

WELCOME!!!

2025 METRO PAL COACHES



MILPITAS COACH CLINIC

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

- Available online at: milpitaspalsoccer.org, you will find the following:
- MPYSL 2025 Constitution, Bylaws, Rules & Regulations
- Complete copy of this presentation
 - It is your responsibility to familiarize yourself with the documents.



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 5th 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**
 - **District Commissioners**



Police Activities League

**Constitution, Bylaws,
Rules and Regulations**

P.A.L. District Contact Info

Milpitas	Milpitaspalsoccer.org	
Foothill	sjpdpal.com/soccer	(408) 272-9725
Santa Clara	santaclarapal.org	
Willow Glen	wgpalsoccer.com	(408) 826-8246
Rose Garden	rgsoccer@att.net	(408) 506-7424

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
 - Recent TB test

- PAL Forms Must be completed:
 - Adult Registration Form
 - PAL Code of Conduct Form



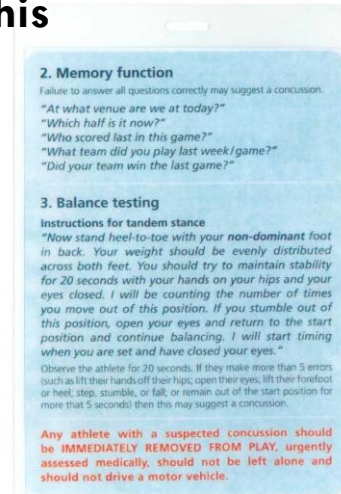
Live Scan



- 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, PAL admins can help you get an appointment scheduled
- Live Scan DOES NOT have not be repeated as long as you stay in PAL
- Santa Clara/Milpitas 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 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. Send to your Age Group Coordinator**



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

Incident Reporting

- **If an incident occurs during a game, such as:**
 - **An argument between coaches and/or players**
 - **Anybody who was sent off (Red Card issued)**
 - **Incidents involving referees**
 - **Problems with/or between parents, opposing team issues, field problems, etc.**
- **What you should do or expect:**
 - 1. Contact your District Commissioner within 24 hours and explain the incident**
 - 2. The Commissioner will investigate the issue**
 - 3. The Commissioner will decide what steps to take or bring the issue to the PAL Board for further discussion.**


Player Cards



Every player must have their player card by the 3rd 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



Jersey Number

Players Name

Game cards
must be signed



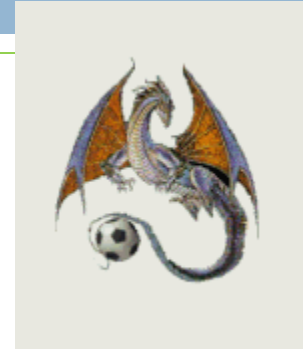
Must be Complete

Registration Number

- 1) Non-official game cards are **NOT** acceptable.
- 2) Print Legibly.
- 3) Fill it out before the game.

