



# **Detroit PAL**

## **Football By-Laws**

### **Powered by the Detroit Lions**

These are the controlling rules for Detroit PAL football until another version is adopted VERSION 1.6 (6/17/19)

**Rules highlighted in yellow have been amended or added.**

**Rules highlighted in blue have been relocated.**

# Detroit PAL Football League Bylaws

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## ARTICLE I: LEAGUE ADMINISTRATIVE RULES

### I. **Registration by Organizations into the League**

A. Open registration into PAL football program will open first Monday in December and Close last Friday in January.

- Organizations must complete football application
  - Organization Roster
    - Must meet the minimum number of staff.
  - Nonprofit status
    - Must be active.
  - Organization Bylaws
    - Must be up to date and meet the minimum nonprofit standards.
  - Parent registration package (**Registration can't exceed \$140**)
    - Must include but not limited to equipment rental agreement, refund policy, parent equipment responsibility, insurance process, concussion awareness policy. Post season awards banquet. Any additional fees must be listed in your package as optional.
  - Community service project
    - Project start and end date.
- Organization must schedule an interview or review.
- **New organizations must submit an application including the following:**
  - Non-profit status or pending application
  - List of Board Members
  - Organizations roster
  - Organization's By-Laws
  - Parent information package
  - Upcoming season projected budget
  - Projected number of kids per team
  - Projected area of team practice and game site
  - **Must be able to field teams at each age group.**
  - 2 letters of reference

B. Organizations must submit the following to Detroit PAL by **March AB Meeting**

- Coaches volunteer contracts (No coach may transfer after contract is signed)
- Coaches transfer sheet (List any coach who has equipment and/or supplies)
- Updated organization roster (only if changes have been made).

C. Organizations must submit the following to Detroit PAL by **May AB Meeting**

- Letter of support from school where organization plan to play their home games.
- Spring camp waiver (only if organization conducts pre-season camp)
- Field permit (any camp conducted on city property must have a permit from DRD)
- 7on7 team registration form (PAL will provide spring DRD permit for all teams participating in PAL spring 7on7)

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- D. Organizations must submit to Detroit PAL by **July AB Meeting**
- League Registration Fee of \$1,400.
  - **Organizations must register each team under United Youth Football League.**
  - Proof of insurance policy that indemnify Detroit PAL, the City of Detroit, Detroit Public Schools, USA Football and UYFL as follows:
    - \$1,000,000 Each Claim Directors & Officers Liability insurance policy;
    - \$1,000,000 Each Occurrence/\$2,000,000 General Aggregate General Liability insurance policy;
    - \$1,000,000 Combined Single Limit Bodily Injury and Property Damage Non-Owned & Hired Automobile Liability insurance policy, all of which indemnify Detroit PAL, the City of Detroit, and Detroit Public Schools.
  - **Copy of each football coaches USA football heads-up certificate.**
- E. Organizations must submit to Detroit PAL by **August AB Meeting**
- A final roster of the members of its Board of Directors and other significant personnel. The roster must include the names, addresses, phone numbers, and titles, if any, of the Directors, Coaches, Team Mom's, Volunteers and all other personnel. (*Identification dots will be provided based on the certified volunteers an organization has on their final roster*)

## II. Participant Registration with Organizations

- A. **No player shall be allowed to participate in any field activities without the following.**
- B. **Every player in the league must have a completed registration form, signed by a parent or legal guardian.**
- C. **All participants must provide a certified copy of their birth certificate.**
- SENIOR VARSITY – A-Team: (14 and under) – Players whose 15th birthday falls on or after August 1st of the playing year may complete this season in the age division.**
  - VARSITY – B-Team: (12 and under) – Players whose 13th birthday falls on or after August 1st of the playing year may complete this season in the age division.**
  - JUNIOR VARSITY – C-Team: (10 and under) – Players whose 11th birthday falls on or after August 1st of the playing year may complete this season in the age division.**
  - FRESHMAN – D-Team: (7 & 8) – Players must turn age 7 on or before August 1st of the playing year. Players whose 9th birthday falls on or after August 1st of the playing year may complete the season in this age division.**

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- e. FLAG FOOTBALL – (5 & 6) Players must turn age 5 on or before August 1<sup>st</sup> of the playing year. Players who 7th birthday falls on or after August 1st of the playing year may compete the season in this age division.
- D. Each player participating in Detroit PAL football must pass a physical examination for contact football before his/her first practice, with the physician's signature affixed to the contract by either a stamp or legible to read and date of the examination. Each participant must have a physical exam that is not dated prior to January 1 of the current year in the registration book. The doctor who signs the physical form must be able to be identified. The Detroit PAL staff shall have the right, in the case of disabled children, to determine eligibility.
- E. Players wishing to enter into a contract with an organization must be in good standing with all organizations they had a previous contract.
- F. No player may transfer after August 1 (**exception any player signing a contract after August 1 may not transfer after 2 weeks of the signed contract**).
- G. **All A and B division players must complete the concussion baseline testing program before entering into any form of contact drills.**
- H. A participant **cannot be active on two team rosters**. Active roster is defined as playing in any game for another team during the current season, **Current** is defined as your organization has not eliminated from post season play. (D-team and Flag games at Ford Field is not considered post season play).

