



2019

Police Activities League

**Constitution, Bylaws,
Rules and Regulations**

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METRO PAL YOUTH SOCCER LEAGUE

CONSTITUTION

The Metro PAL Youth Soccer League has set certain goals and objectives for all who participate in its program. As a part of the Police Activities League, the theme "Developing Youth in Our Community" is a major commitment. Of equal importance are the goals of:

- A. Teaching and promoting the game of soccer.
- B. Instill knowledge of and feeling for team or group relationships and responsibilities.
The following objectives for each individual are of the utmost importance:
 - 1. Through the example of coaches and parents, every player should see the value of competition, and within themselves work towards self-improvement and with others in a spirit of camaraderie.
 - 2. The development of skills and physical condition to the maximum of each individual's capabilities.
 - 3. By reinforcing positive experiences in practice sessions and games, help each other develop confidence in their abilities.
 - 4. With the leadership of coaches and managers, the players should gain a positive attitude toward the game of soccer and towards sports in general.

ARTICLE I - Organization

This organization shall be known as the Metro PAL Youth Soccer League. (MPYSL)

ARTICLE II - Purpose and Boundary Lines

Section 1 - Purpose

The purpose of this organization shall be to develop, promote and govern the game of Soccer, among youth 18 years of age and under, within the territory of Santa Clara County.

Section II - Territory

The territory shall be that area formed by the boundary lines of Santa Clara County and surrounding areas.

ARTICLE III - Colors

By the second meeting of each calendar year, representatives may declare a specific color to represent their district. There is no requirement for any district to select a color.

ARTICLE IV - Membership

Section 1 - Membership

Membership in this organization shall be by an in-house district and/or an affiliated District. All newly affiliated players will be assigned to a team and a District within the MPYSL.

Section 2 - Board of Directors

The Board of Directors will annually recommend to the membership, the procedures, rules, planned affiliation and MPYSL fees required for affiliation.

Section 3 - Affiliate Members

All members shall abide by the Constitution and the Bylaws of this organization, all rules and regulations as set forth by the SJPD PAL Board of Directors, and all applicable rules and regulations of any organization within the Metro PAL Youth Soccer League (MPYSL).

Section 4 - Players

Players may sign for teams within their District. Only the Board of Directors of this organization where necessary, shall consider and/or approve inter-district registration.

ARTICLE V - Governing Body and Rules

Section 1 - Governing Rules

This organization shall be governed by MPYSL Constitution, Bylaws, and Rules and Regulations.

Section 2 - Governing Authority

The governing authority of this Organization shall be the MPYSL Board of Directors. Powers delegated to the Board of Directors shall be granted in the Bylaws.

Section 3 - Board of Directors

The governing board, hereafter to be known as the MPYSL Board of Directors, shall be composed of Milpitas, Santa Clara and San Jose commissioner(s) and one additional voting member from each Municipality.

- Chairperson
- Vice-Chairperson
- Scheduler
- Secretary
- Treasurer
- Referee Director
- Tournament Coordinator

As well as the members at large, but in no case will the Board of Directors exceed sixteen (16) members.

ARTICLE VI - Districts

Section 1 – Municipality & Districts

The Board will create geographical divisions referred to as “Municipalities.”

Additional Municipalities can be only added by the MPYSL BOD upon approval set forth within these By-Laws and acceptance of a completed affiliation agreement.

In order for Municipalities to be considered as a district, a minimum of 10 teams must exist with age appropriate sized fields as home fields and sufficient referee support.

Each Municipality can be comprised of multiple subdivisions that shall be known hereafter as “Districts”.

Section 2 - Municipality Policies

Each affiliate Municipality shall have a written Constitution or Bylaws, stating its policies regarding (1) Selection of Commissioner, (2) Expenditure of funds, and (3) Placement of players on teams.

Section 3 - Municipality Commissioner

A Municipality Commissioner shall represent each District and his/her representation shall confer upon him/her a voting seat upon the MPYSL Board of Directors. The Municipality or District Commissioner shall be directly responsible to the MPYSL Board of Directors for his/her District, unless they are pre-empted by the SJPD Sports Commissioner and/or SJPAL Board.

Section 4 - Selection of the District Commissioners

The District, according to the current District policy shall select its District Commissioner. The MPYSL Board of Directors has the authority and responsibility to hear grievances submitted by affiliated coaches or parents concerning any Commissioner. The MPYSL Board can provide direction to any Commissioner or may unseat any Commissioner from the MPYSL Board of Directors.

Section 5 - District Commissioner's Assistants and Representatives

District Commissioners may appoint assistants to aid in performance of their duties and may designate a person to represent them at Board meetings in their absence. The District Commissioner must submit a list of names and addresses of all such assistants and representatives to the Secretary of this organization.

ARTICLE VII - Annual Coaches Meeting

Section 1 - Chairman of the Board

The Chairperson of this organization with concurrence of the MPYSL Board of Directors shall call for an Annual Coaches Meeting (ACM) of the membership for each seasonal year. Notification of date, agenda, proposed Constitution, Bylaws and Rule changes shall be made at least thirty (30) days prior to said ACM. The ACM must occur prior to the end of the last regular season game.

Section 2 - Order of Business

- A. Call to Order
- B. Roll Call
- C. Credential Report
- D. Reading of Minutes of the previous ACM
- E. Acceptance of the Minutes of the previous ACM
- F. Reports:
 - 1. Chairman
 - 2. Secretary
 - 3. Municipality Commissioners
 - 4. Committees
- G. Unfinished Business
- H. Proposals for change of Constitution, Bylaws, or Rules & Regulations
- I. New Business
- J. Good of the Game
- K. Adjournment

Section 3 - Amendments and proposed Changes

Constitutional Amendments and proposed changes to Bylaws and Rules may be presented from members at large, provided that said amendments have been submitted in written form to the Board of Directors no later than thirty (30) days before the ACM.

