PREAMBLE:

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

1.0 AUTHORITY

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

2.0 MISSION STATEMENT

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

3.0 ADMINISTRATION

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

3.1 FOOTBALL DIRECTOR

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

3.2 LEAGUE COORDINATOR

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

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

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

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

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

3.2.1.4 If applicable, the official weights, in accordance with Section 15.2.1, of each player listed on a team in his/her league; and
3.2.1.5 If applicable, the final standings by won-loss record for each division in his/her league.

3.2.2 League Coordinators and/or Football Board members shall not participate in decisions involving the teams that they coach, the leagues in which they coach, the teams on which their children play, and the leagues in which their children play.

3.2.3 The League Coordinators are responsible for ensuring that all rules below are followed in their respective leagues and may, from time to time, at the discretion of the Football Director, assume the same duties in other leagues within the PSA Football Program.

3.3 OTHER ADMINISTRATIVE ITEMS

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

4.0 ELIGIBILITY

4.1 PLAYERS

The following rules shall apply for purposes of player eligibility:

4.1.1 Boys and girls wishing to play football on a team in a particular PSA football league must meet the grade and age eligibility requirements for that league as set forth in Section 5.2 (see Chart).

4.1.2 Subject to availability of open positions on team rosters, players placed on waiting lists after teams are formed will be assigned to teams by the Football Director and/or designated Football Board members and PSA personnel. Waiting lists are not considered public information and shall not be distributed to anyone other than the Football Director and those members of the Football Board responsible for assigning players on the waiting lists to PSA teams.

4.1.3 Scholarship players shall not be issued football equipment.

4.2 COACHES

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

4.2.1 COACH’S CONTRACTS

All Coaches must have a “PSA COACHES’ APPLICATION AND CONTRACT” (“Coach’s Contract”) on file with PSA. This is to be accomplished by completing the Coach’s Contract and delivering it to the Football Director or the PSA Executive Director, or by completing the appropriate online application designated by the PSA Football Program. The online application is located on the PSA website: www.psaplano.org. Under “Links” on the right hand side click on “Online Forms” and click on “Coaches/Team Manager/Volunteer Application including Background Check”. Adults seeking to be approved as Coaches are subject to an interview by the Football Board. A Coach’s Contract is deemed approved by the Football Board within fourteen (14) days of submission unless the applicant is notified by PSA that the application has been rejected.

4.2.2 The coaching applicant must complete and submit a registration form and agree to the contractual requirements of sections VI and VII(C) thereto.
4.2.3 The coaching applicant has not previously had his/her coaching assignment revoked in any youth sports league.

4.2.4 Any applicant for Head Coach must be at least eighteen (18) years of age.

4.2.5 All coaches (whether the Head Coach or an Assistant Coach of a team) must complete, submit and maintain on file a PSA Coaches’ Application and Contract, as more specifically set forth in Section 5.1 below. All coaches also must submit to a background check, and be approved by the Football Board.

4.2.6 In 2015 all tackle coaches (whether the Head Coach or an Assistant Coach of a team) must log on and complete USA Football Heads Up Football Level 1 Tackle Certification. There is no cost for the coaches. Log in and password will be supplied to the coaches by their respective League Coordinator.

4.2.7 All Coaches Tackle & Flag must satisfy any other conditions or prerequisites that the Football Director, in his/her sole determination, deems necessary to promote the quality of coaching desired by the PSA Football Program.

4.2.8 All Head Coaches must attend the coaches meeting dates to be determined:

4.3 QUESTIONS OF ELIGIBILITY

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

5.0 REGISTRATION

Players are to register to participate in the PSA Football Program during the time period and in the manner specified by the Football Director. Registration is initiated by a player’s parent/guardian completing the appropriate registration form furnished or process published by PSA specifically for this purpose along with payment of the football registration fee. The registration form may be electronic or web-based at the discretion of the PSA Football Program. The Football Board shall determine fee structures, and ensure that applicable registration fees are published publicly (i.e., on PSA’s website) in advance of the applicable registration windows. The PSA Football Board shall be the judge of fact in all questions of eligibility regarding players. The Football Director shall be the final authority on all matters of eligibility.

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

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

<table>
<thead>
<tr>
<th>League/Grade</th>
<th>Ball Carrying Wt. (lbs.)</th>
<th>Maximum Age (yrs.) (age as of September 1st)</th>
<th>Min. Ball Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre K (Flag)</td>
<td>N/A</td>
<td>6</td>
<td>K2</td>
</tr>
</tbody>
</table>
Notwithstanding the requirements of Section 5.2 above, a player may “play up” one (1) year above the league for which he/she otherwise qualifies with permission of the Football Board. Parents wishing for their players to “play up” in this manner may be required to fill out a waiver form (in a form provided by the PSA Football Program) and may be called to meet with the Football Director, or the Football Board, to obtain approval.

6.0 SELECTION OF PLAYERS

6.1 RETURNING PLAYERS GUARANTEE

Subject to the limitations set forth in this Section 6.1, any player wishing to return to his team from the previous season will be guaranteed a spot on that team’s roster for the current season. Prior to the beginning of the current season, each Head Coach of a returning team is required, using the process and timing set forth below, to contact the parents of each player on that team’s roster from the previous season to inquire as to the player’s intent to play on the team for the current season.

6.1.1 No later than June 15 (prior to the current season), the Head Coach of a returning team shall send an email to the parents of all players (or of each player, individually) inquiring as to the player(s) intent to return to the team for the current season. Each email shall copy (“cc”) the League Coordinator for the current season. Any player responding in the affirmative shall be guaranteed a spot on the returning team’s roster for the current season.

6.1.2 In the email(s) referenced in Section 6.1.1, the Head Coach may give a reasonable deadline for the parent(s) of each player to respond to the email, but the deadline shall be no sooner than July 1 (prior to the current season). The Head Coach may assume that any player answering in the negative, or not responding by the reasonable deadline, will not be included on the returning team’s roster for the current season.

6.1.3 If the parent(s) of a player answers the Head Coach’s email in the negative, but does not copy (“cc”) the League Coordinator on the response, it is the Head Coach’s responsibility to forward such email(s) to the League Coordinator. If the parent(s) of a player answers the Head Coach’s email in the negative in some manner other than email, it is the Head Coach’s responsibility to immediately report the communication and negative response of the player’s parent(s) to the League Coordinator.

6.1.4 Any dispute between a player (or the player’s parent(s)) and the Head Coach regarding whether that player has the right to return to the team’s roster for the current season shall be submitted to and resolved by the League Coordinator, with appeal, if any, to the Football Board. The Football Board understands a Head Coach’s need to plan appropriately for the current season, including the time needed to potentially recruit additional players if the Head Coach so desires. Therefore, except in exceptional circumstances to be determined at the discretion of the League
Coordinator and/or Football Board, a player’s negative response to the Head Coach’s email specified in Section 6.1.1 or the failure of the player to respond to such email by the Head Coach’s reasonable deadline, shall relieve the Head Coach of any obligation to include the player on the returning team’s roster for the current season.

Notwithstanding the foregoing, if a Coach reports that a player from the prior year has decided not to return for the current year, the Football Board may contact the parent(s) of the player and verify the choice of the parent(s) or player. If it is determined by the Football Board that a Coach has not met his/her obligation to contact a player from the team’s prior-year roster, that team will have to accept that player onto its current roster, if the excluded player wants to play, and the Coach may have additional sanctions imposed upon him/her at the discretion of the Football Board. The Football Board also may move such player to an open “pool” for assignment to a different team by the Football Director.

6.2 PLAYER TRANSFERS

A Player who played on a PSA team the previous season has the option to move to another PSA team. In order to protect the competitiveness of the league, the PSA Football Program may assign any player requesting to transfer off of a PSA team to the open registration and assign that player to another team at the discretion of the League Coordinator or Football Director. Parents of transferring players should not initiate contact with another PSA team’s coach during the off-season. If any parent does initiate such contact with a Coach, the Coach shall direct the parent to the League Coordinator (or Football Director if the League Coordinator is not known), and the parent will be required to fill out and submit a Request for Waiver form (in the form of “Attachment C”) indicating the reason(s) for the requested transfer. If the League Coordinator determines there is a justifiable reason(s) to honor the parent’s request to transfer the player to a specific PSA team, the League Coordinator will contact the coach of that team directly to initiate such discussions.

Coaches may not actively recruit any player from any other PSA team regardless of that team’s status or expected status for the upcoming season. If a player played on a PSA team in the prior year, all Coaches should consider such player a returning player to such team and may not actively recruit such player unless or until the applicable League Coordinator informs Coaches otherwise. Any dispute arising out of the recruiting or assignment of such returning player to another team shall be appealable to the Board. If a Coach is found to be actively recruiting players from another PSA team, including players who played on another PSA team in the prior year, the recruiting team may have sanctions imposed against it, including but not limited to limiting the number of optional and recruited players added to that team’s roster.

6.3 NEW PSA PLAYERS

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

6.4 PROHIBITION AGAINST PLAYERS ON TWO TEAMS

6.4.1 No player may play on any PSA team if he/she plays in any other organized fall football tackle league. There are no exceptions to this rule. If a player participates in a PSA Football Program game and is found to also play on a team in a different organized fall football league, the PSA team for which the player played will forfeit each game in which that player participated. The Coach of such PSA team also is subject to further discipline by the Board if the participation by the player in another fall football league was known to the Coach before or at the time that the player played in a PSA Football Program game.
6.4.2 No player may play on more than one PSA football tackle team during the same fall football season.

