

PSA FOOTBALL RULES, POLICIES & PROCEDURES

(Applicable to Fall Tackle and Flag Football Leagues)

Updated: August 2009

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[Updated: August 2009]

PREAMBLE:

The following PSA Football Rules, Policies & Procedures (“PSA Football Rules”) apply to each Fall football team playing in the PSA Football Program (each, a “PSA team”). Unless otherwise indicated as applying only to “tackle” or only to “flag” football, the rules, policies and procedures set forth herein shall apply to teams, coaches and players playing both “tackle” and “flag” football. In addition, attached to these PSA Football Rules as Attachment “A” are the “PSA Flag League Football Rules, Policies & Procedures” (“Flag Rules”), which also shall apply to teams, coaches and players playing flag football in the PSA Football Program.

1.0 AUTHORITY

The PSA Football Program is conducted by authority of the Board of Directors of Plano Sports Authority (PSA), Plano, Texas.

2.0 MISSION STATEMENT

The purpose for which this program is conducted is to promote the highest ideals of sportsmanship, fellowship, recreation and competition through voluntary participation. In no manner is this program intended to hinder the school athletic programs, but rather it is intended to give all eligible individuals the opportunity to participate in the American tradition of football.

3.0 ADMINISTRATION

The PSA Football Board (“Board” or “Football Board”) consists of the PSA Football Director (“Football Director”) and those appointed to the Football Board by the Football Director.

3.1 FOOTBALL DIRECTOR

The Football Director shall act as the presiding officer of the Football Board. The Football Board shall have authority and responsibility for the administration and conduct of the PSA Football Program pursuant to and within the parameters of these Rules, Policies & Procedures. The Football Director may appoint other Deputies and Special Assistants, as he/she deems necessary or appropriate, to provide for the proper management and conduct of the PSA Football Program.

3.2 LEAGUE COORDINATOR

A League Coordinator for each playing league (*i.e.*, Pre-K and Kindergarten, 1st Grade, 2nd Grade, etc.) may be designated by the Football Director, and such League Coordinator shall have full authority and responsibility to administer and conduct all league matters pursuant to and within the parameters of these Rules, Policies & Procedures.

3.2.1 Each League Coordinator is responsible for ensuring that the following are placed on file for his/her assigned league with the PSA Football Director:

3.2.1.1 The playing schedules for each division in his/her league;

3.2.1.2 A list of players for each team in his/her league;

3.2.1.3 A list of Coaches for each team in his/her league with each Coach’s current contact information; and

3.2.1.4 If applicable, the final standings by won-loss record for each division in his/her league.

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- 3.2.2 League Coordinators and/or Football Board members shall not participate in decisions involving the teams that they coach and/or on which their children play.
- 3.2.3 The League Coordinators are responsible for ensuring that all rules below are followed in their respective leagues and may, from time to time, at the discretion of the Football Director, assume the same duties in other leagues within the PSA Football Program.

3.3 OTHER ADMINISTRATIVE ITEMS

The Football Director and the Football Board shall be responsible for maintaining accurate records for all events/games, correspondence, letters, disciplinary issues, rosters, schedules, and other record keeping which are necessary and proper to ensure consistency and historical accuracy for future persons holding these positions.

4.0 ELIGIBILITY

4.1 PLAYERS

The following rules shall apply for purposes of player eligibility:

- 4.1.1 Boys and girls wishing to play football on a team in a particular PSA football league must meet the grade *and* age eligibility requirements for that league as set forth in Section 5.2 (see Chart).
- 4.1.2 Players placed on waiting lists after teams are formed will be assigned to teams by the Football Director. Waiting lists are not considered public information and shall not be distributed to anyone other than the Football Director and those members of the Football Board responsible for assigning players on the waiting lists to PSA teams.
- 4.1.3 Players residing outside the Plano Independent School District (PISD) are not eligible to receive scholarships.
- 4.1.4 Scholarship players shall not be issued football equipment.

4.2 COACHES

Adults who meet the following criteria are eligible to be considered as Coaches in the PSA Football Program:

- 4.2.1 The coaching applicant must complete and submit a registration form and agree to the contractual requirements of sections VI and VII(C) thereto.
- 4.2.2 The coaching applicant has not previously had his/her coaching assignment revoked in any youth sports league.
- 4.2.3 Any applicant for Head Coach must be at least eighteen (18) years of age.
- 4.2.4 All coaches (whether the Head Coach or an Assistant Coach of a team) must complete, submit and maintain on file a PSA Coaches' Application and Contract, as more specifically set forth in Section 5.1 below. All coaches also must submit to a background check, and be approved by the Football Board.

4.3 QUESTIONS OF ELIGIBILITY

The Football Director shall be the judge of fact in all questions of eligibility regarding players and coaches. The Football Director shall be the final authority on all matters of eligibility.

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5.0 REGISTRATION

Players are to register to participate in the PSA Football Program during the time period and in the manner specified by the Football Director. Registration is initiated by a player's parent/guardian completing the appropriate registration form furnished by PSA specifically for this purpose along with payment of the football registration fee. The Football Board shall determine fee structures.

5.1 COACH'S CONTRACTS

All Coaches must have a "PSA COACHES' APPLICATION AND CONTRACT" ("Coach's Contract") on file with PSA. This is to be accomplished by completing the Coach's Contract and delivering it to the Football Director or the PSA Executive Director. Adults seeking to be approved as Coaches are subject to an interview by the Football Board. A Coach's Contract is deemed approved by the Football Board within fourteen (14) days of submission unless the applicant is notified by the Football Board that the application has been rejected.

5.2 ORGANIZATION OF TEAMS AND LEAGUES; MAXIMUM AGES; MAXIMUM BALL CARRY WEIGHT

Leagues are formed based on school grade, but also are subject to maximum age limits. The chart below sets forth the organization of PSA leagues based on school grade and the associated maximum age limit for that league. To be eligible to play on a team in a particular league, a player must be both in the school grade designated for that league *and* no older than the maximum age designated for such league as of September 1st of the current calendar year. In addition, the Chart below sets forth the maximum ball carrying weight and minimum football size to be used in each league.

League/Grade	Ball Carrying Wt. (lbs.)	Maximum Age (yrs.) (age as of September 1 st)	Min. Ball Size
Pre K-K (Flag)	N/A	7	K2
1 st (Flag)	N/A	8	K2
2 nd (Tackle)	75	9	K2
3 rd (Tackle)	85	10	K2
4 th (Tackle)	100	11	K2
5 th (Tackle)	115	12	TDJ
6 th (Tackle)	130	13	TDJ

Notwithstanding the requirements of Section 5.2 above, a player may "play up" one (1) year above the league for which he/she otherwise qualifies with permission of the Football Board. Parents wishing for their players to "play up" in this manner may be required to fill out a waiver form (in a form provided by the PSA Football Program) and may be called to meet with the Football Director, or the Football Board, to obtain approval.

6.0 SELECTION OF PLAYERS

6.1 RETURNING PLAYERS GUARANTEE

Any player wishing to return to his team from the previous season will be guaranteed a spot on that team. All coaches must make a committed effort to contact the parents of their players from the previous season.

Coaches must report the results of this effort to their League Coordinators. The Football Board may verify the choice of the parents by contacting them. If it is determined by the Football Board that a Coach has not met his/her obligation to contact all players from the team's prior-year roster, that team will have to accept those players onto their current roster, if the excluded players want to play, and the Coach may have additional sanctions imposed upon him/her at the discretion of the Football Board. The Football Board also may move these players to an open "pool" for assignment to a team by the Football Director.

6.2 PLAYER TRANSFERS

A Player who played on a PSA team the previous season has the option to move to another PSA team. In order to protect the competitiveness of the league, the PSA Football Program may assign any player requesting to transfer off of a PSA team to the open registration and assign that player to another team at the discretion of the League Coordinator or Football Director. Parents of transferring players should not initiate contact with another PSA team's coach during the off-season. If any parent does initiate such contact with a Coach, the Coach shall direct the parent to the League Coordinator (or Football Director if the League Coordinator is not known), and the parent will be required to fill out and submit a Request for Waiver form (in the form of "Attachment C," indicating the reason(s) for the requested transfer. If the League Coordinator determines there is a justifiable reason(s) to honor the parent's request to transfer the player to a specific PSA team, the League Coordinator will contact the coach of that team directly to initiate such discussions. Coaches may not actively recruit any player from any other PSA team. If a Coach is found to be actively recruiting players from another PSA team, the recruiting team may have sanctions imposed against it, including but not limited to limiting the number of optional and recruited players added to that team's roster.

6.3 NEW PSA PLAYERS

Players or prospective players who did not play for a PSA Football Program team in the previous season may be asked to join a PSA team. Coaches may actively approach the parents of these players/prospective players in an effort to encourage their participation at PSA unless such players/prospective players have already registered for the PSA Football Program. Once a player has registered for the PSA Football Program, a Coach cannot actively recruit that player to join his/her team. The already-registered player will be assigned to a PSA team by the Football Board. As set forth in Section 6.2 above, players who played for a PSA team in the prior year may not be recruited by any other PSA team.

