

***SUFFOLK COUNTY
POLICE ATHLETIC LEAGUE
JUNIOR FOOTBALL LEAGUE***

RULES & PROCEDURES

OUR GREATEST RESOURCES - OUR YOUTH

**SUFFOLK COUNTY P.A.L. JUNIOR FOOTBALL RULES
TABLE OF CONTENTS**

TABLE OF CONTENTS		PAGE
SECTION 1	SCOPE	2
SECTION 2	ELIGIBILITY	2
SECTION 3	DETERMINATION OF AGE	2
SECTION 4	GENERAL RULES	2
SECTION 5	DIVISIONS	3
SECTION 6	GROWTH WEIGHT	4
SECTION 7	TEAM AND LEAGUE MAKE-UP	4
SECTION 8	EQUIPMENT	5
SECTION 9	PLAY OF THE GAME / BALL SIZES	5
SECTION 10	PLAYING FIELD	6
SECTION 11	SCORING VALUES / OFFICIAL TIME	6
SECTION 12	OFFICIALS	7
SECTION 13	MISCELLANEOUS RULES	7
SECTION 14	ADDITIONAL RULES	8
SECTION 15	POLICIES	8
SECTION 16	18 POINT RULE	9
SECTION 17	7& 8 YEAR OLD RULES	10,11

SECTION 1: SCOPE

1.01 - These rules are intended to govern all football activities in the Suffolk County Police Athletic League football program.

1.02 - The general objective of P.A.L. Junior Football is to inspire youth, regardless of race, creed, or national origin and to practice the ideals of sportsmanship, physical fitness and scholarship. The specific objectives of the program are to familiarize all participants with the fundamentals of football, to provide an opportunity to play the game in a supervised, organized and safety-oriented manner and to keep the welfare of participants free of any adult ambition and personal glory

SECTION 2: ELIGIBILITY

2.01 - All participants must be a member of the Suffolk County Police Athletic League. This includes females who participate as cheerleaders.

SECTION 3: DETERMINATION OF AGE

3.01 - Ages will be verified by birth certificates (or passports) as received in official extract from the state in which the player was born. This extract must bear the imprint of the official state seal. No Xerox copies will be accepted.

3.02 - From time to time, a player or his parents will state that they are unable to secure proof of date of birth from the state in which the player was born. In such cases, the police officer director may establish alternative criteria to determine the age of such player. These criteria must also include examination of the official notice from the state in which birth is claimed to the effect that there is no record of birth date on file. Ages will be verified through the following manner.

- (a) School record as to the date of birth parents gave when enrolling their child in the first grade. (Most schools will cooperate with the league once the reasons for age check are explained).
- (b) Baptismal certificates are considered reliable proof of date of birth. No Xerox copies.
- (c) Previous year official certification card is acceptable
- (d) Family recorded documentation is not acceptable.

SECTION 4: GENERAL RULES

4.1 - The home team is responsible for providing a satisfactory game ball. (Suffolk County PAL Ball).

4.2 - The home team is responsible for providing a Game Site Supervisor. The supervisor must be non-partisan and is an extension of the PAL/Officiating staff.

Responsibilities: Seek out and introduce themselves to the officiating crew. Seek out and coordinate visiting teams upon their arrival. Coordinate weigh-ins 45 minutes prior to the scheduled game time. Maintain crowd control. Be in possession of a Med Kit – Federation Rule Book – PAL Rule Book – PAL Weigh in Chart.

SECTION 5: DIVISIONS

5.01 - Captains Division

(a) 13 years old. If not 14 by November 15 of the current year, he/she may play.

5.02 - Lieutenants Division

(a) 12 years old. If not 13 by November 15 of the current year, he/she may play.

5.03 - Sergeants Division

(a) 11 years old. If not 12 by November 15 of the current year, he/she may play.

5.04 - Rookie Division

(a) 10 years old. If not 11 by November 15 of the current year, he/she may play.

