Nampa PAL Football League Rules and Regulations
(TACKLE DIVISIONS)

ARTICLE I: BOUNDARIES

The NPFL boundaries cover the Greater Nampa city area of Idaho. The jurisdiction of each squad is determined by the elementary schools in the Nampa district. Participants will play for the team in the jurisdiction of the school they attend. Free agent schools within the NPFL boundaries are area Christian, private, and home and charter schools. Once a free agent is placed on a team he or she will only be allowed to participate on that team. If any free agent participant moves to a different school jurisdiction, he or she must participate for the team in the jurisdiction they transferred in the next season. A player will not be forced to move to a different team mid-season.

A. If a participant changes school jurisdiction prior to the first day of practice, said participant must participate with the team in the school jurisdiction he or she attends. If a participant changes school jurisdiction after the first day of practice, said participant must play on the team they were placed on.

B. (exception) The football board reserves the right to place players on teams outside of their jurisdiction in order to keep team sizes as equal as possible. Every effort will be made to keep players as close to their jurisdiction as possible.

C. Only Head Coaches may take their children with them if they become a head coach in a jurisdiction other than the one their child attends school.

D. In the event a head coach leaves a team, and the child of said head coach does not attend a school in that jurisdiction, the child of said head coach will stay on the team they were assigned. The player will be placed on the team in his/her jurisdiction the next season.

E. Practice location, days of the week and time of day practices starts are all determined by availability and proximity of practice space. Each
head coach secures a practice field as close to the school the team is
derived from as possible. PAL cannot guarantee that there will be time
and space available at the closest location. If a family has children
playing on different teams due to the division they participate in will
likely not practice at the same time and place. PAL will not and
cannot move players from team to team in an effort to have the
players from one family practice at the same place and time. This is
impossible to facilitate and will not be attempted. Please keep this in
mind when you register your players.

ARTICLE II: RESTRICTIONS AGAINST DUAL MEMBERSHIP

A. No coach, team, or participant of an N.P.F.L. roster may be a member
of another football program during the PAL season.

ARTICLE III: GENERAL REGULATIONS APPLYING TO TEAMS

A. ROSTERS CERTIFIED WITH SQUADS: The N.P.F.L. will make a
record of each team’s players on a team roster form. This is a
certified roster in that the N.P.F.L. has accepted the information from
pre-season registration based upon information submitted. The teams
are restricted to these players for the balance of the season. (Except
for allowed “Drops and Adds” see Article III-D).

B. MAXIMUM ROSTER SIZE:

a. No more than (22) participants shall be certified onto a team
roster. A team with less than 11 players on game day will not
be permitted to play. The first 22 players to register from a
given school will be placed on that schools team. Any
additional players will be placed on the next closest school that
is in need of players.

C. MINIMUM ROSTER:

a. A minimum of (13) players must be on a roster to certify a
team. In the event that a team does not have (13) players by
September 1st, said team will be combined with other team or
teams as determined by the N.P.F.L.
D. DROPS AND ADDS: The board may add players to a certified roster as long as said roster was certified below the maximum number permitted or to replace those originally certified and no longer on the team for any valid reason. The cutoff date to drop or add players is two weeks from the second game of the season. All players must practice for 1 week before they are eligible to play in any game.

E. Teams must make effort to have their name be the Mascot of their home school. If a team name is not a name of a school district mascot it must be submitted to the board. Team names may not be offensive.

F. If a team chooses to put names on the backs of their Jerseys the player’s formal name must be used. No nick names or offensive names can be printed on the jerseys.

ARTICLE IV: REGISTRATION

A player candidate cannot begin practice with a team until he or she has signed up. To register he or she must sign a standard N.P.F.L. registration form. The sign-up fee must be collected at this time. The player must also furnish the following:

A. PARENTAL/GUARDIAN CONSENT: a parent or legal guardian giving the candidate permission to play must sign a consent form.

B. MEDICAL EXAMINATION: Is not required. However, a physician’s note is strongly encouraged if the player is physically or mentally hindered in any way.

