

PAL FOOTBALL RULES ---- TABLE OF CONTENTS

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SECTION 3: DRAFT PROCESS

- A.** THE METHOD OF FEEDING NEW APPLICANTS ONTO TEAMS WILL BE CALLED THE DRAFT SYSTEM AND WILL BE USED FOR ALL NEW APPLICANTS THAT INITIALLY REGISTER DURING THE OFFICIAL REGISTRATION PERIOD OF THE NEW SEASON. THE DRAFT SYSTEM WILL BE COMPOSED OF ALL HEAD COACHES OR REPRESENTATIVES MEETING AT A DESIGNATED TIME. THE SEQUENCE WILL BE DETERMINED BY HOW THE RESPECTIVE TEAMS FINISHED IN THE STANDINGS DURING THE PREVIOUS SEASON. ALL TIES OF TEAMS IN THE PREVIOUS YEAR STANDINGS WILL BE DETERMINED BY (1) HEAD-TO-HEAD COMPETITION RESULTS AND THEN (2) COIN TOSS IF TIE STILL EXISTS. THE PREVIOUS YEAR ALL PAL CHAMPIONS WILL DRAFT LAST WITHIN THE TEAM'S DIVISION REGARDLESS OF POSITION IN THE STANDINGS.
- B.** THE ANNUAL DRAFT OF NEW APPLICANTS WILL ALWAYS BE THE FIRST TUESDAY FOLLOWING THE REGISTRATION PERIOD. THE DRAFT WILL COMMENCE AT 6:00 PM EXACTLY AND TEAMS WITHOUT REPRESENTATIVES PRESENT WILL BE TEMPORARILY REPRESENTED BY THE COMMISSIONER AND WHOEVER ELSE THE HEAD COMMISSIONER APPOINTS.
- C.** TO ENCOURAGE COMPETITIVE BALANCE WITHIN EACH DIVISION, TARGET ROSTER SIZES WILL BE BASED ON TOTAL PLAYERS RETURNING PLUS THE NUMBER OF NEW REGISTRANTS SIGNED UP TO BE DRAFTED TO ENSURE SIMILAR ROSTER SIZES ACROSS TEAMS. TOTAL DRAFT PICKS FOR EACH TEAM (BY AGE/GRADE GROUP AS DETERMINED BY THE COMMISSIONER) WILL REPRESENT THE TARGET ROSTER SIZE MINUS THE NUMBER OF RETURNING PLAYERS ON EACH TEAM AT THE TIME OF THE DRAFT. TEAMS WILL DRAFT BASED ON THE ORDER OF FINISH IN LEAGUE STANDINGS IN THE PRIOR YEAR WITH CHAMPION GOING LAST REGARDLESS OF RECORD. HOWEVER, IN EARLY ROUNDS ONLY TEAMS WITH A LOWER NUMBER OF RETURNING PLAYERS WILL DRAFT UNTIL ALL TEAMS HAVE A SIMILAR NUMBER OF PLAYERS. TEAMS WITH A HIGHER NUMBER OF RETURNING PLAYERS WILL JOIN THE DRAFT AS THE ROSTER SIZES EVEN OUT ACROSS TEAMS. THIS WILL ENCOURAGE COMPETITIVE BALANCE AS TEAMS WITH FEWER EXPERIENCED RETURNING PLAYERS WILL BE DRAFT EARLY TO BUILD THEIR ROSTER WITH EARLY DRAFT SELECTIONS.
- D.** BROTHERS, SONS AND GRANDSONS OF COACHES **WITH AT LEAST ONE YEAR OF EXPERIENCE** WILL BE PLACED ONTO THEIR RESPECTIVE TEAMS PRIOR TO THE AGE DIVISION DRAFT. MANDATORY PLACEMENTS INCLUDE COACHES KIDS AND ASSIGNED PLAYERS.
- E.** APPLICANTS ENTERING PAL FOOTBALL FOR THE FIRST YEAR CAN ELECT TO PLAY ON THE SAME TEAM AS THEIR SIBLING BUT MUST SO INDICATE THIS DESIRE AT REGISTRATION. THIS RULE CAN BE WAIVED BY THE PARENT OF THE APPLICANT. A SIBLING WILL BE AUTOMATICALLY PLACED ONTO THE ROSTER OF THE RESPECTIVE TEAM PRIOR TO THE COMMENCEMENT OF THE FIRST ROUND OF THE DRAFT. EACH SIBLING WILL COUNT AS A DRAFT PICK FOR THEIR RESPECTIVE AGE GROUP OF THE PLAYER.
A SIBLING IS IDENTIFIED AS A BROTHER, SISTER, STEP-BROTHER, OR COHABITANT IN THE SAME HOME OF A PLAYER CURRENTLY ON THE TEAMS ROSTER. SIBLINGS BOTH REGISTERING FOR THE FIRST TIME, NOT CURRENTLY HAVING A SIBLING ON A TEAM CAN ONLY BE DRAFTED BY A TEAM THAT HAS AN OPENING IN EACH RESPECTIVE AGE CATEGORY.
- F.** A NEW ASSISTANT COACH WHO HAS A PLAYER(S) TO REGISTER FOR THE FIRST TIME, WILL NOT BE ASSIGNED TO A TEAM AUTOMATICALLY BUT INSTEAD WILL BE DRAFTED USING A PICK OF THAT TEAM FIRST IN EACH RESPECTIVE AGE GROUP THAT APPLIES. A COACH CANNOT MOVE TO ANOTHER TEAM AND TAKE THEIR CHILD OR FAMILY MEMBER WITH THEM WITHOUT THE PRIOR APPROVAL OF THE PAL HEAD COMMISSIONER. A REQUEST TO TRANSFER, WRITTEN OR VERBAL MUST BE SUBMITTED TO THE PAL OFFICE TO BE FORWARDED TO THE HEAD COMMISSIONER FOR APPROVAL.
- G.** ANY NEW REGISTRANTS AGES 10, 11, & 12, WHO REGISTERED, BUT WERE NOT PLACED ON A TEAM THE PREVIOUS YEAR, MUST BE DRAFTED BY A TEAM THE FOLLOWING YEAR. THE TEAMS WILL

MAKE SELECTIONS IN REVERSE ORDER OF THE REGULAR DRAFT UNTIL THE LIST OF MUST DRAFT NEW REGISTRANTS IS EXHAUSTED.