6.4 PROHIBITION AGAINST PLAYERS ON TWO TEAMS

6.4.1 No player may play on any PSA team if he/she plays in any other organized fall football league. If a player participates in a PSA Football Program game and is found to also play on a team in a different organized fall football league, the PSA team for which the player played will forfeit each game in which that player participated.

6.4.2 No player may play on more than one PSA football team during the same football season.

7.0 TEAMS AND TEAM STRUCTURE

7.1 RETURNING TEAMS

All returning teams must have a minimum number of players, which number will be established and announced by the Football Board, not to exceed a maximum of twenty-two (22) players. Unless a team registers by paying the "Team Registration Fee" (as more specifically explained in Section 7.6 below), teams may be required to add players from open registration to their rosters to ensure that all open registration players are assigned to a team.

7.2 NEW TEAMS WITHIN PSA

If a parent decides to coach his/her own team, he/she may move his/her child along with others from the previous team to the team the parent will coach without approval of the Football Board.

7.3 TEAMS FROM OUTSIDE PSA

Teams may be formed from outside of PSA. "Outside of PSA" is defined as teams that has played fall football in a league other than a PSA Fall Football league in the previous season. Such non-PSA teams may bring in a maximum of twelve (12) players, with the rest of the non-PSA team's players being assigned by the Football Board. With Football Board approval, a non-PSA team may be allowed to bring in additional players, but not to exceed a maximum of twenty (20) players.

7.4 OPEN REGISTRATION PLAYERS

"Open Registration Players" are those players that sign up through the PSA office and pay the Individual Player Registration Fee, but do not request assignment to a specific team. An Open Registration Player may later request a team, and if there is an opening on the roster of the requested team, he/she may be assigned to that team. The Football Director and the Football Board will assign Open Registration Players at their discretion. The primary goal is to assign an Open Registration Player, where possible, to a team that contains other players that attend the same school as the Open Registration Player, or a school in close proximity thereto. Another objective is to assign players to teams in a manner designed to increase the competitiveness of the league. Each player shall be assigned to a team.

7.5 MINIMUM NUMBER OF PLAYERS

The Football Board will determine the minimum number of players per team. At the Football Board's discretion, players from Open Registration may be assigned to any team, subject to Section 7.6 below.

7.6 TEAM REGISTRATION FEE; CLOSED ROSTERS

PSA teams may also register for the PSA Football Program by paying a Team Registration Fee, the amount of which shall be determined year-to-year by the Football Director. A PSA team that registers and pays the Team Registration Fee certifies that its roster is complete and that each player thereon is eligible to participate in the league for which the team is registering. A PSA team that registers and pays the Team Registration Fee will be deemed to have a "closed roster" and will not have Open Registration Players assigned to such team pursuant to Section 7.4 above, unless the Coach of such team provides his/her consent to add the player(s) to the team's roster.

The following apply to any PSA team wishing to register with a "closed roster":

- 7.6.1 The registering PSA team must complete and submit a "team registration" form (which form shall be provided by the PSA Football Program) identifying all players on the team ("roster");
- 7.6.2 The registering PSA team's roster contains *at least* the minimum number of players established by the Football Director, but no more than twenty-two (22) players.
- 7.6.3 The registering PSA team has a Head Coach (which Head Coach, as well as any of the team's Assistant Coaches, is still subject to the Football Board's approval) at the time of team registration;
- 7.6.4 The Head Coach, and Assistant Coaches if known, each completes and submits a Coach's Contract upon team registration; and
- 7.6.5 The registering PSA team timely pays the Team Registration Fee.

8.0 COACHES

8.1 RESPONSIBILITIES

All Head Coaches are responsible for the actions of their players, parents, and fans during both practice and games. Good sportsmanship should be encouraged and practiced by all. The Head Coach is responsible for making sure that he/she and all Assistant Coaches have filled out and submitted a Coach's Contract prior to the close of registration.

The Football Director, upon interview and recommendation, shall assign eligible Coaches to teams using the following criteria:

- 8.1.1 Each PSA team shall have a Head Coach with no more than four (4) other Assistant Coaches.
- 8.1.2 The selection of all Coaches (including all Assistant Coaches) will be at the discretion of the Football Board. The Football Board may revoke a coaching assignment at any time for willful violation of any provision of these PSA Football Rules, Policies & Procedures or the Coach's Contract.
- 8.1.3 Any Coach removed from a game by the officials, or a member of the Football Board, shall be required to promptly meet with the Football Board. If the Football Board determines that the Coach's removal from the game was warranted, the Coach shall be suspended for a minimum of one (1) game and a minimum of one (1) week of team activity (including practices). This suspension will occur during the next week of activities. Upon review of the occurrence, the offending Coach may have additional sanctions placed on him up to and including permanent removal as a PSA Coach.

8.2 SENIORITY

This Section 8.2 only applies to Coaches in the tackle football leagues and not to Coaches in the flag football leagues.

Coaching Seniority is based on the number of years a person has been a PSA Coach or PSA Football Board member. Seniority is used to resolve jersey color conflicts that may arise from time to time. Each Head Coach is awarded points based on the appropriate slotting for his/her experience. Points are awarded based on the Head Coach's previous experience, as set forth below:

Coaching Points:

Head Coach, preceding year	3 Points
Former Head Coach, not in preceding year	2 Points
Assistant Coach, preceding year	1 Point

Experience Points:

Each Head Coach also will be given one (1) point for each year of service on the PSA Football Board.

Total Points:

The coaching points and the experience points are totaled for each Head Coach, resulting in the seniority rankings for each league. In the event of a tie, a coin flip will be made to determine the final seniority. Each League Coordinator will calculate and establish seniority ranking at the pre-season, mandatory coaches' meeting.

8.3 MANDATORY COACHES' TRAINING

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All Coaches (tackle and flag) are required to attend mandatory training as scheduled and required by the Football Director.

9.0 ROSTERS

The following rules regarding each PSA team's roster shall apply:

- 9.1 The League Coordinator shall, at all times, maintain a roster for each PSA team within his/her league, naming all players, jersey numbers and weights. All Coaches and Assistant Coaches must have addresses and telephone numbers listed on their respective team rosters.
- 9.2 The Head Coach of each PSA team shall, prior to the start of the season, provide a roster listing his/her players' names and jersey numbers to the League Coordinator.
- 9.3 No player may be added to any PSA team after the team's roster is distributed by the League Director, without the express consent of the Football Director and the Football Board, and under no circumstances will a player be added to any team for play-offs.
- 9.4 All rosters will remain on file in the PSA Office.
- 9.5 The rosters kept in PSA's files and/or system of record shall constitute the PSA teams' official rosters. Only players listed on a team's official roster are eligible to participate in PSA games and/or practices occurring after the close of registration.

10.0 TEAM MEETINGS, PRACTICES AND GAMES

10.1 PRACTICES

Except where expressly stated otherwise, the rules and policies set forth in this Section 10.1 shall apply to PSA teams playing tackle football. The practice rules and policies specifically applicable to PSA teams playing flag football are set forth in Section 3.0 of the attached PSA Flag League Football Rules, Policies & Procedures ("Flag Rules"). (See Attachment "A.")

NO TEAM MAY HAVE A MANDATORY WORKOUT OR A FULL-CONTACT PRACTICE PRIOR TO THE FIRST OFFICIAL FULL CONTACT PRACTICE DATE DESIGNATED EACH YEAR BY THE FOOTBALL DIRECTOR.

A "practice" is defined as a meeting (including workouts and film sessions) with more than two (2) players. An "unauthorized practice" is defined as a practice that does not conform to the requirements and limitations set forth in this Section 10.1.

The total of practice sessions for each PSA team shall not exceed one (1) per day and shall be further limited as follows:

- 10.1.1 All practices must be held at a site or location that is approved for use by the Football Board. Permissible practice sites or locations are addressed below. That notwithstanding, the Football Director and/or Football Board retain discretion to modify or alter the rules set forth herein pertaining to the permissible practice times and locations for all PSA teams.
- 10.1.2 Non-Contact, Non-Mandatory Workouts: Non-contact, non-mandatory workouts may be held prior to the start of the season, BUT NO SOONER THAN THE FIRST MONDAY IN JULY EACH YEAR ("Non-Contact Practices start date"). Non-Contact Practices are considered non-mandatory. Non-Contact Practices are limited to a maximum of three (3) hours per week. This may consist of (i) two practices of one and one-half (1½) hours in duration, twice a week, on any non-consecutive days, or (ii) three (3) practices of 1-hour in duration, with no more than two (2) such practice being

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held on non-consecutive days during the week (Monday through Friday) and one (1) such practice being held on Saturday. Helmets and shoulder pads (*i.e.*, “shells”) may be worn by the players during Non-Contact Practices, *but no contact is allowed between players* during practice until the “Full-Contact Practices” date referred to in Section 10.1.3 below. During Non-Contact Practices, Coaches may, however, teach blocking, hitting and tackling techniques with “dummies” and “shields” so long as those dummies and shields are held by an adult and/or Coach and not another player. The league will set the date for when Full-Contact Practices will start. Unless otherwise provided by the Football Board, Non-Contact Practices may be held at a location of the Coach’s choosing. However, to the extent the Coach chooses to practice on a field or at a location owned or controlled by the City of Plano (“City”), such field or location must be approved for such practice by the City, which generally means no practice can be held at any City park with lights. Any violation of this rule will result in a reduction of the offending PSA team’s practices during the regular season.

