



Diocese of Orange

DIOCESE OF ORANGE

# PAROCHIAL ATHLETIC LEAGUE

POLICIES & RULINGS



2025 - 2026 PAL HANDBOOK

# TABLE OF CONTENTS

<b>TABLE OF CONTENTS .....</b>	<b>1</b>
<b>PREFACE .....</b>	<b>3</b>
Statement of Philosophy .....	3
<b>PAROCHIAL ATHLETIC LEAGUE BY-LAWS FOR MEMBER SCHOOLS .....</b>	<b>4</b>
Parochial Athletic League (PAL) - Rulings.....	4
PAL - Duties and Composition.....	4
PAL - Duties of the League Director .....	5
PAL - Duties of the League President.....	5
PAL - Duties of the Principals.....	7
PAL - Duties of the Athletic Director .....	7
PAL - Duties of Coaches.....	8
PAL - Financial Agreement.....	10
PAL - Student Requirements.....	10
<b>GENERAL POLICIES.....</b>	<b>13</b>
Roster Procedures .....	13
Tournament Guidelines .....	13
Officials .....	14
Postponements .....	15
Protest .....	16
Scores and standings.....	16
Postseason Playoffs.....	16
Awards.....	18
Spectators.....	19
Special circumstances – weather .....	20
Liability Insurance.....	20
Special Notes.....	21
<b>RULES FOR INDIVIDUAL SPORTS .....</b>	<b>22</b>
FLAG FOOTBALL.....	22
1500. BASIC CONCEPT OF THE GAME .....	22
1501. FIELD AND MARKINGS .....	22
1502. GAME EQUIPMENT.....	22
1503. PLAYER DESIGNATION.....	23
1504. PLAYER EQUIPMENT.....	23
1505. TIMING REGULATIONS .....	24
1506. STARTING THE GAME.....	24
1507. TIME OUTS .....	25
1508. PUTTING THE BALL IN PLAY .....	25
1509. DEAD BALL.....	25
1511. SCRIMMAGE KICKS.....	25
1512. SCORING .....	26
1513. TIE BREAKER .....	26
1514. PLAYING TERMS.....	27
1515. OFFENSE.....	28
1516. DEFENSE.....	29
1517. PENALTIES.....	29
1518. SPECIAL CIRCUMSTANCES EMERGENCY .....	31
<b>FLAG FOOTBALL FIELD DIAGRAM .....</b>	<b>32</b>

<b>VOLLEYBALL.....</b>	<b>33</b>
1600. THE NET.....	33
1601. THE BALL.....	33
1602. UNIFORMS.....	33
1603. TIMEOUTS.....	33
1604. OUTSIDE RULE.....	33
1605. SERVING.....	33
1606. SCORING.....	33
1607. LIBERO.....	34
<b>BASKETBALL.....</b>	<b>35</b>
1700. THE BALL.....	35
1701. THREE POINT BASKETS.....	35
1702. UNIFORMS.....	35
1703. OVERTIME PERIODS.....	35
1704. MERCY RULE.....	35
1705. "B" DIVISION RULES.....	36
1706. GIRLS 5-SECOND COUNT.....	36
1707. TIMEOUT.....	36
1708. PLAYING TIME & INTERMISSION.....	36
<b>TRACK &amp; FIELD.....</b>	<b>37</b>
1800. MEET INFORMATION.....	37
1801. EVENTS.....	37
1802. MEET RULES.....	37
1803. MEDALS AND TROPHIES-RIBBONS.....	38
1804. COACHING.....	38
1805. WEATHER.....	38
<b>BEACH VOLLEYBALL.....</b>	<b>40</b>
2000. THE COURT.....	40
2001. LINES.....	40
2002. THE NET.....	40
2003. THE BALL.....	40
2004. SPIRIT OF THE GAME.....	40
2005. TEAMS (PLAYERS & COACHES).....	40
2006. UNIFORM.....	40
2007. MATCH FORMAT.....	41
2008. PLAYING ACTIONS AND FAULTS.....	42
<b>COED SOCCER.....</b>	<b>45</b>
2100. RULES.....	45
<b>CHEERLEADING.....</b>	<b>48</b>
2200. ROLE OF PAROCHIAL ATHLETIC LEAGUE.....	48
2201. BASIC GUIDELINES:.....	48
2202. CHEERS.....	49
<b>GIRLS' FLAG FOOTBALL.....</b>	<b>50</b>
2300. FLAG FOOTBALL RULES.....	50

# PREFACE

This Manual serves as the official publication of the Parochial Athletic League. It is designed to assist school administrators and coaches with the everyday implementation of their athletic programs. This manual is updated annually.

Certain sections of this manual implement both the Parochial Athletic League (PAL) rules and those of the National Federation of State High School Association (NF) rules. The NF rules are also commonly referred to as the “Federation” rules. In instances where rule situations are not covered by special PAL rules, Federation rules shall be adhered to.

School administrators are urged to make this publication available to those responsible for conducting the various interscholastic programs, who in turn are asked to review all rules and regulations with the student-athletes/parents in the respective programs.

If, after reading this handbook and studying its contents, the school administrator has a question regarding any rule, communication should take place immediately with the PAL League Director or with the Commissioner of the PAL.

Questions and answers are inserted as explanatory and clarifying material. These are not to be considered as parts of the body of the By-Laws. They have been included to assist in the interpreting of the rules and regulations of the Parochial Athletic League.

## STATEMENT OF PHILOSOPHY

The Parochial Athletic League provides the elementary schools of the Diocese of Orange and its students an opportunity for friendly competition in sports with other schools within the boundaries of the Diocese.

It is an organization that further enhances the spiritual, academic, physical, social, psychological, and moral growth of its students.

It is an organization that builds character in its participants. A Christian attitude of sportsmanship, honesty, teamwork, team spirit, respect, and responsibility are stressed.

It is an organization where the growth and success of all its participants is more important than winning.

It provides an opportunity for eligible students to enjoy team sports, while learning the proper etiquette, rules, and skills of that sport, encouraging the student into a lifelong participation in sports.

Participation is open to all students who qualify under the guidelines and regulations of the local school and the Parochial Athletic League.

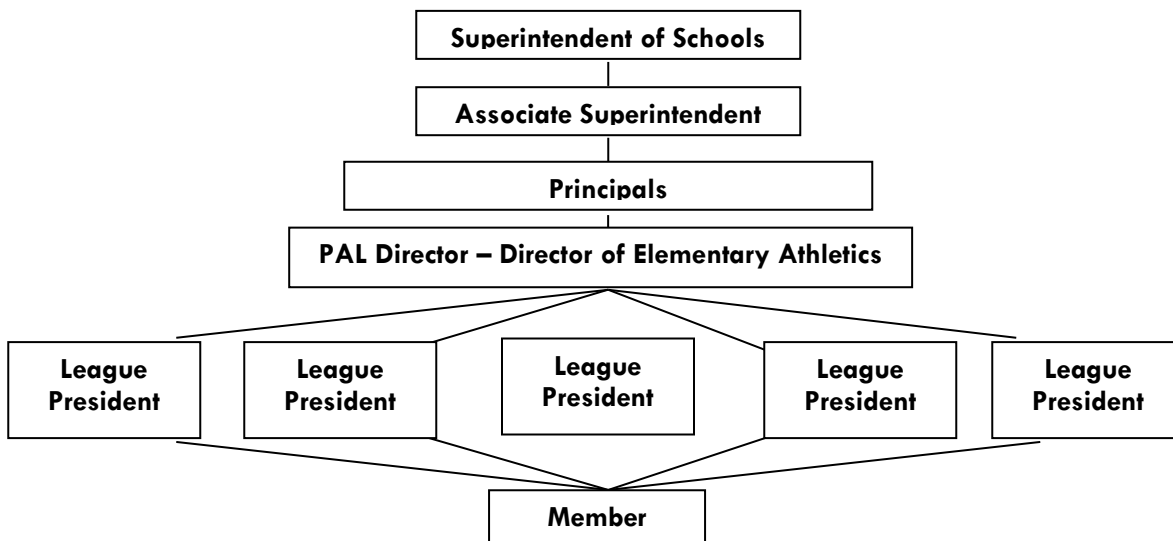
# PAROCHIAL ATHLETIC LEAGUE BY-LAWS FOR MEMBER SCHOOLS

## PAROCHIAL ATHLETIC LEAGUE (PAL) - RULINGS

100. The Parochial Athletic League shall also be referred to as the PAL in this policy book and in any subsequent literature issued from the PAL office.
101. The PAL is an organization made up of schools that agree to adhere to all the policies and regulations set forth in this manual.
102. The rulings of the Board of the PAL shall constitute the By-Laws and shall remain in effect until repealed or amended by the Principals.
103. These By-Laws may be amended, with the Principals' approval, and at the discretion of the PAL Board. Policies must be set prior to the first contest of each sport season.
104. Appeals to the board may be made provided that they are made in writing and mailed or delivered to the PAL office.

## PAL - DUTIES AND COMPOSITION

105. The PAL Board consists of the PAL Director, and the four League Presidents. These representatives serve one-year renewable terms. The structure of the PAL is diagrammed as follows:



106. Voting members of the PAL Board shall consist of the PAL Director and the PAL Board members who have been designated as such.
107. The function of the PAL Board members shall be to establish and implement all athletic policies of the Diocese of Orange with the approval of the member School Principals. They shall serve as vehicles of communication in the overall running of the PAL program. They shall evaluate annually the PAL program.
108. The PAL Board shall meet quarterly; meetings are mandatory.

109. PAL Board members, or an assigned representative, shall represent the PAL at Postseason Tournament games.

## **PAL - DUTIES OF THE LEAGUE DIRECTOR**

110. The PAL organization is under the authority of the elementary school principals and the Superintendent and the Associate Superintendents of the Diocese of Orange.
111. The League Director shall plan and develop the athletic program in the schools of the Diocese, and will review and evaluate each sport and has powers to enforce the athletic policies established by the Board.
112. The League Director shall set leagues.
113. The League Director shall review the rules yearly and make any necessary changes after discussion with the League Presidents.
114. The League Director shall set the yearly calendar.
115. The League Director shall present financial reports to the Superintendent of Schools.
116. The League Director shall report the status of the PAL to the principals at DEPA meetings as needed.
117. The League Director shall manage the daily operation of the PAL.
118. The League Director shall approve all game schedules and ensure that they are posted online in a timely manner.
119. The League Director shall setup postseason tournaments including sites, times, draw sheets, etc.
120. The League Director shall order trophies and supplies as needed for sports and furnish the rules and regulation of each sport prior to the opening of each sport season.
121. The League Director shall be responsible for the updating of the PAL Handbook.
122. The League Director shall contact principals and discuss problems that occur and handle all protests.
123. The League Director shall set the yearly calendar with the PAL Board.
124. The League Director shall attend league games on a regular basis.
125. The League Director shall maintain school files for registration forms, rosters and receipt of school fees.
126. The League Director shall handle all protests. The assigned Board Member or representative present at a playoff site shall handle all protests on site in the absence of the League Director.
127. The League Director shall manage and coordinate the finances with the Superintendent of Schools.

