

2011 Detroit Lions Think Detroit PAL Football League Bylaws

**Detroit Lions / Think Detroit PAL
Football League**

2011 Bylaws

2011 Detroit Lions Think Detroit PAL Football League Bylaws

TABLE OF CONTENTS

ARTICLE I: LEAGUE ADMINISTRATIVE RULES	1
I. Registration by Organizations into the League.....	1
II. Participant Registration with Organizations	2
III. General Rules & Responsibilities of Organizations and Volunteers	2
IV. Volunteer Code of Conduct	3
V. Volunteer Training.....	4
VI. Participant Injury Procedures.....	5
VII. Insurance Claims for Injuries.....	5
VIII.Evaluation	6
IX. Fund Raising Efforts by Individuals and Organizations.....	6
X. Uniform Practice of Economy and Scale Group Purchasing Power.....	7
ARTICLE II: LEAGUE RULES OF PLAY.....	7
I. High School Rules	7
II. Player Eligibility	7
III. Uniforms and Equipment.....	10
IV. Selection and Evaluation of Officials	11
V. Special Rules of Play	12
VI. Team/Game Locations	14
VII. Practice Regulations.....	14
VIII.Schedules and Standings.....	15
IX. Inclement Weather	15
ARTICLE III: DISCIPLINARY PROCEDURES.....	16
I. Advisory Board.....	16
II. Complaints, Sanctions, and Appeals.....	17
III. Violation Citation.....	17
IV. Sanctions and Penalties.....	18

2011 Detroit Lions Think Detroit PAL Football League Bylaws

ARTICLE I: LEAGUE ADMINISTRATIVE RULES

I. Registration by Organizations into the League

- A. Organizations may register to participate in the League which begins June 27, 2011 by meeting the following requirements.
- a. Organizations must submit to Think Detroit PAL by June 6, 2011 information on its registration practices, including:
 - Registration fees that do not exceed \$125 amount (which must include, but is not limited to, a post-season banquet meal and trophy, along with equipment rental including helmet, shoulder pads, hip, butt, knee and thigh pads, and game uniforms) additional items optional.
 - A list of what items are covered by the registration fee;
 - Policies pertaining to the issuance of registration fee refunds; and
 - Information provided to parents at the time of their registration.
 - b. Registration Fee of \$1,000.00 (\$850 Football; \$150 for cheerleading) must be paid by July 1, 2011
 - c. All organizations must submit to Think Detroit PAL by July 11, 2011:
 - A final roster of the members of its Board of Directors and other significant personnel. The roster must include the names, addresses, phone numbers, and titles, if any, of the Directors, Coaches, Team Mom's, Volunteers and all other personnel;
 - All organizations must be covered and submit a proof of insurance policy that indemnify Think Detroit PAL, the City of Detroit, and Detroit Public Schools as follows:
 - \$1,000,000 Each Claim Directors & Officers Liability insurance policy;
 - \$1,000,000 Each Occurrence/\$2,000,000 General Aggregate General Liability insurance policy;
 - \$1,000,000 Combined Single Limit Bodily Injury and Property Damage Non-Owned & Hired Automobile Liability insurance policy, all of which indemnify Think Detroit PAL, the City of Detroit, and Detroit Public Schools;
 - Executed agreement binding the organization to follow these bylaws; and
 - Annually Think Detroit PAL will confirm proof of non-profit eligibility for all existing organizations.
- B. New organizations must submit all of the above by July 11,2011 including the following:
- I. Proof of the organization's 501(C) (3) status (i.e. determination letter from the IRS).
 - II. Financial Statements for its most recently ended fiscal year that document separate football and cheerleading revenue and expenses.

2011 Detroit Lions Think Detroit PAL Football League Bylaws

- C. Organizations must present to Think Detroit PAL a player roster of all eligible players, their registration forms or contracts, and ID cards by the end of the business day on the Thursday prior to the first game of the season.