SECTION 4: HEAD COACH RESPONSIBILITIES

- A. ALL RETURNING HEAD COACHES WILL BE APPROVED BY THE RULES COMMITTEE, ALL NEW COACHES WILL BE REVIEWED AND APPROVED/REJECTED BY THE RULES COMMITTEE IN THE WINTER-SPRING OF EACH YEAR. ALL HEAD COACHES WILL HAVE ABSOLUTE AUTHORITY TO SELECT ASSISTANT COACHES, BUT ONLY NINE ASSISTANT COACHES ARE ALLOWED ON THE SIDELINES DURING A GAME. THE HEAD COACH WILL MAKE A SELECTION OF COACHES WHO ARE REASONABLY ACQUAINTED WITH FOOTBALL.
- B. ALL PAL COACHES AND STAFF MUST SIGN THE COACHES CODE OF CONDUCT (RESPONSIBILITY OF HEAD COACHES), **SUBMIT TO A BACKGROUND CHECK AND COMPLETE THE USA FOOTBALL CERTIFICATION PRIOR TO THE START OF PRACTICES.**
- C. HEAD COACHES ARE RESPONSIBLE FOR THE CONDUCT OF PLAYERS, ASSISTANT COACHES, PARENTS, AND SPECTATORS AT ALL TIMES.
- D. AT THE OPTION OF THE PAL ADMINISTRATOR, COACHES WILL BE GIVEN A JACKET IN THE THIRD YEAR OF COACHING, ONLY IF JACKETS ARE AVAILABLE. FINANCIAL CONDITION MUST ALWAYS BE OBSERVED AND JACKETS CONSIDERED SECONDARY TO EQUIPMENT FOR THE PLAYERS.
- E. ALL COACHES MUST STRICTLY ADHERE TO PRACTICE RESTRICTIONS LAID DOWN BY THE HEAD COMMISSIONER, ADMINISTRATOR, OR EXECUTIVE DIRECTOR IN RELATION TO HEAT AND HUMIDITY. COACHES WHO VIOLATE THIS RULE WILL BE IMMEDIATELY DISMISSED FROM PAL.
- F. HEAD COACH MUST ENSURE THAT HIS COACHING STAFF DOES NOT USE TOBACCO PRODUCTS, CONSUME ALCOHOL, VAPE PINS, HOOKAHS OR ILLEGAL DRUGS ON PRACTICE OR PLAYING FIELD IN VIEW OF PLAYERS AND SPECTATORS.
- G. HEAD COACHES WILL ENSURE THAT PLAYERS ASSIGNED TO HIS TEAM **DO NOT** PARTICIPATE IN ANY OTHER ORGANIZED FOOTBALL LEAGUE AND THAT IF ANY PLAYERS ARE FOUND TO BE IN VIOLATION, THAT PLAYER WILL BE IMMEDIATELY RELEASED BY THE PAL TEAM. A COACH'S CONSPIRACY IN THE ABOVE RULE, WILL CAUSE THE IMMEDIATE RELEASE FROM PAL OF THAT COACH BECAUSE IT HAS BEEN DEEMED BY THE RULES COMMITTEE THAT SUCH EXTRA PARTICIPATION IN OTHER FOOTBALL LEAGUES IS DETRIMENTAL, OR COULD BE, TO THE HEALTH AND SAFETY OF THE PLAYER.
- H. THE HEAD COACH WILL BE RESPONSIBLE FOR EQUIPMENT ONCE ISSUED DURING THE FOOTBALL PROGRAM AND UNTIL EQUIPMENT IS RETURNED TO THE PAL CENTER. THEY WILL ASSIST IN THE DRAFT OF NEW PLAYERS ONTO TEAMS AND ASSIST THE HEAD COMMISSIONER IN ALL MATTERS PERTAINING TO THE FUNCTION OF THE FOOTBALL PROGRAM.
- I. HEAD COACHES STEP SEQUENCE IN SEASON PREPARATION:
 - a. DURING WINTER, CONTACT YOUR COACHES AND FILL YOUR COACHING STAFF FOR THE SEASON.
 - b. CONTACT RETURNING PLAYERS BY JULY 1ST.
 - c. INFORM VETERAN RETURNEES WHERE AND WHEN TO REGISTER
- J. IF THE HEAD COACH OR HIS REPRESENTATIVE DOES NOT MAKE AN OFFICIAL FOOTBALL MEETING WHEN NOTIFIED: THE DISCIPLINARY ACTION TAKEN FOR THE FIRST AND SECOND OFFENSE IS AT

THE DISCRETION OF THE HEAD COMMISSIONER, ON THE THIRD OFFENSE THAT COACH WILL BE PUT IN FRONT OF THE RULES COMMITTEE FOR REMOVAL.

- K.** ALL HEAD COACHES ARE REQUIRED TO ASSIST IN THE COLLECTION OF THE NONREFUNDABLE DONATION. THIS WILL BE COLLECTED AT EQUIPMENT HAND OUT AND NO EQUIPMENT WILL LEAVE THE PAL CENTER WITHOUT THE DONATION BEING PAID.
- L.** ANY FIRST YEAR PAL COACH WILL BE ON A 'ONE YEAR PROBATION'.
- M.** ALL HEAD COACHES ARE SOLEY RESPONSIBLE FOR BRINGING ANY AND ALL DONATIONS FROM ANYONE TO THE ATTENTION OF THE EXECUTIVE DIRECTOR OR HEAD COMMISSIONER AND FOR ENSURING THAT THOSE DONATIONS ARE PAID IN FULL TO THE POLICE ATHLETIC LEAGUE AND NOT MADE OUT TO AN INDIVIDUAL OR A SPECIFIC TEAM. OUR LEAGUE HAS NOT FOR PROFIT STATUS AND ACCEPTING DONATIONS IN ANY OTHER WAY CAN TRANSFER LIABILITY AND PUT OUR LEAGUE STATUS IN JEOPARDY.

SECTION 5:

UNIFORM AND EQUIPMENT RESPONSIBILITY

- A.** ALL UNIFORMS, EQUIPMENT, AND OTHER FOOTBALL ITEMS WILL BE UNDER THE CONTROL AND RESPONSIBILITY OF THE EXECUTIVE DIRECTOR UNTIL HE ASSIGNS OR RELEASES UNIFORMS AND EQUIPMENT TO THE RESPECTIVE TEAMS, OFFICIALS, AND COMMISSIONERS.
- B.** HEAD COACHES WHO ARE ASSIGNED UNIFORMS, EQUIPMENT, AND OTHER ITEMS, ARE DIRECTLY RESPONSIBLE FOR EDUCATING ASSISTANT COACHES, PLAYERS AND PARENTS ON WASHING AND CARE OF THIS EQUIPMENT. HE IS SOLELY RESPONSIBLE FOR ALL OTHER EQUIPMENT AND UNIFORMS AS WELL.
- C.** NO COACH WILL TAKE FROM A PLAYER HIS ASSIGNED JERSEY OR HELMET AND GIVE TO ANOTHER PLAYER FOR ANY REASON. PLAYERS WHO FORGET OR LOSE THEIR JERSEY MUST NOT PARTICIPATE IN ANY GAMES UNTIL SUCH JERSEY IS FOUND OR REPLACED AT NO COST TO PAL.
- D.** THE ONLY ITEMS THAT WILL BE WRITTEN, PASTED, OR STENCILED ON A PAL FOOTBALL HELMET WILL BE:
 - a. BLACK VINYLTAPE FURNISHED BY THE EXECUTIVE DIRECTOR FOR VARSITY PLAYERS OVER 125 LBS AND JV PLAYERS OVER 115 LBS. TAPE WILL BE 2" WIDE CRISSCROSS FROM EAR TO EAR AND FRONT TO BACK OF HELMET.
 - b. NAME OF PLAYER, WRITTEN ON 2" WHITE VINYL TAPE ISSUED BY THE EXECUTIVE DIRECTOR OR OTHERWISE APPROVED BY THE EXECUTIVE DIRECTOR. **NO ADHESIVE ATHLETIC TAPE WILL BE USED.**
 - c. RED VINYL TAPE, 2" WIDE – 3" LONG, FURNISHED BY THE EXECUTIVE DIRECTOR TO DESIGNATED VARISTY PLAYERS. IT WILL BE PLACED ON EACH SIDE OF THE HELMET BY THE COACH.
 - d. 1" WIDE – 3" LONG ORANGE OR GREEN VINYL TAPE PLACED ON BOTH SIDES OF HELMETS TO DESIGNATE WHICH JV TEAM THE PLAYER IS ASSIGNED.
 - e. ANY OTHER MARKINGS WILL BE APPROVED OR DESIGNATED BY THE HEAD COMMISSIONER.
- E.** ITEMS "a" THRU "d" WILL BE DONE AND IN PLACE BY THE FIRST GAME. **PENALTY FOR NON-COMPLIANCE:** THE REGULAR SCHEDULED GAME WILL BE PLAYED BUT THE TEAM NOT COMPLYING WILL FORFIET THAT GAME.