## **PAL - DUTIES OF THE LEAGUE PRESIDENT**

128. There will be FIVE (5) League Presidents in the Parochial Athletic League appointed by the Director.
129. The League Presidents shall serve as vehicles of communication for the PAL member schools and shall maintain an open line of communication with all coaches and athletic directors within their league. Each League President shall be actively involved in the athletic program at their respective school.
130. The League President shall assist in scheduling all games with the Athletic Directors/Coaches.
131. The League President shall assist in organizing and staffing postseason tournaments as needed.

- 132.** The League President shall attend all meetings pertinent to the operation of the League as well as the annual track meets and swim meet.

## **PAL - DUTIES OF THE PRINCIPALS**

- 133.** The responsibility of the principals shall be to implement the athletic programs at their schools.
- 133.1** The Principal may designate an athletic director (AD) to oversee and implement the school athletic program under the guidance of the Principal. Should the Principal not appoint an Athletic Director, the Principal accepts the responsibilities listed under ***Duties of the Athletic Director***.
- 133.2** When an Athletic Director is designated to oversee and implement the school athletic program, this appointee shall be responsible to abide by all rules listed under the Duties of the Athletic Director.
- 133.3** The principal shall be responsible for the condition of the playing field(s).
- 133.4** Each school may choose to employ conduct and effort requirements to be eligible to participate in the PAL program. The suggested minimum academic requirement is a "C" (2.00) average on a 4.00 scale. The Principal has final authority to determine student eligibility.

## **PAL - DUTIES OF THE ATHLETIC DIRECTOR**

- 134.** The responsibility of the Athletic Director shall be to implement the athletic programs at their schools. A philosophy consistent with the Principal's expectations should be established and adhered to.
- 135.** The Athletic Director is responsible to abide by all rules listed in the League Handbook.
- 136.** The Athletic Director shall ensure that all coaches are qualified to instruct and educate students.
- 137.** The Athletic Director shall be responsible for the conduct of his/her students, coaches and spectators.
- 138.** The Athletic Director shall notify the League Director of names and contact information (cell phone and email) of head coaches before the start of each sport season and ensure they have met all Diocesan and school requirements for certification.
- 139.** The Athletic Director shall attend games on a regular basis.
- 140.** The Athletic Director is responsible for ensuring that all team uniforms, and equipment are in compliance with the rules of the sports and are in good condition.
- 141.** The Athletic Director is responsible for ensuring that all fields/courts are safe and in compliance with the rules of the sports.
- 142.** The Athletic Director (or a qualified representative) must attend the scheduled meetings prior to the beginning of each sport season held for scheduling, rules review and other information pertinent to the successful implementation of that sport season. A qualified representative would be an individual that has accurate knowledge of the school calendar, including but not limited to, vacations, field trips, and special events that would prohibit participation on a particular date and other information that would pertain to scheduling.
- 143.** The Athletic Director must review academic grades of the student athletes and ensure that all participants are academically eligible to participate in consultation with the Principal.
- 144.** The Athletic Director should utilize an effective means of communication with the Administration, coaches and parents to ensure that all parties are up-to-date with athletic events.



- 145. The Athletic Director must update emergency action plans for each sport and venue, ensuring all coaches are aware of procedures.
- 146. The Athletic Director must confirm the availability of and readiness of AEDs, first-aid kits and hydration stations.
- 147. The Athletic Director must host a pre-season coaches meeting to review schedules, policies and the athletic department mission and expectations.
- 148. The Athletic Director must share updates on mental health awareness, student safety, and sportsmanship priorities.
- 149. The Athletic Director must clarify communication expectations with athletes and parents, including social media policies.

## **PAL - DUTIES OF COACHES**

- 150. A Coach shall be defined as someone who has met the criteria in section 152, and is responsible for student athletes.
- 151. The coach of a team whose name appears on the official roster form shall be known as the “head coach”. He/she shall be responsible for his/her team and shall supervise said team at all times unless he/she is relieved by another coach who meets (or surpasses) the qualifications outlined in section 152.
- 152. All coaches of PAL teams (regardless of sport or grade level) shall meet the following qualification:
  - a. Be at least 18 years of age.
  - b. Possess a valid First Aid, CPR and AED certificate from an accredited institution.
  - c. Have on file the SAFE ENVIRONMENT online course.
  - d. Take an approved online training course for Concussion Awareness, Sudden Cardiac Arrest and Opioid Awareness.
  - e. **Must attend mandatory coaches’ meetings and Play Like A Champion (PLAC). The PLAC course is valid for 4 years.**
- 153. Personnel working with a team (other than the head coach) should adhere to the provisions of section 152, but are not required to unless the head-coach is absent and they are left in charge of the team.
  - Q. *What if a coach from my school is suddenly called away during a practice and is unable to return? Can a parent who is already there anyway supervise the practice?*
  - A. A parent (or anyone else, for that matter) can only take the coach’s place if he/she meets the criteria in section 152. If no such qualified person can be found, call the practice off.
  - Q. *What is the school supposed to do if the team is supposed to play in a tournament or playoffs and the coach is unable to attend? If a “qualified” person cannot be found to coach the team, is the team supposed to forfeit?*
  - A. In the worst-case scenario, you would have to forfeit. However, tournaments and playoff dates are provided to schools well in advance so that they can make plans ahead of time. It is the school’s responsibility to ensure that the substitute coach is qualified under section 152 and is able to provide proof of these qualifications if requested by the PAL.

- Q. Are head coaches who are not paid for their services required to be certified as described in Rule 152?
- A. Yes, regardless of whether or not the coach is a volunteer, he/she must be certified in these areas.

154. Coaches shall comply with the meaning and spirit of the playing rules. Purposely ignoring or willfully violating rules is unacceptable and will be dealt with in a meeting with the PAL Director and Athletic Director or Principal of the school.
155. Coaches shall show respect for game officials and opponents while conducting themselves in a manner that dignifies the game, the sport and their school.
156. Coaches shall motivate players in such a way that the players control themselves at all times, thereby preventing unsportsmanlike behavior towards opponents, officials or spectators.
157. Coaches shall not tolerate any actions by players that are physically dangerous to opponents. Coaches shall remove such players from the contest immediately.
158. Coaches shall direct their remarks only to their team and never to the opposition in an attempt to gain an unfair advantage.
159. Coaches shall conduct tryouts to allow each student an opportunity to participate in the PAL program.
160. Coaches shall provide each player selected to a team an opportunity to participate along the guidelines of his/her school's athletic policy and/or philosophy. It is highly recommended that every player on the "B" level play in every game.
161. The head coach of a team must be named on the roster at the time of the registration due date. At that time, appropriate certification papers must be on file at the PAL office **OR** the coach must be registered for a PAL CPR/FIRST AID class (if one is being offered) **OR** the coach must be registered elsewhere for an accredited class and provide documentation of enrollment (providing that such a course is completed before the first league game).
162. If, at the time of registration, the coach of a team is unknown, the team will be allowed to register to participate in a league. When the identity of the coach is known, the PAL must be notified immediately. Said coach must meet all appropriate criteria by the first game.
163. Any head coaching change must be reported to the PAL office immediately by the principal or athletic director.
164. A coach that is ejected from a game will not be able to coach the team from that point of ejection through the conclusion of their next PAL-sanctioned contest. This includes the postseason tournament. Postponement of a contest does not fulfill the requirement. An ejected coach must leave the site and cannot be at the site of the next PAL-scheduled contest. If a certified person is present, he/she may coach the team for the remainder of that game and the next game. If no one who is certified to coach is available, the team shall forfeit the contest.
165. All coaches of PAL teams must review the **Hot Weather Guidelines for Athletic Practice** information sheet on the PAL website and published by the Orange County Department of Education. Coaches must also be aware of the additional weather guidelines found in a later section of this handbook.

- 166.** Coaching Apparel – Hats, caps or hoods of any kind cannot be worn while coaching indoor sports.  
Hats worn for outdoor contests must be free of any logo or verbiage unless the logo represents any of the following:
- a) a nationally recognized athletic equipment company logo or name (Adidas, Nike, etc.)
  - b) a college trademarked logo or name
  - c) the school's own logo or name.
- Hats and caps must be worn correctly with the bill facing forward. Clothing must be in good taste and worn correctly (no sagging or oversized garments).
- 167.** A coach that removes his/her team from a contest while the contest is being played, must file a written report to the League Office within 24 hours of the game. This report must be signed by the Principal of the school.
- SPECIAL NOTE: Violation of the duties of coaches or standard of conduct will be handled on an individual basis, contingent on the severity of the violation and may result in any, but not limited to the following actions:**
- 1. Probation**
  - 2. Game or games suspension**
  - 3. Exclusion from PAL coaching**

## **PAL - FINANCIAL AGREEMENT**

- 168.** The school membership fee is due on the first payment date. Participating students in the athletic program will register in one of two ways: a) each athlete will register through the PAL website and pay an annual fee of \$25.00 or b) the school will be invoiced the \$25.00 per athlete fee based on the rosters submitted.
- 169. The PAL charges admission to playoff and tournament games which it hosts. The admission fee is \$5.00 for adults.**
- 170.** Schools may not charge admission to any games: scrimmage, league or otherwise.
- 171.** Schools who host sanctioned tournaments may charge an admission fee provided that they follow the guidelines outlined in the tournament guidelines.
- 172.** Any school that withdraws a "team(s)" from the league after the league meeting for that respective sport season has ended, shall be assessed a \$150.00 fine, per team. This fine must be paid prior to the school registering for the next sport season, and will carry over from the Spring to a Fall league.
- 173.** Forfeiting a postseason game shall result in a fine in the amount of the officials' fees plus \$100.00.
- 174.** Any team that withdraws from tournament play after the bracket is completed whereby the tournament host is unable to replace this team with a paying replacement team will be assessed a \$150.00 fine plus the amount of the officials' fees for the unplayed games.

## **PAL - STUDENT REQUIREMENTS**

- 175.** A team member must be a full time registered student in the same school. CCD or SRE students are ineligible to participate in PAL athletics.

176. School teams participating in the PAL program are not permitted to participate as a school team in another league outside PAL before or during the same sport season during the current school year.
177. Organized school practice for a given sport or cheerleading may begin according to the sports calendar. Organized tryouts for a given sport can be held at the school's discretion prior to that date, but cannot exceed four consecutive days. The following must be observed: Fall sports practice or tryouts may not begin prior to the first day of classes unless additional insurance is obtained.