7.0 TEAMS AND TEAM STRUCTURE

7.1 RETURNING TEAMS

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

7.2 NEW TEAMS WITHIN PSA

If a parent decides to coach his/her own team, he/she may move his/her child along to the team the parent will coach without approval of the Football Board. To the extent that parent/new coach also desires to move other players from the previous team to the new team, the parent/new coach must obtain (1) consent of the other players’ parents and (2) approval of the Board.

7.3 TEAMS FROM OUTSIDE PSA

Teams may be formed from outside of PSA. “Outside of PSA” is defined as a team that did not play fall football in the PSA Fall Football league in the previous fall football season. Such non-PSA teams may bring in a maximum of twelve (12) players, with the rest of the non-PSA team’s players being assigned by the Football Board. With Football Board approval, a non-PSA team may be allowed to bring in additional players, but not to exceed a maximum of twenty (20) players. In such event, the Coach of the non-PSA team will be required to first meet with the Football Board to review the non-PSA team’s roster and any other information or team history deemed relevant by the Board.

7.3.1 Prohibition on Spring Select Tackle Teams: Given the recreational nature of the PSA Football Program, it is the Football Director and Board’s intention not to allow “select” teams to play in the PSA Football Program. The coach(es) of any team formed outside of PSA for the purpose of playing Spring select football (including 2nd Grade teams) must, if requested by the Football Director or Board, meet with the Board to review the team’s roster and any other information deemed pertinent by the Board. The Board reserves the right, in its sole discretion, to determine what constitutes a “select” football team. The Football Director may allow a spring select tackle team to play in the PSA Football Program subject to roster conditions and/or restrictions.

7.4 OPEN REGISTRATION PLAYERS

“Open Registration Players” are those players that sign up through the PSA open registration process and pay the Individual Player Registration Fee, but do not request assignment to a specific team. An Open Registration Player may later request a team, and if there is an opening on the roster of the requested team, he/she may be assigned to that team. The Football Director and the Football Board will assign Open Registration Players at their discretion. The primary goal is to assign an Open Registration Player, where possible, to a team that contains other players that attend the same school as the Open Registration Player or a school in close proximity thereto. Another objective is to assign players to teams in a manner designed to increase the competitiveness of the league. Each player who registers through Open Registration prior to the close of the applicable registration window shall be assigned to a team. Players who register late and who, therefore, are placed on a “waiting list” may be assigned to a team subject to space availability on open team rosters and approval by the Coaches of such rosters.

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

7.6 TEAM REGISTRATION FEE; CLOSED ROSTERS

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

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

7.6.1 The registering PSA team must complete and submit a “team registration” form (which form shall be provided by the PSA Football Program) identifying all players on the team (“roster”), or follow such other online registration process as determined by the PSA Football Program and completing such other steps as are deemed necessary by the PSA Program to designate the team’s roster as a “closed roster”;

7.6.2 The registering PSA team’s roster contains at least 16 Players, but no more than twenty-two (22) players. If a team roster is less than 16 players than the PSA Football Program may add the appropriate number of players to reach 16 players.

7.6.3 The registering PSA team has a Head Coach (which Head Coach, as well as any of the team’s Assistant Coaches, is still subject to the Football Board’s approval) at the time of team registration;

7.6.4 The Head Coach, and Assistant Coaches if known, each completes and submits a Coach’s Contract upon team registration; and

7.6.5 The registering PSA team timely pays the Team Registration Fee.

7.7 TEAM MERGERS

Any proposed merger between two existing or returning PSA teams must be approved by the Board, and the Board has the discretion to place reasonable conditions on such proposed merger as a condition of approval. Proposals to merge two existing or returning PSA teams should be submitted in the first instance to the relevant League Coordinator.

8.0 COACHES

8.1 RESPONSIBILITIES

The Football Board, upon application and/or interview and/or recommendation, shall assign eligible Coaches to teams needing a Coach. The selection and/or approval of all Coaches (including all Assistant Coaches) will be at the discretion of the Football Board. The Football Board may revoke a coaching assignment at any time for willful violation of any provision of these PSA Football Rules, Policies & Procedures or the Coach’s Contract. Coaches also must comply with the following:

8.1.1 Each Head Coach is responsible for the actions of his/her Assistant Coaches, players, parents, and fans during both practice and games. Good sportsmanship should be encouraged and practiced by all. The Head Coach has primary responsibility for correcting poor sportsmanship and violations of rules among his team’s Assistant Coaches, players, parents and fans. The Head
Coach must attend the coaches meeting, the player safety clinic and the Positive Coaching Alliance meeting as specified in section 4.2 above.

8.1.2 Each Head Coach also is responsible for making sure that he/she and all Assistant Coaches have filled out and submitted a Coach’s Contract prior to the close of registration.

8.1.3 Each PSA team shall have a Head Coach with **no more than four (4) other Assistant Coaches**. They will be the only non-players permitted to stand in the Player and Coaches box during the game. Each coach must display the badge issued by PSA in order to be in the box. All Head Coach and Assistant Coaches must complete the requirements listed in section 4.2 USA Heads-UP Football Level 1 Tackle Certification and pass a Background Check in order to be in the coaches box.

8.1.4 Any Coach removed from a game by the officials, or a member of the Football Board, shall be required to promptly meet with the Football Board. The official or Football Board member shall take the coach’s badge. If the Football Board determines that the Coach’s removal from the game was warranted, they will take necessary action including suspension for a minimum of one (1) game and a minimum of one (1) week of team activity (including practices). This suspension will occur during the next week of activities. If the removed Coach does not promptly meet with the Football Board, the removed Coach shall not return to coaching the team in games, practices or other team activities until such time as he has met with the Board and, if determined by the Board as having warranted removal from the game, served his/her minimum or other suspension. Upon serving his/her suspension the coach will have his badge returned by the Board. Upon review of the occurrence, the offending Coach may have additional sanctions placed on him up to and including permanent removal as a PSA Coach.

8.1.5 Each Head Coach and Assistant Coach is responsible for reviewing and being familiar with these Rules, Policies & Procedures, and for explaining these Rules, Policies & Procedures to players and parents.

8.1.6 Each Head Coach and Assistance Coach has a duty of candor to the Football Director and Football Board. Where a Coach is requested or required to meet with the Board for any reason, including disciplinary investigations, the Coach is expected to answer questions honestly and in a forthright manner. If the Board determines that a Coach has lied or otherwise been evasive or dishonest in responding to a Board inquiry, the Board may appropriately consider the Coach’s fitness to hold a coaching position within the PSA Football Program and subject the Coach to disciplinary sanctions, up to and including removal from his/her coaching position.

8.1.7 Each Board Member has been delegated authority and responsibility by the Football Director to ensure that these Rules, Policies & Procedures are followed and enforced. If at any time during a practice or game, a person represents himself as a Member of the Football Board and directs a Coach or parent to take any action or to refrain from any action in compliance with these Rules, Policies & Procedures, the Coach or parent, as the case may be, shall immediately comply the Board Member’s directive, even if the Coach or parent does not agree with the Board Member’s directive. To the extent the Coach or parent disagrees with the Board Member’s directive, the Coach or parent shall nevertheless comply, and the Coach or parent shall have the opportunity _later_ to present his/her position before the Football Board. Failure to comply with any Board Member’s directive in furtherance of these Rules, Policies & Procedures shall be cause for further discipline or sanction by the Board. While Board Members attempt to wear clothing reflecting their Board membership, such is not always possible or practical. A Coach or parent should assume that a person representing himself as a Board Member is who he purports to be, and it shall be no defense to a failure to comply with a Board Member’s directive for a Coach or parent to claim that he/she did not know the person to be a member of the Board.
8.1.8 If, during a game, a Coach or parent fails to comply with a Board Member’s directive in furtherance of these Rules, Policies & Procedures, the Board Member shall have the authority to direct the game officials to stop the game until the Coach and/or parent complies. If the Coach and/or parent still does not comply with the Board Member’s directive, the Board Member shall have the authority to declare the game in question over and/or to declare a forfeit by the non-complying Coach’s team.

8.2 SENIORITY

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

Coaching Seniority is based on the number of years a person has been a PSA Coach or PSA Football Board member. Coaching experience in leagues other than PSA or in other non-football PSA sports are immaterial to the calculation of Coaching Seniority in the PSA Football Program. Seniority is only used to resolve jersey color conflicts that may arise from time to time. The Head Coach with the most seniority has the right to use his team primary jersey for each game. If the Head Coach wants to switch color jersey and it conflicts with the opposing teams jersey color, than he/she shall not be approved to switch colors. Each Head Coach is awarded points based on the appropriate slotting for his/her experience. Points are awarded based on the Head Coach’s previous experience, as set forth below:

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

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

Total Points:
The coaching points and the experience points are totaled for each Head Coach, resulting in the seniority rankings for each league. In the event of a tie, a coin flip will be made to determine the final seniority. Each League Coordinator will calculate and establish seniority ranking at the pre-season, mandatory coaches’ meeting. Such seniority rankings shall govern jersey color conflicts for the entire season.

