

Parochial Athletic League Guidelines and Policies



Catholic School Department
Diocese of Sacramento

2009-10

Parochial Athletic League Guidelines and Policies

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Parochial Athletic League (PAL)

Mission Statement

The **Parochial Athletic League (PAL)** is an integral part of the educational mission of the Catholic schools of the Diocese of Sacramento. PAL is dedicated to fostering **Christian** and **Human** development, encouraging a **positive vision** in our young men and women through **exercise, example and athletic competition** and **fully recognizing the dignity of each student in Christ's image.**

With this Mission in mind, the following goals have been determined:

- a. to build a community which strives to image Christ;
- b. to develop Christian spirit, school spirit, team spirit and personal acceptance;
- c. to instill Christian sportsmanship in the life-styles of the participants;
- d. to teach the participants the proper attitude towards winning, losing and competing with dignity;
- e. to develop acceptance and appreciation of others;
- f. to train, instruct and follow athletic/sport rules;
- g. to develop the students' physical abilities and coordination;
- h. to help form well-rounded students by fostering good health habits;
- i. to provide a Christian environment and outlet for youthful energy;
- j. to teach the positive value of athletic participation
- k. to show the necessity of practice, hard work and time management.

These goals are founded upon the principle of the **infinite worth of each person** because he/she is created in the image and likeness of God.

Programs and Calendar

Girls Program:

Fall - Volleyball, Cross Country

Winter - Basketball

Spring - Flag Football, Track & Field, Golf

Boys Program:

Fall - Flag Football, Cross Country

Winter - Basketball

Spring - Volleyball, Track & Field, Golf

Calendar Items (dates will vary - see Website(s) for more info):

- August: Volleyball, Flag Football and Cross Country practice may begin on August 15th.
Athletic Director Meeting (**Mandatory** - August 17, 2009)
Girls Volleyball Coaches Meeting (**Mandatory** - August 23, 2009)
Boys Flag Football Coaches Meeting (**Mandatory** - August 23, 2009)
Co-ed Cross Country (**Mandatory** - August 23, 2009)
- September: League play begins for Girls Volleyball, Cross Country and Boys Flag Football
PAL Commission Meeting
- November: TOC for Girls Volleyball, Cross Country & Boys Flag Football
Basketball Practice may begin on the Monday of the week of November 15th -
Sunday begins the week. (**November 16, 2009**)
Basketball Coaches Meeting for Boys and Girls (**Mandatory** - November 22, 2009)
- January: Basketball League Play Begins
- February: PAL Commission Meeting
- March: Basketball TOC
Spring Sports Practice may begin on the Monday of the week of March 1st.
(**March 1, 2010**)
Girls Flag Football, Boys Volleyball, Co-ed Track and Field, Co-ed Golf Coaches
Meetings (**Mandatory** - March 7, 2010)
- May: PAL Commission Meeting
Golf & Track Championships, Boys Volleyball TOC, Girls Flag Football TOC

Summer Months: As per the CIF High School rules, the responsibilities, rules and guidelines found in this document apply only during the academic(*) school year. All summer activities involving sports are the responsibility of the school principal. The PAL rules and guidelines are in effect from Monday of the week of August 15 until the end of May, each school year.

Administration

The Parochial Athletic League is supervised by the Diocese of Sacramento, under the direct supervision of the Superintendent of Schools. The PAL is managed by a Boys Director and a Girls Director. These two individuals supervise, schedule and delegate each of the programs offered during the school year. They report to the PAL Commission and the Superintendent of Schools. The PAL Commission assists the directors with the ratification of policies, approval of budgets and the update and revision of the league guidelines.

- I) Superintendent of Schools, Sacramento Catholic School Department.
- II) PAL Girls Director & PAL Boys Director
- III) PAL Commission
- IV) Principals and Athletic Directors - Member Schools
- V) Site Directors, Coaches and Officials
- VI) Parents

Responsibility:

- 1) **Superintendent Catholic School Department:** Supervise the PAL Directors. Plan Commission meetings. Supervise and report budget issues and items. Plan and present (with Directors) budget items for ratification by Commission. Assist with conflict resolution as presented by Directors regarding issues directly affecting the PAL and our member schools as they pertain to the League.
- 2) **Directors:** In charge of the various sports (scheduling, rule clinics, coaching clinics, Championship game/meet supervision, scheduling officials and conflict resolution) and responsible for implementing the policies of the PAL and the PAL Commission. The Directors are the direct link to the PAL for all member schools. The Directors report directly to the Superintendent of the Catholic School Department.
- 3) **PAL Commission:** The Commission assists the Directors in formulating the policies for the PAL. They are responsible for approving the yearly budget and fees, review and update of the PAL Guidelines and the general policy-making of the league and its overall character. The PAL Commission is made up of: 3 directors (Boys, Girls and Little Dribblers), 4 principals (one from each cluster involved), 4 athletic directors, 4 coaches (2 boys' and 2 girls'), and a representative from the Catholic School Department.

Administration

4) **Principals:** The school Principal (Director/Head Master) is responsible for the students, parents, coaches, athletic directors and the school's reputation as regards to those **participating** in and **attending** PAL athletic competitions. For this reason a schedule of all practices, tournaments, non-league or practice games and league games must be on file in the Principal's office for each season/sport. The Principal will select a responsible Athletic Director(s) who will supervise coaches, students and parents and oversee games, practices, meets and tournaments. The Athletic Director will be responsible to the school and the PAL for any issues that may arise. Each Principal is to require that their coaches follow the PAL Guidelines, especially regarding the All Play Rule. The Principal shall designate the Athletic Director to monitor student/athlete playing time. Failure to comply with said policy may eliminate a team/school from the playoffs.

