

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

RULES & PROCEDURES

OUR GREATEST RESOURCES - OUR YOUTH

**SUFFOLK COUNTY P.A.L. JUNIOR FOOTBALL RULES
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SECTION 1: SCOPE

1.01 - These rules are intended to govern all football activities in the Suffolk County Police Athletic League football program. ***They are an addendum to the National High School Federation Football Rule Book.***

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. Each organization shall verify the date of birth using the services of a notary public.

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 reason for age check is explained).
- (b) Baptismal certificates are considered reliable proof of date of birth. No Xerox copies.
- (c) Previous year official certification card is acceptable
- (d) Passport
- (d) Family recorded documentation is not acceptable.

SECTION 4: SITE SUPERVISOR

4.01 - 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 player verification 15 minutes prior to the scheduled game time. Maintain crowd control. Be in possession of a Med Kit – Federation Rule Book – PAL Rule Book .

SECTION 5: DIVISIONS

5.00 Major Division

(a) 14 years old. If not 15 by December 31 of the current year, He/she may play.

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.

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

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

SECTION 6: PLAYING/ PLAYER VERIFICATION

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

6.02 all participants shall be on the photo roster and be verified before every game

BOTH TEAMS SHALL BE ON THE 15 YARD LINE, ON THEIR SIDELINE 15 MINUTES. PRIOR TO THE SCHEDULED START TIME FOR PLAYER VERIFICATION. THEY SHALL STAY THERE UNTIL THE PREVIOUS GAME HAS ENDED AND IMMEDIATELY SEND OUT CAPTAINS FOR THE COIN TOSS. A DELAY OF GAME CAN BE ISSUED BY THE REFEREE

AS SOON AS THE GAME HAS ENDED, BOTH TEAM SHALL SHAKE HANDS WITH THEIR OPPONENT AND CLEAR THE BENCH AREA. NO ON FIELD TALKS WITH THEIR PLAYERS.

SECTION 7: TEAM AND LEAGUE MAKE-UP

7.01 – Team rosters should start the season with no less than 17 players and no more than 32 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 new coaches and 7/8 yr old coaches must attend a P.A.L. clinic. All coaches must complete an online course with U.S.A. Football by date specified by the P.A.L. Board annually.

7.08 - The Suffolk County P.A.L. Junior Football League is a Saturday Night 5pm and Sunday league. When a game is scheduled to be played on Saturday night 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. **Games may be scheduled at any other time as long as both teams agree on the scheduled time.**

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 or reschedule 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.

8.02 - the game officials will use a time clock or stopwatch in timing each game. (ON FIELD ONLY)
NO CLOCK PERMITTED ON SCOREBOARD.

Equipment concerns

(a) Cowboy collars shall not be permitted unless specifically mandated by an orthopedic surgeon. **Paper work to be shown at the time of player verification.**

A copy of Doctor’s note must be readily available before the start of the game.

(b) Tinted visors are not permitted under any circumstances (clear only)

(c) No metal or detachable cleat are permitted (molded cleats only)

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 teams coach for verification.** Coaches will discuss the PAL 18 Point rules with officials.

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

9.04 Games shall be scheduled one hour and twenty minutes apart.

9.05 –Ball Type & Size

AGES	WILSON
7, 8, 9 and 10 Year Olds	K2
11 and 12 Year Olds	TDJ
13 and 14 Year Olds	TDY

Recommended Minimum Plays per player – based on age

AGES	WILSON
7, 8 and 9 Year Olds	8 Plays Minimum
10 and 11 Year Olds	10 Plays Minimum
12, 13 and 14 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. The home team is responsible for providing a satisfactory game ball. (Suffolk County PAL football).

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 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 - The bench area will be the area between the 25-yard lines. This area will be plainly marked and preferably roped or fenced off so that it is separated from spectators. The bench area is reserved for players and coaches only.