**PENALTY – Rule 169 - 170 – Ineligibility for postseason tournament games and league championship.**

178. An individual player may participate in the PAL as well as other organized leagues.
179. **TEAM DESIGNATIONS** – The PAL has designated the type of team for each sport according to the following (sport in italics):
1. **STUDENT TEAM** – Whenever the school provides only a team or teams for boys in a particular sport, girls are permitted to qualify for the student team(s). *Flag Football*
  2. **BOYS' TEAM** – Whenever the school provides a team or teams for boys and a team or teams for girls in the same sport, girls shall not be permitted to qualify for the boys' team(s) in that sport, nor shall boys be permitted to qualify for the girls' team(s) in that sport. *Basketball, Volleyball, Lacrosse*
  3. **GIRLS' TEAM** – Whenever the school provides only a team or teams for girls in a particular sport, boys shall not be permitted to qualify for the girls' team in that sport unless opportunities in the total sports program for boys in a school has been limited in comparison to the total sports program for girls in that school. Permission for boys to qualify for a girls' team must be secured through petition by the school principal to the PAL Office. *Basketball, Volleyball, Softball, Sand Volleyball*
  4. **MIXED TEAM (CO-ED)** – Whenever the school provides a mixed or coed team in a sport in which the game rules designate either a certain number of team participants from each sex or contains an event that designates a certain number of participants from each sex, boys shall not be permitted to qualify for the girls' positions on the mixed team nor shall girls be permitted to qualify for the boys' positions on the mixed team (track meet, coed soccer)
180. **GENDER IDENTITY** – Diocesan schools partner with families to educate and form students consistent with the teachings of our Lord Jesus Christ and His Church, and so families are expected to live in accord with Gospel values, particularly regarding actions and behaviors that are public. Students and parents (or legal guardians) shall conduct themselves in accord with their God-given biological sex.
181. When a school fields more than one "A" team in the same sport and gender, the more competitive of the teams must play in the school's "home league".
182. The junior varsity or "B" team shall be exclusive to students in grades six and below.
183. A player competing on the "B" team may move up to the "A" team at any time during the season for scheduled league contests as long as the age requirement is met. Once a "B" team-rostered player moves up to the "A" team, he/she must stay at that level and cannot return to the "B" team. A "B" team player may play on the "A" team if an injury occurs to an "A" team player during the "A" game and there are not enough players on that team to finish the game.

- 184.** A "B" team player may play on the "A" team in a PAL-sanctioned tournament to fulfill tournament roster requirements. This exception allows the athlete to return to the "B" team for scheduled league contests.
- A "B" player may not move up to the "A" team for postseason play. Teams with more than "A" team during the regular season may move players to another "A" roster for the postseason.
- 185.** On a day when school is in session, a student must be in attendance a minimum of ½ day in order to participate in a game that day. **PENALTY: Forfeiture.**
- 186.** A player ejected from a PAL sanctioned contest (league play, tournament, or postseason) in any sport cannot participate in or attend the next PAL sanctioned contest that his/her team participates in. It is the responsibility of the player's coach to notify the PAL office in a timely manner.  
**PENALTY –** Forfeiture of the contest in which the ineligible player participates. Protesting this type of ineligible player can take place up to the conclusion of the final game of the league schedule.
- 187.** No student whose fifteenth (15<sup>th</sup>) birthday is attained prior to June 15 shall participate or practice on any team in the following school year. A player whose 15<sup>th</sup> birthday is on or before June 14 is ineligible.
- 188.** Students may participate on "A" teams who are in grades 6-8, or 11 years of age, by the first allowed practice date for each sport.
- 189. PENALTY – Rule 220-221: Forfeiture of all games in which the illegal player participated.**

# GENERAL POLICIES

## ROSTER PROCEDURES

- 190.** Students will be registering online and Athletic Directors will submit rosters using this information.
- a. Schools whose students are not registering on line will be required to submit rosters through the provided file template prior to the first game of the season.
- 191.** Students may be added to roster only under the following conditions:  
The designated halfway point in the season has not been reached:
- **FALL – October 3, 2025**
  - **WINTER – January 9, 2026**
  - **SPRING – April 3, 2026**
- These dates apply to all schools and teams regardless of schedule.
- a. The student is moving from the “B” team to the “A” team. In this case, the above dates do not apply.
  - b. A student transfers into the school with a verified change of residence.
- 192.** To add a player to a roster: e-mail the player’s name, date of birth, grade level, whether or not he/she has played previously this year (for any PAL school), and the principal’s signature on or before the appropriate date listed in section 191. **This type of transaction will not be handled verbally over the phone.**
- 193.** When a school has more than one team at the same level in a season, a player cannot be moved from one roster to the other during the season or postseason but can play on the other team during PAL-sanctioned tournament play.

## TOURNAMENT GUIDELINES

- 194.** Invitational meets, tournaments, etc., that are sponsored by PAL member schools must be sanctioned by the PAL Director. Such tournaments must adhere to PAL rules with any modification(s) submitted in writing for approval by the PAL Director.
- 195.** When hosting a tournament, any modifications to PAL rules must be made known to all participants at the time of registration for the tournament.
- 196.** PAL teams wishing to participate in tournaments not sanctioned by PAL must notify the Director of PAL prior to the tournament.
- 197.** A school team may not participate in more than four (4) tournaments during a sport season in the same sport.
- 198.** Any team that withdraws from tournament play after the bracket is completed whereby the tournament host is unable to replace this team with a paying replacement team will be assessed a \$150.00 fine plus the amount of the officials’ fees for the unplayed games.

## OFFICIALS

199. The home team of a contest is responsible for providing a timer and clock, scorekeeper, game ball, down marker and any other items necessary to host an athletic contest. **NOTE:** Scorer and timer should be grade 7 or older, and preferably an adult.
200. The home team is responsible for paying the officials' fees. The officials' fees for all doubleheader PAL contests in volleyball and basketball is **\$45.00** per official, per game. The fee for single games (non-doubleheaders) in these sports will be **\$55.00** per official, per game. The fee for boys and girls flag football is **\$55.00** per official per game regardless of whether it is a single game or a doubleheader. The fee for coed soccer is \$52.00 per official for a doubleheader and \$62.00 for a single game. The home school is responsible for paying the assignor's fee (typically \$3.00 per official per game).
201. All officials must be paid through the RefPay program established between the league and Arbiter Sports. The home team designated for each contest will be invoiced the officials' fees.
202. Two officials are recommended for football and basketball. One official is recommended for volleyball. If the home team wants to hire a third official for flag football, the Athletic Director may do so but this request must be made when the original schedule is being compiled so the proper amount of game fees can be invoiced to that school.
203. If only one official from a two official crew is present at game time, the game shall be played only if agreed upon by both coaches. If the game is played and the second official does not show up, the official working the game shall be paid his game fee plus 50% of the other official's fee. If the game is not played, the official will be paid the game fee warranted based on the original fee. (If the official was originally scheduled for a doubleheader and neither game is to be played, the official is only to receive a single game fee equivalent to the fee of a doubleheader.
204. In the event of a forfeit prior to the start of a contest, the team responsible for the forfeit is liable to pay the official(s) the entire game fee. If the visiting team is responsible for the forfeit, the visiting team will have to reimburse the home school the appropriate fee.
205. **Game officials "should" not be members of the faculty or coaching staff for the current school year, relatives of the participants or employees of the competing schools. Coaches within a league may officiate other member's league games if agreed upon by both coaches.**  
**PENALTY: Forfeiture.**
206. Officials are expected to be onsite 10 minutes prior to the start of any contest. Athletic Directors should notify the assignor and league director of all situations regarding officials. In the absence of the assigned officials, a coach of either team may officiate the contest if agreed upon by both coaches.
207. Once a contest has started, the official has total responsibility and authority to ensure proper conduct of coaches, players, and spectators. Once a contest has started, and then cancelled because of inclement weather, light failure or other circumstances beyond the control of the home school, each official shall receive his/her full fee.
208. When a regularly scheduled game date or site is changed and the home school fails to notify the official and he/she arrives at the site of the contest and there is no game, the official shall receive his/her game fee.
209. Officials must be at least 18 years of age.

- 210. Officials for all playoff games are chosen by the director of PAL, or designated assignors.
- 211. If game official(s) arrive at the game site and postpone the contest prior to the actual start of the contest, each official receives a travel compensation of one half the game fee. This is not paid per game (in case of a doubleheader), but once for the day.
- 212. All officials in every PAL sport must be certified through the Diocesan "Safe Environment Training" online program, and have successfully registered through Arbiter Sports and completed the State of California mandated sports officials' background check. This rule may be modified as necessary by Diocese of Orange policies and procedures updates.

## POSTPONEMENTS

- 213. Scheduled league games may not be postponed except for inclement weather (smog, rain, extreme heat, high wind, etc.) and emergencies. EMERGENCIES are catastrophic events involving the school or student body. *Emergencies are not sickness of player(s) or coach, field trips, lack of transportation, or loss of eligibility.*

**PENALTY: Forfeiture of postponing team.**

- 214. Teams postponing games should notify opponent at least 24 hours before scheduled game time. The postponing team is responsible to reschedule the game **at the time of the postponement**. Such a game must be played by Wednesday of "dead week".
- 215. In the event that the cause of a possible postponement is due to weather, the home team must decide whether or not the game is to be played. The home team should notify the opposing team no later than 12:00 pm.
- 216. Postseason tournament games shall not be postponed by individual schools. **GAME TIME IS FORFEIT TIME.**
- 217. **Teams who fail to show for a postseason tournament game are responsible for the officials' fees and a fine of \$150.00 payable to the Diocese of Orange.**
- 218. Teams failing to notify the opposing team of a postponement, the host site of the game when at a neutral site, or failing to show up for a game cause their teams to forfeit and will be responsible for paying all fees.
- 219. Official game time for PAL contests shall be 3:30 pm, unless both schools agree otherwise or the game being played is following one or two other games. The first game of a doubleheader must be scheduled no later than 3:45 pm unless previously agreed upon by both teams.
- 220. A fifteen (15) minute grace period will be observed by all teams before a forfeiture take place. **THIS DOES NOT APPLY TO POSTSEASON TOURNAMENT GAMES (see Rule 236).**
- 221. **FORFEITURE FEES WILL BE INVOICED AND ARE PAYABLE TO THE DIOCESE OF ORANGE.**
- 222. A fifteen (15) minute grace period will be allowed for the official(s) to show up before the game is to be rescheduled.
- 223. Postponement of a contest due to pre-scheduled school trips are not allowed. **PENALTY – forfeiture of the game.**



## PROTEST

- 224.** Protests may not be filed on an official's judgment call.
- 225.** No protest will be considered involving a PAL playoff contest other than player eligibility. Player eligibility concerns must be made to either the League Director or onsite Board Member immediately after the conclusion of the contest.
- 226.** At the time of the protest, the team's coach must inform the head official and the coach of the opposing team of the protest.
- 227.** Pertinent information must be logged in the official scorebook and signed by the head official. A copy of the scorebook sheet should be sent with the protest when possible.
- 228.** Protests during a league contest can be filed by email to the League Director and must be received within 24 hours of the contest.
- 229.** The opposing school (team) has three days from the day the protest was received at the school to respond to the PAL office, either by phone or mail. If no response is made during this time, the opposing school will lose its chance to present its side to the PAL Director.
- 230.** Protests will be decided by the PAL Director. Appeals of this ruling may be made to the PAL Board.