Athletic Director: Each Principal is required to designate an Athletic Director(s) to represent their school.

1) The AD must attend the mandatory AD's meeting scheduled for mid to late August each year.

2) The AD will be the contact person for the PAL Directors and will provide communication between the School Principal, coaches and parents regarding PAL guidelines, schedules, meetings, permission forms, Physicals, Blood Pathogen Certification, PCA Certification, etc. **Email address is required!**

3) The AD maintains the active roster for all PAL sports their school participates in. This includes the standardized PAL Emergency Card and medical permission forms signed by a parent and a physician.

4) The AD is required to host a parent information meeting prior to each PAL sport to inform all parents and interested parties as to the schedule (if available), league guidelines, PCA guidelines, school guidelines, etc. for participating in PAL sports. This meeting is especially important to inform parents about the standards for participation, academic eligibility, and especially - **GOOD CONDUCT** - at all PAL events. Special emphasis should be placed on good sportsmanship, lending support to school coaches, respecting your opponent (Honoring the Game - Positive Coaching Alliance), and respecting the work of the officials in assisting with the administration of various athletic contests. As the direct representative of the PAL and their school, the athletic director will report (and in extreme cases - suspend a game or match) if they witness any un-sportsman like or detrimental behavior. These actions cannot be taken lightly and should be tempered by the good judgement of the person/persons involved.

5) The PAL is a league established for the students and to foster the positive aspects of athletics in a supervised and constructive environment. Competition is part of athletics but should not be the primary motivation for participation in the PAL. Positive parent involvement is crucial to the success of our program. Based on the values of the Catholic Faith, the PAL will strive to provide the best aspects of athletics within the context of a values based education.

5) **Site Directors, Coaches and Officials:**

Site Directors will be responsible for directives as listed in the appendix - Page 14.

Coaches will be given a copy of these guidelines prior to beginning their coaching assignment. **Review of the guidelines, review of your school guidelines and attendance at all mandatory PAL coaches meetings is required.** A schedule of all practices, league and non-league games, tournaments and TOC schedules must be provided to your school AD and the Principal's office at the beginning of the season and updated as necessary during the season. Each coach is responsible for monitoring the All-Play rule as noted in Section 4 under PAL Rules. Teams for each sport should be as reasonably large as possible while still enabling every member to play. Coaches must have a copy of the standard PAL Emergency cards and the PCA Certification at all times.

Officials are hired by the league directors. They are briefed on any unique rules that pertain to the PAL. As the officials are part of the team that administers games, matches, etc., we rely on them to keep control of each contest. They are hired as intermediaries of the PAL and should be treated with respect by coaches, players and fans. Any concerns regarding the officials should be directed to the league directors.

6) **Parents:** The PAL exists to provide the students in our member schools with the opportunity to participate in athletics as part of the whole educational experience within the school curriculum. As such, we **expect** the parents to be positive role models of support while they are involved in PAL athletics. As members of the **Positive Coaching Alliance**, we ask that parents "Honor the Game" by getting to the **ROOTS** of positive play. As Parents, we expect you to model respect for:

Rules	Integral to the understanding & administration of the game.
Opponents	A shared experience that fosters respect.
Officials	Assisting in playing within the rules.
Teammates	Respect for the shared work experience.
Self	Pride in the dedication and work ethic put forth.

Parents are encouraged (if not required by their school) to attend a PCA Parents presentation on the role of parents in Honoring the Game. Shared programs are encouraged to defray costs. Parents are also encouraged to explore the PCA website for further information. www.positivecoach.org

Guidelines

- 1) **Blood borne Pathogen In-service:** Required for all coaches (including assistant coaches) and will be administered and verified by each individual school.
- 2) **Fingerprinting:** It is required (under State Law) that all coaches (paid & volunteer) and assistant coaches be fingerprinted prior to coaching a school team.
- 3) **Medical Release / Physical:** Each school will be responsible and monitor physical exam / medical release forms (not to be confused with the Emergency Card) for each student participating in PAL sports. These must be verified by the AD / Principal. Parents must sign the PAL emergency form allowing each child to participate in PAL sports. No games/matches may be played without a signed Emergency Card.
- 4) **PCA Certification:** Mandatory for all coaches. Yearly certification can be renewed through PAL sponsored clinics or online at www.positivecoach.org. National Coaching Certification can take the place of this requirement. Proof must be provided to the school AD and the league director prior to the start of the season.
- 5) **Tournaments:** Member schools can host tournaments provided they follow the proper procedure. A school (AD) must contact the PAL Director (Boys or Girls) **in writing** with a request to host a tournament. Preference will be given to schools who have historically hosted an event. PAL member school teams are allowed to participate in three (3) PAL sanctioned tournaments per season. Non-PAL school teams may participate in PAL tournaments with prior permission of the Director as long as no PAL member school is excluded. The entry fee for tournaments may not exceed \$100. Daily admission fees are not regulated; however the PAL **strongly suggests** that the fee not exceed \$2.00 per adult and \$1.00 per student.
- 6) **Admission Cost at League Contests:** Most PAL sports are conducted at league sites. Admission is not to exceed \$1.50 per adult or \$1.00 per student.
- 7) **Uniforms:** All student participants must wear a regulation uniform for all PAL sports, consistent with the other members of the team. The PAL does not allow the wearing of face paint, hair paint, jewelry, headbands, arm sleeves, wraps, gloves (FB), etc.
- 8) **Sunday:** Practices are NOT to be scheduled on Sunday Morning. Athletic contests may take place on Sundays provided:
 - A) PAL activities cannot begin before 1 p.m.
 - B) Teams should not assemble more than one hour prior to a contest. It is the suggestion of the CSD & the PAL that teams meet at their designated location and not at the school (church.)
 - C) It is the responsibility of the AD and the Principal to see that the above directives are followed.
- 9) With all sports in the PAL, no player may wear any jewelry, headbands, arm sleeves, wraps, gloves, face paint, hair paint, etc. Additional items brought to the attention of the league director may be disallowed. Any exception to this guideline must be ok'd in writing by the league director prior to the season.

