

Memphis Shelby PAL  
FOOTBALL BY-LAWS AND  
PLAYING RULES



## ARTICLE I

### 1. FOOTBALL PLAYING RULES

Playing rules of Memphis Shelby PAL., are as follows:

- A. All games played in The Association will be governed by the National Federation Rules (TSSAA) except where specifically designed Memphis Shelby PAL rules are in effect.
- B. The Football Season shall begin the last full week of July and run through the end of the Championship game.
- C. Age Divisions:
  - 1) Fly Weights (Flag Team)- 5 and 6 Year olds: All players that are 5 years old by August 1st of the current playing season along with documented first year 6 year old players are eligible for Flag Football Season.
    - a) A player must continue to play Flag Football until he or she is designated for Tackle Football by the Head Coach and League Administrator on the Official Team Roster.
    - b) Once designated tackle football eligible by the team, A player must compete for the rest of the season in Tackle Football.
    - c) All P.A.L. Flag Coaches are to be certified through the USA Football Flag Coaching Certification and the Tennessee Concussion Certification before the season begins.
    - d) P.A.L. Flag Football will follow the Flag football rules from the USA Football Flag Rules.
  - 2) Mighty Mites-8 and under: A player must be 7 years old on or before August 1st of the current playing season. Players who 9th birthday falls on or after August 1st of the playing year may complete the season in this age division.
  - 3) Midgets-10 and under: A player must be 9 years old on or before August 1st of the current playing season. Players who 11th birthday falls on or after August 1st of the playing year may complete the season in this age division.
  - 4) PeeWees-12 and under: A player must be 11 years old on or before August 1st of the current playing season. Players who 13th birthday falls on or after August 1st of the playing year may complete the season in this age division. 9th graders are NOT allowed to play.

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- D. No player may participate on any other tackle, touch or flag football team in this or any other league.
- E. A player is allowed to play up one division with the approval of the League Directors and Football Administrator. Once a player is moved up, he/she may not be moved back down a division.

## 2. PLAYING FIELD

- A. The playing field shall be 100 yards (300 feet) long and 53.4 yards (160 feet) but a minimum of 45 yards (135 feet) wide with end zones 10 yards (30 feet) deep each. Only League Member Organization that does not have access to a 100-yard field may revert to the 80-yard (240 feet) field. Fly Weights will play on an 80-yard field. The inbound markers shall be 15 yards from the sidelines. The Coaches Box and Team Box shall be marked from the 25-yard line to the 25-yard line.
- B. A spectator restraining line shall be marked off at a distance of 5-10 yards with 10 yards recommended from the sidelines by a rope or any other device that is at least 36" above the ground.
- C. The field shall be marked off every five (5) yards.
- D. The Football Administrator and/or Assistant Football Administrator must inspect and approve the playing fields for lighting, (except High School fields), prior to any night game being played
- E. All points after a touchdown shall be either a run or pass.
- F. During football games the only people allowed on the sidelines are as follows:
  - 1) Coaches Box: Executive Board members, the League Directors, one (1) Assistant Director, 3 football coaches.
  - 2) Players Box: Executive Board Members, the League Directors, one (1) Assistant Director, 5 football coaches, designated EMT, football players.
  - 3) On sidelines outside coaches/team box, inside the restraining line: Executive Board Members, the League Directors, one (1) Assistant Director, Cheerleaders and Cheer Advisor.
  - 4) Penalty for violation
    - 1st Offense Warning
    - 2nd Offense 5-Yard Penalty
    - 3rd Offense Unsportsman penalty

IF COACH REFUSES TO LEAVE, FORFEIT THE GAME.

**3.      KICKOFF AND RESTRAINING LINES**

A.      On an 80 yard field the ball shall be put in play by a free kick from the 35-yard line at the beginning of each half and following a touchdown, except if a penalty is enforced. For Fly Weights-6u, no kicks, spot ball only and for Mighty Mites-8u, kickoff at the beginning of each half only. When playing on a 100-yard field, we will use the Federation rules.

B.      The receiving team shall not be closer than 10 yards to the kick off line and all overweight players in the game must be on this restraining line. (Maximum of five (5) overweight players) On an 80-yard field, the receiving team restraining line will be at the 35-yard line. When playing on a 100-yard field, we will use the Federation rules.