### III. General Rules & Responsibilities of Organizations

- A. Each organization is responsible for ensuring its compliance with all rules of the Detroit PAL Football League.
- B. It is the responsibility of the organization to make sure all volunteers have completed necessary training and background check before having contact with the kids.
- C. Each organization is responsible for **security** of the team's registration book, this book must have the following documents.
  - a. Completed player contract.
  - b. Copy of certified birth certificate or state identification (**NO BIRTH RECORDS**)
  - c. Current physical exam form
  - d. Signed concussion awareness form.
  - e. Any injury returns to play forms.
- D. Each organization shall have a registrar, who shall be responsible verifying eligibility of every player in their organization.

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- E. Each organization must present to Detroit PAL a player roster of all eligible players, copies of their Contracts, Physical Form and Birth Certificate no later than the end of the business day on the Friday prior to the first game of the season.
- F. Organizations are responsible for turning in a final roster to Detroit PAL by the third game of the season. 2 hard copies and an electronic copy.
- G. The official start on contact football is the 3<sup>rd</sup> Monday of June. Any organization hosting any camps, clinics or workouts before the official start of the season must obtain a field permit. (exception those organizations participating in PAL spring football, PAL will provide a spring permit).
- H. Each organization is responsible for maintaining a good relationship with their game, practice field facility representative.
- I. Each organization is responsible for providing restroom facilities for their practice sessions and home games. If an organization's practice or game field is not equipped with conventional restroom facilities, at least two regularly maintained port-a-johns are required for games and one is required for practice.
- J. Host organization is responsible for the provision of scales, Organizations have the option of using a beam or lever type scale or Be Four Portable Scale Model #PS-5700 PW. Scale must be calibrated each year and have a certification sticker on it.
- K. The host organization shall be responsible for the playing field being adequately marked. Markers shall be required at the goal line.
- L. **Organization Game Admission Fees.**
- **Organization may charge a maximum of \$2 admission fee for regular season games.**
  - **Organizations may choose not to charge an admission fee; however, they must post the admission fee at the entry of the field.**
  - **Enter at your own risk must be posted on the entry sign.**
  - **Organizations may charge a maximum of \$5 for benefit games.**
- M. Organizations are responsible for educating their fans as to what constitutes conduct appropriate for positive youth development.
- N. Opponents/Opposing Team shall not participate in unauthorized grilling or cooking on school property. This does include all parking lots that reside around the school. Enforcement of this rule shall be a warning to the parent and/or coach to packed up. If the request is not honor, then the athlete and/or coach shall be suspended.
- O. The host/home organization is responsible for cleaning up the field, bleachers, and surrounding areas after participating in a game.

### **P. Team/Game Locations**

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- a. All teams wishing to relocate must petition the **Detroit PAL** for approval.
- b. Detroit PAL shall serve as the liaison between the league and the Detroit Public Schools Community Use office. However, each organization interested in playing games at DPS facilities shall be responsible for cultivating the school. All other non-DPS game sites are the responsibility of the home team organization.

### Q. Practice Regulations

- a. Practice shall be limited to four (4) days per week after the opening of the school year.  
**(NO PRACTICE OR PLAYER CONTACT SUNDAY AND MONDAY unless a game is scheduled.)**
- b. All players shall receive two (2) weeks of conditioning before being allowed to participate in body contact.  
*Third Monday in June, - Conditioning*  
*Fourth Monday in June- Receive Helmets*  
*First Monday in July- Full Contact.*
- c. Contact drills will be limited to two (2) days during pre-season and one (1) day during season. Each organization will submit their contact schedule. **(there will no altering contact schedule once it's been submitted)**

### R. Inclement Weather

- a. On days when the weather is not fit for outside physical activity (extreme sun and heat, humidity, rain, lightning, hail, snow, etc.), there will be no practice, games, warm-ups, or any other activity that subjects Detroit PAL youth to adverse weather conditions.
- b. Organizations are to pay close attention to weather reports, i.e. ozone alerts, heat/humidity indexes, wind chill factors, and storm watches/warnings. Any such alerts broadcasted locally shall serve as notice to cancel practices and games. Team Presidents, Athletic Directors, and Coaches shall be personally responsible for ensuring that activities take place only under fair weather conditions. Presidents are to assure that all participants are always properly hydrated. Please allow participants access to water at their request. Rule of thumb: If temperature is above 91° Fahrenheit or below 40° Fahrenheit, teams are to check advisories and consider postponement or cancellation of activities. If lightning or thunder is observed, all activities must be suspended immediately, and all parties secured to a safe place. Activities are to be suspended for a thirty (30) minute period without lightning or thunder. The suspended time is not to exceed forty-five (45) minutes.

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- c. The decision as to whether a game will be cancelled due to inclement weather shall be strictly in the hands of the Detroit PAL official. He will consider the welfare of the players and coaches, as well as spectators.
- d. Any cancelled game may be rescheduled by Detroit PAL, on any open date through the remainder of the season.
- e. Whenever it is necessary to break a tie in the league standings, the following order of procedures will be followed:
  - i. The winner of the regular season head-to-head competition will be declared the winner of the tie-breaker;
  - ii. Division record then head-to-head competition will declare the winner.
  - iii. If the teams remain tied, then the tie will be broken by a coin flip, performed by Detroit PAL and witnessed by the President of the AB (or his or her designee) and a representative from each team.