## SCORES AND STANDINGS

- 231.** The PAL Internet web site has been established to assist with communication between the PAL office and the PAL member schools. This web site is: [www.parochialathleticleague.com](http://www.parochialathleticleague.com).
- 232.** After a league game is played, the winning team's coach or designee shall go online and input the score of the game. This should be done within 5 days of the game date. All scores for the season must be recorded by the last day of scheduled games noted on the PAL calendar for that year.
- 233.** It is the responsibility of each school's Athletic Director to make sure that his/her games have been reported. League championships will be determined solely by the results which have been recorded online.

## POSTSEASON PLAYOFFS

- 234.** All "A" teams are eligible to participate in the postseason playoffs in their respective division (large school or small school). The PAL Board can consolidate these divisions when necessary to allow for maximum participation. A large school is one with a student enrollment of 120 or greater in the sixth, seventh, and eighth grades combined. A small school has fewer than 120 students in these grades. The enrollment of each school on the day of the first Fall contest on the PAL calendar shall be the number used to place each school for the year. A small school can choose to play in the large school division. An entry fee of \$50.00 will be charged for a team to enter the postseason playoffs.
  - A member school's enrollment must be above or below the 120 student threshold for two consecutive years before that school is required to change divisions in the third year. Hardship appeals could be ruled upon on a case-by-case basis.



- 235.** Teams shall be seeded according to their place in the standings and tournament results by the Monday of “the sixth week”. The team listed on top in the bracket will always be designated as home team. The home team is responsible for keeping the official scorebook. This duty can be passed to the visiting team, or host school, if a qualified scorekeeper is not available from the home team.
- 236.** Game time is forfeit time. No grace period will be allowed.
- 237.** Teams who fail to show for a postseason tournament game are responsible for the officials’ fees and a fine of \$150.00 payable to the Diocese of Orange.
- 238.** Teams who fail to show for a “trophy” game (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> or 4<sup>th</sup> place) are subject to the terms of Rule 236 and are ineligible to participate in the postseason in that sport the following year said school fields a team.
- 239.** Mercy rules apply during the postseason tournament.
- 240.** Host schools for the postseason playoffs are responsible for the following: scoreboard operator. A school cannot host a sport that involves a clock and timing without having such a device in working condition at the game site.
- 241.** Sites for the Postseason are chosen based on factors such as: availability, condition of the site and willingness by the school to act as host. A host school will always play at home regardless of seed, unless the higher-seed opponent is also a host school. Once selected, the sites cannot be changed with the exception of the 3<sup>rd</sup> place game. Choosing to move this game requires notification to the League Director immediately after the conclusion of the semi-final game. The alternative site must already be pre-determined at that time.
- 242.** Changing the site/date of a playoff game, once that site/date is published will incur a penalty of paying the officials’ fees assigned to the original game if the change causes the official(s) to lose that assignment.

## AWARDS

- 243.** PAL Participation Certificates may be secured from the PAL office upon request.
- 244.** All league champions shall receive PAL team trophies. This includes both the “A” and “B” level teams. Teams that tie for league will each receive a trophy. A team must conclude its’ entire league schedule to be considered the league champion or lead the league by enough games that this has already been decided.
- 245.** PAL Diocesan Champions, along with the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> place teams shall receive team trophies.
- 246.** Individual members of PAL (Diocesan) championship team will receive a special award.

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# SPECTATORS

**247.** It is the responsibility of the administration, faculty and coaches/moderators to ensure that spectators abide by the following rules. When a game is in progress, an official has the authority to ask that a spectator be removed from the game, with just cause. If necessary, the coaches must assist in this task, or risk the penalty of forfeiting the contest.

**248.** A PAL spectator shall:

- a. Not be on the playing field or court during the game/competition. This includes timeouts, quarters, halftime, etc. If the teams are located on opposite sides of the playing field, their fans should cheer from their town team's side if possible.
- b. Only positive comments or cheers will be addressed to any participant within the athletic venue, including opposing teams, opposing fans and referees.
- c. Not verbally or physically abuse or assault anyone.
- d. Not appear in an intoxicated condition or have in his/her possession any alcoholic beverage or illegal substance.

This list is not meant to be complete, but to act as a guide to spectator conduct. Should other conditions exist that are not listed here, the administrator/coach has the authority to remove a spectator(s) if necessary.

**249.** Violations of this policy could result in, but are not limited to:

- a. Removal from contest.
- b. Non-attendance at future contests.
- c. Forfeiture of the contest.

## SPECIAL CIRCUMSTANCES - WEATHER

### 250. Air Quality Index Protocol

All PAL member schools must refrain from outdoor practice and/or competition when the Air Quality Index is 151 or higher. Schools may use readings for their local area obtained through [www.airnow.gov](http://www.airnow.gov) or a measurement device located outdoors on their physical campus or obtaining readings from a nearby weather station.

### 251. Rain

PAL Sports typically played outdoors (flag football, beach volleyball, coed soccer, track and swim meets) should still be played during rain unless the competition venue becomes unsafe due to the weather. Prior to the start of the contest, the host school has the option of postponing the game due to unplayable conditions. Once the contest begins, the officials have sole discretion as to the playing conditions and safety of the participants.

252. Once a game has begun, when weather conditions are construed to be hazardous to life or limb of the participants, the crew of officials is authorized to delay or suspend the game.

253. If a game is suspended during the third quarter, and a team trails by twenty-one points or more, the game is completed. If the game is in the fourth quarter, and a team trails by seventeen points or more, the game is completed.

254. Suspended games that are not declared completed will be rescheduled from the point it ended.

### 255. Lightning

When there is visible lightning within 6 miles of the game site (lightning strikes 30 seconds after thunder is heard), the game must be delayed for 30 minutes and all participants and spectators should move to a safe area. Should no more lightning strikes occur, the game can resume. To resume athletics activities, lightning safety experts recommend waiting 30 minutes after both the last sound of thunder and after the last flash of lightning is at least six miles away, and moving away from the game site (taken from NCAA Sport Science Institute). In the PAL it is not recommended to play the game if that second countdown is needed due to our time restrictions.

## LIABILITY INSURANCE

All non-Diocesan School members must show proof of Liability Insurance and file the certificate with the PAL League Director.

## SPECIAL NOTES

The rules and policies established by the PAL Board are not to be modified by any school in any way. Schools and/or coaches who violate any of the policies described in this manual, do so at the risk of being expelled from portions (or all) of the PAL program.

The PAL Board reserves the right to investigate any situation that appears to be in direct conflict with its policies and or regulations. All occurrences of such will be handled on an individual basis contingent on the severity of the violation, effects that the violation fostered, etc. All decisions of the PAL Board are final.

The PAL Board reserves the right to evaluate member schools according to their adherence to the policies and rulings in this handbook.

Any rules dealing with specific sports not covered in this manual shall be referred to the appropriate National Federation rulebook.

Any non-Catholic school wishing to become a PAL member school will meet the following conditions:

- a. Be a tuition-based private school.
- b. Have a minimum of 60 students in the junior high (7<sup>th</sup> and 8<sup>th</sup> grade).
- c. Agree to all the financial commitments established by the PAL.
- d. Follow all policies established by the PAL Board.
- e. File request for admission early in the summer of the upcoming school year.
- f. Gain final approval from the Superintendent of Catholic Schools.

PLAYING FACILITIES (SITES) must meet approved specifications for safety, subject to review by the PAL Director.

# RULES FOR INDIVIDUAL SPORTS

## FLAG FOOTBALL

### 1500. BASIC CONCEPT OF THE GAME

Flag football is a game between two teams of seven players each with all players eligible as pass receivers. Flag football is not tackle football, it is not power football. It is different from power football in that the defense and the offense strive by speed, quickness, deception and agility to defeat the opponent. A game must start with seven players and may continue with as few as six, but no less. Special formations are not required as long as players are behind the line of scrimmage and five yards from the sidelines on all downs.

Exceptions:

1. On kicks, players are permitted to line up next to sidelines.
2. The team in possession has a series of four downs to advance the ball into the next first down zone. In order for the ball carrier to score or advance to a first down, the ball carrier **must have his/her hips** on or over the goal or first down line. The ball must always cross the line.
3. There are no field goals. Points can only be scored by touchdown, successful try for points after a touchdown, and a safety.

### 1501. FIELD AND MARKINGS

- 1501.1 The field dimensions are a maximum 80 yards x 40 yards and may not vary less than 10 yards in length and 5 yards in width. (End zone depth must be 5 yards minimum, 7 yard maximum). "B" dimensions may be shortened to a minimum 60 yards x 35 yards.
- 1501.2 Zone markers may be placed along both sidelines and end-zone, but not on the field. Zone markers shall be constructed of soft, pliable material.
- 1501.3 Lines shall mark all boundaries, and zones, if possible. These lines may be either drawn by a non-caustic chalk, field striping paint, or burned by chemicals. Lime or other derivatives of lime may not be used.
- 1501.4 If the middle of the field is not marked by lines, the official shall drop one bean bag next to the ball to help determine runs up the middle.
- 1501.5 A 5 yard buffer zone is recommended behind the end zones for safety.

### 1502. GAME EQUIPMENT

- 1502.1 The official ball for "A" varsity games shall be a **size 7 or** YOUTH size football. The official ball for the "B" junior varsity games shall be a **size 6 or** JUNIOR size football. The ball must be properly inflated. Footballs are not required to have white stripes on the ends. In all cases, an official shall determine if a ball is suitable for playing. If the wrong ball is used by either error, or necessity, the game shall be considered to have been legally played.
- 1502.2 A team may not use separate balls for scrimmage down and for kicking purposes. Each team may use their own ball in which it free kicks or snaps. The referee may order the ball changed between downs if the field is wet.

- 1502.3** A down marker, or other device, shall be used to mark all downs. The home team shall provide this, and a competent person to operate this equipment. The “clock” may be kept on the field by a designated official, although the preferred method is that the clock be monitored by the home team. Only a visible scoreboard clock may be monitored by the home team.
- 1502.4** All forms of electronic communication are prohibited.

## 1503. PLAYER DESIGNATION

- 1503.1** Each team shall designate a player as field captain and only he may communicate with the officials.
- 1503.2** The team box is the area two yards or more behind the sidelines (out of bounds) between both twenty-yard lines. Players, coaches, substitutes, and/or attendants must remain in this box at all times. A team is only permitted three certified persons in the box. No one from another school is allowed in the team box of an opponent with the exception of the person holding the down marker. Spectators are not permitted within 6 feet of the sideline between the 20 yard line and the endline of the end zone. Spectators are not permitted along the endline at the back of the endzone.