C. PROOF OF AGE: A certified copy of the birth certificate on file bearing the seal of issuing office of the state of birth is the best guarantee of reliability of claimed birth date [MOTHERS COPIES without the seal are acceptable]. Passports, Military ID cards, certified adoption papers, certified wallet certificates issues by a state or commonwealth are acceptable. NPFL reserves the right to request a certified copy.
D. PARENTAL/GUARDIAN FINANCIAL RESPONSIBILITY: A financial responsibility form must be signed to cover the cost of football helmets, shoulder pads and jerseys that are lost or damaged due to negligence or abuse.

E. REFUNDS: A 10% processing Fee will be assessed on all refunds. Any refund has to have the approval of the executive board. **No refunds will be given after the first game.** A request must be in writing and given to the coach or mailed to PAL.

F. Proof of address for school zone verification, or proof of attendance at a private or charter school is required. Home schooled players will play for the school that they would normally go to. There are no exceptions to this rule other than a head coach moving his/her player to his/her team.

ARTICLE V: COACHES REQUIREMENTS

A team’s coaching staff is in complete charge of the team whenever it is together on the practice or playing field, traveling as a group to and from practice sessions and games, or together for any team function, such as a banquet. The coaching staff is under the direction of the head coach. All other coaches are assistants.

A. Head Coaches must be at least 21 years of age.

B. Assistant Coaches must be at least 18 years of age.

C. A team may have 1 head coach and a maximum of 3 assistant coaches. A team may also have 1 team mom or dad. All coaches and team parent must pass a background check. Only coaches and the team parent with background checks can participate in games and practices.

D. All coaches must follow rules established by the N.P.F.L.

E. Coaches are to be selected by methods approved by the N.P.F.L. rules and bylaws. Background checks will be performed on all coaches at the discretion of the board.
F. Once approved for coaching, a coach is automatically terminated at the close of each season. To coach the following year, the same N.P.F.L. approval is required. The N.P.F.L. board of directors will hear any violation of the rules committed by a coach during the season.

G. Deadline for coach’s application will be August 30th. An extended application deadline will be considered for teams without a head coach or enough assistant coaches.

ARTICLE VI: CUTTING OF PLAYERS

A. Any candidate that registers with a team in which all (22/16) slots are filled will automatically be cut from that team and assigned to another team starting with the team that has the smallest roster. Team placement is based on the date of registration; the earliest registrants have the greatest chance of being placed on the team from their jurisdiction. The NPFL board will try to keep all overflow from any school together on another team.

B. Any player who is absent for (3) or more team functions/practices without notifying the head coach and providing a good excuse for each function missed may have playing time reduced or even be cut from the team at the discretion of the head coach and the NPFL board of directors. No refund will be issued if a player is cut from a team for cause.

C. Any player that is an extreme disciplinary problem may be reported by the head coach to the NPFL board of directors. The player may be sanctioned, or in extreme cases cut from a team. The player will not be issued a refund if the player is released from the league for cause.

ARTICLE VII: CERTIFICATION OF PLAYERS

A. Certification is that process whereby each team will file with the NPFL a complete roster of players for the current season.
B. Certification must be completed (1 week prior to the NPFL of the current year). The procedures for accomplishing certification are discussed in Rule 1 and Article I.

ARTICLE VIII: WEIGH-INS

All tackle division players are required to weigh in.

***Players weighing in must have proof of payment.

ARTICLE IX: HOT WEATHER PRECAUTIONS

Teams must guard against serious heat problems. The training regimen of any team practicing under high heat and/or humidity conditions must:

- Limit or eliminate laps. Do not assign laps for disciplinary reasons.
- Schedule practices for early evening, after the sun is low.
- Give the players all the water they want to drink any time they want it. Do not substitute soft drinks for water. Drinks with electrolytes are permissible.
- Each coach must keep an eye on all players and his fellow coaches for the slightest sign of heat exhaustion or fatigue.
- A fifteen-minute break is mandatory in the middle of each practice.

ARTICLE X: PRACTICE

Practice may not begin until the NPFL releases the league to do so.