- F. ANY PLAYER WHO HAS NOT RETURNED ALL OF THE PAL ISSUED EQUIPMENT TO THE PAL CENTER BY DECEMBER 1 OF THE JUST PLAYED YEAR WILL BE RULED INELIGIBLE FOR PLAY THE NEXT YEAR. THE HEAD COMMISSIONER CAN HEAR ANY APPEAL. THE HEAD COACHES WILL MAKE SURE THAT THIS INFORMATION IS PASSED OUT AT PARENT MEETINGS, PRIOR TO THE EQUIPMENT RETURNED DATE, AND ANY OTHER APPROPRIATE TIMES.
- G. VISORS ARE ALLOWED TO BE ADDED TO ANY PLAYERS HELMET BUT NO COLORS OR TINT ARE ALLOWED. IHSAA RULE STATES THAT CLEAR AND ONLY CLEAR IS ALLOWED AND ANY INELIGIBLE VISOR FOUND AT THE TIME OF THE GAME MUST BE REMOVED IMMEDIATELY OR THE PLAYER MUST BE REMOVED FROM THE GAME UNTIL IT IS REPLACED OR REMOVED.
- H. ANY AND ALL EQUIPMENT MODIFICATIONS, UPDATES OR PURCHASES, OR EQUIPMENT NEEDS MUST BE SUBMITTED TO THE HEAD COMMISSIONER AND THEN PASSED TO THE BOARD FOR APPROVAL. EXAMPLES ARE...COLOR OF HELMETS, NEW JERSEYS, PANTS, MOUTH PIECES AND ANYTHING IN ADDITION TO OR CHANGED FROM WHAT WAS ISSUED TO A TEAM FROM PAL IS ON THIS LIST!

ORGANIZATION OF TEAMS AND GENERAL LEAGUE RULES

SECTION 1: **ROSTERS**

- A. HEAD COACHES MUST REVIEW AND VERIFY THE PLAYER ROSTER AND ADD COACHES, VOLUNTEERS SUCH AS TEAM MOMS, CHEER COACHES, PHOTOGRAPHERS AND EMERGENCY PERSONEL LISTED ON THE COMPUTER NO LATER THAN THE THURSDAY BEFORE THE FIRST OFFICIAL GAME AND UPDATE ANY CHANGES EVERY WEEK BEFORE SCHEDULED GAMES BY THURSDAY OF ANY GIVEN WEEK. THE HEIGHT, WEIGHT, AND JERSEY NUMBER BOXES MUST BE FILLED IN ON THE ROSTER. IF ANY INFORMATION IS MISSING, THE HEAD COACH WILL COORDINATE WITH THE PAL OFFICE TO COMPLETE THE MISSING INFORMATION PRIOR TO THE FIRST GAME AND EVERY GAME THROUGHOUT THE SEASON.
- B. ALL PAL TEAMS **MUST FIELD** THE HEAD COMMISSIONER'S DESIGNATED NUMBER OF VARSITY PLAYERS. ANY OF THESE PLAYER'S MAY NOT BE USED IN JV GAMES. THESE PLAYERS WILL HAVE IDENTIFYING RED TAPE ON THEIR HELMETS. PLAYERS WITH THIS IDENTIFYING RED TAPE ON THEIR HELMETS ARE NOT ALLOWED TO PLAY DOWN TO THE JV GAME. ALL GAME DAY CHANGES OR ISSUES WILL BE RESOLVED BY THE ON SITE COMMISSIONER AND BOTH HEAD COACHES PRYOR TO MAKING ANY CHANGES NOT LISTED OR APPROVED ALREADY.
- C. JUNIOR VARSITY PLAYERS WILL BE DIVIDED INTO 2 TEAMS, AN "ORANGE" (INTERMEDIATE) TEAM AND "GREEN" (NOVICE) TEAM. THERE WILL BE NO PLAYER SWITCHING DURING A GAME UNLESS NO OTHER TEAM MEMBER OF THAT DESIGNATION IS AVAILABLE. PLAYER PERSONNEL MAY BE SWITCHED IN BETWEEN GAMES AND IS SOLELY UP TO THE COACHING STAFF. "ORANGE" TEAMS WILL PLAY 4 QUARTERS.
- D. THE FINAL ROSTER OF THE SEASON WITH NAMES AND JERSEY NUMBERS WILL BE COMPLETE AND IN PLACE FOR ALL TEAMS BY NOON THE WEDNESDAY AFTER THE SECOND LEAGUE GAME. NO CHANGES CAN BE MADE THE REMAINDER OF THE SEASON WITHOUT HEAD COMMISSIONER APPROVAL. THE ROSTER LISTED ON THE COMPUTER FOR EACH TEAM WILL THEN BE CLOSED DOWN FOR ACCESS BY COACHES AND WILL BE THE OFFICIAL ROSTER THE REMAINDER OF THE SEASON, INCLUDING TOURNAMENT GAMES. PLAYERS ATTENDANCE FOR GAMES WILL BE CHECKED EACH GAME DAY BY THE ONSITE COMMISSIONER PRIOR TO GAME STARTING.
- E. ALL 12-YEAR OLDS WILL BE REQUIRED TO BE PLACED ON THE VARSITY ROSTER.
EXCEPTION: A HEAD COACH MAY PETITION TO HAVE UP TO TWO 12-YEAR-OLDS MOVED TO THE ORANGE ROSTER BASED UPON THE PLAYERS' LACK OF PHYSICAL OR MENTAL DEVELOPMENT. ANY PETITION MUST BE APPROVED BY ONE PAL COMMISSIONER PRIOR TO THE PLACEMENT OF THE 12-YEAR-OLD ON THE ORANGE TEAM. THE PAL COMMISSIONER WILL NOTIFY THE HEAD COMMISSIONER OF THIS DECISION.

- F. ALL 11-YEAR OLDS WILL BE REQUIRED TO BE PLACED ON AT LEAST THE ORANGE ROSTER. **EXCEPTION:** A HEAD COACH MAY PETITION TO HAVE UP TO TWO 11 YEAROLDS MOVED TO THE GREEN ROSTER BASED UPON THE PLAYERS' LACK OF PHYSICAL OR MENTAL DEVELOPMENT. ANY PETITION MUST BE APPROVED BY ONE PAL COMMISSIONER PRIOR TO THE PLACEMENT OF THE 11-YEAR-OLD ON THE GREEN TEAM. THE PAL COMMISSIONER WILL NOTIFY THE HEAD COMMISSIONER OF THIS DECISION.
- G. PLAYERS CAN BE REPLACED ON A TEAM IF THEY FAIL TO ATTEND PRACTICES OR GAMES. IF ANY PLAYER MISSES THREE PRACTICES -UNEXCUSED- THE PLAYER MAY BE REPLACED AT THE OPTION AND APPROVAL OF A COMMISSIONER. REPLACEMENT PLAYERS WILL BE OBTAINED FROM THE RESERVE LIST THROUGH THE EXECUTIVE DIRECTOR.
- H. ANY AND ALL GAME TIME DECISIONS WILL BE MADE BY THE ONSITE COMMISSIONER AND BOTH HEAD COACHES ONLY. IF IT CAN'T BE RESOLVED THE COMMISSIONER WILL REACH OUT TO THE HEAD COMMISSIONER TO MAKE THE FINAL DECISION AT HIS OR HER DISCRETION.

SECTION 2: RECRUITING PLAYERS

- A. IT WILL BE A VIOLATION OF PAL ETHICS FOR ANY HEAD COACH OR COACH TO RECRUIT OR PLAY A PLAYER ON A TEAM WITHOUT PROCESSING THAT PLAYER THROUGH THE REGULAR ENROLLMENT PROCEDURES.
- B. ALL PLAYER TRANSFERS TO NEW TEAMS WILL BE UP TO THE PLAYERS HEAD COACH FIRST, AND THEN THE HEAD COMMISSIONER TO RELEASE THEM OR REQUIRE A WAITING PERIOD OF ONE YEAR PRIOR TO CHANGING TEAMS.
- C. IF A VIOLATION OF THIS SECTION IS FOUND TO HAVE TAKEN PLACE, THE TEAM IN VIOLATION WILL FORFEIT ALL GAMES THAT SUCH PLAYER(S) HAD PARTICIPATED. THE HEAD COACH WILL BE SUSPENDED AS DETERMINED BY THE PAL FOOTBALL RULES COMMITTEE.