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

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

10.08 - If all spectators are on one sideline, the home team shall take that sideline for the purpose of security. (no exceptions)

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

SECTION 11: SCORING VALUES / OFFICIAL TIME

11.01 - Touchdown - 6 points

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

11.03 - Safety (awarded to opponent) - 2 points

11.04 - Field goal - 3 points

11.05 - Forfeit - 1 point

11.06 Divisions Pure 8-14 shall have (4) 10-minute quarters. Using normal stoppage as in HS Federation.

11.07 - Half time shall be no longer than 7 minutes.

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

SECTION 12: SCHEDULING

12.01 - The League schedule shall be set and determined by the league. Games are to be played at the 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.

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

12.03 - PAL is a Saturday Night 5pm & 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 PAL game.

SECTION 13: OFFICIALS

13.01 - 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. A third official shall be assigned to all 13 yr old games. Each official shall be paid \$60 per game. If an official works alone, he shall be paid 1&1/2 fee \$90.

13.02 - 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.

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

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

SECTION 14: MISCELLANEOUS RULES

14.01 - 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.

14.03 - 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. They are forbidden to coach or argue with officials from their position.

Note: No player or coach shall proceed beyond the 25-yard lines while the game is being played.

14.05 - 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.

14.07 - 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.

14.08 - There shall be an official time-out of at least 1 minute between the first & second and the third & fourth quarter.

14.09 – ONLY ONE coach is permitted on the field during charged time outs. Unless to bring water or fix equipment.

14.10 - 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.

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

14.12 - 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.

14.13 - Cadet Division - 9 yr olds shall have 1 coach on the field during play for the first 5 games. Division 1 coaches (Patriot division) are not permitted at any time. Coaches shall stand 5 yds outside the defensive ends on their side of the ball before the snap.

14.14a – PUNTS – (ages 7 - 8 & 9) Free snap. All punts are dead, there shall be no return. Only 1 player may go back and down the ball. Ball shall be spotted at 1st touching.

14.14b – PUNTS – (ages 10 thru 14) All punts are live at the snap. Punt formation and punter must be declared. Fakes are legal. Snapper is protected @ 7 yards. Receiving team must be in a 6-3-2 (at least a 1 yard drop). Only the front 6 may rush the kicker. ALL PLAYERS MAY RUSH IF IT IS A FAKE. A BAD SNAP IS NOT A FAKE.

14.15a-- FIELD GOALS (Ages 7 – 8 & 9) all field goal and p.a.t. Are dead, They have to be declared. No rush. No blocking, Defense may raise hands. No jumping, No yelling after ready for play whistle. Ball must be snapped to holder, Kicker has 4 seconds to kick ball. Kicker can only use ground or block.

14.15b - FIELD GOALS (Ages 10 – 14) all field goals and P.A.T. are live at the snap. Field goal formation must be declared. Fakes are legal. Snapper is protected @ 7 yds. Receiving team must be in a 6-3-2 (at least a 1 yard drop). Only the front 6 may rush the kicker. . ALL PLAYERS MAY RUSH IF IT IS A FAKE. A BAD SNAP IS NOT A FAKE.

A quick kick is part of the game, it can be used at anytime.

(ANY CIRCUMVENTING OF THE KICKING RULE IS A 15YRD; UNSPORTSMANLIKE PENALTY ON THE HEAD COACH.)

14.16 - 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.

When any coach or parent yells across the field in disparaging manner. There is a 99% chance that they will be ejected!!!!

NO MORE THAN 5 COACHES AND 2 JR COACHES PER TEAM

Field Behavior

(a) There is NO electronic documenting permitted for scouting purposes i.e.: video/digital cameras; cell-phones; i-phones; webcams etc. This DOES NOT prohibit a parent/coach from taping their own games.

(b) There is a zero-tolerance rule set in place for alcohol; drug and tobacco use at any P.A.L. sanctioned event i.e.: games; camps; etc.

(c) The use of air horns; whistles; bells; etc. is prohibited at all P.A.L. sanctioned events

(d) There are NO COACHES permitted on markers/chains...i.e.: suspended; uncertified; etc....
There is NO COACHING from marker/chain crew

SECTION 15: POLICIES

15.01 - 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.