Seniority points shall be used to establish, vis-à-vis two opposing Coaches whose teams have the same primary jersey color, which Coach has seniority and, therefore, the right to wear the team’s primary color jersey in the game in which there is a conflict between two teams. The team of the Coach that does not have seniority (non-senior Coach) shall be required to wear a non-conflicting, numbered practice jersey for such game. Every effort is made to advise each Coach at the beginning of the season of any potential color conflicts within the league. If, after having been previously informed by the League Coordinator or Board that the non-senior Coach’s team must wear its alternative, non-conflicting practice jersey in a game against a more senior Coach’s team, and the non-senior Coach’s team still shows up to play the game in its conflicting, primary color jersey, the team of the non-senior Coach shall be deemed to have forfeited the game.

9.0 ROSTERS

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

9.1 The League Coordinator shall, at all times, maintain a roster for each PSA team within his/her league, naming all players, jersey numbers and weights. All Coaches and Assistant Coaches must have addresses and telephone numbers listed on their respective team rosters.
9.2 The Head Coach of each PSA team shall, prior to the start of the season, provide a roster listing his/her players’ names and jersey numbers to the League Coordinator.

9.3 No player may be added to any PSA team after the team’s roster is distributed by the League Director, without the express consent of the Football Director and the Football Board, and under no circumstances will a player be added to any team for play-offs.

9.4 All rosters will remain on file in the PSA Office.

9.5 The rosters kept in PSA’s files and/or system of record shall constitute the PSA teams’ official rosters. Only players listed on a team’s official roster are eligible to participate in PSA games and/or practices occurring after the close of registration.

9.6 At the sole discretion of the Football Board there can be random roster checks prior to games to ensure that all players participating in the game are on the respective rosters.

10.0 TEAM MEETINGS, PRACTICES AND GAMES

10.1 PRACTICES

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

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

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

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

10.1.1 All practices must be held at a site or location that is approved for use by the Football Board. Permissible practice sites or locations are addressed below. That notwithstanding, the Football Director and/or Football Board retain discretion to modify or alter the rules set forth herein pertaining to the permissible practice times and locations for all PSA teams.

10.1.2 Non-Contact, Non-Mandatory Workouts: Non-contact, non-mandatory workouts may be held prior to the start of the season, BUT NO SOONER THAN THE FIRST MONDAY IN JULY EACH YEAR (“Non-Contact Practices start date”). Non-Contact Practices are considered non-mandatory. Non-Contact Practices are limited to a maximum of three (3) hours per week. This may consist of (i) two practices of one and one-half (1½) hours in duration, twice a week, on any non-consecutive days, or (ii) three (3) practices of 1-hour in duration, with no more than two (2) such practice being held on non-consecutive days during the week (Monday through Friday) and one (1) such practice being held on Saturday. Helmets and shoulder pads (i.e., “shells”) may be worn by the players during Non-Contact Practices, but no contact is allowed between players during practice until the “Full-Contact Practices” date referred to in Section 10.1.3 below. During Non-Contact Practices, Coaches may, however, teach blocking, hitting and tackling techniques with “dummies” and “shields” so long as those dummies and shields are held by an adult and/or Coach and not another player. The league will set the date for when Full-Contact Practices will start. Unless otherwise provided by the Football Board, Non-Contact Practices may be held at a location of the Coach’s choosing. However,
to the extent the Coach chooses to practice on a field or at a location owned or controlled by the City of Plano, McKinney, or Murphy, such field or location must be approved for such practice by the appropriate City, which generally means no practice can be held at most of the parks with lights. Any violation of this rule will result in a reduction of the offending PSA team’s practices during the regular season.

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

For 2015 full contact practices can start no earlier than Sunday August 23. The preseason full contact practices will be limited as follows:

Week of August 23–Each PSA team is permitted to practice a maximum of 8 hours with no practice exceeding 2 hours in duration.

Week of August 30 - Each PSA team is permitted to practice a maximum of 6 hours with no practice exceeding 2 hours in duration

Week of Sept.7 – Regular season practice time schedule as listed below

(a) Practice Time. Each PSA team is permitted to practice including warm-ups, a maximum of four (4) hours per week, provided that no single practice lasts more than two (2) hours in duration.

(b) Practice Location. Each PSA team will be assigned a practice field or location at a designated Park. Unless otherwise provided by the Football Board, Full-Contact Practices may be held at a location of the Coach’s choosing. However, to the extent a Coach chooses to practice on a field or at a location owned or controlled by the City of Plano, McKinney or Murphy (“City”) other than at their designated Park, such field or location must be approved for such practice by the City, which generally means no practice can be held at any City park with lights. If a Coach chooses to practice at the team’s designated practice field the team may do so only on the days and at the times approved by the Football Board, which days and times will be published on the PSA Football Program’s website.

For 2015 the schedule is:

Week 1 Sunday August 23  5:30 to 7:30 PM
   Tuesday August 24  6:00 to 8:00 PM or 6:30 to 8:30 PM
   Wednesday August 25  6:00 to 8:00 PM or 6:30 to 8:30 PM
   Thursday August 26  6:00 to 8:00 PM or 6:30 to 8:30 PM

Week 2 Tuesday Sept. 2  6:00 to 8:00 PM or 6:30 to 8:30 PM
   Wednesday Sept. 3  6:00 to 8:00 PM or 6:30 to 8:30 PM
   Thursday Sept. 4  6:00 to 8:00 PM or 6:30 to 8:30 PM

Week 3 & beyond - Start of regular practice schedule, 2 hour max per practice. PSA will provided a lighted field for each team on Tuesdays & Thursdays at 6:00 to 8:00 PM or 6:30 to 8:30 PM
The Head Coach of any PSA team that chooses to practice at a location other than the practice fields designated by PSA must, prior to the beginning of the fall football season or at any time requested by the League Coordinator, identify to the League Coordinator the team’s practice location and practice schedule.

Any violation of these rules will result in a reduction of the offending PSA team’s practice times during the regular season and such other sanctions as the Football Board deems appropriate.

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

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

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

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

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

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

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

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

Although scrimmages are fun and important, please remember, the point of a scrimmage is to practice, not to play “extra games.” The following rules shall apply to all scrimmages played by PSA tackle football teams:
10.5.1 Scrimmages between tackle teams may only be held during the official practices at the designated PSA practice fields, unless otherwise expressly approved and authorized by the team’s League Coordinator.

10.5.2 There shall be no scrimmages or games between teams in different PSA leagues unless the younger league players’ parents sign a waiver to play up a maximum of one league grade level. (Such waiver must be in a form acceptable to the PSA Football Program.)

10.5.3 Under no circumstances shall there be scrimmages between a PSA team and a non-PSA team (i.e., a team not participating in the PSA Football Program during the league’s scheduled regular season). No PSA team shall play a game against a non-PSA team unless it is a game organized by and officially sanctioned by the PSA Football Program. Any such games shall not be organized or scheduled by Coaches.

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

11.0 FOOTBALL EQUIPMENT

11.1 REGULATION FOOTBALLS & SIZES

The Home team in all tackle games must provide a game ball to use in their game. At the discretion of the officials and the officials only, the Visiting team’s ball may also be used. No other balls will be used. It is the Head Coaches responsibility to ensure that the game ball is well maintained and available. In the event that the ball is lost or damaged then the team will be responsible for replacing the ball with the exact same brand and size.

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

11.1.1 5th and 6th Grade leagues shall use a “Wilson TDJ”, of any material, sized football.
11.1.2 4th Grade leagues and more junior leagues shall use a “Wilson K2” of any material, sized football.

11.2 PLAYER EQUIPMENT REQUIREMENTS

11.2.1 Equipment for all PSA Football Players (Tackle and Flag): All players shall wear shoes with rubber soles or rubber cleats. Cleats should be rubber or plastic, no metal cleats allowed. Appropriate shoes or cleats are to be furnished by the individual players.

11.2.2 Equipment for all PSA Tackle Football Players: In addition to the foregoing, all players of tackle football must individually furnish the following equipment: Acceptable helmet, inclusive of acceptable facemask and chin strap; mouthpiece; shoulder pads; practice pants with hip, tailbone, thigh, and knee pads. Pads can be integrated into compression shorts in part or in total providing the 5 points mentioned above are protected.

11.2.3 All helmets, pads and mouthpieces shall be worn during any contact period, practice or game. Any player without proper equipment will not be allowed to participate in practices or games. All equipment must carry the “NOCSAE” stamp of approval.

11.2.4 Before the Full-Contact Practices start date, and continuing throughout the season, the parent(s) or guardian(s) of each tackle player must inspect that player’s equipment to make sure it carries the NOCSAE stamp of approval and is otherwise in proper functioning order to ensure that such equipment affords the player the safety and protective features intended by the manufacturer.

11.2.5 Helmets will be worn for all tackle practices and warm-up drills.
11.2.6 The Football Board strongly recommends that all player-furnished helmets have a double chin strap with four points of connection to the helmet, meaning the chin strap has two (2) straps that are secured to two different locations on each side of the helmet.

11.2.7 Purchased equipment (helmet, shoulder pads and pants) must not have the stamp: “This equipment is not to be used for competitive purposes” or a stamp of similar import.