C.      On an 80-yard field following a touchback, except in the Fly Weights and Mighty Mite, the ball shall be in play on the 15-yard line by a snap. For Midgets-10U, mandatory kickoff after all scores, including safeties. Punting is mandatory but not live, with no rushing of the punter. Ball in play from the spot blown dead. Field goal attempts are allowed with no rushing. When playing on a 100-yard field, we will use the Federation rules.

D.      On an 80-yard field following a safety, except in the Fly Weights and Mighty Mite, the ball shall be put in play on the 15-yard line by a free kick. For Pee Wees-12U, Mandatory kick offs and punting. Punts are live after the live is kicked, no fakes, field goals are allowed with no rush. When playing on a 100-yard field, we will use the Federation rules.

E.      On an 80-yard field following a touchback or a safety in a Mighty Mite or Mighty Mites game, the ball shall be put in play on the 20-yard line. When playing on a 100-yard field, we will use the Federation rules.

F.      There are no field goals in Memphis Shelby PAL.

**4.      THE FOOTBALL**

A.      Standard football that is comparable in size regardless of brand:

Fly Weights	K-2      or comparable
Mighty Mites	TDJ Midgets size) or comparable TDJ
Midgets	Midgets size) or comparable TDJ Mid-
Pee Wees	size) or comparable

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B.      In games outside the Association, it is permissible for the other team to use the ball they are familiar with.

C. The Association is responsible for providing game balls. All League Member Organization will furnish their own practice balls. No rubber balls will be allowed in Memphis Shelby PAL games and the balls furnished by The Association will be used.

## 5. PENALTIES

A. Major penalties will be 10 yards for the Fly Weights and Mighty Mite. Illegal use of hands or holding will be 5 yards.

B. Major penalties will be 15 yards for Midgets and Pee Wees. Illegal use of hands or holding will be 10 yards.

C. Each League Directors is encouraged to insist through his coaches that each of the team members be given every opportunity to participate as much as practicable. Neglect of this basic principle may lead to disciplinary action by the Board of Directors. Although Memphis Shelby PAL Football is a competitive league, the primary focus of the league is to teach participants sportsmanship. The following steps will be taken when a game becomes out of hand.

1. A team that reaches a lead of more than 28 points the opposing team will have the choice of returning a kick-off or having the ball put in play "1st and 10" on their own 35 yard line.

2. A team that reaches a lead of more than 35 points, the opposing team will not have the choice. The ball will be put in play "1st and 10" on their own 35-yard line.

3. Once a team has reached a lead of more than 35 points, the opposing team will no longer be required to punt the ball. They will use the "declared kick" rule instead of the "announced kick" rule. This provision only applies to the Fly Weights, Mighty Mites, and Midgets Divisions.

4. It is the option of the League Directors involved in games that are out of hand to notify the officials that a running clock is to be used for the remainder of the game.

5. Any League Directors who feels that their opponent is attempting to "run up the score" should contact the Football Administrator.

a) The Football Administrator will:

1. Notify the League Directors to write a letter to the Board of Directors, reporting the incident outlining the exact actions of the opposing coach, which leads them to believe their opponent was attempting to "run up the score".

2. Contact the lead official of the game in question to get an unbiased view of the situation in question.

3. Notify the League Directors of the “accused” coach to inform them of the investigation and advise them to be prepared to submit a statement in rebuttal.
- D. A player or coach ejected from a game for unsportsmanlike conduct or a contact foul will be suspended from the next regularly scheduled week of practice and game. This suspension will also be enforced in Play-off games, if any, in which the coach or players team may participate.
  - E. Any coach ejected from a game because of his actions (not the actions of his players) will automatically be suspended for one (1) week and will be placed on probation for the remainder of the year.
  - F. At pre-game activities, the Directors and Coaches will meet at mid-field to display the highest degree of sportsmanship at the start of the game to set a positive tone. Post-game activities will include Director, all coaches, participants and cheerleaders. They will greet each other as a formal showing of the highest degree of sportsmanship and to develop a common bond between League Member Organization.
    - 1) Penalty: Directors and Coaches not meeting at mid-field to shake hands and display the highest degree of sportsmanship at pre- and post-game activities will incur a one (1) game suspension and be placed on one (1) year probation. A second offense during the probation period by the Director or Coach will be suspended for one (1) full year from date of incurrance and placed on two (2) years’ probation. A third offense by the Director of Coach during the probation period will be suspended from Memphis Shelby PAL for life.
  - G. If there are three unsportsmanlike conduct penalties during a game by a team, the game will end and the Head Coach will be suspended for two weeks. The game will be forfeited as well as the next week’s game. If the team incurs a second unsportsmanlike forfeit, the team will forfeit all remaining games for the season and the Head Coach will be suspended for two years from the date of infraction.
6. OVERWEIGHT PLAYERS ADVANCING THE BALL
- A. Players over the weight limits are described in Article II, Rule 3: Shall be permitted to advance the ball on a kickoff, provided they are the first player to touch the ball and gain control.
  - B. On interceptions, fumbles, and blocked punts any overweight Defensive player may advance the ball.
  - C. Penalty for an overweight Offensive player advancing the ball is 5 yards from the succeeding spot. (Note: This is a dead ball foul for delay of game.) Ball will become dead when Officials’ whistle is blown. Judgment will be used to determine if it is a dead ball foul for a delay of the game.