15.02 – 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. **First practice shall not occur before July 15th**

SECTION 16: EIGHTEEN POINT RULE

16.01 - 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 ***drive*** (except for injuries). The ***drive*** 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 an illegal participation penalty and the team shall be assessed a fifteen yard penalty and loss of down, If found to be intentional; a one game suspension will be assessed.

16.02 - 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.

16.03 - 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.

16.04 - 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.

16.05 - Defensive ends are to line up 7 yards outside the offensive tackles.

16.06 - No blitzing will be permitted. Blitzing shall be defined as ANY defensive player moving forward ***before or during the snap*** 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.

16.07 - There will be no mandatory substitutions on defense.

16.08 - 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.

16.09 - 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.

SECTION 17: TWENTY-FOUR POINT RULE

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

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

STRAIGHT 8 YEAR OLD DIVISION SHALL PLAY REGULAR FOOTBALL

Coach shall be permitted on field (outside ends) for the entire season

Each organization is allowed only one mixed 7/8-year-old team. All others will be straight 7 or 8.

SECTION 18: COMMISSIONERS; STRAIGHT 7 & MIXED 7&8-YEAR-OLD DIVISION RULES ARE MODIFIED.

18.01 - 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) And after all scores. Clock shall start on ready for play by the opposing team.

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

(d) FUMBLES can be advanced. They are live and will not be whistled dead.

(e) Backfield motion is not permitted.

18.02 – On Field Coaches

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

Coaches shall stand 5 yds outside of the defensive end on their side of the ball before the snap.

These coaches become spectators once the Offensive team breaks their huddle. 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).*

18.03 - **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) **Linemen shall not double team or down block.**

(d) There shall be no unbalanced line.

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

18.04 - **Offense: Backs & Ends**

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

Backfield must be balanced with no more than 1 player outside of each tackle.

(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.

(e) A forward pass after a hand off or pitch is legal.

***Note:** Any violation of rule in section 18.3 & 18.4 shall first be a warning, then a five-yard penalty, plus loss of down for each thereafter.*

18.05 - **Defense: Alignment**

(a) Defensive alignment shall be a 6-3-2- or 6-2-3

▪ Six linemen on the line of scrimmage,

▪ Three linebackers 5 yards off the ball, or 2 linebackers

▪ Two safeties 10-yards off the ball. Or 3 safeties

18.06 - **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 ensure the exchange between the Q.B. and the snapper.
- (d) Defensive ends must line up on the line of scrimmage but no wider than 1 yard outside of the offensive end. They do not have to make contact with any offensive player.

18.07 - **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, including linemen. 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 18.5, 18.6 or 18.7 shall be first a warning. Then a 5-yard penalty shall be assessed, plus automatic first down for each thereafter.*

18.08 - **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 7. The ball must kick from a **BLOCK** or the ground – **NO TEES.***

***A FOUR (4) 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 **FOUR-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 –All other field Goal rules apply.

***Note:** PAL Junior Football League encourages special teams play.*

19.03 – Tie Breaker Rule (For playoff purposes only)

- (a) Visiting team captain calls the ONLY coin toss
- (b) Winning team has choice of Offense – Defense or end of field to play on – Losing team has other choices
- (c) Ball is placed on the 20 yard line (1st and 10)
- (d) Series ends when team scores by kick or touchdown, including but not limited to P.A.T. or turns over the ball by fumble; interception or fails to get a first down. A kick is permitted on any down.
- (e) The other team has a chance to win or tie from the 20 yard line
- (f) If the score remains tied after the first set; the coin toss loser has first choice of the aforementioned three options; with NO coin toss.
- (g) One time out per team; per set; no carry over.
- (h) The offensive team shall be awarded another series if a scrimmage kick is recovered after it first touches the receiving team between the goal lines or after an automatic first down penalty. Penalties that carry an automatic 1st down are; *pass interference; roughing the kicker; holder; snapper or passer.*
- (i) If a dead ball foul by the defense follows a failed 4th down play; the ball shall be placed the penalty distance from the 20 yard line (1st and 10) it is now the defensive teams ball; or it is enforced in the next set if necessary. P.S.K. enforcement is not applicable
- (j) Keep repeating this procedure until there is a game winner.