A. In the NPFL, the first week of practice shall be devoted to conditioning, not wearing pads; however, helmets may be worn beginning the first day of practice. On the third day of practice shoulder pads may be worn, and person to dummy contact will be allowed.
B. A team may have no more than 4 practices per week.

C. Each practice will last no more than (2) hours, regular water breaks are required. Weekly practice hours may not exceed eight (8) hours. A team must practice at least six hours a week, with a maximum of 4 practice days in a week. **Practice time includes warm-ups, water breaks, coaches’ talks, etc.**

D. At all practices where person-to-person contact takes place each player must be dressed in the full complement of protective equipment described in RULE 3.

E. Each team may have (2) preseason scrimmages. Said scrimmages will not be allowed until a team has had at least eight (8) practices. All scrimmages must be pre-approved by the NPFL board. Each scrimmage counts as a practice and a team can have no more than 1 scrimmage per week.

F. Parents are not allowed on the practice field, and are not to interfere with practice. Parents must observe practice from a distance of at least (25) yards. If there is a problem, they are to talk with the coach after practice away from the children on the team.

G. No player or team is permitted at any time to engage in a controlled scrimmage or any form of contact drills involving a player, players, or team from a different age/weight division of play.

H. Bull rings are absolutely prohibited.

I. **A PARENT IS REQUIRED TO ENSURE PLAYER ARRIVES AT PRACTICE SAFELY AND LEAVES PRACTICE SAFELY. EACH PLAYER MUST HAVE TRANSPORTATION HOME AT THE END OF THE PRACTICE OR LIVE A SAFE WALKING DISTANCE FROM PRACTICE. PLAYERS ARE NOT ALLOWED TO WALK HOME IN THE DARK AFTER PRACTICE.** If violations occur the board will review and make a recommendation up to and including removal from the league for safety and liability reasons.
ARTICLE XI: GAME PROCEDURE

A. The game is to be governed by National Federation of High Schools rules with the NPFL rule changes having the highest authority.

B. Only the NPFL board can cancel a game due to weather. In case of inclement weather such as lightning, decisions will be made at the time at the fields by the board.

C. A maximum number of (4) and minimum of (2) officials shall be required for each game.

D. A grace period of (5) minutes will be allowed if a team does not have the minimum number of players and at least one coach present at the official start of each game. If a team is not on the field and does not have enough players on the field (10) minutes after the official start of the game, said team will lose the game by forfeiture.

E. The games time will be kept by the Head referee.
   a) Ten minute running Clock, 4 ten minute quarters.
   b) Clock stops on all time outs.
   c) Clock stops in last two minutes of each half. *(High school Clock rules in the last two minutes of each half.)*

F. No teams will play back-to-back, regular season, playoff or postseason games.

ARTICLE XII: TIE BALL GAMES

Tie breakers take place during playoff games. Games will be allowed to end in a tie during the regular season.

A. In the event of a tie ball game at the end of regulation play, NPFL rules will be applied. Each team will have an offensive series with the ball placed on the 10-yard line. The team with the highest score after each team has had the ball will be declared the winner. If after the fourth overtime period the score is still tied, an additional overtime
period will be played and the team who produces the most positive yardage will be declared the winner.

B. Although each team is given four downs, the ball will go over to the defensive team if the defensive team intercepts that ball or recovers a fumble.

ARTICLE XIII: REGULAR SEASON TIE BREAKERS

Teams who are tied for first, second and third place after head-to-head competition has been factored in will be determined by the difference between points scored, and then points against.

ARTICLE XIV: LAIBLE BOWL TOURNAMENT

A. The tournament will consist of no more than 8 teams. The seeding’s ‘will begin in the first round with the first place team in one division playing the fourth place team in the other division. The tournaments are single elimination.

B. If the Junior and Peewee tackle divisions have more than 8 teams then the 5th place team in one division will play the 5th place team in the other division, and so on, in a 1 and done game.

ARTICLE XVI: GAME PROTEST

A. Only protests involving the eligibility of a player shall be considered.

B. Protests shall be brought to the attention of the board of directors present when an infraction has thought to have occurred. Lack of prompt notification may result in denial of the protest.