SECTION 3: PRACTICES AND PRACTICE GAMES

- A. EACH TEAM IS LIMITED TO 3 PRACTICES PER WEEK, MONDAY THROUGH FRIDAY. THOSE PRACTICE DAYS TO BE SELECTED AT THE DISCRETION OF THE HEAD COACH. ANY TEAM GATHERING WILL CONSTITUTE AS A PRACTICE. PRACTICES MUST NOT EXCEED TWO HOURS IN LENGTH. **ANY OTHER TEAM FUNCTION NEEDS PRIOR APPROVAL FROM THE HEAD COMMISSIONER FIRST.**
- B. ALL PRACTICES MUST BE CONDUCTED IN THE ASSIGNED AREAS. NO OTHER SITES CAN BE USED WITHOUT PERMISSION FROM THE EXECUTIVE DIRECTOR.
- C. NO TEAM SHALL PARTICIPATE IN CONTACT PRACTICE UNTIL AFTER THE THIRD NONCONTACT PRACTICE, (HELMETS, SHIRTS, SHORTS, AND SHOES). PLAYERS ASSIGNED TO TEAMS AFTER THE FIRST PRACTICE DAY OF THE SEASON MAY PARTICIPE IN CONTACT PRACTICES AT THE DISCRETION OF HEAD COACH.
- D. NO TEAM CAN BE ENTERED INTO ANOTHER LEAGUE, ORGANIZED OR INDEPENDENT.
- E. PRACTICE GAMES MAY BE SCHEDULED WITH OTHER PAL TEAMS, BUT GAMES WITH OTHER **NON-PAL TEAMS** MUST BE WITH A TEAM OF COMPARABLE WEIGHT AND AGE RESTRICTIONS. ANY PRACTICE GAMES MUST BE AT NO COST TO PAL. A PAL TEAM CANNOT PLAY MORE THAN THREE NON-PAL PRACTICE GAMES PER SEASON (INCLUDING POST SEASON). NON-PAL PRACTICE GAMES MUST BE CLEARED BY THE HEAD COMMISSIONER. ANY AND ALL PRACTICE GAMES AGAINST PAL OR NON-PAL TEAMS MUST BE SCHEDULED AND THAT SCHEDULE GIVEN TO THE HEAD COMMISSIONER PRIOR TO BEING PLAYED.

- F. NO PAL TEAM WILL BE PERMITTED TO PLAY ANY TEAM OUTSIDE OF ALLEN COUNTY WITHOUT THE APPROVAL OF THE HEAD COMMISSIONER AND EXECUTIVE DIRECTOR. PLANS FOR SUCH GAMES MUST BE SUBMITTED TO THE PAL OFFICE AT A REASONABLE PERIOD OF TIME (AT LEAST 7 DAYS) BEFORE THE SCHEDULED DATE OF THE PRACTICE GAME.
- G. UNDER NO CONDITIONS WILL PRACTICE GAMES, TEAM TRIPS, OR ANY OTHER ACTIVITY BE SCHEDULED ON A DATE THAT IS CONFLICTING WITH A PAL CHAMPIONSHIP GAME(S). THIS IS FOR PARTICIPATING AND NON-PARTICIPATING TEAMS.

SECTION 4: PLAYER INJURIES

- A. ALL HEAD COACHES WILL ENSURE THAT ALL INJURIES RECEIVED BY PLAYERS DURING PRACTICES OR GAMES ARE FORWARDED TO THE EXECUTIVE DIRECTOR WITHIN 24 HOURS OF INJURY. IF THE INJURY IS SERIOUS, THE HEAD COACH WILL IMMEDIATELY CONTACT THE HEAD COMMISSIONER, ASSISTANT COMMISSIONER OR EXECUTIVE DIRECTOR. **THE HOSPITALIZATION OF ANY PLAYER WILL BE DEEMED SERIOUS!** WEEKLY UPDATES OF PLAYER'S PLAYING STATUS WILL BE GIVEN TO THE PAL OFFICE UNLESS THE INJURY WAS INITIALLY REPORTED AS SEASON ENDING. FAILURE TO COMPLY BY THE HEAD COACH WILL RESULT WITH RULES COMMITTEE REVIEW AND SUGGESTED PENALTY DEEMED NECESSARY.
- B. HEAD COACHES WILL INFORM PARENTS OF INJURED PLAYERS TO USE FAMILY MEDICAL INSURANCE FOR ALL INJURIES. PAL INSURES PLAYERS ONLY IN THE EVENT OF NECESSITY AND LIABILITY (SURGERY OR HOSPITALIZATION).
- C. IF IN THE OPINION OF THE HEAD COACH, A PLAYER IS PHYSICALLY OR MENTALLY INCAPABLE OF PERFORMING AS A FOOTBALL PLAYER, THE HEAD COACH CAN REPLACE SUCH A PLAYER BY CONSULTING THE HEAD COMMISSIONER. THE HEAD COMMISSIONER WILL CONSULT THE PARENTS/GUARDIANS OF THE PLAYER AND IF APPLICABLE, THE FAMILY PHYSICIAN. THE HEAD COMMISSIONER WILL INFORM THE OTHER COMMISSIONERS AND HEAD COACH OF ANY ACTIONS TAKEN.

SECTION 5: CONCUSSION POLICY

- A. HEAD COACHES AND AN ASSISTANT COACH ARE REQUIRED TO ATTEND AN APPROVED CONCUSSION TRAINING SESSION ONCE EVERY YEAR. IF A HEAD COACH AND ASSISTANT COACH FAILS TO ATTEND AN APPROVED CONCUSSION TRAINING SESSION AS REQUIRED, THE HEAD COACH WILL BE SUSPENDED UNTIL AN APPROVED CONCUSSION TRAINING SESSION HAS BEEN ATTENDED BY THE HEAD COACH AND HIS ASSISTANT COACH.
- B. EVERY PARENT(S) MUST SIGN AND RETURN THE CONCUSSION ACKNOWLEDGMENT FORM TO THE PAL CENTER PRIOR TO THE FIRST CONTACT PRACTICE. IF A PLAYER'S PARENT(S) DOES NOT HAVE A SIGNED ACKNOWLEDGMENT ON RECORD PRIOR TO THE FIRST CONTACT PRACTICE, THE PLAYER WILL NOT BE ALLOWED TO PARTICIPATE IN ANY GAMES OR PRACTICE UNTIL RETURNED.
- C. CONCUSSION RETURN TO PLAY POLICY: IF A PLAYER IS SUSPECTED OF BEING CONCUSSED DURING A PRACTICE OR A GAME, THE FOLLOWING PROTOCOL MUST BE FOLLOWED:
 - a. THE PLAYER MUST BE IMMEDIATELY REMOVED FROM THE GAME AND NOT RETURNED TO THE PRACTICE OR GAME.
 - b. THE HEAD COACH MUST NOTIFY THE PARENT(S) OF THE PLAYER IMMEDIATELY FOLLOWING PRACTICE OR THE GAME.

- c. THE PLAYER MAY NOT RETURN TO PLAY UNTIL THE HEAD COACH HAS BEEN PROVIDED WITH WRITTEN DOCUMENTATION THAT THE PLAYER HAS BEEN CLEARED TO RETURN TO PLAY BY A PROFESSIONAL MEDICAL PROVIDER/ DOCTOR (I.E. A FAMILY PHYSICIAN).