## 7. OVERWEIGHT PLAYER DESIGNATION

- A. An overweight player shall be designated by a distinguishing stripe 2 inches wide, running from the front of the helmet to the back. Said stripe must be contrasting to helmet colors.
- B. No stripes other than the above are permitted on a player's helmet.
- C. If an overweight player is not striped before the start of a game, the player will sit out that game and the head coach shall be put on probation.

NOTE: Five overweight players can participate in the game on offense or defense. No offense striped player can play on the end of the line regardless of formation.

## 8. BASIC RULES FOR OVERWEIGHT PLAYERS ON DEFENSE

- A. Linemen are defined as those players within one (1) yard of the neutral zone at the snap.
- B. There can be a maximum of five (5) overweight linemen in the game at one time.
- C. Defensive ends may line up anywhere on the outside of defensive line.
- D. In a five (4) man line, all players can be overweight.

NOTE: E, F, G and H are relevant only when five (5) overweight players are on the field.

- E. In a six (6) man line, one (1) player on the outside must not be overweight.
- F. In an eight (8) man line, all overweight players must be on the inside.
- G. Play participation of defensive linebacker: If a defensive linebacker is within one (1) yard of the neutral zone at the snap, he becomes a defensive lineman.
- H. Five (5) striped players in the game at the same time constitute a SPECIAL SITUATION in which the striped players must be next to each other at the snap of the ball.

NOTE: Overweight players designated as linemen must remain within one (1) yard of the neutral zone until the ball is snapped. Sample plays are:

- 1) PLAY: Team B lines up on defense with a five (5) man line. The two (2) outside players on the line of scrimmage are overweight.

RULING: Legal formation.

- 2) **PLAY:** Same as above. Linebacker B blitzes and is within one (1) yard of the neutral zone at the snap, only when five (5) overweight players are in the game.

**RULING:** Illegal formation. One of the outside, overweight players has become an end.

#### 9. ANNOUNCED KICKS, FREE KICKS AND KICKOFFS

- A. An overweight player may kick the ball on an announced kick, a kickoff or free kick following a safety.
- B. All overweight players on the receiving team must be within 15 yards of the kicking teams' restraining line on the kickoff or a kick following a safety.
- C. On announced kicks only, all players on the line of scrimmage must remain there until the ball is kicked.
- D. Penalty for violation of 9-B and 9-C is 5 yards from previous spot and replay of the down.

#### 10. ELIGIBILITY OF PLAYERS TO PARTICIPATE IN A DOWN

- A. After the ball is made ready and before the snap, each player of the offensive team must be momentarily within 10 yards of the spot where the ball is to be snapped.

#### 11. SCRIMMAGE KICK

- A. Pee Wees will use the regular Federation Rules, kick from scrimmage. No overweight Pee Wees can punt the ball on scrimmage kick.
- B. Announced kick: Fly Weights, Mighty Mites and Midgets teams may announce an intention to kick. When such an intention is announced, seven (7) men on defense must remain on the line of scrimmage until the ball is kicked. No player on either team may cross the line of scrimmage until the ball is kicked.
  - 1) The ball is dead until the Official puts the ball in ready to play. The kicker has 25 seconds to kick the ball past the line of scrimmage. The game clock starts when the ball is kicked. The ball is dead until it is kicked.
  - 2) Penalty for rushing the kicker on an announced kick is 5 yards from the previous spot.
  - 3) All players on the line of scrimmage must remain on the line of scrimmage until the ball is kicked.