5.05 - Cadet Division

(a) 9 years old. If not 10 by November 15 of the current year, he/she may play.

5.06 - Commissioners Division

(a) 7&8 years old. If not 9 by November 15 of the current year, he/she may play.

(b) 8 years old. (Pure 8) If not 9 by November 15 of the current year, he/she may play.

(c) 7 years old. (Pure 7) If not 8 on or before November 15 of the current year, he/she may play.

(d) 6 years old - Not allowed – Players must be 7 on or before November 15 of the current year.

Note: No player shall move up more than one division from his/her age limit.

Player movement is based on the player's inability to make weight at his/her division based on age. Players, who make weight in their own division, are not permitted to play up.

Ex: A true 9 year old cannot play with the 11 year olds.

Ex: A true 7 year old must play in the commissioners division

Note: full weigh-in equipment constitutes all equipment, except helmet that a player needs in order to participate in a football game. Players will be weighed-in before start of each game and all equipment to be worn in the game must be worn at the time of the weigh-in. Including non required equipment.

Ex: sweatshirts, elbow pads, hand pads, under armor, flack jackets, legal braces or anything not noted.

Weigh-ins shall not interfere with start of game time.

Coaches are responsible for insuring that their players are properly equipped. Should a player change or add equipment after the weigh in, the head coach is responsible and will be suspended.

SECTION 6: PLAYING WEIGHTS

The decision, as to which division a player is registered, lies strictly with the individual organization.

Weigh Ins:

Weigh Ins are required *45 minutes prior* to the scheduled game time. Scales should be located away from concession stands and spectator stands. **NO ONE** other than the **ONE** appointed coach from each team; the Game Supervisor or PAL representative shall be present at the scale. An appointed coach, Game Supervisor or PAL Representative **MUST weigh in late arriving players upon their arrival at any time.**

FIVE (5) Heavy players MUST be declared prior to the weigh in.

Those 5 heavy players are declared and must weigh in first.

If a heavy player is late they may be weighed in at the time of their arrival.

There will be no weighing in players prior to the official weigh in.

There will be no re-weighing of players if they do not make weight.

There will be no making deals at the scales.

Players must be weighed in with all legal equipment excluding the helmet.

There is no exchanging or changing of equipment.

The ONE declared Super Heavy – Counts toward the maximum 5 heavy weights.

AGE GROUP	7&8	9	10	11	12	13
REGULAR WEIGHT	106	116	126	136	151	171
HEAVY WEIGHT	111	121	131	141	156	176
SUPER HEAVY		126	136	146	161	176

****** SUPER HEAVY MUST PLAY UP ONE YEAR TO QUALIFY FOR SUPER HEAVY WEIGHT STATUS******

SECTION 7: TEAM AND LEAGUE MAKE-UP

7.01 – Team rosters shall start the season with no less than 17 players and no more than 35 players.

7.02 - No player shall be added to the official roster without the approval of the P.A.L. Board of Directors.

7.03 - Official team rosters for each team in each division shall be submitted to the P.A.L. on the day of the first registration.

Note: Names may be added or deleted from the official roster prior to the last registration or photo day.

7.04 - All official rosters must be typed on official roster forms provided by P.A.L.

7.05 - No player may participate in more than (1) division or on more than (1) team. Players name may not appear on more than one official roster.

7.06 - Any player registered after January 1st of the current year with a PAL member organization must play for that organization, unless released by that member organization.

7.07 - All member coaches must attend a P.A.L. clinic.

7.08 - The Suffolk County P.A.L. Junior Football League is a Saturday and Sunday league. If a game is scheduled for Saturday or Sunday, that game must be played. Games will be scheduled at any time during the mid-week as needed. Teams are required to play at their designated times.

7.09 - No P.A.L. team shall play within 48 hours of another P.A.L. game

7.10 - Suffolk County P.A.L. Board of Directors has the right to schedule games as needed.