### S. Complaints, Suspensions, Protest and Appeals

- a. Any AB member observing, receiving information, or having personal knowledge concerning a violation of these Bylaws shall have a duty to submit a report of it in writing to Detroit PAL.
- b. Complaints
  - i. All complaints must be submitted in writing to the Director of Football Operations and AB President.
  - ii. Respondent shall receive acknowledgement of complaint within 48 hours of the submission.
  - iii. Respondent may submit complaint to the Director of Athletics if no acknowledgement is received.
  - iv. All parties will be notified at the end of the investigation.
- c. Suspensions
  - i. Suspensions may be issued verbally, however a written suspension must be issued within 3 days of the verbal communications.
- d. Fines
  - i. All fines will be issued in writing and must be paid before the next scheduled game.
- e. Protest
  - i. Organizations may submit protests regarding player eligibility.



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- ii. All protests must be submitted to Detroit PAL in writing within two business days after the game under protest, accompanied by a fee of \$100 for every protest lodged (i.e., \$100 per individual named in the protest). **The President must submit the protest in writing.**
- iii. If Detroit PAL upholds the protest, the fee will be refunded. If Detroit PAL denies the protest, the fee becomes a donation to Detroit PAL. A receipt will be provided.
- iv. A Detroit PAL game official should be informed of a team's intent to protest at the time of the infraction. At the end of the game, the official shall make a notation on the winning team's scorecard sheet, indicating that a protest has been lodged. The President, Vice President, and Athletic Director must be notified of any protest.
- v. Detroit PAL shall promptly investigate and, if it determines that a violation has occurred, assess an appropriate penalty for any complaint it receives regarding a violation of these bylaws, or any violation citation completed by a Detroit PAL official. **The person(s) in violation will receive notification of violation on the following Monday with the opportunity for appeal on Tuesday 12:00 noon at Detroit PAL headquarters. Final decision will be rendered on Wednesday.**

### f. Appeals

- i. The Disciplinary Appeals Board shall be composed of the Detroit PAL Director of Athletics, Director of Football Operations, Football Commissioner, and two officers of the AB.
- ii. The decisions of the Disciplinary Appeals Board are final, and all parties agree to abide by them.

### g. Resolutions

Issues that are not identified in this book shall be documented and brought forward in the next bylaw review.

If an issue demands immediate attention the Director of Football Operations, Football Commissioner, and members of the AB executive board may issue an amendments and fine to the bylaws.

## IV. General Rules & Responsibilities of Volunteers

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- A. Every volunteer must complete a background check before having any contact with kids.**
- B. No returning coach may transfer to another team/organization after volunteer contract is signed**
- C. Transferring coaches must be in good standing with the former organization and with Detroit PAL. No member of an organization may take any records or equipment from another organization.**
- D. When transferring organizations, players and coaches may not go to the same organization without the approval of the President of the departing organization and/or Detroit PAL.
- E. Detroit Lions/Detroit PAL Football League is now affiliated with USA Football, which is the governing body for Youth Football. All football coaches are required to obtain a USA Football membership and successfully complete a USA Football online training course. The training course must be completed on or before the third Saturday in June. New coaches must be certified by first Saturday in August.
- F. It is the responsibility of any volunteer who witnesses a player's injury to fill out the injury report and turn it in to the PCS, President, Vice President and or AD.**
- G. Recruiting**
- **Desist from the "recruitment" (Undue influence) of a player(s) who has a signed contract(s) with organization(s) after the official signing day. Also, refrain from influencing a player to change organizations during our off season.**

**Recruiting (Undue Influence) is hereby defined as:**

**The use of undue influence for athletic purposes by any person or persons directly or indirectly associated with the organization, to secure or encourage a player or the player's parents or guardians, to change organizations. The offending organization shall be placed on probation for one year. The offending person or persons shall be suspended and shall not be permitted to participate in any PAL activity for a period of one year. Examples of recruiting (undue influence) would include but not be limited to offers of or acceptance of: financial gifts to parents, guardians or players; reduced or eliminated fees; any special privileges not afforded to other players, whether players or not; transportation allowances; preference in assignments; position(s); clothing; or the promise of playing time.**

**All organizations are to abide by and comply with this section of By-Laws. The spirit of which is framed by not influencing, coercing; otherwise known and referred to as "recruiting." When a new player is interested in joining your program, the very first question should be "Were you a player for a PAL team last year?" If the answer is yes, the next question should be "For whom?" The receiving organization should be in good spirit, reach out to the departed organization and**

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come to an agreed upon decision in the best interest of the player. The By-Law frames this policy.

## H. Player Safety Coach:

- Attend all PSC meetings and trainings
- Attend practices and games
- Attend to all injured players
- Responsible for all accident and medical reports
- Responsible for educating parents on concussion symptoms
- Each organization MUST identify a minimum of two volunteers to serve as Player Safety Coaches. Player safety must attend USA football training.
- **If the organizations PSC, President, Vice President, or AD is unavailable to see to the athlete's injury, the opposing team PSC will diagnose the players injury.**

## I. Registrar & Weighmaster

- Collection of completed contract (must have a parent's signature, physical exam with medical personnel signature or stamp).
- Collection of player's official birth certificate.
- Collection of a signed copy of the Michigan CDC Concussion Waiver.
- Completion of DPAL photo ID roster.
- Coordinate with DPAL photographer ID photo day.
- Attach photos to all player contracts.
- Complete team rosters and team books.
- Provide Detroit PAL with copies of all contracts, CDC concussion forms, and birth certificates.
- Submit all player contracts for certification before the first game of the season.
- Update all rosters and contracts up until the third games of the season.
- Provide final roster, hard copy and electronically before the third game of the season.
- Conduct weigh in process as outlined by these bylaws. **(Review Registrar & Weighmaster Book)**

## J. Participant Injury Procedures

In the event of an injury to a program participant, volunteer, or spectator during a Detroit PAL sanctioned event, the following procedure should be followed:

- Emergency life-saving procedures should be commenced immediately, if necessary, by certified personnel;
- Emergency Medical Services should be contacted, if appropriate;

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- A Detroit PAL official should be notified immediately, who will decide as to whether the event should be discontinued or resumed after the injured party has received all available and appropriate medical attention.
- An Incident Report Form must be filled out by the player safety coach or organization official and a copy turned into a Detroit PAL within 24 hours of the injury.

