

SUFFOLK COUNTY POLICE

ATHLETIC FOOTBALL LEAGUE



MISSION STATEMENT

The 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 safetyoriented manner and to keep the welfare of participants free of any adult ambition and personal glory.

Sportsmanship is paramount to the success of our children on and off the field.

Vince Cesarino SCPAL Football President

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Bruce Morrison SCPAL Football 2nd Vice President

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Carla Pitocco SCPAL Football Board Member

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OUR GREATEST RESOURCE...OUR YOUTH

***SUFFOLK COUNTY
POLICE ATHLETIC LEAGUE
JUNIOR FOOTBALL LEAGUE
RULES & PROCEDURES***

REVISION DATE: AUGUST 1, 2023
ONLY VERSION ACCEPTED

OUR GREATEST RESOURCE...OUR YOUTH
SUFFOLK COUNTY P.A.L. JUNIOR FOOTBALL RULES
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CODE OF CONDUCT

Suffolk County Police Athletic League

COACHES, PARENTS AND PLAYER'S Ethics Pledge

The Suffolk County Police Athletic League has adopted a zero-tolerance policy for violence. This includes physical acts of violence, threats of violence or threatening behavior.

Any violation of the rules listed below committed by any participant (player, coach, spectator, parent or official, will result in immediate ejection from game and a mandatory suspension.

The board of directors will decide on whether the suspension is for the entirety and or remainder of the season or a lifetime ban depending on the severity of the offense.

The following will bring to your attention the type of behavior we hope and expect from our parents. Please read, sign and follow the pledge for a safe and enjoyable season for your child.

The signature of ALL parents and players on this form is MANDATORY for all organizations participating in Suffolk County PAL Football and a copy will be submitted to the board of directors prior to the beginning of each new season.

1. I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game or practice.
2. I will emphasize skill, development and practices and how they benefit my child over winning.
3. I will refrain from coaching my child or others during games and practices unless I am an official coach.
4. I will inform the coach of any physical disability or ailment that may affect the safety of my child or others.
5. I will place the emotional and physical well-being of my child ahead of a personal desire to win.
6. I will support my organization, our coaches and officials working with my child, to encourage a positive and very enjoyable experience for everyone.
7. I will demand a sports environment for my child that is free of drugs, tobacco and alcohol and will refrain from their use at all Suffolk County P.A.L. sporting events.
8. I will ask my child to treat other players, coaches, officials and fans with respect regardless of race, sex, creed or ability.
9. I will respect the officials and their authority during games and will not question, discuss or confront coaches at the game field.
10. I will speak with coaches at an agreed time and place.
11. I will not engage in any unsportsmanlike conduct with any official, coach, player or parent, such as booing and taunting, refusing to shake hands, or using profane language or gestures.
12. I will help my child enjoy this experience by doing whatever I can, such as being a respectful fan, becoming an assistant coach, provide transportation, anything you can do that is Positive.
13. Let the coaches' coach – let the officials officiate and above anything else; **LET THE CHILDREN PLAY.**
14. I will be responsible for the conduct of all guests that I bring to my child's game.
15. I will remember that this is just a game. Let your child dream his own dreams, let your child **PLAY** and have fun.

Thank you for your cooperation and have a great season.

Parent/Guardian please print name here: _____

Parent/Guardian please sign name here: _____

Player's name: _____

PLAYER'S CODE OF ETHICS

- 1- I will encourage good sportsmanship from my fellow participants at every game and practice by demonstrating good sportsmanship.
- 2- I will attend every practice and game that I can and will notify my coaches if I cannot.
- 3- I will do my best to listen and learn from coaches.
- 4- I will treat my coaches, other players, officials and fans with respect regardless of race, sex, creed or abilities and I expect to be treated accordingly.
- 5- I deserve to have fun during my P.A.L. experience and I will tell my parents or coaches if it stops being fun.
- 6- I will encourage my parents to be involved with my activity in some capacity because it is important to me.
- 7- I will do my best in school.
- 8- I will remember that my participation in P.A.L. is an opportunity to learn and have fun.

Player's Signature: _____

**PLEASE REMEMBER BEING A PARTICIPANT IN THE SUFFOLK COUNTY PAL
FOOTBALL LEAGUE IS A PRIVILEGE AND NOT A RIGHT!**

HIGHLIGHTED RULES AS OF 2024 SEASON

1. **COACHING AT ALL AGES AND DIVISION LEVELS - FED / ROOKIE / FLAG**,
ONLY the Head Coach may consult with or speak to the referees.
ALL ASSISTANT COACHES/ PLAYERS/ PARENTS AND SPECTATORS are subject to this rule. IF THIS RULE IS VIOLATED, an UNSPORTSMANLIKE PENALTY will be enforced. In addition, this penalty is also assessed to the offending Head Coach.
1 (ONE) such penalty will result in his ejection from the game and pending an officials report and severity of the offense, coaching badges may be revoked, and season/ lifetime ban may be imposed.
The board of directors will have final decision.
2. Once the board of directors have voted on the punishment to be served, the decision is final and will not be reversed. Emails, phone calls, text messages from coaches, parents, organizational representatives will NOT be considered nor read.
3. Any ejected coach, player 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. If the ejected person does not abide by this rule, the officials have been instructed to run the game clock and not allow another play to take place until the ejected person leaves the field of play area. If the ejected person insists on NOT leaving the field of play area, the officials have been instructed to call 911.
4. Suspended coaches are **not** permitted to coach at practice or coach during the warm up prior to a game nor during actual game time until the term of their suspension has been served.
Failure to comply with this rule will result in further disciplinary action including but not limited to season long suspension and or termination of coaching privileges for life.