PAL Rules

1) The PAL, in addition to the guidelines and rules enclosed in this document, will utilize the National High School rules (and rule books) for all contests. Specific rules governing Flag Football are published by the PAL. National & CIF High School Rules provide the foundation and guide for other PAL sport related issues (ie. disqualification of a player or coach, etc.) If any questions/conflicts arise, the PAL Directors and the CSD liaison will meet to decide a course of action/decision.

2) **Game time** (as listed on published Website schedules) is forfeit time. Teams are encouraged to arrive at least 30 minutes early for scheduled games/matches. Coaches are encouraged to check game times on the respective Web sites.

3) **Game Responsibilities:** Most contests are conducted at school “Host Sites.” While the host site is responsible for providing supervision, facilities and a scoreboard operator for each contest, the home team is required to provide a score keeper (official book.) Coaches are required to show evidence of the PAL emergency cards to the site director prior to each game/match. Failure to do so is grounds for a forfeit. Coaches are also required to submit a roster of their team to the Site Director at the first game/match. Additions to the official roster can be made by the coach as long as the Site Director is notified prior to a game/match.

4) **All Play Rule:** All members of the team must play in all games. This includes all tournament and playoff/TOC games. Each team should be no less than 10 players, especially if a team offers a Recreation team (Basketball.) Any team with fewer than ten (10) must receive prior permission from the PAL director.

5) Eligibility to Play

1) National, California Interscholastic Federation (CIF) and published PAL rules as described above (PAL Rules, Section #1.)

2) Questions and or conflicts will be addressed by the PAL Directors and the CSD Liaison if a conflict or question arises.

3) Academic qualifications, team and individual eligibility issues are the jurisdiction of the individual member school. Any question about eligibility regarding academic suspension will be directed back to the individual school administration (AD and Principal.) The PAL has **NO** jurisdiction over this issue.

A) For sports open to Varsity competition only, girls and boys in grades 6, 7 and 8 are eligible to play. Fifth graders may participate in Golf and Cross Country.

(Continued on the next page)

B) For sports open to Varsity **and** Junior Varsity competition, girls and boys **ONLY** in grades 6, 7 and 8 are eligible to compete on the Varsity level team; girls and boys **ONLY** in grades 5 and 6 are eligible to compete on the Junior Varsity team. **Students in grades 4 and below are not eligible to compete on Varsity and/or Junior Varsity teams.**

C) Boys / Girls Teams: Whenever the league/school provides a team for a particular sex in a sport, members of the opposite sex shall not be permitted to qualify for that team unless opportunities in the total school sports program for either sex are limited in comparison to the program for the opposite sex in that school. Permission for boys to qualify on a girl's team or girls to qualify on a boy's team must be secured through formal written petition by the school Principal and Athletic Director to the Directors of the Parochial Athletic League.

D) Only students enrolled in a PAL member school during the academic school year are eligible to participate in the PAL. **Age limitation:** Varsity level students shall not turn 15 before November 1st. Junior Varsity players shall not turn 13 before November 1st.

F) Once league play begins, a student playing at the Varsity level (or the JV level) must remain at that level. This includes tournaments as well. Players on Recreation teams are not allowed to move from Rec to Competitive teams (or vice-a-versa) unless special permission is obtained from the league directors on a case by case evaluation. **Players must participate in at least half of the league contests to be eligible for Playoffs.**

G) Coach / Player ejection:

Player: A player ejected from a league or tournament game/match (including playoffs) will be suspended for the duration of that contest and the next league or tournament game, whichever comes first. A second ejection will bring an automatic suspension for the remainder of the season (including playoffs.)

Coach: If a coach is ejected from a game, that immediate game/match shall not continue unless a certified (PCA/PAL certification) coach or AD from that school, is available to take over for the remainder of that game/match. The disqualified coach will not be allowed to coach for the remainder of the current game/match and the very next league or tournament game/match, whichever comes first. Any coach disqualified from a second game will not be allowed to coach for the remainder of that season and show cause as to why they should be allowed to coach in the PAL in the future. The school is responsible for providing another certified coach (or AD) to replace the suspended coach.

6) **Schedule Conflicts:** League and Tournament schedules are set and usually cannot be changed. However, if a scheduled game/match conflicts with a school event, the PAL Directors will try, within reason, to accommodate a re-schedule of that game/match. AD's and coaches should consult with the school calendar, teachers, etc. to verify possible conflict dates as early as possible to allow the directors ample time to schedule around possible conflicts. ***A minimum of 72 hours notification is required.*** League contests take precedent over any tournament games/matches.

7) **Protest:** A protest will be considered for any league or playoff contest. School sponsored tournaments are not covered by this rule. Any protest of a game/match can only be made if there was a mis-application of a playing rule. Official's judgment is **NOT** grounds for a protest. If a protest occurs, the coach must notify the game official and the site director immediately if they feel there has been a mis-application of a rule. The site director and the game official should stop play and take note of the specific rule, circumstances, etc. for reporting to the league director. The report/protest must be filed with the director within 48 hours. Coaches are also required to contact the league director within 48 hours to verify an official protest has been filed.

Formal Protest:

- A) date, time, place of game and opponent,
- B) names of the officials, the scorer, the site director,
- C) the rule and section of the Official Rules or Local Rules (ie. Flag Football) under which the protest is made,
- D) the decision and conditions surrounding the making of the decision
- E) the essential facts involved in the matter protested,
- F) signature of the principals involved.

