



PAL RECREATIONAL SOCCER RULES

2025-2026



I. OBJECTIVES:

To have fun; To develop sportsmanship; To develop skills necessary to play soccer; To develop knowledge and appreciation of soccer as player and spectator; To develop team play and provide leadership opportunities; To develop each player's potential and instill the desire to put forth one's best efforts in all endeavors; To provide a recreational program as our core program and a travel program for those participants exhibiting a high skill set level.

II. ORGANIZATION

The PAL Board of Commissioners is the governing body for the soccer program and establishes the rules, policies, and procedures under which the program is administered. Overall responsibility for administration of the program is vested with the Soccer Commissioner. The Soccer Commissioner has administrative authority for interpretation of the PAL Soccer Rules.

III. REGISTRATION

Registration is scheduled by PAL and the City of Plantation. Children registered after the designated registration period will be charged a late fee of \$50.00, may be placed on a waiting list, and will be subject to availability of openings. Registration covers participation, but it does not guarantee any specific coach, team, schedule, or teammates.

Under no circumstances will a player be added to teams after the season has begun, except on a replacement basis only and with the permission of the Soccer Commissioner. Registrants must provide proof of residence and age.

Ratings and evaluations will be used to help create fair and balanced teams. Registration is open to the children of Plantation and surrounding communities who meet the various Program age requirements. If a player cannot afford a registration fee, a Hardship Application may be made to the administration and a payment plan, partial or full waiver of the registration fee may be considered. The Soccer Commissioner must approve any hardship plan.

Late registration will continue if roster space exists.

Registration fees are non-refundable, unless a player moves out of the City of Plantation and the parent has provided PAL with a new address or has provided a verifiable medical certification which states they cannot participate. A refund minus a \$25.00 administrative fee will only be issued prior to the first practice of the season or the draft, whichever occurs first. Once the season has begun all registration fees are non-refundable. PAL does not allow registration fees to be transferred to another sport. You must have your copy of the registration form and/or a cancelled check for your refund to be considered.

Once a child is assigned to a team in the program, a child is not permitted to quit that team for other than a verifiable medical reason. A child quitting for any other reason will be suspended from all PAL activities for a period of one year from the date of separation and no refund will be issued. Furthermore, any player or parent who separates from the league due to disagreement,



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disillusionment, or violation of the Rules and Procedures set forth by PAL or PAL Soccer will not be entitled to a refund.

A child must play on the team he/she is assigned to and will actively participate in all scheduled practices and games. If a player is removed at the parent's request, there is no refund. Coaches must notify their League Director of all players who quit the team or who do not show up for games or practices without a valid reason acceptable to the soccer commissioner.

IV. PLAYER AGE ELIGIBILITY

The Soccer program consists of leagues by age groups. A child must play in the league based on date of birth. Clinic age kids who have already played one year of clinic may move up to the 6-year-old league. All requests to move up 1 year from the clinic, 6, 7/8-year-old leagues, must be approved by the Soccer Commissioner. No players can move up into the 9/10 or older divisions without a written waiver request. The following table represents the ages by birth year during the 2025-2026 soccer season. Ages are based on September 1 birth date. High School League children cannot turn 19 during the season. Based on this table, children may be playing with other children who are one or more years older.

Age	Birthdate Range	Division
4	9/1/2020 - 8/31/2021	Clinic
5	9/1/2019 - 8/31/2020	Clinic
6	9/1/2018 - 8/31/2019	6 Division
7	9/1/2017 - 8/31/2018	7/8 Division
8	9/1/2016 - 8/31/2017	7/8 Division
9	9/1/2015 - 8/31/2016	9/10 Division
10	9/1/2014 - 8/31/2015	9/10 Division
11	9/1/2013 - 8/31/2014	Middle School
12	9/1/2012 - 8/31/2013	Middle School
13	9/1/2011 - 8/31/2012	Middle School
14	9/1/2010 - 8/31/2011	High School
15	9/1/2009 - 8/31/2010	High School
16	9/1/2008 - 8/31/2009	High School
17	9/1/2007 - 8/31/2008	High School

V. GENERAL PLAYING RULES

Plantation Athletic League Soccer Rules as explained in this document. Playing rules not covered herein will be governed by the LAWS OF ASSOCIATIONS FUTBOL as adopted by the Federal International Futbol Association (FIFA) and adjusted to youth play by FYSA Official Soccer Playing Rules.