II. Participant Registration with Organizations

- A. Each organization shall have a registrar, who shall be responsible for ensuring that every member of the team entered in the League is an eligible player.
- B. Every participant in the league must have a completed registration form, signed by a parent or legal guardian, on file with the organization.
- C. Participants wishing to enter into a contract with an organization must be in good standing with all organizations they had a previous contract. **No participant may transfer after August 1, 2011.**
- D. Final rosters must be presented to Think Detroit PAL by the third game of the season.
- E. **Violation of any portion of this rule shall result in the imposition of a class A sanction.**

III. General Rules & Responsibilities of Organizations and Volunteers

- A. Organizations are responsible for educating their fans as to what constitutes conduct appropriate for positive youth development.
- B. Each organization is responsible for providing restroom facilities for their practice sessions and home games. If an organization's practice or game field is not equipped with conventional restroom facilities, at least two regularly maintained port-a-johns are required for games and one is required for practice.
- C. The host/home organization is responsible for cleaning up the field, bleachers, and surrounding areas after participating in a game.
- D. It is the responsibility of the home team to have three (3) knowledgeable representatives manning the chain and down-marker.
- E. No coach may transfer to another team/organization unless it is between the time periods of Jan 1, 2011 – Mar 1, 2011. Each organization must submit a coach's roster and complete volunteer forms by first AB meeting in March. Transferring coaches must be in good standing with the former organization and with Think Detroit PAL. When transferring organizations, players and coaches may not go to the same organization without the approval of the departing organization and/or Think Detroit PAL.

2011 Detroit Lions Think Detroit PAL Football League Bylaws

- F. No member of an organization may take any records, or equipment from another organization,, nor may they solicit players from any other organization.
- G. Each organization is responsible for ensuring its compliance with all of the rules of the League.
- H. Each organization is responsible for the timely communication of its needs (e.g., certification photos) to Think Detroit PAL.
- I. Each organization is responsible for the provision of scales, first-aid kits, water bottles and any other equipment not provided by Think Detroit PAL that is necessary to ensure the safety of participating youth.
- J. **Violation of any portion of this rule shall result in the imposition of a class C sanction.**

IV. Volunteer Code of Conduct

All adults working with children, including coaches, shall engage in conduct that models healthy relationships and behavior for our youth. At a minimum, the following code of conduct must be followed. These examples include but are not limited to:

- Desist from the use of profane words or gestures, including racial epithets;
- Desist from unsportsmanlike conduct, including the criticism and/or taunting of an opposing team, its players, coaches, officials, or fans, by word or gesture;
- Desist from “running up” the score against a weaker opponent;
- Desist from attending any practice session of any future opponent during the season (scouting), unless invited;
- Desist from “sweating down” participants by any means, including drugs, diuretics, plastic/rubber suits and/or intense pre-game aerobic activity;
- Abide by decisions made by team doctors and/or Think Detroit PAL staff in all matters regarding participants’ health, injuries and ability to play;
- Reserve constructive criticism of participants for private moments, as opposed to engaging in publicly, while in front of spectators of any kind;
- Together, with officials and others, work to ensure the appropriate conduct and control of players and spectators;
- Accept decisions of officials on the field as being made to the best ability of the official. Judgment calls should never be questioned;
- Desist from singling out or accusing a youth of being inadequate or responsible for failure; and
- Desist from speaking to others in a threatening or demeaning tone.
- Not consume alcoholic beverages and/or smoke cigarettes or other substance in the presence of youth participants.
- Not use narcotics.
- Desist from fighting or inciting others to fight.

2011 Detroit Lions Think Detroit PAL Football League Bylaws

- Desist from bringing any weapon, including firearms and knives, to any Think Detroit PAL activity.
- Desist from speaking on behalf of Think Detroit PAL or other football organizations without their knowledge.
- Desist from picketing or engaging in other concerted action at Think Detroit PAL headquarters or at any Think Detroit PAL activity.

Violation of any portion of this rule shall result in the imposition of a class A sanction.

