

DENVER POLICE ACTIVITIES LEAGUE

2009 FOOTBALL RULEBOOK

FORWARD

PAL encourages our players, parents, coaches, and spectators to enjoy the competition, but also keep in mind that ***EACH AND EVERY GAME IS FOR THE KIDS.***

Participation is the key. These programs provide an environment for our neighborhood youth to enjoy and participate in, along with their family and friends.

Winning is an important goal in life and athletics, but at this level of development helping each child progress towards their maximum potential is the primary goal.

The PAL Director or his Designee is the sole authority in any matter that comes to PAL for review, approval or interpretation. All decisions made by PAL are final and there is ***NO APPEAL PROCESS***

The PAL Staff will attempt to be fair in all cases; however violations of unsportsmanlike conduct and cheating will not be tolerated and will be dealt with appropriately and severely.

The PAL Director or his Designee has the authority to alter game format in any lopsided game to allow for fair play for both teams and to avoid any type of safety issue for players.

The Director's Designee can or may consist of:

Deputy Director, Program Director, Field supervisor, Umpire, or anyone else so designated the PAL Director.

REMEMBER THE GAMES ARE FOR THE KIDS!



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Remember the games are for the KIDS!

Put safety of the players first!

Denver PAL Football Rules

Rule 1.00 - Age and weight requirements

Rule 1.01 Pee Wee Division (Ages 7-8 years) - Players must turn 7 prior to December 31st 2009.

1.01.a a player cannot turn 9 years of age prior to September 1st of the current year.

1.01.b there is no weight limit in this division.

Rule 1.02 Bantam Division (Ages 9-10)

1.02.a a player cannot turn 11 years of age prior to September 1st of the current year.

1.02.b there is no weight limit in this division.

Rule 1.03 Intermediate Division (Ages 11-12 years)

1.03.a a player cannot turn 13 years of age prior to September 1st of the current year.

1.03.b there is a weight limit for both 11 and 12 year olds of 150 pounds.

1.03.c A player weighing more than 150 pounds at the time of weigh-ins will be classified as a PATCH-MAN and will adhere to the following restrictions:

1.03.c.1 playing positions will be limited to the interior offensive and/or defensive line. Positions allowed are *center, guard, or tackle* for offense. Positions allowed for defense will be *nose-guard, tackle, and end*. These players **must** be in a *Three or Four Point Stance*.

1.03.c.2 Patch-men will not be allowed to play the *linebacker, wide receiver, tight end or running back* positions.

1.03.c.3 no tackle eligible plays for patch-men on offense.

1.03.c.4 patch players *can't advance the ball under any circumstances.*

1.03.c.5 any violation of this rule will result in a possible suspension of the coach and forfeit of the game.

1.03.c.6 a black or white X will be placed on the helmet of patch players.

1.03.d a player in the Intermediate Division may play up if he/she so desires, but will be subject to the specific rules of that division. See Rule 1.04 -- Senior Division for rules

Rule 1.04 Senior Division (Ages 13-14 years)

1.04.a no 9th Grade or High School student is eligible to participate in the PAL league regardless of age

1.04.b there is no weight limit or restrictions for both 13 and 14 year olds.

Rule 1.05 Official Weigh-In and Photo Identification Dates

1.05.a Photo ID pictures will be taken for all players in all divisions.

1.05.b Players who are 11 and 12 (Intermediates) years old will be required to weigh-in.

- 1.05.c** The PAL staff will specify an official Weigh-in and Photograph day. All participants **MUST** attend this day. Failure to attend could result in being disqualified from further participation in PAL football league.

Rule 2.00 - Roster and Requirements

- 2.01** No less than 15 players and no more than 25 players on PAL sponsored or Independent teams. This rule will be strictly enforced.
- 2.02** Teams will follow the Registration and Roster Procedure to complete their rosters and will submit the rosters to the PAL office on the USB Flash Drive supplied by PAL.
- 2.03** Team fees will be submitted to the League Office on the day of registration. No exchange of rosters by coaches at game site is necessary. This roster will be complete with all required information on each player.
- 2.04** Any modification during the season, i.e. jersey number change for a player, will require a new roster to be submitted to the PAL Office.
- 2.05** The Field Supervisors will record the jersey # of each player prior to the start of the first game. Changing a jersey number on a player is prohibited and this violation will result in the forfeit of that game. The PAL office **must** be notified of any player # change prior to any game and must be approved by the PAL staff.

Rule 3.00 - Sweat Down

- 3.01** Sweating down is considered a violation of basic PAL principals. If there is any reason to believe a player has been sweating down, he/she may be disqualified from further participation in PAL football league. The coach may also face disciplinary action for allowing a player to sweat down.

Rule 4.00 – Full Contact Practice

- 4.01** No contact shall occur until **August 24th, 2009**.
- 4.01.a** Teams may condition or practice with helmets, mouthpiece, shoes, shorts and t-shirts, no shoulder pads or contact is allowed.
- 4.02** At all practices, pre-season or in-season, where person to person or person to dummy contact takes place, each player must be dressed in the full complement of protective equipment described in Article VII, "Equipment Required by League Office."

Rule 5.00 - Transfer Requests

- 5.01** The player requesting the transfer must fill out a Transfer Request Form. The manager of the organization that the player is leaving and the manager of the organization the player is transferring to **must sign** the transfer request. The form must then be submitted to the PAL office for final approval.
- 5.02** NO TRANSFERS WILL BE ALLOWED AFTER THE PAL OFFICE HAS APPROVED THE FINAL OFFICIAL ROSTERS.