Section 4 - Voting Prerequisites

- A. Each affiliated team and each member of the Board of Directors shall be entitled to one (1) vote.
- B. Voting shall be restricted to those affiliated teams, which have been registered during the current season.
- C. Voting by written proxy or any other means shall not be allowed.

ARTICLE VIII – Amendments

Section 1 - Amendments

Amendments to the Constitution, Bylaws and Rules and Regulations of the organization may be made at the Annual Coaches Meeting of the membership, with any changes to be implemented the following season. Whereas needed recommendations are made from the Rules and Regulations Committee and approved by the MPYSL BOD

Section 2 - Adopted Amendments

An Amendment shall be deemed adopted by an affirmative vote of the following:

- A. Three-fourths (3/4) of the members present for the Constitution.
- B. Two-thirds (2/3) of the members present for the Bylaws.
- C. Simple majority of the members present for the Rules and Regulations.

METRO PAL YOUTH SOCCER LEAGUE

BYLAWS

ARTICLE 1 - Registration

Section 1 - Player Registration

Any player wishing to become a member of this organization shall register seasonally for affiliation with one (1) District only. Player cannot play on multiple teams within a district. To play, each candidate must:

- A. Complete a Metro PAL Player Registration Form.
- B. Submit upon initial registration proof of date of birth.
- C. Complete registration fees requirements according set forth by the District Commissioner

Section 2 - Dues and Fees

MPYSL dues and fees for members shall be payable as of October 1 of each year and will be delinquent as of November 1 unless otherwise provided for by the Board of Directors.

Section 3 - Teams

No team or teams shall be accepted while concurrently belonging to an established or organized league, except with the consent of the MPYSL Board of Directors.

ARTICLE II - Executive Committee

Section 1 - Executive Committee

The Board of Directors of this organization shall elect by the second board meeting of the calendar year, as detailed per Constitution, Article V, Section 3. All other members shall be Directors-at-Large.

Duties of each member are defined, but not limited to:

- A. Board Members – All executive members of the board of directors shall have an equal vote on all issues before the board.
- B. Chairperson - Shall conduct all meetings of the Board of Directors. The Chairperson shall appoint the standing committees and their Committee Chair at the beginning of each season.
- C. Vice-Chairperson - Shall act as the Chairperson in the absence of the Chairperson.
- D. Scheduler – Shall compile team ranking data, publish the regular season and tournament schedules.
- E. Secretary - Shall keep accurate records of all meetings, handle all correspondence, give notice of meetings, and maintain the files of the organization.
- F. Treasurer - Shall give a receipt of all monies that shall be deposited in a recognized bank in the name of the organization; shall be responsible to ensure referees are paid within the pay period established by the Referee Director.
- G. Tournament Coordinator - shall be responsible for organizing all aspects of league authorized tournaments.

- H. Referee Director - The Referee Director must be a qualified referee, and is responsible for communication and any necessary organization among the corresponding district's Referee Scheduling Coordinators. He/she shall be responsible for collecting all red and yellow cards issued, proving clarification and interpretation of rules and regulations to the Board of Directors, and coordinating with the Metro PAL bookkeeper on payments to all district referees.

Section 2 - Indemnification

The league shall indemnify each and every present and future Board member against any judgment, cost or expense which may be imposed or reasonably incurred by his action against him in connection with any claim, suit or proceeding hereafter made or instituted in which he may be involved by reason of being a Director or Officer of the Metro PAL Youth Soccer League.

ARTICLE III - Committees

Section 1 - Standing Committees

The following standing committees shall be appointed yearly by the Chairman of this organization, subject to ratification of the Board of Directors.

- A. Disciplinary Committee (Protest and Appeal)
- B. Rules and Revision Committee
- C. Coaches Clinic Committee
- D. Jamboree / Pictures Committee

Section 2 - Establishment of Other Committees

The Executive Committee, subject to ratification of the board, may elect to establish other committees as required by the business of this organization.

ARTICLE IV - Regular Meetings

Section 1 - Regular Meetings

Regular meetings of the Board of Directors will be held at least ten times per year, on the first Wednesday of each month. The agenda for regular meetings shall be as follows:

- A. Call to Order
- B. Roll Call
- C. Acceptance of the minutes of previous meeting(s)
- D. Unfinished Business
- E. New Business
- F. Committee Updates
- G. District Updates
- H. Referee Update / Good of the game
- I. Action Items
- J. Adjournment

Section 2 - Quorum

At all meetings of the MPYSL Board of Directors, a simple majority of the voting members shall constitute a quorum for transaction of business.

ARTICLE V - Board of Directors

The Board of Directors shall be responsible for and have the sole authority for the following:

- A. Enforcing and interpreting the Constitution, Bylaws and Rules and Regulations.
- B. Approving the formation and operation of all league competitions.
- C. Make temporary rules or regulations for specific cases or occasions not provided for in the Constitution, Bylaws or regular Rules & Regulations by which are deemed necessary by the Board of Directors to carry out the objectives of the organization.
- D. Creating new Districts as situations and circumstances warrant, but in no case shall the number of districts exceed fourteen (14).
- E. Make rule changes for the good of the organization that may or may not be covered in The Constitution, Bylaws, and Rules and Regulations.

ARTICLE VI - Meetings

The MPYSL Board of Directors shall meet whenever the Chairperson deems it necessary or if he/she is instructed to do so by one half (½) of the members of the board of Directors.