Possible Decisions:

- A) The protest is found invalid and the game score stands as played.
- B) If a protest is upheld for a misinterpretation or application of a playing rule, the game is replayed from the point at which the incorrect decision was made with the decision corrected.

8) **Tiebreaker** – Each sport has a tie-breaker system. Check with League Directors to verify the type and process used for each sport.

Sport specific rules:

- 1) Boys Flag Football Guidelines - See addendum; pages #16 & 17
- 2) Basketball - JV Girls, JV Boys and Varsity Girls (competitive and rec) play with the 28.5" Women's Official size basketball. Boys Varsity (competitive and rec) plays with the Men's Official size basketball.
- 3) Girls Flag Football Guidelines - page 20.

Addendum

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Pre-Game Prayer Suggestions	Page 17
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PAL Site Director Duties

The PAL contracts with your school to identify a person as the Site Director. You will be the liaison between the site of competition and the PAL Director, and will monitor games at your site, make sure the games run smoothly, identify concerns and forward those concerns to the League Director. As a site, you must provide a score board operator for the games scheduled at your site. It may be the site director or another person designated by the site director. If you have a problem with a coach who is abusive, uncooperative or not adhering to the PAL Guidelines and Policies (a copy of which you should receive from your Athletic Director), you must identify the school, coach and situation to the League Director as soon as possible. Each coach has been required to sign the "Coaches Agreement" acknowledging their agreement to "...uphold the mission and philosophy of the Parochial Athletic League by insisting on fair play, support of the officials and exemplary sportsmanship at all times." They are also required to complete the Positive Coaching Alliance (PCA) workshop and **MUST** provide evidence (Double Goal Coach Certificate) to you prior to the beginning of the game. Other responsibilities include:

1. Open all facilities and or gates; open bathrooms and make sure they are clearly marked. Admission prices: (No more than) Adults \$1.50; students \$1.00.
2. Greet coaches and officials prior to game time; direct them to any facility for their use.
3. Check with each coach for a copy of their roster and emergency cards for ALL team members. Count and verify against the number of students suiting up. Any team or coach without emergency cards will have to forfeit that game. In addition, they may NOT scrimmage at the site if they do not have the emergency cards/forms. Also check to see if the team has some kind of first aid equipment to deal with minor emergencies, especially cuts or blood exposure.
4. Check with officials to see if they have questions about the game rules or local ground rules. Inform the league director if officials are late or do not show. Let the officials know where you are in case of injury, emergency phone access, etc.
5. Cheerleaders: The overriding issue is safety first. With our limited facilities, both in gym size and availability, it is imperative that the officials on the scene (Site Directors, Game Officials and School Officials) work together to make sure that our students are first and foremost, safe. Proper positioning of cheerleaders then is dependent upon the available space at our PAL host sites. **No cheerleaders will be allowed to position themselves at the baseline end of a gym, unless it is an area that is raised (stage) so as to be out of the flow of play.** The PAL Guideline allows for cheerleaders to be opposite their school team along the sideline, if space allows, during the game. Along with the issue of space is the concern for the game officials to have unrestricted access along the sidelines during the game. If there is insufficient space to allow for this, the cheerleaders, consulting with the site director and the game officials, may find a suitable alternative, as long as it does not create a safety issue for the players or the cheerleaders. If, due to safety, space is not available for the cheerleaders, they will not be allowed to stand in an unsafe area and therefore may not be able to cheer during the game (except at quarter and halftime.)
6. Circulate during games. Watch the crowd and make sure no one is heckling the officials or the players. If any fan, coach or player gets out of hand, warn them and possibly remove them from the game or from the site if necessary. Please file a written report with the league director if you have this type of problem.
7. Along with the coaches from both teams, sign the official book to record that the game followed PAL guidelines. (Home book is usually considered the "official" book.) Site provides the score board operator.
8. Keep the games flowing efficiently with a minimum of delay.
9. Keep track and post league results each week. Also post any changes to the schedule. Please inform league director with results after each completed league date.

Girls Director: Jill Bennett - 733-3673, paleague2k@yahoo.com

Boys Director: Gerry Lane - 428-6060, ext. 203, laneg@jhssac.org

Note: Any player, coach or fan who swears at an opposing player, official or coach or who causes a fight will be removed from the game. **Players must remain on the bench, coaches and spectators must leave the facility.** If the coach is removed or ejected, the game can only continue if the team has a PCA certified assistant coach or school AD. (The assistant coach must be identified prior to the game, no walk-ons are allowed).

LITTLE DRIBBLER PROGRAM

The Little Dribbler Program is for students in grades 1-4. The overall purpose of this program is for students to have fun while developing basketball skills, teamwork, a sense of community spirit, and to foster physical fitness a part of the overall educational mission of the PAL. The PAL Little Dribbler Program is a non-competitive, recreational program.

LITTLE DRIBBLER DIRECTOR

The director is a member of the PAL Commission and is in charge of the entire Little Dribbler Program. He/She is responsible for implementing the policies of the PAL Commission. The director reports directly to the Commission and the Catholic School Department.