10.1.3 **Full-Contact Practices:** The Football Board will determine and announce the commencement date for Full-Contact Practices (“Full-Contact Practices start date”). The following practice rules shall apply to each PSA tackle team commencing on the Full-Contact Practices start date, and continuing through the season for so long as a team continues to play in the PSA Football Program’s playoffs:

- (a) **Practice Time.** Each PSA team is permitted to practice a maximum of four (4) hours per week, provided that no single practice lasts more than two (2) hours in duration.
- (b) **Practice Location.** Each PSA team will be assigned a practice field or location at High Point Park. Unless otherwise provided by the Football Board, Full-Contact Practices may be held at a location of the Coach’s choosing. However, to the extent a Coach chooses to practice on a field or at a location owned or controlled by the City of Plano (“City”) *other than at High Point Park*, such field or location must be approved for such practice by the City, which generally means no practice can be held at any City park with lights. If a Coach chooses to practice *at the team’s designated practice field or location at High Point Park*, the team may do so only on the days and at the times approved by the Football Board, which days and times will be published on the PSA Football Program’s website.
- (c) Any violation of these rules will result in a reduction of the offending PSA team’s practice times during the regular season and such other sanctions as the Football Board deems appropriate.

10.1.4 The fact that a PSA team scheduled a practice during the week and that practice was rained out shall not be considered a valid reason to increase practice time the following week beyond the maximum time limitations set forth in Section 10.1.3. The Football Director shall solely determine whether additional practice time will be allotted any PSA team(s) by reason of rain outs.

10.1.5 In addition to the practices authorized in Sections 10.1.3, any PSA team may—during the regular season, and continuing so long as a team continues to play in the PSA Football Program’s playoff—hold one (1), one (1)-hour, non-mandatory, non-pad, non-contact “walk through” or skull session on the Friday before a game scheduled on Saturday. Rooms at PSA facilities or buildings may not be reserved for this purpose.

10.1.6 No Coach shall require his/her players to be at the practice field or location longer than permissible under this Section 10.1.

10.1.7 Coaches shall not conduct drills designed to punish or “run-off” players. Examples of drills that are not allowed are the machine gun drill, “Bull-in-the-Ring” drill or any other drill that is not of a constructive teaching nature. Coaches found in violation of the intent of this rule shall be disciplined as determined by the Football Board.

10.2 SANCTIONS FOR UNAUTHORIZED PRACTICES

If a Coach holds an unauthorized practice, he/she shall be subject to suspension for one (1) week inclusive of practices and game(s), or more severe penalties as deemed appropriate by the Football Board. Coaches are responsible for ensuring that their teams are not conducting unauthorized practices.

10.3 PARTICIPANTS

10.3.1 No player may participate in any team meetings, workouts, practices or games until he/she is officially assigned to that team.

10.3.2 No Coach or Assistant Coach may participate in any team meetings, workouts, practices or games until he/she is officially assigned to that team and has completed his/her requirements of eligibility hereunder.

10.4 START OF GAMES

No games shall be conducted prior to assignment of registrants to teams by the League Coordinator, nor after the regular playing schedule, except as expressly authorized by the PSA Football Director.

10.5 SCRIMMAGES

Although scrimmages are fun and important, please remember, the point of a scrimmage is to practice, not to play "extra games." The following rules shall apply to all scrimmages played by PSA tackle football teams:

10.5.1 Scrimmages between tackle teams may only be held during the official practices at High Point Park, unless otherwise expressly approved and authorized by the Football Board.

10.5.2 There shall be no scrimmages or games:

- a) Between teams in different PSA leagues unless the younger league players' parents sign a waiver to play up a maximum of one league grade level. (Such waiver must be in a form acceptable to the PSA Football Program.)
- b) Between a PSA team and a team not participating in the PSA Football Program during the league's scheduled regular season.

10.5.3 Scrimmages shall be limited to a maximum of one (1) hour for tackle PSA teams.

11.0 FOOTBALL EQUIPMENT

11.1 SIZE OF FOOTBALLS

Each league shall be required to use the size of football designated for use in each league by the Football Board. The corresponding football sizes to be used in each PSA league are as follows:

11.1.1 5th and 6th Grade leagues shall use a "TDJ" or equivalent sized football.

11.1.2 4th Grade leagues and more junior leagues shall use a "K2" or equivalent sized football.

11.2 PLAYER EQUIPMENT REQUIREMENTS

- 11.2.1 Equipment for all PSA Football Players (Tackle and Flag): All players shall wear shoes with rubber soles or rubber cleats. Cleats are to be of the molded type only. No screw-in type cleats or metal baseball cleats are allowed. Appropriate shoes or cleats are to be furnished by the individual players.
- 11.2.2 Equipment for all PSA Tackle Football Players: In addition to the foregoing, all players of tackle football must individually furnish the following equipment: Acceptable helmet, inclusive of acceptable facemask and chin strap; mouthpiece; shoulder pads; practice pants with hip, tailbone and knee pads.
- 11.2.3 All helmets, pads and mouthpieces shall be worn during any contact period, practice or game. Any player without proper equipment will not be allowed to participate in practices or games. All equipment must carry the "NOCSAE" stamp of approval.
- 11.2.4 Before the Full-Contact Practices start date, and continuing throughout the season, the parent(s) or guardian(s) of each tackle player must inspect that player's equipment to make sure it carries the NOCSAE stamp of approval and is otherwise in proper functioning order to ensure that such equipment affords the player the safety and protective features intended by the manufacturer.
- 11.2.5 Helmets will be worn for all tackle practices and warm-up drills.
- 11.2.6 The Football Board strongly recommends that all player-furnished helmets have a double chin strap, meaning the chin strap has two (2) straps that snap to two different locations on each side of the helmet.
- 11.2.7 Purchased equipment (helmet, shoulder pads and pants) must not have the stamp: "This equipment is not to be used for competitive purposes" or a stamp of similar import.
- 11.2.8 Game uniforms, inclusive of jersey, game pants, socks and, if applicable, helmet decals, shall not exceed the following maximum costs per player:
- Tackle - \$100.00
- Flag - \$75.00

11.3 GAME/PRACTICE JERSEY REQUIREMENTS & NUMBERING

This Section 11.3 applies only to PSA tackle football teams. Game jersey requirements for flag football teams are addressed in the Flag Rules. (See Attachment "A.")

- 11.3.1 Jerseys. Each team must have a game jersey and a **different colored practice jersey**. Practice jerseys may be worn for games at the Coach's discretion or in order to resolve a color conflict with the opposing team. The Coach with the most seniority points has the choice of color for each game when there is a color conflict between opposing teams.
- 11.3.2 Jersey Numbering. **Each team is required to number its players' game and practice jerseys.** A player's game and practice jersey must each bear the same number and numbers must be worn on the front and the back of each jersey.
- 11.3.3 90-Series Numbers. Special rules apply to the numbering of jerseys worn by players who officially weigh-in in excess of the maximum ball carrier weight limits applicable to their leagues. The rules require the use of 90-series numbers. (See Section 15.2 below.)

12.0 PARENTS' MEETING

All Coaches of tackle and flag teams must have a meeting with their players' parents to explain to the parents the Rules, Policies and Procedures under which the teams will be playing. At this meeting, Coaches will be required to provide the parents with a complete package containing the following: a team roster; practice and game schedules; a summary of the minimum play time requirements as mandated by PSA; a copy of the team rules, if any; a copy of these PSA Football Policies & Procedures; and a listing of the Coaches' phone numbers and other methods by which Coaches may be contacted.