ARTICLE XVII: CONDUCT OF PLAYERS, COACHES, AND SPECTATORS

A. If a player is ejected from a ball game, he or she will be required to sit out the first quarter of the next ball game. If the same player is
ejected from a second ball game, he or she will be required to sit out the first and second quarter of the next ball game. If the same player is ejected from a third ball game, the player will be ejected from the league, no refund will be given. The player must write a letter of appeal to the football board prior to registering for the next season. The board reserves the right to deny registration.

B. If a coach is ejected from a ball game, the said coach will be reviewed by the PAL football and PAL boards before being allowed to continue coaching.

C. All coaches must control their coaching staff. If a specific coach acts unbecoming or belligerent towards any NPFL member (i.e. coach, referee, board member, team player or team parent) he or she will be placed in Violation 1 status and warned. If the behavior continues that said person will be in Violation 2 status and placed on probation and will be suspended from all games and team practices, until a review by the NPFL Executive Board within 1 week for either disciplinary actions or immediate termination from the league.

D. Profanity from either coaches or players will not be tolerated. Violators will be reviewed by the NPFL.

E. Fighting results in automatic suspension from the game and action from the NPFL.

F. Foul language or actions unbecoming to the league by any spectator will result in eviction from the premises.

G. Any use of an intoxicant or illegal drugs is strictly prohibited at any organized function of the NPFL. It will result in automatic suspension from the league indefinitely.

H. At no time is any coach to physically jerk a player by the body, equipment, or facemask even if said player is the son or daughter of said coach.

I. Any person arrested and convicted at any NPFL event will be restrained from all league events for the term of that conviction. The restraining order will be entered in the court that the person is
convicted in. Violation of that court order will result in further prosecution.

J. No pets are allowed at any NPFL function. The only exception will be assistance dogs.

K. Use of tobacco at any NPFL function is prohibited.

ARTICLE XVIII: ALL-STAR NPFL TEAMS

A. Football players selected for all NPFL teams will be selected according to their performance, coach’s nominations, and standards set by the NPFL. Each Coach will submit a list of to the NPFL Board.

B. The head coach for the ALL-STAR team will be selected by the Coaches. Each Coach will submit a list of three coaches in order of recommendation to the NPFL Board.

C. Each team must nominate at least one fulltime lineman to the ALL-STAR team.

ARTICLE XIX: TRANSPORTATION

Group transportation to activities other than local in nature will be by car, bus, or van. The NPFL board must approve any other means. Coaches will need to verify proof of insurance of any individual driving to a Team activity before allowing any of his team to ride.
RULES

RULE 1: AGES AND WEIGHTS

A. MINIMUM and MAXIMUM AGE:

a) **PeeWee Tackle Division:** Players must be 9 years of age on or before August 1st, but cannot be 11 years of age before August 1st.

b) **Junior Tackle Division:** Players must be 11 years of age on or before August 1st, but cannot be 13 years of age before August 1st.

B. WEIGHT LIMITS:

a) No minimum or maximum weight limit. An 80-20 weight split will determine which players are eligible to carry the ball, and which positions they are allowed to play. This formula will allow the player positions to fluctuate with the average player weight each year.

**HOW IT WORKS:** The heaviest 20% of the players in each tackle division must play a **downed, interior line position on offense and defense**; these players are **not** allowed to play other positions. The other 80% of the players are allowed to play any position including interior line position. *(Please note, each year the weights will likely change, so a player may have to play on the line one year and may be able to carry the ball the next year. In addition a player may be able to run the ball one year and have to play the line the next year.)*

RULE 2: THE FIELD

A. The standard 100 yard field (plus 2 10 yard end zones) will be used during preseason, regular and post season play.

B. The bench area is reserved for players and coaches and team parent.

C. The sideline areas are reserved for chain crews, medical, law enforcement personnel, and authorized members of the press.
RULE 3: REQUIRED EQUIPMENT

The following items shall be worn by players that have begun physical contact in ALL practice sessions and games.