### **K. Insurance Claims for Injuries-**

- A. The special risk accident policy currently held by each organization will pay benefits subject to the policy terms and conditions, in the event a properly-registered participant is injured while participating in a Detroit PAL sponsored event. This policy is not intended to replace any insurance currently held by a participant or his or her parents.
- B. The player safety coach or organization official will complete the incident report (front). If the policy provides accident medical coverage and the injured party was an event participant, the form should be given to the participant or parent to complete the participant accident medical insurance claim form (Part II).
- C. The participant or participant's parents/guardian will complete the form, detach it from the instruction page, and forward it K&K Insurance Group, Inc.
- D. If Claim involves injury to spectator or property damage, only the incident report need be completed.
- E. K&K Insurance Group, Inc. Claims Department, P.O. Box 2338, Fort Wayne, IN 46801-2338, (800) 237-2917

### **L. Volunteer Code of Conduct**

All adults working with children, including coaches, shall engage in conduct that models healthy relationships and behavior for our youth. At a minimum, the following code of conduct must be followed. These examples include but are not limited to:

- **Desist from any behavior unbecoming a Detroit PAL volunteer.**
- **Only the Player Safety Coach, Team Nurse, Team Doctor, President, Vice President, and or AD may attend to an injured player on the field.**
- Desist from the use of profane words or gestures, including racial epithets;
- Desist from unsportsmanlike conduct, including the criticism and/or taunting of an opposing team, its players, coaches, officials, or fans, by word or gesture;
- Desist from "running up" the score against a weaker opponent;
- Desist from attending any practice session of any future opponent during the season (scouting), unless invited;

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- **Abide by decisions made by team doctors, Player Safety Coach, and/or Detroit PAL staff in all matters regarding participants' health, injuries and ability to play;**
- Reserve constructive criticism of participants for private moments, as opposed to engaging in publicly, while in front of spectators of any kind;
- Accept decisions of officials on the field as being made to the best ability of the official. Judgment calls should never be questioned;
- Desist from singling out or accusing a youth of being inadequate or responsible for failure.
- Desist from speaking on behalf of Detroit PAL or other football organizations without their knowledge.
- Desist from “sweating down” participants by any means, including drugs, diuretics, plastic/rubber suits and/or intense pre-game aerobic activity;
- Together, with officials and others, work to ensure the appropriate conduct and control of players and spectators;
- Desist from speaking to others in a threatening or demeaning tone.
- Not consume alcoholic beverages and/or smoke cigarettes or other substance in the presence of youth participants.
- Detroit PAL is a drug free zone.
- Desist from fighting or inciting others to fight.
- Desist from bringing or the use of any weapon, including firearms and knives, to any Detroit PAL activity.
- Desist from picketing or engaging in other concerted action at Detroit PAL headquarters or at any Detroit PAL activity, including negative media involvement.

### M. SOCIAL MEDIA POLICY

- Be respectful to others.
- Everyone is responsible for what they post online.
- Understand that you are legally liable for anything you write or present online.
- Anyone can be sued for commentary, content, videos, or images that are defamatory, pornographic, propitiatory, harassing, libelous, or create a hostile environment.
- Post knowledgeably, accurately, and use appropriate professionalism.
- Be quick to correct your own mistakes and admit when you are wrong.
- No one is authorized to speak on behalf of the Detroit Lions/Detroit Pal Football League, Detroit Lions, Detroit PAL, USA Football, and United Youth Football and Cheer, or to represent that they are.
- Do not cite anyone without their approval.
- Never reveal any confidential and/or propriety information.
- Never identify players, parents, or league members/officials by name without their permission.

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- Understand that any threats, potential threats of violence of any kind, online bullying or any other criminal act that is posted by any member, association, league officer etc., will be forwarded to law enforcement for prosecution.

### N. Volunteers and Training

A. All volunteers must complete certification steps required by Detroit PAL. Those steps are indicated in the chart below.

<b>Football Coaching Staff</b> (includes ALL individuals on sidelines during games)					
	Background Check	IMPACT Training	Football Rules Training	First Aid Training	USA Football
Athletic Director	X	X	X		
Head Coach	X	X	X		X
Asst. Head Coach	X	X	X		X
Asst. Coach	X	X			X
All Other Coaches	X	X			X
CPR Certified	X			X	
Player Safety Coach	X	X			X
<b>Cheer Coaching Staff</b>					
	Background Check	IMPACT Training	Football Rules Training	First Aid Training	
Cheer Coordinator	X	X			
Head Coach	X	X			
All Other Coaches	X	X			
<b>Other Volunteers</b> (not on sidelines during games)					
	Background Check	IMPACT Training	Football Rules Training	CPR Training	
President	X	X			
Board Members	X				
Secretaries	X				
Staff with Kid Contact	X	X			

**X** indicates necessary requirement

B. All returning Coaches and Volunteers must complete required training prior to the first practice of the current season and must be wearing badge at football games and practices. New volunteer coaches have until **first Saturday in August** (Final Impact Classes) to complete certification.