- 4) A decision on punting must be announced on each down. If a time out or penalty happens after the announced kick has been given, the team must advise the referee again.
- C. Declared Kick: When a Fly Weights or Mighty Mites team elects to declare a kick, the ball is to be moved 20 yards and put in play “1st and 10” for the opponent going in the opposite direction. If the ball is within the opponent’s 30-yard line, the measurement will be half the distance as in a major penalty, “1st and 10” going in the opposite direction.
- D. Any scrimmage kick, which strikes any player on the line of scrimmage, will be treated as a blocked kick.

## 12. ASSISTANCE BY COACHES

- A. The Midgets and Pee Wees team coaches may use a player to run the plays on both offense and defense. This player may leave the huddle alone to return to the sideline.
- B. Coaches may be on the field (offense and defense) for the Fly Weights and Mighty Mites teams. Only one (1) coach can be on the field for each team at any one time. During a kickoff, coaches will be allowed on the field to ensure that players are aligned properly, but then must leave the field of play.
- C. Once the offensive team breaks the huddle, the coach on the field may not assist his team physically or verbally, and he must take a position not less than five (5) yards behind his deepest player before the snap of the ball. Failure to do so will result in a penalty for unsportsmanlike conduct.
- D. To allow coaches to be able to use electronic devices such as cell phones, tablets and two-way radios during games for the purpose of coaching. Since technology is constantly growing this bylaw is irrelevant and truly unenforceable.
- E. During normal timeouts, only one (1) coach will be allowed on the field. During Director’s timeouts, NO coach or coaching from the sideline will be allowed.

## 13. NUMBERING OF PLAYERS

- A. The following rules apply to Midgets and Pee Wees teams:
  - 1) Only players with numbers 1 through 49 and 80 through 99 can be eligible as pass receivers.
  - 2) On offense, a minimum of five (5) players must be numbered 50 through 79 on the interior line.
  - 3) Any player who is not 50 through 79 may play interior line if he has a stripe on his helmet. This stripe must remain throughout the game in question.

- B. All overweight players must be numbered 50 thru 79.
- C. There are no restrictions of numbers on the Mighty Mite or Mighty Mites teams. All players will be eligible by position only.

#### 14. PROTESTS

- A. A protest must be made at the time of the incident by the coach to the referee. The referee will notify the opposing coach at the time of the protest.
- B. Protests must be only on the Memphis Shelby PAL and/or TSSAA rules and not on the judgment of the Officials.
- C. The referee will advise the opposing Coach and AD. He will write down all information at the time the protest is filed. (such as QUARTER, TIME, DOWN, YARD TO GAIN, BALL ON, SCORE, POSSESSION OF BALL) He will advise the Official's Representative ASAP.

NOTE: For a protest (on the playing rules) to be upheld, it must be shown that the mistake had a significant effect on the outcome of the game. Errors by the Officials will be reported to either the Football Administrator or the President of the Officials' Association.

- D. Directors will be allowed to call one (1) uncharged time-out in order to discuss any controversial call with the referee for the purpose of better explanation. Referee will be required to discuss briefly the call-in question with the Director if said Director conducts themselves with proper decorum. This may be ruled as a "charged time-out" if the referee considers it has been called for strategic purposes. During this uncharged time-out, there will be no communication between any coaches and football players. It could also result in a "delay" penalty call if the team involved has no time-outs remaining and the referee so rules.

#### 15. POINT AFTER TOUCHDOWN

- A. A successful try from the 2-yard line shall score one (1) point.
- B. A successful try from the 4-yard line shall score two (2) points.
  - 1) A successful try is a declared field goal from the 4-yard line shall score two (2) points. This only apply to the Midgets and Pee Wees Divisions.
  - 2) The above rule does not apply to the Fly Weights and Mighty Mites Divisions.
- C. Once a team has made a decision to go for one (1) or two (2) points, the decision is irrevocable, even though there is a replay of down.

#### 16. SNAPPING THE BALL

- A. On the Midgets and Pee Wees team, standard rules apply. That is, the ball must be parallel to the sidelines. The ball shall not be moved forward or lifted from the ground.

NOTE: A snap infraction is a dead ball foul and causes the ball to remain dead. TSSAA National Federation rules do not apply.

