



2016 Football Season Rules and Regulations

MIDDLE SCHOOL DIVISION

SECTION I: ELIGIBILITY

Rule 1: Grade level/Team divisions

Players/participants in the Pueblo Police Activities League (PPAL) will be based upon the following two (2) grade level/team divisions:

7th – 8th Grade (Junior Varsity)

7th – 8th Grade (Varsity)

Every player/participant will be required to maintain academic eligibility throughout the season, including playoffs. Coaches will be required to obtain grade checks/eligibility reports weekly from the schools, which will determine whether or not a player/participant is eligible/ ineligible for participation for the following week's (Monday through Saturday) activities. The PPAL Board acknowledges the schools associated with each middle school team have different starting dates, so academic eligibility is required from the start of the official season, noting the PPAL Board (or its designated representative) will advise all Head Coaches of the universal date to which the weekly reports will be required.

A 2.0 / 70% or the equivalent (with NO failing (i.e., "F") grades) shall be the minimum grade point average acceptable to participate. Any player/participant who determined to be ineligible based upon academic eligibility and/or for disciplinary reasons (i.e., suspensions, misconduct, etc.) will be able to practice but WILL NOT BE PERMITTED to play in the next regularly scheduled league and/or playoff games until such time as academic ineligibility is remedied. Copies of all eligibility lists shall be provided to the Football Director PRIOR to the team's next regularly scheduled league and/or playoff game.

The PPAL Board acknowledges various middle schools have other and in some instances, more restrictive eligibility requirements and does not intend for the above stated rule to replace and/or supersede those requirements.

Rule 2: Leagues and/or Divisions

Teams will be grouped into the two (2) divisions as shown in Rule 1 (above). Players/participants are required to play for the middle school they are enrolled in for the upcoming school year. The PPAL Board (or its designated representative) may create leagues within those divisions (i.e, Mountain League, Plains League) to ensure equal game scheduling and participation. Any team that does not have a minimum of 25 players by the yearly registration deadline will be required to form a single team which will participate in the Varsity division ONLY.

Players/participants are required to play for the grade level/team divisions to which they are registered and/or subsequently assigned. Dual rostering of any player/participant on a JV / Varsity roster is STRICTLY PROHIBITED unless special circumstances exist (i.e., ineligibility, injuries, etc.) at which time the head coach of the team can submit to the PPAL Football Director or appropriate District 70 Administrator (whichever applies) a written request to allow a player be moved to the opposite roster.

If granted, the approval is limited to a single week and AT NO SUCH TIME shall any rostered player participate in both the JV and Varsity games in any given week.

Any player/ participant who participates in the PPAL will not be allowed to participate during that season in any other league (i.e., La Gente, Parks and Recreation, etc). Players/participants found to be concurrently rostered on a PPAL team and participating in another football program shall be deemed ineligible.

No player/participant shall be eligible to practice or play until an official registration/liability waiver for the current year has been received and the appropriate fee has been collected.

Rule 3: Rosters

Rosters listing the player/participants' name, complete addresses, telephone number and school grade will be generated by the registrations as accepted by the PPAL through a date specified by the PPAL Board. The PPAL (or its designated representative) has prime responsibility to roster players on teams and to do so within the parameters of the rules and regulations stated herein.

Rosters will be filled based upon the school the player/participant is officially enrolled in for the upcoming school year. When a player/participant is attending a school in an area other than their home area and the school does not have a designated team (i.e. charter schools/home schooling) they will be assigned to the team to which would be their home school.

Rosters will become official and be considered closed at the conclusion of the second season game. All teams will be required to submit an Official Roster complete with player/participant names and uniform numbers to the PPAL Board (or its designated representative) no later than the start of the third season game; failure to submit the Official Roster will result in the forfeit of the game and will be counted as a loss by the team unable to or refusing to present their current team roster. Teams shall maintain a current team roster to document a player/participant's registration and eligibility.