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- C. The Detroit PAL volunteer information form requires that potential volunteers provide their social security number and birth date, which are used to run a criminal background check.
- D. Detroit PAL football organizations cannot accept volunteer coaches after the **first Saturday in August**. (Final Impact Classes)
- E. All coaches must be up to date with current year's Training and USA Football Heads Up training before having contact with the kids.

## VI. Fund Raising Efforts by Individuals and Organizations

- A. The Detroit Police Athletic League is a non-profit 501(c)(3) corporation. Any individuals or organizations wishing to raise money for, and/or desiring the assistance of Detroit PAL in doing so, must obtain permission from the Detroit PAL Board of Directors or Chief Executive Officer. Furthermore, any use of the Detroit PAL or Detroit Lions' name or logo for fundraising is prohibited, without the written consent of the CEO of Detroit PAL or his/her designee.

## ARTICLE II: LEAGUE RULES OF PLAY

### I. High School Rules

If there is no rule in these bylaws that is controlling, then the most recent published football rules of the NFHS shall be considered controlling.

### II. Player Game Certification

- A. Each organization must meet the league minimum of eligible players to play a sanctioned game. Eligible is defined as registered, game ready, and physically able to participate in play.
  - a. A-Division (13-14) 15 players
  - b. B-Division (11-12) 15 Players
  - c. C-Division (9-10) 15 Players
  - d. D-Division (7-8) 13 Players
  - e. F-Division (5-6) 6 Players
- B. Individual participants playing on teams in the League must complete a registration form or contract. The contract must bear the signature of the participant's parent or legal guardian, and must be turned in to Detroit PAL.
- C. All participants must provide a certified copy of their birth certificate. This copy of the certified birth certificate must remain in the team registration book. Detroit PAL officials shall review each team's Registration Book.

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- D. **All participants must have a completed and signed concussion awareness form. A copy must remain in the book and one turned into the PAL office.**
- E. Each player participating in Detroit PAL football must pass a physical examination for contact football before his/her first practice, with the physician's signature affixed to the contract by either a stamp or legible to read and date of the examination. Each participant must have a physical exam that is not dated prior to January 1 of the current year in the registration book. The doctor who signs the physical form must be able to be identified. The Detroit PAL staff shall have the right, in the case of disabled children, to determine eligibility.
- F. All teams must ensure that each player have a current certification photo on file for the playing year. **Players must have a photo attached to contract to be eligible to play.**
- G. To be eligible to play on a team in the League, a participant must meet the following age requirements for the division in which they wish to participate:
- A player may participate in an older age division than necessary. However, once registered in that division he may not return to the lower age division during that season.**
- H. **New players can register up until the final roster is due.**
- I. If a participant misses three games, as indicated on his contract/registration form, the player will be considered ineligible for post-season play. The contract must be removed prior to the start of playoffs.
- J. Weigh-ins will be conducted prior to each regular season and post-season game to determine whether a player meets weight eligibility requirements.

1. All players will be weighed in prior to the beginning of each game. This shall be done by the **President, Vice President, Athletic Director, Weigh Master** and Registrar of each organization. Each team shall bring their official registration book and three copies of its official team roster, and present one to the representative from the opposing team.
2. Weigh-ins will begin at the end of the first quarter of the preceding game, except for the weigh-in for the Freshman (D) team, which shall begin at 9:00 a.m. for ALL regular-season games. Home teams weigh-in first. However, if home team not ready, visitors may weigh in first. **Sunday games weigh in will start at 10am.**
3. Coaches are not allowed at weigh-ins. A Detroit PAL official need not be present to oversee the scale weigh-ins during the regular season. However, Detroit PAL staff will oversee all weigh-ins during the Play-offs.
4. Players must weigh-in while wearing standard equipment (butt pad, kneepads, hip pads, thigh pads, girdle, cup, and cleats) and the game play uniform. Other equipment and clothing may be added after a participant completes the weigh-in as



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long as it is otherwise permitted by these rules. **Helmets and shoulder pads must be brought to the scale. Helmets placed on athlete's head to be checked for proper fitting.**

5. Skilled players are permitted to weigh-in, at which point they may remove their shoes and a 2nd weigh-in performed. **Players may get off the scale to adjust but may not leave the weigh-in area.**
6. Skilled players who are determined to be overweight will have an X placed on **rear quarter panels of their helmet.**

Players must conform to the following weight specifications to be eligible to play:

- a. Senior Varsity (A-Team): 190 lbs. maximum weight skilled position, unlimited tackle to tackle.
  - b. Varsity (B-Team): 160 lbs. maximum weight skilled position, unlimited tackle to tackle
  - c. Junior Varsity (C-Team): 135 lbs. maximum weight skilled position, unlimited tackle to tackle.
  - d. Freshman (D-Team): 125 lbs. maximum weight skilled position, unlimited tackle to tackle.
- I. Organizations have the option of using a beam or lever type scale or Be Four Portable Scale Model #PS-5700 PW. The visiting team may not adjust the scale; if there is a disagreement regarding the scale, a DETROIT PAL official must be contacted.
  - J. During the weigh-in Detroit PAL site monitors are the only individuals that may question opposing team players concerning information on their contract.
  - K. Registrars or Weigh Masters must place appropriate notations in the designated spot on the contract for each participant at each game. The following notations must be used:
    - INJ – Injured
    - NS – No Show
    - OK – OK to play in game
    - XP – Lineman Only
    - AD- Administrative DecisionAnytime AD is used the player cannot be dressed for play.
  - L. **Any injury be deemed a concussion, the organization must submit the Michigan Department of Community Health Medical Clearance Return to Play Form.**
  - M. Late arrivals to the game may be allowed to enter the game up until the end of half time, after the above requirements are met. The Weigh Master of the opposing team or Detroit PAL site monitor must approve entrance into game.