ARTICLE VII - Municipality Commissioners

The duties of the Municipality Commissioners shall include the following:

- A. Be thoroughly familiar with the Constitution, Bylaws, and the Rules and Regulations of this organization, and the insurance program for MPYSL.
- B. Be present or send a proxy to all meetings of the organization unless otherwise excused.
- C. Be present or send a proxy to the Annual Coaches Meeting representing his/her Municipality, to ensure that coaches and officers are represented.
- D. Keep a record of teams within his/her Municipality to see that all players are properly affiliated.
- E. Be responsible for the coaches and parents of his/her Municipality in providing adequate and timely information relative to the MPYSL.
- F. Attend meetings in his/her Municipality for the purpose of seeing that meetings are run properly and in compliance with the Constitution, Bylaws, and Rules and Regulations of this organization.
- G. Supervise and appoint persons to handle post season Games, and Inter-District Competition in his/her Municipality. Attend, or appoint a representative to attend games and see that the requirements are being fully met. This includes observation of the field to see that it is properly marked, that the correct size ball is used, and that referees are on hand.
- H. Supervise public relations in his/her Municipality.
- I. Promote adult interests in the MPYSL program and recruit desirable volunteers to assist in the development of the game.

ARTICLE VIII - Suspensions and Discipline

The MPYSL Board of Directors shall have the right and authority to suspend, bar completely, or otherwise discipline any player, spectator, coach, manager, team assistant, referee, or district from any scheduled event.

ARTICLE IX - Girls Games

Section 1 - Girls' Teams

Girls and/or Coed teams may be established in Municipality within this organization. (Hereafter referred to as teams).

Section 2 - Girls Rules and Regulations

Girls' teams shall follow all Rules and Regulations as set forth herein with the exception that girls may use their arms, against the body, for protection of the chest as long as they are stationary with no attempt to strike, propel or redirect the ball.

METRO PAL YOUTH SOCCER LEAGUE

RULES AND REGULATIONS - DIVISION I - RULES TO ORDER

(General and applicable to all cases)

RULE 1

The rules contained herein shall govern members of the organization in all cases to which they are applicable. All rules must be consistent with the Constitution and Bylaws of the organization. All competition shall be governed by the rules stated herein unless the rules of a specific competition determine otherwise.

RULE 2

Any person guilty of violating the Constitution, Bylaws or Rules and Regulations of the League may be asked to appear before the board of Directors to explain his/her actions.

RULE 3

The district Commissioner has the initial authority to make decisions within his/her District. A Protest Committee, consisting of the Referee Director and (2) District Commissioners, none of whom shall have a relation to the case, shall hear a dispute between two districts. If the Referee Director has a relation to any of them, he shall be replaced by a third Board Member who has no relations to the case, except that the third Board Member may not be the Chairman. An appeal may be submitted to the entire Board. The Board is the ultimate authority in all cases.

RULE 4

Each coach shall be responsible for the conduct of the member of his/her team. This includes its coaches, players, spectators and all others. It is the responsibility of each team to insure that their action on and off the field does not bring disrespect upon this organization.

- Part 1: Coaches and assistants are required to attend licensing classes specified by the League or its insurance carrier. Issued licenses are to be worn outside of clothing, in plain sight, on a lanyard during game play. All coaches are required to be Center for Disease Control (CDC) "Heads Up" certified.
- Part 2: Coaches and assistant coaches or other adults, acting in capacity as a team authority figure must be Live Scanned (finger printed and background check) per California State law in agreement with each municipality.

RULE 5

Falsification of records shall be grounds for disbarment from future participation in this organization. With the exception of All-Star games, coaches from one team may not use players from other teams. Violations of this rule will result in all involved teams having their season wins and/or trophies reversed. Players and coaches who have participated in this deceit shall be permanently banned from the league.

RULE 6

A plea of ignorance to the Constitution, Bylaws and Rules and Regulations of this organization is not sufficient and violators may expect appropriate action by the Board of Directors of the organization.

RULES AND REGULATIONS - DIVISION II - STANDING RULES

(Rules of Registration, Competition, etc.)

SECTION 1 - General Rules

RULE 1 - Registration

Registration Procedure: The year is defined as beginning January 1 and ending December 31 of the calendar year.

- Part 1: All players are required to submit properly completed Metro PAL Youth Soccer League Player Registration forms to their District.
- Part 2: Each team shall submit the required forms, including a list of players, to the District Commissioner who will forward them to the league with the fees which may be levied by the Board of Directors of this organization.
- Part 3: Each District Commissioner shall be responsible for insuring proper registration of players, affiliation of the teams, proper accountings of fiscal transactions, and accurate reporting to the Board of Directors of this organization.
- All district commissioners are required to have all their paperwork (rosters, registration forms, and fees) to the PAL office no later than the day set forth by the Director.
- Part 4: Each player must use his/her full first and last name on all registration materials.
- Part 5: Each team official (i.e. coach, assistant coach, manager) shall be listed on the team roster.

RULE 2 - Medical Insurance

All players registered with this organization shall declare their primary medical insurance carrier on the registration form (if applicable) or state "None" if primary carrier is not in place.

California law requires that all parents be provided with information regarding concussions.

RULE 3 - Injuries

All injuries to be claimed against the medical insurance shall be completed on the proper form, obtainable from the league office. Injury Report Forms must be submitted to the league office within 24 hours.

RULE 4 - Players Not on the team Roster and/or Without Proper Player Pass

- Part 1: If a player is not listed on the team roster or player card, presented to the referee prior to the game, he/she may not participate in that game.
- Part 2: Any player who does not have a current validated player pass, will not be allowed to play in any league sanctioned game or tournament. At the discretion of the Board of Directors, a properly filled out roster may be used in lieu of the player of the player pass for games played before the start of the regular league season.
- Part 3: If a player plays in a game and is not properly registered, his/her team automatically forfeits that game and will face further disciplinary action by the League/Board of Directors of this organization, depending on the nature of the violation.
- Part 4: In case of forfeiture, the score shall stand 1 to 0 against the forfeiting team.

RULE 5 - Transfer, Release and Roster Limits

Any player assigned to a team a team roster form is bound to that team for the entire seasonal year, except as modified by the following subparagraphs:

- Part 1: Transfers between teams may take place only in cases of extreme hardship or dissolution of teams. Extreme hardship can be defined as such instances which make it extremely difficult for a player to participate in his/her soccer activity. A dissolved team can be defined as a team which has been registered and has been playing but has ceased to exist before less than one-half (1/2) of their season league season has been played.
- A. A coach must get authorization from their district commissioner to release a player from his/her own team roster only under special circumstances, which could be defined as moving from an area, repeated unexcused absences from practice and/or games, or repeated unsportsmanlike conduct at practice sessions and/or games.