- **HELMET:** Only helmets bearing the NOCSAE Seal of Certification may be worn. All helmets must bear the current NOCSAE approved “Warning label” in a visible position on the outside of the helmet. This “Warning label” is the same label that is furnished by all helmet manufacturers and quality re-conditioners.

- **SHOULDER PADS**

- **WHITE FOOTBALL PANTS**

- **HIP AND BUTT PADS**

- **THIGH PADS**

- **KNEE PADS**

- **JERSEY**

- **MOUTH GUARD (MUST HAVE ONE WITH A KEEPER STRAP)**

- **SHOES:** Sneakers, detachable, or non-detachable molded rubber cleats are permitted.

- **EYEGLASSES:** When worn, shall be of **ATHLETICALLY APPROVED** construction with non-shattering safety glass or contact lens.

- **ANY ADDITIONAL EQUIPMENT WORN BY PLAYERS:** Shall be approved by the NPFL board.

- **ANY PLAYER WITH A CAST:** Must have a new Dr.’s note, each week, approving him to play and must have a minimum of a 1/2 inch of medium to soft foam over all parts of the cast.
RULE 4: ON-FIELD COACHING

PEEWEE TACKLE SPECIFIC

A. In peewee tackle, one coach may be on the field to direct his team between plays. After the huddle breaks a coach may not touch a player for any purpose such as placing them into the correct field position. After the huddle breaks the coach must stand at least 10 yards away from closest player from line of scrimmage, except the player punting or receiving a punt. **NO COACHING IE: SPEAKING, POINTING, TOUCHING IS ALLOWED IN ANYWAY ONCE THE HUDDLE BREAKS.**

JUNIOR TACKLE SPECIFIC

B. In junior tackle division, one coach may be on the field to direct his team for the **first game only.** **NO COACHING IE: SPEAKING, POINTING, TOUCHING IS ALLOWED IN ANYWAY ONCE THE HUDDLE BREAKS.**

RULE 5: BLOCKING AND TACKLING RESTRICTIONS

It is the responsibility of every NPFL coach to be fully informed of and abide by NPFL rules on blocking and tackling.

A. In addition to other specific prohibitions by the NPFL rulebook, no chop blocking, face tackling, crab walking or spearing techniques shall be permitted. If such techniques or any other forbidden techniques are taught by the NPFL coaches, said coaches shall be dismissed from the league pending a hearing with the board. If the coach is found to be guilty of coaching these techniques the dismissal from the league will be permanent.

B. **ALL BLOCKING CONTACT IN ALL DIVISIONS MUST TAKE PLACE ABOVE THE WAIST, THERE ARE NO EXCEPTIONS, INTENTIONAL BLOCKING CONTACT BELOW THE WAIST WILL BE CONSIDERED A 15-YARD PENALTY.**
RULE 6: DEFENSIVE LINE UP

A. No defensive player can line up directly over the center.

B. Linebackers who line up close to the A and/or B gaps, must line up 1 yard behind the down linemen. *(They must be far enough back as to not be able to touch any down linemen with arm stretched forward).* They are not allowed to move closer to the line of scrimmage before the snap of the ball.

C. Linebackers that are lined up close to the A and/or B GAPS may NOT be assisted thru the line with the help of another player *(i.e. Double Stacking, a player may NOT push the linebacker thru the gap).*

D. **No Contact is allowed with the Center until they are up and ready to engage.**

RULE 7: PUNTING

A. In both peewee and junior tackle, a team may declare a free punt on 4th down. Once the free punt is declared and the teams have lined up for the play to begin, no player from either offense or defense may cross the line of scrimmage until the ball has been punted. The ball **MUST** be punted even if the punter drops the ball, if a team fakes the punt and advances the ball the opposite team will take over the ball from the original spot with a 5-yard penalty. **If NO free punt is declared, punts are live and follow high school rules.**

RULE 8: Injured Players

Injured players are allowed on the sideline during games; each player must be identified on the roster and may wear a team jersey if available.

RULE 9: LENGTH OF PERIODS
Maximum lengths of any period for all division are 10 minutes.

RULE 10: INTERMISSION LENGTH

Between 1st & 2nd; 3rd & 4th quarters: 1 minute.