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- N. Prior to the start of the second half of play, any/all player(s) may be required to have a face-off before returning to the game. The President, Vice President or Athletic Director must make the request to the Site Monitor.
- O. In the case of inclement weather, determined by Detroit PAL, the scale will be adjusted to 3 lbs. above the normal weight limit. During inclement weather both teams have the option to seek shelter until the restart of the game. Face off will be an option by either team before the restart of the game to be conducted by Detroit PAL staff only.

### III. Uniforms and Equipment

- A. There shall be no exploitation of a team or individual player for monetary gain through the placement of any visible advertising on any part of the uniform or equipment of a player or coach. The only exception shall be for the placement of the official team name on the uniform.
  - 1. Every player must wear a jersey with a legible number of contrasting colors, front and back at least 6 to 8 inches in size on front, at least 8-10 inches in size on back. The numbers shall be centered horizontally.
  - 2. Home games will be a dark colored jersey and away games will be a white jersey.
  - 3. Offensive line must wear numbers between 50-79 and 90-99.
  - 4. **Any player wearing, and offensive lineman number may play another position however he must report to the referee to become an eligible receiver (exception X-players).**
  - 5. Any changes of a participant number must be reported to the opposing team prior to weigh-in.
  - 6. **In the event any jersey that needs to be replaced during the game due to blood (NFHS Rule 3-5-10C). The player must be taken to the opposing teams weigh master, registrar, and or AD to have their roster updated.**

#### B. Regulation Equipment

- 1. The following regulation equipment shall be mandatory of all players and must be worn: helmet with face guard, shoulder pads, complete hip pad or girdle, thigh pads, kneepads, football jersey and football pants, football cleats.
- 2. If at any time during play while on the field, a player's helmet comes off (voluntarily or involuntarily) the player must be removed from the competition (examined) for a minimum of one play (down).

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3. Visors are allowed (MUST BE CLEAR). No tinted visors! **Only exception is with a doctor's excuse. Paperwork must be filed with Detroit PAL and copy submitted with the contract.**
4. Mouth/teeth guards are mandatory; no white or clear mouth guards can be worn. Special mouth guards can be worn for those children with braces. **(exception mouth guards covering the outer mouth can be white). Mouth/Teeth guard cannot be altered.**
5. Each player's equipment must fit him properly to give maximum possible protection. The referee shall be the judge of this matter
6. All Freshmen and Junior varsity must wear rubber sole cleats. Varsity and Senior varsity players may use any regular football cleats. **Tennis shoes are allowed at the Flag level only.**
7. All players must wear protective cups and athletic support during all practices and games.
8. The home team shall be responsible for providing the appropriate size game ball. The following size footballs are to be used. The penalty for providing the wrong size ball is 15 yards and removal of the ball.

a.	Senior Varsity:	High school size ball
b.	Varsity:	Youth size ball
c.	Junior Varsity:	Junior size ball
d.	Freshman:	Peewee size ball (K2)
e.	<b>Flag team</b>	<b>Peewee size ball (K2)</b>

### C. Issuance/Return of Equipment

All Organizations will be responsible for dropping off and picking up equipment according to Detroit PAL's schedule.

## V. Officials

- A. Officials can't have any immediate family members on any team playing in any game in which they are officiating.
- B. By the end of the business day Wednesday following each game, a representative from each organization must submit completed officials evaluations from each team.
- C. Each Organization shall be instructed to see that the spectators remain in their proper places; offenders can cause their team penalties for unsportsmanlike conduct. Officials may request the removal of objectionable spectators from the area of the game in the interest of the players' wellbeing.

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**Any coach, administrative official, or spectator who attempts to approach an official in any way to influence his decision may be banned from the game.**

## VI. Special Rules of Play

- A. Every organization is allowed a total of three scrimmages and /or tournament (**Must be approved by Detroit PAL**)

3 Scrimmages  
2 Scrimmages; 1 Benefit Game  
1 4-way, 1 Scrimmage, 1 Benefit Game  
1 4-way, 2 Scrimmages

- B. If one division participates in a scrimmage it will count for the entire organization. All scrimmages must be scheduled between **the second Saturday in July and weekend before the season starts in August**. Each organization must provide Detroit PAL a schedule of all scrimmages.
- C. **All scrimmage games must be sanctioned (Approved) by Detroit PAL for your Organizations insurance to be valid. No scrimmages are permissible during the football season.**
- D. **Scrimmages with teams outside of Detroit PAL must submit oppositions insurance, rules at which the game will be contested, date, time, and location of the event.**
- E. Every eligible player on each team must play at least three plays in every game of the regular season. A separate roster will be provided for monitoring purposes. The President and/or Athletic Director of each organization will select two individuals to serve as monitor/spotter. The home team monitor will stand on the visiting team sideline and monitor the visiting team players. The visiting team monitor will stand on the home team sideline and monitor the home team players.

The second spotter will assist the monitor sent to their sideline. The Detroit PAL Site Monitor will assure that all monitors and spotters are in place. At the conclusion of each game the spotters will collect rosters and give them to the President and/or Athletic Director of the team they were monitoring. The game by game complete roster is to be kept by each organization and produced should Detroit PAL request verification.