V. Volunteer Training

- A. All volunteers must complete certification steps required by Think Detroit PAL. Those steps are indicated in the chart below:

Football Coaching Staff (includes ALL individuals on sidelines during games)				
	Background Check	IMPACT Training	Football Rules Training	First Aid Training
Athletic Director	X	X	X	
Head Coach	X	X	X	
Asst. Head Coach	X	X	X	
Asst. Coach	X	X		
All Other Coaches	X	X		
CPR Certified	X			X
Cheer Coaching Staff				
	Background Check	IMPACT Training	Football Rules Training	First Aid Training
Cheer Coordinator	X	X		
Head Coach	X	X		
All Other Coaches	X	X		
Other Volunteers (not on sidelines during games)				
	Background Check	IMPACT Training	Football Rules Training	CPR Training
President	X	X		
Board Members	X			
Secretaries	X			
Staff with Kid Contact	X	X		

X indicates necessary requirement

- B. All Coaches and Volunteers must complete required training according to their organization's training schedule prior to the first game of the 2011 season and must be

2011 Detroit Lions Think Detroit PAL Football League Bylaws

wearing badge at football games and practices. New volunteer coaches have until August 20, 2011 to complete certification.

- D. The Think Detroit PAL volunteer information form requires that potential volunteers provide their social security number and birth date, which are used to run a criminal background check.
- E. All potential volunteers must have completed a criminal background check on or before June 27, 2011 or before they have any contact with kids.
- F. Think Detroit PAL football organizations cannot accept volunteer coaches after August 20, 2011.
- G. Each team **MUST** identify at least one volunteer to serve as the CPR Certified Volunteer who will be present at all games and practices.
- H. **Violation of any portion of this rule shall result in the imposition of a class A sanction.**

VI. Participant Injury Procedures

- A. In the event of an injury to a program participant, volunteer, or spectator during a Think Detroit PAL sanctioned event, the following procedure should be followed:
 - Emergency life-saving procedures should be commenced immediately, if necessary, by trained personnel;
 - Emergency Medical Services should be contacted, if appropriate;
 - A Think Detroit PAL official should be notified immediately, who will make a determination as to whether the event should be discontinued or resumed after the injured party has received all available and appropriate medical attention.
 - A Think Detroit PAL Incident Report Form must be filled out by the coach or organization official and turned into a Think Detroit PAL official no more than three days after the incident.
- B. **Violation of any portion of this rule shall result in the imposition of a class B sanction.**

VII. Insurance Claims for Injuries

- A. The special risk accident policy currently held by Think Detroit PAL will pay benefits subject to the policy terms and conditions, in the event a properly-registered participant is injured while participating in a Think Detroit PAL sponsored event. This policy is not intended to replace any insurance currently held by a participant or his or her parents.

2011 Detroit Lions Think Detroit PAL Football League Bylaws

- B. If medical attention is required, the following procedures must be adhered to when submitting claims for injuries sustained by Think Detroit PAL members.

The organization responsible for the team on which the injured youth participates shall contact a Think Detroit PAL program staff person as soon as possible to request an accident claim form (There is also a copy in the back of these Bylaws). The staff person or their designee will provide a blank accident claim form to the organization's Athletic Director or team's Head Coach, who will be responsible for completing the following steps:

- Completing the form in its entirety.
- Ensuring the original is delivered to the Think Detroit PAL Director of Athletics or his/her designee, immediately following the incident; or to the Think Detroit PAL Headquarters the next business day.
- Ensuring the form is filled out correctly and a statement from the coach and/or the parent is provided, if the participant is a minor. Upon its completion and return to Think Detroit PAL, the claim form will be forwarded to the insurance carriers, who in turn, will submit the claim to the underwriters. NOTE: In no case should the claim be sent to the underwriter by anyone but the insurance carrier as this causes delay in settling claims.