11.2.8 Game uniforms, inclusive of jersey, game pants, socks and, if applicable, helmet decals, shall not exceed the following maximum cost per player:

- Tackle - $125.00
- Flag - $50.00

11.3 GAME/PRACTICE JERSEY REQUIREMENTS & NUMBERING

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

11.3.1 Jerseys. Each team must have 2 different jerseys that can be used during games. They have a game jersey and a different colored practice jersey. Practice jerseys may be worn for games at the Coach’s discretion or in order to resolve a color conflict with the opposing team. The Coach with the most seniority points has the choice of color for each game when there is a color conflict between opposing teams.

11.3.2 Jersey Numbering. Each team is required to number its players’ game and practice jerseys. A player’s game and practice jersey must each bear the same number, and numbers must be worn on the front and the back of each jersey.

11.3.3 90-Series Numbers. Special rules apply to the numbering of jerseys worn by players who officially weigh-in in excess of the maximum ball carrier weight limits applicable to their leagues. The rules require that such players wear 90-series numbers. (See Section 15.2 below.)

12.0 PARENTS’ MEETING

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

13.0 SPECIAL PROVISIONS FOR GAMES

13.1 GAME PLAY; UNIFORM CONFLICTS; GAME RESCHEDULING; MASCOTS

13.1.1 The Football Board will determine the total number of scheduled league and, if applicable, play-off games for each team.

13.1.2 The Football Board will identify possible uniform conflicts on the schedule prior to the start of regular season. Coaches will be notified in advance, and the League Coordinator will specify which team has priority for uniform choice based on the Coaching Seniority system. The Football Director also retains the right to deny any Coach or team the right to use a particular team name if, in the Football
Director’s sole discretion, the name is deemed offensive or in poor taste, or the use of the name would cause undue confusion or color conflicts with other teams using the same or similar name.

13.1.3 Playing conditions shall be evaluated prior to each game by the League Coordinator (or his designee) responsible for the scheduled games on each field. Games will be postponed only if weather creates a hazard to players and officials. The Football Director shall, at a later time, determine when a postponed game will be made up. If the League Coordinator believes that the playing of a full game will jeopardize the safety of the players, coaches, officials, and/or spectators, such League Coordinator will consult with the Football Director and available Football Board members. The Football Director and the Board members reserve the right to evaluate the conditions and apply one of the following remedies:

a) Cancel the game with no make-up;

b) Postpone and reschedule the game;

c) Attempt to play the game, stopping as needed to evaluate the weather conditions. Play may be suspended for lightening or other hazardous conditions and restarted when it is determined to be safe. If a game is suspended and not resumed, and at least half the game has been played, then the score at the time of suspension may be used as the final score only if the game cannot be rescheduled.

13.1.4 The Football Director or his/her designated representative (including the League Coordinator) may stop any game or practice at his/her discretion. If a game is suspended or canceled in the first (1st) half due to weather, it will be restarted if and when the game is rescheduled. If the game is suspended or canceled in the third (3rd) quarter, only the second half will be played if and when the game is rescheduled. If the game is suspended or canceled in the fourth (4th) quarter, every attempt will be made to complete the game from the point of suspension if and when the game is rescheduled. If a game suspended or canceled in the fourth quarter cannot be rescheduled, then, at the Football Director’s discretion, the game can be designated as having been completed.

13.1.5 Each PSA team may have one (1) mascot.

13.2 **PROHIBITION AGAINST RUNNING UP THE SCORE**

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

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

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

13.2.3 If you are 25 or more points ahead in the third (3rd) quarter, you are NOT ALLOWED to call a time out in the 3rd quarter. If you are 20 or more points ahead in the fourth (4th) quarter, you are NOT ALLOWED to call a time out in the 4th quarter.
13.2.4 AT THE START OF THE 2ND HALF, IF YOU LEAD YOUR OPPONENT BY TWENTY-FIVE (25) OR MORE POINTS, YOU MUST GIVE YOUR OPPONENT THE BALL.

13.2.5 If a team is 25 or more points ahead of another team at any time there shall be a running clock. If a team is 20 or more points ahead of another team at any time during the fourth (4th) quarter, there shall be a running clock for the rest of the fourth (4th) quarter.

13.2.6 Any team with a 25 point or lead or more, or a 20 point lead or more in the 4th quarter, that recovers their own kick-off will not be awarded possession of the ball. The possession of the ball will be awarded to the other team."

13.2.7 Any team with a 25 point or lead or more, or a 20 point lead or more, in the 4th quarter that continues to run their star players or run a gadget/trick play, i.e. Hook & Ladder, reverse, flea flicker etc can be brought in front of the football board to justify their actions and could face a suspension or forfeit of the game. In addition the officials will be instructed to flag the coach for unsportsmanlike conduct and nullify the play.

13.2.8 Any team with a 16 point lead or greater cannot call a timeout during the last 2 minutes of the game unless they are on defense and the opposing team has the ball inside the leading team’s 20 yard line.

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

The PSA Football Director and/or the League Coordinator may request both Coaches provide a written account of the circumstances surrounding any game where a team beats another team by 20 or more points, including an accounting of any scoring by the winning team in the second half. The Football Board reserves the right to impose sanctions on teams who have a score differential (winner score - losing score) of 20 points or more in a game. (Please note that only 13 points maximum per game are allowed for calculating league standings pursuant to the tie-breaking rule, so league standings provide no incentive to beat an opposing team by more than 13 points.) Coaches found in violation of the intent of this rule may be disciplined as determined by the Football Director and/or the Football Board.

13.3 SET-UP AND TAKE-DOWN OF FIELDS

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

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

13.3.2 Both coaching staffs of the two teams playing the last game of the day on a field shall be responsible for take-down and PROPER STORAGE of all field markers, goal post pads, chains/box sets score boards, and power cords in the field container(s). While parents may stack the equipment at the storage container, THE COACHES WILL ENSURE THAT THE EQUIPMENT IS STORED NEATLY AND CORRECTLY. If equipment carts are provided for a particular field, please ensure that, in fulfilling your take-down responsibilities, that all field equipment is neatly organized in the cart assigned to your field and that the cart is placed in the appropriate storage container in the High Point Park parking lot. The goal is to ensure that the team responsible for setting up the same field for the next game need only pull the appropriate equipment cart out of the storage container and wheel it to the field with all field equipment necessary to set-up the field for play.
Use common sense to determine if you are the last game. If there are no teams warming up nearby assume you are the last game.

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

14.0 TACKLE LEAGUE CHAMPIONSHIPS; PLAY-OFFS

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

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

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

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

   STEP 2: If the two teams remain tied after the Head-to-Head Competition, or more than two teams are tied, the team with the best point differential in games played between the tied teams will be placed in the highest finishing order. (A maximum point differential of 13 points per game will be used in this tie breaker process.)

   STEP 3: Coin flip.

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

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

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

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

15.0 GAME TIME RULES

15.1 PLAYING TIME, FIELD DIMENSIONS, MINIMUM PLAY TIME and RULES CLARIFICATIONS

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

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

15.1.2.1 Special Onside Kick Rule Applicable to All Games Played on 80-yard Fields: While a legal onside kick must normally travel 10 yards before the kicking team may recover it, it is very difficult to determine whether the ball has traveled 10 yards on an 80-yard field lined in 4-yard increments. Therefore, whenever a game is played on an 80-yard field lined in 4-yard increments (which will generally apply to 2nd and 3rd Grade league games), the ball must travel “two stripes” (or 8 yards) before it may be legally recovered by the kicking team. The foregoing notwithstanding, if a 2nd or 3rd Grade PSA team
plays a game on a standard 100-yard field lined in 5-yard increments, the standard 10-yard rule applies. For the avoidance of doubt, this is a rule that applies based on the set-up of the field, not on the league or grade level of the teams involved in the game.

15.1.3 **Minimum Play Time Requirements:** Each player must, at a minimum, start on either offense or defense and play on that unit for the entire game. A player may change units only at half time. By way of example, a player may satisfy the Minimum Play Time requirement by playing under any one of the following scenarios: (i) playing on defense for an entire game; (ii) playing on offense for an entire game; or (iii) playing on defense for one-half of the game and playing on offense for the other half of the game. Players may play “two-ways”—on both offense and defense during the same half or game—so long as every player on the team satisfies one of the Minimum Play Time scenarios set forth above. Notwithstanding the foregoing, a player may sit out one (1) play per half when his/her unit is on the field unless the player is injured. If minimum playing time is not met, the player’s Coach will be subject to suspension for one (1) full week (including one (1) game and two (2) practices), forfeiture of the game played, and/or other disciplinary action as deemed appropriate by the Football Board. However, players may have their minimum playtime revoked for unexcused absences from practice or for personal misconduct. If a player will not be allowed Minimum Play Time due to unexcused absences from practice or for personal misconduct:

a) The Head Coach shall notify the parents of the player being disciplined at least twelve (12) hours prior to the start of the game in which the player’s Minimum Play Time is being revoked. The coach’s policy toward revoking Minimum Play Time must be uniformly applied towards all players.

b) The League Coordinator, Assistant Coordinator, or the Football Director shall also be notified via email of the action at least twelve (12) hours prior to the start of the game in which the player’s Minimum Play Time is being revoked. The League Coordinator will also contact the parent(s) after receipt of the written notification from the Coach. The League Coordinator shall provide a copy of such notification and recommendations to the Football Director before the game in question commences.

c) If disciplinary action is required during a game, or an injury occurs that prohibits a player from playing Minimum Play Time, the Coach must explain the reasons to the parents and the League Coordinator immediately following the game. In the event the League Coordinator is not available, the Coach should seek out the nearest Football Board member and explain such reasons. The League Coordinator shall provide a written report to the Football Director by the Monday following a Saturday game or within two (2) days after a non-Saturday game.

d) If mandatory, Minimum Play Time is not met, and the failure to provide a player Minimum Play Time is not excused pursuant to the rules in this Section 15.1.3, the player’s Coach shall be subject to suspension for one (1) full week (including one (1) game and two (2) practices), forfeiture of the game played, and/or other disciplinary action as deemed appropriate by the Football Board.