## 1504. PLAYER EQUIPMENT

- 1504.1 PADS:** Hard-shell helmets, shoulder pads, rib pads, thigh pads, hip pads, hand and arm pads, any hard pads or hard surface materials are illegal. Soft pliable knee and thigh pads may be worn only on those areas. Knee braces are legal provided they are deemed safe by the officials. Casts or arm braces are illegal. Sliding pants, sweatbands and headbands may be worn. Jewelry is not permitted. Hats, beanies and/or sunglasses are not permitted. Exception: Sport goggles needed to protect the eyes and prescription glasses. Gloves are now legal for all players.
- 1504.2** Soft shell helmets with Velcro tightening straps are permitted. *No metal or hard plastic is permitted on the helmet. The helmet must be properly fastened under the chin.*
- 1504.3** Only the quarterback can wear a wristband designed for play-calling.
- 1504.4** Body paint or grip enhancing substances are illegal. Eye black must be one solid stroke with no logos/numbers/letters and shall not extend further than the width of the eye socket or below the cheekbone.
- 1504.5 BLOOD RULE:** When a player is bleeding, has an open wound, or an excessive amount of blood on his uniform, the player is considered injured, must be removed from the game and shall not participate until appropriate treatment has been administered.
- 1504.6** Fingernails must be trimmed to prevent injuries.
- 1504.7 SHOES:** Tennis shoes or molded cleats are required. Metal spikes or screw-on cleats are illegal. An official will line-up the athletes to check the legality of the cleats prior to the start of the game. The head coach will be held responsible for players’ shoes.
- 1504.8 FLAGS:** Only official PAL flags are permitted. Each team is responsible for providing its own PAL flags. PAL flag belts shall have three flags attached, one on each hip and one in the back, and shall be worn at waist level. Flags are not to be less than two inches in width or fifteen inches in length from the top of the belt. The Velcro on the belt may not be longer than 1.5 inches in length or ¾ inches wide. Extra Velcro may not be added. The flag color must contrast with the color of



the pants or shorts. There will be an unsportsmanlike conduct penalty for wearing an illegal flag, and the flag shall be removed from the game. Referees shall check each team for compliance with correct flags and cleats prior to the start of the game. Any score by a player wearing an illegal flag will be nullified, and the penalty will be marked from point of the snap.

**1504.9 JERSEYS:** Each player of a team shall wear a playing uniform of neat appearance and of the same color. Mid-cut jerseys are illegal. Shirts must be tucked in so that the belt is visible. Jerseys may not be taped, tied or altered. Jerseys may not in any way interfere with the pulling of the flags. Manufacturer's washing labels must be on the inside of the uniform. Uniforms may only have a single company logo or trademark not the exceed 1.5" X 1.5". The home team must adjust shirt color if there is a conflict. Coaches should carry spare jerseys in the event a jersey becomes damaged or blood-stained. **Undersleeves/compression sleeves** must match the predominant color of the jersey. These items can also be solid black or solid white. All team members wearing these articles of clothing must wear the same color.

**1504.10 PANTS / SHORTS:** Regulation football pants, shorts, or sweatpants are required. Shorts must be one solid color. A player may only wear one pair of pants. Undergarments may not extend below the length of the shorts worn by players. Compression tights may be worn and must match the predominant color of the short or be solid black or solid white. All team members wearing these articles of clothing must wear the same color. **Pockets, belt loops, and rivets are illegal and may not be covered with tape. PENALTY: Player disqualification.**

**1504.11 MOUTHPIECE:** A mouthpiece is required.

**1504.12** Objectionable markings on the body, uniform or equipment are not permitted.

**1504.13** Any matters regarding questionable equipment / uniform are at the sole discretion of the official(s).

## 1505. TIMING REGULATIONS

**1505.1 PLAYING TIME:** Playing time shall be four ten-minute quarters running time. There will be intermissions of one minute at the end of the first and third quarters and five minutes between halves. During regulation, the clock stops for:

- A. Time outs – starts on succeeding snap or when the ball is punted on a declared kick.
- B. Scores – clock starts when ball is snapped on offense
- C. Penalties – start when official signals.
- D. Emergencies – starts when official signals.
- E. Last minute of each half – the clock stops on change of possession, incomplete forward passes and the ball out of bounds. The clock starts when the ball is set.
- F. Scrimmage kicks.
- G. A half cannot end on a defensive penalty.
- H. The clock does not stop to move the down marker

## 1506. STARTING THE GAME

**1506.1 COIN FLIP:** The visiting captain will call the pregame coin flip. The winner of the coin flip may defer his choice to the second half or choose to "kick or receive" (offense or defense on the B level). The opponent will then choose which end of the field to begin play from.

**1506.2** Between quarters, teams will change goals with all aspects remaining the same.

## 1507. TIME OUTS

- 1507.1** Two (2) one minute time-outs will be allowed to a team during each half. One (1) unused timeout in the first half may be carried over to the second half. In case of overtime, additional time-outs will not be added, but the remaining time-outs from the second half may be used.
- 1507.2** A team with no time-outs remaining may be granted a timeout due to injury or to review a disputed interpretation of a rule or regulation. If the team wins the appeal, a time-out will not be charged, but if a team loses the appeal, it will be penalized with a delay of game penalty.
- 1507.3** Players may consult with coaches anytime provided they do not leave the playing field.
- 1507.4** An official may call a time-out when heat or humidity may create a health risk.

## 1508. PUTTING THE BALL IN PLAY

- 1508.1** The ball will be placed in the middle of the field for all kicks and downs. A team shall have 25 seconds to put the ball in play.
- 1508.2** To start each half, and to resume play after points(s)-after-touchdown attempt, and/or a safety, the ball shall be put in play by placing the ball at the 25-yard line.
- 1508.3** A snap shall put the ball in play when a free kick is not specified. The snap must be between the snapper's legs.
- 1508.4** One player may be in motion from any position provided he is moving parallel to the line of scrimmage when the ball is snapped.

## 1509. DEAD BALL

- 1509.1** Any ball that strikes the ground is dead.  
**Exception:** after the ball is kicked, it may bounce or roll until touched by a player. The ball is declared dead if the kicking team touches the ball first, or if the ball strikes the ground after the receiving team touches it.
- 1509.2** The kicking team may never recover a kick. The ball will be placed at the spot where it was first touched or muffed by the receiving player.

## 1511. SCRIMMAGE KICKS

- 1511.1** Kicks must be declared by captains, kicked within twenty-five seconds, and must be kicked. Quick kicks are illegal. The clock stops until the ball is kicked (punted).
- 1511.2** Line player may not move on a kick.  
**Exception:** Center-allowed one step in either direction.
- 1511.3** The ball must be punted from at least five yards behind the line of scrimmage.
- 1511.4** The defense must have five players on the line of scrimmage. Defensive linemen may not move, raise hands, wave or attempt to block a kick.
- 1511.5** If the ball touches the ground before or after reaching the punter, the ball is dead at the spot and the down counts.
- 1511.6** Touchbacks on a scrimmage kick will be put in play at the 25-yard line of the receiving team.

## 1512. SCORING

**1512.1** A touchdown is worth six points.

**1512.2** Point(s) after touchdown is a scrimmage down valued at:

1. One point from the two-yard line.
2. Two points from the five-yard line.

**1512.3** Kicks are not permitted. Any change of possession, the ball is dead.

**1512.4** A safety is worth two points and occurs when an offensive player causes the ball to become dead behind his own goal line or an offensive penalty occurs in their end zone. The ensuing free kick occurs from the 25-yard line.

**1512.5** If a team leads by **twenty-five** points or more any time after the conclusion of the third quarter, the game will continue with a running clock. The game is officially over with the score at that point of the game being the final score. The remainder of the game is played with no starters on the field of the team that is ahead (if substitutes are available). If no substitutes are available, the starters must play in a different position than they would normally play.

**1512.6** Games cannot end in a tie. Games called for safety reasons (e.g. darkness or weather circumstances) with the score tied will be finished (if necessary for league standings) at the next available opportunity.

## 1513. TIE BREAKER

**1513.1** The ball is never “live” for the defense during the tiebreaker. The ball cannot be returned for a score by the defense.

**1513.2** One coin flip will be held (visiting captain makes the call) and the winner will choose:

- A. Offense: the ball will be placed on either the two-yard line or the five-yard line depending on whether or not the team chooses to go for a one point or two-point conversion.
- B. Defense.

The offense will have one down and the choice of attempting one- or two-point conversion. The defense will then go on offense and receive the same choice until the tie is broken. **Teams will rotate possession until the tie is broken. For example: Team A has possession first, then Team B and neither team breaks the tie. Team B will then start the next sequence, and this rotation will continue until the tie is broken and a winner declared.**

**1513.3** **An offensive penalty in overtime that would normally result in loss of down, results in turning the ball over to the opponent if play needs to continue. Other penalties get marked off and the down replayed.**

## 1514. PLAYING TERMS

**1514.1 Blocking** – a player may contact an opponent provided:

1. Two-point stances ONLY are allowed
2. No bump and run blocking is allowed.

**Run Blocking:**

1. The elbows are outside the shoulders.
2. The hands are closed or cupped with the palms not facing the opponent.
3. The forearms are approximately forty-five degrees from the body and are not moving faster than the body.
4. Blocking from behind or from below the waist is illegal.

**Pass Blocking – Open Hand Technique.** Pass blocking terminates once the ball has crossed the line of scrimmage. The hands shall be:

1. In advance of the elbow.
2. Inside the frame of the blocker's body, (the frame of the blocker's body is the front of the body at or below the shoulders).
3. Inside the frame of the opponent's body, except when the opponent turns his back to the blocker during the block or after the blocker is committed to his charge. The frame of the opponent's body is at the shoulders or below other than the back.
4. At or below the shoulders of the blocker and the opponent, except when the opponent squats, ducks or submarines during the block or after the blocker is committed to his charge.
5. Open, when the palm(s) are facing the frame of the opponent or when the forearms are extended beyond the 45-degree angle of the body.

**1514.2 Diving** – leaving and becoming parallel to the ground in order to advance the ball is illegal.

**1514.3 Hideout** – when an offensive player(s) is not five yards from the sidelines.

**1514.4 Hurdling** – when a player intentionally leaves the ground to advance over a defensive player or jumps into a defensive player. It is not hurdling if the ball carrier leaves the ground to avoid injury or injuring a fallen player. This is a judgment call by the official.

**1514.5 Legal Snap** – a legal snap occurs when the:

- A. Snapper has his shoulders parallel to the line of scrimmage.
- B. Ball travels between the snapper's legs.
- C. Ball is released by the snapper in a continuous backward motion.
- D. Ball is not lifted for adjustment.

**1514.6 Roughing the Passer** – unnecessary contact with the passer or ball while in the possession of the passer. **Defensive players must go for the quarterback's flags and any other contact could result in a roughing the passer penalty. The ball cannot be stripped from the quarterback.**

**1514.7 Pushing the Ball Carrier** – the defensive player may not push the ball carrier. He must play the flag.

**1514.8 Touchback** – when a player intercepts the ball in the end zone, he has the option of:

- A. Running it out of the end zone.
- B. Downing it.