5. The suspended coach may attend their team's/child's game on game day AS A SPECTATOR/ PARENT. They are NOT permitted to coach from the stands nor behind/ around the playing field.
6. **NO MORE THAN 5 CERTIFIED COACHES AND 2 JR COACHES PER TEAM ARE PERMITTED ON THE SIDELINE ON GAME DAY.**
(Unless approved by the PAL Board). If the team mom is a part of the 5 coach maximum he/she is permitted to be on the sideline during game play. If he/she is in addition to the 5 maximum allowed coaches he/she is NOT permitted on the sideline during game.
7. NO electronic documentation is permitted for scouting purposes, i.e.: Video/digital cameras; cellphones; drones; webcams etc. This DOES NOT prohibit a parent/coach from taping their own games from the STANDS. **There is to be NO videotaping from the sidelines by any coach, player, parent, spectator, videographer, photographer.**
8. Use of "HUDL" type cameras and or cameras with large tripod style stands are NOT permitted on or near the sidelines. They pose an immediate hazard to not only the players and coaches but also anyone in the general vicinity if it should happen to fall or get knocked over.
9. **The use of drones is prohibited during game play at ALL LOCATIONS FOR ALL FOOTBALL GAMES FOR ALL AGES SANCTIONED BY SUFFOLK COUNTY PAL.**
10. There is a zero-tolerance rule set in place for alcohol; drug and tobacco use at any P.A.L. sanctioned event. ANYONE caught in offense of this rule will be told to leave the premises.
11. In accordance with the NATIONAL HIGH SCHOOL FOOTBALL RULE BOOK, the use of air horns; whistles; bells; noise makers etc. is **PROHIBITED** at all P.A.L. sanctioned events. ANYONE found in violation of this rule will be removed from the field of play area.
12. COACHES are NOT permitted on markers/chains...i.e.: suspended; uncertified; etc.....
There is NO COACHING from marker/chain crew. **You are considered part of the officiating crew when you volunteer to hold the down marker and chains. Please act accordingly.**
13. No player or coach is permitted to use any electronics to communicate with each other. Such as but not limited to: Cellphones, headphones, airpods, microphone ear pieces etc.
14. Any suspended coach, player, parent, spectator will serve their suspension in GAMES not WEEKS. Meaning if their suspension falls upon a "BYE" week, the "BYE" week does NOT count as a served game suspension.
15. ALL ORGANIZATIONS will prepare their picture rosters using the provided template accompanied by birth certificates and or passport as well as a current report card for annual audit. The board of directors will perform this audit to ensure that ALL players are aligned with their proper age group and age cutoff as well as playing for their respective HOME ORGANIZATION PRIOR to the start of the football season.
16. **LASTLY, ANY COACH, TEAM, PLAYER, PARENT, SPECTATOR FOUND TO BE IN VIOLATION OF ANY OF THE ABOVE STATED RULES RISK THE FORFEIT OF PLAYOFF CONTENTION AND OR CHAMPIONSHIP GAME IF VIOLATION OCCURS DURING PLAYOFFS. IF VIOLATION OCCURS IN SEMI-FINAL STAGE OF THE SEASON, THE NEXT HIGHEST SEEDED TEAM WILL ADVANCE TO THE CHAMPIONSHIP GAME.**

The intent of the PAL board of directors is NEVER to punish the team of children for the offense of an adult. But the rules are in place to keep the sanctity of the league intact so that future players, coaches, parents and spectators can enjoy Suffolk PAL Football.

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. All coaches must understand NFHS rules. This version can be purchased online. www.nfhs.org > media > Football. Buy the electronic version and share with all your coaches as a PDF.**

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. **Sportsmanship is paramount to the success of our children on and off the field.**

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.

2.02 – No player shall be allowed to participate in Suffolk County Police Athletic League if said player(s) is playing and or on a junior varsity football roster.

2.03- Players between the ages of 12 & 13 years of age are permitted to play for their middle school football program as well as PAL. The only limitation being, once middle school football commences PAL participants are NOT permitted to engage in full contact at PAL practices.

SECTION 3: VERIFICATION OF GRADE LEVEL & PLAYER ELIGIBILITY

3.01 – As of July 1st, 2025 PAL player eligibility will be verified by the players report card from the school in which they attend. The player's report card will serve as proof of grade level as well as school district they attend for registration purpose with their respective town organization.