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

15.1.4 **Sideline Management.** The Head Coach and four (4) Assistants, with PSA authorized badges, will be the only non-players authorized in the team area. The team area will be defined as an area within the 20-yard lines and 5 yards from the sideline, or as otherwise outlined on the football fields of play. The Head Coach will keep all authorized personnel inside the team area. Only Coaches and players will be allowed within team area. The Head Coach is responsible for keeping the team area cleared of unauthorized personnel. All spectators must stay a minimum of 5 yards from the sideline or behind the designated spectator line, if one exists at the field. Only players, coaches with
badges and one video/water person with a badge maybe inside the fenced area or on the sideline when games are played at a stadium. All other spectators must be in the home side stands only. The officials may call a 5-yard penalty for sideline interference after one warning to the Head Coach for violation of any rule listed above.

15.1.5 Players that Quit or Stop Attending during the season: It is the Head Coach responsibility to report to their League Coordinator when any player, on their roster after registration closes, quits or does not attend practices or games for a 2 week period. The League reserves the right to contact the Parents of the player to understand the reasons why the player is no longer participating.

15.1.6 Extra Points. Extra points in all leagues will be as follows: two (2) points are awarded for plays passed over the goal line and for plays kicked through the uprights grades 4-6; and one (1) point is awarded for plays run over the goal line. For a pass to qualify for two (2) points, the pass must be forward and the reception made beyond the line of Scrimmage, (LOS).

15.1.7 Punts and Kicks:

a) **Punts:** Teams will be allowed a “free punt” with no rush by the defense. The offensive Coach must notify the official that his/her team intends to “punt,” and this notification may be provided on any down. The ball must be snapped to the punter at least five (5) yards behind the line of scrimmage (LOS). If the ball is dropped, the punter may pick it up and punt it. A “90 series”-numbered player may be the punter. The ball is considered to be punted when it is first touched by the punter’s foot. All offensive players except the center and the punter must take a knee along the LOS and remain in that position until the punt play is blown dead. All defensive players except two punt returners must take a knee within five (5) yards of the LOS and remain in that position until the punt play is blown dead. There must be at least seven (7) defensive players on the LOS, and only two (2) players back further than five (5) yards from the LOS to receive the punt. The punter has five (5) seconds to punt the ball; otherwise the play will be blown dead at the LOS. If the punter takes a knee or falls down in attempting to field a snap or punt the ball, he/she may get up and complete the punt as long as the punt is completed within five (5) seconds of the snap. The punt return team may field the punt but may not advance the punt once fielded. The ball is dead and spotted where it is first controlled by the defense/receiving team. If not controlled, the ball will be marked were it stops rolling or goes out of bounds. Controlled is defined as being in a player’s hands. There will be no fakes from a free punt, and any attempt to fake will result in a fifteen (15)-yard penalty and loss of down. As this is a “free punt,” no player on the punt return team may scream, yell, waive their hands or otherwise attempt to distract the punter while he/she attempts the punt. Any attempt by the punt return team to distract the punter will result in the punting team being provided the option of re-punting the ball.

b) **Special Punt Rule for 2nd Grade League:** For the 2nd Grade league, a special rule addendum applies regarding punts. (See Section 15.3.2 below.)

c) **Free Kicks on Extra Points or Field Goals:** In the 2nd and 3rd grade leagues there are no kicks permitted for extra points or field goals.

In the 4th Grade league, teams shall be allowed free kicks for extra points and field goals. The offensive coach must notify the official that his/her team intends to kick an extra point or field goal, and this notification may be provided on any down. The ball must be snapped to the holder at least five (5) yards behind the line of scrimmage. If the ball is dropped, the place holder may pick it up and set it, and the kicker may kick it. The kicker has five (5) seconds to kick the ball; otherwise the play will be blown dead and the extra point is declared no good or the ball is placed back to the LOS, with a change of possession, on field goal attempts. As these are “free kicks,” no player on the defensive team may scream, yell, waive
their hands or otherwise attempt to distract the kicker while he/she attempts the kick. Any attempt by the defensive team to distract the kicker will result in the kicking team being provided the option of re-kicking the extra point or field goal.

In the 5th and 6th Grade leagues, extra point and field goal attempts shall be conducted under live conditions.

15.1.8 Legal Snap. Each offensive play must begin with a legal snap. A legal snap is defined as a full transition of the ball from the center to an offensive back (including, but not limited to, a quarterback) in the backfield using a single continuous movement. For the avoidance of doubt, a snap whereby the center snaps the ball to him/herself without fully transitioning the ball to a player in the offensive backfield is not considered a legal snap.

15.1.9 Illegal Defense. Any defensive player lined up “in the A gap” must be in a down lineman position, 3 or 4 point stance. The A gap is considered the area on the defensive LOS between the inside shoulders of the left and right offensive guards. A defensive player is not considered “in the A gap” and, thus, is not required to be in a down lineman position, if he/she lines up between the inside shoulders of the left and right offensive guards but is set back from the LOS such that his/her helmet is behind the buttocks of any down lineman on the defensive LOS, including but not limited to any down lineman in the A gap.

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

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

b) Each team will be given a chance to score from “first and goal” at the 10-yard line on a 100-yard field, and at the 8-yard line on an 80-yard field. A team’s possession ends after a score (i.e., touchdown/PAT, field goal, or safety) or turnover (i.e., 4 downs, interception, or fumble recovered by the defense).

c) Whichever team has scored the most points after each team has had a possession will be declared the winner.

d) If the teams are still tied after the first round of overtime possessions, the loser of the coin toss will then have the offense/defense option to start the next round of overtime possession.

e) This procedure will be repeated until a winner is determined.

f) If the game is still tied after each team has had two attempts to score (i.e., two overtime possessions), the ball will be moved from the 10- to the 5-yard line (for 4th through 6th Grade leagues) or from the 8- to the 4-yard line (for 2nd and 3rd Grade leagues) to start the third (3rd) and subsequent round(s) of overtime possessions.

g) Each team is allowed one (1) time out per overtime period (each team having a possession constitutes an overtime period).

15.1.11 Out-of-League Games. All out-of-league games must be approved in advance by the PSA Football Board. If an out-of-league game is not approved by the PSA Football Board, and a PSA team nevertheless plays in the game, the Coach of the PSA team may be suspended from coaching in any PSA program for one (1) year.
15.2 MAXIMUM BALL CARRYING WEIGHT LIMITS; BACKFIELD AND ENDS WEIGHT LIMITS

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

All PSA Tackle Football Players must weigh in even if they are over the ball carrying weight listed below. It is the Head Coach’s responsibility to ensure that all players on his team weigh in. If any player fails to weigh in, then the Coach and the player both will be suspended until that player either quits the team or weighs in, unless the Coach demonstrates to the Board’s satisfaction that, notwithstanding the Coach’s reasonably diligent efforts to bring the player in for a weigh in, the player and/or his parents still refused to comply. If the Coach so demonstrates to the Board’s satisfaction, the player shall be removed from the team’s roster and the Coach’s suspension shall be lifted.

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

<table>
<thead>
<tr>
<th>League</th>
<th>Ball Carrying Weight Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre K/Kindergarten</td>
<td>N/A</td>
</tr>
<tr>
<td>Flag 1st Grade</td>
<td>N/A</td>
</tr>
<tr>
<td>Tackle 2nd Grade</td>
<td>80 pounds</td>
</tr>
<tr>
<td>Tackle 3rd Grade</td>
<td>90 pounds</td>
</tr>
<tr>
<td>Tackle 4th Grade</td>
<td>105 pounds</td>
</tr>
<tr>
<td>Tackle 5th Grade</td>
<td>120 pounds</td>
</tr>
<tr>
<td>Tackle 6th Grade</td>
<td>135 pounds</td>
</tr>
</tbody>
</table>

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

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

b) A player that does not officially weigh in at PSA prior to that player’s first game will be required to wear a 90-series number on his/her jersey.

c) A player’s weight on his/her official weigh-in day will be his/her playing weight for the entire season.

d) Any player within 3lbs of the maximum ball carrying weight will be immediately weighed again with a 2nd board member witnessing to validate actual weight. Players may remove clothing and accessories, down to underwear, in attempt to make the weight but cannot leave the room once they have been on the scale the first time.

e) There will be designated dates for official weigh-ins established by the Football Board. Players should weigh-in on designated weigh-in days after they have registered with the PSA Football Program to play football. All weigh-ins will be conducted and observed by members of the Football Board. Players will have one chance to weigh in, and there will be no re-weighing. Once a player steps on the scales, that player is done!