- Part 2: All requests for transfer shall be submitted to the Board of Directors in writing with the appropriate fees, on the proper forms, stating the reason for the request and will be subject to the following conditions:
- A. Signature of the player and/or parents.
- B. Signatures of both coaches of the involved teams.

The Board of Directors will decide final approval of the effective date of a transfer of release. No transferring player may play on the receiving team until the Board of Directors approves the transfer.

RULE 6 - Playing with Professional Players

Any player signing a "letter of intent", a professional contract, or playing with a professional team without the permission of the Board of Directors of this league shall be declared a professional player, and shall lose all privileges of participating as a player in MPYSL.

RULE 7 - Age Limit Definition

- Part 1: The term "youth" as applied to the Constitution, Bylaws, and Rules and Regulations shall mean an amateur player who has not attained his/her eighteenth (18) birthday as of July 31st of the seasonal year in which he/she applied for registration. The Board of Directors may at its option, adjust and/or combine the limiting age for all groups prior to the start of each seasonal year.
- Part 2: The age of the player on July 31st of the seasonal year will be used to determine which age group placement is appropriate. Any team that has a player older than that team's age group classification without obtaining an exemption granted by the Board of Directors will forfeit each game in which that player has played.
- Part 3: A player wishing to play in an age group above their assigned level may only do so to the next adjacent age group.

- Part 3: The Board of Directors of this organization shall divide players among teams of equal age grouping as follows, and all competitions will adhere to these age classifications:
- A. Under 18 years – has not yet reached their 18th birthday before June 1st of the seasonal year but may continue to play with the team even if already 19 years of age, **provided** there is proof of continual enrollment in high school. This proof shall be available on demand at any given time.
 - B. Under 15 years – has not yet reached their 15th birthday before August 1st of the seasonal year.
 - C. Under 12 years - has not yet reached their 12th birthday before August 1st of the seasonal year.
 - D. Under 10 years - has not yet reached their 10th birthday before August 1st of the seasonal year.
 - E. Under 8 years - has not yet reached their 8th birthday before August 1st of the seasonal year.
 - F. Under 6 years - has not yet reached their 6th birthday before August 1st of the seasonal year.
- Part 4: Any team which, through its responsible officials, officers or representatives, attempts to induce a registered player of any team under the jurisdiction of this organization to leave his team before the end of the current seasonal year, shall be deemed to have committed an offense and shall be dealt with by the Board of Directors of this organization.
- Part 5: No team shall have more than eighteen (18) players registered at any time. For the purposes of maintain the 50% playing rule, this does not apply to U6 and U8 age levels where the player roster limit shall not exceed twelve (12) players per team.
- Part 6: No player shall be added to the team roster after the fifth (5th) regular season game.

RULE 8 - Birth Date Verification

- Part 1: All games shall be played under the Rules and Regulations of MPYSL as amended each year.
- Part 2: A United States Birth Certificate, Notification of Birth, United States Board of Health Records, United States Baptismal Certificate, Passport, Alien Registration card issued by the United States Government or California State driver's license shall be sufficient for proof of age, except for those competitions which specifically state otherwise.

RULE 9 - Rules of Play

The rules of play shall be the "Laws of the Game", as published by the FIFA with those modifications stated herein. All contests sanctioned by this league shall abide by the "Laws of the Game".

- Part 1: All games shall be played under the Rules and Regulations of MPYSL as amended each year.
- Part 2: The equipment listed below shall be deemed dangerous; any player with the following will not be permitted to play. There is only 1 exception.
- A. Players wearing a hard cast shall not be eligible to participate in any game. Soft bandages are permitted provided they are self-clinging or taped and do not use metal clips to hold the wraps together. Devices used for protection of the body are allowed provided there are no exposed hard surfaces that can purposely endanger another player. The only exception to the hard surfaces rule is eye or face protecting devices where the possible injury to the player wearing the device (eye or face) is greater than the potential injury to the hand/foot/forearm, etc. of the player striking said device.
 - B. Flip guard glasses, watches, rings, religious medals, or any type of jewelry is not allowed. The only exception allowed is a medical alert medallion taped to the body. Tape or bandages over jewelry is not allowed.
 - C. Single front cleats, bare feet, and untied shoe laces (Fixed on field) are not allowed. Kneepads are acceptable.
- Part 3: Charging the goalkeeper shall not be permitted at any time.
- Part 4: Coaching from the sidelines (giving directions to one's own team on points of strategy and position) is permitted, with the following provisions:
- A. No ancillary devices are to be used to gain an advantage over an opponent.
 - B. The tone of voice is informative and not abusive.
 - C. No coach, player or substitute is to make derogatory remarks or gestures to the referees, other players, substitutes or spectators.
 - D. No coach, substitute, or player is to use profanity.
 - E. No coach, substitute, or player is to incite in any manner disruptive behavior.
 - F. It is the responsibility of the team management to see that their fans behave in a proper and respectful manner.
 - G. No mechanical noisemakers are to be used.
 - H. Coaches and substitutes are to remain within 10 yards on either side of the centerline during the game. When both teams are on the same side of the field, they and/or their spectators may not cross the centerline. They are to remain within this, "Technical Area", whether striped or not.

- I. Nobody is allowed behind the goal lines, within 10 yards of the corner flags or within 1 yard of touch (side) lines. Only active players may be on the field of play without the express consent of the referee. Fighting, injury or substitutions are not a reason to enter the field.
- J. The penalty for any violation of the preceding rules may be ejection from the game and one game automatic suspension. The Board of Directors may take further disciplinary action. If a spectator commits the violation in question, that spectator may be asked to leave. If that person refuses to leave, the referee may stop the game.