If a report card is unavailable due to any reason, then the player may submit their student ID as long as it displays their grade level and school name.

Each organization shall verify their player's grade level and submit teams to PAL accordingly.

3.02 – Breakdown of grade level in accordance with age is as follows:

3.03 – **NO** PLAYER FROM THE KINDERGARTEN/ 1ST GRADE LEVEL WILL BE PERMITTED TO MOVE UP UNLESS APPROVED BY THE PAL PRESIDENT.

3.04 – ANY 2ND GRADE PLAYER MAY MOVE UP AND PLAY AT THE 3RD GRADE LEVEL BUT MUST PLAY ROOKIE 8 MAN FOOTBALL.

3.05 – ANY PLAYER REFERRED TO ANOTHER ORGANIZATION BECAUSE THEIR HOME TEAM COULD NOT FIELD A TEAM IN HIS/HER GRADE LEVEL WILL BE RELEASED TO PLAY FOR THAT ORGANIZATION. AT THE START OF THE FOLLOWING SEASON, IF THAT PLAYER’S HOME ORGANIZATION CAN NOW FIELD A TEAM IN HIS/HER GRADE LEVEL, THAT PLAYER MUST RETURN BACK TO THEIR HOME ORGANIZATION. “GRANDFATHERING” OF ANY KIND IS NOT PERMITTED.

3.03 - All organizations and teams are subject to an age audit at any time the Board deems it is warranted. This process includes but not limited to The Organization President with a picture roster of said team attending a scheduled meeting with the Board. He/She will be accompanied by each player on that team who must present a raised seal original birth certificate and current report card. Failure to do so will cause PAL to freeze all further activities of said team until the audit is completed.

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. Handle E.A.P. (Emergency Action Plan)

SECTION 5: TEAM GRADE DETERMINATION

- 5.01: Kindergarten and 1st grade: 5 & 6 year olds will participate in FLAG football only
- 5.02: 2nd grade: 7 year olds will participate in 8 man tackle football
- 5.03: 3rd grade: 8 year olds will participate in either 8 man tackle football or 11 man tackle football
- 5.04: 4th grade: 9 year olds will participate in 11 man tackle football
- 5.05: 5th grade: 10 year olds will participate in 11 man tackle football
- 5.06: 6th grade: 11 year olds will participate in 11 man tackle football
- 5.07: 7th grade & 8th grade: will participate in 11 man tackle football together. This will be also know as the middle school division.

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

Ex: A true 4th grader cannot play in the 6th grade division.

SECTION 6: PLAYING/ PLAYER GAME TIME 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. **Any circumstances or situations that will affect these participant numbers will be addressed on an individual team basis with supporting rationale from the organization. Approval / disapproval will be determined by the Board, that decision is final.**

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 specified due date.**

Note: Names may be added or deleted from the official roster **but must be communicated and approved by the P.A.L Board.**

7.04 - **All official rosters must be completed on the provided template, typed, submitted, and be signed by a PAL Board President and/or board Police Officer to be considered an official roster. No other version will be accepted on game day. Game will be played but team in violation will be credited with a forfeit loss.**

7.05 - No player may participate on more than (1) division or on more than (1) team. Player's 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 –

- a. **All COACHES must attend a P.A.L. clinic no matter their coaching level or longevity annually.**
- b. All coaches must complete an online course with U.S.A. Football by date specified by the P.A.L. Board annually.
- c. All coaches must have a background check provided by the Suffolk County Police Department.

ALL OF THESE CRITERIA ARE REQUIRED AND IF NOT COMPLETED THE COACH WILL NOT BE ISSUED A PAL OFFICIAL COACHES BADGE.

7.08 - The Suffolk County P.A.L. Junior Football League is a Saturday Night after 5pm and all-day 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 if 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”. 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) wanting to leave an organization to play elsewhere must be released from the player's primary organization, and then be placed on a team in need by the PAL President.**

- 7.12 – **Organizations that have registered players but have no team for them to play on and they want to play for another organization will be considered PAL Free Agents. These player's names, age and contact information will be forwarded to the PAL President, and he will place them on a local team that is considered in need of players to establish a team. No organization can refer a player to another organization, it must come directly from PAL.**

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. (ON FIELD ONLY)
NO CLOCK PERMITTED ON SCOREBOARD.

Equipment concerns

- (a) Cowboy collars shall not be permitted unless specifically mandated by an orthopedic surgeon.

Prescription shall be shown at the time of player verification.

A copy of **Doctor's prescription** must be readily available before the start of the game.

- (b) Visors OF ANY KIND (CLEAR OR TINTED) are not permitted under any circumstances

- (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 **THOSE MODIFICATIONS** provided in these rules.

9.02 – SPECIALIZED GAME MODIFICATIONS FOR INCREASED SAFETY

NO BLITZING PERMITTED 8- & 9-YEAR OLDS IN ALL DIVISIONS.

IN ASSOCIATION WITH THIS NEW RULE IN DIVISIONS 1 & 2, THE FOLLOWING DEFENSIVE FORMATIONS ARE REQUIRED.

