8, and U10
- Team losing by 3 goals under their opponent (i.e.):
  - 0 - 3    1 - 4,    2 - 5.....
- May add one player when 3 goals down.
- May add an additional player when 4 goals down.
- Must remove a player when the scoring advantage lessens.
- No mercy rule for any teams during tournaments.

# SPECIAL RULES FOR U6, U8 & U10

- Heading of the ball should not be taught nor will it be allowed in competition.
- Any player in these age groups who makes a deliberate attempt to play the ball in this manner will be assessed a foul similar to handling the ball, with possession of the ball being awarded to the opposing team.
- All free kicks are indirect.  
(cannot not score from a kick-off or corner kick directly)
- No penalty kicks.
- Mercy rule is applied.
- **NO SLIDE TACKLING!**





# FIELD LAWS

- A dropped ball between opposing players has been discontinued. If stoppage occurs and it is unclear as to who should take possession, the ball will be given to the defending team. If the restart takes place on the field, the ball will be dropped for a single player. If the restart is inside of the penalty area or goal area, the keeper may pick up the ball. All players must be 4.5 yards away from where the ball is being dropped, which is an indirect kick.
- If a defensive wall of 3 or more players is set up near the goal, then the attackers must remain at least 1 yard away from those players.



A Dropped Ball – Of sorts





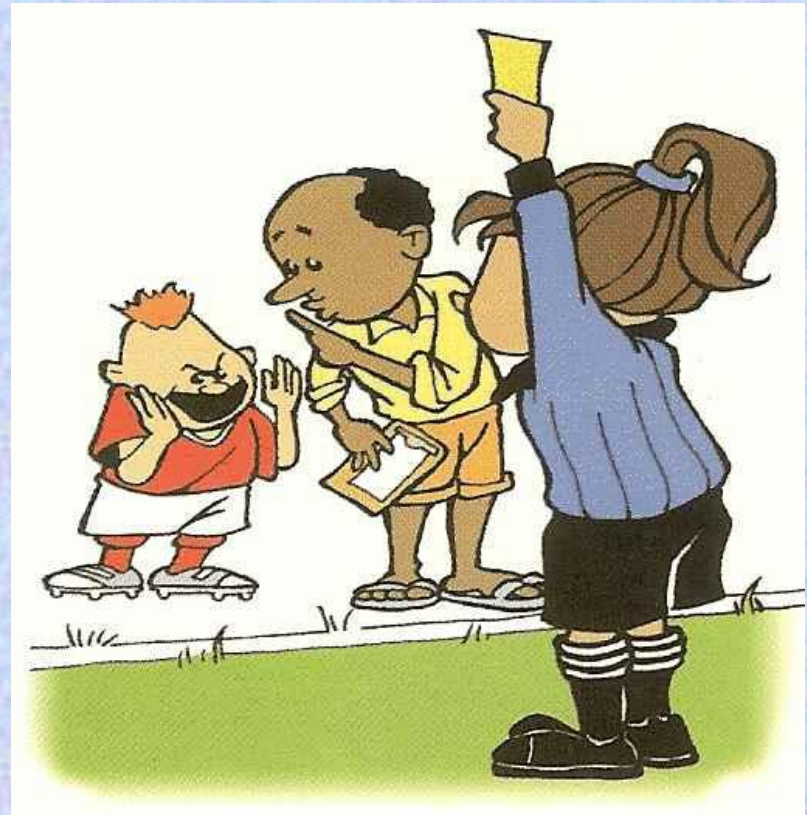
# FIELD LAWS

- A goal kick is now a “live” ball as soon as it is touched. The ball does not need to leave the box for either side to play the ball.
- An indirect kick means that the ball must move, not merely touched on the initial kick.
- A goalkeeper who fails to kick the ball out of the penalty area (Or goal area for U10 and below) when it has been deliberately kicked or thrown to them may pick up a ball without penalty.



# REFEREES

- Young refs are important to our future in the same way that young players are.
- Help keep control of the game by deferring to the refs and controlling your parents.
- The Laws of the Game is 200 pages long. That's a lot to remember.
- Yelling at a ref will not instantly transform them into a pro, nor will it get you more calls in your favor
- Your game typically lasts an hour or two but referees get to stay out in the sun all day long, doing game after game. They could use a little more understanding.
- The referees that you see in the World Cup typically have 15 to 20 years of experience but you see that even they can be wrong.