- C. **Violation of any portion of this rule shall result in the imposition of a class C sanction.**

VIII. Evaluation

- A. Each organization must realize that effective program delivery is essential to our success. At present, there are few systems that concretely assess the effectiveness of program delivery. All organizations will submit, in writing, a system by which they intend to evaluate program effectiveness. The system is to clearly address the organization's progress and meet its stated goals. Furthermore, selected organization's President and other certified personnel shall attend a season review hearing with Think Detroit PAL staff at the culmination of the 2011 season in order to gauge progress towards pre-determined benchmarks.
- B. **Violation of any portion of this rule shall result in the imposition of a Class A sanction.**

IX. Fund Raising Efforts by Individuals and Organizations

- A. The Think Detroit Police Athletic League is a non-profit 501(c)(3) corporation. Any individuals or organizations wishing to raise money for, and/or desiring the assistance of Think Detroit PAL in doing so, must obtain permission from the Think Detroit PAL Board of Directors or Chief Executive Officer. Furthermore, any use of the Think Detroit

2011 Detroit Lions Think Detroit PAL Football League Bylaws

PAL or Detroit Lions' name or logo for the purpose of fundraising is prohibited, without the written consent of the CEO of Think Detroit PAL or his/her designee.

- A. **Violation of any portion of this rule shall result in the imposition of a class A sanction.**

X. Uniform Practice of Economy and Scale Group Purchasing Power

All organizations participating in the League will make every effort to purchase goods and services together in order to reduce the cost of goods and services purchased.

ARTICLE II: LEAGUE RULES OF PLAY

I. High School Rules

If there is no rule in these bylaws that is controlling, then the most recent published football rules of the MHSAA shall be considered controlling.

II. Player Eligibility

- A. Individual participants playing on teams in the League must complete a registration form or contract. The contract must bear the signature of the participant's parent or legal guardian, and must be turned in to Think Detroit PAL.
- B. All participants must provide a certified copy of their birth certificate. This copy of the certified birth certificate must remain in the team registration book. Think Detroit PAL officials shall review each team's Registration Book.
- C. Each player participating in Think Detroit PAL football must pass a physical examination for contact football before his/her first practice, with the physician's signature affixed to the contract by either a stamp or legible to read and date of the examination. Each participant must have a physical exam that is not dated prior to January 1, 2011 in the registration book. The doctor who signs the physical form must be able to be identified. The Think Detroit PAL staff shall have the right, in the case of disabled children, to determine eligibility.
- D. All players must ensure that they have a current certification photo on file for the playing year.
- E. To be eligible to play on a team in the League, a participant must meet the following age requirements for the division in which they wish to participate:
1. SENIOR VARSITY – A-Team: (14 and under) – Players whose 15th birthday falls on or after August 1st of the playing year may complete this season in the age division.
 2. VARSITY – B-Team: (12 and under) – Players whose 13th birthday falls on or after August 1st of the playing year may complete this season in the age division.

2011 Detroit Lions Think Detroit PAL Football League Bylaws

3. JUNIOR VARSITY – C-Team: (10 and under) – Players whose 11th birthday falls on or after August 1st of the playing year may complete this season in the age division.
 4. FRESHMAN – D-Team: (7 & 8) – Players must turn age 7 on or before August 1st of the playing year. Players whose 9th birthday falls on or after August 1st of the playing year may complete the season in this age division.
 5. A player may participate in an older age division than necessary. However, once registered in that division he may not return to the lower age division during that season.
- F. A participant who, during the months of August through November, is carried on the current roster of another team and/or organization (e.g., C.Y.O., High School Junior Varsity, Senior Varsity, or Recreational League), shall be considered ineligible for participation on a team in the League. New players are allowed to register up until the final roster is due.
- G. If a participant misses three games, as indicated on his contract/registration form, the player will be considered ineligible for post-season play.
- H. Weigh-ins will be conducted prior to each regular season and post-season game in order to determine whether a player meets weight eligibility requirements.
1. All players will be weighed in prior to the beginning of each game. This shall be done by the **Weigh Master** and **Registrar** of each organization. Each team shall bring their official registration book and two copies of its official team roster, and present one to the representative from the opposing team.
 2. Weigh-ins will begin at the end of the first quarter of the preceding game, except for the weigh-in for the Freshman (D) team, which shall begin at 9:00 a.m. for regular-season games. Home teams weigh-in first.
 3. Coaches are not allowed at weigh-ins. A Think Detroit PAL official need not be present to oversee the scale weigh-ins during the regular season. However, Think Detroit PAL staff will oversee all weigh-ins during the play-offs.
 4. Players must weigh-in while wearing standard equipment (butt pad, kneepads, hip pads, thigh pads, girdle, cup, and cleats) and the game play uniform. Other equipment and clothing may be added after a participant completes the weigh-in as long as it is otherwise permitted by these rules.
 5. Skilled players are permitted two weigh-in, at which point they may remove their shoes and a 2nd weigh-in performed. Players may get off the scale to make adjustments, but may not leave the weigh-in area
 6. Skilled players who are determined to be overweight will have an X placed on the back of their helmet.