1. A **MAXIMUM** OF A 6 MAN DEFENSIVE LINE. **GAP PENETRATION IS ALLOWED.**
2. A **MINIMUM** OF 3 LINEBACKERS AT A DISTANCE OF 2 YARDS BEHIND THE LINE OF SCRIMMAGE.
3. DEFENSIVE BACKS MAY COVER THE WIDE OUTS BUT MUST BE AT A **MINIMUM** DISTANCE OF 2 YARDS BEHIND THE LINE OF SCRIMMAGE.

****PLEASE NOTE THAT ANY ATTEMPT TO CIRCUMVENT THIS RULE WILL RESULT IN A 15 YARD UNSPORTSMANLIKE PENALTY ON THE HEAD COACH. A SECOND INFRACTION OF THIS RULE WILL LEAD TO DISQUALIFICATION OF THE HEAD COACH AND EJECTION FROM THE GAME WITH A SUSPENSION FROM THE TEAM'S VERY NEXT GAME.**

9.03 – PUNTS – (ALL AGES) Free snap. All punts are dead, there shall be no return.

Only 2 players may go back and down the ball. Ball shall be spotted at 1st touching. 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 their side of the 50-yard line.

9.04 - FIELD GOALS (ALL AGES)

All Field goal and P.A.T. attempts are dead,
They must be declared. No rush. No blocking,
Defense may raise hands. No jumping, No yelling after ready for play whistle. (Stand Up-
Hands Up- Shut Up.) This includes coaches and spectators.

Ball must be snapped to holder; Kicker has **4 seconds** to kick ball. Ball shall be placed on the ground or on a legal kicking block.

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

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

9.05 - Prior to playing the game, each team will be given a roster ID photo, which will be inspected by the opposing team's coach for verification. Coaches will discuss the PAL 18 Point rules with officials.

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

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

9.08 –Ball Type & Size

AGES	WILSON
Kindergarten – 5 th grade	K2
6 th grade / 7 th / 8 th grade	TDJ

REQUIRED -Minimum Plays per player – based on grade level.

AGES	# of PLAYS
Kindergarten – 4 th grade:	8 Plays Minimum
5 th and 6 th grade	10 Plays Minimum
7 th and 8 th grade	12 Plays Minimum

9.09 - Tie Breaker Rule (For playoff purposes only)

- Visiting team captain calls the ONLY coin toss
- Winning team has choice of Offense – Defense or end of field to play on – Losing team has other choices.
- Ball is placed on the 10-yard line (1st and 10)
- 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.
- The other team has a chance to win or tie from the 10-yard line
- 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.
- 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. (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 10-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 (i) Keep repeating this procedure until there is a game winner.

**(i) DURING PLAYOFFS AND CHAMPIONSHIP GAME ONLY
THE 18 POINT RULE HAS BEEN ELIMINATED.**

9.10 - PLAYOFFS

Playoff format for Division 1 & 2

- The lowest seed plays the highest seed. 1V8, 2v7, 3v6, 5v4
- Higher seed is designated home team.
- CHAMPIONSHIP GAMES: Divisions 1 and 2 (only) will be played at the PAL complex on the turf field.
- Division 2 will be played on a Saturday and Division 1 will be played on a Sunday.

Playoff format for Divisions 3 and lower

Top 8 teams play. Game is played at highest seed home field.

- 1v4, 2v3 (winners' bracket) & 5v6, 7v8 (consolation bracket)
- Winners play on to championship at higher seed, consolation games can be played if both teams agree.

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 **FULL FIELD** divisions of play. **10.021 – The 45 x 30 yard playing field is for Rookie and Flag 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 **when required**. 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)
- 10.09 – An official game shall start with 11 players on each team and may go down to 8 players. If a team has less than 11 players at game time, they will forfeit but play the game as a scrimmage with their opponent using equal # of players.

10.10 – 8v8 games must start with 8 and end with 8

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 kick is worth 2 points

– Extra point kick: holder must be 7 yds behind the center. Kicker will have 4 sec. to get kick off.

11.03 – Extra point: run in or pass in from 3 yd line is 1 point

11.04 – Extra point: run in or pass in from 5 yd line 2 points

11.05 - Safety (awarded to opponent) - 2 points

11.06 - Field goal - 3 points

11.07 - Forfeit - 1 point

11.08 Divisions Pure 8-14 shall have (4) 10-minute quarters. Other timing is specific to play in Rookie / Flag games.

***IN REAL CLOCK GAMES THE CLOCK WILL START ON THE READY FOLLOWING A STOPPAGE...EX. OUT OF BOUNDS, INCOMPLETE PASS, CHANGE OF POSSESSION EXCEPT WITHIN THE LAST 2 MINUTES OF THE 2ND QUARTER AND 4 QUARTER. AT THAT POINT IT WILL HOLD TRUE TO THE NFHS RULES.**

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

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

SECTION 12: SCHEDULING

12.01 – Weekly game times will be set and confirmed by organizational reps and recorded by PAL Board and Officials Schedulers at Monday meetings. The PAL Board strongly recommends every organization be represented at every meeting to ensure schedule accuracy. Emailing home schedules is strongly discouraged, it does not confirm game times/locations with the visiting organization.