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VI. SELECTION OF COACHES

Head coaches will be selected from volunteers who fill out a coach's interest form/application during registration. Coaches will be recommended by the League Administrators, approved by the Soccer Commissioner. A coach can only have one team if more eligible coaches sign up. Coaches can be refused if the Soccer Commissioner or the PAL Board is aware of any previous complaints/disciplinary actions about the coach's style or refusal to follow PAL rules. Any coach who quits or is removed during a season will not be eligible to coach for a minimum of one year. A coach must obey the Coaches Code of Conduct and Coaches Agreement or be subject to disciplinary actions. All coaches must complete the required level background check, Safe Sport course, and concussion protocol training prior to the first practice.

Only those individuals designated and approved by PAL as head coaches and assistant coaches in soccer may be on the field during games/practices. Should it be necessary to replace either a head coach or assistant coach, for whatever reason during the season, the procedure outlined above must be followed.

VII. COACHES RESPONSIBILITIES:

The Head Coach has overall responsibility for the conduct of his players, parents, assistant coaches, and spectators of their team. They are expected to instill fun and the spirit of good sportsmanship.

All Coaches are required to follow PAL rules. Any infraction of PAL rules will result in necessary disciplinary action. Any player suspension or limitation of playing time in a game by a coach without approval of the Soccer Commissioner will result in necessary disciplinary action, including suspension. Players missing scheduled games and practices with regularity that are not approved by the coach will be subject to disciplinary action by the assigned League Director and/or Commissioner. Coaches should escalate these situations through their League Director.

Each head coach will select one or two assistant coaches from among the parents of the children on his team within three days of the team assignments and submit the names to the League Director.

Each Coach shall have access to a copy of the rules, and they shall acquaint players, coaches, sponsors, and parents with the content of same. The rules can be found on the PAL Soccer website at www.leaguelineup.com/plantationsoccer.

All types of noisemakers shall be disallowed for games such as whistles, horns, drums, shakers, and other instruments that may disrupt fair play and sportsmanship.

Coaches are representatives of PAL. As such they will be expected to always act with the proper decorum. The following are examples of behavior that will result in disciplinary action: Foul or



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inappropriate language, fighting, physical abuse of players, disrespect of officials, leaving the field during a game, failure to follow program guidelines.

No coach, official, spectator or player shall use abusive language which refers to or reflects on any player or referee. Penalty for violation will be ejection from game. Adults who are ejected must leave the park.

It is strictly prohibited for any coach/parent to argue judgment calls or verbally abuse the referee or PAL officials during a game or after leaving the playing field. Any coach/parent violating this rule shall be subject to game suspension and/or banishment from parks or elimination from all further participation in PAL.

VIII. SELECTION OF TEAMS/DRAFT

All players ages 7 and up are rated on their soccer abilities in the areas of ball control, shooting, passing, speed, dribbling and coordination. A Team Selection Committee or a draft will determine the teams according to the rating results. An effort is made to accommodate carpool requests if the balance of the team is not affected. The players will be rated at the end of the season by their coaches. This will be used in determining their rating in the next year's team selection process or draft. Once the teams' rosters are established, no player may be traded or moved to another team without the approval of the League Director and Soccer Commissioner. In Leagues ages 7 and up, teams will be selected by a draft conducted by the League Director and supervised by the Soccer Commissioner or designee.

VIII. MEETING / PRACTICE TIMES

Teams shall be limited to 3 sessions per week including games. For the purposes of this rule, the week begins on Sunday and ends on Saturday. The duration of any practice shall not exceed 1-½ hours for Middle School and High School Divisions and up and 1 hour for 6u, 7/8, and 1 hour and 15 minutes for 9/10 Divisions. "Rain -out" and make up games will have priority over practice. Forfeiture will result if the number of sessions is exceeded. The League Director and/or Commissioner must approve any schedule alterations.