2011 Detroit Lions Think Detroit PAL Football League Bylaws

7. Players must conform to the following weight specifications in order to be eligible to play:
 - a. Senior Varsity (A-Team): 190 lbs. maximum weight skilled position, unlimited tackle to tackle.
 - b. Varsity (B-Team): 160 lbs. maximum weight skilled position, unlimited tackle to tackle
 - c. Junior Varsity (C-Team): 130 lbs. maximum weight skilled position, unlimited tackle to tackle.
 - d. Freshman (D-Team): 125 lbs. maximum weight skilled position, unlimited tackle to tackle.
8. Only beam or lever-type scales may be used. Failure to provide the proper type scale will result in forfeiture of the game for the home team responsible for providing the proper scales. The visiting team may not adjust the scale; if there is a disagreement regarding the scale, a THINK DETROIT PAL official must be contacted.
9. During the weigh-in Think Detroit PAL site monitors are the only individuals that may question opposing team players concerning information on their contract.
10. Registrars or Weigh Masters must place appropriate notations in the designated spot on the contract for each participant at each game. The following notations must be used:
 - INJ – Injured
 - NS – No Show
 - OK – OK to play in game
 - XP – Lineman Only
11. Injured players are required to provide THINK DETROIT PAL with written and visual verification of injury within one week of injury in order to be noted as INJ on contract.
12. Late arrivals to the game may be allowed to enter the game up until the end of half time, after the above requirements are met. The Weigh Master of the opposing team must approve entrance into game.
13. Prior to the start of the second half of play, any/all player(s) may be required to have a face-off before returning to the game. The President, Vice President or Athletic Director must make the request.
14. In the case of inclement weather, determined by Think Detroit PAL, the scale will be adjusted to 3 lbs. above the normal weight limit. During inclement weather both teams have the option to seek shelter until the restart of the game. Face off will be an option by either team before the restart of the game to be conducted by Think Detroit PAL staff only.

2011 Detroit Lions Think Detroit PAL Football League Bylaws

- I. Senior Varsity, Varsity and Junior Varsity teams must have at least 15 eligible players at game time or the game will be declared a forfeit. Freshman teams must have at least 15 eligible players at game time or the game will be cancelled. Eligible is defined as registered, game ready, and physically able to participate in play.
- J. **Violation of any portion of this rule shall result in the imposition of a class A sanction.**

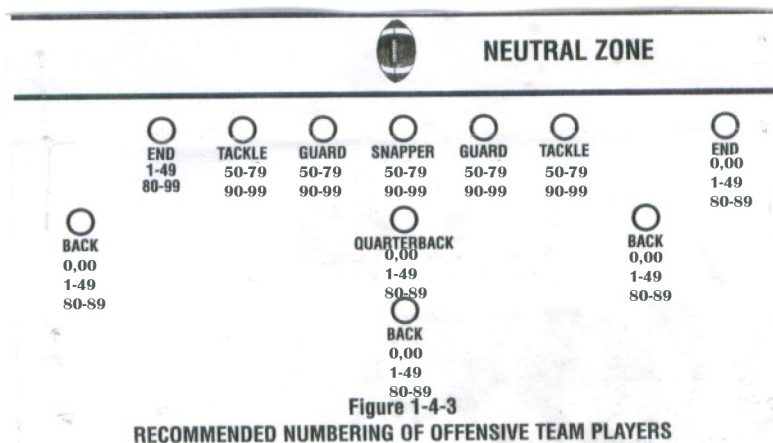
III. Uniforms and Equipment

A. There shall be no exploitation of a team or individual player for monetary gain through the placement of any visible advertising on any part of the uniform or equipment of a player or coach. The only exception shall be for the placement of the official team name on the uniform, and the placement of the official logo of the League, as provided by Think Detroit PAL, on the uniform.