Decode Team numbers

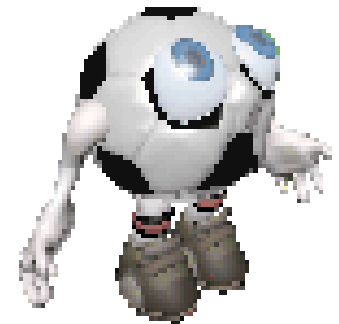
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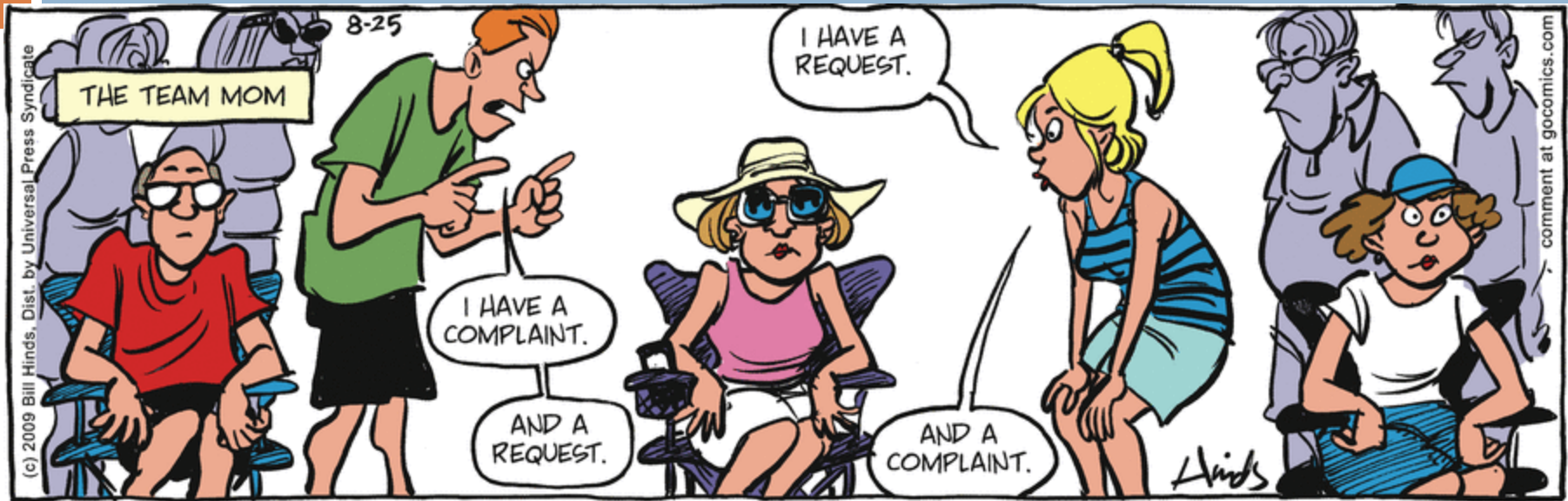
- **C** = Cambrian **B** = Boys **06** = U6 **Team number**
- **F** = Foothill **C** = Coed **08** = U8
- **R** = Rose Garden **G** = Girls **10** = U10
- **S** = Santa Clara **12** = U12
- **W** = Willow Glen **15** = U15

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**

2025 Schedule

- **Regular season will start:** **August 23rd**
- **No games Labor Day Weekend** **August 30st**
- **Week 10 Games ending on** **November 1st**
- **End of Season Tournament** **November 8-9**
at Milpitas Sports Complex



As a PAL Soccer Coach

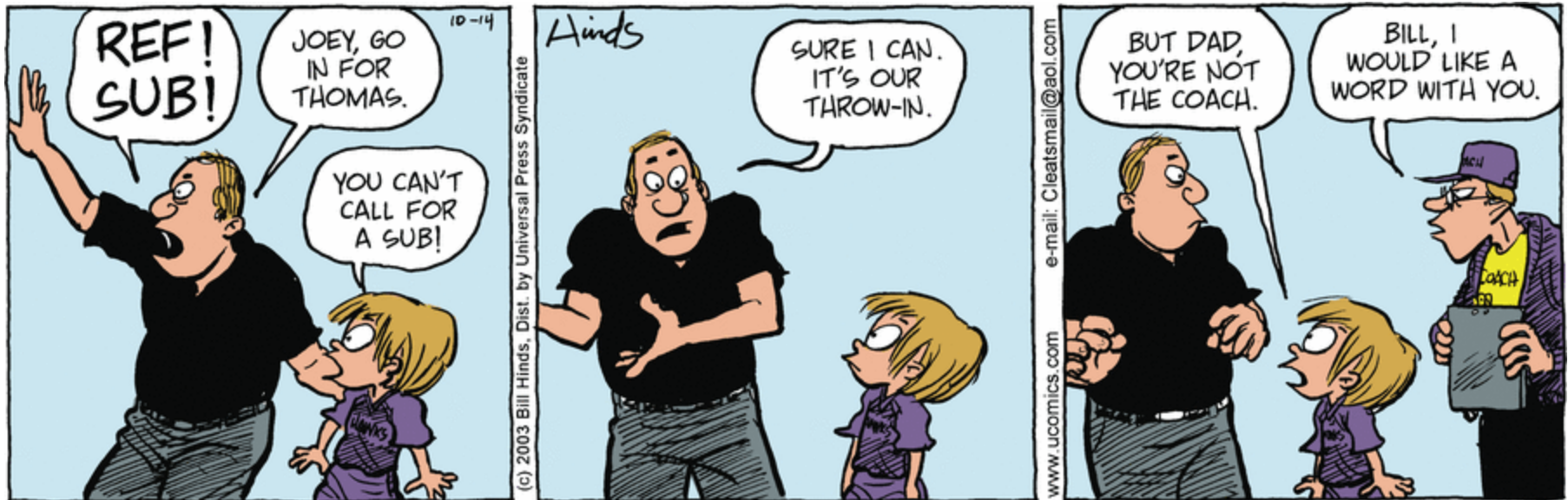
- Never do anything that would embarrass the team