Part 5: The home team shall have their choice of field side, teams are to switch at halftime. All players, managers, and spectators shall remain on their designated sides of the field. Visitors shall take the opening kick-off at the start of the game.

- Part 6:
- A. The uniform shall be the one approved by the League and provided by the District.
 - B. No additional patches, names or any identifying marks other than the METRO PAL logo and jersey number are allowed on the uniforms.
 - 1. If the uniform supplier only provides its products with an identifying color, logo, and/or name, it shall be allowed provided that it is not more prominent than the PAL logo.
 - 2. Player names may be imprinted on the back of jerseys but are restricted to the area above the number, must be black or white lettering and no more than 3 inches in height and in Arial or Calibri font. No single player imprinting is allowed. The entire team's uniforms shall be marked in the same manner or it will not be allowed.
 - C. All players are to wear identical jerseys, except for the goalkeeper. The jersey may be reversible with contrasting colors on the reverse. No player may wear a jersey that is similar to the referee jersey. With the exception of the Goalkeeper, all players must wear the same color shorts. Socks may be provided by the teams, but should be the same color and type for all players, except the goalkeeper.
 - 1. Removable, form fitting, extra warmth garments may be worn underneath the uniform and if visible, the same color as the uniform. If the garment color contrasts with the uniform, then all playing members of that team, wearing similar garments must use the same color. If bike shorts are worn they must be the same color. If undershirts or sweatshirts are worn, they must be worn under the jersey and be the same color or black.
 - D. Age groups U10 and below shall not have any color matching constraints placed on extra warmth garments.
 - 1. All safety aspects of extra warmth garments shall meet standard league uniform requirements.
 - E. Where colors of uniform are similar, the visiting team must effect a change to a color that is distinct from those of the opponent. During all regular and tournament play, the scheduled home team "official color" shall take precedence for teams that are using that color.
 - F. Shin guards are required and must be worn underneath the socks.

Part 7: The home district will be responsible for the condition of the grounds, the proper field markings, and the proper equipment. Nets and corner flags are required. It will be the responsibility of both teams to have a game ball.

Part 8: Players may be substituted only during a stoppage of the game (FIFA Law 3 and Law 9). The number of substitutions shall be unlimited, except for U6 and U8 which may only do so under the provisions of Part 24.

- A. Prior to a throw-in your favor.
- B. After a goal has been scored by either team.
- C. Before a goal kick by either team.
- D. After injury, by either team, when the referee stops play. The injured player must leave the field until the next substitution.
- E. At half time or quarter.

In any case a substitute may not enter the field of play until he/ she is given a signal to do so by the referee.

Part 9: Each player must play in each League sanctioned game, a total amount of time equivalent to at least one-half (1/2) of the game, unless he/she is subject to disciplinary action or physically incapacitated. Before the game, the coach must advise the player and the referee(s) of the reason why the player may not play at least 1/2 of the game. The team is subject to forfeiture of all games in which any player does not receive his/her 1/2 game privilege. The coach should keep in mind that this rule is the basis of the PAL philosophy, and that the coach is subject to disciplinary action by the PAL Board for violations of this rule.

Part 10: The referee shall require that both teams enter all the appropriate information on a Game Card prior to the start of the game.

- A. The referee will not allow any player into the game whose name does not appear on the referee report form. The player must present the referee with a current validated player pass. (See Rule 4, Part 2, for exceptions). The referee shall also require that the coach or manager of each team sign the Referee Report Form verifying that the information entered on the form is true and correct to the best of their knowledge. The game card is the sole property of the referee and may not be modified in any manner by managers or coaches once it has been submitted to the referee.
- B. Upon completion of the game, the referee shall check his/her game card for accuracy before signing his/her name. He/She shall submit his report to the proper authority within forty-eight (48) hours (holidays excluded).
- C. Prior to the game, the referee must verify that each player's equipment is in order.
- D. A Game Card must be filed for each game played.
- E. In the event of a forfeited game, the home team must submit a complete Game Card listing which team; it must be noted on the card "Forfeit" and must be submitted to the proper authority within the stipulated time. (See "B" above). A postmark date within the set time will be deemed sufficient proof that it is in proper compliance with this regulation.

- Part 11: Any team delaying the start of a scheduled game more than ten (10) minutes, without the sanction of the home district commissioner (or acting) shall forfeit the game to the opponent by a score of 1-0.
- Part 12: In the event that both teams do not show up for a scheduled game, and the referee rules the grounds playable, both teams shall be assessed with a loss.
- Part 13: If a referee for a game fails to appear, the game must be replayed at the visiting team's field with original home District paying for the referee(s). The proper authority may discipline referees responsible for the late start of a game. Referees may, at any time, be called upon by the proper authority to explain their reports.
- Part 14: The referee's judgment with regard to the physical condition of the field and its acceptance for play, to the actual happenings and occurrences related to the conduct of the game, and those prerogatives granted to him/her by the "Laws of the Game" as published by FIFA, shall not be challenged.
- Part 15: Only violations of the Constitution, Bylaws, Rules and Regulations of this, and misapplication of the "Laws of the Game", shall be proper subjects to consider for protest.
- Part 16: All districts shall have a District Protest Review Committee to review all protests. This committee shall be appointed by the District Commissioner.
- Part 17: Protests are to be written and sent to the District Commissioner within three (3) days following the date of the match. If approved, the protest must be sent to the Metro PAL Board of Directors within two (2) days.
- A. The protest fee shall be established at seventy-five dollars (\$75) for items coming before the Metro PAL Board.
 - 1. The protest fee will be returned if the protest is upheld. It shall be retained if the protest is denied.
 - B. The Metro PAL Protest Board shall consist of the Referee Director and two (2) District Commissioners, none of who shall have a relation to the case. If the Referee Director has a relation to the case, he/she shall be replaced by a third Board member who has no relation to the case, except that the third member may not be the chairman. Each Protest Committee may be allowed to present an oral argument at each level of the appeal. Said oral arguments may be limited in length by the Appeal Board but must be limited equally.
- Part 18: Rained out games, if made up, should be made up within three (3) weeks of the rain out. It is the responsibility of the home field's district commissioner to notify the Scheduler of any games affected. It is the Scheduler's responsibility to reschedule games and fields. The Scheduler shall notify both home and visiting district commissioners of the new date and location. If the game(s) cannot be rescheduled, both teams shall be given a tie (0-0).
- If any game is stopped due to field condition, inadequate lighting or weather conditions, prior to halftime, it must be replayed in its entirety as per Part 18.
- Part 19: Any coach being ejected has to leave the area and be out of sight and sound. Any player who is ejected from the game shall join the sidelines as a spectator and shall not in any way disrupt or participate in the game. If the ejected coach or player disrupts or further participates in the game and its continuation, the game shall be ended and a forfeit win shall be awarded to the opposing team. The