SECTION II: GENERAL RULES

Rule 1: Official Rules

Where applicable and with notable changes and/or additions listed specifically herein, the Pueblo Police Activities League (PPAL) will follow and/or be guided by the National Federation of State High School Associations (NFHS) and/or the Colorado High School Activities Association (CHSAA).

Rule 2a: Player Equipment, Cleats and Mouthpieces

The PPAL will when requested, provide helmets and shoulder pads to all players/participants, noting that inventory is limited to a first come first serve basis. If in the event, a player/participant chooses to use their own equipment, then a waiver of liability must be submitted to the PPAL Board (or its designated representative) in conjunction with the official registration/liability waiver for the current year **PRIOR** to use.

Players/participants will be allowed to wear any type of glove provided the gloves do not have any metallic or protruding surfaces. Game officials shall have the right to inspect any player's uniform and render a determination as to whether or not it is suitable, including but not limited to: gloves, casts, protective cover/gear, etc.

Metal cleats are **PROHIBITED**.

Each player/participant must wear a protective mouthpiece other than white or clear as referenced within the latest revision of NHSF / CHSAA Rules.

Rule 2b: Player Uniforms

Practice uniforms are the responsibility of the player/participant. Game jerseys are provided by the participant/team. All players must wear an official jersey with number corresponding to their individual roster number. Those teams which have "home" (dark in color) and "away" (light in color) jerseys must wear them accordingly. Head coaches are encouraged to communicate the color of the jersey to ensure there is not conflict prior to the scheduled game.

All players must wear an official jersey with number corresponding to their individual roster number. When two teams meet from the same area, contrasting jerseys will then be permitted with emphasis on matching numbers as much as possible for the visiting team.

If a jersey is damaged during a game and the official deems the damage capable of causing a potential injury or a number is no longer distinguishable, the official may assign another jersey to that player for that game only. The official will discuss this with both coaches, and the name of the player and both jersey numbers will be provided to the PPAL official (or its designated representative) attending the game.

If there is a damaged jersey requiring a change of jersey, the player's number must remain the same. If a number change is required, the PPAL Board (or its designated representative) must be notified to change the official roster prior to the use of a jersey in a game.

Rule 3: Field/Game/Practice Equipment

Field equipment (i.e., down markers, yard markers, etc.) for regularly scheduled games will be provided by the PPAL.

Teams will be responsible for providing their own equipment (i.e., blocking dummies, pads, etc.) and practice balls. The PPAL has designated the following NFHS approved footballs (in composite or leather) for use by the middle school divisions (7th/8th Grade): Wilson TDY, Rawlings ST5, Nike Spiral-Tech and/or MacGregor MXY.

Rule 4: Electronic Devices

The use of any electronic devices (i.e, cell phones, two-way radios, headsets, i-pads/tablets, laptops, etc) by any sideline personnel (including but NOT limited to: player, coach or chain crew member) during a league game is **STRICTLY PROHIBITED**. Cell phones shall be limited to use in emergency situation ONLY during all games. Violation of this rule will result in the ejection of the Head Coach as well as the individual responsible for the use of the device from the game.

Rule 5: Code of Conduct for Players, Coaches, Spectators and/or Parents

All players, coaches, spectators and/or parents shall conduct themselves in an orderly manner and within the guidelines as listed in the Code of Conduct and Ethics.

Each team shall be responsible for keeping the spectators orderly and off the playing field and behind the spectator's boundary. Shouting abusive language at and/or by a coach, player, officials, or spectators is **STRICTLY PROHIBITED**. At the immediate time of any incident or physical abuse of an official by a spectator, the officials will meet with the head coaches of both teams in order that every effort is made to identify the assailant.

Physical abuse of an official by a coach will result in immediate suspension of the coach from all PPAL activities (games, practices, fund raisers, etc.) for the remainder of the season (regular and post). The suspended coach can reapply the next season only through an official meeting of PPAL Board.

Officials will enforce official high school rules pertaining to coaches, boundaries and conduct, except that coaching from the sidelines by the team coaches will be permitted. ONLY the Head Coach may ask for a rule interpretation or clarification of a penalty from a game official provided the coach does so in a professional manner.