Rule 6.00 - Practice Sessions During Extreme Heat Conditions

- 6.01** Teams must guard against serious heat problems, which in extreme high school and college cases have resulted in death. The training regimen of any team practicing under high heat and/or humidity conditions must:
- 6.01.a** Limit or eliminate laps entirely. Do not give laps for disciplinary reasons.

- 6.01.b Schedule practices for early evening, after sun is low in the sky and/or the relative temperature is lower.
- 6.01.c give players frequent fluid replacement before, during, and after practice in order to combat dehydration. Do not substitute soft drinks for water. Coaches must keep an eye on all the players and his fellow coaches for the slightest sign of heat exhaustion or fatigue.
- 6.01.d a fifteen-minute break is mandatory in the middle of the practice. This break is not to be counted against practice time.

Rule 7.00 - Manager Responsibilities

- 7.01 The Manager of each club is responsible for the selection and conduct of all coaches, including Head Coach and Assistant Coaches. Coaching selections must meet the approval of League Office. Any Manager who approves a coach who has been suspended from the PAL league must explain his/her actions and is subject to removal of his/her manager title.
- 7.02 Managers are responsible for the eligibility of all players participating within their organizations.
- 7.03 Equipment will be issued **only** to managers and must be collected at the end of the season, inventoried and the **Managers Football Equipment Inventory Form** must be returned to Denver PAL office by the requested date. **No new equipment for the upcoming season will be issued until an inventory form is received.** If the Coach and Manager cannot obtain uniforms or equipment from a player, they are to contact the League Office for assistance in this matter. Violations by the responsible player and parent will result in ineligibility for further participation in the PAL league, and liability for replacement costs of equipment to parent or guardian.
- 7.04 Managers do not make the policies that govern this league. They are responsible for carrying out those policies. Managers are to act on behalf of their clubs at all league meetings or hearings that pertain to the teams, players, coaches, parents, or fans.
- 7.05 Managers are responsible for all PAL League fees for the current year. All fees are due on registration day. Clubs who fail to meet these obligations will not be scheduled for the next season (football or baseball). Outright neglect or avoidance of financial obligations will cause legal action to be taken against offending club and its officers.
- 7.06 Managers must keep accurate records that pertain to their organizations and make them available to the PAL Office, if and when necessary. **Managers** or **coaches** that collect money for registration that is more than the dollar amount required by PAL or collect money from fund raising must keep accurate records to account for all money collected. Fundraising money **is to be deposited in a restricted account** at the PAL office.
- 7.07 All managers and coaches will be photographed at team weigh-in day. They must have a current application on file, along with current Coaches Information Sheet at the PAL office. All coaches are required to be NYSCA certified, that must remain current each year.
- 7.08 Managers **must** receive the approval of the PAL Director to store their club's football equipment in a location different than the PAL storage unit. Equipment is to be stored in a dry and safe location to protect equipment from damage and theft. **All equipment** is to be collected by the manager at the end of the PAL football season and an inventory sheet will be submitted to the PAL office by the **end of January** of the New Year or the PAL staff will go to the location of storage and do an inventory. The address of storage will

be kept current with the PAL office for insurance purposes. **No new equipment will be issued** until a **current inventory sheet** is on file at the PAL office. Managers also have the option of selling the equipment to parents for a discount price. Managers will keep a variety of equipment on hand to issue to low-income youth who can't afford to purchase equipment.

Rule 8.00 - Coach Requirements and Responsibilities

- 8.01** The Coaching Staff of a team is in complete charge of the team whenever it is together on the practice field, whenever it is traveling as a group to and from practice sessions and games, or whenever together for any team function, such as a banquet or fund raisers. The Coaching Staff is under the direction of the **Head Coach**. Other Coaches are called Assistant Coaches.
- 8.02** Head Coach must be at least 21 years of age. During the game the Head Coach is the only one allowed to address the officials.
- 8.03** Assistant Coaches must be at least 18 years of age, or a high school graduate. A team may have a maximum of three Assistant Coaches. The senior division will be allowed 4 Assistant Coaches.
- 8.04** All team coaches must be listed on the roster. The Head Coach will determine the assignments of the Assistant Coaches. The name, address, and phone number of all coaches must be listed on the **Coaches Information Sheet**.
- 8.05** All Coaches are required to wear the current years sideline pass, which is distributed by either the PAL Staff or Field Supervisor. No more than **FOUR** coaches (one head coach and three assistants) per team are allowed on the sidelines. Senior division teams will be allowed to have **5 coaches** on the sideline. This rule will be strictly enforced. Sideline passes **will only** be issued to coaches that are **NYSCA** or **CHSSA** certified and are listed on the **Coaches Information Sheet** submitted to the PAL office.
- 8.06** Coaches are selected by club managers and must meet approval of the League Office. This includes the Head Coach and all assistant coaches. A current application must be completed by all coaches and submitted to the PAL Office and kept on file.
- 8.07** Coaches may be dismissed or suspended for conduct detrimental to the PAL league or violation of league rules and regulations.
- 8.08** Suspended coaches need to refer to Article X Section 2 Pages 20-21 of the Rulebook
- 8.09** Once a coach is ejected from a scheduled PAL league game his/her status will be **one-year probation**. If a coach is ejected during his/her probation period, the coach immediately becomes **suspended for one (1) to three (3) years** at the discretion of the Director of PAL and will not be allowed to coach in any capacity in the PAL Organization until that time expires. After the suspension has been served the coach may re-apply for a coaching position that will be reviewed by the PAL Staff.
- 8.10** Coaches do not make the policies that govern the PAL league. They are responsible for carrying out those policies. While on the playing field, the Coach is in complete charge and shall not be interfered with, except in the case of rule violation, and any other conduct deemed as detrimental to the PAL league or the welfare of youth.
- 8.11** The head coach has the final responsibility for his or her actions, those of his assistant coaches, players and parents/spectators.
- 8.12** The heart of PAL football is what happens between coach and player. It is the coach, more than any other single individual, who makes our program a success or failure. He controls the situation in which the players may be benefited or harmed.