coach or player shall then be given a red card that shall stand for a two (2) game suspension and shall come before the MPYSL Board to explain their actions. The Board shall have the right to further discipline the person up to banishment from further PAL functions.

Part 20: If a game is stopped by the referee for disciplinary reasons, the referee(s) will immediately notify both coaches or acting coaches, as to the reason for stoppage. If one of the team's actions caused the stoppage, the team causing the stoppage will forfeit the game.

Part 21: No referee shall be allowed to officiate a match where he/she has some type of direct affiliation with either of the teams scheduled to play in a match based on the following:

- A. If the official has officially acted as a coach or assistant coach within one year's time from the scheduled date of the match, or either team scheduled to play in the match.
- B. If the official has, within one year's time, been a former player for or is currently a player of either team.
- C. If any of the official's immediate family members is associated with either team in that he/she is a coach, assistant coach, or player for either team.

If, because of some compelling need, that an official is assigned to officiate a match where he/she has had any type of aforementioned affiliation with either team, then he/she must declare such affiliation and gain approval of both team's coaches prior to officiating the match. Failure for an official to do so constitutes grounds for either team to protest such match.

Part 22: All parents or spectators attending scheduled matches will be expected to conduct themselves in the appropriate manner. Continued abuse by a parent or spectator that refuses to listen to the coach or referee will result in the disciplinary action that results from receiving yellow or red cards.

Part 23: Number of players allowed on the field will be as follows:

<u>Age Group</u>	<u>Minimum</u>	<u>Maximum</u>	<u>Mercy Limit</u>
U6/U8	5	7	9
U10	7	9	11
U12 & up	7	11	N/A

Part 24: Special Rules for U6/U8/U10 players.

- A. Teams are limited to scoring three (3) goals over their opponents. When the 3rd goal is scored, the "Mercy Rule" is applied. The losing team may add 1 player for every score over the limit to a maximum of two additional players, but must stop at the limits set forth in Part 23 (Mercy Limit) for the amount of players. Players must be removed from the game when the scoring advantage lessens or disappears.
- B. No direct free kicks or penalty kicks are allowed. All free kicks are indirect.
- C. No offside for U6/U8 but a player may not "camp" or stay in continuous, close proximity to the opposing side's goal to gain an unfair advantage.
- D. For U6/U8, a foul throw-in may be repeated once.

- E. Slide tackling is not allowed. U10 players are allowed to slide kick the ball but not if another player is contesting it.
- F. U6 and U8 are not allowed substitutions except for injury, replacement of a player given a caution or during breaks or halftime
- G. Heading of the ball is not allowed. Any player that deliberately plays the ball with the head will be assessed a foul at the spot of occurrence. The ball which inadvertently strikes the head is not considered a foul.

Part 25: A dropped ball that requires the participation of both teams shall not be used to restart a match if there is any stoppage in play such as injury, outside agents or a ball going out of bounds with no clear indication of which team had final touch. The defending team shall be awarded a throw-in if the ball has gone out of bounds. For restarts on the field of play, the defending team shall be given a dropped ball, which may be picked up by the goalkeeper if this occurs within the penalty area.

RULE 10 - Disciplinary Ruling and Suggested Punishments

- A. A player guilty of fighting before, during, or after a game shall receive:

U-6, U-8, U-10	two (2) game suspension.
U -12, U-15	three (3) game suspension.
U-18	four (4) game suspension.
- B. Players guilty of using profanity, either by word or gesture, against other players, coaches, spectators, referees or any league official, shall be ejected from the game and receive an additional one (1) game suspension.
- C. Players guilty of making threatening gestures against other players, coaches, spectators, referees or any league official, shall be ejected from the game and receive an additional two (2) game suspension.
- D. Players guilty of pushing or striking any coach, referee or official shall be ejected from the game and receive a one (1) year suspension.
- E. Coaches or officials making threatening gestures or using threatening language towards players or other coaches or officials, or referees shall be disciplined according the following:
 - 1. 1st time - shall be suspended for one (1) game and placed on probation for up to one (1) year.
 - 2. 2nd time - The offender shall be suspended for life.
 - 3. For **fighting** at any time – The offender shall be suspended for life.

RULE 11 - Official Caution of a Player

Any player receiving an official caution (yellow card) during any game will be required to leave the field immediately. He/She may be replaced by another player and may re-enter the game at the next legal team substitution. If there are only seven (7) players on your side this rule will not apply. Any player receiving three (3) cautions (yellow cards) for the same or similar offense during the seasonal year shall be suspended for one game.

RULE 12 - Ejection of Players and Team Officials

- A. Any player or team official who is ejected (red carded) from any league-sanctioned competition shall be ejected from the game and receive an additional one (1) game suspension.
- B. At the discretion of the Board of Directors, or as stipulated in Rule 10, the player or team official may be suspended for a longer period than the aforementioned one game.
- C. A suspension designated for a specific number of games will commence with the next league-sanctioned game after the ejection and continue until the specified number of league-sanctioned games has been played.
- D. A suspension or probation for a designated period of time will start at a time designated by the District Commissioner or the Board of Directors. Each suspension or probation shall be continuous for the period specified.
- E. The referee shall report ejection, including the reason for the ejection, to the proper authority within 24 hours of the ejection.
- F. Any player who is ejected from a game may not be replaced. The team must play short-handed for the remainder of that game.