15.2.2 SPECIAL RULE REGARDING TIGHT END PARTICIPATION IF OVER THE WEIGHT LIMIT
The following rules regarding the tight end position apply in ALL tackle leagues, from 2<sup>nd</sup> Grade through 6<sup>th</sup> Grade, where a player playing the tight end position officially weighs-in in excess of the league’s maximum ball carrying weight limit or otherwise wears a 90-series number ("90-series tight end"):

a) A tight end (TE) is an offensive player lined up next to and no more than two (2) yards outside of an offensive tackle (OT).

b) There are no weight restrictions concerning the tight end position. For the avoidance of doubt, a player wearing a 90-series number may play the tight end position, subject to the following rules.

c) A 90-series tight end may not carry the ball if he receives the ball from a hand-off or lateral.

d) A 90-series tight end may not be the ball carrier on a reverse or end-around play.

e) A 90-series tight end may not go in motion.

f) A 90-series tight end may not advance the ball on a fumble.

g) Notwithstanding the foregoing, a 90-series tight end may carry the ball after receiving a pass, so long as the ball is received on a forward-pass that is completed at least one (1) yard beyond the line of scrimmage. Prior to each play in which a 90-series tight end is used as an eligible receiver, the tight end or his Coach must declare to the referee in the center of the field that he is an eligible receiver.

15.2.3 OFFENSIVE POSITIONS

On offense, any player whose official weight exceeds the maximum ball carrying weight limits for his/her league or who otherwise wears a 90-series numbered jersey will be required to play in a “down lineman” position or, subject to Section 15.2.2 above, a tight end position. The “down lineman” position is defined as an offensive center, guard, or tackle.

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

a) Any player wearing a 90-series number and playing offensive center, guard or tackle will be considered an illegal receiver or ball carrier.

b) Any player wearing a 90-series number may kick punts, but he/she cannot run, hand-off, or pass the ball while in punt formation.

c) Any player wearing a 90-series number cannot be the holder for extra points and field goals except in the 4<sup>th</sup> grade.

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

e) A 90-series numbered player on offense may not advance a fumble.

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

15.2.5 KICK-OFFS/KICK RETURNS

The standard ball carrying weight rule is applied for kick-offs/kick returns. 90-series numbered players cannot return the ball on kick-off returns.

15.3 SPECIAL RULES APPLICABLE TO 2ND GRADE LEAGUE

The following two (2) special rules addenda apply to the 2nd Grade league:

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

a) A Coach on the field may not touch a player while a play is in progress. Any use of the hands to aid a player constitutes a penalty of twelve (12) yards.

b) A Coach on the field may give verbal directions only in the huddle and before the snap. For example, a Coach may call the play/defense and provide instructions prior to the snap as long as it does not interfere with Quarterback signals. After the snap the coaches on the field cannot give instruction. Any violation of this rule constitutes a twelve (12) yard penalty. However, the normal time to run the play will be enforced.

c) A Coach on the field may not question an official, argue a call or disrupt the game in any manner. Any questions regarding an officiating call must come from a Coach on the sidelines. Any confrontation by the on-field Coach and an official will result in the Coach’s immediate ejection from the game. The officials have the right to remove a Coach from the field with or without ejection or penalty at any time if the Coach violates any of the rules set forth in this Section 15.3.1.

15.3.2 Declared Punts/Elected Free Punts: On any down, a 2nd Grade team has two (2) options concerning punts. The team can either “declare” a punt or elect a free punt. If a team “declares” a punt, the officials will move the ball twenty (20) yards down the field, but no further than to the receiving team’s eight (8)-yard line. If a team “elects to punt,” the offensive Coach must notify the official. The ball must be snapped to the punter at least four (4) yards behind the line of scrimmage, and if it is dropped, the punter may pick it up and punt the ball. A 90-series numbered player may be the punter. The ball is considered to be punted when it is first touched by the punter’s foot, and it may not be advanced by the receiving team. The ball is dead and spotted where it is first controlled by the defense/receiving team. If not controlled, the ball will be marked were it stops rolling or goes out of bounds. Controlled is defined as being in a player’s hands. There will be no fakes from an elected free punt, and any attempt to fake will result in a twelve (12)-yard penalty and loss of down. The defense/receiving team may put only two (2) players back to cover the punt. All other defensive and offensive players must take a knee within two (2) yards of the line of scrimmage. There are no off-sides or motion penalties during a free punt. If the punter takes a knee or falls down in attempting to field a punt, he/she may get up and complete the punt.

16.0 INJURIES

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

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

16.2 **FIRST-AID KIT**

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

16.3 **EMERGENCY PLAN**

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

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

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

16.4 **MEDICAL RELEASE**

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

16.5 **REMEMBER TO NEVER DO THE FOLLOWING:**

- Move A Player Who Is Not Alert Or Responsive;
  (You should only do so if the injured player’s position is potentially life-threatening.)

- Remove Equipment from the Injured Player;
  (If the situation is serious, it is best to leave the player’s equipment on. The paramedics will do what they need to do when they arrive.)

- PANIC (Always remain calm.)

17.0 **PROTESTS**

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

17.1 **Under no circumstances may any Coach protest a game unless he/she and his/her Assistant Coaches attended the mandatory Coaches training as determined and scheduled by the Football Director prior to the start of the season.**

17.2 **No protest based on an official’s judgment call will be allowed.**
17.3 The League Coordinator or another Football Board member must be notified of the protest immediately after the game in question.

17.4 A $100.00 cash/money order deposit shall be presented to the Football Director within twenty-four (24) hours of the protest.

17.5 The Football Board will meet as soon as is reasonably possible to discuss the protest.

17.6 If the Football Board finds in favor of the protestor, the deposit will be refunded and whatever steps are necessary will be taken to correct the problem/issue. If the Football Board does not find in favor of the protestor, the $100.00 deposit will be forfeited by the protestor and placed into the PSA Scholarship Fund.

18.0 VIDEOTAPING

The following shall apply to videotaping PSA football teams:

18.1 Coaches, players, and parents of a PSA team are prohibited from videotaping the practice(s) of any other PSA team. Violation of this rule will result in a one (1) game suspension of the offending team’s Head Coach.

18.2 No team may videotape its own practice. No team may videotape its own scrimmage against another team, even if the other team’s Coach consents to the videotaping. Notwithstanding the foregoing, any team participating in the official PSA-sponsored, pre-season Jamboree scrimmage, may videotape such Jamboree scrimmage.

18.3 Coaches and/or parents may videotape league games in which other teams play (i.e., for the purpose of scouting), provided that the Coach/parent videotapes such game(s) from an end zone location and not from a sideline of the field on which the videotaped game is being played.

18.4 Coaches and/or parents may videotape, from their own sideline outside the coaches box and behind the spectator line, unless they have a coaches badge or end zone only, any league games in which their own team is participating.

19.0 PARENT/COACH COMPLAINTS

19.1 Parents should be encouraged to address any problems that come up directly with their Coach. In the event that an issue between a parent and Coach cannot be resolved, complaints will be escalated to the following in order of precedence:

   1. Coach
   2. League Coordinator
   3. Football Board
   4. Football Director

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

19.3 No Coach or parent shall EVER approach a PSA timekeeper or scorekeeper at any time regarding a complaint or alleged discrepancy pertaining to the game clock or displayed score. Coaches shall inform parents that the game officials are responsible for ensuring the proper display of time and score. A PSA scorekeeper only displays the time and/or score. To the extent there is a complaint or alleged discrepancy regarding a displayed time or score, the matter shall be addressed only between the Head Coach and the game officials in any appropriate manner.
20.0 EXCEPTIONS/BOARD DISCRETION

20.1 Any issue raised in or pertinent to the PSA Football Program that is not otherwise covered by these Rules, Policies & Procedures shall be left to the sole discretion of the Football Director.

20.2 The Football Director reserves the right to make exceptions to the rules, policies and procedures contained herein in special cases or under special circumstances.

20.3 The Football Director reserves the right at anytime to modify or apply any rule or item listed.

21.0 CHEERLEADING SQUADS

No PSA team may have a cheerleading squad on its sideline during games unless such cheerleading squad is a PSA cheerleading squad duly and properly registered and recognized by PSA.

22.0 PROHIBITION ON NOISEMAKERS AND SILLY-STRING

No parent, person or fan on the sideline of a game may use artificial noisemakers, including but not limited to whistles, bells, horns, air horns or other devices from which a loud artificial noise is or can be emitted. The use of “silly string” or other like aerosol spray cans are also prohibited on the sideline.

23.0 TEAM WEBSITES/BLOGS

To the extent a PSA team, Coach or parent of a team player has or maintains a team website, blog or other electronic media, the Head Coach shall be responsible for ensuring that the content of such website, blog or electronic media is in good taste and consistent with general civility and the sportsmanship requirements set forth in these PSA Football Rules. The content of such website or blog shall not be critical or demeaning of any other opposing team, any other opposing coach, any other opposing teams’s parents/fans, any game official(s) or officiating call(s). If, in the Board’s discretion, the content of any such website, blog or other electronic media is overly critical, demeaning, in poor taste or otherwise displays a lack of sportsmanship or civility, the Head Coach of the team associated therewith may be disciplined as determined by the Football Board. While the Head Coach is ultimately responsible for policing the content of any such website, blog or electronic media, the Football Board may also discipline or impose sanctions on any other Coach, parent or player bearing responsibility for the objectionable content.
ATTACHMENT “A”

PSA Flag League Football Rules, Policies & Procedures

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

1.0 THE GAME

1.1 NON CONTACT: Flag Football is considered a “non-contact” sport. For example, instead of tackling a ball carrier, the defense stops a ball carrier by pulling a “flag” suspended from the ball carrier’s waist.