- 1514.9 Inadvertent Whistle** – when a whistle is blown for a non-foul during a legal pass, snap or kick, the down will automatically be replayed. When an offensive player has possession, the team may choose the play or replay.
- 1514.10 Muff** – a ball not caught by the first person. A ball that strikes the ground after the first touch shall be declared dead at the spot of the first touch.
- 1514.11 Touch** – a ball that comes in contact with a player or his uniform.
- 1514.12 Encroachment** – crossing the line of scrimmage prior to the snap. Encroachment occurs even if contact has not been made.
- 1514.13 Dead Ball Foul** – a foul that occurs after the whistle and prior to the snap.

## 1515. OFFENSE

- 1515.1** The ball carrier may only attempt to avoid the defense by agility.
- 1515.2** The ball carrier may not steer his blockers.
- 1515.3** Running up the middle (one yard on each side of the ball) at the line of scrimmage is illegal.
- 1515.4** The ball carrier may not guard his flags.
- 1515.5** When the flag cannot be pulled, the play will be dead.
- 1515.6** When the flag is removed from or falls off a ball carrier, the play will be dead.
- 1515.7** If the ball returns to a player whose flags have been removed by the defense, the player must then be tagged with either one or two hands between the waist and shoulders to end the play.
- 1515.8** Downfield blocking on a passing play is not permitted until the ball is caught. Receivers must go in a pass pattern looking for a pass, not blocking or shielding a defensive player.  
**PENALTY: Offensive pass interference.**
- 1515.9** If the ball goes to a player whose flags have come off through no action of the defense, the play is dead once the player has control of the ball.
- 1515.10** A receiver may have only one foot in bounds unless both feet are off the ground and a defensive player causes him to go out of bounds.
- 1515.11** Once a receiver goes out of bounds, he is declared ineligible unless the defense forced him out of bounds.
- 1515.12** A team may use as many forward passes as necessary, provided the passes are thrown from behind the line of scrimmage.
- 1515.13** An offensive player cannot intentionally ground the ball. This is a judgment call by the official.
- 1515.14** An offensive player may not run over or through **any** defensive player, in order to prevent him from pulling the flags.

## 1516. DEFENSE

**1516.1** A defensive player may use his hands.

**1516.2** A defensive player shall not:

- A. Strike a player in the head.
- B. Hold an opponent.
- C. Push a teammate into another player.
- D. Push a ball carrier.
- E. Pull flag prematurely.
- F. Touch the offensive center until he takes a step or stands up in a blocking stance.
- G. Pull/grab the opponent's shirt or shorts in an attempt to pull the flags. This is defensive holding.
- H. Strip the ball
- I. A defensive player may not run over or through any offensive player in an attempt to reach the ball carrier or for any other reason.

**PENALTY for violation of rules 1516.2 A through I is a 10-yard personal foul penalty.**

**1516.3** If the last defensive player is guilty of any penalty on the ball carrier, the ball carrier shall be awarded the score.

**1516.4** In the spirit of good sportsmanship, the PAL encourages defensive players to hand the flags back to the offensive players.

## 1517. PENALTIES

**1517.1** When a penalty occurs, the official will notify the offended captain of his choices. In case of double fouls, captains will be notified.

**1517.2** On dead ball fouls, the official will not permit the ball to become live and the enforcement will be automatic.

**1517.3** When a live ball foul by one team is followed by a dead ball foul by the opponent, the penalties are administered separately and in order of occurrence.

**1517.4** A dead ball foul will be assessed at the end of a play. If the play results in a score, the penalty will be assessed on the ensuing opponent's possession.

**1517.5** The basic spot is determined by the type of play:

- A. Loose ball – enforced at the previous spot.
- B. Controlled running play – enforced at the end of the play.

**1517.6** If the foul is on the offense, and occurs behind the basic spot, it will then be enforced at the spot of the foul.

**1517.7** Any measurement within the twenty-yard line, for a ten-yard penalty, will be marked as half the distance to the goal. Any measurement within the ten-yard line, for a five-yard penalty, will be marked at half the distance to the goal. Measurements cannot award a touchdown.

**1517.8** Unsportsmanlike conduct includes actions which are unbecoming to an ethical, fair, and honorable individual. It includes acts of deceit, disrespect, vulgarity, or any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.

**1517.9** There are two types of yardage penalties:

- A. Five yards.
- B. Ten yards.

**1517.10** Penalties do not cause the ball to be dead.

**1517.11** Five-yard penalties are:

**Dead Ball Foul**

**Live Ball Foul**

- |  |   |   |
|--|---|---|
| A. Delay of game.  | * |   |
| B. Encroachment.   | * |   |
| C. False start   | * |   |
| D. Helping the runner.   |   | * |
| E. Illegal formation   |   | * |
| Receiver sets up less than five yards from the sidelines.                      |   | * |
| F. Illegal forward hand-off.   |   | * |
| G. Illegal forward pass.   |   | * |
| Intentional grounding – five yards from the spot of the foul and loss of down. |   | * |
| H. Illegal motion  |   | * |
| I. Illegal shift.  |   | * |
| J. Kicking infraction.   |   | * |
| K. Running up the middle and diving.   |   | * |
| Illegal procedure.   |   | * |
| L. Violation of team box.  | * |   |

**1517.12** Ten-yard penalties are:

**Dead Ball Foul**

**Live Ball Foul**

- |   |   |   |
|---|---|---|
| A. Attendant illegally on field.                                  | * | * |
| B. Clipping.  |   | * |
| C. Delay start of a quarter or game.                              | * |   |
| D. Fouls by ball carrier except running up the middle and diving. |   | * |
| This includes flag guarding. Includes Loss of Down.               |   |   |
| E. Illegal block.   |   | * |
| F. Illegal block on offensive center.                             |   | * |
| G. Illegal participation.   |   | * |
| H. Illegal use of hands (holding).                                |   | * |
| I. Illegally batting a ball.                                      |   | * |
| J. Illegally kicking a ball.                                      |   | * |
| K. Passig or running after a declared punt.                       |   | * |
| (Also result in loss of down.)                                    |   |   |
| L. Pass interference.   |   | * |
| 1. Offense - loss of down.  |   |   |
| 2. Defense – automatic first down.                                |   |   |
| M. Premature flag pulling. Also results in automatic first down.  |   | * |
| N. Roughing the passer or ball carrier.                           |   | * |
| (Also results automatic first down.)                              |   |   |

- O. Unnecessary roughness.
- P. Unsportsmanlike conduct.

\*

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## **1518. SPECIAL CIRCUMSTANCES EMERGENCY**

**1518.1** A period can be shortened in any emergency by agreement of coaches and officials.

**1518.2** Any games interrupted due to uncontrollable events shall be continued from that point, unless agreed otherwise.





# VOLLEYBALL

**Note:** PAL rules for volleyball (girls and boys) are found in the NF rulebook for volleyball. The only areas where exceptions exist are in the following:

## 1600. THE NET

The net shall be no lower than six feet, ten inches, and not higher than seven feet, two inches for girls, and no lower than seven feet two inches, and not higher than seven feet, six inches for boys. The net is measured from its highest and lowest points.

**PENALTY: Forfeiture of game.**

## 1601. THE BALL

The official ball shall be leather/synthetic. All panels of the ball shall be solid white or a maximum combination of three colors (with each panel being a solid color) and of which at least one-third of the panels shall be solid white. It shall measure 25 to 27 inches in circumference. It shall weigh from 8.5 to 9.8 ounces and be inflated between five and seven pounds of air pressure. A rubber ball may be used if both coaches agree. Coaches have the option at the "B" level of using the lighter ball, also known as "Volley-Lite". Both coaches must agree prior to the start of the contest that they choose to use this ball. The lighter ball cannot be used for tournament play.

## 1602. UNIFORMS

Numbers must appear on **FRONT AND BACK OF UNIFORM SHIRT.**

**PENALTY: Garment removed from the game.**

## 1603. TIMEOUTS

Two non-accumulative timeouts per game with no additional time-out during overtime.

## 1604. OUTSIDE RULE

For games played outside only, the teams will change sides of the court whenever the first team reaches eight points and multiples of eight points in the third game.

For games played outside only, sunglasses may be worn at the player's own risk.

## 1605. SERVING

A serve that touches the net within the boundaries of the antennae and falls to the receiving team's side will count as a legal serve.

## 1606. SCORING

- 2 out of 3 games is a match
- 25-point games (win by two points with no cap on winning score)
- 15 point deciding game (win by two points with no cap on winning score)
- Two non-accumulative time-outs per game with no additional time-out during overtime

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## 1607. LIBERO

The libero position will be recognized in both boys' and girls' volleyball. All rules pertaining to the libero will be taken from the NFHS Rulebook.

## 1608. FRIENDSHIP GAME

A friendship game should be played when possible after a team defeats the opponent in the first two games. The friendship game will be played to 15 points. Teams are not allowed to play their "starters" during this game when there are enough legal players from the bench to take the court. This game is meant as an opportunity for those players that have not earned much playing time to get some time on the court against an opponent. A discussion should be held prior to the start of the match between the coaches and the game official if the friendship game will/may not be played. Not playing a friendship game should only occur for reasons beyond a team's control, such as: other events scheduled (or not) in/on the facility that requires vacating the premises, weather, a lack of players or other circumstances with the exception of simply not wanting to play.

## 1609. SPORTSMANSHIP

There will be no cheering/jeering or noisemaking from players or coaches during the serve of an opponent once the official's whistle has been blown to indicate the serve has begun.

**PENALTY** – a yellow card issued to the coach. A second infraction could result in the coach being ejected from the facility.

# BASKETBALL

**Note:** PAL rules for basketball (girls and boys) are found in the NF rulebook for basketball. The only areas where exceptions exist are in the following:

## 1700. THE BALL

The official ball shall be an “official” basketball for boy’s “A” games. All other levels of competition (boy’s “B”, and girl’s “A” and “B”) shall use the “intermediate” ball (28.5 inch circumference). The panels shall consist of either leather, rubber or synthetic leather material. The official PAL ball is one made of leather or synthetic leather.

## 1701. THREE POINT BASKETS

Three-point baskets will be recognized (as counting for three points) at the “A” and “B” level only where such a line exists on the court.

## 1702. UNIFORMS

1702.1 All uniforms must bear numerals on the front and the back of the shirt.

**PENALTY: Technical foul and garment removed from the game.**

1702.2 Numerals should not exceed any digit greater than five, nor can there be a numeral of more than two digits.

1702.3 If your team chooses to wear tee shirts under their jersey, they must be the same color as the jerseys, or can be all white in color. All players must wear the same color.

1702.4 Girls are not permitted to wear hair ribbons.

1702.5 Basketball shorts may not have pockets or belt loops.

1702.6 If both teams are wearing the same color uniforms, the home team must adjust. It is recommended that teams wear reversible jerseys.

## 1703. OVERTIME PERIODS

In PAL games, overtime periods shall be three minutes.