- B. On the Fly Weights and Mighty Mites team, the ball may be adjusted by the Center so that its axis is at an angle to the sidelines.

- C. The snapper may make preliminary adjustments of the ball before assuming his set position and before the offensive linemen have assumed position on their line. During these preliminary adjustments, the snapper may: (1) Lift the ball but may not rotate the nose of the ball end to end. (2) Tilt the ball. (3) Remove his hands.

## ARTICLE II

### 1. WEIGHT OF PLAYERS

- A. Weights for the Football Program will be voted on an Age Group by Age Group basis.
- B. All players shall have a weight recorded.
- C. The first official weigh-in will be held within two weeks of the first game. They must wear at least a t-shirt and gym shorts.
- D. A player is designated as overweight and must be striped if he weighs more than:
  - 1) 145 lbs. on the Pee Wees team.
  - 2) 125 lbs. on the Midgets team.
  - 3) 100 lbs. on the Mighty Mites team.
  - 4) 80 lbs. on the Fly Weights team.

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There are no weight restrictions for maximum weights for Fly Weights, Mighty Mites, Midgets and Pee Wees Linemen.

- E. There will be no age or weight exemptions unless it is due to a mental or physical disability issue. A doctor's note MUST accompany the exemption explaining the reason(s). The exemption will be approved by the Board.

F. A player will have only 1 weigh-in and NO protest.

There will only be ONE (1) scheduled weigh-in period after the initial weigh-in to be held for two (2) weeks. In hence, mass registration and next scheduled weigh-in date. No new players will be registered after the 2<sup>nd</sup> scheduled weigh-in date.

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G. If an overweight player or late signer cannot make the first weigh-in, the League Member Organization may allow the players to have contact practice with the team until the weigh-in. (On or before the last weigh period) These players will not be allowed to participate in any regular scheduled games until they have an official weigh-in.

H. A participant will be allowed to weigh-in ONLY if the League Directors has received back the participants' (Completed meaning signed off by Memphis Shelby PAL Secretary and all fees paid as well as Birth Certificate and Picture attached) of the registration form back from the Memphis Shelby PAL Secretary.

NOTE: When turning in a registration form, both white and yellow copy must be together for this to be a completed form.

I. The weight recorded at the time of the weigh-in shall be the official weight of the player for the season.

## 2. REGISTRATION

A. The following documentation is required to register for Memphis Shelby PAL Football:

- 1) Properly completed Memphis Shelby PAL Registration Form.
- 2) Document to verify date of birth (for example, Birth Certificate, shot record, Government issued ID Card, etc.)
- 3) Current photograph. (Faxed copies of photos are not authorized and will not be accepted)
- 4) Some participants may be required to obtain a medical release for certain medical problems, such as Asthma.
- 5) Participants wearing casts will be required to present a doctor's release to participate in football. Cast must be covered with 1/2 inch or better of foam. The metal parts of a brace must be covered by foam or tape. A letter from the doctor must be presented to the head referee at each game.

B. No player will be allowed to participate with any area until properly registered with Memphis Shelby PAL. Proper registration is defined as all required documentation being turned

in to the Memphis Shelby PAL Secretary and the player being listed on the Memphis Shelby PAL Team Roster.

C. No player requesting an area waiver will participate in any way until the waiver has been approved or disapproved.

D. Request for fee waivers must be submitted and approved prior to the player participating in a practice or game.

### ARTICLE III

#### 1. PRACTICES

A. Registration will be allowed to commence January 1st.

B. Practice will be allowed to start the second Sunday in July. Helmets only may be worn at the start of the first practice. Pads may be worn starting on the 6th practice as stated. Any practices from the last full week of July to the first scheduled league game, shall not exceed two (2) hours in any calendar day.

C. Practices are limited to five (5) per week.

I. Each team is allowed (5) hours practice during regular season.

II. Each team is allowed (6) hours practice during post-season

III. Teams may not practice more than (7) hours during the preseason per week (includes camps, clinics, scrimmage and regular practice).

IV. Violations of these policies will be subjected to disciplinary actions by the football administrator and the Shelby Metro PAL Board of Directors.

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D. No team shall practice more than once per day.

E. After the first scheduled league game NO team shall practice in pads more than two (2) times a week, with an additional one (1) hour “NO CONTACT” practice.