12.02 – Thursday of game week, 1 (one) email will be sent from the Official's Game Assignor to PAL President, Hosting Representative, and all scheduled game officials.

EVERYONE WILL “REPLY ALL” IMMEDIATELY TO CONFIRM RECEIPT AND ACCURACY OF DAY/ TIME / LOCATION / GAME LEVELS

12.02 - 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.

If an organization decides to cancel, they are to CALL LIVE, NO MESSAGES – PAL PRESIDENT, OFFICIALS ASSIGNOR, ORGANIZATIONAL REP OF ALL TEAMS SCHEDULED TO ATTEND THAT SITE THAT DAY. IF YOU A TEAM FORFEITING AND NOT ATTENDING AN AWAY GAME THE SAME REQUIREMENTS ARE IN PLAY.

SECTION 13: OFFICIALS

13.01 - The PAL will make every attempt to arrange for the presence of two Certified officials at each scheduled game. Both coaches shall meet with the officials before the game to discuss modified rules. Each official shall be paid **\$80** per game.

If an official works alone, he shall be paid 1&1/2 fee **\$120.00**. Officials that work with at least 1 partner shall be paid **\$80**.

If a junior official officiates a tackle game, he/she will receive \$65.00 per game.

Flag and Rookie games when available will get 2 Junior Officials paid 50.00 each per game. If Section XI Certified Officials officiate these games they are paid \$80.00 each.

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 TEAM ROSTERS have been verified, the game is in the hands of the officials. The officials will have jurisdiction until they leave the complex.

13.05 – VERBAL ABUSE / UNSPORTSMANLIKE BEHAVIOR TOWARDS ANY OFFICIAL WILL FALL UNDER THE “ZERO TOLERANCE” STATUTE. ANY PLAYER, COACH, PARENT OR LEAGUE REPRESENTATIVE RECEIVING 1 (ONE) FLAG FOR UNSPORTING BEHAVIOR WILL BE IMMEDIATELY EJECTED AND SUSPENDED FOR ONE OR MORE GAMES DEPENDING ON SEVERITY OF THE INCIDENT AND THE SUFFOLK COUNTY PAL FOOTBALL BOARD OF DIRECTORS REVIEW. PARENT EJECTIONS WILL BE LINKED TO THE COACH OF THE TEAM THE PARENT IS ASSOCIATED WITH. THE COACH IS RESPONSIBLE FOR HIS SIDELINE WHICH INCLUDES ALL SPECTATORS. THE COACHES LEVEL OF EFFORT TO CONTROL HIS SIDELINES WILL HAVE A DIRECT IMPACT ON THE DECISION IF HE/SHE WILL BE SUSPENDED AS WELL. IN ADDITION, IF ANY OF THESE SUSPENSIONS TAKE PLACE THE ORGANIZATION ASSOCIATED WILL BE FINED \$500.00. THIS IS TO BE PAID BEFORE THE NEXT WEEKS GAMES, IF NOT THE ORGANIZATION INVOLVED WILL NOT BE ASSIGNED OFFICIALS FOR THEIR HOME GAMES TILL THE FINE IS PAID. IF THIS HAPPENS IN THE GAME OFFICIATED BY JUNIOR OFFICIALS IN ADDITION TO THE ABOVE CONSEQUENCES THE COACHES BADGE WILL BE REVOKED.

THE OFFICIALS AT THE GAME SITE WILL REVIEW THE CODES OF CONDUCT/ SPORTSMANSHIP PRIOR TO THE COMMENCEMENT OF EACH GAME WITH ALL COACHES AND PLAYERS TO SERVE AS A REMINDER. PLEASE BE ADVISED THAT BREAKING THE CODE OF CONDUCT AND OR THE PLAYER CODE OF CONDUCT WILL RESULT IN IMMEDIATE EXPLUSION FROM THE GAME.

SECTION 14: POLICIES

14.01 - It will be the policy of this PAL Football League; if 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.

14.02 – Teams shall be placed in divisions according to record FROM THE PREVIOUS YEAR. 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 **A HIGHER DIVISION**. First practice shall not occur before July 15th

14.03 – PAL Board will implement a policy as to which side of the field the home team will use for all home games. Each field will be looked at on an individual basis.

14.04 - ALL ORGANIZATIONS SHALL “STAY IN YOUR LANE”

All players shall register for the organization in the District where they will eventually attend that Public High School **OR where their parents pay school tax.**

If that organization fails to field a team, those players will register with their home organization and be placed elsewhere for one season. (This placement is done by PAL President)

No organization will be allowed to register **any players** out of District or from Nassau County.

If a child moves to a new district, He shall play for said district organization.

If an organization chooses to leave SCPAL Football, they will forfeit their right to play for a minimum of 3 years.

(Any special circumstances need to be approved By the SCPAL Football Board.)