GENERAL RULES AND GUIDELINES

1. All Catholic schools within our diocese and members of the PAL who have this program must follow the set mission and guidelines of the PAL. All coaches must adhere to the guidelines and policies set forth in this document including training, blood borne pathogens, fingerprinting, etc.
2. The Little Dribbler Coordinator is accountable to the athletic director and principal.
3. A school will field 8 separate teams divided by grade and gender, 1st grade boys, 1st grade girls, 2nd grade boys, 2nd grade girls, 3rd grade boys, 3rd grade girls, 4th grade boys, and 4th grade girls.
4. Each team has use of the court for a one-hour period of time, including warm-ups. The hour is broken up into as many five-minute periods as possible. Efforts should be made to match up children by size and ability.
5. Teams in grades 1 to 3 play on lowered baskets (8 to 8 1/2 feet), teams in grade 4 play on ten foot baskets. A junior size, 27.5 inch, basketball shall be used at all levels of play.
6. There is no tracking of score, either by a scoreboard mechanism, coaches, parents, or players.
7. All 1st and 2nd grade teams, boys and girls, will play a zone defense. The defense will be a 1-2-2 alignment with one player between the top of the key and the free throw line, one player on each elbow, and one player on each block. Host school is responsible for marking the defensive spots with tape or a in similar manner. Defensive players may take one step from their defensive spot in any direction.
 - a. No reaching in – defense may not steal the ball from a player with the ball. Defense may steal passes within the player’s one-step defensive zone.
 - b. Defense may leave their spots to rebound
 - c. Defense may leave their spots to pursue loose balls.
8. All 3rd and 4th grade teams, boys and girls, will play man-to-man defense.
 - a. There is no full court press.
 - b. No double-teaming.
 - c. No reaching in – defense may not steal the ball from a player with the ball. Defense may steal passes.
 - d. Players may switch their defensive assignments if there is a pick and roll. The defensive player should make every effort to get back to his/her primary defensive assignment.
9. Rules violations during play result in the offensive team retaining possession. Play will resume at mid-court
10. Coaches should do their best to give all players at least one opportunity to score in every game.
11. Teams do not wear official uniforms. The attire would be their P.E. uniform or something similar.
12. The season for the program will begin in January and end in March. A season will involve a total of 6 to 9 games. The number of games is determined by the gym availability of the schools that are willing to host. No additional games may be scheduled. No door/gate admission will be charged however a snack bar may be available pending the host site/school.

PAL FLAG FOOTBALL RULES

A. Equipment:

1. 9 players, offense or defense (8 minimum to start the game, 7 or less - team forfeits). Uniform shirts (tucked in) required. **Mouth guards are required.** Molded cleats (no screw-on). Game-time (on schedule) is forfeit time.
2. Teams provide their own football and flags. (Ball may be regulation or intermediate, not junior size. No colored footballs. Flags (2) must be standard length and width = 16" x 2" and easily detachable by velcro. All players **must have flags of an alternate color from pants/shorts.**)
3. Pads are not allowed unless covering an injury (soft pad only, **up to the official if OK'd prior to game**).

B. Periods/Time factors:

1. Game time = four 10 minute periods with running time, last 2 minutes of half and game are stop.
2. 25 seconds allowed between plays; delay of game = 5 yard penalty.
3. Stop clock for penalty, restart when ball is **spotted** after foul.
4. Halftime is 8 minutes (or less by agreement of coaches).
5. Time outs (1 minute) - each team gets 2 timeouts per half, no carryover. 1 coach may go on field.

C. Field/First down:

1. Field total = 80 yards. 60 yard field (divided into 4 - 15 yard increments) & 2 - 10 yard end zones. **(Field width will vary according to site. We hope that the field width will be no less than 120' if possible.)**
2. First down every 15 yards. First down when offense passes mark on play or penalty within 4 downs.

D. Kickoffs:

1. Kickoff from 15 yard line. Kickoff into end zone, ball is dead, automatically placed at 15 yard line.
2. First kick OB - receiving team option - **re-kick or spot**. Second attempt OB - ball placed at midfield.
3. Dropped kick - ball is dead, team starts from spot where ball touches ground, if in end zone, 15 yard line.
4. Onside kick - Ball must travel **15 yards** before it is live. First team to touch after 15 yards, gains possession.

E. Punts:

1. Kicking team has to declare intention to punt and must have 5 men on the LOS. No rush or block allowed.
2. Receiving team - not less than 3 men on the LOS (cannot form a wedge, screen block OK.) Penalty = 5 yards.
3. Fair-Catch rule is in effect (also on kickoffs), bad snap on punt allowed, punter can pick up ball and kick. Teams cannot move until the ball is punted. Penalty = 5 yards.
4. Officials allow time for change of personnel, up to individual official's discretion (no quick kicks!)

F. Scoring / Points after touchdown (PAT):

1. Touchdown = 6 points. Offense must declare intention to go for 1 or 2 points. **Captain's** first decision is final.
2. 1 point from 3 yard line, 2 points from 5 yard line.

G. Line of scrimmage (LOS) / Stance / Shift:

1. Offense must have 5 men on LOS; Penalty = 5 yards. 3 interior linemen (Gd, Center, Gd) are ineligible. **No unbalanced lines (Guard position is never eligible).**
2. Defense must have 3 men on LOS minimum; outside defensive lineman inside shoulder must align with the outside shoulder of the offensive lineman. (Use the interior box as a guide - if WR's are up and only three interior G-C-G, defense must line up on their outside shoulder.) No 3 or 4 point stance allowed (all players standing); penalty = 5 yards.
3. No direct dive within **five yards on either side of center** (draw or misdirection, OK). QB must clearly show ball above the shoulder as if to pass in order to run a draw (QB or RB) inside this **10 yd. zone**, RB/WR may reverse field from outside the **10 yd. zone**, in order to cut up field within the **zone**. Penalty = 5 yards.
4. All players, except one man in motion, on offense must be set before ball is snapped. Defense cannot try and draw offense offside with **words or actions**. Penalty = 5 yards.
5. Offensive player goes in motion only after all players set for 1 count before ball is snapped. Penalty = 5 yards.
6. Encroachment / off-side (offense or defense) into the neutral zone - **automatic** 5 yard penalty.