7.11 – No member organization shall actively recruit players for the purposes of building it ranks or for the purpose of building “super teams”. No organization may accept more than two applications from players from another PAL organization without the expressed approval of the PAL Board. Any actions by an organization, its governing members or its coaches to promote this type of activity, will result in actions taken by the PAL Board up to and including suspensions and expulsions from the league. Any player(s) signing with a competing organization must receive a written release from the player’s primary organization, prior to registering with a competing organization.

SECTION 8: EQUIPMENT

8.01 - All players must be properly equipped with regulation football equipment according to the NFHS Rule Book (Federation). The following safety equipment must be used: mouthpiece, athletic supporter with protective cup and face guard. No metal or replacement football cleats will be permitted (molded cleats only) ref. Rule 1, Section 5 NFSHA Rule Book.

8.02 - A time clock or stopwatch will be used by the game officials in timing each game.

SECTION 9: PLAY OF THE GAME / BALL SIZE

9.01 - National Federation of State High School Association Rule Book will govern all play except as otherwise provided in these rules.

9.02 - Prior to playing the game, each team will be given a roster ID photo, which will be inspected by the opposing coach teams for the weigh-in. Coaches will discuss the PAL 18 Point rules with officials and starting team line-ups will be exchanged at this time, in accordance with the 18-point rule. It will be the responsibility of the home team to see that enough time is allotted so that the starting time of the game is not affected.

9.03 - If one team fails to appear 30 minutes after the starting time of the game, the team present will win by forfeit.

9.04 - If a player does not pass the weight limit at the time of weigh-in he will be ineligible to play in the game. He shall remove his shoulder pads and turn his jersey inside out.

9.05 - There shall be four 10 minutes quarters allowed for playing time.

9.07 - Ball Types & Sizes

<u>AGES</u>	<u>WILSON</u>
7, 8, 9, 10	K2
11, 12	TDJ
13	TDY

PLAYING TIME - Minimum playing times were established by the PAL League in 2005

- 7,8 and 9 Year Olds – 8 Plays Minimum
- 10 and 11 Year Olds – 10 Plays Minimum
- 12 and 13 Year Olds – 12 Plays Minimum

SECTION 10: PLAYING FIELD

10.01 - The home team is responsible for the preparation of the playing field and all required accessories for the game. Fields MUST be lined according to the NFHS rulebook.

10.02 - The 100 x 53 1/3-yard playing field is authorized for all divisions of play.

10.03 - All fields shall be equipped and marked according to High School standards. Lime and other caustics shall not be used.

10.04 - The bench area is reserved for players and coaches only. The chain crew will operate on the Home Team side of the field. The general vicinity of the playing field will be clear except for the presence of law enforcement, ambulance, or league members designated to enforce the above rule.

10.05 - Board approval is required to change the size of the field.

10.06 - All fields must have at least one goal post.

10.07 - Area around team boxes shall be roped off, fenced off or conspicuously marked to keep spectators back.

NOTE: The PAL Board strongly recommends that all goal posts be padded for the protection of all participants.

SECTION 11: SCORING VALUES / OFFICIAL TIME

11.1 - Touchdown - 6 points

11.2 - Point after touchdown – ALL DIVISIONS

Ball placed at 3-yard line - 1 point for run or pass, 2 points for kick

11.3 - Safety (awarded to opponent) - 2 points

11.4 - Field goal - 3 points

11.5 - Forfeit - 1 point

11.6 - Playing time for 9 year old division and up shall be 4/ 10 minute quarters

No overtime shall be played unless directed by the PAL Board.

SECTION 12: SCHEDULING

The League schedule shall be set and determined by the league. Games are to be played at there designated times. Failure to play games at their scheduled times shall be ruled a forfeit against the offending team. A loss shall be imposed for the offending team and that organization shall forfeit their league bond.

Rainouts and rescheduled games shall be played at a time that is designated by the league.

SECTION 13: OFFICIALS

12.1 - The PAL will make every attempt to arrange for the presence of two qualified officials at each scheduled game. Both coaches shall meet with the officials before the game to discuss modified rules.