1.2 NUMBER OF PLAYERS PER TEAM ON FIELD: The number of players on the field will be determined prior to the start of the season by the Football Board. Typically, eight (8) or nine (9) players per team are on the field, depending upon the sizes of the team and league. This shall be determined by the Football Director before the start of each flag football season.

1.3 SEASON: The flag football season ends with the last regular season game. There are no standings kept or playoffs played in the flag football leagues.

1.4 NO SCORING: While touchdowns are awarded on the game field, no scores are kept or officially recorded in the flag football leagues.

1.5 MOUTHPIECES: All players must wear mouthpieces when on the playing field.

2.0 REGISTRATION/TEAM ROSTER

2.1 REGISTRATION. Adults desiring to coach flag football and players desiring to play flag football in the PSA Football Program must register to coach or play in the manner described in the PSA Football Rules. (See PSA Football Rules, Sections 5 through 7.) The coaching and player eligibility requirements and rules set forth therein shall apply.

2.2 TEAM ROSTER. Each flag team will have approximately twelve (12) players. Teams may have more or less than twelve (12) players depending on the size of league enrollment and the availability of Coaches.

3.0 FLAG FOOTBALL PRACTICES

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

3.1 PRACTICES

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

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

3.1.1 Flag teams may choose their own practice fields or locations. However, to the extent a flag team desires to practice on a field or at a location owned or controlled by the City of Plano (“City”), such field or location must be approved for such practice by the City, which generally means no practice can be held at any City park with lights. Any violation of this rule will result in a reduction of the
offending PSA team's practices during the regular season. That notwithstanding, the Football Director and/or Football Board retain discretion to modify or alter the rules set forth herein pertaining to the permissible practice times and locations for all PSA teams.

3.1.2 Starting on a date to be determined by the Football Board, and continuing until the first scheduled league game, flag teams may practice two (2) times per week, for no more then one (1) hour per practice session. Coaches may decide on which days of the week to hold practice.

3.1.3 After the first scheduled league game, Pre-K/Kindergarten league flag teams may practice one (1) time per week, for no more then one (1) hour per practice session. However, Pre K/Kindergarten flag teams also may have one (1), one (1)-hour “walk through” practice just prior to the team’s scheduled league game, provided that the walk through practice is at the same location (i.e., field) as the scheduled game.

3.1.4 After the first scheduled league game, 1st Grade league flag teams may practice two (2) times per week, for no more than one (1) hour per practice session.

3.1.5 The fact that a flag team scheduled a practice during the week and that practice was rained out shall not be considered a valid reason to increase practice time the following week beyond the maximum time limitations set forth in Sections 3.1.2 or 3.1.3, whichever applies. The Football Director shall solely determine whether additional practice time will be allotted any PSA team(s) by reason of rain outs.

3.1.6 No Coach shall require his/her players to be at the practice field or location longer than permissible under this Section 3.1.

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

3.2 SCRIMMAGES

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

3.2.1 There shall be no scrimmages or games:

   a) Between flag teams in different PSA leagues unless the younger league players’ parents sign a waiver to play up a maximum of one league grade level. (Such waiver must be in a form acceptable to the PSA Football Program.)

   b) Between a PSA flag team and a team not participating in the PSA Football Program during the league’s scheduled regular season.

3.2.2 Scrimmages shall be limited to a maximum of forty (40) minutes for PSA flag teams.

4.0 EQUIPMENT/JERSEYS/UNIFORMS

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

The following rules also apply to the wearing of equipment and jerseys in the PSA flag football leagues:
4.1 As set forth in the PSA Football Rules, all flag football players must wear rubber-soled shoes or cleats. Cleats are to be of the molded type only. No screw-in type cleats or metal baseball cleats are allowed.

4.2 All players' jerseys or shirts shall be numbered on the back. Numbers on the front of the jerseys are optional, not mandatory. No players' names should be applied to the team's jerseys.

4.3 A player may furnish and wear soft knee and/or elbow pads.

4.4 For games, all players must wear either white or black shorts of a solid color so as not to visually obscure flags worn by players.

4.5 The “home team” for a game is responsible for changing colors in the event of a jersey color conflict.

4.6 No player may wear “Do-Rags”, bandannas or hats during practices or games.

5.0 PLAYING FIELDS

5.1 Pre-K/Kindergarten league fields shall be sixty (60) yards in length, and thirty (30) yards in width. End zones shall be five (5) yards deep.

5.2 1st Grade league fields shall be eighty (80) yards in length, and forty (40) yards in width. End zones shall be five (5) yards deep.

5.3 All field dimensions may be modified based upon city field allocations.

6.0 MINIMUM PLAY TIME REQUIREMENTS/BALL CARRYING REQUIREMENTS

The “Minimum Play Time Requirements” set forth in the PSA Football Rules, including exceptions thereto and the associated sanctions for non-compliance, shall apply to all PSA flag teams and players. Coaches are strongly encouraged to review Section 15.1.3 of the PSA Football Rules and become familiar with both the letter and spirit of the rule.

7.0 FLAG FOOTBALL GAMES

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

7.1.1 Game Clock:

(a) In the PreK/K league, each flag football game shall consist of a single forty (40) minute period. Teams will be permitted a short water break at the expiration of twenty (20) minutes, but there will be no clock stoppage for half-time. Each game is played under a running clock.

(b) In the 1st grade league, each flag football game shall consist of four (4), ten (10)-minute quarters. Each game is played under a running clock.

7.1.2 Each game will start with a coin flip. The team winning the coin flip will choose whether it wants to first receive the ball (i.e., play offense) or play defense. The team losing the coin flip will then be given the choice of which end of the field it will protect.

7.1.3 There are no kick-offs in the flag leagues. A team starting the first offensive possession will start with the ball placed on the offensive team’s thirty (30)-yard line. After a team scores a touchdown
(and makes its extra point(s) attempt), the other team will start its next offensive possession with the ball placed on its thirty (30)-yard line.

7.1.4 The offense has thirty (30) seconds between plays to huddle and snap the ball. Once the ball has been marked for play, the offense has 30 seconds to huddle and/or snap the ball. Failure to snap the ball within the 30-second window shall constitute a “delay of game” penalty. A delay of game penalty constitutes a four (4)-yard penalty. Notwithstanding Section 7.1.1, if, in the opinion or judgment of the official(s), a team is intentionally delaying the game, the official(s), at his/her sole discretion, may stop the clock until the ball is put in play.

7.1.5 In the 1st grade league, teams will switch ends of the field at half-time. In the PreK/K league, teams will switch ends of the field at the water break.

7.1.6 In the 1st grade league, half-time shall be fifteen (15) minutes long. In the PreK/K league, the water break shall be no longer than three (3) minutes long.

7.1.7 In the 1st grade league, each team has two (2) timeouts per half. Time-outs are not cumulative from half to half. The clock will stop during timeouts. In the PreK/K league, teams will not have any timeouts, and the clock will not stop during game time except for injury at the game official’s discretion.

7.2 OFFENSE

7.2.1 PreK/Kindergarten League:

a) The offense shall have a quarterback, center and seven (7) other offensive players. All players are eligible to receive a pass, including the center and the quarterback after a legal handoff or toss. All plays must start with a legal snap.

b) Each offensive team must have a minimum of five (5) offensive players on the line of scrimmage.

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

d) The offense may pass or run on any down.

e) All players on a flag team are eligible as receivers.

f) Each flag player on a team must be allowed to carry the ball at least once per game. All players on a team must have the opportunity to run the ball one (1) time before any other player is permitted to run the ball a second time. A pass to a receiver DOES NOT count towards the receiver’s ball carrying requirement. If a player runs the ball a second time before all other players on the team have had the opportunity to run the ball once, then the play is nullified and the offensive team will be penalized with a loss of a down.

7.2.2 1st Grade League:

a) The offense shall have a quarterback, center and seven (7) other offensive players. All players are eligible to receive a pass, including the center and the quarterback after a legal handoff or toss. All plays must start with a legal snap.

b) Each offensive team must have a minimum of five (5) offensive players on the line of scrimmage.
c) The offense can either run or pass unless the offense leads by 20 or more points, in which case the offense may only pass. So long as the offense does not lead by 20 or more points, the quarterback may run the ball at any time.

d) Any player who takes a hand-off may pass provided he does not cross the line of scrimmage.

e) There will be no contact. A “blocker” may screen a defensive player, but he/she cannot initiate contact or push a defender with his/her hands or body. Any illegal contact on the offense will result in an 8-yard penalty and loss of down.

f) Spinning is allowed, but players cannot jump, dive, hurdle or otherwise leave their feet to avoid a defensive player.

7.3 DEFENSE

7.3.1 PreK/Kindergarten:

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

b) At the start of each play, the ball is reset at a centerline in the middle of the playing field. This centerline and “hash marks” will be marked onto the flag game fields. The centerline will bisect the playing field and hash marks will run 4 yards parallel on each side of the centerline. This area will create a zone or “tackle box” where no defensive player is allowed to enter except as described hereafter. No player will be allowed to cross the Line of Scrimmage (LOS) during the initial play. If, however, the ball carrier crosses the hash marks on either side (i.e., exits the tackle box) and reverses back the other way and re-crosses the hash mark, then the defensive team may cross the LOS in pursuit.

c) There is no blitzing in the PreK/K flag football league. The defense may not cross the LOS until the ball crosses the LOS.