- 8.13 We must teach proper respect for authority; therefore, a coach must act with proper restraint and set a positive example for his players when dealing with opposing teams and game officials.
- 8.14 Coaches are responsible for selecting a Team Mother or Father to assist them in relaying team information to other parents, such as schedules and game sites, arranging for drivers to games, and providing refreshments for team (if desired).
- 8.15 Coaches will be required to attend any meetings and/or clinics when notified by there Club Manager or PAL League Office. All coaches (head and assistants) will be required to have a valid coach's certificate from an organization pre-approved by the PAL Staff. Such organizations include, but are not limited to: **National Youth Sports Coaches Association, American Sports Education Program, and the CHSAA**. This certification must be on record with the PAL office in order to coach in the League. This rule will be strictly enforced.
- 8.16 Coaches are to verify eligibility of all players on their teams. Make certain each player has a valid birth certificate, paid his/her fee and had his/her parents sign the minor waiver, consent for medical treatment, and agreement for participation on the registration form before allowing them to participate in the league. Coaches may be held liable if the above was not completed and injury occurs.
- 8.17 The Head Coach is responsible for the dissemination of information from the League office. When you get information from the League or your Manager, you must see that it is passed on to your team and parents in a timely fashion. You are the only means by which information can be passed on effectively during the season.
- 8.18 All coaches are required to wear like clothing or uniforms during games that are consistent with the color scheme of their organization. The PAL League Office is the final authority on clothing and dress that is inappropriate.
- 8.19 Coaches must be listed on the Coaches Information Sheet to be eligible for a sideline pass.

Rule 9.00 - Coach Code of Conduct

- 9.01 There will be no smoking on the field at games or practice.
- 9.02 Do not criticize players in front of spectators, but reserve constructive criticism for private or in the presence of the team members, if they might benefit.
- 9.03 Accept decisions of the game officials on the field as being fair and called to the best of the ability of said official.
- 9.04 Don't criticize opposing coaches, players or fans by gestures or comments.
- 9.05 Emphasize that winning is the result of hard play and teamwork.
- 9.06 Coaches and game officials are jointly responsible for the conduct of the team, fans, and spectators. Any fan that becomes a nuisance should be asked to leave.
- 9.07 Refrain from the use of profanity and abusive language. This will not be tolerated and will result in a violation for the coach and/or team.
- 9.08 Refrain from "running up the score". A team that gets a commanding lead should make every effort to play all of the players on the team.
- 9.09 Do not permit or encourage "sweating down" players. This is a tactic used to reduce weight in order to make the specified weight restrictions.
- 9.10 Do not permit ineligible players to participate in practice or games.
- 9.11 Do not deliberately incite unsportsmanlike conduct.
- 9.12 Abstain from drinking alcoholic beverages on the field, at games or practices. Do not

come to games or practice sessions under the influence of alcoholic beverages and/or mind altering drugs.

- 9.13 Any manager, coach, game official or player who is found to use, possess or sell illegal drugs or narcotics will be immediately banned from participating in the Denver Police Activities League.
- 9.14 Remove any player from a game or practice whenever the slightest doubt exists that the player's health is in danger until he/she can be examined or competent medical advice is available. Safety comes first.
- 9.15 Control your fans. Remember you are responsible for your team and fan reaction, which will usually be in step with your conduct as the coach.
- 9.16 Uphold all the rules and regulations of Denver PAL Football League.

Rule 10.00 - Officials and Other Information

- 10.01 PAL will attempt to make sure at least two referees are assigned to each field.
- 10.02 If a Coach attacks or harasses any game official, he/she will be subject to arrest and banishment from PAL Football League.
- 10.03 The referee is the sole interpreter of game rules. Protests may be registered for eligibility violations only. The PAL office will not accept protests on judgment calls.
- 10.04 The designated **home team** shall provide 2 qualified adult volunteers and the **visiting team** 1 qualified adult to assist with the down markers and chains at each PAL game. The home team will have one volunteer on the chain crew and one volunteer on the down marker. The visitor team will have one volunteer on the chain crew. The chain crew will work on the opposite side of the player and coaches' side of the field.
 - 10.04.a PAL staff may remove any chain crewmember if in their opinion the member is causing a problem with the fans or is running out onto the field.
- 10.05 Game balls, end zone markers, and mid-field markers will be supplied by the PAL office and placed in position by the Field Coordinator.
- 10.06 Each team will provide one play counter per game (Pee Wee only). The play counter will be positioned at mid-field on the player and coaches' side of the field. All plays in the Pee Wee division will count towards the play total.
 - 10.06.a Play counters are not allowed to coach during the game unless the play counter is listed as an assistant coach with the team.
- 10.07 Scheduling of games will be the responsibility of the **PAL office**. Assignments of game officials will be the responsibility of **Rudy Robinson of the Right Call**.
- 10.08 The referee shall not permit any player to take part in any game unless uniformed in conformity with the other members of the team with proper numerals affixed to the front and back of his jersey and shirt.