19.04 - League Responsibilities

- (a) There is a chain of command for league situations, which all reps must convey to their coaching staff:
 - 1. Parent speaks to coach regarding his/her concerns – if this remains unresolved:
 - 2. Parent speaks to League board regarding his/her concerns – if this remains unresolved:
 - 3. Parent speaks to League P.A.L. representative – who in-turn presents the situation to the P.A.L. Board – At no time should a parent be in verbal contact to any P.A.L. board member. If the parent would like to contact P.A.L. they are to email the board...No complaint calls will be entertained.
- (b) The home team is responsible for exhibiting good sportsmanship and maintaining a safe environment for their members and visiting teams. No person is permitted on the field/sidelines unless they VISIBLY show a P.A.L. identification tag; unless they are on the Down marker/chain crew – there are NO exceptions.

19-1 Heat Index and Heat Safety Tips

Heat Index Chart (Temperature & Relative Humidity)

RH (%)	Temperature (° F)															
	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
90	119	123	128	132	137	141	146	152	157	163	168	174	180	186	193	199
85	115	119	123	127	132	136	141	145	150	155	161	166	172	178	184	190
80	112	115	119	123	127	131	135	140	144	149	154	159	164	169	175	180
75	109	112	115	119	122	126	130	134	138	143	147	152	156	161	166	171
70	106	109	112	115	118	122	125	129	133	137	141	145	149	154	158	163
65	103	106	108	111	114	117	121	124	127	131	135	139	143	147	151	155
60	100	103	105	108	111	114	116	120	123	126	129	133	136	140	144	148
55	98	100	103	105	107	110	113	115	118	121	124	127	131	134	137	141
50	96	98	100	102	104	107	109	112	114	117	119	122	125	128	131	135
45	94	96	98	100	102	104	106	108	110	113	115	118	120	123	126	129
40	92	94	96	97	99	101	103	105	107	109	111	113	116	118	121	123
35	91	92	94	95	97	98	100	102	104	106	107	109	112	114	116	118
30	89	90	92	93	95	96	98	99	101	102	104	106	108	110	112	114

Note: Exposure to full sunshine can increase HI values by up to 15° F

July 27, 2006

Heat Index and Heat Safety Tips

Modified Heat Alert

When the heat index reaches 88 (equivalent to T.H.I. of 73) practice sessions or contests must include forced, frequent water breaks, a Minimum every 10-15 minutes, preferably in shade. Players must remove helmets; those players not participating in contact activities must remove helmets.

Full Heat Alert

When heat index reaches 95 (equivalent to T.H.I. of 78) no physical activity is permitted.

North American summers are hot; most summers see heat waves in one section or another of the United States. East of the Rockies, they tend to combine both high temperature and high humidity although some of the worst have been catastrophically dry. Heat kills by taxing the human body beyond its abilities.

Children are particularly susceptible to heat reactions, especially during heat waves in areas where a moderate climate usually prevails.

The National Weather Service (NWS) has stepped up its efforts to alert more effectively the general public and appropriate authorities to the hazards of heat waves-those prolonged excessive heat/humidity episodes.

Based on the latest research findings, the NWS has devised the "Heat Index" (HI), (sometimes referred to as the "apparent temperature"). The HI, given in degrees F, is an accurate measure of how hot it really feels when relative humidity (RH) is added to the actual air temperature.

To find the HI, look at the [Heat Index Chart](#). As an example, if the air temperature is 95°F (found on the left side of the table) and the RH is 55% (found at the top of the table), the HI-or how hot it really feels-is 110°F. This is at the intersection of the 95° row and the 55% column.