EXCEPTION: A third practice may be held during the week in which a team DRAWS a “bye”. Except during play-offs where the teams in the play-offs MAY practice three (3) times a week, with an additional one (1) hour “NO CONTACT” practice.

F. Contact practice sessions shall not exceed two (2) hours in duration.

G. Practice games may not be held under game conditions, unless it is to be counted as one of the allowable games.

H. No football practice shall be conducted by a League Member Organization representing Memphis Shelby PAL, other than the period as the football insurance carried by The Association is in force.

I. Prior to the authorized start of Football Practices each League Director will submit a practice schedule to the Football Administrator.

J. Scrimmages may be scheduled beginning the second Monday in August.

K. League Directors will manage and monitor the Heat Index for their own specific League Member Organization.

Smart phone apps that can monitor your League Member Organization's specific location shall be the standard for getting the Heat Index readings.

1. League Directors will contact the Football Administrator and notify the "white hat" FB Official before each Home game of the heat index if it is an issue.

2. If a League Directors is found to be in violation of adhering to the Heat Index Rules as governed by TSSAA and jeopardizes the welfare of the participants', the first offense will result in a \$500.00 fine and 1 year probation. Second violation will result in a 1 year suspension and a \$1000.00 fine.

#### ARTICLE IV

##### 1. SCHEDULES

A. The Football Administrator shall publish a schedule no later than the Wednesday before 1st game. Schedules shall be determined each year according to the number of League Member Organization registered. The schedule cannot be changed once it has been printed without being brought before the Board.

B. The maximum number of games to be played, including practice games, scrimmage games, and Regular Season games but excluding league playoff games. The Football Administrator and/or Assistant Football Administrator must be notified as least one (1) day in advance of a scrimmage or practice game. If the game to be played is an out of league game (NON Memphis Shelby PAL TEAM), the Football Administrator and/or the Executive Coordinator must receive and approve the other teams' playing rules, weight limits and age requirements at least three (3) days prior to game to approve the rules of other league.

C. All League Member Organization participating in Memphis Shelby PAL Football Program are required to declare by the Friday before the third game of the season what Divisions they will participate in.

- D. If a League Member Organization is in jeopardy of not being able to field a team after the 3rd week, they will be allowed to add players to finish the season. This may be done on a case by case basis, with the approval of the Board.
- E. No team will play more than one game per week, except in the event of a postponement or as required in Play-offs. For the PeeWees schedule only to allow the PeeWees division to play more than one game per week.
- F. A team with an open date may schedule a non-league game, only after they have obtained the approval by the Football Administrator, prior to the regularly scheduled meeting of the week in which the game is to be played.
- G. No game scheduled shall be played, unless Officials acceptable to the Board of Directors are utilized. (4) Officials shall be required for all Play-off games. There will be eight (8) officials for the Championship games.
- H. Officials must pass a Memphis Shelby PAL rules test (not TSSAA), to qualify as a Memphis Shelby PAL Official. This test is to be written and administered by the Memphis Shelby PAL Officials' Representative and the Football Administrator.
- I. All Memphis Shelby PAL Officials must be Mississippi or Tennessee State certified or approved by the Board of Directors to be allowed to officiate in any Memphis Shelby PAL football games.
- J. To allow the Board of Directors to review the organizations paid officials before they are to call games and to provide an opportunity for Directors to prevent possible partialities from entering into the outcome of a youth football game:
  - 1) The Officials' Representative shall provide a list of all recommended Officials (qualified) to the Board of Directors no later than August 1st of each year.
  - 2) Once submitted, each League Directors shall be allowed to preemptively challenge two (2) Officials from this list. The challenge shall be submitted in writing to the Vice President, Football Administrator and Officials' Representative. These Executive Board members shall review the challenge. If the challenge is upheld, that Official will not be able to participate in any of that League Member Organization' games.

## 2. POSTPONEMENT PROCEDURES

- A. Games may be postponed when the safety of the players and fans becomes a factor.
- B. Prior to the kickoff, the decision to postpone a game will be made by the Directors of the involved teams. Once a game has started, the game is under the control of the Referee.

C. Under unusual conditions the Football Administrator may postpone either all games or individual games.

D. When a decision is made to postpone a game, the following people will be informed in the order listed:

- 1) The Officials Representative
- 2) Football Administrator
- 3) President of the Association

E. Postponed games will be played at 1:00pm on the following Sunday unless field conditions warrant further postponement of the game, then the game will be played on Monday night as set up by the Football Administrator.