To clarify: Two individuals are required for this process. One will be deemed as the spotter and one will be deemed as the monitor.

- F. Game Periods and Clock Management
1. The officials are responsible for keeping the official clock for league games. Game clock shall be managed by high school varsity standards. Game time limits shall be as follows:

## Detroit PAL Football League Bylaws

- Flag Football 45 minute game
- Freshman (D-Team): 15 minute quarters (running clock)
- Junior Varsity (C-Team): 10 minute quarters (stop time)
- Varsity (B-Team): 12 minute quarters (stop time)
- Senior Varsity (A-Team): 12 minute quarters (stop time)

2. Periods may be shortened by the mutual agreement of the referee and the two head coaches, providing that it is done before the game begins, so that all of the periods are the same length.
3. Approximately 4 minutes before the end of each half, the referee shall notify both head coaches of the time remaining in the half.

### G. Excessive Leads during Games

1. If a team is leading by 21 points, the game shall be managed by High School Sub Varsity rule.
2. If a team is leading by 35 points at any point in the game. The game clock shall run continuity. .

### H. Field Goals and Extra Points

1. Two (2) points will be scored for a successful try for point after a touchdown by a place kick, one (1) point by run or pass.
2. Four (4) points will be scored for a successful field goal attempt.

### F. X-Players

- a. Skilled position players who are overweight for their age division will be designated as an X-Player.
- b. X-Players will have an X placed on **rear panels of their helmets**. This will be done at the scale by the weigh master/ registrar.
- c. X-Players cannot advance the ball on offense or defense.
- d. X-Players cannot play on kick off and kick receive teams.
  1. **If a team can't man a receive or kick off team the ball will be spotted 20 yard line of the receive team / 40 yard line of the kick off team.**
- e. X-Players must wear jersey numbers 50-79 and/or 90-99
- f. X-Players must play on the offensive or defensive line (tackle to tackle).
- g. **There can't be more than two X-Players on either side of the ball.**
- h. **X-Player must be covered at all times (formation).**

## FLAG FOOTBALL

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## A. PLAYING TIME

1. Games will be played on street time 9:00am – **9:45am**  
two 20 minute halves, 5 minute half time
2. All children should receive equal playing time for both offense and defense in each game they participate in.

## B. FORMAT

1. The game is played with five (5) players.
2. A player may only appear on one roster.

## C. PLAYER ATTIRE

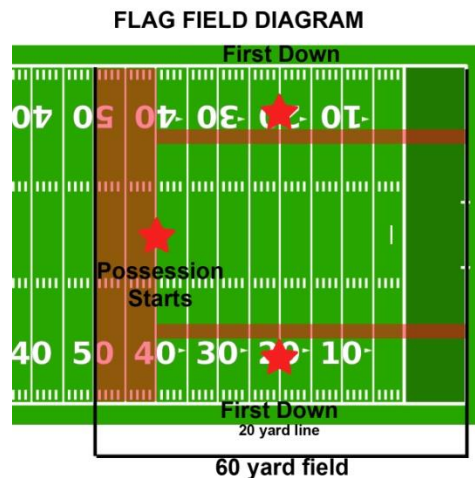
1. Players are required to wear protective mouthpieces at all times during both games and practices.
2. Jerseys must be tucked in at all times. If a jersey is hanging out, flag guarding may be called.
3. Molded cleats and gym shoes are permitted. **No metal cleats or screw in cleats are allowed.**
4. No jewelry is permitted during the games.
5. Shorts and pants cannot have open pockets.

## D. EQUIPMENT

1. Pee wee size football.
2. Flags and Belts (Flags must be attached to the belt with Velcro) **Flag must be a minimum of 8 inches in length and cannot be cut or altered.**

## E. FIELD SET UP

1. The playing field is 60 yards in total length by 25 yards in total width.
2. All possessions (including interceptions) will begin on the 40 yard line.
3. There are NO safeties. The ball will be spotted at the 40 yard line.
4. At no time will field position begin further back than the 40-yard line. If there is a sack or fumble, behind the 40 yard line of scrimmage, the ball will be placed back on the 40 yard line.



## F. COACHES

1. All coaches, both offensive and defensive, must move 10 yards behind the line of scrimmage once the play whistle is blown.

## G. POSSESSIONS

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1. A coin toss determines which team takes first possession of the ball. The designated away team for the game will call the coin toss.
2. For each possession the offense has four downs to obtain a first down at midfield, if midfield is obtained, the offense then has four more downs to reach the end zone. A first down is only obtained one of two ways; the offense reaches midfield within four downs or a defensive penalty occurs with the result being an automatic first down. If the offense fails to reach midfield (first down line) or fails to reach the end zone within four downs, the result is a turnover.

### **H. GENERAL OFFENSE**

1. NO INTENTIONAL CONTACT of any kind is permitted.
2. Downfield blocking is illegal. Any offensive player who continues running AND impedes the progress of a defensive player who is attempting to pull the ball carrier's flag will be called for illegal blocking.
3. Jumping or diving to ADVANCE the ball is illegal. The play is dead once the ball carrier leaves the ground. Jumping or diving to catch a pass is permitted.

### **I. PASSING GAME**

1. If the ball is handed off, the ten-second pass rule is no longer in effect.
2. All passes must be forward and received beyond the line of scrimmage.
3. Only one forward pass per down.