## 1704. MERCY RULE

If a team leads by 25 points or more any time after the conclusion of the third quarter, the game will continue with a running clock. The game is officially over with the score of the game at that point being the final score. The remainder of the game is played with no starters on the court of the team that is ahead (if substitutes are available). If no substitutes are available, the starters must play in a different position than they would normally play.

1704.1 No full court pressure is allowed by the leading team in basketball when the team is leading by 20 points or more. This applies to both “A” and “B” levels.

## 1705. “B” DIVISION RULES

Backcourt pressure is NOT allowed until the last two minutes of the game. Overtime is considered an extension of the fourth quarter, and as such, backcourt pressure is allowed during any overtime period. A player bringing the ball up the court in a non-press situation must be allowed to get both feet and the ball into the frontcourt before the defense can pressure the ballhandler.

**PENALTY: One warning to the bench. Additional violations shall result in a two-shot technical foul assessed for unsportsmanlike conduct against the team causing the infraction.**

## 1706. GIRLS 5-SECOND COUNT

In the girl's game only (both “A” and “B” level), the closely guarded 5- second count applies only to a ball that is being **held** by the offensive player in the frontcourt.

## 1707. TIMEOUT

There will be four (4) full time outs (one minute each) for each game. These time-outs can be used at any time during the game based on the National Federation rules, and unused timeouts can be used during overtime period. Each team will be given one (1) additional timeout for each overtime period.

## 1708. PLAYING TIME & INTERMISSION

Playing time shall be four quarters of six minutes each, with intermissions of one minute after the first and third quarters, and five minutes between halves. The clock will stop on all dead ball situations.

## 1709. 10-SECOND COUNT

In the boys' and girls' game, a 10-second count will be enforced in the backcourt.

# TRACK & FIELD

**Note:** The PAL track season is divided among four meets that are typically held in the Spring. Three of these meets are identified as Regional and one meet is the Championship. Rules and events may differ for the Regional Meets and there is a different set of rules and events for the Championship meet. Regional meets are held at Mater Dei and Santa Margarita High Schools and one Regional meet is designated as the St. Mary's Invitational. The Championship Meet is typically held at Aliso Niguel High School and is the final meet of the season.

## 1800. MEET INFORMATION

These rules pertain to the Mater Dei and Santa Margarita Regional meets as well as the PAL Championship event. The regional hosted by St. Mary's has similar rules and events with some exceptions/additions.

### A. Entries

1. Students in grades 1-8 are eligible to participate in these meets
2. An entry fee is charged each entrant per meet, and allows participation in up to 3 events. These fees will be invoiced to the school based on the number of athletes that are on the registration sheet the day of the meet. There are no refunds.
3. Athletes can compete in more than 3 events at Mater Dei and Santa Margarita. This is acceptable as no team points are awarded at these meets.
4. There is no limit to the number of meets a student enters.

## 1801. EVENTS

Events at Mater Dei, Santa Margarita and the PAL Championship are as follows:

- Grades 1-3 – 50 meter, 100 meters, 200 meters, 400 meters, 4 x 100 relay, softball throw (12"), long jump
- Grades 4-8 – 100 meters, 200 meters, 400 meters, 1600 meters, 4 x 100 meters, 4 x 400 meters, softball throw (12"), long jump

## 1802. MEET RULES

1. Running Shoes – track spikes or track shoes with the spikes removed are illegal and will disqualify the competitor.
2. Coed Relays – **Only** 1<sup>st</sup> and 2<sup>nd</sup> graders may combine genders for a relay. If the relay is either 2 boys and 2 girls, or 3 boys and one girl, this must be entered as a boys' team and a boy *must* be the anchor.
3. Runners are not permitted to run "up" or "down" a grade level in any event. Violating this rule results in disqualification of the runner and of the team in the event of a relay.
4. 50 meter dash is only for athletes in grades 1, 2 and 3. The 1600 and 4 x 400 relays are only allowed in grades 4-8.
5. Competitors must wear the bib provided and it must be firmly attached to the front of the shirt.

6. Wristbands will be distributed to indicate grade level and these must be worn on the left wrist.

### **1803. MEDALS AND TROPHIES-RIBBONS**

1. Participants at the Mater Dei, Santa Margarita and PAL Championship meets will receive a ribbon labeled with their place/event/time (distance) regardless of place. 1<sup>st</sup> through 6<sup>th</sup> place ribbons are color-coded and placement beyond 6<sup>th</sup> receive a Participant ribbon.
2. Medals for 1<sup>st</sup> through 3<sup>rd</sup> place are presented at the PAL Championship.
3. Team trophies are earned at the PAL Championship as follows: Small School Elementary Division Champion, Large School Elementary Division Champion, Small School Junior High Division Champion, Large School Junior High Division Champion. Trophies are also awarded in two divisions: Small School Team Champion and Large School Team Champion determined by adding the scores of the elementary and junior high events.

### **1804. COACHING**

1. No more than 2 coaches per school are allowed in the infield at the PAL Championship. Coaches that are actively working part of the meet as staff are an exception to this rule.
2. Coaches must be encouraging all athletes and are not allowed to be running/jogging on the infield and cannot be giving their athletes split times or distance hints to their athletes.

### **1805. WEATHER**

1. All meets will take place rain or shine. Only lightning or puddling on the track will cause either a) a delay or b) cancellation of the meet. There will be no refunds if either of these events take place.

# LACROSSE

**Note:** Lacrosse is currently not an official sport in terms of PAL Championships and awards. Lacrosse participation is on a Club Level due to the small number of teams participating.

PAL rules for lacrosse are a hybrid set of rules based on the age of the participants.

## **1901. U13 (JUNIOR) - MODIFIED CHECKING**

- 1901.1** Two 20-minute halves, running clock.
- 1901.2** Four or more goals differential will be a free position for the team with the fewer goals. Teams cannot shoot from this position.
- 1901.3** 5-minute halftime. No deputy allowed for youth play
- 1901.4** Modified checking rules (check must be below shoulder level, away from the body, in a safe, controlled fashion).
- 1901.5** A team will play short 2 minutes from the first card issued.
- 1901.6** Rosters will be on field; coaches and umpires must sign.
- 1901.7** No part of the attacker's or defender's Crosse or body may enter the goal circle at any time.



# BEACH VOLLEYBALL

## 2000. THE COURT

26'3" x 52'6" (8.0 x 16.0 m) The short diagonal measures 37'1" (11.31m). The court includes its lines: their outside edges are the court boundary.

## 2001. LINES

Should be 2" wide and include *adjustable buckles* in all four sides. When possible, the free zone around the court should be marked with banners, etc.

## 2002. THE NET

Girls 7' 41/8" (2.24m)

- Other Specifications: Net 26' to 28' (8-8.5m) long. Antennas are required.
- Posts and referee stands (which are suggested) should be padded.

## 2003. THE BALL

Light-colored, 9-10 oz. (260-280g) weight, with approx. 26" (66-68cm) circumference, at 2.5 to 3.2 psi (1.75-2.25 kg/cm<sup>2</sup>)

## 2004. SPIRIT OF THE GAME

- Teams play without outside intervention or assistance of any type.
- Spectators, including parents and teammates, are encouraged to cheer, but may not assist at any time (ex: "calling shots" is prohibited).
- Coaches, when present, may cheer the exceptional play, but may only instruct during timeouts, side-changes, and between sets.

## 2005. TEAMS (PLAYERS & COACHES)

- **AT PRE-MATCH MEETING** - Two players. The Captain represents the Team to the referees. No Substitutes.
- Coaches may only participate in on-court drills prior to the coin toss and official warm-up.
- During the official timed warm-up, coaches may instruct from the sideline, but may not engage in drills.
- During play, coaches observe from the player area. Instruction only takes place during timeouts, between sets, and (non-disruptively) during side-changes.
- Coaches may not attempt to influence or question the official's judgment

## 2006. UNIFORM

**PLAYERS SHALL WEAR NO JEWELRY OR ADORNMENT ON ANY PART OF THE BODY.**

- Partners wear identical uniforms. Team displays matched color scheme.
- BOTH Cold weather gear (sweats suits, etc.) may be allowed. (Guideline temp: "below 60 degrees")

## 2007. MATCH FORMAT

### 2007.1 “Eight Minute” Pre-Match Protocol: coin toss at -8, then warm-up.

- Winner of the coin toss chooses serve, receive or side. The other captain chooses from remaining options. Both captains state service order for the set.
- After the coin toss, the four players (only) share unlimited access to the entire court (Coaches may be on sideline, but not be involved in drills)
- Beach volleyball is played as Match Play, best-of-three sets played to 21, 21, (15). Rally scoring; win by two.
- Scoring may be modified by Tournament Directors for specific events, (ex: “one set to 28,” or “two sets only to 21, without deciding set”).
- All matches should utilize the etiquette of pre-match and post-match handshakes at the net between opponents.
- Unless a referee is present to whistle the start and end of each rally, the players are encouraged to “call the score” before serving.
- **SERVICE ORDER:** Players alternate terms of service. Officials actively prevent wrong-server faults and may “call out” the correct server when necessary.
- **COURT SWITCH** After 7 points of play in sets 1 and 2, the teams should switch sides. This is not a time out or water break; players switch, then resume play.
- Coaches may offer brief instruction during the court switch, but must not delay the match.

### 2007.2 POSITION FAULTS: Players (other than server) must be on court at moment of service any position on court ). Server must initiate from playable area.

### 2007.3 SCREENING: Serving team must take positions so that the receiving team is able to see EITHER the server OR the flight of the ball.

### 2007.4 FAIR PLAY: receiving team should use the “raised hand” signal to indicate a potential screen. Serving team should adjust position, without delay

### 2007.5 DELAY: The time between rallies should not exceed 12 seconds. In locations without banners or ball-retrievers, this guideline may be extended. Violations result in Delay Warning, with subsequent occurrences leading to Delay Penalty.

### 2007.6 TIME OUTS:

- Each team may call one TIME OUT per set. Timeouts (including TTO’s) last 60 sec but teams are granted an extra 30 sec to move from/to court.
- Thus timeouts may take 1:30 minutes total. Early resumption allowed.
- Teams are reminded that timeouts should be taken near court. (No running off to tents) Shade and water should be provided at team bench areas.
- Coaches may call time out for their team. Coaches may suggest a timeout to their captain.

## 2008. PLAYING ACTIONS AND FAULTS

### 2008.1 Blocks and play above the net

- Players must contact the ball within their own playing space (follow-through into the opponents playing space after contact is legal).
- It is always illegal to attack a ball that is completely in the opponents' space.
- Blockers may contact a ball in the opponents' space after the attack hit, or if in the referee's judgment the attackers are not attempting to play the ball.
- "Joust" (simultaneous contact above the net) between opponents is legal. Any player may make the next play, as their team's 1st contact.
- The block contact counts as first team contact; either player may make the 2nd team contact.
- A player may block a ball in any direction.
- "Directional" or "snap" blocks are legal unless the ball is caught or thrown. If the blocker clearly catches or throws the ball, the fault must be whistled.
- As a guideline: the ball may be blocked quickly in one direction, with one motion.