X. PARTICIPATION/SUBSTITUTION RULE

Number of players on field:

- Boys/Girls aged 6 = 5 field players, no goalie.
- Boys/Girls ages 7/8 = 6 field players + goalie.
- Boys/Girls ages 9/10= 8 field players + goalie.
- Boys/Girls MS and HS = 10 field players + goalie.

These team sizes are subject to change based on the number of players who register in an age group. Players, if physically able, shall play the following minimum: In all age groups, no child shall sit out more than one quarter per game until each child has sat once. A child who sits twice in one game should not sit twice in any other game until ALL members of the team have had a turn sitting out twice. The referee will stop the game (substitution time) on the first dead ball situation within one minute of the midway point of each half for substitutions. Players not in the game enter at



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that time. After the "substitution time," players may re-enter the game only to replace those players who are injured and only with the permission of the referee. NO player may be substituted for a player who has not met the minimum playing periods.

Before the start of a match, each team must provide the referee crew with a PAL soccer game report, listing the names and numbers of all players present. At the beginning of each quarter, the referee (s) will mark an X next to the names of the players sitting on the bench. Failure to comply with the participation/substitution rule will result in the forfeiture of the game in which the infraction occurred. An ejection is issued to the head coach responsible, who will not be allowed in the park for the team's next game. A coach will be suspended for the season for a second violation of the substitution rule. All other provisions set forth by the PAL Soccer Rules must be adhered to.

XI. MINIMUM PLAYERS

An 11v11 team must be able to field and maintain at least eight players at the time the game begins (three players for 5v5, five players for 7v7, six players for 9v9). Otherwise, the game is forfeited. Teams playing a game where their opponent has less than a full complement of players may at the coach's discretion play a full team. A 5-minute grace period is allowed if a team does not meet the minimum player rule when the referees notify the coach that the game must begin, or the game will result in a forfeit.

XII. DURATION OF GAMES

The duration of a game shall be as listed below. A game called due to weather or time shall be official if time has elapsed, or minimum play has been met as set forth in the PAL Soccer rules. Please refer to Conditions of Play for more information.

League	Game Time Limits	Half Time
6 Year Old's (5v5)	4-10 Minute Quarters	5 Min
7/8 Year Olds (7v7)	2- 25 Minute Halves	5 Min
9/10 Year Olds (9v9)	2- 25 Minute Halves	5 Min
Middle School (11v11)	2- 30 Minute Halves	5 Min
High School (11v11)	2- 35 Minute Halves	5 Min

XIII. CONDITIONS OF PLAY

Only the Referee Assignor or the Soccer Commissioner or a League Director may determine whether a game should be suspended and rescheduled due to inclement weather. A completed game shall be declared if 1 half or more of the game has been completed at the time of suspension. Incomplete games may be rescheduled and replayed from the start of the game.



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All Plantation Parks are equipped with a lightning predication system. One long 15-second blast means immediate evacuation of all fields and seeking shelter in a nearby building or car. Three short 5-second blasts mean activities may resume.

Only players and coaches wearing their PAL issued coach id card/shirt are permitted in the team area. All spectators and parents must be at least 5 feet from the touchline on the opposite side of the players/coaches. No spectators are allowed behind the goal lines.

During the game, coaches may not move across the midfield line, or more than 5 yards beyond the end of their bench. Repeated violation of this rule could result in the ejection of the coach.

Coaches are responsible for seeing that their areas are free from debris at the end of a game.

XIV. OFFICIALS

5v5 games will have one referee to officiate games. 7v7 games will have one or two referees. 9v9 games will have two referees. 11v11 games will have 3 referees, if possible, otherwise 2. All referees must be USSF certified and approved by FYSA.

XV. EQUIPMENT

Equipment will be distributed during the coach's meetings. Equipment may consist of a bag, cones, soccer balls, goalie shirt, and scrimmage vests. It is the responsibility of both head coaches to provide a properly inflated official ball prior to the start of the game. The following ball sizes will be used: Aged 4-6 - Size 3, Ages 7-10 - Size 4 and all other ages – Size 5.