Any player/participant or any coach who is ejected from a game by the officials, or causes a game to be forfeited due to unsportsmanlike conduct will automatically be suspended for the next game (scheduled or playoff) on the first offense. The suspended individual will be permitted in the stands as a spectator at the next game but will be **STRICTLY PROHIBITED** from any interaction in a playing or coaching capacity.

A second such offense will cause such player/participant or coach to be automatically suspended for the remainder of the season (playoff games included). The suspended coach can reapply the next season only through an official meeting of PPAL Board.

Rule 6: Ineligible Player

The head coach of the team is directly responsible for his/her players. If an ineligible and/or illegal player/participant is found to be playing or has played on a team then both the coach and player will be disciplined as follows:

First Offense: Suspended for the next scheduled game (post-season play included) and any games the player had previously played in may be forfeited.

Second Offense: Dismissal from the program. (NOTE: Reinstatement for the next season can only be approved by the PPAL Board (or its designated representative)).

An Ineligible Player is considered: a player/participant who has not satisfied enrollment criteria and is rostered to the team.

SECTION III: PRACTICE, PLAY AND GAME RULES

Rule 1: Practice and/or Playing Periods

NO TEAM SHALL PRACTICE PRIOR TO THE FIRST DAY OF OFFICIAL PRACTICE DATE AS SET BY THE PPAL Board. The first official week of practice for the 2016 season will be JULY 25 – JULY 31 and will be limited to conditioning and non-contact practice. Non-contact is defined as no physical contact between player to player or player to coach, the use of dummies and/or bags will be permitted. Players/participants are to wear helmets, cleats, t-shirts, and shorts only, no shoulder pads or leg pads.

The first day of official contact practice for the 2016 season will be AUGUST 1, 2016. A week is defined as Monday through Saturday.

Teams of all levels can practice five (5) days per week. After the first game, teams will be limited to a maximum of six (6) playing periods per week which cannot exceed a maximum of 12 hours total. A playing period is hereby defined as a practice or a game in which one or more players/participants are engaged in organized instruction, play or practice of play. The JV/Varsity (7th/8th grade level/team divisions) shall have no more than five (5) contact practices, plus one game a week. A week is defined as Monday through Saturday. Scrimmages count as a contact practice during any given week. Teams are limited to two (2) scrimmages for the season (regular and post season).

All players/participants must participate in at least four (4) contact practice sessions before participating in any regular season game. Those players/participants that are assigned to a team after the August 20, 2016 deadline (if applicable) must have at least two (2) contact practice sessions before participating in any regular season game.

Rule 2: Game Officials

Four (4) paid officials will be supplied for the for the Middle School division. The PPAL Board shall make every effort to meet this expectation, however the number of available officials is beyond the control of the association and as such some fields may have only the minimum number of officials.

Rule 3: Length of Games/Minimum Plays Required

Games shall consist of four (4) quarters. Each quarter shall consist of four (4) eight (8) minute quarters with a eight (8) minute half time and a three (3) minute warm up.

The “mercy rule” will become effective at any point in the game when the disparity in the score is 30 points or greater at which time the clock will become a “running clock” stopping only for injuries, time-outs and following a touchdown (in order to allow substitution of players ONLY).

Three (3) time-outs per half will be permitted.

Rule 4: Position of Ball /Start of Play

Official high school rules of the National Federation of State High School Associations (NFHS) and/or the Colorado High School Activities Association (CHSAA) shall apply.

Rule 5: Points for Scoring

All Middle School division scoring shall be: six (6) points for a touchdown, one (1) point shall be scored for a successful kick or drop kick after touchdown, two (2) points shall be scored for any other successful play after touchdown.

If there is a tie at the end of a scheduled game (including regular season, playoff and championship games), the tie will be resolved by the 10-yard overtime procedure as used in the official high school rules as outlined within the National Federation of State High School Associations (NFHS) and/or the Colorado High School Activities Association (CHSAA).

