

FLAG FOOTBALL

1. FORMAT OF COMPETITION

1.1 Single round of play. Four schools scheduled for each site and day of play

2. RULES

2.1 All games, contests or activities shall be governed by the CIF rules for flag football.

3. NUMBER OF CONTESTS ALLOWED

3.1 Limit twenty (20) games and two (2) scrimmages.

4. STARTING DATES

4.1 Starting practice dates determined by the CCS.

5. DEFINITION OF PRACTICE/SCRIMMAGE

5.1 See PAL Bylaws, Article IV, Section 2 and Section 3.

6. STARTING TIMES FOR CONTESTS

6.1 Quads: JV 4:00 V 5:00 JV 6:00 V 7:00

6.2 By mutual consent of principals, place or time of playing games may be changed.

6.3 If the principals involved can reach no mutual agreement on the changing of game times and/or sites the schedule stands as approved.

7. REQUIRED SCORING AND/OR TIMING PERSONNEL

7.1 The home site shall provide the official score keeper and provide information to publicity sources.

7.2 The home site shall provide the official scoreboard operator. The officials will keep the official time.

8. CHAMPIONSHIPS AWARDED BY DIVISIONS

8.1 Varsity championship will be decided by league standings.

8.1.1 Teams tied at the conclusion of league play shall be deemed co - champions.

8.2 PAL will send Bay, #1, Bay #2, Bay #3, and Ocean #1 as automatic qualifiers to CCS playoffs.

8.3 JV championship will be decided by league standings and the championship point system.

8.4 A win equals three (3) points, a tie one (1) point, and a loss zero (0) points.

9. LEAGUE STANDINGS

9.1 Tie breaking protocol (to be used for CCS competition)

9.1.1 Won-lost versus each other within the tie.

9.1.2 Won-lost versus teams above in the standing in descending order of finish.

9.1.3 Won-Lost versus teams below in the standings in descending order of finish.

9.1.4 Coin flip

10.POST SEASON TOURNAMENTS

10.1 Neither pre or post season games shall be authorized before or after the close of the regularly scheduled athletic activity by CC unless approved by the Board of Managers.

10.2 These games also need CCS and CIF approval.

11.VARSITY ALL LEAGUE SELECTION PROCEDURE

11.1 All - league selection will be made by the coaches at the regular meeting held at the conclusion of the season.

11.1.1The Bay and Ocean divisions will select their own individual all league teams using the following outline :

11.1.1.1 Most Valuable Player (MVP), Offensive Player of the Year (OPOY), and Defensive Player of the Year (DPOY) to be determined by vote of coaches.

11.1.1.2 For each player voted in above, that school loses one automatic selection in the first team below. Each spot lost reverts to a “vote in” selection.

11.1.1.2.1 First Team = seven (7) selections : 1st place = two (2) selections, 2nd place = two (2) selections, 3rd place = one (1) selection.

11.1.1.2.2 Remaining two (2) selections or additional spots need to be “voted in” by coaches.

11.1.1.3 For each player above that was “voted in” =to the first team above, that school loses one automatic selection in the second team below. Each spot reverts back to a “vote in” selection.

11.1.1.3.1 Second team = seven (7) selections : 1st place = two (2) selections, 2nd place = 1 selection, 3rd place = one (1) selection.

11.1.1.3.2 Remaining three (3) selections or additional spots need to be “voted in” by coaches.

11.1.1.4 Honorable Mention selections : each school receives two (2) selections.

11.1.1.5 Ties in league standings that affect all league selections will be broken following bylaws 9.1 - 9.4.

12.AWARDS

12.1 Championship plaques will be awarded to the winning school in each division.

12.2 All-League certificates provided for first and second team selections.

13.SPECIAL RULINGS

13.1 The PAL is an “open roster” league. Athletes may move between rosters throughout the season of sport. Athletes may not exceed the game limit for their sport. Athletes may not participate in two levels of play on the same day.

13.2 Varsity will play two twenty-minute halves.

13.3 JV will play two fifteen-minutes halves.

13.4 Two certified officials shall be assigned for each contest.

13.5 The host site shall assume the primary responsibility of providing adult supervision for contests.

13.6 Game postponement must be decided by the host site principal by 12:00 noon of game day. Host sites have the responsibility of notifying the officials of cancelled games, and date/site of game(s) to be replayed. Games must be played on the next playable day.

13.7 Home teams are to wear dark jerseys. The visiting team is to wear white jerseys. If the visiting team is not in compliance with uniforms rules, they are the team that will wear pennies.

14.SPORTS CHAIRPERSON

14.1 The flag football chairperson will be appointed by the league office.

14.2 The chairperson will be responsible for coordinating, and conducting, the pre and post season meetings along with the athletic director assigned to flag football.

15.MISCELLANEOUS

15.1 The official game ball shall be pebbled-grained leather or rubber covered and shall meet the recommendations of size and shape for a youth intermediate size football. The referee shall be the sole judge of any ball offered for play and may change the ball during play at his/her discretion.