# REFEREES



- Referee calls are final. Dissent in action or word by player, coach or spectator could result in a caution (yellow card) or ejection (red card).
- A player given a Yellow card must leave the field until the next legal substitution. Player may be replaced with a substitute.
- Any ejection (red card) to Player, Coach, or Spectator must leave the field of play. If a player is ejected, the team must play short that player.
- A player may be suspended at a later date based on the Referee's report of the game.



# REFEREES



WHAT TEAM "A" SEES

# REFEREES



WHAT TEAM "B" SEES





# REFEREES



**WHAT THE REF SEES**



# REFEREE CLASS INFORMATION

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## Beginner & Senior\* (Advanced) Referee Classes

Classes are about 3 Hours Long

\* Note: Senior Referees have minimum 3 years of experience and 18 years of age.

## Schedule

San Jose - July 30<sup>th</sup> at the SJ PAL Office, 680 S. 34<sup>th</sup> St., 9:00 AM – 12:00 PM

Milpitas - August 12<sup>th</sup> at Weisgerber Room at the Milpitas Community Center



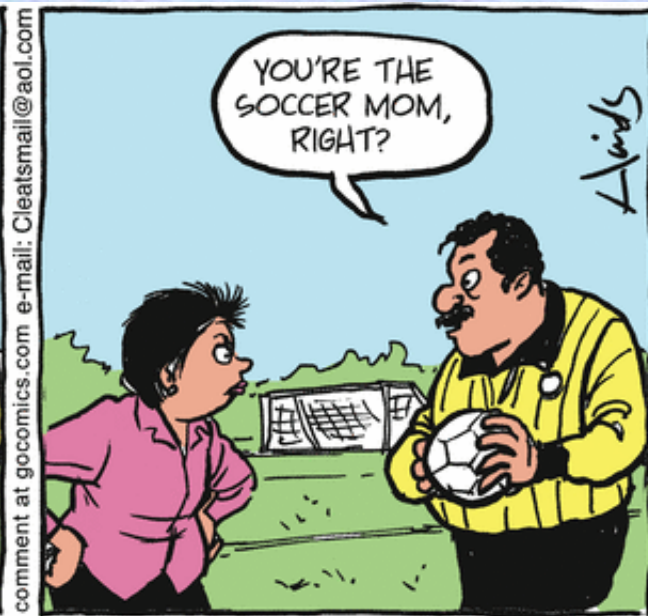
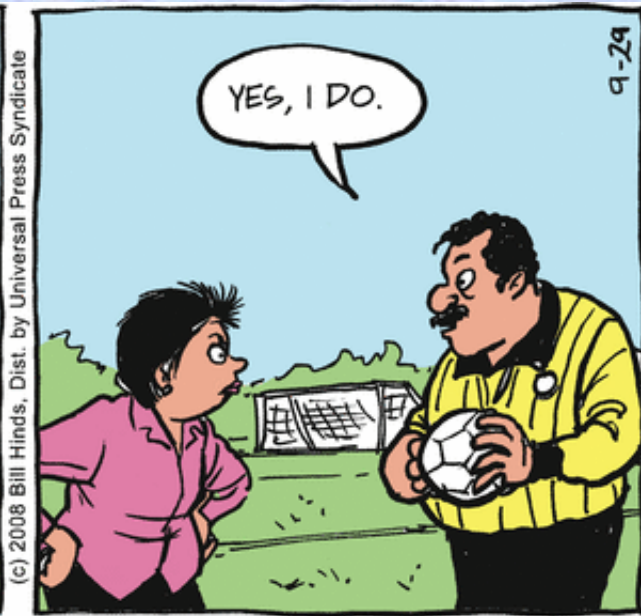
# THANK YOU

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- Thank you for volunteering your time to make a difference.
- You are the most important person in our organization.
- Remember, we're all trying to do our part to protect the kids, players and parents.
- You determine the kind of experience our kids have with P.A.L. soccer.
- As P.A.L.'s front line ambassadors, you are charged with ensuring that everyone has an enjoyable season.
- Important reminders:
  - Everything you say and do is a direct reflection of P.A.L. Make sure what you say is consistent with P.A.L. guidelines.
  - Follow the chain of command.
  - Enforce "Code of Ethics" at all times.
- Remember, this league is about the kids.

**Relax and have fun!!!**





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