SECTION 6: SPECTATORS AND UNAUTHORIZED COACHES

- A. SPECTATORS WILL BE CLASSIFIED AS ANY PERSON NOT BEING A COACH, OFFICIAL, OR STAFF MEMBER, OF PAL FOOTBALL, WHO IS OBSERVING A PAL FOOTBALL GAME, PRACTICE, OR PREPARATION OF EITHER.
- B. IF SPECTATORS, AS HEREIN DEFINED, ARE PERMITTED TO COACH WITHOUT THE APPROVAL OR DISAPPROVAL OF THE HEAD COACH, OR UNDER ANY OTHER CIRCUMSTANCES; THEN THE POLICE ATHLETIC LEAGUE OF FORT WAYNE, INDIANA **WILL NOT** BE HELD RESPONSIBLE IN CASE OF ILLNESS OR ACCIDENT AS A RESULT OF THEIR ILLEGAL PARTICIPATION. IT IS RECOGNIZED THAT PAL INSURANCE DOES NOT RECOGNIZE SUCH INDIVIDUALS AS TEAM COACHES.
- C. TEAM COACHES WILL BE OFFICIALLY RECOGNIZED AS THOSE INDIVIDUALS WHO ARE INSCRIBED ON THE OFFICIAL TEAM ROSTER AT THE START OF THE PRACTICE PERIOD HAVING PROVIDED FULL NAME, ADDRESS, AND TELEPHONE NUMBER. THE SIGNED COACHES' FORM MUST BE ON FILE ALONG WITH A VALID BACKGROUND CHECK AND USA CERTIFICATION.
- D. NOISE MAKERS ARE PROHIBITED AT PAL FOOTBALL GAMES. THIS INCLUDES HORNS, BELLS, WHISTLES, (EXCEPT OFFICIALS), ETC.
- E. VISITING TEAMS ARE RESPONSIBLE FOR GATHERING VOLUNTEERS FOR THE CHAIN GANG, THESE ARE MOST LIKELY FAMILY OR FRIENDS OF PLAYERS. THEY ARE ENCOURAGED TO CHEER IF THEY WANT TO BUT ARE NOT ALLOWED TO COACH OR BELITTLE THE OTHER TEAM OR BE A DISTRACTION OF ANY KIND. IF THEY ARE NOT BEHAVING THE OFFICIAL HAS ANY AND ALL RIGHT TO REMOVE THEM FROM THE FIELD AS A VOLUNTEER AT HIS OR HER DISCRETION.
- F. ALL VOLUNTEERS ON THE SIDELINE DURING GAMES MUST BE WEARING AN AUTHORIZED BADGE AND HAVE IT VISIBLE TO THE ON-SITE COMMISSIONER AT ALL TIMES. PHOTOGRAPHERS, CHEER COACHES, COACHES, COMMISSIONERS, AND EMERGENCY PERSONNEL.

SECTION 7: SCHEDULE, STANDINGS AND PLAYOFFS

- A. THE SEASON SCHEDULE WILL CONSIST OF NO MORE THAN FIVE REGULAR SEASON GAMES. THEY WILL RUN FROM SEPTEMBER TO A DATE IN OCTOBER.
- B. DIVISIONAL GAMES WILL BE SCHEDULED FOR EACH OF THE FIVE REGULAR SEASON GAME DAYS. ALL GAME SITES, SEASON AND POST-SEASON, WILL BE AT THE DISCRETION OF THE HEAD COMMISSIONER OR EXECUTIVE DIRECTOR TO PROVIDE.
- C. DIVISIONAL VARSITY GAMES WON WILL COUNT AS TWO POINTS IN THE STANDINGS. THE DIVISIONAL CHAMPIONSHIP TEAM WILL BE THE TEAM WITH THE **MOST ACCUMULATED POINTS**. IF TWO OR MORE TEAMS ARE TIED WITH THE SAME NUMBER OF ACCUMULATED POINTS, THE CHAMPIONSHIP TEAM WILL BE THE TEAM THAT WON THE REGULAR SEASON GAME(S) BETWEEN THE CONTENDING TEAMS. IF TWO OR MORE TEAMS TIED DURING THE REGULAR SEASON AND IF THE ACCUMULATED POINTS ARE EQUAL, THEN THE NEXT STEP WOULD BE TO ANALYZE EACH OF THE CONTENDING TEAMS ENTIRE FIVE GAME SCHEDULE AND TABULATE THE ACCUMULATED NUMBER OF POINTS (WINS AND TIES) OF EACH TEAM'S OPPONENTS, TO DETERMINE WHICH TEAM HAD THE STRONGER SCHEDULE. THE TEAM THAT PLAYED TEAMS THAT ENDED UP WITH THE **MOST** ACCUMULATED POINTS (BY ADDING ALL THE OPPONENT'S POINTS) WILL BE DETERMINED TO BE THE DIVISIONAL CHAMPION. IF THE IMPASSE STILL RESULTS IN A TWO OR THREE TEAM TIE

IN ACCUMULATED POINTS, THEN THE IMPASSE WILL BE ANALYZED BY THE EXECUTIVE COMMITTEE OF THE RULES COMMITTEE AT AN EMERGENCY MEETING.

- D. THE NORTH AND SOUTH DIVISIONS WILL HAVE THEIR OWN CHAMPIONSHIP GAMES. THE DIVISION CHAMPION WILL BE SEEDED INTO THE UPPER BRACKET OF THE TOURNAMENT DRAW. THE SECOND PLACE TEAM WILL BE SEEDED IN THE LOWER BRACKET. THE HEAD COMMISSIONER WILL THEN FILL THE REMAINING AVAILABLE POSITIONS FOR THE TOURNAMENT.
- E. ALL TEAMS WILL PARTICIPATE IN THE DIVISIONAL CHAMPIONSHIP TOURNAMENT. THE FIRST AND SECOND PLACE TEAMS (AS DETERMINED BY THE HEAD COMMISSIONER) WILL HAVE A BYE WEEK. THE NORTH DIVISION WILL BE CALLED THE **JOHN NELSON BOWL** AND THE SOUTH DIVISION WILL BE CALLED **TONY MARTONE BOWL**. ALL VARSITY AND JUNIOR VARSITY TOURNAMENT GAMES WILL BE PLAYED IN WEEK SIX EXCEPT FOR THE BYE TEAMS. THE SEMI-FINAL GAMES WILL BE PLAYED IN WEEK SEVEN. THE **PAL BOWL** CHAMPIONSHIPS WILL BE PLAYED IN WEEK EIGHT.
- F. ALL TOURNAMENT GAMES WILL BE TIMED IN ACCORDANCE WITH IHSAA RULES, EXCEPT THE TOTAL GAME TIME SHALL BE:
 - a. VARSIYTY: FOUR, 8 MINUTE QUARTERS.
 - b. JUNIOR VARSITY: FOUR, 6 MINUTES QUARTERS.
- G. ALL TIES WILL BE PLAYED OUT PER IHSAA RULES.
- H. TROPHIES WILL BE AWARDED FOR:
 - a. ONE SET EACH TO THE VARSITY GAME CHAMPIONSHIP WINNER AND FINALIST. THE ROSTER SUBMITTED BY THE HEAD COACH OF EACH TEAM, PRIOR TO THE TOURNAMENT, WILL DETERMINE THE NUMBER OF TROPHIES NEEDED. THE HEAD COACH MAY REQUEST TROPHIES FOR THE COACHES OF THE VARSITY TEAM AND SUBMIT THIS NUMBER TO THE EXECUTIVE DIRECTOR.
 - b. ONE SET EACH TO THE JUNIOR VARSITY GAMES (ORANGE & GREEN) CHAMPIONSHIP WINNERS AND FINALISTS. THE ROSTER SUBMITTED BY THE HEAD COACH OF EACH TEAM, PRIOR TO THE TOURNAMENT, WILL DETERMINE THE NUMBER OF TROPHIES NEEDED. THE HEAD COACH MAY REQUEST TROPHIES FOR THE COACHES OF THE JUNIOR VARSITY TEAMS AND SUBMIT THIS NUMBER TO THE EXECUTIVE DIRECTOR.
 - c. NO TROPHIES OR AWARDS WILL BE GIVEN OUT TO ANY PLAYER WHO HAS NOT TURNED IN ALL OF THEIR PAL ISSUED EQUIPEMENT TO THE PAL CENTER. IT WILL BE THE HEAD COACH'S RESPONSIBILITY TO INSURE THIS HAS BEEN ACCOMPLISHED BY THE PLAYER PRIOR TO THE TROPHIES AND AWARDS BEING GIVEN OUT.
- I. THE EXECUTIVE DIRECTOR OR COMMISSIONER IS RESPONSIBLE FOR ALL TEAM OR GAME RESULT DATA BEING SUBMITTED TO THE MEDIA (MAINLY NEWSPAPER) SPORTS SECTION.