Rule 11.00 – Field Supervisors

- 11.01 Field Supervisors will set up playing fields at game locations, check photos of all players and verify those players on the certified Team Roster Sheets. They will check the Coaches for Sideline Passes, supplying Score Cards to game Referees, and delivering the Score Cards to the PAL Office after each week's games.
- 11.02 Field Supervisors will not, under any circumstance, interpret any rules or receive complaints from coaches regarding the game or the referees' decision.

Rule 12.00 - Equipment

- 12.01** Required Equipment - The following items shall be worn by players in all divisions from the beginning of physical contact in practice sessions, and all games. Equipment shall meet the required safety standards (NOC-SAE):
- | | |
|--------------------------|-------------------|
| a. Helmet and Face Guard | f. Thigh Pads |
| b. Chin Straps | g. Knee Pads |
| c. Shoulder Pads | h. Jersey (Game) |
| d. Pants | i. Mouth Piece |
| e. Hip and Tail Pads | j. Protective Cup |
- 12.02** Altered equipment - PAL sponsored teams will not alter any playing equipment. This includes helmet painting, cutting jersey sleeves, football pants or pads. Head Coaches are financially liable for replacement cost if equipment is altered.
- 12.03** Cleats - Players should wear 1” grass cleats (hard plastic or rubber) when playing on *FieldTurf* fields. Cleats over 2” will not be allowed on the *FieldTurf* fields. There is no exception to this rule. Only hard plastic or rubber cleats are required when playing on natural turf.
- 12.04** Mouth Guards - Unless a written exemption is sought and obtained from the PAL Office, use of mouth guards is MANDATORY. Mouth guards not in mouth during game will result in a minor infraction in ALL DIVISIONS.
- 12.05** Face shields – players may wear face shields but they must be clear, no tinted shields will be allowed.
- 12.06** Game Balls - The PAL league will supply game balls. The following balls are acceptable for games and practice use in Denver PAL Youth Football League:
- Pee Wee Division - Wilson K2 (composite leather or leather)
 - Bantam Division - Wilson TDJ (composite leather or leather)
 - Intermediate and Senior Division - Wilson TDY (composite leather or leather)

Rule 13.00 - Fields

- 13.01** Permits - All fields used by PAL are in Denver City Parks. Permits are issued to Denver PAL for the use of each field. ***Do Not Abuse the Privilege.***
- 13.01.a** be considerate of other park users and the neighborhoods surrounding the parks.
- 13.01.b** be aware of field condition and if necessary relocate your practices to different areas of the fields so as to not to destroy the grass.
- 13.02** Pee Wee and Bantam Divisions
- a. 60 yards; goal line to goal line
 - b. 80 yards overall, including end zone
- 13.03** Intermediate Division
- a. 80/100 yards; goal-line-to-goal-line, 100/120 yards overall
 - b. 40/50/53 yards wide
- 13.04** Senior Division
- a. 100 yards goal line to goal line, 120 yards overall
 - b. 50/53 yards wide.

Rule 14.00 - Football Games Rules

- 14.01** The football rules shall consist of the **NFHS** (National Federation of State High School Associations) rules, which are used by **CHSSA** with the exception of special rules adapted by the **PAL league**.

- 14.02 Forfeits - Teams must appear on the field promptly, and any unnecessary or willful delay exceeding 15 minutes will result in forfeiture. The offended team will be awarded a win and a score of 7-0 will be recorded.
- 14.03 Pee Wee Division - 14 plays per quarter (all plays count towards total, except false start and encroachment penalties)
- 14.04 Bantam Division – 8-minute stop clock quarters
- 14.05 Intermediate Division – 10-minute stop clock quarters
- 14.06 Senior Division – 12-minute stop clock quarters
- 14.07 Clock - The clock will only be stopped for time outs, scores, extra points, injuries, out of bounds, dead ball penalties, incomplete passes and 1st downs.
- 14.08 Lopsided games - **There will be no Mercy Rule in the Bantam**, Intermediate and Senior Divisions. Once a team is 4 touchdowns ahead the game will continue in regulation play and the clock will continue to run and will only be stopped for time outs.
- 14.08.a **PAL will monitor Bantam games to make sure teams are not running up the score and are playing kids that normally don't get a lot of playing time. When a team is 4 touchdowns ahead of the other team then that is the score that will be recorded regardless of what scoring takes place after that.**
- 14.08.b **PAL Staff or Referees can modify the stop clock format at any time.**
- 14.09 Kickoff - Senior and Intermediate Divisions - The ball shall be placed on the kicking team's 30-yard line for kick off. On a kickoff that carries out of bounds, the receiving team shall have the option of taking the ball at the out of bounds spot, or on its own 30 yard line. On a touch back, the receiving team shall put the ball in play from their own 20-yard line. A touch back occurs when the kicked ball carries into the end zone, breaking the plane of the goal. **The ball cannot be run out of the end zone on any touch back kickoff.**
- 14.10 Kickoff - Pee Wee and Bantam Divisions - The ball shall be placed on the kicking team's 20-yard line for kickoff. On a kickoff that carries out of bounds, the receiving team shall have the option of taking the ball at the out of bounds spot, or on its own 20 yard line. On a touch back, the receiving team shall put the ball in play from their own 10-yard line. A touch back occurs when the kicked ball carries into the end zone, breaking the plane of the goal. **The ball cannot be run out of the end zone on any touch back kickoff.**
- 14.11 Free kick after safety - Following a safety, the team, which allowed the safety, shall free kick from there own 20-yard line.
- 14.12 Substitutions - Unlimited substitutions shall be allowed at any time except when the ball is in play.
- 14.13 Time in Huddle - Teams in the Pee Wee and Bantam Divisions will have 30 seconds to put the ball in play. The Intermediate and Senior teams will have 25 seconds to put the ball in play. Time count shall begin after the ball is spotted. Failure to put the ball in play in that time period will result in a minor infraction penalty. During any charged timeout, one coach per team will be allowed on the field in the huddle. Discussion with officials during these timeouts is to be discouraged.
- 14.14 Timeouts - Each team shall be allowed three (3) timeouts per half (all Divisions).
- 14.15 Number of Players - Unless 11 eligible players can be put on the field to start the game, the game is automatically forfeited. If, for any reason, a team falls below the 11-player