12.2 - Payment of officials shall be the responsibility of the home team unless otherwise directed by the PAL Board. Officials are to be paid in a timely manner prior to the last game of the day. Making an official wait for payment at the conclusion of the day is not acceptable.

12.3 - All officials will be provided with a copy of the PAL rules.

12.4 - Once the football game has started, the game is in the hands of the officials.

SECTION 14: MISCELLANEOUS RULES

13.1 - Conflicting Jerseys (colors): It is the responsibility of the home team to check with their opponents to see that their jersey colors do not conflict with the visiting team. The home team will change to a non-conflicting color. Vests can be used as non-conflicting colored jerseys.

13.2 - Night Games: PAL is a Saturday & Sunday league.

All teams shall be available to play on these days as scheduled.

Note: No PAL Team shall play a game within 48 hours of a previous game.

13.3 - Yard Markers & Down Crew: The home team shall furnish an adult chain crew; they shall meet with the officials 10 minutes before the game. They will work on the home side of the field.

13.4 - Bench Area: The bench area will be the area between the 35-yard lines. This area will be plainly marked and preferably roped or fenced off so that it is separated from spectators.

NOTE: No player or coach shall proceed beyond the 35-yard lines while the game is being played.

13.5 - Cancellation of a game: Every effort shall be made to play the game. There are circumstances that may prevent the playing of a game. Bad weather, unsafe field conditions or some other condition may arise that forces the home team or league officials to cancel a game.

The home organization shall notify the PAL Board, the visiting team and the officials at least 2 hours before game time. The start of the game may be delayed by agreement of the two teams & the officials if it will not interfere with the start of another game.

13.6 - Half Time: Half time shall be no longer than 10 minutes.

13.7 - Make-up Games: The league will reschedule all make up games. The league will make every effort to reschedule games to be made up the following week. If the home team does not have lights, the PAL shall provide a field. A 48-hour rule shall be in effect at all times.

Teams playing in the league must make themselves available to play at the times determined by the league. Failure to do so will result in a forfeit.

SECTION 15. ADITONAL RULES

14.1 - There shall be an official time-out of at least 1 minute between the first & second and the third & forth quarter, at which 1 coach will be permitted on the field.

14.2 – ONLY ONE coach is permitted on the field during charged time outs.

14.3 - The ball shall be placed at the thirty-five yard line at the beginning of the game, 2nd half and after every score. The ball shall be placed at midfield after a safety.

14.4 – ONLY molded rubber cleats are permitted. Screw in/detachable, nylon and steel tip cleats are NOT permitted.

14.5 - The officials shall direct positioning of down marker & chains.

14.7 - Any organization with more than one team in a division, one of these teams shall be considered for placement in Division 1 at the discretion of the PAL Board. Organizations are responsible for dividing their teams as necessary to compete at that level.

14.8 - Cadet Division - 9 yr olds shall have 1 coach on the field during play for the first 5 games. Division 1 coaches shall not be permitted at any time.

14.9 - All home teams shall place a weight chart provided by the PAL at the weigh-in scale.

14.10 – PUNTS - ALL punts shall be a dead snap and dead kick – MUST BE DECLARED.

- There will be NO rush - NO Fakes
- Balanced lines for both Offense and Defense. Defense must use a 6-2-3 or 6-3-2.
- ALL Linemen – 2 point stance
- Neither team may cross the line of scrimmage until the ball is kicked
- No player may block until the ball is kicked
- The ball becomes alive when kicked. This is a live return. Any muff or fumble is a live ball

14.11 - COACHING – Federation Rules

ONLY the Head Coach may consult with or speak to the referees. ALL ASSISTANT COACHES are subject to this rule and an Unsportsmanlike Penalty will be enforced. In addition, this penalty is also assessed to the offending Head Coach. Two such penalties will result in his ejection from the game.