- 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

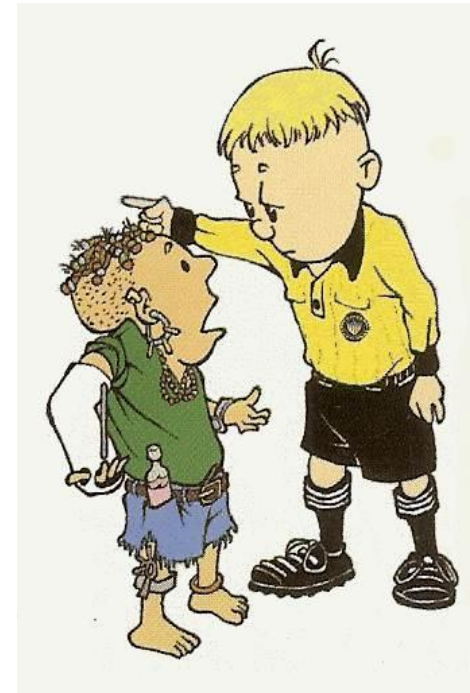
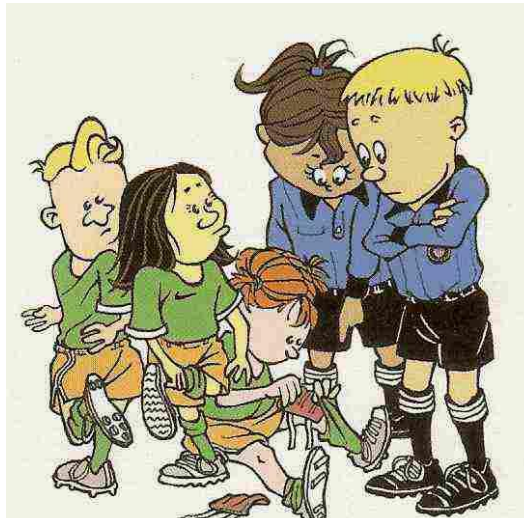
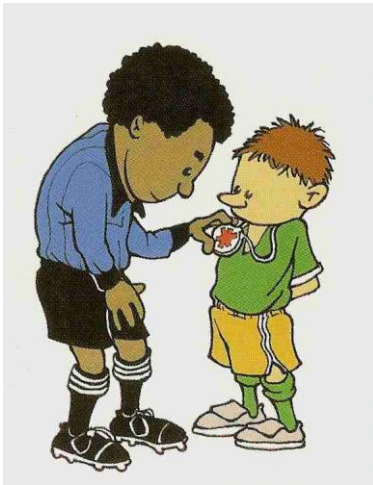


- **Be ready to go at game time.**
- **Complete your starting line up before the game.**
- **If traveling to another district give yourself time to find the correct field.**
- **Referees have no the authority to extend game times, if the start is delayed, it may be terminated early to keep the later 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 are 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 corners 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. Team and spectators must remain 1 yard behind the touch line, whether marked by lines or not.**
- **A coach or inactive player that is stepping over the touchline and interfering with play, will have any score caused by this to be voided 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.**



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.



Field Laws



- 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.

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.
- 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 then retrieve and pick up a ball without a penalty.