### **J. RECEIVING GAME**

1. All players are eligible to receive passes, including the QB, but only if the ball has been handed off behind the line of scrimmage first.
2. If a receiver's flag inadvertently falls off, even without contact from another player, that player is ruled down at the spot the flag fell off.
3. If a receiver's flag inadvertently falls off prior to receiving the ball and later in the same play catches the ball without replacing the flag, the receiver will be down immediately at the point of reception.

### **K. RUNNING GAME**

1. There is no limit to the amount of handoffs that can be performed by the offense in a single play, so long as the ball never crosses the line of scrimmage.
2. The QB can run the ball only if he/she has first handed the ball off behind the line of scrimmage and then taken a handoff back from another player before the ball has ever crossed the line of scrimmage.
3. If the quarterback is rushed by a defender he may run..

### **L. GENERAL DEFENSE**

1. NO INTENTIONAL CONTACT of any kind is permitted.
2. Defenders must only attempt to grab an offensive players flags when trying to get them down.
3. If a defender attempts to pull an offensive player's flags and inadvertently grabs their jersey, the defender must immediately and completely release the jersey before they can reattempt to pull the flag. Failure to do so will result in a holding penalty.

### **M. INTERCEPTIONS**

1. All interceptions the ball will be spotted at the 40

### **N. RUSHING OF THE QUARTERBACK**

1. The rush marker will be designated by the referee seven yards from the line of scrimmage and must wait 5 seconds.
2. Defensive coach must count down by waving of hand or flag.

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3. Any number of players may rush the quarterback as long as they are beyond the rush marker at the time the ball is snapped.
4. If the offense draws the rusher(s) to jump the seven-yard marker prior to the snap of the ball, that rusher(s) CANNOT rush during that play. However, any other defender that is seven yards back may rush instead.

### **O. REPLAY OF DOWN**

1. If there is an inadvertent whistle during a play, the offense has the choice of either the result of the play at the point the whistle was blown, or replaying the down.
2. If there is an inadvertent whistle during a passing play and the ball is in flight, the down is replayed.

### **Q. DEAD BALLS**

1. A play is ruled dead when the ball carrier's flag is pulled, the ball carrier's flag inadvertently falls off, the ball carrier steps out of bounds, any part of the ball carrier's body other than hands touch the ground, the ball carrier lets the ball hit the ground, a penalty occurs, or after a touchdown or extra point is scored.
2. There are no fumbles. The ball is spotted where the player loses control of the ball.

### **R. SCORING**

1. A touchdown is equivalent to 6 points.
2. 1 Extra Point is attempted five yards out from the goal line.
3. 2 Extra Points is attempted 10 yards out from the goal line.

### **S. FORFEITS**

1. There are no forfeits.
2. Games will start when both teams have 5 players and will play the remainder of the game time.

### **T. OFFENSIVE PENALTIES - 5 Yards from Line of Scrimmage and Loss of Down**

- a. False start
- b. Off-sides
- c. Illegal motion
- d. Offensive impeding
- e. Delay of game
- f. Offensive pass interference
- g. Too many players on the field
- h. Improper equipment - (equipment tampering, lack of mouth guard, pants or shorts with pockets, jersey un-tucked, illegal cleats, missing or improperly placed flags)
- I. Unsportsmanlike conduct – (using profanity, taunting, insulting or vulgar gestures, disrespectfully addressing any persons, illegally stripping or attempting to strip the ball, spiking or kicking the ball, spiking or throwing flags, fighting, excessive celebrations.)

### **U. OFFENSIVE PENALTIES - 5 Yards from the Spot of Infraction**

- a. Flag guarding
- b. Intentional contact – (blocking, charging, tackling, tripping, pushing, holding, obstructing, stiff arming)

### **V. DEFENSIVE PENALTIES - 5 Yards from the Line of Scrimmage, Automatic First Down**

- a. Roughing the passer
- b. Intentionally removing a receiver's flag belt before he/she contacts the ball
- c. Illegally rushing the quarterback



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- d. Too many players on the field
  - e. Coach interference – (remaining on the field during a play)
- W. DEFENSIVE PENALTIES** - 5 Yards from the Spot of Infraction, Automatic First Down
- a. Defensive Pass Interference
  - b. Intentional contact – (blocking, charging, tackling, tripping, pushing, holding, obstructing, stiff arming)

### Freshman (D-Team) Rules

1. One coach shall be allowed in the huddle and on the field during the play of the game.
2. Once players break the huddle, the coach on the field cannot place players into position, and the coach must be ten (10) yards behind the line of scrimmage. Violation of this rule will result in the following in-game penalties:
  - First violation by offense: 5-yard penalty;
  - Second violation by offense: 10-yard penalty;
  - Third (and subsequent) violation(s) by offense: possession of the ball shall be turned over to the other team at the spot of the ball.
  - All violations by defense: 10-yard penalty.
3. **Scores shall be kept during the game. Team records will be maintained. Playoffs and Championship games will be allowed.**
4. All Freshman teams will participate in the “Baby Bowl” and at Ford Field.
5. There must be a minimum of (15) players eligible to play for a team or the game will be declared a forfeit
7. **D-TEAM 25 Yard Punt Rule. On 4<sup>th</sup> down, when the offensive team has the ball inside their own 25 yard line, the Head Coach can request the referee to invoke the D-TEAM 25 Yard Punt Rule. For Example: If the ball is on the 25 yard line, the referee will place the ball on the 50 yard line for the opposing team to begin their offensive series.**
8. **No kick-offs, play will begin at the 30-yard line.**

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