Any ejected coach or spectator must leave the area of the field immediately and must be out of sight and sound of the playing field. The head coach IS RESPONSIBLE for the actions of his team - players, staff and fans.

Suspended coaches and spectators are not permitted to attend games when serving a suspension. Failure to comply with these items will result in further league disciplinary action.

SECTION 16. POLICIES

15.1 - It will be the policy of this PAL Football League; in the event that one organization becomes so large (enrollment) the other teams are unable to compete on the football field, A vote of the PAL Board of Directors will determine if those organizations should field additional teams in the division that they are superior in.

15.2 – Teams shall be placed in divisions according to record and power ratings. Any organization that maintains more than one team in the same age division, must select their teams so that one team is prepared to field a team in Division 1.

SECTION 17. EIGHTEEN POINT RULE

- (a) Before the game each coach shall present the officials with the numbers of their starting backfield. These players must start the game and remain in the game for the entire first series (except for injuries). The series ends when the opposing team acquires the ball, ex: turnover, score or failure to reach the line to gain. Violation of this rule will result in illegal participation penalty and the team shall be assessed a fifteen yard penalty and loss of down, If found to be intentional; a 1 game suspension will be assessed.
- (b) The Rule goes into effect any time the score differential reaches 18 points. The extra point try is considered a continuation play and part of the touchdown.
- (c) Upon reaching an 18-point lead, but after the extra point, the team ahead must replace its starting backfield, including quarterback.
On teams of 15 or more players, these players must leave the game on offense. (Clear the bench)
On teams of 14 or less they must play offensive line (tackle to tackle). Under no circumstances will they be permitted to carry the ball.
- (d) The team ahead on defense shall switch to a 6-2-3 defense, two linebackers shall drop back 5 yards off the ball, and three safeties shall line up 5-yards behind the linebackers. They may line up anywhere across the field as long as they stay in a 6-2-3.
- (e) ***Defensive ends are to line up 7 yards outside the offensive tackles.***
- (f) No blitzing will be permitted. Blitzing shall be defined as ANY defensive player moving forward before the ball is snapped or positioning themselves closer to the ball than permitted by rule. 1st violation is a warning and replay of down if necessary. After that, a 5-yard penalty will be assessed plus an automatic first down.
- (g) There will be no mandatory substitutions on defense.
- (h) Team down by 18 Points - At Half Time the losing team gets the choice to start the second half regardless of which team won the coin toss.
- (i) As soon as the scoring differential is under 18, the defense may resume playing their normal defense.

The PAL Board recommends that when a team is ahead by 18 or more they run the ball up the middle as much as possible, also no passing.

Any coach found to be intentionally running up the score will be suspended and their organization fined along with loss of bond.

16.1 - 24 Point Rule:

After a 24-point margin has been reached, the following basic rules shall be enforced.

- After a 24-point margin has been reached, the game clock will become a RUNNING CLOCK. This includes Time Outs.
-

7/8-YEAR OLD RULES

SECTION 17. COMMISSIONERS 7&8-YEAR-OLD RULES

17.1 - General league will play under High School Rules & PAL Junior Football League Rules with the exceptions herein.

(a) Official game ball--Wilson K2

(b) Official time-- (4) twelve-minute quarters running clock from 1st snap of quarter.

Clock will stop only for charged time-outs (3 per half - per team)

(c) Prior to the game coaches will meet with officials to discuss modified rules

17.2 – On Field Coaches

Only 1 coach on offense & defense may be on the field, during play, for the entire season.

These coaches become spectators once the Offensive team breaks their huddle. They shall stand a minimum of 10 yards behind the players. Coaches are permitted to place players who are out of position for the purpose of avoiding a penalty, prior to the snap. However, calling signals or directing players prior to or during play is forbidden. Cheering is encouraged.

Note: If this rule is violated a warning will be assessed. Each occurrence thereafter will be a 5-yard penalty and replay of down (defensive) or loss of down (offensive).