13.0 SPECIAL PROVISIONS FOR GAMES

13.1 GAME PLAY; UNIFORM CONFLICTS; GAME RESCHEDULING; MASCOTS

- 13.1.1 The Football Board will determine the total number of scheduled league and, if applicable, play-off games for each team.
- 13.1.2 The Football Board will identify possible uniform conflicts on the schedule prior to the start of regular season. Coaches will be notified in advance, and the League Coordinator will specify which team has priority for uniform choice. This decision will be based on which Coach has seniority in the program. The Football Director also retains the right to deny any Coach or team the right to use a particular team name if, in the Football Director's sole discretion, the name is deemed offensive or in poor taste, or the use of the name would cause undue confusion or color conflicts with other teams using the same or similar name.
- 13.1.3 Playing conditions shall be evaluated prior to each game by the League Coordinator (or his designee) responsible for the scheduled games on each field. Games will be postponed only if weather creates a hazard to players and officials. The Football Director shall, at a later time, determine when a postponed game will be made up. If the League Coordinator believes that the playing of a full game will jeopardize the safety of the players, coaches, officials, and/or spectators, such League Coordinator will consult with the Football Director and available Football Board members. The Football Director and the Board members reserve the right to evaluate the conditions and apply one of the following remedies:
 - a) Cancel the game with no make-up;
 - b) Postpone and reschedule the game;
 - c) Attempt to play the game, stopping as needed to evaluate the weather conditions. Play may be suspended for lightening or other hazardous conditions and restarted when it is determined to be safe. If a game is suspended and not resumed, and at least half the game has been played, than the score at the time of suspension may be used as the final score only if the game cannot be rescheduled.
- 13.1.4 The Football Director or his/her designated representative (including the League Coordinator) may stop any game or practice at his/her discretion. If a game is suspended or canceled in the first (1st) half due to weather, it will be restarted if and when the game is rescheduled. If the game is suspended or canceled in the third (3rd) quarter, only the second half will be played if and when the game is rescheduled. If the game is suspended or canceled in the fourth (4th) quarter, every attempt will be made to complete the game from the point of suspension if and when the game is rescheduled. If a game suspended or canceled in the fourth quarter cannot be rescheduled, then, at the Football Director's discretion, the game can be designated as having been completed.
- 13.1.5 Each PSA team may have one (1) mascot.

13.2 PROHIBITION AGAINST RUNNING UP THE SCORE

All Coaches must be aware that "running up the score" is not acceptable in the PSA Football Program. All attempts should be made to keep the score from getting "out of hand." Running up the score is defined as beating your opponent by more than twenty (20) points. Coach, if your team is fortunate enough to be twenty (20) or more points ahead of your team's opponent, you should have a plan in place to give some opportunities to other players on your team. No coach should ever place himself in the position that he has to tell his players not to give it 100%. To ask your players to go out and not give it their best is demeaning to your opponent and not fair to your players. Move your players around on offense, and give other players under the ball carrying weight an opportunity to carry the ball. Let players play on defense that would normally not be afforded that chance.

13.2.1 If, in the second half, you find your team ahead by 20 or more points, you are ALLOWED to put your best five (5) or six (6) players on the sideline. This is the only time that you are allowed to violate the minimum playtime rule.

13.2.2 If you are 20 or more points ahead, you are ALLOWED and ENCOURAGED to pass at any time in the second half.

13.2.3 If you are 20 or more points ahead in the fourth (4th) quarter, you are NOT ALLOWED to call a time out in the 4th quarter. If you are 25 or more points ahead in the third (3rd) quarter, you are NOT ALLOWED to call a time out in the 3rd quarter.

13.2.4 AT THE START OF THE 2ND HALF, IF YOU LEAD YOUR OPPONENT BY TWENTY-FIVE (25) OR MORE POINTS, YOU MUST GIVE YOUR OPPONENT THE BALL.

Do not wait until you find yourself in this position to try to figure out a plan. Plan it in advance. Most important, inform your players and parents of what you plan to do if you find yourself in this position.

The PSA Football Director and/or the League Coordinator may request both Coaches provide a written account of the circumstances surrounding any game where a team beats another team by 20 or more points. Any team leading by 20 or more points at halftime must be able to detail all scoring that occurs in the second half. These letters must be emailed to the appropriate League Coordinator before the team's next scheduled practice. The Football Board reserves the right to impose sanctions on teams who have a score differential (winner score - losing score) of 20 points or more in a game. (Please note that only 8 points maximum per game are allowed for calculating league standings pursuant to the tie-breaking rule.) Coaches found in violation of the intent of this rule shall be disciplined as determined by the Football Director and/or the Football Board.

13.3 SET-UP AND TAKE-DOWN OF FIELDS

Coaches shall be responsible for the set-up and take-down of all field equipment, markers, goal post pads, Public Address (PA) systems, yard markers, chain/box sets and field striping. Please make every effort to replace the equipment in the storage area in a neat, organized and gentle fashion to minimize the wear and tear on the equipment.

13.3.1 The two teams playing the first game of the day on a field are both responsible for field set-up, at least one hour before the scheduled game time. Both coaching staffs shall assure that the fields are properly set-up, and ready for play.

13.3.2 The Head Coaches of the two teams playing the last game of the day on a field shall be responsible for take-down and PROPER STORAGE of all field markers, goal post pads, chains/box sets score boards, and power cords in the field container(s). While parents may stack the equipment at the storage container, THE COACHES WILL ENSURE THAT THE EQUIPMENT IS STORED NEATLY AND CORRECTLY.

13.3.3 ALL TEAMS, INCLUDING PARENTS OF PLAYERS, ARE RESPONSIBLE FOR CLEANING UP THE TRASH THEY PRODUCE WHILE AT THE FIELDS!

14.0 TACKLE LEAGUE CHAMPIONSHIPS; PLAY-OFFS

For tackle leagues only, league championships will be decided in the following manner:

14.1. Teams will be seeded for the play-offs according to their win/loss record. The Football Board reserves the right to award a "Consolidation Bracket" in designated leagues to ensure a competitive play-off and to allow more teams the opportunity to advance in a play-off system. The format of all brackets is at the discretion of the Football Board.

14.2 There will be no play-offs for play-off positions. When teams are tied in the standings, the following step-by-step process will be used to break ties in order of priority:

STEP 1: The winner of the game played by the two teams. (Head-to-Head Competition)

STEP 2: If the two teams remain tied after the Head-to-Head Competition, or more than two teams are tied, the team with the best point differential in games played between the tied teams will be placed in the highest finishing order. (A maximum point differential of 8 points per game will be used in this tie breaker process.)

STEP 3: Coin flip.

14.3 The procedure set forth in Section 14.2 will be used regardless of the number of teams involved. If more than two teams have the same record, the procedure will start over as soon as one team is separated from the others based on this step-by-step process.

14.4 Single elimination play-offs will be conducted between teams.

14.5 Playoff games that are tied at the end of regulation will be subject to the same overtime rules as regular season games. (See Section 15.1.7 below.)

14.6 Neither the PSA Football Program nor the PSA Football Board sanctions post season play, except as specifically sponsored by the PSA Football Program.

15.0 GAME TIME RULES

15.1 PLAYING TIME, FIELD DIMENSIONS, MINIMUM PLAY TIME and EXCEPTIONS

15.1.1 Game Time/Quarters: A game shall consist of four (4), eight (8)-minute intervals or quarters.

15.1.2 Size of Fields: The game fields will be 60-80 yards long for flag leagues. 2nd and 3rd Grade leagues will play on an 80-yard field. 4th, 5th and 6th Grade leagues will play on a 100-yard field.

15.1.3 **Minimum Play Time Requirements:** Each player must, at a minimum, start on either offense or defense and play at that position for the entire game. A player may change units only at half time. A player may sit out one (1) play per half when his/her unit is on the field unless the player is injured. If minimum playing time is not met, the player's Coach will be subject to suspension for one (1) full week (including one (1) game and two (2) practices), forfeiture of the game played, and/or other disciplinary action as deemed appropriate by the Football Board. However, players may have their minimum playtime revoked for unexcused absences from practice or for personal misconduct. If a player will not be allowed minimum playtime due to unexcused absences from practice or for personal misconduct:

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- a) The Head Coach shall notify the parents of the player being disciplined at least twelve (12) hours prior to the start of the game in which the player's minimum play time is being revoked;
- b) The League Coordinator, Assistant Coordinator, or the Football Director shall also be notified via email of the action at least twelve (12) hours prior to the start of the game in which the player's minimum play time is being revoked. The League Coordinator will also contact the parent(s) after receipt of the written notification from the Coach. The League Coordinator shall provide a copy of such notification and recommendations to the Football Director before the game in question commences.
- c) If disciplinary action is required during a game, or an injury occurs that prohibits a player from playing minimum play time, the Coach must explain the reasons to the parents and the League Coordinator immediately following the game. In the event the League Coordinator is not available, the Coach should seek out the nearest Football Board member and explain such reasons. The League Coordinator shall provide a written report to the Football Director by the Monday following a Saturday game or within two (2) days after a non-Saturday game.
- d) If mandatory, minimum playing time is not met, and the failure to provide a player minimum play time is not excused pursuant to the rules in this Section 15.1.3, the player's Coach shall be subject to suspension for one (1) full week (including one (1) game and two (2) practices), forfeiture of the game played, and/or other disciplinary action as deemed appropriate by the Football Board.

If, at any time during a game, a Football Board member directs a Coach to play a player, the Coach must do so.

15.1.4 Sideline Management. The Head Coach and four (4) Assistants will be the only non-players authorized in the team area. An additional person may be designated to help with water or with filming the game. The team area will be defined as an area within the 20-yard lines and 5 yards from the sideline. The Head Coach will keep all authorized personnel inside the team area. Only Coaches and players will be allowed within 5 yards of the sidelines. The Head Coach is responsible for keeping the 5-yard side zone cleared of unauthorized personnel. The officials may call a 5-yard penalty for sideline interference after one warning to the Head Coach for violation of any rule listed above.

