TRANSFERS

A. No player, manager, or coach shall be eligible to play or coach with another PAL city league unless he/she has secured a release from their current city league. **Exception:** If said player, manager, or coach has relocated his/her residence prior to the beginning of the current season. The official release must be completed prior to the season start.

B. Any player, manager, or coach who does not receive an official release, may choose to sit out an entire season and be eligible to choose another local league without waiver.

C. Any player, manager, or coach requesting a transfer from a team to another team after the start of the season, must have the consent of the local city board. The official league roster must be updated. No releases will be approved after the April 26^{th} deadline.

D. Any player, manager, or coach violating these rules, will be immediately suspended for a period of not less than one (1) year. The suspension will be honored by all city leagues governed by PAL. Suspensions may be appealed in writing at the PAL Executive Board level.