Players shall provide the following equipment: Soccer cleats and shin guards. Shin guards must be size appropriate and cover the shins. (as per FIFA rules) Uniform shorts may be worn over long pants during cold weather. No names or nicknames are allowed on uniforms. Goalies must wear shirts with colors different from their own team and opposing team. Hair control devises may be worn if they are of a soft material; no barrettes or bobby pins will be allowed. Knit caps may be worn during cold weather. Eyeglasses must be secured by proper strap. A player will not be allowed to wear any jewelry, except for medical alert bracelets or necklaces.

XVI. GAME RULES

Start of game- The game starts with a kickoff in the center of the field, with the defending team outside the center circle. A coin toss determines which team starts the game, with the winner of the toss selecting either ball or side of the field to defend. Kick-offs may be kicked in any direction, and a goal may be scored directly from a kickoff. The player who takes the kickoff may not touch the ball a second time until it is touched by another player.

- Goal – the entire ball must go completely past the goal line into the goal.
- Throw-In - After the ball has gone out over the touch line, the ball is thrown in at the spot it went out. Both player's feet must be behind or on top of the touch line. The ball must be thrown from behind the head with both hands, one on each side of the ball.



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- Corner Kick - After the ball has gone out over the goal line having last been touched by the defensive team, the ball is placed inside the corner arc and kicked by an offensive player.
- Goal Kick - After the ball has gone out over the goal line having been touched by the offensive team, the ball is kicked by a defensive player from anywhere inside the goal box. Opponents inside the penalty box may not interfere with the goal kick.
- Out of Play- Ball is out of play only when the entire ball passes completely beyond the boundary line, i.e., a ball that has any portion on the line is in play and the game continues. This applies to touch lines (side lines) and goal lines (end lines) and goals.
- Offsides Penalty - If, in the opinion of the referee, a player in an offsides position participates in the play, interferes with an opponent, or otherwise takes advantage of the offsides position, then an indirect free kick is awarded to the other team. Offsides is negated if a defensive player deliberately plays the ball. A player in an offside position is not to be called offside if the player receives the ball directly from a throw-in, corner kick or goal kick.
- Indirect Free Kick - A kick is taken from the spot of the foul. A goal cannot be scored unless the ball is touched by a second player from either team (including a deflection off the goalie). Opponent must be 10 yards away when free kick is taken. Awarded for offside and all non-penal fouls including the following:
 1. Dangerous play.
 2. Impeding the progress of an opponent.
 3. Preventing the goalkeeper from releasing the ball.
 4. The following apply to the goalkeeper within his/her own penalty area.
 - a. Taking more than six seconds.
 - b. Handling ball directly from throw-in by teammate.
 - c. Handling ball directly from kick by teammate.
 - d. Handling ball first after releasing it.
 - e. Otherwise wasting time.
- Direct Free Kick - A kick is taken from the spot of the foul. Awarded for the following penal fouls when committed intentionally against an opponent (except when committed inside the offender's own penalty area):
 1. Kicking or attempting to kick an opponent.
 2. Tripping or attempting to trip an opponent.
 3. Jumping at an opponent.
 4. Charging an opponent.
 5. Striking or attempting to strike an opponent.
 6. Pushing an opponent.
 7. Contacting the opponent before tackling the ball.
 8. Holding an opponent.
 9. Handling the ball except by the goalkeeper in penalty area.
 10. Spitting at an opponent.
- Penalty Kick - Awarded for a penal foul committed inside a team's penalty area and taken from the penalty spot. All players except the kicker and goalkeeper must be outside the



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penalty area, behind the ball and at least 10 yards from the penalty spot. The ball is in play after it has been kicked, but the kicker may not be the next to touch it.