SECTION 15: EIGHTEEN POINT RULE

THIS RULE DOES NOT APPLY IN PLAYOFFS

THE 18 POINT RULE HAS BEEN ABOLISHED FOR PLAYOFFS

15.01 - 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.

15.02 - 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. Do not change backs.

15.03 - 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.

15.04 - 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 if they stay in a 6-2-3.

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

15.06 - No blitzing will be permitted. Blitzing shall be defined as *ANY* defensive player moving forward before or during the snap or positioning himself 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. (Illegal formation)

15.07 - There will be no mandatory substitutions on defense.

15.08 - 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.

15.09 - As soon as the scoring differential is under 18, the defense may resume playing their normal defense. **inside the 5 yard line. Defense can split the difference. But must maintain at least 1 yard Drops**

The PAL Board recommends that when a team is ahead by 18 or more, they run the ball up the middle between the tackles as much as possible and do NOT attempt passing plays.

Any coach found to be intentionally running up the score will be suspended, and their organization fined.

SECTION 16: TWENTY-FOUR POINT RULE

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

16.01- after a 24-point margin has been reached, **GAME FORMAT SAME AS 18 POINT RULE**, BUT the game clock will become a RUNNING CLOCK this All-Time Outs.

SECTION 17 TIE BREAKER PLAYOFFS ONLY

17.01 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. (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.

SECTION 18: LEAGUE RESPONSIBILITIES

- (a) 18.01 – 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.

18.02 League Representative Responsibilities

- (a) Confirmation of game times at Monday night meetings
- (b) Confirmation of jersey colors at Monday night meetings
- (c) If representatives are not present at Monday night meetings, game time/jersey information must be exchanged via email or text message no later than that WEDNESDAY night. Copies of said emails or text messages must be kept if disputes should arise. Once game times/ jersey confirmation has been set, an email must be sent to PAL.
- (d) Each league president holds coach's meetings to review and or clarify any updated PAL policies.
- (e) Be ready to give all scores for prior weekend games as well as reasoning why scores were not entered in PAL website prior to Monday night's meeting

SECTION 19: ROOKIE FOOTBALL

Suffolk County PAL / USA Football

AMERICAN DEVELOPMENT MODEL

ROOKIE TACKLE RULES OF PLAY FOR AGES 7, 8 & 8V8

All other Suffolk County Police Athletic League Junior Football League Rules & Procedures apply as this is an addendum to the FULL PAL rulebook.

These are the basic rules of play for the Rookie Tackle ADM 8V8. Deviation from these rules is not permitted without authorization from all participating leagues. These rules are an addendum to the formal PAL and NFHS football rules.

1. **Game Rules-** All divisions shall have 4- 12-minute running clock quarters with a 5 minute half time and 2 time outs per half. After all scores or change of possession, the ball shall be placed at the 45-yard line going in. This division shall have 4 plays to reach the line to gain, which will be 15 yards from the original line of scrimmage (first down). A new series of downs will be awarded if the 30-yard line then the 15-yard line then the goal line is reached. If the subsequent first down markers are not reached it will result in a turnover on downs and the opponent will start on the 45-yard line going in. There will be NO down markers. First down cones will be placed at the 30, 15, and goal line. Both coaches shall receive a 2-minute warning. When the clock reached 10 seconds the referee shall announce last play.
2. **FIELD-** the playing field shall be 50 yards long by 36 yards wide (sideline to far hash). The ball will always be placed at the interior hash mark on a standard football field.

There must be a **10-yard perimeter** around the playing field, an area where NO PARENTS can occupy. Coach please prepare your parents prior to every game this is a mandatory rule.... it will reduce the chance of sideline injuries. NO EXCEPTIONS, Officials will have the authority to stop the play of the game, but the game clock will continue to run.

These games will have 2 officials, in addition to their regular game duties they will also ensure fair play, respect, and to maintain the proper game clock. Head coach of each team must maintain control of their sideline and parents.

- A. All coaches are required to play each member of their team **at least half of every game**. Exceptions can be made for disciplinary reasons, but the opposing coach must be informed **prior** to the start of the game.
- B. **One** coach will be permitted in the offensive or defensive huddles and may remain on the field to position players before the start of a play. Coaches should only talk to their own players. **NO COACHING OF PLAYERS ONCE THE BALL IS SNAPPED BY COACHES ON THE FIELD.**
- C. There will be eight players on the field rather than eleven.
- D. The game will be played on a field approximately 50 yards long and 36 yards wide. Spectators must be 10 yards off the sideline.
- E. Ball placement at the start of halves and after scores will be at the 45-yard
- F. All interceptions, fumbles are recoverable but CANNOT be advanced