H. Blocking:

1. No blocking below the waist or from behind; No contact by any player above the shoulders; Penalty = 10 yards.
2. No drive blocking - bending at waist and leading with head or shoulder; Penalty = 10 yards.
3. Downfield Shield or Screen block only-can move but not initiate contact-no extension of hands/fists away from body; arms roughly parallel to ground; blocker may not lower his shoulder or "throw a block"; Penalty = 10 yards.
4. Pro pass block allowed behind the LOS - key points - palms face forward, arms can be extended / locked - no fists in punching motion. No grabbing of jersey to control rusher. Holding - 5 yards.

I. Grabbing the flag / dead ball / tackling:

1. No tackling allowed - defense must make an attempt for the flag, no encircling of arms, holding up the ball carrier. Ball carrier must tuck shirt and have alternate flag color from shorts or pants. Flags need to be on the players hips. If belt is pulled, official has judgment if intentional. Initial contact must be with hands, not head or shoulder. Penalty = 10 yards or play and automatic first down.
2. Intentionally pulling flag - 1 flag, player is live, can advance ball - option of penalty or play. (Penalty = 10 yds)
- 2 flags ball is down at point of reception, option of penalty or play. (10 yards)
3. Accidental drop of flag(s) - receiver or DB is eligible; ball is down at point of reception. Official's judgement.
4. QB/RB with one flag - ball is down at point flag drops while player has ball, or at reception if prior to contact.
5. Ball is down anytime the ball is dropped to the ground (except by punter). Ball is placed where it was dropped.
6. **Stripping of the ball is not allowed.** Penalty is 10 yards from spot of foul.
7. **Ball carrier (offensive player) must avoid contact** with a defensive player who is in position directly in front of him. Judgement of the official if this is intentional or accidental. Penalty = 10 yards.
8. Coach and team captain will take responsibility for reminding players to keep flags on their side

J. Pass completion / Interference / Eligible receiver:

1. Receiver must have one foot in bounds when making a legal catch. If receiver has control of ball and would land inbounds but is forced out by defense while in air, a catch can be allowed; decision of official.
2. **DB can bump receiver within 5 yds of LOS** - must not hinder receiver from catching ball before ball reaches receiver while in air. Official's judgement - Penalty = 10 yards and automatic first down.
3. All backs are eligible pass receivers - outside ends (not guards or center), uncovered, on LOS are eligible. Penalty = 10 yards & Loss of down.
4. Linemen must remain behind the LOS until the ball is thrown, if the pass is beyond the LOS. Penalty = 10 yards.

K. Other Penalties:

1. No pushing of ball carrier out of bounds without going for flags. Penalty = 10 yards from spot of foul.
2. No flag guarding of any sort, including straight arms, jumping, spinning in the air. **Pivoting on the ground is allowed.** Penalty = 5 yards from spot of foul.
3. No leaving your feet by ball carrier or blocker. Penalty = 5 yards from spot of foul.
4. Swearing or rude behavior is not allowed. Official's discretion! (Unsportsmanlike behavior - 10 yd. penalty)
4. Pass rushers **may raise hands during rush** cannot use them to strike an opponent, merely to distract the QB.
5. **Officials must make a declaration of penalties to both captains (not coaches) upon assessment of a penalty.**
6. All other penalties are applied according to high school rules; 15 yard penalties become 10, etc.
7. Players must wear a regulation uniform, including flags, consistent with other members of the team. No player may wear any jewelry, headbands, arm sleeves, wraps, gloves, pads, face paint, hair paint, etc. Additional items brought to the attention of the league director may be disallowed. An official ruling is final. Penalty = 10 yards for unsportsmanlike conduct.
8. **No sleeper plays or unbalanced lines - a team must have a guard on either side of center, they are not eligible.**

L. Team Box:

In order to alleviate the congestion and confusion surrounding the team / coach(es) there will be an established team box which will extend from the 15 yard line to the opposite 15 yard line when teams are on opposite sides and from 15 yard line to mid-field at sites with only same side space. No spectators are allowed inside this area during the game. Only teams and coaches are allowed in this area and are limited to this area during the game. Coaches are required to instruct their spectators prior to the season and at each game about restriction of spectators in the team box. Violations will cause the team the following penalties; First Offense - Warning; Second Offense - 5 yard penalty; Third Offense - 10 yard penalty and loss of down.

M. Player / Coaches Conduct:

As the PAL is a league established to foster positive Christian attitudes and encourage healthy sportsmanlike conduct, each coach is expected to foster these ideals in dealing with officials, players, opposing teams and parents. To this end, prior to each game, both teams will meet at mid-field to conduct a group prayer. The home team (first team listed on the schedule) will be responsible for the prayer. At the conclusion of each game, teams will shake hands.

Coaches are also responsible for their team's conduct, especially with regard to officials. Officials will be doing all that they can to keep control of the game. Each coach must take responsibility for their actions; **refrain from yelling at officials, make positive comments to and coach your players**, and enjoy the game. Any player or coach who is ejected will serve a one game suspension beginning with the next league contest and may not return to the contest in progress. If no other **certified** coach is in attendance, the game will be declared a forfeit.

Parochial Athletic League Prayer Suggestions

These are suggested prayers that can be used before each athletic contest. Please be respectful of the difference in faith traditions in our community. Thank you for your leadership role by modeling positive values for our youth.

#1 In the name of the Father and the Son and the Holy Spirit:
God, our friend, you are with us as we pray. We thank you for the gifts you have given us. Allow us to use these gifts to serve you and to serve one another. Be with us as we play today. Let us understand the purpose of competition with love and compassion. We pray that you will protect us during this time. Amen.