SECTION 8: REGULATION GAMES

- A. ALL GAMES WILL BE PLAYED AS PER REGULATION AND OFFICIAL SCHEDULE AS APPROVED BY THE HEAD COMMISSIONER OR EXECUTIVE DIRECTOR.
- B. GAMES WILL BE AT 9: 00 AM TO NOON AND FROM 1PM TO 4PM ON SATURDAY'S.
- C. ALL TEAMS WILL REPORT TO THE PLAYING FIELD IN TIME TO WARM-UP AND BE READY TO PLAY AT THE PRESCRIBED TIMES.
- D. TEAMS MUST FIELD AT LEAST ELEVEN (11) PLAYERS FOR A GAME TO BE PLAYED. IF THE TEAM CANNOT FIELD THE REQUIRED NUMBER OF PLAYERS, THE GAME WILL BE DECLARED A FORFEIT,

- AND A REPORT WILL BE MADE BY THE COMMISSIONER PRESENT TO THE HEAD COMMISSIONER. A FULL INVESTIGATION OF THE TEAM WILL BE MADE TO DETERMINE THE PROBLEM.
- E.** VARSITY GAMES WILL BE FOUR QUARTERS, 8 MINUTE STOPPED CLOCK, REGULAR SEASON. VARSITY GAMES WILL BE PLAYED UNTIL THERE IS A WINNER PER IHSAA RULES.
 - F.** JUNIOR VARSITY (JV) REGULAR SEASON GAMES WILL BE PLAYED AFTER THE REGULAR SEASON VARSITY GAMES. NO KICKOFFS. THE BALL WILL BE STARTED ON THE 50 YARD LINE. JV GAMES ARE FOUR QUARTERS, 6 MINUTE STOPPED CLOCK PER IHSAA RULES. JV TIES WILL NOT BE PLAYED OUT BUT STAND AS A TIE FOR THE REGULAR SEASON ONLY.
 - G.** HEAD COACHES MAY IMPOSE RESTRICTIONS TO THE QUARTER PLAY RULE FOR VIOLATION OF TEAM RULES (I.E. MISSED PRACTICES, IMPROPER CONDUCT, ETC.) BY A PLAYER.
 - H.** A VARSITY PLAYER CAN ONLY PLAY FOUR QUARTERS PER GAME PER DAY. JUNIOR VARSITY PLAYERS ARE ALLOWED TO PLAY ONLY FOUR QUARTERS PER WEEK. **EXCEPTION:** KICK OFF AND KICK OFF RECEIVING EXTRA POINT TEAMS, OR BY MUTUAL AGREEMENT OF BOTH HEAD COACHES IN A LOP-SIDED GAME. IN EXTREME SITUATIONS THE ON-SITE COMMISSIONER AND BOTH HEAD COACHES MAY USE PLAYERS UP TO SIX QUARTERS BUT ONLY WITH THE COMMISSIONER'S APPROVAL AND NOTIFICATION PRIOR TO THE FIRST GAME OF THE DAY.
 - I.** HEAD COACHES SHOULD ENSURE ALL VARSITY PLAYERS, REGARDLESS OF SKILL LEVEL, HAVE QUALITY PLAYING TIME DURING A GAME.
 - J.** JUNIOR VARSITY PLAYERS MUST START ON EITHER OFFENSE OR DEFENSE AND REMAIN ACTIVELY INVOLVED DURING THE ENTIRE GAME. THE PLAYER CAN BE MOVED FROM OFFENSE TO DEFENSE OR DEFENSE TO OFFENSE DURING THE PLAYING OF A GAME BUT MUST REMAIN ACTIVELY PLAYING A POSITION.
 - K.** UNDER NO CIRCUMSTANCES WILL ANY COMMISSIONER OR FOOTBALL EXECUTIVE COMMITTEE MEMBER STOP OR OTHERWISE INTERFERE WITH THE CONTINUATION OF A GAME. THE ONLY CIRCUMSTANCES THAT WOULD PERMIT THIS TO HAPPEN WOULD BE THOSE THAT THREATEN OR ENDANGER PLAYERS, COACHES, OFFICIALS, OR SPECTATORS. IT WILL BE THE DUTIES OF THE COMMISSIONER TO MONITOR THE GAME FROM THE SIDELINES TO ENSURE REPUTABLE OFFICIATING, CROWD CONTROL, AND SAFETY OF PLAYERS AND SPECTATORS. HE OR SHE WILL ALSO MEET WITH THE OFFICIALS BEFORE EACH GAME TO BRIEF THEM ON PAL DIFFERENCES OF PLAY. ONCE THE FOOTBALL GAME IS IN PLAY, THE COMMISSIONER IS NOT TO INTERFERE WITH THE GAME. ONCE THE GAME HAS TERMINATED, THE COMMISSIONER ASSUMES PARAMOUNT AUTHORITY.
 - L.** THE VISITING TEAM LISTED ON THE SCHEDULE WILL BE RESPONSIBLE TO FURNISH THE "CHAIN GANG". THIS WILL BE ADULTS 18 YEARS OF AGE OR OLDER. "CHAIN GANG" MEMBERS CAN CHEER FOR THEIR TEAM, BUT IN NO MANNER "COACH" THEIR TEAM.
 - M.** IF A PLAYER IS EJECTED FROM A GAME BY A GAME OFFICIAL, THAT PLAYER WILL BE SUBJECT TO THE PENALTY OF: IHSAA RULES WHERE WHEN EJECTED THE VARSITY OR JV PLAYER IS OUT THE REMAINDER OF THAT GAME AND THE ENTIRE NEXT GAME OF THE SEASON. THE HEAD COMMISSIONER WILL REVIEW ANY AND ALL INSTANCES OF THIS AND DETERMINE IF FURTHER PUNISHMENT IS NEEDED BASED ON THE SEVERITY OF THE EVENT.
 - N.** THE EXECUTIVE DIRECTOR OR COMMISSIONER IS RESPONSIBLE FOR ALL TEAM OR GAME RESULT DATA BEING SUBMITTED TO THE MEDIA (MAINLY NEWSPAPER) SPORTS SECTION. AFTER GAMES THE ON-SITE COMMISSIONER GOES TO THE HEAD OFFICIAL THEN TO BOTH HEAD COACHES TO VERIFY SCORES AND THEN REPORTS THOSE SCORES TO THE PAL OFFICE.
 - O.** HEAD COACHES MAY SUBMIT A WRITTEN PROTEST (FORM RN—10) WHERE CONDITIONS UNDER WHICH INFRACTIONS OF THE RULES CONTAINED HEREIN HAVE BEEN BREACHED BY ANOTHER TEAM OR INDIVIDUALS OF ANOTHER TEAM IN THIS LEAGUE. PROTESTS MAY ALSO BE

SUBMITTED FOR ANY BREACH IN THE OPINION OF THE PROTESTER, OF ANY IHSAA RULE THAT MAY HAVE OCCURRED. FORM RN—10 MAY BE GIVEN IN PERSON TO THE COMMISSIONER ON-SITE GAME DAY OR IN ANY EVENT SUBMITTED TO THE EXECUTIVE DIRECTOR AT THE PAL OFFICE BY MONDAY

FOLLOWING GAME DAY. THE EXECUTIVE DIRECTOR WILL THEN CONFER WITH THE HEAD COMMISSIONER. THE HEAD COMMISSIONER WILL THEN DETERMINE IF THE PROTEST WARRANTS PRESENTATION TO THE RULES COMMITTEE FOR FUTURE CONSIDERATION. IF HE DOES NOT BELIEVE IT WARRANTS THE REVIEW OF THE RULES COMMITTEE, HE WILL EXPLAIN, IN WRITING TO THE PROTESTER, HIS REASONS. THIS INVESTIGATION AND REVIEW MUST BE COMPLETED BEFORE THE NEXT SCHEDULED GAME, IF FILED DURING THE SEASON. UNDER NO CIRCUMSTANCES WILL THE OUTCOME OF A GAME BE CHANGED BECAUSE OF AN UPHOLD PROTEST, BUT PROTESTS WILL BE CAREFULLY STUDIED FOR RULE CHANGES AND TO ELIMINATE FUTURE PROBLEMS, WITH THE EXCEPTION OF RULE 10B.