17.3 - Offense: Linemen

(a) All offensive linemen (tackle to tackle) shall be in a three or four point stance and make full, forward contact with the player in front of him.

(b) No lineman is permitted to pull, including the snapper.

(c) Double teaming or down blocking are not permitted.

(d) There shall be no unbalanced line.

(e) Blocking below the waist is **not permitted at any time** in the commissioners division, including the free blocking zone.

17.4 - Offense: Backs & Ends

(a) Running Backs & Ends cannot line up more than 1 yard outside of the tackles.

(b) ***Snap counts are to go on ONE***, i.e.: Down, Set, Go **or** Hut is permitted. Going on two, three, etc., will result in a 5-yard Illegal Procedure call. There are no warnings for this penalty.

(c) Only **one** handoff is permitted in this division.

(d) No quarterback sneaks. The Q.B. may not carry the ball between the guards including a broken play.

Note: Any violation of rule in section 17.3 & 17.4 shall first be a warning, then a five-yard penalty, plus loss of down for each thereafter.

17.5 - Defense: Alignment

(a) Defensive alignment at the beginning of the season shall be a 6-3-2-

Six linemen on the line of scrimmage,

Three linebackers 5 yards off the ball,

Two safeties 10-yards off the ball.

At week 6 teams may run a 6-3-2 or 6-2-3 defense.

17.6 - Defense: Linemen & Ends

- (a) Defensive linemen (guards & tackles) must be in a three or four point stance and must line up directly over the man in front of him (nose to nose). He cannot line up in the gap.
- (b) He must move directly forward at the snap and make direct contact with his opponent. (nose to nose) He cannot shoot the gaps or pull.
- (c) No player may crash in on the center. The purpose of this rule is to insure the exchange between the Q.B. and the snapper.
- (d) Defensive ends must line up on the line of scrimmage but no wider than 2 yards outside of the offensive tackle. They do not have to make contact with any offensive player.

17.7 - Defense: Linebackers & safeties

- (a) Linebackers must line up at least 5 yards beyond the ball.
- (b) Safeties must line up at least 5 yards behind the linebackers.
- (c) They all may lineup anywhere across the field.
- (d) No blitzing is allowed. Blitzing is defined as moving forward before or during the snap. All players may move forward after the snap of the ball.

Note: Any violation of rule 17.5, 17.6 or 17.7 shall be first a warning. Then a 5-yard penalty shall be assessed, plus automatic first down for each thereafter.

17.8 - Special Teams: Dead snap – Dead Kick – NO Rush - NO Fakes

Scrimmage Kicks (PUNTS): All punts are a dead snap and dead kick and **MUST BE DECLARED**.

- The center must snap the ball to the kicker.
- The ball is never alive.
- The ball is downed when the receiver touches the ball or the ball comes to rest.
- The ball turns over at the spot where the ball is downed.
- If the kick has not gained a minimum of 20 yards from the line of scrimmage, the referees shall place the spot of the ball 20 yards from the previous spot. This rule applies only when kicking from outside the 50-yard line.

Punting: During punts, both teams shall remain on the field. **All Linemen take a knee**, Punt from anywhere behind the line of scrimmage. Receiving team can send one player back to down the punt.

Field goals: Dead snap – Dead Kick – NO Rush - NO Fakes - (3 points)

The center must snap the ball. The ball must kick from a BLOCK or the ground – NO TEES.

A SEVEN (7) second count shall begin on the snap. If the kicking team fails to kick the ball by the end of the count – The attempt is a failed attempt. If the seven-second rule is violated and the previous spot is outside the 20-yard line, the ball shall be spotted the previous spot. After a successful attempt, the ball shall be placed on the thirty-five yard line.

Try for extra point:

The ball shall be snapped from the 3-yard line and kicked from the 10-yard line (2 points)

Free kick – NO Linemen. All other field Goal rules apply.

Note: PAL Junior Football League encourages special teams play.

7/8-Year-old playing requirements – 8 plays min. per game.