15.1.5 Extra Points. Extra points in all leagues will be as follows: two (2) points are awarded for plays passed over the goal line and for plays kicked through the field goal; and one (1) point is awarded for plays run over the goal line.

15.1.6 Punts and Kicks.

- a) Punts: The following league-specific rules shall apply to punts:

In the 2nd Grade league, a team may only "declare" a punt. A punt may be declared to an official on the field on any down, not just on 4th down. If a team "declares" a punt, the officials will move the ball twenty-five (25) yards down the field, but no further than to the receiving team's ten (10)-yard line. The receiving team will then begin its offensive possession at that point on the field. There is no actual punting or punt return allowed in the 2nd Grade league.

In the 3rd Grade league, a team may either "declare" a punt as set forth immediately above, or elect a "free punt." If a team "declares" a punt, the same rules apply as apply to a declared punt in the 2nd Grade league. If a team elects a

“free punt,” the offensive Coach must notify an official on the field that it elects a free punt. There will be no defensive rush on a free punt. There must be seven (7) defensive players on the LOS, and only two (2) players back further than five (5) yards from the LOS to receive the punt. All defensive players other than the two players back receiving the punt must take a knee within two (2) yards of the LOS. Other than the offensive center snapping the ball and the punter, all other offensive players must take a knee within two (2) yards of the LOS. The ball must be snapped to the punter at least five (5) yards behind the line of scrimmage, and if it is dropped, the punter may pick it up and punt the ball. A 90-series numbered player may be the punter. The ball is considered to be punted when it is first touched by the punter’s foot, and it may not be advanced by the receiving team. There is no return of a free punt, and there is no coverage of the punt return by the kicking team. The ball is dead and spotted where it is first controlled by the defense/receiving team. If not controlled, the ball will be marked where it stops rolling or goes out of bounds. Controlled is defined as being in a player’s hands. There will be no fakes from an elected free punt, and any attempt to fake will result in a fifteen (15)-yard penalty and loss of down. There are no off-sides or motion penalties during a free punt. If the punter takes a knee or falls down in attempting to field a punt, he/she may get up and complete the punt.

In the 4th and 5th Grade leagues, a team will be allowed a “modified live punt,” to which the rules pertaining to a “free punt” shall apply, except that: the punt return team shall be allowed to advance the ball or return the punt under live conditions; while there is no rush on a modified live punt, the kicking team may leave the LOS and pursue coverage of the punt return after the ball is kicked by the punter; the defensive lineman cannot leave the LOS until the ball is kicked by the punter; the punter has five (5) seconds to punt the ball, otherwise the play will be blown dead at the LOS; and a 90-series-numbered player may not advance a punt if he/she is on the receiving team.

In the 6th Grade league, teams will be required to conduct “live punts,” which means that the punt return team may rush the punter and the punt return team may advance or return the ball under live punt coverage conditions. Fake punts are allowed and, therefore, a 90-series-numbered player may not play the punter position in the 6th Grade league.

- b) Free Kicks on Extra Points or Field Goals: In the 2nd through 4th Grade leagues, and where goal posts are available on the game field, teams shall be allowed free kicks for extra points and field goals. The offensive coach must notify the official that his/her team intends to kick an extra point or field goal, and this notification may be provided on any down. The ball must be snapped to the holder at least five (5) yards behind the line of scrimmage. If the ball is dropped, the place holder may pick it up and set it, and the kicker may kick it.
- c) Any team, without declaring to an official, may execute a “kick quick” on any down. A quick kick is not considered a punt, and the defense may rush. To take advantage of the “no rush” and other rules associated with an elected “free punt” or a “modified live punt,” however, the punting team is required to notify an official on the field of its election in the manner described above for each league.

15.1.7 Overtime: No tackle football game will end in a tie. Games tied at the end of regulation will be decided in the following manner:

- a) The coin toss winner will have the option of playing offense or defense first.

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- b) Each team will be given a chance to score from “first and goal” at the 10-yard line on a 100-yard field, and at the 8-yard line on an 80-yard field. A team’s possession ends after a score (*i.e.*, touchdown/PAT, field goal, or safety) or turnover (*i.e.*, 4 downs, interception, or fumble recovered by the defense).
- c) Whichever team has scored the most points after each team has had a possession will be declared the winner.
- d) If the teams are still tied after the first round of overtime possessions, the loser of the coin toss will then have the offense/defense option to start the next round of overtime possession.
- e) This procedure will be repeated until a winner is determined.
- f) If the game is still tied after each team has had two attempts to score (*i.e.*, two overtime possessions), the ball will be moved from the 10- to the 5-yard line (for 4th through 6th Grade leagues) or from the 8- to the 4-yard line (for 2nd and 3rd Grade leagues) to start the third (3rd) and subsequent round(s) of overtime possessions.
- g) Each team is allowed one (1) time out per overtime period (each team having a possession constitutes an overtime period).

15.1.8 Out-of-League Games. All out-of-league games must be approved in advance by the PSA Football Board. If an out-of-league game is not approved by the PSA Football Board, and a PSA team nevertheless plays in the game, the Coach of the PSA team may be suspended from coaching in **any PSA program** for one (1) year.

15.2 MAXIMUM BALL CARRYING WEIGHT LIMITS; BACKFIELD AND ENDS WEIGHT LIMITS

15.2.1 MAXIMUM BALL CARRYING WEIGHT LIMITS/“90-SERIES” JERSEY NUMBER

The following are the weight limits applicable to the ball carrying positions in each league. A player officially weighing in excess of the maximum ball carry weight is required wear a 90-series numbered jersey for the entire season for which he weighed in.

<u>League</u>	<u>Ball Carrying Weight Limit</u>
Pre K/Kindergarten	N/A
Flag 1 st Grade	N/A
Tackle 2 nd Grade	75 pounds
Tackle 3 rd Grade	85 pounds
Tackle 4 th Grade	100 pounds
Tackle 5 th Grade	115 pounds
Tackle 6 th Grade	130 pounds

The following applies with respect to the ball carrying weight limits set forth above:

- a) Players who officially weigh-in at or over the maximum ball carrying weight limit for their respective leagues must wear a “90 series” number on their jerseys. Any player wearing a 90-series number may not carry the ball or line up as an eligible receiver, except as specified in Section 15.2.2. Any violation of this rule will result in an automatic five (5)-yard penalty. A 90-series number is one of the following: 90, 91, 92, 93, 94, 95, 96, 97, 98, and 99.
- b) A player that does not officially weigh in at PSA prior to that player’s first game will be required to wear a 90-series number on his/her jersey.

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- c) A player's weight on his/her official weigh-in day will be his/her playing weight for the entire season.
- d) There will be designated dates for official weigh-ins established by the Football Board. Players should weigh-in on designated weigh-in days after they have registered with the PSA Football Program to play football. All weigh-ins will be conducted and observed by members of the Football Board. Players will have one chance to weigh in, and there will be no re-weighing. Once a player steps on the scales, that player is done!

15.2.2 TIGHT END PARTICIPATION IF OVER THE WEIGHT LIMIT (5th & 6th GRADE LEAGUES ONLY)

The following rules regarding the tight end position apply only in the 5th and 6th Grade leagues:

- a) A tight end (TE) is an offensive player lined up next to and no more than two (2) yards outside of an offensive tackle (OT).
- b) There are no weight restrictions concerning the tight end position in the 5th and 6th Grade leagues.
- c) A tight end may not carry the ball if he receives the ball from a hand-off or lateral.
- d) A tight end may not be the ball carrier on a reverse or end-around play.
- e) A tight end may not go in motion.
- f) In order to carry the ball, the tight end must receive the ball on a forward-pass that is completed at least one (1) yard beyond the line of scrimmage. Prior to each play in which the tight end is used as an eligible receiver, the tight end must declare to an official on the field that he is an eligible receiver.
- g) A 90-series numbered player on offense may not advance the ball on a fumble.

15.2.3 OFFENSIVE POSITIONS

On offense, any player whose official weight exceeds the maximum ball carrying weight limits for his/her league or who otherwise wears a 90-series numbered jersey will be required to play in a "down lineman" position. As noted above, if such player is in the 5th & 6th Grade leagues, he/she may also play the position of tight end, subject to certain conditions set forth in Section 15.2.2 above. The "down lineman" position is defined as an offensive center, guard, or tackle.

The following rules also apply to any player who exceeds the league's maximum ball carrying weight limit or otherwise wears a 90-series numbered jersey:

- a) Except as set forth above, any player wearing a 90-series number and playing offensive center, guard or tackle will be considered an illegal receiver or ball carrier.
- b) Any player wearing a 90-series number may kick punts, but he/she cannot run, hand-off, or pass the ball while in punt formation.
- c) Any player wearing a 90-series number cannot be the holder for extra points and field goals..

- d) Any player wearing a 90-series number can kick extra points and field goals, but he/she cannot advance the ball in any other method other than a kick.

15.2.4 DEFENSIVE POSITIONS

There are no limitations on where a player wearing a 90-series numbered jersey may play on defense. If a 90-series numbered player on defense intercepts a pass or hand-off/pitch, or recovers a fumble, the player may advance the ball until the player is tackled or forced out of play.