#2 In the name of the Father and the Son and the Holy Spirit:
Thank you God for the life and talents you have given us. Let each of us always be deserving of your love. Let us remember that you created all of us in your image. We are all your children. Be with us as we play today. Let us understand the purpose of competition with love and compassion. We pray that you will protect us during this time. Amen.

#3 In the name of the Father and the Son and the Holy Spirit:
Dear Jesus, help us to come closer to you and to each other. Swim into our mind, step into our soul. Thank you for today and everyday. Thank you for the challenges you have given us. Thank you for your love, which shows us that we can make it through anything as long as we believe in you. Be with us as we play today. Let us understand the purpose of competition with love and compassion. We pray that you will protect us during this time. Amen.

#4 In the name of the Father and the Son and the Holy Spirit:
Coach's option to use - Hail Mary or Our Father.

Coaches Agreement

Parochial Athletic League

I, _____, acknowledge that I have read, understand, and agree to abide by the Parochial Athletic League Guidelines for the Diocese of Sacramento.

I agree to attend all mandatory meetings, workshops, etc. as directed by the PAL.

I agree to uphold the mission and philosophy of the Parochial Athletic League by insisting on fair play, support of the officials and exemplary sportsmanship at all times.

I further agree that when our school is the Home team, it is my responsibility to begin each game/match with a group prayer. At the conclusion of the game I will make sure that we offer a firm handshake to the players and coaches of the other team.

Date: _____

Signature: _____

School: _____

PAL Flag Football

Tie-Breaker System

The PAL will use a modified California High School Tie-Breaker Rule. This rule will be used during the regular season and playoff games that end in a tie. A regular season tie still counts in the standings but the tie-breaker results will be used in the case of a tie for a playoff spot at the conclusion of the season.

At the end of regulation time in a playoff game (or at the end of a league game), if two teams are tied, the officials will conduct a modified California High School tie-breaker. This process entails:

1. The team captains and the head coach will meet with the game officials. The officials will hold another coin toss to determine which team will get the choice (offense or defense first.) Game officials will determine which end of the game field will be used for this playoff format. Both teams will have a possession at that end in order to score. Each team will be given four downs to score from the 15 yard line (first cone) into the nearest end zone. A possession for each team will constitute a quarter. One team first, then the other, to try and match or beat the first team's total. The OT will consist of only one possession for each team.
2. Should a team score, they will have the option to try a 1 or 2 point extra-point. Winner only by point difference not net yards.
3. In the case of an interception, the team that had the ball forfeits the remainder of its possession. If the interception occurs on the first possession, and the intercepting team returns it for a TD, the game is over. The team retains possession of a fumble at the spot the ball hit the ground per PAL rules. The team must maintain possession during the four downs to compare its points to the other team. (Interception on an extra point results in a failed XP as no points can be scored by the defense in this case.)
4. Each team will have possession for four downs (unless they score on an earlier down or the ball is intercepted.) After a TD, the team will try for the extra-point. Once a team has established a point total, the other team in sequence (if it is their turn) will have four downs to match. It does not affect the outcome for comparison if a team scores on first down and the other team scores on fourth down. It is still total points for their full possession.
5. This format will continue until one team is a clear winner based on points scored and the end of a quarter (possession.)

The rule is in place to settle the contest on the field. Coaches cannot protest the results based on this format. It is understood that both teams will be given equal opportunity to score (per PAL flag football rules) during this extra period based on each team having one possession each overtime period. Official's decision is final. A protest can only be filed if a rule was not applied correctly, and not the interpretation/judgment of a rule or penalty.

PAL GIRL'S FLAG FOOTBALL RULES

A. Equipment:

1. 7 players, offense or defense (7 minimum to start the game, can finish game with 5). Uniform shirts (tucked in) required. **Mouth guards are required.** Molded plastic soccer or football cleats (no baseball or softball). **NO jewelry of any kind allowed.** Game-time (on schedule) is forfeit time.
2. Teams provide their own football and flags. (Ball may be regulation or intermediate, not junior size. No colored footballs. Flags (2) must be standard length and width = 16" x 2" and easily detachable by velcro. All players **must have flags of an alternate color from pants/shorts.**)
3. Pads are not allowed unless covering an injury (soft pad only, **up to the official & OK'd prior to game**).

B. Periods/Time factors:

1. Game time = four 10 minute periods with running time, last 2 minutes of half and game are stop. With 18 point differential there is no stop time.
2. 25 seconds allowed between plays; delay of game = 5 yard penalty.
3. Stop clock for penalty, restart when ball is **spotted** after foul.
4. Halftime is 8 minutes (or less by agreement of coaches).
5. Time outs (1 minute) - each team gets 2 timeouts per half, no carryover. 1 coach may go on field.

C. Field/First down:

1. Field total = 80 yards. 60 yard field (divided into 4 - 15 yard increments) & 2 - 10 yard end zones. **(Field width will vary according to site. We hope that the field width will be no less than 120' if possible.)**
2. First down every 15 yards. First down when offense passes mark on play or penalty within 4 downs.

D. Kickoffs:

1. Kickoff from 15 yard line. Kickoff into end zone, ball is dead, automatically placed at 15 yard line.
2. First kick OB - receiving team option - **re-kick or spot**. Second attempt OB - ball placed at midfield.
3. Dropped kick - ball is dead, team starts from spot where ball touches ground, if in end zone, 15 yard line.
4. Onside kick - Ball must travel **15 yards** before it is live. First team to touch after 15 yards, gains possession.
5. The kicking team uses their ball for kickoffs.