SECTION 9: PLAYING CONDITIONS AND PROHIBITED GAMES

- A. IN CASES OF EXTREME WEATHER CONDITIONS AT GAME TIME, EITHER THE COMMISSIONER OR THE HEAD SITE OFFICIAL CAN CANCEL A GAME(S) FROM BEING PLAYED. WEATHER MUST BE EXTREME AND NOT JUST SNOW OR RAIN OF NORMAL PROPORTIONS. IN HIGH HEAT SITUATIONS THE IHSAA RULES CALL FOR PRACTICES AND GAMES TO BE MOVED OR CANCELLED IF HEAT INDEX OR TEMPERATURE GOES ABOVE **105 DEGREES** FARENHEIT. HEAD COMMISSIONER OR EXECUTIVE DIRECTOR WILL INFORM TEAMS IF THIS IS REACHED THROUGHOUT THE SEASON.
- B. IN CASE OF ANY LIGHTNING IN THE IMMEDIATE PRACTICE OR GAME AREA, ALL PRACTICE AND ACTIVITY WILL CEASE AND SAFE SHELTER SOUGHT. UNDER NO CIRCUMSTANCES WILL SHELTER BE SOUGHT UNDER TREES OR METAL BLEACHERS.
- C. IN CASE A GAME(S) IS CANCELLED, BEFORE OR AFTER IT STARTS, THE SAME WILL BE ELIMINATED FROM THE SCHEDULE AND NOT REPLAYED UNLESS AUTHORIZED BY THE HEAD COMMISSIONER. HOWEVER, TO BE RESCHEDULED, THE GAME MUST BE A DETERMINING FACTOR IN THE FINAL STANDINGS. THE SEQUENCE, HOWEVER, MUST NOT BE CHANGED TO ALLOW A RESCHEDULED GAME(S).
- D. ABSOLUTELY NO GAME WILL BE SCHEDULED ON SUNDAY.

SECTION 10: BALL CARRIER WEIGHT LIMITATIONS

- A. ALL NEW PLAYERS WILL REGISTER DURING THE REGISTRATION TIME PERIOD. ALL VETERAN AND NEW PLAYERS WILL BE WEIGHED IN BY A PAL COMMISSIONER PRIOR TO THE DRAFT. THE COMMISSIONER WILL RECORD THE HEIGHT AND WEIGHT ON THE REGISTRATION CARD AND PLACE THEIR INITIALS BY THE RECORDINGS. ALSO, THE WEIGHT WILL BE RECORDED ON THE OFFICIAL TEAM ROSTER.
- B. ALL APPLICANTS AND PLAYERS BEING OFFICIALLY WEIGHED, CAN WEAR TROUSERS OR SHORTS WITH FOOTWEAR OPTIONAL. ONLY COMMISSIONERS AND ADMINISTRATORS WILL BE PERMITTED TO RECORD ANY OFFICIAL WEIGH-IN.
- C. THE WEIGHT OF ANY VARSITY PLAYER BALL CARRIER, INCLUDING ENDS, WILL NOT EXCEED 125 LBS. THE WEIGHT OF ANY JUNIOR VARSITY BALL CARRIER WILL NOT EXCEED 115 LBS. **THIS WEIGHT IS DETERMINED AT THE OFFICIAL REGISTRATION WEIGH-IN.** THE WEIGHT WILL BE

RECORDED ON THE REGISTRATION CARD IN INK. THE VERIFIED WEIGHT WILL BE INITIALED BY A PAL OFFICIAL AND KEPT ON FILE IN THE PAL OFFICE.

- D. DEFENSIVELY, ALL BACKFIELD, ENDS, AND LINEBACKERS WILL NOT EXCEED 125 LBS. ON VARSITY AND 115 LBS. JUNIOR VARSITY IN WEIGHT.
- E. VARSITY PLAYERS OVER 125 LBS. AND JUNIOR VARSITY PLAYERS OVER 115 LBS. WILL NOT ADVANCE THE BALL ON KICKOFFS, PUNTS, FUMBLES, PASSES INTERCEPTED, OR ON FIELD GOALS. THESE PLAYERS MUST IMMEDIATELY GROUND THE BALL UPON RECEIPT. PUNTING AND KICKING ARE NOT CLASSIFIED AS ADVANCING THE BALL. ANY MUFF OR DROPPED BALL BY A BLACK STRIPER, THE BALL IS IMMEDIATELY DEAD.
- F. ANY VARSITY PLAYER OVER 125 LBS/JV OVER 115 LBS. PLACED IN THE BACKFIELD FOR THE PURPOSE OF PUNTING AND KICKING, CANNOT ADVANCE THE BALL IN ANY WAY, EXCEPT FOR PUNTING AND KICKING. OTHER PLAYERS IN THE BACKFIELD CAN ADVANCE THE BALL BY RUNNING, PASSING, OR KICKING. IF THE BALL IS ADVANCED, THE BLACK STRIPER CANNOT PARTICIPATE IN THE PLAY IN ANY WAY INCLUDING BLOCKING. PENALTY: ILLEGAL PROCEDURE.
- G. A WEIGHT CHALLENGE WILL BE PERMITTED BY ANY HEAD COACH CHALLENGING THE WEIGHT OF ANY BALL CARRIER TO ANY COMMISSIONER. THE CHALLENGE MUST BE SUBMITTED BY THE HEAD COACH. ONLY ONE CHALLENGE PER PLAYER WILL BE PERMITTED. A RECORD WILL BE KEPT. NO CHALLENGE WILL BE PERMITTED AFTER 4:00 P.M. ON THE SATURDAY OF THE FOURTH GAME OF THE REGULAR SEASON. THE CHALLENGED PLAYER WILL BE ALLOWED TO WEIGH 125 LBS. FOR VARSITY AND 115 LBS. FOR JUNIOR VARSITY AT THE TIME OF THE CHALLENGED WEIGH-IN. THE PROCEDURE FOR THE CHALLENGE WILL BE AS FOLLOWS:
 - a. HEAD COACHES WILL DISCUSS THE CHALLENGED PLAYER (JV OR VARSITY) FOLLOWING THE COMPLETED GAME IN WHICH THE CHALLENGED PLAYER PARTICIPATES. IF THE PLAYER IS STILL TO BE CHALLENGED, **BOTH HEAD COACHES** WILL PROCEED TO THE PAL CENTER AFTER THE COMPLETION OF THE JV GAMES FOR THE WRITTEN FORM TO BE FILLED OUT AND OFFICIAL RE-WEIGH. THE CHALLENGED PLAYER **WILL NOT** LEAVE THE GAME SITE UNTIL AFTER THE END OF THE JV GAME TO TRAVEL TO THE PAL CENTER.
 - b. BOTH HEAD COACHES AND A COMMISSIONER WILL VERIFY AND RECORD THE PLAYER'S WEIGHT. **IF THE PLAYER IS OVER 125 LBS UP TO 130 LBS ON VARSITY OR OVER 115 LBS UP TO 120 LBS ON JV THE TEAM HE IS ON WILL FORFEIT THE LAST GAME IF WON AND THE CHILD WILL BE BLACK STRIPED FOR THE REMAINDER OF SEASON AND TOURNAMENT GAMES, IF THAT PLAYER IS WEIGHED 10 LBS OVER 125 LBS ON VARSITY OR 10 LBS OVER 115 LBS ON JV THE TEAM WILL FORFEIT ALL GAMES WON UP TO THAT POINT OF THE SEASON! **READ VERY CAREFULLY!!****
- H. THE FOURTH WEEK WILL STILL BE THE LAST WEEK ALLOWED FOR CHALLENGES. IF THE TEAMS DO NOT PLAY UNTIL WEEK 5 OR ARE NOT SCHEDULED TO PLAY, THE CHALLENGE OF A PLAYER MUST STILL TAKE PLACE BEFORE THE WEEK 4 CHALLENGE DEADLINE. IN THIS CASE, THE HEAD COACHES WILL COMMUNICATE THE DESIRE TO CHALLENGE A PLAYER AND MEET AT THE PAL CENTER AT THE CONCLUSION OF THAT SATURDAY'S JV GAME. FAILURE TO WEIGH-IN OR LEAVING THE PLAYING SITE ON SATURDAY BEFORE THE END OF VARSITY AND JV GAMES WILL RESULT IN THE CHALLENGED PLAYER BEING DISQUALIFIED TO CARRY THE BALL THE REMAINDER OF THE SEASON.