15.2.5 KICK-OFFS/KICK RETURNS

The standard ball carrying weight rule is applied for kick-offs/kick returns.

15.3 SPECIAL RULES APPLICABLE TO 2ND GRADE LEAGUE

The following special rule addendum applies to the 2nd Grade league:

15.3.1 On-Field Coaching: One Coach will be permitted on the field for each team. A Coach must stand a minimum of ten (10) yards behind the line of scrimmage and cannot be involved in or obstruct the play at any point. The following additional rules also apply with respect to 2nd Grade league Coaches on the field:

- a) A Coach on the field may not touch a player while a play is in progress. Any use of the hands to aid a player constitutes a penalty of twelve (12) yards.
- b) A Coach on the field may give verbal directions only in the huddle and before the snap. For example, a Coach may call the play/defense and provide instructions prior to the snap. Any violation of this rule constitutes a twelve (12) yard penalty. However, the normal time to run the play will be enforced.
- c) A Coach on the field may not question an official, argue a call or disrupt the game in any manner. Any questions regarding an officiating call must come from a Coach on the sidelines. Any violation of this rule shall constitute a twelve (12) yard penalty. Any confrontation by the on-field Coach and an official will result in the Coach's immediate ejection from the game. The officials have the right to remove a Coach from the field with or without ejection or penalty at any time if the Coach violates any of the rules set forth in this Section 15.3.1.

16.0 INJURIES

Due to the nature of the sport, injuries are a part of everyday activities in youth football. These injuries range from minor scrapes and bruises to serious injuries requiring medical attention.

16.1 KNOWN MEDICAL PROBLEMS

Coaches need to poll their players' parents about any possible medical conditions that the players might have (asthma, allergies etc). The parents should inform the Coaches of any medical conditions that their children have. At no time should any Coach provide any type of medication to a player. The parents of the player must assume this responsibility and provide all medications to their child.

16.2 FIRST-AID KIT

Each team should have a simple first-aid kit at each event, including practices and games. This kit, at a minimum, should have bandages, anti-septic spray, tape and a few "quick ice" bags.

16.3 EMERGENCY PLAN

Each team is required to have an "action plan" ready in the event a serious injury occurs. This plan needs to be conveyed to the parents of players on the team. The action plan, at a minimum, should cover the following:

- What coaches will go onto the field to help injured players?
- Who will evaluate the injured player's condition?
- Who will get the parents of the injured player, if needed?
- In the event emergency personnel are needed, who will contact them?

When a player is injured, the injured player's Coaches should move to them as quickly as possible. In most cases, the injury will be minor and only require a few moments for the player to recover. An injured player should be moved off the field ONLY if he/she can move himself/herself or with minimal assistance from the Coaches.

16.4 MEDICAL RELEASE

Any player whose injury requires medical treatment should provide a medical release to the Coach and to the PSA Football Director.

16.5 REMEMBER TO NEVER DO THE FOLLOWING:

- Move A Player Who Is Not Alert Or Responsive;
(You should only do so if the injured player's position is potentially life-threatening.)
- Remove Equipment from the Injured Player;
(If the situation is serious, it is best to leave the player's equipment on. The paramedics will do what they need to do when they arrive.)
- PANIC (Always remain calm.)

17.0 PROTESTS

The following process and rules shall apply to any protest lodged by a Coach regarding a game:

- 17.1 Under no circumstances may any Coach protest a game unless he/she and his/her Assistant Coaches attended the mandatory Coaches training as determined and scheduled by the Football Director prior to the start of the season.
- 17.2 No protest based on an official's judgment call will be allowed.
- 17.3 The League Coordinator or another Football Board member must be notified of the protest immediately after the game in question.
- 17.4 A \$100.00 cash/money order deposit shall be presented to the Football Director within twenty-four (24) hours of the protest.
- 17.5 The Football Board will meet as soon as is reasonably possible to discuss the protest.
- 17.6 If the Football Board finds in favor of the protestor, \$50.00 of the deposit will be refunded and whatever steps are necessary will be taken to correct the problem/issue. If the Football Board does not find in favor of the protestor, the \$100.00 deposit will be forfeited by the protestor and placed into the PSA Scholarship Fund.

18.0 VIDEOTAPING

The following shall apply to videotaping PSA football teams:

- 18.1 Coaches, players and parents of a PSA team are prohibited from videotaping the practice(s) of any other PSA team. Violation of this rule will result in a one (1) game suspension of the offending team's Head Coach.
- 18.2 No team may videotape its own practice *at High Point Park* due to the close proximity of other teams on the practice fields.
- 18.3 Coaches and/or parents may videotape league games in which *other teams play* (i.e., for the purpose of scouting), provided that the Coach/parent videotapes such game(s) from an end zone location and not from a sideline of the field on which the videotaped game is being played.
- 18.4 Coaches and/or parents may videotape, for their own sideline on end zone only, any league games in which their own team is participating.

19.0 PARENT/COACH COMPLAINTS

- 19.1 Parents should be encouraged to address any problems that come up directly with their Coach. In the event that an issue between a parent and Coach cannot be resolved, complaints will be escalated to the following in order of precedence:
 - 1. Coach
 - 2. League Coordinator
 - 3. Football Director
 - 4. Football Board
- 19.2 Any complaints about referees or Coaches will be referred to the Football Board. No Coach or parent shall approach a referee, or a Coach of another team, regarding a complaint at any time without a Football Board member present. No Coach or parent shall approach a player of another team regarding a complaint EVER.

20.0 EXCEPTIONS/BOARD DISCRETION

- 20.1 Any issue raised in or pertinent to the PSA Football Program that is not otherwise covered by these Rules, Policies & Procedures shall be left to the sole discretion of the Football Director..
- 20.2 The Football Director reserves the right to make exceptions to the rules, policies and procedures contained herein in special cases or under special circumstances.
- 20.3 The Football Director reserves the right at anytime to modify or apply any rule set forth in these Rules, Policies & Procedures.

ATTACHMENT "A"

PSA Flag League Football Rules, Policies & Procedures

PREAMBLE: These PSA Flag League Football Rules, Policies & Procedures ("Flag Rules") are intended to supplement the provisions of the PSA Football Rules, Policies & Procedures ("PSA Football Rules"). Unless expressly stated otherwise, the provisions of the PSA Football Rules apply to PSA teams playing flag football in addition to these Flag Rules.

1.0 THE GAME

- 1.1 **NON CONTACT:** Flag Football is considered a "non-contact" sport. For example, instead of tackling a ball carrier, the defense stops a ball carrier by pulling a "flag" suspended from the ball carrier's waist.
- 1.2 **NUMBER OF PLAYERS PER TEAM ON FIELD:** The number of players on the field will be determined prior to the start of the season by the Football Board. Typically, eight (8) or nine (9) players per team are on the field, depending upon the sizes of the team and league. This shall be determined by the Football Director before the start of each flag football season.
- 1.3 **SEASON:** The flag football season ends with the last regular season game. There are no standings kept or playoffs played in the flag football leagues.
- 1.4 **NO SCORING:** While touchdowns are awarded on the game field, no scores are kept or officially recorded in the flag football leagues.

2.0 REGISTRATION/TEAM ROSTER

- 2.1 **REGISTRATION.** Adults desiring to coach flag football and players desiring to play flag football in the PSA Football Program must register to coach or play in the manner described in the PSA Football Rules. (See PSA Football Rules, Sections 5 through 7.) The coaching and player eligibility requirements and rules set forth therein shall apply.
- 2.2 **TEAM ROSTER.** Each flag team will have approximately twelve (12) players. Teams may have more or less than twelve (12) players depending on the size of league enrollment and the availability of Coaches.

3.0 FLAG FOOTBALL PRACTICES

NO TEAM MAY HAVE A MANDATORY WORKOUT OR PRACTICE PRIOR TO THE FIRST OFFICIAL PRACTICE DATE DESIGNATED EACH YEAR BY THE FOOTBALL DIRECTOR.

3.1 PRACTICES

A "practice" is defined as a meeting (including workouts and film sessions) with more than two (2) players. An "unauthorized practice" is defined as a practice that does not conform to requirements and limitations set forth in this Section 3.1.

The total of practice sessions for each PSA team shall not exceed one (1) per day and shall be further limited as follows:

- 3.1.1 Flag teams may choose their own practice fields or locations. However, to the extent a flag team desires to practice on a field or at a location owned or controlled by the City of Plano ("City"), such field or location must be approved for such practice by the City, which generally means no practice can be held at any City park with lights. Any violation of this rule will result in a reduction of the

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offending PSA team's practices during the regular season. That notwithstanding, the Football Director and/or Football Board retain discretion to modify or alter the rules set forth herein pertaining to the permissible practice times and locations for all PSA teams.