Between 2nd and 3rd quarters (half-time): 5 minutes.

RULE 11: TIME CLOCK

The referee shall decide where the clock will be kept. In any event, the referee has final authority to have the clock kept on the field. All games will be started on the hour and ended at 50 min.

RULE 12: TIME-OUTS

A team shall be permitted no more than (3) time-outs per half (does not include officials’ time-outs). High school rules for length of time for time outs.

RULE 13: PLAYERS

A. It is STRICTLY PROHIBITED for a player or group of players to participate in any practice session or game with players from another division of play (i.e. peewee vs. junior).

B. An injured player must be removed from the game for at least one play before they may return to play. The exception is that if the injured player’s team calls a time-out, the injured player will be allowed to remain in the game.

C. All players of a specific team must play minimum of (10) minutes per game. The only permissible reason not to play a team player would be for lack of practice attendance, parental discretion or disciplinary action. A coach that does not abide by the N.P.F.L. minimum (10) minutes per game per player may be called in review. Any coach
found in violation of this rule will be placed in Violation 1 status. Further violations the coach will be placed on Violation 2 status.

*Note*: *N.P.F.L. Executive Board will make frequent notes regarding each team's leading starters and scorers. N.P.F.L. board also has the right to interview each teams parents regarding execution of mentioned rule.*

**RULE 14: REGARDING INELIGIBLE PLAYERS**

A. There are (4) unequivocal definitions of an ineligible player, from which there are no appeals:
   1. Overage or underage players.
   2. Players residing outside the legal boundaries.
   3. Falsification of data concerning any of the above.
   4. Participation in any organized or school football teams and the NPFL football in the same season.

**RULE 15: SCORING VALUES**

A. TOUCHDOWN…6 points

B. High school rules apply regarding PAT scoring; with the exception that a 1-point kicked PAT is not allowed.

C. SAFETY…2 points

**RULE 16: LOPSIDED SCORE**

A. If at the end of the 3rd quarter Team A is ahead of Team B by (20) or more points Team A cannot have starting offensive skills players (i.e. half-back, full back, QB, tight end, or wide receivers) forward advance or carry the ball. Coaching staff must give fair opportunity to all eligible players to run the ball.

B. If any coach is reported to be running up the score, after the (20) point rule with starting players, will be reminded verbally by N.P.F.L. executive board. If violation continues with blatant disregard to
N.P.F.L. rule, that coach will be in review and possibly placed in Violation 3 status. (See Article XVII B)

C. Note: N.P.F.L. Executive Board will make frequent notes regarding each team's leading starters and scorers. N.P.F.L. board also has the right to interview each teams parents regarding execution of mentioned rule.

RULE 17: INJURED PLAYER

A. Any participant that is suspected to have an injury to the HEAD, NECK, or SPINE shall not be moved until professional medical attention is rendered.

B. In the event a team has only eleven participants and one player is injured, a two-minute time-out will be called by the officials. The team of the injured player will be charged a time-out. If said team has no time-outs left they will be awarded an injury time-out, but a ten-yard penalty will be assessed to said team.

C. If said injured player cannot return to the game after the (2) minute time-out the game will continue with (10) players.

D. If said team loses a second player the game is over and the team that is ahead wins the ball game.

Note: Referee time out at coach’s request to inform opposing coach of lack of eligible player. It is recommended that the opposing team play with the same amount of kids.

***THE NPFL ENCOURAGES ACADEMIC EXCELLENCE***
Rules Addendums:

7/30/2012

ARTICLE X: PRACTICE

A. A team may have no more than 4 practices per week. Only 3 practices can be full contact. Teams practicing 4 days per week must have 1 limited contact practice. (Full Contact is defined as any drill or scrimmage in which players go all-out with contact, such as one-on-one blocking or tackling drills. Therefore, Limited Contact entails foregoing any such drills or scrimmage where full speed or one-on-one contact takes place)

RULES:

RULE 13: PLAYERS

B. In the event play has to be stopped for a specific player two times, due to the player being 'down' (injury, tiredness, etc.), said player will NOT be eligible to participate in the remainder of that game.