G. **Offensive Play:**

1. Motion is **illegal**
2. All offensive linemen except the snapper are in a **2-point stance**, forearms on thighs.
3. The maximum split between offensive linemen will be **fingertip-to-fingertip** distance.
4. The quarterback may advance the ball via the run **outside the ends**. If the quarterback runs the ball between the ends the ball will be spotted at the original line of scrimmage with a loss of down (which equates to a loss of a play).
5. The quarterback is only entitled to carry the ball **once per four plays**. Quarterback sneak is strictly prohibited due to no defensive player lined up over center. If the quarterback carries the ball the run must be outside of the offensive tackles.
6. There will be 5 lineman and three players in the backfield. The last 2 players on the line of scrimmage are considered to be ELIGIBLE receivers but MUST engage the defensive ends prior to going out for a pass.
7. Running backs are not permitted to line up more than **one yard outside the last down offensive lineman** and must be lined up **deeper** than the quarterback.
8. The snapper CANNOT double down on the defensive guard (defensive lineman). After the snap he is to have first step toward and engage a second level player (linebacker)
9. Once the line of scrimmage is set and the official signals ready for play the coaches on the field are no longer allowed to communicate with their respective team. At this point the coach becomes a SPECTATOR.
10. Offensive cadence must be **DOWN – SET – GO**.
11. There is to be only ONE hand off. No double reverse BUT pitch passes are permitted.

H. **Defensive Play:**

1. Nose tackles are **not** permitted.
2. 4 Defensive lineman line head up with the 4 offensive lineman who are not designated as the snapper in a 2-point stance with forearms on thighs.
3. Defensive lineman must make direct contact in a forward motion with the offensive lineman directly in front of them at the initiation of the play. **(Two hands on the chest plate)**
4. **THEY MAY NOT SHOOT GAPS.** Two infractions of this rule and the player must leave the game for at **least** 2 plays. **PLEASE BE AWARE IF THE OFFENSIVE LINE MAN IS STEPPING AWAY FROM DEFENSE, THIS IS NOT CONSIDERED SHOOTING THE GAP.**
5. Defensive linemen or linebackers may not initiate contact with the snapper; the initial charge must always be away from the snapper.
6. Linebackers must be five (5) yards behind the line of scrimmage at the snap of the ball. Three (3) yard in a goal-line defense inside the five (5) yard line.

a. **BLITZING IS ILLEGAL AT ALL TIMES. Linebackers cannot move forward until the ball is snapped.**

7. Defensive backs must be three (3) yards behind the linebackers at the snap of the ball. Two (2) yard in goal line defense inside the five (5) yard line.
8. Types of defenses: 4-2-2 or 4-1-3 never more than two linebackers.
9. Fumbles are **NOT** to be advanced. Change of possession only.
10. Interceptions are **NOT** to be advanced. Change of possession only. **I. Special Teams:**
 1. There are no kick-offs in the Rookie division.
 2. There are no punts in the Rookie division.
 3. There are no extra points in the Rookie division.

J. Football: Designated home team will supply the game ball for the game. But each team may use and provide their own ball. 7 -10-year-old will use a K-2

4. Sportsmanship and Fair Play:

- A. Any player is only permitted to score three touchdowns per game.
- B. **Illegal Formation** may result in suspension of coach.
- C. **Handshake:** After each game, the opposing teams will line up on the fifty (50) yard line and meet for the customary handshake.
- D. **Fighting:** Fighting among players or coaches will not be tolerated and will result in the immediate ejection for both players and coaches from the game as well as a one game suspension mandatory and possible expulsion from PAL.
- E. **Abusive Language and Taunting:** Any coach, spectator or ball player using foul, taunting, or abusive language to a referee, coach or player will immediately be ejected from the field and will result in a mandatory one game suspension after review with a possible expulsion from PAL.
- F. **Sidelines:** Coaches must police their own sidelines.
- G. **No Tolerance Rule:** In the spirit of ensuring that sportsmanship is a primary goal of all PAL DIVISIONS, there will be a no tolerance rule, which allows THE PAL BOARD TO SUSPEND COACHES FROM UP COMING GAMES AND IF INFRACTIONS ARE CONTINUOUS THIS MAY RESULT IN THAT TEAMS SCHEDULE BEING REVOKED. IN THE WORST SCENARIO THE ENTIRE ORGANIZATION MAYBE EXPELLED FROM PLAY.

SECTION 20: SUFFOLK COUNTY PAL FLAG FOOTBALL RULES



Field Setup:

45-yard line to goal line^[SEP] Sideline to far hash marks^[SEP] Pylons or cones will be placed on the 30- and 15-yard lines and on goal line^[SEP] Spectator zone will be established to be 5 yards away from either sideline. This rule must be enforced for protection and safety of players and spectators

Equipment:

Players will wear organizations football jersey with a number. Players may wear any number Conflict with jersey colors, (as stated in SCPAL Football rules) home team will be responsible to wear pennies or another jersey to prevent uniform conflicts^[SEP] All organizations will be provided a game ball and flags by SCPAL Football

ALL PLAYERS MUST HAVE AND WEAR MOUTHPIECES. IF A PLAYER DOES NOT HAVE A MOUTHPIECE, THEY WILL NOT BE ABLE TO PARTICIPATE

Referee and Game length:

1 referee will be assigned to the flag games. Game fee is \$75.00/ Junior Officials 50.00. It is the home team responsibility to schedule game times to assist in the referee assignments. Teams should not schedule flag games in the middle of the tackle football schedule. Flag games should be the first or last game scheduled for the day if there are multiple games at the home team's field^[SEP] Games will have consisted of TWO 22 minute halves with a 5 minute halftime. There will be 3-time outs PER GAME, per team^[SEP] Clock is running but will be stopped for time outs and serious injury

Game rules:^[SEP]

Offensive team starts game at 45-yard line. First downs are at the 30- and 15-yard lines. (No chains)^[SEP] Team will have 4 downs to get a first down at the down lines indicated, and 4 downs to score a TD if ball within 15-yard line^[SEP] All 15-yard penalties are 10 yards, all others are 5. There are no automatic first downs^[SEP] TD is six points. No extra points.^[SEP] There is no punting or field goals **Offense:**^[SEP]

All players are eligible to receive a pass^[SEP] 3 lineman and 4 backs. Backs must line up 1 yard or deeper in backfield. QB must be at a minimum of 2 yards ball must be snapped to QB. Only one handoff is allowed^[SEP].

Center has option to snap ball with a shotgun snap or with one hand as he faces either sideline. QB cannot run but may hand off or pitch ball then receive a pass. No blocking, non-moving picks are legal. Team has 40 seconds after whistle to run another play. Fumbles are dead at the spot of release, offense maintains possession. Interception is a turnover and a dead ball. Turnover will result in intercepting team starting at 45-yard line. No arm shielding of flag. If flag is broken or falls off, one hand touch will stop play

Defense:

3 defensive players must be 5 yards off the ball from the line of scrimmage. They may cover receivers or rush QB. These 3 players are only players allowed to rush QB on pass plays. Defense may rush after 4 seconds (referees count). If QB hands off or pitches ball all defensive players may rush. Remaining players must be 7 yards off ball. They may only rush if QB hands off ball or pitches

18-point rule:

If a team goes up by 18 points the following must occur: There will be no rush by defense, but QB must still release ball in 4 seconds. Defensive alignment will be 7 yards for 3 defensive players and 10 yards for remaining players.

Coaches/Spectators:

There will be 2 coaches allowed on field to help players line up. Coaches must back up a minimum of 15 yards from line of scrimmage prior to ball being snapped. Head Coaches will be responsible for the conduct of players, coaches AND spectators. Code of Conduct and Injury guidelines as stated in the SCPAL Football rulebook will be enforced

SECTION 21 HEAT AND LIGHTNING

- 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
<i>Note: Exposure to full sunshine can increase HI values by up to 15° F</i>																

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 do not 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.

21-1 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, **THERE IS NO DISCUSSION.** 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.

21-2 First Practice

No practice shall be permitted until July 1st

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

SECTION: 22 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 8-12 YR OLD 10-minute quarter 7 YR OLD 12 min running
kickoff	Permitted	Not permitted / all ages
Coach on field during play	Not allowed	7, 8 & 9 Outside ends
Scrimmage kicks	Full rush	DEAD AT ALL LEVELS
Electronics	Permitted	Not permitted
18- & 24-Point rule	None	All ages
Tie breaker	Yes	Playoff only
Ball size	Federation	7-9 K2 10-12 TDJ
Cowboy collar	Permitted	Orthopedic surgeon prescription only
Penny's Cleats, metal detachable	Visitor permitted	Home team molded only
First practice	Federation	July 15

SECTION 23 CONCUSSIONS & SAFETY 101

**AT NO TIME EVER IS AN ADULT TO DISTRIBUTE OR ADMINISTER
ANY TYPE OF MEDICATION TO A CHILD AT ANY PAL PRACTICE,
GAME OR SANCTIONED EVENT.
ONLY THE PARENT OF THAT CHILD MAY DO SO**

On Field Medical Staff:

Any field that has medical staff shall handle all incidents for the home team only, Unless the visiting coach asks them to have a look at their player, at which point, the player is at his/her discretion. Including whether that player may or may not return to the game. All decisions are final.

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.

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.
1. Concussion Awareness- an effort to educate coaches, parents and athletes to recognize the signs and symptoms of a concussion and Suffolk County PAL guidelines.
3. Heat exhaustion prevention and signs and symptoms.
4. AED awareness and CPR training.

There are a variety of ways that the 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 equipment.
3. Printed material for coaches, kids and parents.

SECTION 24: 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 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
Cannot 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

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.

SECTION 25: TOMMY TOUGH RULE

“Tommy Tough” Football Safety Standards

Pre-Game Officials Statement:

“In an effort to minimize risks to you and your opponent, helmets are not to be considered weapons and are not to be used as weapons. Helmets are not to be intentionally used to initiate illegal helmet contact against an opponent, such as spearing, targeting, butt blocking and face tackling.”

We ask all spectators to join the Suffolk County PAL coaches in supporting the officials when they make calls pertaining to targeting, illegal helmet contact and defenseless player hits. Thank you for your anticipated cooperation.