limit after the game begins, the game will be forfeited.

14.16 Scoring Values

- a. Touchdown - 6 points
- b. Point after Touchdown - 1 point for run; 2 points for forward pass.
- c. Safety - 2 points
- d. Forfeit - offended team wins 1-0.

14.17 Intermission/Half Time

- a. 2 minutes between quarters
- b. 10 minute half time
- c. Lineman crews must change direction at each quarter.

14.18 Center Sneak - No center sneak plays are allowed. **(Fumble Rooskie)**

14.19 Trick Plays - Trick plays are not allowed.

Rule 15.00 - Special Pee Wee Rules

15.01 Coaches on Field - Pee Wee coaches are not allowed on the field during live-ball play.

15.02 Last Play Rule - If the team that is behind scores a touchdown on the last play of the half or the last play of the game and ties the score or comes within 1 or 2 points of the other team they will be given the opportunity to run one more play (extra point conversion) to either win or tie the game.

15.03 4th Down Rule - On the fourth down, the offensive team has the option of a free kick. This means the offensive team can notify the referee that they choose to punt the ball on fourth down. When a free kick is selected, the defense is notified and cannot rush the punter.

15.03.a Punter can receive the snap from center, drop back and punt or receive a deep snap from the center and punt the ball. Punter must punt the ball; no fake punt can be run once the free kick option has been reported to the referee.

15.03.b If snap from center is fumbled, the referee will whistle the ball dead at the point of the fumble and the ball will be turned over to the defensive team for their first and ten. Fumble of snap in the end zone will be an automatic safety. If the free kick option is not taken, the offensive team can run any regular offensive play from scrimmage.

15.03.c The penalty for running or passing after declaring free kick will be 10 yards and loss of possession.

15.04 No Blitz Rule - The defensive team may not have more than 6 players on the defensive line of scrimmage or “in the box” on any play except on a 4th down declared punt and extra points. Blitzing is not allowed at any time.

15.05.a Any violation of the No Blitz Rule will result in a major infraction, which is a 10-yard penalty.

15.05 “The box” is defined as the line of scrimmage from tackle to tackle. Linebackers must remain 3 yards from the line of scrimmage until the ball is snapped.

15.06 Player Safety Rule (Pee Wee Division)

The purpose of the rule is to provide an alternative to an uneven game and to allow the game to continue as safely as possible while improving the skill level of both teams. When a team is ahead by 4 touchdowns or more, a time out will be called and at that point the Player Safety Rule will go into effect. The game will be recorded as a win for

the team that is ahead and a loss for the other team. The score of the game at the point the rule went into effect will be recorded as the official score. The remainder of the game can be modified depending on the circumstances such as weather, skill levels etc., as long as both coaches are in agreement and the PAL staff feels the safety of the players has not been compromised.

When modifications are not made then the ball will be placed at midfield and the losing team will keep advancing the ball until they have scored a touchdown. After 2 touchdowns have been scored by the losing team the losing team will kickoff to the opposing team and the game will return to regulation play. Once the Player Safety Rule has gone into effect all plays will count towards the play total until the game has been completed.

All coaches are advised to use sportsmanship and integrity when matching skill levels keeping in mind the game is for the kids and safety of the players is a priority.

The intent of this rule is to encourage a superior team to utilize all of its players and not run up a lopsided score against a weaker opponent. Losing team has the option to terminate game at halftime or at any time during the second half at the coach's discretion.