- 3.1.2 Starting on a date to be determined by the Football Board, and continuing until the first scheduled league game, all flag teams may practice two (2) times per week, for no more than one (1) hour per practice session. Coaches may decide on which days of the week to hold practice.
- 3.1.3 After the first scheduled league game, Pre-K/Kindergarten league flag teams may practice one (1) time per week, for no more than one (1) hour per practice session. However, Pre K/Kindergarten flag teams also may have one (1), one (1)-hour "walk through" practice just prior to the team's scheduled league game, provided that the walk through practice is at the same location (*i.e.*, field) as the scheduled game.
- 3.1.4 After the first scheduled league game, 1st Grade league flag teams may choose to either practice two (2) times per week, for no more than one (1) hour per practice session, or one (1) time per week, for no more than one and one-half (1½) hours per practice session.
- 3.1.5 The fact that a flag team scheduled a practice during the week and that practice was rained out shall not be considered a valid reason to increase practice time the following week beyond the maximum time limitations set forth in Sections 3.1.2 or 3.1.3, whichever applies. The Football Director shall solely determine whether additional practice time will be allotted any PSA team(s) by reason of rain outs.
- 3.1.6 No Coach shall require his/her players to be at the practice field or location longer than permissible under this Section 3.1.
- 3.1.7 If a Coach holds an unauthorized practice, he/she shall be subject to suspension for one (1) week inclusive of practices and game(s), or more severe penalties as deemed appropriate by the Football Board. Coaches are responsible for ensuring that their teams are not conducting unauthorized practices.

3.2 SCRIMMAGES

Although scrimmages are fun and important, please remember, the point of a scrimmage is to practice, not play "extra games." The following rules shall apply to all scrimmages played by flag teams:

- 3.2.1 There shall be no scrimmages or games:
 - a) Between flag teams in different PSA leagues unless the younger league players' parents sign a waiver to play up a maximum of one league grade level. (Such waiver must be in a form acceptable to the PSA Football Program.)
 - b) Between a PSA flag team and a team not participating in the PSA Football Program during the league's scheduled regular season.
- 3.2.2 Scrimmages shall be limited to a maximum of forty (40) minutes for PSA flag teams.

4.0 EQUIPMENT/JERSEYS/UNIFORMS

As set forth the PSA Football Rules, the Pre-K/K and 1st Grade flag football leagues will use a "K2"- or equivalent-sized football.

The following rules also apply to the wearing of equipment and jerseys in the PSA flag football leagues:

- 4.1 As set forth in the PSA Football Rules, all flag football players must wear rubber-soled shoes or cleats. Cleats are to be of the molded type only. No screw-in type cleats or metal baseball cleats are allowed.
- 4.2 All players' jerseys or shirts shall be numbered on the back. Numbers on the front of the jerseys are optional, not mandatory. No players' names should be applied to the team's jerseys.
- 4.3 A player may furnish and wear soft knee and/or elbow pads.
- 4.4 For games, all players must wear either white or black shorts of a solid color so as not to visually obscure flags worn by players.
- 4.5 The "home team" for a game is responsible for changing colors in the event of a jersey color conflict.
- 4.6 No player may wear "Do-Rags", bandannas or hats during practices or games.

5.0 PLAYING FIELDS

- 5.1 Pre-K/Kindergarten league fields shall be sixty (60) yards in length, and thirty (30) yards in width. End zones shall be five (5) yards deep.
- 5.2 1st Grade league fields shall be eighty (80) yards in length, and forty (40) yards in width. End zones shall be five (5) yards deep.
- 5.3 All field dimensions may be modified based upon city field allocations.

6.0 MINIMUM PLAY TIME REQUIREMENTS/BALL CARRYING REQUIREMENTS

- 6.1 The "**Minimum Play Time Requirements**" set forth in the PSA Football Rules, including exceptions thereto and the associated sanctions for non-compliance, shall apply to all PSA flag teams and players. Coaches are strongly encouraged to review Section 15.1.3 of the PSA Football Rules and become familiar with both the letter and spirit of the rule.
- 6.2 In addition to the Minimum Play Time Requirements, each flag player on a team must be allowed to carry the ball at least once per game. All players on a team must have the opportunity to run the ball one (1) time before any other player is permitted to run the ball a second time. A pass to a receiver DOES NOT count towards the receiver's ball carrying requirement. If a player runs the ball a second time before all other players on the team have had the opportunity to run the ball once, then the play is nullified and the offensive team will be penalized with a loss of a down.

7.0 FLAG FOOTBALL GAMES

7.1 LENGTH OF GAME; START OF GAME; TIME; TIME-OUTS

- 7.1.1 Each flag football game shall consist of four (4), ten (10)-minute quarters. Each game is played under a running clock.
- 7.1.2 Each game will start with a coin flip. The team winning the coin flip will choose whether it wants to first receive the ball (*i.e.*, play offense) or play defense. The team losing the coin flip will then be given the choice of which end of the field it will protect.
- 7.1.3 There are no kick-offs in the flag leagues. A team starting the first offensive possession will start with the ball placed on the offensive team's thirty (30)-yard line. After a team scores a touchdown (and makes its extra point(s) attempt), the other team will start its next offensive possession with the ball placed on its thirty (30)-yard line.

7.1.4 The offense has thirty (30) seconds between plays to huddle and snap the ball. Once the ball has been marked for play, the offense has 30 seconds to huddle and/or snap the ball. Failure to snap the ball within the 30-second window shall constitute a "delay of game" penalty. A delay of game penalty constitutes a four (4)-yard penalty. If, in the opinion or judgment of the official(s), a team is intentionally delaying the game, the official(s), at his/her sole discretion, may stop the clock until the ball is put in play.

7.1.5 Teams will switch ends of the field at half-time.

7.1.6 Half-time shall be fifteen (15) minutes long.

7.1.7 Each team has two (2) timeouts per half. Time-outs are not cumulative from half to half. The clock will stop during timeouts.

7.2 OFFENSE

7.2.1 All players on a flag team are eligible as receivers.

7.2.2 The ball will be placed in the middle of the field to start each play.

7.3 DEFENSE

7.3.1 No defensive player may line up within one (1) yard of the Offensive Center.

7.3.2 At the start of each play, the ball is reset at a centerline in the middle of the playing field. This centerline and "hash marks" will be marked onto the flag game fields. The centerline will bisect the playing field and hash marks will run 4 yards parallel on each side of the centerline. This area will create a zone or "tackle box" where no defensive player is allowed to enter except as described below:

- a) In the Pre K/Kindergarten league, no player will be allowed to cross the Line of Scrimmage (LOS) during the initial play. If, however, the ball carrier crosses the hash marks on either side (*i.e.*, exits the tackle box) and reverses back the other way and re-crosses the hash mark, then the defensive team may cross the LOS in pursuit.
- b) In the 1st Grade league only, after the snap of the ball, defenders are allowed to rush up field as long as they do not penetrate inside the hash marks on their respect sides of the field (*i.e.*, do not enter the tackle box).
- c) In the 1st Grade league only, the offensive player carrying the ball can only stay between the hash marks (*i.e.*, inside the tackle box) for a "7 Texas" count. The official will be responsible for the "7 Texas" count and will indicate to the defense when it is permitted to cross the LOS directly into the tackle box or into the tackle box from an up-field pursuit position.
- d) No blitzing is permitted in the flag leagues. Except as otherwise stated in this Section 7.3, there will be no rush across the LOS. Except as otherwise stated in this Section 7.3, the defense may cross the LOS only after the ball crosses the LOS. If a team habitually violates the rules in this Section 7.3, a first down may be declared.

7.4 DECLARED PUNT

There will be no punts in the flag leagues. On any down, a flag team can "declare" a punt, and the officials will move the ball twenty-five (25) yards down the field, but no further downfield than to the receiving team's ten (10)-yard line.

7.5 FUMBLES

Fumbles may not be recovered or advanced in the flag leagues. Stripping the ball from the ball carrier is prohibited. Rather, a fumbled ball is dead where the ball first comes in contact with the ground. Once the ball is dropped or fumbled, it is a dead ball where the ball touches the ground, and the team that fumbled the ball will run its next play from that point. Except as set forth below, a fumble recovery will not constitute a change of possession. The following rules also apply with respect to fumbles:

- 7.5.1 Fumbles on the center/QB exchange can be picked up as long as the ball does not cross the LOS.
- 7.5.2 If a defensive player takes or strips the ball from an offensive player, the ball will remain in the possession of the offense and will be spotted at the original LOS.
- 7.5.3 A ball fumbled across the defensive team's goal line will be brought back to the one (1)-yard line.
- 7.5.4 A ball fumbled behind the offensive team's goal line shall automatically be considered a safety, and the defense will be awarded the ball. The ball will then be given to the defensive team to start offensive plays at its thirty (30)-yard line. There is no optional kick after a safety as in tackle.

7.6 INTERCEPTIONS

- 7.6.1 Pass interceptions are legal in the flag leagues and do result in a change of possession. The defensive team that intercepts a pass is awarded the ball *at the point of interception*.
- 7.6.2 Intercepted passes cannot be advanced.
- 7.6.3 Mid-air fumbles recovered by the defense and intercepted pitches are treated as interceptions.