- Advantage Rule - Any foul which might in the opinion of the referee give an advantage to the team committing the foul shall not be called.
- Warning - A verbal warning from the referee to a player, coach, or spectator.
- Caution (Yellow Card) - Cautions are issued for the following infractions:
 1. Unsporting behavior.
 2. Dissent by word or action.
 3. Persistent infringement.
 4. Delaying a restart.
 5. Failing to respect required distance.
 6. Entering or reentering the field without permission.
 7. Deliberately leaving the field without permission.
 8. Stopping a promising attack by an offense punishable by a free kick.
 9. Denying a goal scoring opportunity by an offense punishable by a penalty kick.
- Send Off (Red Card) - Ejection from the present game and suspension from at least one more game for the following:
 1. Serious foul play.
 2. Violent conduct.
 3. Spitting at anyone.
 4. Denying a goal scoring opportunity by an offense punishable by a free kick.
 5. Foul or abusive language.
- Send Off (Blue Card) - Ejection from the present game and no suspension from additional games for the following:
 1. Denying a goal scoring opportunity by handling the ball and a penalty kick is awarded.
 2. Receiving a second yellow caution (yellow card).

An ejected coach or spectator must immediately leave the field and surrounding area. An ejected player must leave the field of play and remain on the bench for the duration of the game. An ejected player may not be replaced during the current game. PAL Soccer follows sanctions governed by FYSA rules and discipline.

XVII. SPECIAL RULES

The following rules apply to 7v7, 9v9, and 11v11 games:

- ✓ A game is considered complete if one team is leading by 6 goals or more at the start of the second half. If a team goes ahead by 6 goals at any time during the 2nd half, the game is terminated. If a game is terminated, the referee will signal the end of the game, then all substitutes will enter the field, and all players will participate in a scrimmage without referees' present until the end of regulation time.
- ✓ The official game card is to be maintained by the referee. At the end of the game the referee will write the score on the cards and both coaches will initial both cards. The cards are then returned to the referee who will turn the card into the referee supervisor. Only the official game card supplied to the coaches is acceptable for the game. (No napkins, scrap paper or



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other variations to this card will be accepted, but downloaded official forms with pre-printed names are acceptable)

These rules apply to the 7/8 age group playing 7v7:

- ✓ No team may have one child play goalie position longer than one-half.
- ✓ Each field will be lined with an additional “Build Out Line” which is halfway between the midfield line and the top of the penalty area. Players are not allowed to be between the build out line and the goal line when their opponent is taking a goal kick, or the goalkeeper is releasing the ball after a save was made. Goalkeepers are not permitted to punt or drop kick the ball and must release the ball either by throwing, rolling, or placing on the ground and then kicking it as a field player. Opponents may move past the build out line as soon as the ball is thrown by the keeper, or is kicked and moved on a goal kick, or is placed on the ground by the goalkeeper who is then acting as a field player. Violations will result in the goal kick being retaken or a dropped ball to the goalkeeper. An indirect free kick to the attacking team may be awarded if the goalkeeper punts or drop kicks the ball. An attacking player between the midfield line and the build out line cannot be called offsides.

The following rules apply to the 6-year-old old 5v5 age group:

- ✓ There will be no offsides rule.
- ✓ All free kicks will be indirect.
- ✓ The ball may not be touched inside the goal box. If a defender touches the ball, a goal is awarded. If an attacker touches the ball, a goal kick is awarded. If the ball stops inside the goal box, a goal kick is awarded.
- ✓ All goal kicks will be taken from the goal line.

The following rules apply to all age groups below 11-year-old (6, 7, 8, 9, and 10 age groups)

- ✓ No heading of the ball. If a player purposefully heads the ball the opposing team will be awarded an indirect free kick at the spot of the infraction. Unintentional deflections off a player’s head are not considered as headers.
- ✓ No slide tackles permitted. Slide tackles are only permitted when all the players are in an age group 11 years old and up. The referee will award an indirect free kick to the opposing team for slide tackles in the younger ages.

XVIII. PLAYOFF FORMAT

5v5 age groups will participate in an end of season jamboree.

In the 7/8 division – if a game ends in a tie, there will be two 4-minute overtime periods. If at the end of the second 4-minute overtime period the game is still tied, the tie will be broken by a sudden death format. Teams start with the appropriate number of field players needed but NO GOALIE. After 4 minutes of play if the game is still tied, each coach will remove 1 player from the game. If after another 4 minutes of play the game is still tied, another player will be removed by both teams and so on until someone scores (limit 4 vs.4)



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In the 9/10 division- if a game ends in a tie, the tie will be broken by two 5 minutes overtime periods. If at the end of the second overtime period the game is still tied, the tie will be broken by penalty kicks.