### 2008.2 Attacks and Tips

- "Open hand tipping" is prohibited. Referees use "illegal attack" (Diagram 9, Signal 21).
- Knuckles may be used to "poke" the ball, provided that the ball rebounds (is not caught or thrown).
- Fingertips (including thumb) may be used to "poke" the ball only if those fingertips in contact with the ball are "rigid and together."
- Attacks with finger action (setting over the net) must be made perpendicular to the shoulders - either directly forward or backward.

### 2008.3 Net Contact

- It is a fault to contact any part of the net between (and including) the antennas, during the action of playing the ball.
- The action of playing the ball includes (but is not limited to) takeoff, hit (or attempt), and landing safely, ready for a new action.

### 2008.4 Play Under the Net, and Interface

- Players may contact any part of the ball until it has passed completely through the plane below the net.
- There is no centerline. Players may contact any part of the opponents' court as long as they do not interfere with the opponents' next play.
- A player who interferes with an opponents' ability to make their next play must be called for the fault.
- Interference is a FAULT that results in a point, not a replay.
- Note that this is sometimes a delayed call (the referee must wait to see if the opponents are truly hampered in their next action).
- Incidental contact between opponents does not constitute interference (bump knees, briefly step on toes, etc.).
- Interference can occur without physical contact (ex: fallen player under net prevents defender covering short).

- *Point under the net with your index finger, and say “interference.” (This call will generally require explanation.)*

**2008.5 Pursuit**

- Is legal in beach volleyball. Only balls which pass “over or outside” an antenna are eligible to be pursued.
- A player may pursue the ball by any route, including under the net and/or through the opponents’ court.
- Opponents may not interfere with legal pursuit.
- The ball must be played back on 2nd team contact “over or outside” the same antenna.
- Third team contact must send the ball legally through the crossing space (between the antennas).

**2008.6 Ball Marks**

- The ball is “IN” if it lands inside the court, or touches a boundary line. Corner “tie-downs” are not considered boundary lines.
- If the referee is in doubt of a line call, they should immediately initiate a “ball mark protocol”. Players may not insist that a ball mark be reviewed.
- Players cannot: alter the ball mark (or court boundaries), cross under the net to review a mark, or attempt to influence the decision of the officials.
- The line-judge(s) may assist as the referee inspects the ball mark.
- The referee must be careful to inspect the correct ball mark, considering ball trajectory, the effect of raised lines, and possible “splash” of soft sand.
- If the referee determines that the line was moved significantly during the rally in question, they should fix the line before judging the result.

**2008.7 Ball Handling / Hand Setting**

- There are two types of ball handling faults: “Catch Balls” and “Double Contact”.
- The ball must be played with one quick motion.
- Balls that significantly move downwards while in the hands, or visibly come to rest, are “Catch Ball” faults (aka: “deep dish,” “held-ball,” or “lift”).
- Clearly distinct and separate contacts of the ball constitute a “Double-Hit.”
- Spin is not a fault ... but spin may be an indication that a “double-contact” fault has occurred.

**2008.8 Simultaneous contact by Teammates**

If teammates touch the ball simultaneously it counts as 2 team contacts. Either player may make the 3rd contact.

**2008.9 Defense**

- It is LEGAL for ANY first-team contact WITHOUT finger action to strike two or more parts of a player during a single attempt to play the ball. Including:
  - Any style of contact: hands or fists together or apart, heels of hands together or apart, tomahawk, etc. (see finger-action below).
  - All plays without finger action, even if the ball is observed to have been clearly double-contacted.
- First-team-contact WITH finger action should be judged just as any setting contact:
  - The referee should call a double-hit if the player uses finger action and
  - the ball contact is a clear double.
- **EXCEPTION:** If the double contact was in defense of a “hard-driven attack” then the referee should allow play to continue.
- In judging an attack as “hard-driven,” the referee must consider the
- following:
- Speed and trajectory of the ball, as well as the distance between
- the attacker and defender.
- The referee must judge the player’s action: “reactive” (double allowed) or “intentional” handset (double-contact called).

**2008.10 Serve Receive**

- In serve receive, a double contact is allowed. If finger action is used, the referee will judge the contact as a set.
- It is legal to use techniques such as: hands or fists together or apart, heels of hands together or apart, tomahawk, etc.
- **REMINDER:** It is legal to receive serve “open handed with finger action”, but strict hand-setting judgment must be applied to the contact.

# COED SOCCER

## 2100. RULES

**Regulation soccer rules and all PAL rules apply except for the following:**

- 9 v 9 Co-ed (4 girls min. on the field), you may play or 11 v 11 (5 girl min.)  
Coaches should meet before the game and decide the number of players used per team based on the size of the field being used and/or team size. Coaches are to make sure the min # of girls are on the field.
- Games will be assumed to be 11 v. 11 as most of the sites in which we play can accommodate that number. The league is technically a 9 v. 9 league, so that issue is addressed below:
- Because the host school knows their field and the risks involved with playing on that field, the decision to play either 11 v. 11 or 9 v. 9, will be up to the **HOST** school.
- Whether a team plays 11's or 9's, each team **MUST HAVE THE MINIMUM NUMBER OF GIRLS ON THE FIELD for the game to be valid.** For example, if a school only brings 10 kids to a game and they only have 3 girls on the roster that day, the WIN will be awarded to the school with the proper amount of girls/boys. The game can still be played with any ratio of girls/boys the coaches agree upon thereafter, but the win will go to the team that had enough players to field, at least, a proper 9 v. 9 squad.

*If a team has three girls out sick and can play only 9 v 9 because they only have four girls on the roster, the school (AD) that is short on the roster needs to notify the opposing school so as to avoid any uncomfortable pre-game arguments between coaches and the game will be played 9 v. 9 and is valid. Host schools that normally field 11 v. 11 should be open to making this change to 9 v. 9 in that scenario, especially since our rules state 9 v. 9 is acceptable.*

- Free substitution with the permission of the referee.
- 25 minute halves (A level #5 ball and B level #4 ball). Each school should provide at least one game ball in good condition.
- No slide tackling allowed by any player. This **may** result in a yellow card.
- One yellow card will result in a 5-minute cooling off period. That player must leave the field and can be substituted. They may return after 5 minutes. Two yellow cards will result in ejection and a one game suspension.
- Games during the regular season may end in ties.
- PK's may be taken by any player that played during the game. Exception: if a player received a yellow card within the last five minutes of the game, that player may not take penalty kicks.
- A punt from the goalie can't travel beyond the mid field line without first touching the field or a player. Restart is an indirect free kick for the opponent from the point that the ball lands or contacts a player.

- Fields should be appropriately lined to fit the individual field size.
- If a school has more than one team at each level, players may not move between teams during any part of the season. This will result in an automatic forfeit.
- Minimum # of players on a team = 9. Must have 4 girls.
- Can combine 6th, 7th, and 8th graders on one A team.
- If a school has an 8th grade only team - that team must be entered in the Large School A Division
- If a school has a 7th grade only team - that team must be entered in the Small School A Division
- If a school has a 6th grade only team - that team must be entered in the Large School B Division
- If a school has a 5th grade only team - that team must be entered in the Small School B Division \*For scheduling purposes I may have to ask some of our Large Schools to stay in the Large School Division Regardless of grade designation.
- All participating schools must provide rosters with the following information:
  - First and Last Name, Uniform Number, Grade Level and be able to provide this information to the refs if called upon.

## POSTSEASON

- Point scoring for playoff seeding: A team will earn 2 points for a win, 1 point for a tie, 0 points for a loss
- If a tie occurs after two 25-minute halves in an elimination game, a PK shootout will follow to determine the winner.
- If a tie occurs after two 25-minute halves in a playoff championship game, two (non-sudden death) 5 minute overtime periods will determine the winner. If overtime results in a tie, a PK shootout will follow to determine the winner.
- Players in the play-offs must have played for that team during the regular season.  
**You MAY NOT combine teams for any reason.**
- When determining the seeding of the post-season tournament, if two teams have an identical regular season record, the team with the fewest number of **goals allowed head-to-head** will determine which team is the higher seed.





# CHEERLEADING

## 2200. ROLE OF PAROCHIAL ATHLETIC LEAGUE

The PAL has taken under advisement, an oversight role of the cheerleading programs for the member schools. A committee has been formed to begin to set policies and procedures for member schools. Until this committee is finished with its work, the PAL is recommending that all member schools adhere to the age-appropriate guidelines established by the National Cheerleaders Associations (NCA) in their “National Safety and Competition Guideline Booklet”.

## 2201. BASIC GUIDELINES:

By addressing the following areas of concern, PAL member cheerleading programs will be doing what is necessary to minimize the risk to participants and provide a productive activity to the student-athlete. Other age-appropriate guidelines regarding actual stunts and tumbling activities should follow the guidelines of the NCA.

### 2201.1 Knowledgeable Coach

- A. Attends training camps with team.
- B. Participates in local, state or national coaches' conferences.
- C. Completes safety certification course.

### 2201.2 Appropriate Practice Facilities

- A. Adequate matting
- B. Adequate space
- C. Adequate height
- D. Safety procedures
- E. Written emergency plan
- F. Staff member certified in CPR/First Aid

### 2201.3 Travel

Cheerleading coach should be aware of and follow school travel policies for safety and proper insurance coverage.

### 2201.4 Legal Issues

- A. Pre-participation physicals should be required in accordance with policies on all student athletes.
- B. All forms should be completed for each participant.
- C. Medical Release
- D. Informed Consent / Liability Waiver
- E. Insurance Information
- F. Parental Contact Information

Much of section 1901 refers to “competition squads”. Pep squads that are not performing stunts and tumbling do not have the same safety and training guidelines to adhere to, but

coaches of Pep Squads must still follow the guidelines of other coaches in the PAL as outlined earlier in this manual.

## **2202. CHEERS**

The Parochial Athletic League recognizes that there are Competition Squads and Pep Squads within the member schools. The PAL recommends that cheering for the teams be the primary objective of either type Cheer Squad, and with that in mind, the PAL requires moderators/coaches to choose appropriate and positive game cheers. Game cheers should never:

- A. Be negative, degrade, taunt, or belittle the opponent.
- B. Use the opponents name, color(s), symbols, mascots, coaches, or players' names in a derogatory manner.
- C. Use provocative, vulgar, and obscene language or gestures.
- D. Use unsportsmanlike words such as: kill, cripple, bury, etc.
- E. Instigate or incite the fans and spectators in a negative manner.
- F. Be directed at the official(s).
- G. Involve "booing".
- H. Be performed at the same time the opponents' cheerleaders perform. Work cooperatively with your opponent's cheerleading squad.
- I. Involve noisemakers, bells, horns, or other electronic amplification devices.
- J. Be detrimental to a game.

# GIRLS' FLAG FOOTBALL

## 2300. Flag Football Rules

**PAL Girl's Flag Football are currently being revised and will be posted online prior to the start of the season.**