RULE 13 - Game Length and Game Ball

The length of games, ball size, ball weight, ball dimension, and overtime periods for each group shall be as follows:

<u>Division</u>	<u>Game Length</u>	<u>Overtime Periods (Tournaments)</u>	<u>Ball Size</u>	<u>Circumference</u>	<u>Weight</u>
Under 18	Two 40 min halves	Two 15 min halves	#5	27"to 28"	14 -16 oz
Under 15	Two 35 min halves	Two 15 min halves	#5	27"to 28"	14 -16 oz
Under 12	Two 30 min halves	Two 10 min halves	#4	25"to 26"	11 -13 oz
Under 10	Two 25 min halves	Two 10 min halves	#4	25"to 26"	11 -13 oz
Under 8	Four 10 min quarters	Two 5 min halves	#3	23"to 24"	8 -10 oz
Under 6	Four 7.5 min quarters	Two 5 min halves	#3	23"to 24"	8 -10 oz

SECTION II - Other Rules

In addition to the aforementioned General Rules of Play, the following Other Rules shall apply to Tournament Games, Inter-District Competition, All-Star games.

RULE 1- Non-League Games

The authority for approval and/or operational control, including dates and times of games, which are to be played for these competitions when, played or sponsored by affiliated teams or leagues, shall be vested with the Board of Directors of this organization. Approved games of this type shall take precedence over all League games.

RULE 2 - All-Star Teams

The formation of District and/or League All-star teams shall be vested with the Board of Directors of this organization: the Board of Directors may delegate this authority at its discretion.

RULE 3 - Tournament Fees and Procedures

Entrance fees and procedures for these competitions shall be established and/or approved by the Board of Directors of this organization. All fees and forms must be submitted to the organization office on or before the date due and in the manner so specified.

RULE 4 - Participation

These competitions will be open to all youth teams affiliated with this organization, but only in their own age group. A team entering these competitions shall have played in the current seasonal year as a team.

RULE 5 – General Rules for Tournament Play

- 1) Each team will play a minimum of two games except for “Elimination Rounds”.
- 2) Every player must play at least 1/2 of each game as per Metro PAL rules.
- 3) A player that accumulates 2 cautions during the course of the tournament shall be sent-off and that player’s team shall play short for the remaining games, including championships.
- 4) Any player or coach who is ejected prior to, during, or following a game shall be suspended from the remaining games, and possibly face further disciplinary action from the METRO PAL Board. In the case of any ejection (red card), the game will not continue until the player's or coach's pass has been collected. In addition, if the person ejected is an adult, the play will not continue until he or she leaves the field of play.
- 5) Intentional forfeit of any game may be subject to disciplinary action of the METRO PAL Board.
- 6) The Mercy Rule for U6/U8/U10 age groups is suspended for tournament play.
- 7) Possession or consumption of alcoholic beverages at any field is prohibited!
- 8) Any issues not covered by Rules and Regulations will be handled by a MPYSL Board of Directors Member. All decisions are final as there are no appeals allowed for the tournament.

Referees

Referees may be changed for any reason that the tournament staff feels is necessary. Additional referees may be used if required by the referee staff. Referees are instructed not to add time in games for injury or other reasons.

Game Check In and Field Positions

Each team must check in at the field headquarters at least **30 minutes** prior to the start of each game. Coaches must have laminated player passes, player registration papers, and a signed copy of the team roster in their possession for all games. If a team cannot field 7 players (5 players for under 6 and under 8) at the start of the game time, the other team will be awarded a win by forfeiture. There is no 10 minute grace period at the start of the game in tournament play. If neither team fields the minimum number of players, neither team will receive points for that game.

The *home team* is listed first. It will kickoff, defend the west or south goal, and its spectator area will be on the west or south side. If there is a conflict of uniform colors, the visiting team must change jerseys or wear pennies.

All coaches are required to report the score to the field coordinator or tournament headquarters at the end of each game, and pick up their player passes.

Each team must have a game ball available.

Uniforms

Uniforms must be league issue. There are **no** exceptions.

Standings and Game Points

Points will be awarded in preliminary games as follows:

- 1 6 points for a win.
- 2 3 points for a tie.
- 3 0 points for a loss.
- 4 1 point for a shutout (including a 0-0 tie game)
- 5 Bonus Points: 1 point for each goal scored, up to a maximum of 3 points per game (bonus points are awarded to all teams, whether they won, lost or tied the game).
- 6 8 points for a forfeit.
- 7 No points are awarded if both teams forfeit the game.
- 8 One point will be deducted for every red card issued.

Tie Breaker System

Ties stand in preliminary games. If games are played in the "Elimination" format, there must be a winner of the game. If both teams are tied at the end of regulation time, they will proceed directly to Penalty Kicks. If a point tie exists after the preliminary games, and the division has a final game, the team to advance to the finals in will be determined by the following criteria:

NOTE: Due to time constraints, if a tie exists the methodology used to break a tie will be the decision of the Metro PAL Youth Soccer Commissioner(s) on site.

1. Head to Head record
2. Goals against; team that allows the fewest goals in its game
3. Goals for: Team that scores the most goals in its games.
4. Penalty Kicks (NOT for U6, U8 and U10)
5. Round of Five:

The coach will pick any five team players and anyone as goalkeeper and submit by numbers the referee. Players must wait for the referee to whistle the kick to be taken. Teams will alternate after each kick. At the end of five, the team with the highest score is declared the winner of the match. If the score is still tied after the first round of five, the teams will proceed to Sudden Death Round.

6. Sudden Death Round:

The other remaining players shall take alternate turns. No player shall kick twice until the whole team has preceded him or her including the goalkeeper. The team that goes second shall be given the opportunity in every round. If the first team scores and the second team does not, the match is ended. If the second team scores in the sudden death round and the first team failed to do so, the match is ended.