In the MS & HS Division- if a game ends in a tie, the tie will be broken by two 10-minute overtime periods. If at the end of the second overtime period the game is still tied, the tie will be broken by penalty kicks.

In all age groups, the participation rule does not apply to overtime periods. At the beginning of each overtime period the coach may substitute for any player. No substitution during the overtime period, except for injured players.

XVIII. CHAMPIONSHIP DETERMINATION

The Soccer Commissioner and the League Directors will determine playoff formats prior to the start of the season.

XX. TROPHIES

The first and second place teams receive trophies at the conclusion of the playoffs in all ages playing 7v7, 9v9 or 11v11. Players in Clinic through 6-year-olds playing 5v5 will each receive participation trophies or medals.

XXI. NOTES

Standings for each recreation league will be posted on the soccer website at www.leaguelineup.com/plantationsoccer , with the exception of the 6u Division there will be no score keeping during the regular season.

No smoking/vaping/alcohol permitted at any PAL Sports event.

XXII. PAL CODE OF CONDUCT

It should be noted that the Coaches and Administrators are part of a volunteer organization. In addition, referees represent the program and are the leagues' authority on the field. As such, players, coaches, and parents are expected to show the proper respect to all adults, referees, and players. Please refer to the PAL Coach's/Parent's/Player's Code of Conduct for more specific guidelines.

PAL Soccer follows the FYSA Code of Ethics. The FYSA code of ethics has been developed to clarify and distinguish approved and accepted professional, ethical, and moral behavior from that which is detrimental to the development of the sport of soccer.

The FYSA code of ethics can be found at: <https://www.fysa.com/>



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XXIII. PARENT RESPONSIBILITIES

PAL is a community activity supported solely from volunteer time and effort.

- All spectators are to be seated in the bleachers or must remain behind the spectator line parallel to length of the field.
- Use of alcoholic beverages, intoxication or smoking at any PAL event is not permitted and can result in forfeiture of a game. Profanity or unsportsmanlike conduct toward the opposing team or officials is not permitted and can result in forfeiture of a game and/or suspension.
- There are to be no spectators behind or in the immediate area of the goal box or goal line. It will be the responsibility of the coaches of each team to ensure that they keep spectators associated with their respective teams from violating this rule. In the event of any violation, it will be the prerogative of the referee and or any League Director, if at the game site, to stop playing until said violators are removed.

XXIII. PARENT CONDUCT

The following are some examples of behavior that will result in disciplinary action for the parent/guardian.

- Fighting
- Foul or inappropriate language
- Disruption of practice or games
- Disrespect to a league representative/volunteer/referee
- Use of alcohol/tobacco products at a PAL facility

XXV. PARENT CODE OF CONDUCT

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, game officials, and administrators always.
- I will place the emotional and physical well-being of all players ahead of any personal desire to win.
- I will support the coaches, officials, and administrators working with my child, to encourage a positive and enjoyable experience for all.
- I will remember that the game is for the players, not for the adults.
- I will ask my child to treat other players, coaches, game officials, administrators, and fans with respect.
- I will always be positive.
- I will always allow the coach to be the only coach.
- I will not get into arguments with the opposing team's parents, players, or coaches.
- I will not come onto the field for any reason during the game.
- I will not criticize game officials.
- Alcohol, illegal drugs, and unauthorized prescription drugs shall not be possessed, consumed, or distributed before, during or after any game/practice at any other time at the field.
- I will refrain from any activity or conduct that may be detrimental or reflect adversely upon PAL, its members, or its programs.



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- I will have my child at all scheduled practices and games. I will contact my coach if my child is not able to attend a scheduled event. I understand that soccer is a team sport, and every player is needed by his/her teammates at all practices and games.
- I am aware that a Lightning Prediction System monitors the City of Plantation parks. I will insist that my child's coach immediately evacuate the fields and seek shelter in a nearby building or vehicle if the alarm sounds. I understand that one (1) long 15-second blast indicated immediate evacuation of all fields and that three (3) short 5-second blasts indicate all field activities may resume.