GAME RULES

SECTION 1: **SCORING POINTS**

- A. A TOUCHDOWN WILL SCORE 6 POINTS.
- B. A POINT-AFTER-TOUCHDOWN WILL COUNT 2 POINTS ON A KICK THROUGH THE GOAL UPRIGHTS.
- C. A POINT-AFTER-TOUCHDOWN WILL SCORE 1 POINT ON A RUN OR PASS THAT IS SUCCESSFUL FROM THE 3 YARD LINE.
- D. IN VARSITY AND JV GAMES, THE TEAM GOING FOR A POINT-AFTER-TOUCHDOWN, MAY ELECT TO MOVE THE BALL TO THE 10 YARD LINE AND EXECUTE THEIR POINT-AFTER ATTEMPT FROM THERE. IF SUCCESSFUL, THIS WILL COUNT 2 POINTS. THE FIRST CHOICE DECLARATION FOR AN EXTRA POINT WILL BE IN EFFECT WHEN A PENALTY IS INVOLVED DURING THE EXTRA POINT TRY.
- E. A FIELD GOAL WILL SCORE 3 POINTS.
- F. IN JUNIOR VARSITY GAMES -- WHEN A SAFETY OCCURS, 2 POINTS ARE AWARDED TO THE DEFENSIVE TEAM AND THE BALL IS STARTED FOR PLAY ON THE 35 YARD LINE.
- G. IN JUNIOR VARSITY GAMES, FOLLOWING A TOUCHDOWN, THE BALL WILL BE PLACED AT THE 50 YARD LINE TO RESTART PLAY.

SECTION 2: **TIMEOUTS**

- A. THE ENTIRE TEAM WILL BE ALLOWED TO CONSULT WITH THE COACHES AT THE SIDELINES DURING TIME-OUT PERIODS, NOT JUST CAPTAINS OR QUARTERBACKS. ANY 2 COACHES WILL BE ALLOWED TO GO ONTO THE FIELD DURING TIME OUTS TO CONSULT WITH THE TEAM.
- B. VARSITY TIME-OUTS PER GAME: 3 TIME-OUTS PER TEAM PER HALF.
- C. JUNIOR VARSITY: 2 TIME-OUTS PER TEAM, PER HALF.

SECTION 3: **PAL SPECIFIC RULES**

- A. ANY DEFENSIVE OR OFFENSIVE PLAYER ON THE LINE OF SCRIMMAGE, EXCEPT ENDS, THAT BREAK THE PLANE OF THE INTERIOR LINEMAN'S HIPS, MUST ASSUME A 3- OR 4-POINT STANCE AND REMAIN IN THAT STANCE UNTIL THE SNAP OF THE BALL. THESE PLAYERS MUST ADVANCE AND MAKE CONTACT WITH AN OPPOSING PLAYER AT THE SNAP OF THE BALL. PENALTY: ILLEGAL PROCEDURE.
- B. NO PULLING OF THE INTERIOR LINEMAN, REGARDLESS OF WEIGHT. **ALL DEFENSIVE LINEMAN ARE PERMITTED TO KEEP THEIR HEAD ALIGNED WITH THE OFFENSIVE TACKLES OUTSIDE SHOULDER AND NO FURTHER. PENALTY: ILLEGAL PROCEDURE**
- C. THE ON FIELD JV COACH CAN HAVE NO FORM OF COMMUNICATION WITH THE PLAYERS OR SIDELINES ONCE THE OFFENSIVE TEAM BREAKS THE HUDDLE. IF THERE IS NO OFFENSIVE HUDDLE, NEITHER OFFENSIVE nor DEFENSIVE JV COACH CAN COMMUNICATE WITH THEIR ON FIELD PLAYERS. NO COACH IS ALLOWED TO FILM PLAY ON THE PLAYING FIELD. PENALTY: 15 YARD UNSPORTSMANLIKE CONDUCT.

- D.** THE 21 POINT RULE (TEAM IS AHEAD BY 21 POINTS OVER THE OPPOSING TEAM) WILL TAKE EFFECT AT ANY POINT DURING A VARSITY GAME. A RUNNING CLOCK WILL BE PUT INTO EFFECT ONCE A 21 POINT SCORING DIFFERENCE HAS BEEN MADE. IF AT ANY TIME THE SCORING DIFFERENCE GOES BELOW 21 POINTS, ALL PLAY RULES REVERT BACK TO STANDARD PROCEDURES. THE 21 POINT RULE WILL APPLY TO THE ORANGE AND GREEN JV TEAMS ONLY DURING TOURNAMENT PLAY.
- E.** IN JV GAMES, IF THE OFFENSE ELECTS TO PUNT THE BALL, IT WILL BE A DEAD BALL PUNT. THE OFFENSIVE TEAM WILL SNAP THE BALL TO THE PUNTER WHO MUST PUNT THE BALL. THE DEFENSE AND OFFENSE WILL STAY STATIONARY EXCEPT THAT THE RETURNING TEAM MAY ELECT TO HAVE A PLAYER ATTEMPT TO CATCH THE PUNT. THE BALL WILL BE SPOTTED AT THE POINT WHERE THE BALL IS SUCCESSFULLY CAUGHT OR WHERE IT COMES TO REST AFTER THE PUNT.
- F.** ALL HEAD COACHES AND ASSISTANTS ARE ON A STRICT THREE STRIKE PENALTY FOR MISCONDUCT AND IT GOES AS FOLLOWS...

FIRST INSTANCE: COACH WILL BE WARNED UPON INVESTIGATION AND REPORT FROM OFFICIAL BY THE HEAD COMMISSIONER.

SECOND INSTANCE: COACH WILL BE SUSPENDED FROM A GAME AND A WEEKS WORTH OF PRACTICE FOLLOWING INVESTIGATION AND REPORT FROM OFFICIAL TO HEAD COMMISSIONER.

THIRD AND FINAL INSTANCE: COACH WILL BE REMOVED FROM LEAGUE BY THE RULES COMMITTEE AFTER INVESTIGATION AND REPORT FROM THE OFFICIAL TO THE HEAD COMMISSIONER.

BASED ON SEVERITY THE HEAD COMMISSIONER HAS THE AUTHORITY TO SKIP OR JUMP TO A MORE SEVERE INSTANCE LEVEL ON ANY GIVEN INSTANCE IF IT IS DEEMED NECESSARY. AT WHICH TIME A VOTE WILL TAKE PLACE BY THE RULES COMMITTEE TO DETERMINE PUNISHMENT.

THIS LEAGUE IS ABOUT THE CHILDREN AND THE COMMUNITY THAT WE PROVIDE AN OULET FOR AND THROUGH YOUTH SPORTS, FAITH IN GOD, SPORTSMANSHIP, HARD WORK, RESPECT FOR ANY AND ALL HUMANS, AND MENTORSHIP THROUGH OUR ACTIONS AS MEN AND WOMEN OF THE SAME COMMUNITY! IF WE CAN MAKE A DIFFERENCE IN ANY CHILDS LIFE OR TEACH THEM ANY SKILL THEY CAN GRASP AND LEARN AND GROW FROM IT IS OUR OBLIGATION AS AN ORGANIZATION TO DO SO! ROLE MODELS COME IN MANY SHAPES AND SIZES SO TAKE THE TIME TO INVEST IN OUR YOUTH AND BUILD A FOUNDATION IN THEM TO ONE DAY BE ABLE TO GIVE BACK AND DO THE SAME FOR SOMEONE THAT IS IN NEED! THE POLICE ATHLETIC WAS FOUNDED FOR THAT PURPOSE AND WE ARE THE ONES CARRYING THAT BELIEF INTO THE FUTURE!