E. Punts:

1. Kicking team has to declare intention to punt and must have 5 players on the LOS. No rush or block allowed.
2. Receiving team - not less than 3 players on the LOS (cannot form a wedge, screen block OK.) Penalty = 5 yards.
3. Fair-Catch rule is in effect (also on kickoffs), bad snap on punt allowed, punter can pick up ball and kick. Teams cannot move until the ball is punted. Penalty = 5 yards.
4. Officials allow time for change of personnel, up to individual official's discretion (no quick kicks!)

F. Scoring / Points after touchdown (PAT):

1. Touchdown = 6 points. Offense must declare intention to go for 1 or 2 points. **Captain's** first decision is final.
2. 1 point from 3 yard line, 2 points from 5 yard line.

G. Line of scrimmage (LOS) / Stance / Shift:

1. Offense must have 4 players on LOS; Penalty = 5 yards. Inside 3 players are ineligible (Gd, Center, Gd. No unbalanced lines.
2. Defense must have 3 players on LOS minimum; defensive interior lineman must be staggered with offensive interior lineman. (Use the interior box as a guide - if WR's are up and only three interior G-C-G, defense must line up on their outside shoulder.) No 3 or 4 point stance allowed (all players standing); penalty = 5 yards.
3. No direct dive within **three yards on either side of center** (draw or misdirection, OK). QB must clearly show ball above the shoulder as if to pass in order to run a draw (QB or RB) inside this **6 yd. zone**, RB/WR may reverse field from outside the **6 yd. zone**, in order to cut up field within the **zone**. Penalty = 5 yards.
4. All players, except one person in motion, on offense must be set before ball is snapped. Defense cannot try and draw offense offside with **words or actions**. Penalty = 5 yards.
5. Offensive player goes in motion only after all players set for 1 count before ball is snapped. Penalty = 5 yards.
6. Encroachment / off-side (offense or defense) into the neutral zone - **automatic** 5 yard penalty.

H. Blocking:

1. No blocking below the waist or from behind; No contact by any player above the shoulders; Penalty = 10 yards.
2. No drive blocking - bending at waist and leading with head or shoulder; Penalty = 10 yards.
3. Downfield Shield or Screen block only-can move but not initiate contact-no extension of hands/fists away from body; arms roughly parallel to ground; blocker may not lower his shoulder or "throw a block"; Penalty = 10 yards.
4. Pro pass block allowed behind the LOS - key points - palms face forward, arms can be extended / locked - no fists in punching motion. No grabbing of jersey to control rusher. Holding - 5 yards.

I. Grabbing the flag / dead ball / tackling:

1. No tackling allowed - defense must make an attempt for the flag, no encircling of arms, holding up the ball carrier. Ball carrier must tuck shirt and have alternate flag color from shorts or pants. Flags need to be on the player's hips. If belt is pulled, official has judgment if intentional. Initial contact must be with hands, not head or shoulder. Penalty = 10 yards or play and automatic first down.
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1. Receiver must have one foot in bounds when making a legal catch. If receiver has control of ball and would land in bounds but is forced out by defense while in air, a catch can be allowed; discretion of official.
2. **DB can bump receiver within 5 yds. of LOS** - must not hinder receiver from catching ball before ball reaches receiver while in air. Official's judgment - Penalty = 10 yards and automatic first down.
3. All backs are eligible pass receivers - outside ends (not guards or center), uncovered on LOS are eligible. Penalty = 10 yards & loss of down.
4. Linemen must remain behind the LOS until the ball is thrown, if the pass is beyond the LOS. Penalty = 10 yards.
5. No double forward pass. Lateral or backward pass and then forward pass is acceptable.

K. Other Penalties:

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2. No flag guarding of any sort, including straight arms, jumping, spinning in the air. **Pivoting on the ground is allowed.** Penalty = 5 yards from spot of foul.
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8. No sleeper plays or unbalanced lines - a team must have a guard on either side of center, they are not eligible.

L. League and Playoffs

1. Participating schools will be placed in 6 team leagues.
2. The top two teams in each division will advance to playoffs.

M. Team Box:

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PAL *GIRL'S* Flag Football

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- 2) Should a team score, they will have the option to try a 1 or 2 point extra-point. Depending on the coin toss, and the total points accrued, that team will either be the winner (if they defended first and have more points) or they will play defense against the other team. If a team scores, they will have the choice as to the amount of the extra-point (1 or 2.) This will have to be matched or bettered by the other team, unless a team was held scoreless on their possession, in which case the team that scores will be declared the winner. Winner only by point difference not net yards.
- 3) In the case of an interception, the team that had the ball forfeits the remainder of its possession. If the interception occurs on the first possession, and the intercepting team returns it for a TD, the game is over. The team retains possession of a fumble at the spot the ball hit the ground per PAL rules. The team must maintain possession during the four downs to compare its points to the other team.
- 4) Each team will have possession for four downs (unless they score on an earlier down or the ball is intercepted.) After a TD, the team will try for the extra-point. Once a team has established a point total, the other team in sequence (if it is their turn) will have four downs to match. It does not affect the outcome for comparison if a team scores on first down and the other team scores on fourth down. It is still total points for their full possession.
- 5) The format for extra points is as follows:
 - a. 1st quarter teams must go for win
 - b. 2nd quarter until end teams must go for 2 point conversion
- 6) Each team will be allowed 1 tie-out for overtime. No carryover timeouts from regulation can be carried to overtime.
- 7) The game can only be postponed because of darkness and resume at the point of stop at the next available date.

The rule is in place to settle the contest on the field. Coaches cannot protest the results based on this format. It is understood that both teams will be given equal opportunity to score (per PAL flag football rules) during this extra period based on each team having one possession each overtime period. Official's decision is final. A protest can only be filed if there is a rule was not applied correctly, and not the interpretation/judgment of a rule.