XXVI. PLAYER CODE OF CONDUCT

As a rule, the players/parents will show the volunteers/referees the same respect they would show a teacher in a school. The following are some examples of behavior that will result in disciplinary action for players:

- Fighting, foul or inappropriate language.
- Disrespect to a referee.
- Unexcused absences from practice/games.

Players FIGHTING before, during or after a game will not be tolerated and are infractions that will lead to the player's ejection and suspension of further participation in PAL Soccer for up to one year.

- I will encourage good sportsmanship from fellow players, coaches, officials, and parents always.
- I will remember that soccer is an opportunity to learn and have fun.
- I deserve to play in an environment that is free of drugs, tobacco, and alcohol; and expect everyone to refrain from their use at all soccer games.
- I will do the best I can each day, remembering that all players have talents and weaknesses the same as I do.
- I will treat my coaches, other players and coaches, game officials, other administrators, and fans with respect always; regardless of race, sex, creed, or abilities, and I will expect to be treated accordingly.
- I will always play by the rules.
- I will always control my temper, resisting the temptation of retaliation.
- I will always exercise self-control.

XXVII. COACHES CODE OF CONDUCT

- I will never place the value of winning before the safety and welfare of any player.
- I will always show respect for players, other coaches, and game officials.
- I will lead by example, always demonstrating fair play and sportsmanship.
- I will demonstrate knowledgeable of the rules of the game and teach these rules to my players.
- I will never use abusive or insulting language. I will treat everyone with dignity.
- I will not tolerate inappropriate behavior, regardless of the situation.



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- I will not allow the use of drugs, tobacco, or alcohol by any of my players.
- Youth have a greater need, for example, than criticism. I will be the primary soccer role model.
- I will always conduct myself in a positive manner.
- Coaching is motivating players to produce their best effort, inspiring players to learn, and encouraging players to be winners.
- Coach's actions on sidelines during games shall be always in the spirit of "good sportsmanship". Profanity, profane gestures, arguing, inciting disruptive behavior by spectators and/or players, or any conduct not in the spirit of good sportsmanship, shall require disciplinary action from the PAL Board.
- I will refrain from any activity or conduct that may be detrimental or reflect adversely upon PAL, its members, or its programs.
- I will accurately and completely complete the coach/volunteer application form and by application attest to the accuracy of the information submitted.
- I am aware that a Lighting Prediction System monitors the City of Plantation parks. I will immediately evacuate the fields and seek shelter in a nearby building or vehicle if the alarm sounds. I understand that one (1) long 15-second blast indicated immediate evacuation of all fields and that three (3) short 5-second blasts indicate all field activities may resume.

Failure to comply with any part of the above PAL Soccer and/or Florida Youth Soccer Association (FYSA) Code of Ethics may result in ethics charges being filed and may result in suspension from participation in PAL Soccer events, for the following periods:

1st offense -- suspension for a minimum of thirty (30) days to a maximum of five (5) years.

2nd offense -- suspension for a minimum of one (1) year to a maximum of ten (10) years.

3rd offense -- suspension for a minimum of five (5) years to a maximum of fifty (50) years.

XXVIII. RED/YELLOW CARDS

Any coach issued a red card by a referee or cited by a League Director, and/or the Soccer Commissioner shall leave the game and the park immediately. Any player issued a red card by a referee shall leave the game immediately and remain on the bench until the conclusion of game. The player and/or coach shall be automatically suspended from the next scheduled game at a minimum, including league, play-off, or championship games.

The League Director and Commissioner are to be notified of all RED CARDS issued and the parties involved. This will be done using the Official Game Report, which must be signed by the issuing referee. League Directors have the authority to suspend any participant or coach from practices, and/or games for disciplinary reasons. A written report shall be submitted to the Commissioner within 48 hours of such action.



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Coaches or players guilty of fighting and/or striking before, during or after a game shall be suspended. Players or coaches guilty of making threatening gestures, intentional pushing or unsportsmanlike conduct shall be suspended.

Two RED CARDS, during the season, for either violent conduct (major infraction with a 4 or 6 game suspension), foul and/or abusive language directed, spitting, or referee abuse, will be immediately suspended for the remainder of the seasonal year.