B. Regulation Equipment

- 1. The following regulation equipment shall be mandatory of all players and must be worn: helmet with face guard, shoulder pads, complete hip pad or girdle, thigh pads, kneepads, football jersey and football pants, football cleats.
- 2. Visors are allowed (i.e. light tint and sixty-four visors). No dark colored visors!
- 3. Mouth/teeth guards are mandatory; no white or clear mouth guards can be worn. Special mouth guards can be worn for those children with braces. No other exceptions.

4. JERSEY NUMBER REQUIREMENTS BY POSITION



- a. Any changes of a participant number must be reported to the opposing team prior to weigh-in.

2011 Detroit Lions Think Detroit PAL Football League Bylaws

5. Each player's equipment must fit him properly to give maximum possible protection. The referee shall be the judge of this matter
6. All Freshmen and Junior varsity must wear rubber sole cleats. Varsity and Senior varsity players may use any regular football cleats. No tennis shoes shall be worn.
7. All players must wear protective cups and athletic support during all practices and all games.
8. Each team shall have a first-aid kit on hand at all practices and games.
9. The host team shall be responsible for the playing field being adequately marked. Markers shall be required at the goal line.
10. The home team shall be responsible for providing the appropriate size game ball. The following size footballs are to be used. The penalty for providing the wrong size ball is 15 yards.
 - a. Senior Varsity: High school size ball
 - b. Varsity: Youth size ball
 - c. Junior Varsity: Junior size ball
 - d. Freshman: Pee wee size ball (K2)

C. Issuance/Return of Equipment

Equipment managers will be responsible for dropping off and picking up equipment according to Think Detroit PAL's schedule. They are also responsible to their organization for the return of all equipment.

- D. All uniform color or logo changes must be approved by the AB Board prior to ordering. Each organization shall be allowed to have a primary and a secondary color. Home games will be a dark colored jersey and away games will be a white jersey.
- E. The coaches of both teams shall be equipped with the same electronic communication devices during the game. If both teams are not equipped with the same devices, then the use of such equipment is prohibited.
- F. **Violation of any portion of this rule shall result in the imposition of a class B sanction. Further, any player in violation of a rule pertaining to equipment or uniforms may be disallowed from playing in a game.**

IV. Selection and Evaluation of Officials

- A. League games are administered by three officials: a referee, an umpire, and a head linesman. A Think Detroit PAL officer may be used as an official if necessary. Officials can not have any immediate family members on any team playing in any game in which they are officiating.

2011 Detroit Lions Think Detroit PAL Football League Bylaws

- B. By the end of the business day Wednesday following each game, a representative from each organization must submit completed officials evaluations from each team. Failure to do so will result in first playoff game suspension for the head coach E-mails or Faxes are acceptable. A second failure will result in suspension throughout the playoffs.
- C. Officials shall be instructed to see that the spectators remain in their proper places; offenders can cause their team penalties for unsportsmanlike conduct. Officials may request the removal of objectionable spectators from the area of the game in the interest of the players' well being.
- D. The official may, if he or she so chooses, consult the team staff for his/her advice on the advisability of a player playing.
- E. **Violation of any portion of this rule shall result in the imposition of a class B sanction. Any coach, administrative official, or spectator who attempts to approach an official in any way to influence his decision may be banned from the game.**