General heat safety tips:

Slow down. Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day. Individuals at risk should stay in the coolest available place, not necessarily indoors.

Dress for summer. Lightweight light-colored clothing reflects heat and sunlight, and helps your body maintain normal temperatures.

Put less fuel on your inner fires. Foods (like proteins) that increase metabolic heat production also increase water loss.

Drink plenty of **water or other non-alcohol fluids**. Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty. Persons who (1) have epilepsy or heart, kidney, or liver disease, (2) are on fluid restrictive diets or (3) have a problem with fluid retention should consult a physician before increasing their consumption of fluids.

Do not take salt tablets unless specified by a physician.

Spend more time in air-conditioned places. Air conditioning in homes and other buildings markedly reduces danger from the heat. If you cannot afford an air conditioner, spending some time each day (during hot weather) in an air conditioned environment affords some protection.

Don't get too much sun. Sunburn makes the job of heat dissipation that much more difficult.

Heat Disorder Symptoms

SUNBURN: Redness and pain. In severe cases swelling of skin, blisters, fever, headaches. First Aid: Ointments for mild cases if blisters appear and do not break. If breaking occurs, apply dry sterile dressing. Serious, extensive cases should be seen by physician.

HEAT CRAMPS: Painful spasms usually in muscles of legs and abdomen possible. Heavy sweating. First Aid: Firm pressure on cramping muscles, or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue use.

HEAT EXHAUSTION: Heavy sweating, weakness, skin cold, pale and clammy. Pulse thready. Normal temperature possible. Fainting and vomiting. First Aid: Get victim out of sun. Lay down and loosen clothing. Apply cool, wet cloths. Fan or move victim to air conditioned room. Sips of water. If nausea occurs, discontinue use. If vomiting continues, seek immediate medical attention.

HEAT STROKE (or sunstroke): High body temperature (106° F. or higher). Hot dry skin. Rapid and strong pulse. Possible unconsciousness. First Aid: HEAT STROKE IS A SEVERE MEDICAL EMERGENCY. SUMMON EMERGENCY MEDICAL ASSISTANCE OR GET THE VICTIM TO A HOSPITAL IMMEDIATELY. DELAY CAN BE FATAL. Move the victim to a cooler environment Reduce body temperature with cold bath or sponging. Use extreme caution. Remove clothing, use fans and air conditioners. If temperature rises again, repeat process. Do not give fluids. Persons on salt restrictive diets should consult a physician before increasing their salt intake.

*For more information contact your local American Red Cross Chapter.

Source: NOAA's National Weather Service, the Federal Emergency Management Agency, and the American Red Cross

The evaluation of any athlete, whether as a part of health evaluations prior to activity or as a diagnosis of an injury as the consequence of sports activities, is specific to that individual and the history and current state of the individual presented. Advice, diagnosis and treatment is individualized according to numerous factors, including patient health and age information, medical history and symptoms. All athletes should be cleared by a physician or other appropriate medical professional before engaging in physical activities and, after injury, diagnosis and treatment, for return to play.

19-2 Lightning

In case of lightning, the game in progress is immediately over. Clear the players off the field and send them home. The referee makes the call of suspending play

If there is a following game, wait out the lightning and try to get the game in.

The home team makes the call of cancelling the rest of the day.

19-3 First Practice

No practice shall be permitted until the last Saturday in July.

Uniform evaluations' are permitted before this date for the purpose of assigning players to specific teams.