If players are needed in a second round, the players must continue in the same order.

All players on or off the field at the time of the scheduled game ended are required to participate in these rounds.

7. Accuracy Kicks:

(Under 6, 8 & 10 only): The coach will pick any five team players for kicks. There will be no goalie. The ball will be placed on the field at a spot equidistant from the touchlines and half way between the center line and the goal line. Players must wait for the referee to whistle the kick to be taken. Teams will alternate after each kick. If, after the first round of five kicks, the teams are still tied, the teams will then proceed to Sudden Death Round.

Championship Game

A final championship game is played in divisions that are not decided by a point format. In divisions decided by a point format, total points decide the championship.

In championship games, ties will be broken by Penalty Kicks as outlined in items #5, "Round of Five" and #6, "Sudden Death Round".

Awards

Trophies will be awarded to first, second place teams in each division. If a tie exists in first place after the preliminary rounds then the Tie Breaker System shall be used. Only one team will get team trophies for first place and one team will get trophies for second place.

The trophies will be awarded after the last game in the division played.

Coaches may award the trophies. Coaches are reminded to keep their comments short, all comments shall be positive, and no negative comments about any team in the tournament will be tolerated. The tournament representative will award the trophies if the coach cannot follow these guidelines.

RULE 6 - Non-Registered Players

A player who is not registered with a team prior to the sixth (6th) regular season game and who has not played at least two (2) games with that team during regular season play, will not compete in Tournament Competition. Failure to comply will result in forfeiture of the game in which the violation occurred.

RULE 7 - Pairing

In Tournament Competition, pairings shall be determined by a draw conducted by the Board of Directors. The Board of Directors will schedule "home" and "away" games on an "as equal as possible" basis. A coin toss shall be used when necessary.

RULE 8 - Post Season Game Referees

The Board of Directors of this League shall agree upon the referees in all Tournament games.

RULE 9 - Ejection of Players

In the case of Tournament, Inter-District, or All-star Games, if a player is ejected for misconduct, the referee shall report the infraction in his/her game report to the Board of Directors of this league. The player or players in question shall be ineligible according to the rules stipulated in Section 1, General Rules, Rule 10 and Rule 12.

SECTION III - Referee Rules, Regulations and Guidelines

RULE 1 - District Referee Scheduling Coordinator

Each district will have a Referee Scheduling Coordinator that will be responsible for the following:

- Part 1: The Scheduling Coordinators of each district will work with the MPYSL Referee Director to provide clarification for any issues and/or problems that may accrue at any time.
- Part 2: Scheduling referee(s) for all home field games.
- Part 3: Arrange with the MPYSL Referee Director to hold classes for official training and/or licensing as needed.
- Part 4: Each year the Referee Schedulers will meet and review the FIFA Laws of the Game and:
 - A. Learn the new rules and/or any rule changes
 - B. Establish testing requirements for all MPYSL referees to be taken throughout the League, and to arrange that all referees will be given the same test each seasonal year.
- Part 5: Provide payment at to the referees working in that district.

RULE 2 - Referee Requirements

- Part 1: The minimum age limit of a person that may be certified and licensed as a referee is 12 years of age by July 31 of the seasonal year.
- Part 2: All referees are to be in complete uniform for each game:
 - A. Any of the internationally known referee jersey colors are acceptable. Shorts must be solid black. Socks must be black with or without white stripes. Closed toed shoes shall be worn.
 - B. A whistle, stopwatch, yellow and red cards, pencil and/or pen.
 - C. Referee's License
- Part 3: Any referee who issues a red card and/or ejects a player for any reason must complete the MPYSL Referee Report and submit it to the District Referee Scheduling Coordinator within 48 hours upon completion of the game. E-mail notification is acceptable.
- Part 4: If requested, must appear before the Referee Director or any member of the Board of Directors.

RULE 3 - Referee License

- Part 1: All referees must attend a scheduled referee program and be certified by the MPYSL Referee Director. Training is 5 hours in length for new referees, 2 hours for Advanced Referees (Those that are at least 18 years of age, have 3 or more years of referee experience and).
- Part 2: A referee's license is given when the requirements of the program have been completed.
- Part 3: The license shall be valid for 1 year. This is to keep all referees updated to any PAL and/or FIFA rule changes.
- Part 4: A MPYSL referee license entitles a referee to officiate in any district or any match sanctioned by Metro PAL.
- Part 5: A referee's failure to abide by the rules and regulations set forth by the MPYSL Board of Directors, its Constitution, Bylaws or Rules and Regulations can have their license revoked by the MPYSL Board of Directors.

RULE 4 - Scheduling Referees

- Part 1: All referees should show up ten (10) minutes before their game start times and be ready to begin the game at the scheduled start time.
- Part 2: Referees should not be scheduled to officiate games at their own age level. Two age groups below is a good rule. However, this may be overlooked if the Scheduler has knowledge that an individual is competent to handle an older age group.
- Part 3: Referees who repeatedly miss their commitment to a Scheduling Coordinator for planned games can have their license revoked.
- Part 4: Two referees shall be utilized for all U12 and above matches. Should no individual be available to referee the match, the game shall be abandoned and rescheduled at the visiting team's home field. The assembled teams may play a scrimmage if that is amenable to both coaches but the original game must be rescheduled. The original home team shall be responsible for referee fees incurred for this make-up game.

RULE 5 - Referee Director

The Metro Referee Director shall have the following duties:

- Part 1: Collect all RED and YELLOW cards from all districts. Notify commissioners if any action is required.
- Part 2: Report to the Board of Directors the status of referee classes, special needs for referees and suggest rules that may need to be added, modified or deleted.
- Part 3: Shall insure that referees in each district are being paid.
- Part 4: Mediate and/or communicate referee issues in/or between districts that cannot be solved by District Referee Scheduling Coordinators.