7.3.2 1st Grade League:

a) There is no restriction on defensive formation.

b) Defenses may play zone or man coverage to defend the pass, but no contact on any receiver is allowed.

c) Defensive players aligned at seven (7) yards or further, from the line of scrimmage may blitz on the snap of the ball. A special marker, or the referee, will designate seven (7) yards from the line of scrimmage. Except as set forth immediately above, there shall be no rush across the LOS. Except as set forth immediately above, the defense may cross the LOS only after the ball crosses the LOS.

d) Defensive players must make every reasonable effort to avoid contact with “blockers.” An illegal contact penalty on the defense is an 8-yard penalty and an automatic first down.

7.4 DECLARED PUNT

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

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

7.5.1 Fumbles on the center/QB exchange can be picked up as long as the ball does not cross the LOS.

7.5.2 If a defensive player takes or strips the ball from an offensive player, the ball will remain in the possession of the offense and will be spotted at the original LOS.

7.5.3 A ball fumbled across the defensive team’s goal line will be brought back to the one (1)-yard line.

7.5.4 A ball fumbled behind the offensive team’s goal line shall automatically be considered a safety, and the defense will be awarded the ball. The ball will then be given to the defensive team to start offensive plays at its thirty (30)-yard line. There is no optional kick after a safety as in tackle.

7.6 **INTERCEPTIONS**

7.6.1 Pass interceptions are legal in the flag leagues and do result in a change of possession. In the PreK/Kindergarten league, the defensive team that intercepts a pass is awarded the ball at the point of interception, and the defensive team cannot advance the ball once intercepted. In the 1st Grade league, the defensive team that intercepts a pass may advance the ball under normal rules.

7.6.2 Mid-air fumbles recovered by the defense and intercepted pitches are treated as interceptions.

7.7 **COACHES ON THE FIELD (COACHES’ OPTION)**

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

7.7.1 In the Pre-K/Kindergarten league, only three (3) Coaches per team may be on the field at a time regardless of whether the Coaches’ team is on offense or defense.

7.7.2 In the 1st Grade league, only one (1) Coach per team may be on the field at a time, regardless of whether the Coach’s team is on offense or defense.

7.7.3 Upon the snap of the ball, the offensive and defensive Coaches, respectively, must be a minimum of ten (10) yards behind their deepest player, and must remain motionless until the whistle blows a play dead and/or all play is stopped. The only exception to the foregoing rule is that, if a play develops in a Coach’s direction, that Coach may and should make reasonable efforts to move away from the play so as not to obstruct or interfere with the play’s progress. A Coach’s failure to comply with the rules in this Section 7.7.3 shall constitute a four (4)-yard penalty.

7.7.4 A Coach on the field may not touch a player while a play is in progress. Any use of the hands by the Coach to aid a player constitutes a penalty of twelve (12) yards.

7.7.5 A Coach on the field may give verbal directions only in the huddle and before the snap of the ball. Any violation of the rule in this Section 7.7.5 constitutes a twelve (12) yard penalty.

7.7.6 A Coach on the field may not question an official, argue a call or disrupt the game in any manner. Any questions regarding an officiating call must come from a Coach on the sidelines. Any violation of this rule shall constitute a twelve (12)-yard penalty. Any confrontation by an on-field Coach and an official will result in the Coach’s immediate ejection from the game. The officials have the right
to remove a Coach from the field with or without ejection or penalty at any time if the Coach violates any of the rules set forth in this Section 7.7.6.

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

7.8 AWARDED TOUCHDOWNS

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

7.9 PENALTIES

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

7.9.1 A penalty that is normally considered a five (5)-yard penalty shall be assessed as a four (4)-yard penalty.

7.9.2 A penalty that is normally considered a ten (10)-yard penalty shall be assessed as an eight (8)-yard penalty.

7.9.3 A penalty that is normally considered a fifteen (15)-yard penalty shall be assessed as a twelve (12)-yard penalty.

7.10 OTHER SPECIAL PLAYING RULES APPLICABLE TO FLAG FOOTBALL

7.10.1 First downs are awarded by advancing the ball eight (8) yards.

7.10.2 All players on both offense and defense must wear flags. Flags must be worn hanging at a player’s sides only, free from obstruction. All flags must be uniform in length.

7.10.3 A player not properly wearing his/her flags (i.e., one on each side) may not advance the ball. If a player who is not properly wearing his/her flags attempts to advance the ball, the official shall call a dead ball where such player first touched the ball.

7.10.4 A player’s jersey/shirt must be tucked in at all times and may in no way obstruct or obscure the flags at his/her sides.

7.10.5 If, while running with the ball, a ball carrier’s flag falls off, it shall be treated the same as if a player removed the flag and the play shall be complete at the point where the flag came off of the ball carrier (i.e., same as being pulled off by a defensive player).

7.10.6 The ball carrier is not permitted to move, push or knock away the hands of a defensive player attempting to reach for or pull the ball carrier’s flag. The ball carrier is not permitted to “protect” his/her flags with the use of hands, arms or the ball. Blocking, guarding or protecting flags by the ball carrier shall constitute an eight (8)-yard penalty from the point of the infraction.

7.10.7 Flags may not be pulled from players who are not in possession of the ball. Intentionally removing or pulling the flag(s) of a non-ball carrier player shall constitute an eight (8)-yard penalty from the point of the infraction.

7.10.8 For games, all players must wear either white or black shorts of a solid color so as not to visually obscure flags worn by the players.
7.10.9 Players are not permitted to go into a three-point stance.

7.10.10 A legal snap of the football between the center and a QB must initiate every offensive play.

7.10.11 No player (offensive or defensive) is allowed to leap, jump, slide (i.e., no soccer-type tackle) or leave his/her feet for the purpose of making or avoiding a tackle.

7.10.12 Defensive tackling, reaching around the ball carrier to slow or impede progress, intentionally tripping, intentionally diving to pull the flag, and all other flag football-related fouls not covered elsewhere herein will result in a twelve (12)-yard penalty.

8.0 PARENT/COACH COMPLAINTS

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

9.0 EXCEPTIONS/BOARD DISCRETION

9.1 Any issue raised in or pertinent to the PSA flag football program that is not otherwise covered by these Flag Rules or the PSA Football Rules, Policies & Procedures shall be left to the sole discretion of the Football Board.

9.2 The Football Board reserves the right to make exceptions to the rules, policies and procedures contained herein in special cases or under special circumstances.
ATTACHMENT “B”

NYSCA Child Abuse Rules

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

1. Child abuse in sports is any action taken by an adult that results in the direct or indirect physical and/or emotional harm of children.

2. The four types of abuse are defined as:
   a. Verbal - swearing at players, name calling, hurtful comments regarding performance.
   b. Physical - slapping, grabbing, hitting or shoving a child; excessive exercise as punishment.
   c. Emotional - placing unrealistic expectations on a child (winning every game, never making mistakes, etc.).
   d. Sexual - touching a child’s genital areas or buttocks or breast area; sexually implicit or explicit comments.

3. All programs/activities sponsored by PSA shall operate on the following guidelines:
   a. Any allegation of the abuse identified in Section 2(d) above will result in the immediate suspension of the individual(s) involved from any activity with PSA and notification of proper legal authorities. Any change in this status can only be done by the Executive Committee by unanimous vote.
   b. All first violations involving the abuse identified in Section 2(a), (b) and/or (c) done in anger shall result in an immediate one (1) game suspension and require the individual to become certified by NYSCA prior to returning to their PSA program/activity. If the individual is already NYSCA certified, he/she must be re-certified prior to resumption of such activities.
   c. Second violations involving the abuse identified in Section 2(a), (b) and/or (c) shall result in a mandatory suspension from all PSA involvement for one (1) year. The PSA Executive Committee, by unanimous vote, must approve any reinstatement to PSA activities.

4. The rules and associated sanctions set forth above are mandatory. The individual PSA programs/activities, within their own Policies and Procedures, may add additional rules as they deem necessary.

SAFETY BULLETIN

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

1. DROP OFF AND PICK UP -- If you are unable to stay with your child during his/her game or practice, please do not leave your child at the field, unless you are 100% certain that there is a responsible adult (i.e., coach, another parent, etc.) who will remain there until you pick up your child. Make sure that you know what time you need to pick up your child.

2. NAMES ON JERSEYS -- PSA and all area police departments strongly discourage putting your child’s name on the backs of the jerseys. If his/her name is already on the jersey, please do not allow these jerseys to be worn away from the playing field.

3. SMALL CHILDREN -- Please keep small children with you at all times while watching a PSA event.
4. **“BUDDY SYSTEM”** -- If your child must walk to or from a PSA practice or game, please insist that they do this with a “buddy”.

5. **PASSWORD** -- Have a “password” for your child. If an adult doesn’t know your password, the child should know to run away.

6. **COMMON SENSE** -- All the rules, regulations and guidelines will never replace good common sense when it comes to the safety of your child.

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

PSA PLAYER TEAM TRANSFER FORM

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

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

____________________________
Parents/Guardian’s signature and date

Special Requests or Comments:

____________________________________  _____________ _________________________
PSA Football Director  Date    PSA League Coordinator  Date