Rule 16.00 – Coach/Player Ejection or Suspension

- 16.01** Profanity - If any player or coach uses profane or obscene language, the officials shall warn him/her that a second offense will result in his **ejection** from the game. Upon the second offense, the coach or player shall immediately be removed from the game and not permitted to return.
- 16.02** Coach Ejection/Suspension - If a coach is ejected from a game for any reason (includes ejection as a spectator), it must be noted on the back of the Field Supervisor's game sheet that is turned into the PAL Office.
- 16.02.a** If the ejected coach refuses to leave the field in a timely fashion, the game will be a forfeit. During this suspension, the coach cannot be in uniform or on the sideline with his/her team at the scheduled suspended game. Should this occur, that particular game would also be recorded as a forfeit. This rule will also apply to the post-season play.
- 16.02.b** Coaches, who are ejected by an official during a scheduled PAL league game, will remain suspended until the PAL office receives a written explanation of their actions. The PAL office will review the ejection and the facts surrounding the ejection. The written letter to the PAL office will be part of the appeal process. The penalty for the ejection could include one or more of the following; an oral reprimand, written reprimand, \$25-\$50 fine, suspension (one game or more) to a dismissal from coaching in the PAL league. The suspended coach **must** turn in his/her sideline pass at the time of the ejection to the Field Supervisor. This rule will also apply to post-season play and ejection as a spectator.
- 16.02.c** In a situation where a coach becomes **ejected twice in the same (football) season** or was ejected during the baseball season, the coach will be

suspended from PAL for one to three years, at the discretion of the PAL Director. The coach may reapply at that time and the PAL staff will review his application.

- 16.03** Player Ejection/Suspension - If a player is ejected from a game for any reason, it will be noted on a copy of the Field Coordinator's game sheet that is turned into the PAL Office. The ejected player will then be suspended from participating in the next scheduled game, including any post-season games. During this suspension, the player cannot be in uniform or on the sideline with his/her team at the scheduled suspended game. A forfeit would also be recorded should this occur that particular game. This rule will also apply to the post-season. The suspended player must submit a written Letter of Apology for his/her actions to the PAL office, if not turned in the player will remain on suspended status. The ejected player will remain suspended from play until the Letter of Apology is received at the PAL office and meets all criteria set in the guidelines.

Guidelines for PAL **Letters of Apology** for ejected players

- Reasons for being suspended from a game:
 - ⇒ Disrespectful to players, coaches, parents, umpires, referees, or other P.A.L. personnel
 - ⇒ Unsportsmanship like conduct
 - ⇒ Angry or otherwise out-of-control behavior (i.e. bad temper, foul language, punching, kicking, throwing of equipment, etc.)
- Guidelines that **must** be followed for the apology letter:
 - ⇒ The apology letter **must** be at least one page long.
 - ⇒ The letter can be hand written or typed.
 - If it is typed, it needs to be 12-point font and double-spaced.
 - If it is hand-written, it needs to be legible.
 - ⇒ There needs to be **at least three paragraphs**.
 - Each paragraph needs to be **four** to **six** sentences long.
 - ⇒ **The entire letter needs to cover each point and answer every question that is included in the directions.**
 - ⇒ In the **first paragraph** you need to **answer each question** below:
 - What is your name?
 - What team are you on?
 - How old are you?
 - Why did you get suspended from your game?
 - What do you think you did wrong?
 - Why did you do what you did?
 - What could you have done different?
 - ⇒ In the **second paragraph** you need to **answer each**

question below:

- Why do you think P.A.L. requires players and coaches to write letters of apology before they can participate in any more games?
- Why is it important to recognize your mistakes?
- Why is it important to learn from your mistakes?
- What have you learned about yourself since you got suspended from your last P.A.L. game?
- What is the definition of consequence?
- What was the consequence of your actions?

⇒ In the **third paragraph** you need to follow the directions below:

- *Write a about **one** of the research topics listed below)*

• Research topics:

- ⇒ What is the definition of sportsmanship? Give examples of sportsmanship conduct.
- ⇒ Give an example of a professional athlete who is a good role model for young athletes such as yourself. Why? Give examples.
- ⇒ Research the dangers and risks involved in losing control of one's temper. Give examples.
- ⇒ What is the definition of respect? Give at least three examples of respectful behavior. Why is important to be respectful to people?
- ⇒ Research a story or find an example of someone who has an anger problem (i.e. gets in fights a lot, yells a lot, punches and kicks things, is angry a lot). This can be a personal story, a made up story or one you have researched. If it is a personal story, do not use any real names. After you have described the story in a few sentences, explain the consequences of this person's actions and why it is important to control one's temper.
- ⇒ Give an example of an athlete being disrespectful to his coach. Next explain how the athlete could have been respectful or handled the situation differently.
- ⇒ What is the definition of anger? Give an example of someone losing his or her temper. Next, give example of how this person can control his anger.

16.03.a Should a player be ejected for a **second time** in a season, he/she will not be allowed to finish the season.

16.03.b Any player that gives gang signs during a game, practice or during photos will be suspended for one game. If this happens for a second time, he/she will

not be allowed to finish the season.

Rule 17.00 - Protests

- 17.01** Protests will be considered for the following reasons only:
17.01.a a violation of player eligibility (age, weight or illegal transfer).
17.01.b a misinterpretation of a written football or league rule by a game official.
- 17.02** Managers and coaches will be responsible for violations of eligibility by member players of their organization.
- 17.03** A club desiring to protest a suspected ineligibility of a player or file a protest on a referee's call must submit paperwork to the PAL league office by noon the next business day along with a **non-refundable** \$50.00 protest fee.
- 17.04** No protest of official judgment calls will be reviewed. Any complaints of game officials must be submitted in writing to the PAL office in order to be passed on to the head official.
17.04.a a **\$50 non-refundable compliant fee of game officials must be submitted with written compliant.**
- 17.05** The \$50 **non-refundable** fee must accompany each protest of player eligibility. Any club found in violation of the eligibility rules will be fined \$50 for each player found to be ineligible. That entire organization will then not be allowed to participate in League play until the fee is paid.
- 17.06** Eligibility - Second violation of the Eligibility Rule could cause the entire club, (all Divisions) to be suspended from the league and the season terminated. The protest fee will be retained by the League will be placed in the scholarship fund.
- 17.07** Ruling on protest will be issued prior to the next League game and rulings of the PAL Office are final.