V. Special Rules of Play

- A. Two coaches are allowed on the field during a charged time out.
- B. Every organization is allowed a total of 2 scrimmages (this includes one 4-way, or head-to-head scrimmage, and benefit games); All scrimmages must be scheduled between July, 16 and August 13, 2011. Each organization must provide Think Detroit PAL a schedule of all scrimmages. No scrimmages are permissible during the football season. Any teams choosing to participate in scrimmages against teams outside the Think Detroit PAL league must notify the Football Commissioner 72 hours before the scrimmage in writing with participating teams, date, time and location for approval.
- C. Every player on every team in the League must play at least three plays of every game during the regular season. There should be a separate roster to note players going into a game for record keeping to be turned in the Wednesday following each game. The only exceptions are for participants who are ineligible to play in the game due to weight or injury restrictions. **The head coach or any assistant coach, who replaces the head coach during a game for any reason, is held responsible for compliance with this rule.**
- D. Freshman (D-Team) Rules
 1. One coach shall be allowed in the huddle and on the field during the play of the game.
 2. Once players break the huddle, the coach on the field can not place players into position, and the coach must be ten (10) yards behind the line of scrimmage. Violation of this rule will result in the following in-game penalties:

2011 Detroit Lions Think Detroit PAL Football League Bylaws

- First violation by offense: 5-yard penalty;
 - Second violation by offense: 10-yard penalty;
 - Third (and subsequent) violation(s) by offense: possession of the ball shall be turned over to the other team at the spot of the ball.
 - All violations by defense: 10-yard penalty.
3. No score shall be kept during the game. Team records shall not be maintained. No playoff or Championship.
 4. Cheating by any freshman team will, in addition to other penalties, result in the forfeiture of the next game played by that organization's Junior Varsity team.
 5. All Freshman teams will participate in the "Baby Bowl" and at Ford Field.
 6. There must be a minimum of fifteen (15) players eligible to play for a team or the game will be cancelled.

F. Excessive Leads during Games

1. After a team has obtained a lead of 28 or more points, both teams must enter at least six (6) substitutes (players who do not start in any position), and keep these or other substitutes on the field at all times until the score has been reduced to a less than 28-point lead. It is the responsibility of the team that is substituting to notify the officials that they are substituting and who the substitutes are. This will be done by means of an official's time-out.

A team leading by 28 points or more is not required to substitute on an extra point attempt that is being kicked, but must on a pass or run attempt.

Violation of this rule will result in the following in-game penalties: If this rule is violated by the offensive team, the ball goes over to the defensive team at the spot. If violated by the defensive team, the results are a 15-yard penalty.

2. If a team is leading by 35 points, any time after the second half, the game clock shall run continuously determined by a TDP site monitor.

G. Field Goals and Extra Points

1. Two (2) points will be scored for a successful try for point after a touchdown by a place kick, one (1) point by run or pass.
2. Four (4) points will be scored for a successful field goal attempt.

H. Game Periods and Clock Management

2011 Detroit Lions Think Detroit PAL Football League Bylaws

1. The officials are responsible for keeping the official clock for league games. Game time limits shall be as follows:
 - Freshman (D-Team): 8 minute quarters (stop time)
 - Junior Varsity (C-Team): 10 minute quarters (stop time)
 - Varsity (B-Team): 12 minute quarters (stop time)
 - Senior Varsity (A-Team): 12 minute quarters (stop time)
 2. Periods may be shortened by the mutual agreement of the referee and the two head coaches, providing that it is done before the game begins, so that all of the periods are the same length.
 3. Approximately 4 minutes before the end of each half, the referee shall notify both head coaches of the time remaining in the half.
- I. X-Players
- a. Skilled position players who are overweight for their age division will be designated as an X-Player.
 - b. X-Players will have an X placed on the back of their helmets. This will be done at the scale by the weigh master/ registrar.
 - c. X-Players cannot advance the ball on offense or defense.
 - d. X-Players cannot play on kick off and kick receive teams.
 - e. X-Players must wear jersey numbers 50-79 and/or 90-99
 - f. X-Players must play on the offensive or defensive line (tackle to tackle).