SECTION 20 HS AND PAL DIFFERENCES

Differential between H.S. Federation and P.A.L. RULES

	H.S. Federation	P.A.L.
Chain crew	Visitor side	Home side
Fumbles	Live	Live / all ages
Game timing	12 minute quarter	PURE 8-14 YR OLD 10 minute quarter PURE 7 & MIXED 7 & 8 YR OLD 12 min running
kickoff	Permitted	Not permitted / all ages
Coach on field during play	Not allowed	7&8 9 b down Outside ends
Scrimmage kicks	Full rush	7-19 dead 10-14 modified live
Electronics	Permitted	Not permitted
18 & 24 Point rule	None	Modified
Tie breaker	Yes	Playoff only
Ball size	Federation	7-10 K2 11-12 TDJ 13 - 14 TDY
Cowboy collar	Permitted	Orthopedic surgeon prescription only
Penny's Cleats, metal detachable	Visitor permitted	Home team molded only
First practice	Federation	July 15

Safety 101

Safety education is an integral part of the SCPAL youth sports programs. Coaches, parents and athletes are educated regarding injury prevention as well as guidelines to follow if an injury occurs. In addition, other programs that focus on drug and alcohol abuse and anti-gang, anti-hazing are provided on an on-going basis.

These programs are integrated into our clinics, workshops, jamborees, camps and certifications. They include the following:

1. Be-A- PAL- an anti-hazing, anti-bullying and anti-gang program.
2. Smart Cop- a drug and alcohol prevention program.
3. Concussion Awareness- an effort to educate coaches, parents and athletes to recognize the signs and symptoms of a concussion and Suffolk County PAL guidelines.
4. Heat exhaustion prevention and signs and symptoms.
5. AED awareness and CPR training.

There are a variety of ways that the aforementioned programs are provided to facilitate these initiatives:

1. Guest speakers who are experts in the field are invited to present the information as well as their personal experiences.
2. Ensuring the use of proper equipment in all youth sport programs and seminars set up to properly fit the particular equipment.
3. Printed material for coaches, kids and parents.

Concussion Awareness - Heads Up 101 Program

This program is offered to our core sports football, lacrosse and baseball. Basketball and soccer are not considered contact sports but we feel it is important to provide them with this vital program.

Implementation of the Heads Up 101 program includes:

1. PAL safety guidelines which includes rules of that particular sport.
 - A. For example in football the proper tackling technique; we teach and preach not to lead with your head.
2. Reinforcement of the proper equipment and how it fits.
 - A. Example: personal protective equipment such as helmet, shoulder pads, and mouth guard.

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even a "ding" or a bump on the head can be serious. Concussions can occur without loss of consciousness. Concussions can occur in any sport. To help recognize a concussion, watch for the following:

1. A forceful blow to the head or body that results in rapid and sudden movement of the head.
2. Any change in the athlete's behavior, thinking or physical functioning.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or can take days or weeks to appear.

SIGNS TO OBSERVE:

Appears dazed or stunned
Is confused about assignment
Is unsure of game, score or opponent
Forgets plays
Moves clumsily
Answers questions slowly or slurs their words
Loses consciousness
Shows behavior or personality changes
Can't recall prior to event

SYMPTOMS REPORTED BY ATHLETE

Headache
Nausea
Balance problems or dizziness
Double or fuzzy vision
Sensitivity to light or noise
Feeling sluggish or slowed down
Just not feeling right
Feeling foggy or groggy
Concentration or memory problems

Confusion

These signs and symptoms are on an index card that is provided to every Suffolk County PAL coach.

Heads Up 101 posters will be provided to every member organization which includes the signs and symptoms of concussion.

WHAT SHOULD YOU DO IF YOU THINK THE PLAYER HAS A CONCUSSION? SUFFOLK COUNTY PAL ACTION PLAN:

1. Remove the athlete from play (* special attention must be paid to older players who may not want to miss part of the game). Reinforce it is better to miss one game than missing the whole season or never being able to play again.
2. Ensure that the athlete is evaluated right away by an appropriate health care professional, while simultaneously' informing the athlete's parents or guardians about the possible concussion.
3. **** ALLOW THE ATHLETE TO RETURN TO PLAY ONLY WITH WRITTEN PERMISSION FROM A HEALTH CARE PROFESSIONAL.**

Suffolk County PAL believes the welfare and safety of our players is #1 priority and nothing should be second-guessed concerning a possible concussion or any other injury.