7.7 COACHES ON THE FIELD (COACHES' OPTION)

The following rules apply to Coaches who elect to occupy the field during a flag football game:

- 7.7.1 In the Pre-K/Kindergarten league, only three (3) Coaches per team may be on the field at a time regardless of whether the Coaches' team is on offense or defense.
- 7.7.2 In the 1st Grade league, only one (1) Coach per team may be on the field at a time, regardless of whether the Coach's team is on offense or defense.
- 7.7.3 Upon the snap of the ball, the offensive and defensive Coaches, respectively, must be a minimum of ten (10) yards behind their deepest player, and must remain motionless until the whistle blows a play dead and/or all play is stopped. The only exception to the foregoing rule is that, if a play develops in a Coach's direction, that Coach may and should make reasonable efforts to move away from the play so as not to obstruct or interfere with the play's progress. A Coach's failure to comply with the rules in this Section 7.7.3 shall constitute a four (4)-yard penalty.
- 7.7.4 A Coach on the field may not touch a player while a play is in progress. Any use of the hands by the Coach to aid a player constitutes a penalty of twelve (12) yards.
- 7.7.5 A Coach on the field may give verbal directions only in the huddle and before the snap of the ball. Any violation of the rule in this Section 7.7.5 constitutes a twelve (12) yard penalty.
- 7.7.6 A Coach on the field may not question an official, argue a call or disrupt the game in any manner. Any questions regarding an officiating call must come from a Coach on the sidelines. Any violation of this rule shall constitute a twelve (12)-yard penalty. Any confrontation by an on-field

Coach and an official will result in the Coach's immediate ejection from the game. The officials have the right to remove a Coach from the field with or without ejection or penalty at any time if the Coach violates any of the rules set forth in this Section 7.7.6.

- 7.7.7 Coaches on the field are permitted to position players at the line of scrimmage during the offensive team's thirty (30)-second huddle time.

7.8 AWARDED TOUCHDOWNS

If a ball carrier breaks into the open and is tackled and/or pushed out of bounds, the player carrying the ball will be awarded a touchdown.

7.9 PENALTIES

If a penalty is called, the Coach for the applicable team shall make all decisions regarding whether to accept or decline the penalty. In the flag football leagues, given the shorter playing fields, the following yardage assessments for penalties shall apply:

- 7.9.1 A penalty that is normally considered a five (5)-yard penalty shall be assessed as a four (4)-yard penalty.
- 7.9.2 A penalty that is normally considered a ten (10)-yard penalty shall be assessed as an eight (8)-yard penalty.
- 7.9.3 A penalty that is normally considered a fifteen (15)-yard penalty shall be assessed as a twelve (12)-yard penalty.

7.10 OTHER SPECIAL PLAYING RULES APPLICABLE TO FLAG FOOTBALL

- 7.10.1 First downs are awarded by advancing the ball eight (8) yards.
- 7.10.2 All players on both offense and defense must wear flags. Flags must be worn hanging at a player's sides only, free from obstruction. All flags must be uniform in length.
- 7.10.3 A player not properly wearing his/her flags (*i.e.*, one on each side) may not advance the ball. If a player who is not properly wearing his/her flags attempts to advance the ball, the official shall call a dead ball where such player first touched the ball.
- 7.10.4 A player's jersey/shirt must be tucked in at all times and may in no way obstruct or obscure the flags at his/her sides.
- 7.10.5 If, while running with the ball, a ball carrier's flag falls off, it shall be treated the same as if a player removed the flag and the play shall be complete at the point where the flag came off of the ball carrier (*i.e.*, same as being pulled off by a defensive player).
- 7.10.6 The ball carrier is not permitted to move, push or knock away the hands of a defensive player attempting to reach for or pull the ball carrier's flag. The ball carrier is not permitted to "protect" his/her flags with the use of hands, arms or the ball. Blocking, guarding or protecting flags by the ball carrier shall constitute an eight (8)-yard penalty from the point of the infraction.
- 7.10.7 Flags may not be pulled from players who are not in possession of the ball. Intentionally removing or pulling the flag(s) of a non-ball carrier player shall constitute an eight (8)-yard penalty from the point of the infraction.

- 7.10.8 For games, all players must wear either white or black shorts of a solid color so as not to visually obscure flags worn by the players.
- 7.10.9 Players are not permitted to go into a three-point stance.
- 7.10.10 A legal snap of the football between the center and a QB must initiate every offensive play.
- 7.10.11 No player (offensive or defensive) is allowed to leap, jump, slide (*i.e.*, no soccer-type tackle) or leave his/her feet for the purpose of making or avoiding a tackle.
- 7.10.12 Defensive tackling, reaching around the ball carrier to slow or impede progress, intentionally tripping, intentionally diving to pull the flag, and all other flag football-related fouls not covered elsewhere herein will result in a twelve (12)-yard penalty.

8.0 PARENT/COACH COMPLAINTS

Any complaints about referees or Coaches will be referred to the Football Board. No Coach or parent shall approach a referee, or a Coach of another team, regarding a complaint at any time without a Football Board member present. No Coach or parent shall approach a player of another team regarding a complaint EVER.

9.0 EXCEPTIONS/BOARD DISCRETION

- 9.1 Any issue raised in or pertinent to the PSA flag football program that is not otherwise covered by these Flag Rules or the PSA Football Rules, Policies & Procedures shall be left to the sole discretion of the Football Board.
- 9.2 The Football Board reserves the right to make exceptions to the rules, policies and procedures contained herein in special cases or under special circumstances.

ATTACHMENT "B"

NYSCA Child Abuse Rules

The Plano Sports Authority, Inc. (PSA) has adopted the NYSCA's definition of Child Abuse.

1. Child abuse in sports is any action taken by an adult that results in the direct or indirect physical and/or emotional harm of children.
2. The four types of abuse are defined as:
 - a. Verbal - swearing at players, name calling, hurtful comments regarding performance.
 - b. Physical - slapping, grabbing, hitting or shoving a child; excessive exercise as punishment.
 - c. Emotional - placing unrealistic expectations on a child (winning every game, never making mistakes, etc.).
 - d. Sexual - touching a child's genital areas or buttocks or breast area; sexually implicit or explicit comments.
3. All programs/activities sponsored by PSA shall operate on the following guidelines:
 - a. Any allegation of the abuse identified in Section 2(d) above will result in the immediate suspension of the individual(s) involved from any activity with PSA and notification of proper legal authorities. Any change in this status can only be done by the Executive Committee by unanimous vote.
 - b. All first violations involving the abuse identified in Section 2(a), (b) and/or (c) done in anger shall result in an immediate one (1) game suspension and require the individual to become certified by NYSCA prior to returning to their PSA program/activity. If the individual is already NYSCA certified, he/she must be re-certified prior to resumption of such activities.
 - c. Second violations involving the abuse identified in Section 2(a), (b) and/or (c) shall result in a mandatory suspension from all PSA involvement for one (1) year. The PSA Executive Committee, by unanimous vote, must approve any reinstatement to PSA activities.
4. The rules and associated sanctions set forth above are mandatory. The individual PSA programs/activities, within their own Policies and Procedures, may add additional rules as they deem necessary.

SAFETY BULLETIN

The Plano Sports Authority is committed to providing children with not only the best sports experience possible but also the safest possible experience. We offer these basic guidelines for parents and coaches:

1. **DROP OFF AND PICK UP** -- If you are unable to stay with your child during his/her game or practice, please do not leave your child at the field, unless you are 100% certain that there is a responsible adult (*i.e.*, coach, another parent, etc.) who will remain there until you pick up your child. Make sure that you know what time you need to pick up your child.
2. **NAMES ON JERSEYS** -- PSA and all area police departments strongly discourage putting your child's name on the backs of the jerseys. If his/her name is already on the jersey, please do not allow these jerseys to be worn away from the playing field.

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3. **SMALL CHILDREN** -- Please keep small children with you at all times while watching a PSA event.
4. **“BUDDY SYSTEM”** -- If your child must walk to or from a PSA practice or game, please insist that they do this with a “buddy”.
5. **PASSWORD** -- Have a “password” for your child. If an adult doesn’t know your password, the child should know to run away.
6. **COMMON SENSE** -- All the rules, regulations and guidelines will never replace good common sense when it comes to the safety of your child.

If you have any other ideas or comments, contact the PSA office at 424-KIDS. (Thanks to ASA for permission to reproduce their bulletin!)

ATTACHMENT "C"

PSA PLAYER TEAM TRANSFER FORM

A returning player's parent or guardian must fill out this form when they wish to move from one team to another in the Plano Sports Authority (PSA) Football Program. This form must be filled out by the parent or guardian of player requesting the transfer. A parent or guardian may request, in the special request section below, a preferred team or to be on the same team with another player. Such requests maybe granted at the discretion the PSA League Coordinator.

I, _____, the parent or guardian of _____ have chosen to move my child from his/her previous Plano Sports Authority football team (known as _____). I understand that my child will be assigned to another PSA team at the discretion of the PSA League Coordinator.

Parents/Guardian's signature and date

Special Requests or Comments:

PSA Football Director Date

PSA League Coordinator Date