### 3. STARTING OF GAMES

A. The Pee Wees Varsity game shall start at 9:00am.

B. The Mighty Mite Varsity games will be ready to play following the Pee Wees game.

C. The Mighty Mites Varsity games will be ready to play following the Mighty Mite game.

D. The Midgets Varsity games will be ready to play following the Mighty Mites game.

E. League Member Organizations may elect to play games at night, providing the Football Administrator and Officials Representative has been given a three-week notification and both areas involved agree. In this case, the starting times and order of games may be changed.

F. Time of quarters: Fly Weights and Mighty Mites Divisions will be a (6) six minute stopping clock and Midgets and Pee Wees (8) eight minute stopping clock.  
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G. In the Fly Weights and Mighty Mites Divisions, the clock will start on the ready to play whistle after a change of possession.

## ARTICLE V

### 1. UNIFORM REGULATIONS

A. Each participant must be fully equipped to The Association standards. This includes headgear, shoulder pads, football pants including knee, thigh and hip pads, shoes and mouthpiece.

- B. Shoes with one-piece studded, molded rubber or tennis shoes must be worn. No metal cleats or spikes or screw in cleats are allowed.
  - 1) Directors and coaches are advised to inspect each player's shoes prior to playing to ensure that no metal is exposed.
  - 2) Any player wearing shoes that are not in compliance with this rule will be ejected from the game and will not be allowed to return.
- C. All helmets MUST be NOSCAE certified. NO EXCEPTIONS. All helmets on each team will be of the same color.
- D. Mouthpieces must be attached to the facemask.
- E. Uniforms for all players on each team must match. Specifically each player's pants, jerseys, and helmets must be the same for all players on the same team.
- F. Helmets may be of color but cannot be spray painted unless it has been recertified.

## ARTICLE VI

### 1. DETERMINATION OF LEAGUE CHAMPIONSHIP

- A. Memphis Shelby PAL Football will use a bracket consisting of the best four records (top Six)
- B. Team Standings will be based on games won.
- C. The first Six (6) teams in each age group of the league will be in a single elimination play-off.
- D. Tie breakers are as follows:
  - 1) In case of Tie Breaker, use the rules and regulations of Sports Engine. (i.e.. Let the seeding of Sports Engine be followed. If can't be decided by Sports Engine, then follow rules bylaws D-(1-3).
  - 2) Head to Head
  - 3) Head to head with the highest seed team that both teams have played.
  - 4) If still tied, a playoff game will be played.
    - a) The game will be played the Monday following the end of the regular season.
    - b) A coin toss will be done to determine home field.
    - c) The Football Administrator will determine the site and time.

- 4) If both League Directors agree, in lieu of a playoff game, a coin toss may be done at a place and time determined by the Football Administrator.
- E. The designation of home team for playoff games will be based on the higher seeded team being the home team.
- F. In first round Seed 1, 2 will get a bye. Seed 3 will play Seed 6 and Seed 4, seed 5. Second round Seed 1 will play the lower Seed winner of first round and the Seed 2 will play the higher Seed winner of the first round.

The winners of each second round game will play each other for Conference Champion.

- H. Each Conference Champion will play in the Final Championship game.
- I. Team rosters will be exchanged during playoffs and championships.

## 2. LEAGUE CHAMPIONSHIPS

- A. A total of six teams will make the playoffs. The following playoff format will be used to determine what teams make this playoff format and what the matchups will be:

### WEEK 1:

1. Seed 1 and Seed 2 receives 1st Round Byes
2. Seed 3 vs. seed 6
3. Seed 4 vs. seed 5

### WEEK 2:

1. Seed 1 vs. lowest seed remaining from Week 1
2. Seed 2 hosts the other team from Week

- B In the event of a three-way tie there will be a round robin playoff scenario for teams to make the playoffs. This is an on the field competition between teams. Overtime rules will be used if necessary. The time limit will be two quarters.

## ARTICLE VII

### 1. SCOUTING RESTRICTIONS

- A. It is understood that teams will desire to scout future opponents. Scouting of opponents will be allowed under the following provisions.

- 1) No scouting of other teams during their practices.

