

# PAL FOOTBALL RULES 2018

PLEASE READ THESE RULES CAREFULLY

**SINCE WE PLAY UNDER HIGH SCHOOL RULES PLEASE NOTE THE LATEST: "PLAYERS CANNOT BE PLACED IN FULL UNIFORM OR IN ANY CONTACT DRILLS UNTIL THEIR SIXTH DAY OF PRACTICE...AFTER THE FIRST TWO WEEKS OF PRACTICE, FULL CONTACT WORK IS AT A MAXIMUM OF FOUR DAYS A WEEK, INCLUDING GAMES, WITH NO MORE THAN TWO CONSECUTIVE DAYS OF CONTACT AND A 30 MINUTE LIMIT AT PRACTICE".**

1. Home team is shown first on the schedule and is responsible for the chain crew. If possible, please have them be adults.
2. We will play, as always, under the same rules as high school, with some exceptions:
  - a. Quarters are 10 minutes long.
  - b. Junior high does not require proper numbers on all players. However, if you can number your kids properly, please do so.
  - c. Please advise the officials before the game if you have any special plays so that they are alerted.
  - d. If you have any questions about the rules, ask the officials before the game.
  - e. This year the officials are looking for head hunting. Tackling near the head and tackling with your head will be flagged.
  - f.) On the kick-off you must have at least 4 people on each side of the ball. **"Pop Up" on-side kicks are now illegal and will result in a dead ball penalty. "Pop Up" on-side kick is a kick in which the kicker drives the ball immediately to the ground, the ball strikes the ground once and goes into the air in the manner of a ball kicked directly off the tee.**
  - g.) Remember that offensive pass interference does not cause loss of down and defensive pass interference is not an automatic first down. **Non-contact face-guarding is no longer considered pass interference**
  - h.) Loss of helmet: 1) Player must stop 2) If he is blocked or tackled after the helmet comes off the offending team will be flagged 3) If the player who lost his helmet continues to block or tackle his team will be flagged.
  - i) Because of the chance for injuries, chop blocking is not allowed in PAL games.
  - j.) **There were many rule changes in 2017. They remain in place for 2018** Officials are emphasizing player safety. No tackling around the head. Rules on blindside hits have been changed as follows. Blindside blocks involve contact



by a blocker against an opponent who, because of physical positioning and focus of concentration, is vulnerable to injury. Unless initiated with open hands it is a foul for excessive and unnecessary contact when the block is forceful and outside of the free blocking zone. The definition of a blindside block is "a block against an opponent other than the runner who does not see the blocker approaching." This blindside block would now result in a 15 yard penalty.

k.) It is illegal to hit a defenseless player. Here are some examples of what defines a defenseless player: a player in the act of or just after throwing a pass, a receiver attempting to catch a pass who has not had time to clearly become a runner, the intended receiver of a pass in the action during and immediately following an interception or potential interception, a runner already in the grasp of a tackler and who's forward progress has been stopped, a kick off or punt returner attempting to catch or recover a kick or one who has completed a catch or recovery and has not had time to protect himself or has not clearly become a ball carrier, a player on the ground including a ball carrier who has obviously given himself up and is sliding feet first, a player obviously out of the play or not in the immediate vicinity of the runner, a player who received a blindside block with forceful contact not initiated with open hands. \* The only significant change that really needs to be addressed this year is that if a player isn't properly uniformed, they will be removed from play until they are within the guidelines. Most times this is this is an issue regarding pant length and knee pads not covering the knee because some kids like to wear their pants shorter.

3. Official's fee for the 2018 season are the same - \$65 per team per game. This is payable at the beginning of the game. If officials do not show for the game, please call Larry Pesek at 402-319-6281.

4. There are very few things that will cause a football game to be cancelled. However, if a field or time change is necessary, I will try to reach you or the school a day ahead..

5. Remember that this is a Catholic parish football league. To be eligible, all players must attend either a Catholic grade school or Catholic CCD classes (Fremont St. Pat's and Concordia being the exception by previous agreement). At the spring meeting we added a rule allowing up to 10 noncatholic players per team and they are to be noted as such on the roster. You may, if you wish, draw members from other parishes if: 1) that parish does not field a football team and 2) the player meets the criteria stated above. To alleviate any problems, here is what must occur **prior to the first game**. All teams must submit a roster that



shows the player's name, grade school, address and if attending CCD-at what parish. League fees must also be paid before the first game: \$175 if you have 1 team and \$185 if you have 2 teams. Make the check out to PAL football and send to me at 9721 Cinnamon Drive Omaha, NE 68136.

6. Any team wishing to protest a player's eligibility must submit this protest in writing along with a check for \$100 to me within 48 hours of their game. I will get 2 other ADs (not involved) and together we will review and arrive at a decision. If the protest is upheld, the money will be returned and the game in question forfeited. Additional sanctions may be imposed.
7. Winning team call Dennis Mailliard at 556-1038 within 48 hours of the game. You may also email it to me at [marilynmal@aol.com](mailto:marilynmal@aol.com). Because everyone wants current scores, please email or call ASAP. If no score is reported, the game will be considered a tie when it comes to the play-offs.
8. If a game is being played at your field, the goal posts must be padded or the officials will not officiate the game.
9. The PAL Football league operates under approval of the NSAA. We are allowed to play more games than the public junior high schools because we are considered a parish program rather than a school program. They have 2 concerns. 1) Are our programs really open to the total parish and 2) Are we following the practice guidelines that they have established. I have assured them that all members of our league are in compliance with these rules.
10. If a varsity game is called due to weather, a JV game may have to be bumped to play the varsity game.
11. JV games will be played at 8 minute quarters.
12. If a concussion occurs:
  - > Seek medical attention right away.
  - > Do not let the player return to practice or game play without the written approval of a doctor and the parents.