Rule 18.00 - Spectator Control

- 18.01** All spectators are required to stand in the designated area for their team and away from the team area. Spectators are not allowed to stand in the opposing teams designated area or be on the field. Each club has the responsibility for maintaining control and order of their respective spectators at each game.
- 18.02** Spectators must remain behind the rope/painted-line at each field, which is approximately 5-7 yards back from the immediate side- line.
- 18.03** **The Valverde Park facility will be enclosed with a fence. Only coaches and teams will be allowed inside the fenced area. Any spectator that climbs the fence to get field access will be ejected from the field and may be banned from further PAL activities.**
- 18.04** Profanity or abusive language will not be tolerated.
- 18.05** Berating of game officials may result in the offending club being penalized and a possible forfeit of the game.
- 18.06** If fan(s) are penalized they must leave the field and permitted area.

Rule 19.00 - Alcoholic Beverages

- 19.01** **No type of alcoholic beverages or their containers will be permitted on or near PAL football games (in the area of the park permitted by the League).**
- 19.02** Officials and Field Supervisors are instructed to stop any and all games where drinking of these beverages occurs until they are removed from the area.
- 19.03** Management of each club is responsible for distributing information to parents and

spectators concerning the use of alcohol.

Rule 20.00 - Cancellations and Unplayable Field Conditions

- 20.01** Under the direction of Denver Parks and Recreation, when weather conditions, i.e. snow or standing water, are a factor on playing fields for scheduled games, the PAL information line will have a recorded message regarding game cancellations for that particular day. This information will be available by **8:00 a.m.** the day of the scheduled games and can be obtained by calling **303.937.3668**.
- 20.01.a** PAL asks that only one representative per team call the weather line so other teams get the information.
- 20.02** Game field cancellation information will also be posted on the denverpal.com web site.
- 20.03** If no cancellation notifications or instructions are on the recorder, all games are scheduled for play.

Rule 21.00 - Overtime Procedure

- 21.01** Each team will start with the ball on the 10-yard line and will have four plays to score. If neither team scores, the winner will then be determined by the amount of yardage obtained during that four down series.
- 21.01.a** The PAL staff has the option of placing the ball at midfield instead of the 10-yard line. In this instance the goal line would be 10 yards from midfield.
- 21.02** The coin toss will be conducted at the center of the field where the visiting-teams captain shall be given the privilege of calling the coin. The winner of the toss shall be given his choice of defense or offense. Each team will receive an additional time out during the overtime period.
- 21.03** If the defensive team gains possession, the ball becomes dead immediately and the offensive team's series of downs is ended.
- 21.04** The same end of the field will be used for possessions by both teams during the two sets of downs to ensure equal game conditions and conserve time. This applies if the ball is placed on the 10-yard line.
- 21.05** The team that gets the second possession must run at least one play and gain enough yardage to clearly be the winner by deepest penetration. Once that has occurred they may declare to the referee that they will be taking a knee for the remainder of their downs. The game will be over at that point.
- 21.05.a** The team taking a knee must clearly gain enough yardage that by taking a knee they will have enough yardage to win.
- 21.06** Playoff games – Each team will get 2 possessions and if there is no clear winner by score after each possession then each team will get a 3rd possession and if there is no clear winner by score then the winner will be determined by deepest penetration (yardage gained on that possession)
- Super Bowl – Play will continue until there is a clear winner by score. Yardage will not be used to determine the winner
- 21.07** Each team will get an equal amount of possessions before the game is considered over.
- 21.08** The PAL staff does have the authority to alter the procedures in Rule 21.00 if they deem it necessary.

Rule 22.00 - Manager/Head Coach Website

- 22.01 The Manager/Head Coach will be responsible for reading the weekly newsletter on the PAL Manager and Coaches website (denverpal.com) and passing the updated information on to coaches, players, parents and spectators.
- 22.02 The Manager/Head Coach may delegate this responsibility to another coach or team mom, but is still responsible that the updated information is passed on.
- 22.03 In the case of revised schedules, if a team is late or not at a game it will be a forfeit.

Rule 23.00 - No Recruiting

- 23.01 No recruiting from one team to another is permitted. The PAL office will investigate reported violations.
- 23.02 Violations will be dealt with in the same manner as a coach ejection/suspension.

Rule 24.00 - Coach Information, Application and Background

- 24.01 All coaches must have current information and application on file at the PAL office. This information must be kept updated with any changes.
- 24.02 All coaches must be fingerprinted for a background check at their own expense.
- 24.03 The cost of the background check is \$32.50 and must be paid to the PAL office.

Rule 25.00 - Probation and Parole

- 25.01 Those coaches that are on probation or parole must provide a letter from their probation or parole officer that they have permission to be with the players.
- 25.02 This letter must be provided before the first scheduled game.