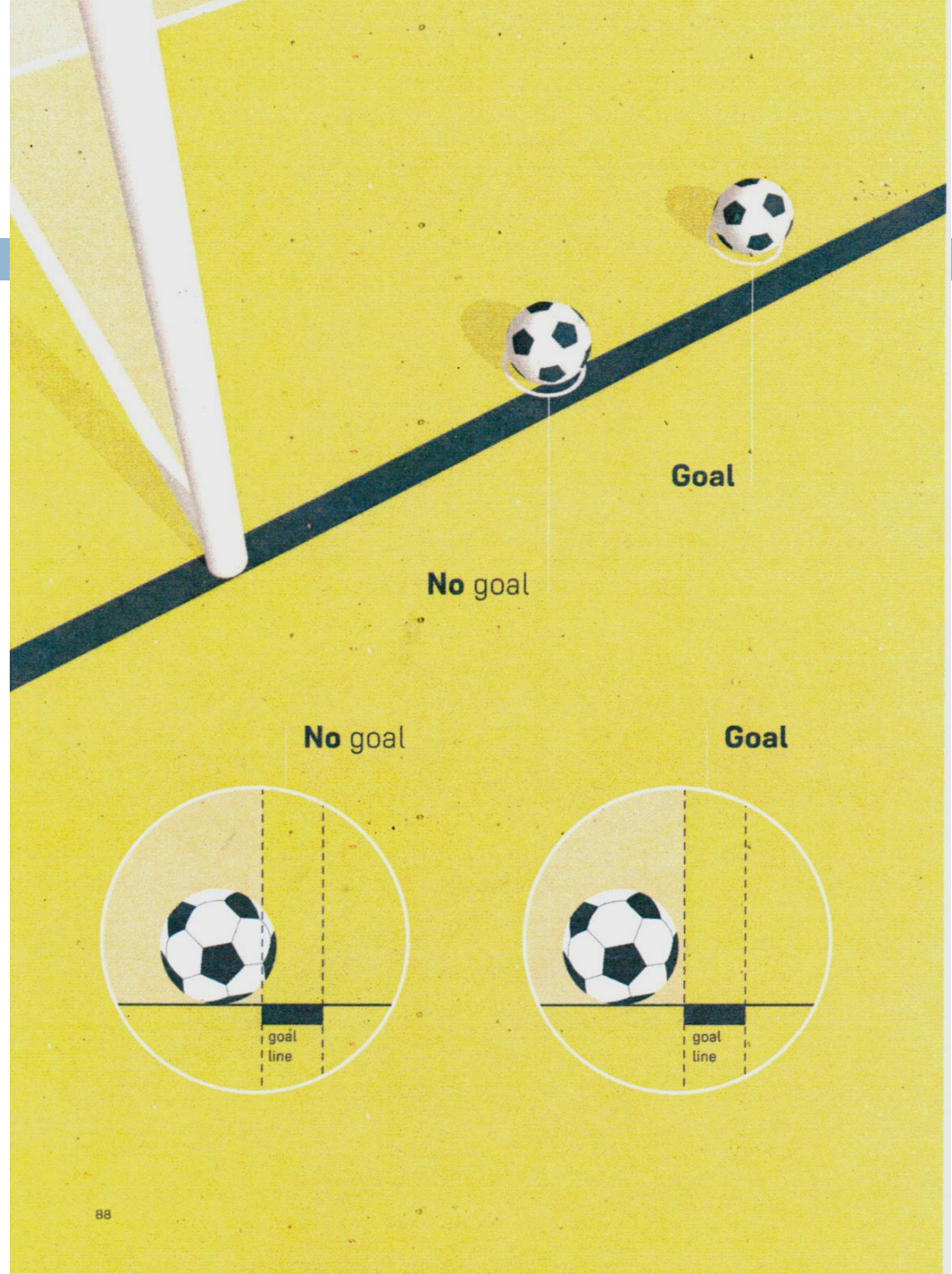
Field Laws



- **If an indirect free kick is called for by the referee, this means that the ball is stationary and when kicked, may not go directly into the opposing side's goal for a score. This also applies to kickoffs in U10 and below. If the ball touches any player from either side before going into the goal, it is considered a score as the ball has entered the goal INDIRECTLY. Trickery to evade this requirement such as having a teammate merely touch the ball is not legal. THE BALL MUST ACTUALLY MOVE BEFORE A SECOND PLAYER KICKS THE BALL INTO THE GOAL FOR A SCORE! There are no specifications as to how far or how many rotations are required for the ball to be considered live.**

Field Laws

Scoring a Goal



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**
- **On kickoff, the ball may be passed forward or backward.**