An overtime procedure will consist of the following:

- A. Each team having an offensive possession of the ball from the ten (10) yard line.
- B. A coin flip will determine which team is to receive the first possession.
- C. Each team will have four downs to score. Scoring will follow regulation games rules, including extra points.
- D. At the conclusion of an overtime round if the game is still tied, another overtime round will be played.
- E. During the regular season the game will end in a tie if the score is still tied after the completion of two (2) overtimes.
- F. During the playoffs, overtime rounds will continue to be played until an overtime round does not end in a tie.

Rule 6: Penalties

The Middle School division will use penalties as set forth in official high school rules of the National Federation of State High School Associations (NFHS) and/or the Colorado High School Activities Association (CHSAA).

The following notable EXCEPTIONS applies:

- All blocking below the waist, blocking in the back and clipping is ILLEGAL. There is no “free blocking zone.” The penalty for clipping and blocking below the waist is 15 yards; the penalty for blocking in the back is 10 yards.

Rule 7: Play Recorders and Timekeepers

A game/score clock will be provided (as available); otherwise, officials will keep the official time and score of game assigned to their fields.

Rule 8: Forfeited Game

A scheduled game is automatically forfeited by any team that cannot field 10 eligible players within 30 minutes of the schedule game time, unless the game is officially postponed.

Rule 9: Postponement of Games

In general, the League tries to discourage the postponement of games due to inclement weather. Games may be postponed by the PPAL Board (or its designated representative). A game may be postponed or suspended by an official if he or she deems the playing surface or conditions to be potentially hazardous to the players. If a game is suspended during play, the PPAL Board (or its designated representative) will have the final determination as to whether the game will be resumed from that point or if the results are to be final. If a game is in the end of the 3rd quarter/start of the 4th quarter then it will be considered final.

Rule 10: Rescheduling of Games

Rescheduling of games will be done as soon as possible by the PPAL Board (or its designated representative) with mutual agreement of the head coaches.

SECTION IV: PLAYING FIELDS

Rule 1: Size / Marking of Field

The playing field for the Middle School Division will be the official high school size, marked in accordance with the official high school rules of the National Federation of State High School Associations (NFHS) and/or the Colorado High School Activities Association (CHSAA).

Colored flags or sideline markers will be used as corner markers, sideline markers will be used every 10 yards on at least one side of the playing field. All side-line and corner markers shall conform to PPAL requirements.

The player's box shall be at least three yards deep (if there is not reasonable room to accomplish this the area will determine the depth of the box) and will extend from the 25-yard lines in.

Spectator boundaries shall be provided on all fields. It is the responsibility of the Coaches (or a designated representative) to advise all spectators of the boundary. Members of the PPAL Board (or its designated representative) will be at all playing fields. Parents, cheerleaders and/or spectators ARE NOT allowed on the field during regularly scheduled league, playoff and/or championship games.

Rule 2: Sidelines

The home team shall have a choice of sideline. During the playoffs, if there is not a designated home team, the team with the best overall record shall have a choice of sidelines. During the playoffs, if both teams have the same record, choice of sideline shall be determined by coin flip.

No more than six (6) coaches shall be permitted on the team's sideline at any given time. All properly registered coaches will be provided an official PPAL coaches badge which are to be worn on the field during regularly scheduled league, playoff and/or championship games. NO person or coaches WILL BE permitted to remain on a team's sideline without the assigned badges.

Rule 3: Conduct

Any player or coach who is ejected from a game by the officials, or causes a game to be forfeited due to unsportsmanlike conduct, will automatically be suspended for the next game (including regular season, playoff and championship games) on the first offense. A second offense will cause such player or coach to be automatically suspended for the remainder of the season including post season play.

There is no tobacco or alcohol use of any kind allowed on PPAL fields or surrounding areas.

Spectators shall remain behind or within the spectator boundary at all times. Berating or verbally abusing PPAL board members, officials, players, coaches and/or spectators is unacceptable and will result in ejection from the facility. Teams are to provide all parents a copy of the PPAL Parents Code of Ethics.