XXVIII. PROTEST PROCEDURE / APPEAL OF SUSPENSION

1. A \$100.00 fee shall accompany any protest filed with the Soccer Commissioner. If a protest is allowed the money will be refunded. The PAL Grievance procedure must be followed as well as the completion of the PAL Grievance Form.
2. The protesting Head Coach has 48 hours since the completion of the game being protested in which to submit his protest in writing.
3. Two written copies of the protest shall be given to the League Director. She/He shall forward one copy to the opposing coach.
4. Referees are required to record on the official game report the circumstances surrounding the protest and the rule being protested at the time the protest is being made (the game may be delayed enough time to do this properly).
5. The protest hearing shall include both (at their option) referees and members of the Committee. The opposing coaches may only attend to offer information requested by the Committee. The Committee will rule in private session after facts are given.
6. No parents allowed at protest hearings.
7. All protests shall be decided within one week of receipt, whenever possible, by the Committee comprised of The Soccer Commissioner, Ethics & Compliance Director, and the League Directors.
8. Decisions of the Committee are final.
9. Judgment calls by Referees may not be protested. However, the Committee reserves the right to request a game to be replayed when the referee makes one or more blatant errors which affect the outcome of a game.

Any suspended player or coach may appeal their suspension to the Soccer Commissioner. The appeal shall be in writing, detailing the incident, all witnesses [including telephone numbers], the reason(s) that the appeal should be granted and submitted within forty-eight hours from the date/time of suspension. A Soccer Sports Committee consisting of at least three (3) PAL Soccer Board members will be formed and shall include at least two League Directors and the Soccer Commissioner and/or Vice President of PAL Sports. A hearing will be held at the earliest convenience where a majority will determine the merit of the appeal.

XXX: GRIEVANCES PROCEDURES

Any coach, parent, or player (through his/her parent) registered in the PAL program who believes that inappropriate action has been taken against them by the PAL Administration, may file a formal grievance to the Soccer Sports Committee. The Soccer Sports Committee is comprised of



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the Sports Commissioner and two (2) neutral/disinterested Program Administrators/League Directors. If a grievance is filed against the Sports Commissioner, a League Director shall serve in his/her place. A coach, parent, or player (again, through his/her parent) shall file said grievance within seventy-two (72) hours from the complained occurrence. It shall be submitted on the official PAL Internal Grievance Form, with additional sheets attached, if necessary. Only one (1) grievance shall be included on each PAL Internal Grievance Form. The original PAL Internal Grievance Form and two (2) copies thereof shall be filed with the Soccer Commissioner. At the same time, a complete copy shall be submitted to the President of the Plantation Athletic League, Inc. ("League"). Until the issue is resolved, any discipline taken against the coach, parent, or player, including suspension from participation shall remain in effect. The Sports Commissioner shall investigate and submit a written report as soon as practical providing the original reply to the person who complained/grieved with a complete copy to the President of the PAL.

If the grievance is denied, the matter can be escalated, and an appeal taken to the PAL Leadership Committee. The coach, parent, or player (again, through his/her parent) shall file a Notice of Appeal of Decision within seventy-two (72) hours from receipt of notification that his/her initial grievance was denied. The Notice of Appeal of Decision, asking that the decision of the Sports Commission be reviewed, shall be submitted pursuant P.A.L. Grievance Procedure together with a Grievance Appeal Fee of \$100.00. The Notice of Appeal of Decision, a copy of the original PAL Internal Grievance Form, a copy of the decision of the Sports Committee together with a \$100.00 money order (no cash or checks) payable to "Plantation Athletic League, Inc.," shall be filed with the President of the League. Until the issue is resolved, any discipline taken against the coach, parent, or player, including suspension from participation shall remain in effect.

If the grievance is denied the \$100.00 fee is forfeited to the Plantation Athletic League, Inc. General Fund. If the grievance is upheld the \$100.00 is returned to the complaining party. Failure to strictly comply will result in the summary dismissal of a grievance and/or Notice of Appeal of Decision. Copies of the official P.A.L. Grievance Procedure and PAL Internal Grievance Form are available at www.palsports.org.