Rule 26.00 - Mandatory Play Rule

- 26.01 This rule allows all players an opportunity to participate in a game. All players must play a minimum amount of plays every game, which will vary with each age group.
- 26.02 It is the team's responsibility to designate a coach or parent to keep track of which players on their team need to get into the game and will bring it to the attention of the head coach at the end of each quarter.
- 26.03 It will be the team's responsibility to monitor the opposing team and document any violations.
- 26.04 If a team is reported to be in violation of this rule, PAL staff will monitor the next game and if found to be in violation the head coach will be suspended in accordance to **Rule 16.00** of the PAL Football Rulebook.
- 26.05 An affirmative defense for coaches will be a player who violates team rules i.e., unexcused absences from practice, team discipline problems, bad grades, trouble with the law, parent restrictions, player injury or illness, player ejection, etc.
 - 23.05.a however coaches must be able to justify team rule violations with documentation submitted to the PAL office.
- 26.06 **Minimum play requirements:**
 - Pee Wee: 10 plays per game
 - Bantam: 8 plays per game
 - Intermediate: 6 plays per game
 - Senior: 6 plays per game

26.07 The head coach must identify any player not playing in the game in accordance with **26.05** to the opposing head coach and must submit documentation to the PAL field supervisor before the game starts.

Rule 27.00 - Tie Breaker Formula for Playoffs/Seeding

27.01 If two or more teams are tied for remaining playoff spot(s), the following procedure will be followed to determine which team(s) qualifies for playoffs:

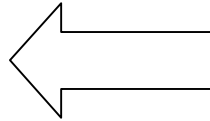
1. Win/Loss record
2. Head-to-head results. Head-to-head results are only applicable if all teams vying for final spot have played each other. This is self-explanatory.
3. **PAL Power Rating**. If teams have not played head-to-head, **PAL Power Rating (PPR)** will be used to determine playoff eligibility. **PPR** is determined by comparing the victory total of the teams beaten by the teams tied for playoff spot. **Game scores are no factor whatsoever.** Total wins of teams defeated are then divided by total number of games won to come up with **PPR**. After eligibility is determined, head-to-head play will be used to seed teams in playoffs with identical records, with **PPR** being used if necessary. Head-to-head results will also be used before **PPR** if tied teams remain after determining a single playoff spot by **PPR**.
4. If a tie is still in place after **PPR** is determined, a coin toss will be conducted at the PAL office the Monday following final games of the season. Only team manager or a PAL approved representative may be present at the coin toss. If a team is not represented at the designated time of the coin toss the coin toss win will go to the team that is present and represented.

Sample of PAL Power Rating (PPR)

American Conference

	W	L
Disciples	6	1

Pirates	6	1
Team A	5	2
Team B	5	2
Team C	5	2
PAL Redskins Red	3	4
PAL Hawks Blue	1	6
PAL Chargers	1	6
PAL Jaguars	0	7



Tied teams

National Conference

	W	L
PAL Falcons	7	0
Blackhawks	6	1
Prince Hall	5	2
PAL Cardinals Gray	4	3
PAL Hawks Gold	3	4
PAL Redskins Gold	2	5
GV Giants Black	2	5
PAL Mustangs	2	5
ND Broncos	0	7

Team A Victories

Team B Victories

Team C Victories

Opponent	Wins	Opponent	Wins	Opponent	Wins
Redskins Red	3	Chargers	1	Cardinals Black	5
Cardinals Gray	4	Redskins Red	3	ND Broncos	0
Chargers	1	Hawks Blue	1	Hawks Blue	1
Jaguars	0	Titans	5	Redskins Red	3
Hawks Blue	1	Disciples	6	Jaguars	0
Total:	9		16		9
Games:	5		5		5

PPR 1.8 PPR 3.2 PPR 1.8

Rule 28.00 - RULES NOT COVERED

28.01 Any rules not covered herein fall under Official Football rules of **CHSAA** (Colorado High School Athletic Association) or **NFHS** (National Federation of State High School Associations).

PAL SAYS NO TO DRUGS!

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***FOOTBALL QUICK REFERENCE SHEET
2009 SEASON***

DIVISION/AGE	PEE WEE 7-8	BANTAM 9-10	INTER. 11-12	SENIOR 13-14
PLAYS PER QUARTER	14	N/A	N/A	N/A
MINUTES PER QUARTER	N/A	8	10	10
MINIMUM PLAYS PER GAME	10	8	6	6
COACHES ALLOWED ON FIELD	NO	NO	NO	NO
KICKOFF	20 YD.	20 YD.	30 YD.	30 YD.
FREE KICK	20 YD.	20 YD.	20 YD.	20 YD.
PATCH PLAYERS	NO	NO	>150 LBS	NO
FIELD (GOAL LINE TO GOAL LINE)	60 YDS.	60 YDS.	80 YDS.	100 YDS.
TIMEOUTS PER HALF	3	3	3	3
MINOR INFRACTIONS	5 YDS.	5 YDS.	5 YDS.	5 YDS.
MAJOR INFRACTIONS	10 YDS.	10 YDS.	10 YDS.	15 YDS.
HALF TIME	10 MIN	10 MIN	10 MIN	10 MIN

- ✓ **All plays for Pee Wee Division count towards total, except false start and encroachment penalties.**
- ✓ **Scoring Values:** Touchdown-6pts.
 Point after Touchdown-1pt.for run
 2pts.for forward pass
 Safety-2pts
 Forfeit-offended team 7-0

- ✓ Jersey # must remain same during season.
- ✓ Rules not covered in the PAL Rulebook will fall under CHSAA rules.
- ✓ **PAL Information line 303.637.3668.**
- ✓ **Weekly standings and scores website: denverpal.com**