- 2) Video recording equipment and notes may be used from goal line to goal line behind the established Memphis Shelby PAL restraining line boundary.
- B. All League Directors or designated representatives will be provided the opportunity to video or take pictures of all players without helmets prior to each scheduled football game.

## ARTICLE IX

- A. Camps and Clinics. League Member Organization are encouraged to conduct Camps and Clinics in order to help promote participation with Memphis Shelby PAL and to assist in registrations. The following restrictions apply to all camps and clinics conducted by member areas.
  - 1) Camps or clinics will be conducted during the months of May, June, and July.
  - 2) Camps and clinics will be allowed to run 5 days a week, a total of 8 hours a week.
  - 3) Camps will not be conducted the weekend of the Memphis Shelby PAL Football Clinic.
  - 4) Participants will not be separated into age divisions during camps and clinics.
  - 5) Clinics will be open to all ages and sexes.
  - 6) Participation at camps will be free, although fund-raising by participants is encouraged.
  - 7) There will be no equipment such as helmets or shoulder pads worn by participants.
  - 8) There will be no person on person contact drills of any kind.
  - 9) Camps and clinics must be announced to the Football Administrator and the Board of Directors at a scheduled Board meeting no later than two (2) weeks prior to the scheduled dates.
  - 10) Although it is impossible to keep players from other areas participating in a camp or clinic, it is the responsibility of the League Directors to ensure that all participants are aware of the Memphis Shelby PAL area boundaries.

## ARTICLE X

Rosters:

- 1.) Rosters will be exchanged by the League Directors from each team (or Football Director's) at the middle of the field before each age group game. No exceptions. Follow check-in used during Championship 2020.
- 2.) Memphis Shelby PAL will provide each League Member Organization' official roster.
- 3.) Only official Memphis Shelby PAL rosters will be allowed to exchange before each game.
- 4.) If you do not have your official Memphis Shelby PAL roster you will not play.
- 5.) Each Memphis Shelby PAL official roster will have the following:
  - a) Player Name
  - b) Player Picture
  - c) Player Number
  - d) Player Weight
  - e) Striped player designationRosters should be kept in a notebook for verification.
- 6.) Any falsification of an official Memphis Shelby PAL roster will result in forfeiting that day's game.

## ARTICLE XI

### Coach Requirements

- A. A registered coach from each team (age group) of each organization participating in the Memphis Shelby PAL Football Program **MUST** attend the Coach's Clinic provided by Memphis Shelby PAL.
  - 1) If a team fails to be represented at the Coach's Clinic, the Head Coach of that team will be set out the first week of practice and game of the regular scheduled season.
  - 2) Head coaches are required each year to sign a statement furnished by Memphis Shelby PAL to the effect that they have read, understand, and have in their possessions a copy of the Memphis Shelby PAL playing rules. The League Directors will turn in these statements to the Football Administrator no later than the meeting prior to the first regular season game. Failure to do so will result in a one game suspension of the head coach and probation of the League Directors for one (1) year.

- B. All coaches must be certified in the Tennessee Concussion Law as well as USA Football Tackle Certification. The link for Tennessee Concussion Law training is:

[www.cdc.gov/concussion/Headsup/training/index.html](http://www.cdc.gov/concussion/Headsup/training/index.html) USA Football

Tackle Certification is

<http://www2.usafootball.com/course> list. Each certification is mandated to coach in Memphis Shelby PAL.

## ARTICLE XII

### YEARLY AWARDS (Proposed)

The following trophies or awards will be presented on a yearly basis to:

- 1) The top 4 teams in each age division that finishes the regular season with the best records. This is to be given out at 1st Round Play-Offs.
- 2) Memphis Shelby PAL Championship and runner up in each Division at the Memphis Shelby PAL Championship games.
  - a) Individual trophies will be awarded to the players and coaches of the winning teams at the Memphis Shelby PAL Championships.
- 3) There shall be a Coach of the Year selected for each age division in Memphis Shelby PAL by the Football and Assistant Coordinator.
- 4) There shall be a team sportsmanship award for each age division in Memphis Shelby PAL.
- 5) The All-Star teams for each division will be determine by opposing team coach player of the game voted each week for each team. These votes will be totaled at the end of the year and All-star Team will be selected for Travel Team tournaments representing Memphis Shelby PAL. The All-star team player will receive trophy or plaque.