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.**



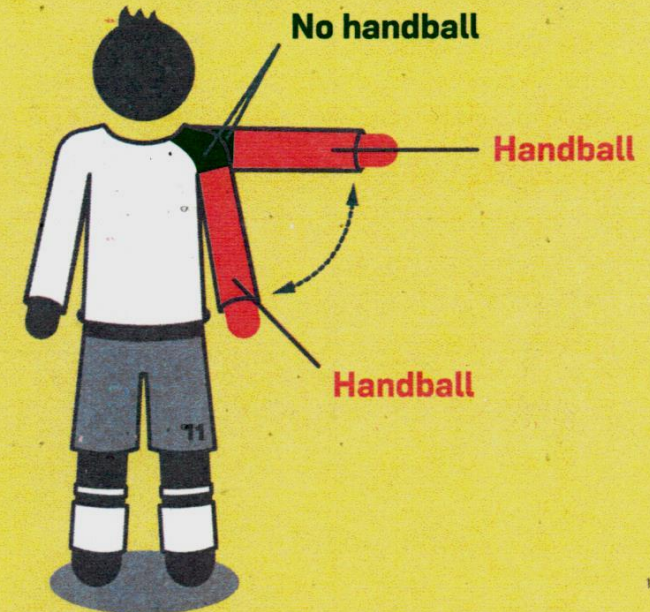
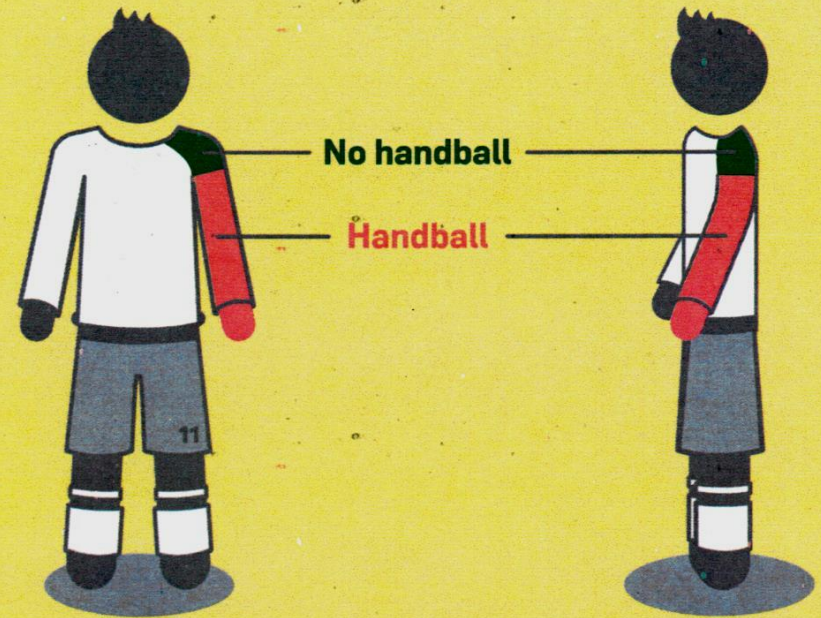
Handling the ball



- A ball accidentally striking a player on the arm is not a foul.
 - A goal scored by the ball striking an attacking 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? There is actually no FIFA Law against touching the ball with the hand or arm. It's just that it is prohibited under certain playing conditions.
 - 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.

Field Laws

The Handball



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. A player cannot directly score from a kick-off, foul, or corner kick.
- No penalty kicks.
- Mercy rule is applied.
- NO SLIDE TACKLING!



U6/U8 Special Rules

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



U10 Special Rules

- **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.

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.
- A referee may prevent a player from participating without showing a red or yellow card at anytime.

Referees



WHAT TEAM "A" SEES

Referees

WHAT TEAM "B" SEES

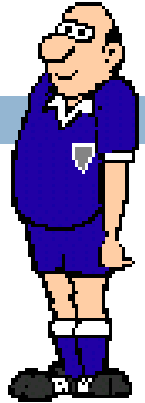


Referees



WHAT THE REF SEES

Referee Class Information



Beginner & Senior* (Advanced) Referee Classes

Classes are about 5 Hours Long

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

Schedule

San Jose - July 27th at the SJ PAL Office, 680 S. 34th St., 9:00 AM – 2:00 PM

Milpitas – August 13 (Weds) at Milpitas Police Dept, 1275 N. Milpitas Blvd, 6:30pm

Thank You

- **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!!!