K. Violation of any portion of this rule shall result in a class A sanction.

VI. Team/Game Locations

- A. All teams wishing to relocate must petition the AB for approval.
- B. Think Detroit PAL reserves the right to select play-off sites and will inform all concerned parties upon selection.
- C. Think Detroit PAL shall serve as the liaison between the league and the Detroit Public Schools Community Use office in order to develop permit requests. However, each organization interested in playing games at DPS facilities shall be responsible for cultivating the school partnership and acquiring appropriate signatures for permit requests. Completed permit requests shall be returned to TDP for final submission to the Community Use office. All other non-DPS game sites are the responsibility of the home team organization.
- D. **Violation of any portion of this rule shall result in a class C sanction.**

VII. Practice Regulations

2011 Detroit Lions Think Detroit PAL Football League Bylaws

A. Practice shall be limited to four (4) days per week after the opening of the school year. **(NO PRACTICE OR PLAYER CONTACT SUNDAY AND MONDAY) unless a game is scheduled.**

E. All players shall receive two (2) weeks of conditioning before being allowed to participate in body contact.

Monday, June 27- Conditioning

Tuesday, July 5- Receive Helmets

Monday, July 11- Full Contact

C. **Violation of any portion of this rule shall result in a class B sanction.**

VIII. Schedules and Standings

A. Think Detroit PAL shall supply each team with a current season schedule for member teams for current year.

B. Any cancelled game may be rescheduled by Think Detroit PAL, on any open date through the remainder of the season.

C. Whenever it is necessary to break a tie in the league standings, the following order of procedures will be followed:

- The winner of the regular season head-to-head competition will be declared the winner of the tie-breaker;
- Division record then head-to-head competition will declare the winner.
- If the teams remain tied, then the tie will be broken by a coin flip, performed by Think Detroit PAL and witnessed by the President of the AB (or his or her designee) and a representative from each team.

IX. Inclement Weather

A. On days when the weather is not fit for outside physical activity (extreme sun and heat, humidity, rain, lightning, hail, snow, etc.), there will be no practice, games, warm-ups, or any other activity that subjects Think Detroit PAL youth to adverse weather conditions.

B. Organizations are to pay close attention to weather reports, i.e. ozone alerts, heat/humidity indexes, wind chill factors, and storm watches/warnings. Any such alerts broadcasted locally shall serve as notice to cancel practices and games. Team Presidents, Athletic Directors, and Coaches shall be personally responsible for ensuring that activities take place only under fair weather conditions. Presidents are to assure that all participants are properly hydrated at all times. Please allow participants access to water at their request.

Rule of thumb: If temperature is above 91° Fahrenheit or below 40° Fahrenheit, teams are to check advisories and consider postponement or cancellation of activities. If lightning or thunder is observed, all activities must be suspended immediately and all parties

2011 Detroit Lions Think Detroit PAL Football League Bylaws

secured to a safe place. Activities are to be suspended for a thirty (30) minute period without lightning or thunder. The suspended time not to exceed forty five (45) minutes.

- C. The decision as to whether a game will be cancelled due to inclement weather shall be strictly in the hands of the Think Detroit PAL official. He will consider the welfare of the players and coaches, as well as spectators.
- D. **Violation of any portion of this rule shall result in a class B sanction.**

ARTICLE III: ADVISORY PROCEDURES

I. Advisory Board

- A. There shall be an Advisory Board (AB), whose purpose is to advise and support Think Detroit PAL in the implementation of the League. Specifically, the AB shall do the following.
 - 1. Review and recommend changes to these bylaws and other rules, regulations, and procedures.
 - 2. Recommend solutions to existing problems.
 - 3. Recommend penalties for bylaw violations and other conduct, after a referral by Think Detroit PAL.
- B. The AB shall be composed of one member from each participating organization in the League. Each organization may also designate one alternate member, who shall also have the right to attend all meetings. Organization members participating in the AB must hold the organization office of President, Vice President, or Athletic Director.
- C. There shall be five officers of the AB, a Chairperson, a Vice-Chairperson, a Secretary, Treasurer and a Sergeant-at-Arms.
 - 1. The Chairperson shall be responsible for calling and running all meetings.
 - 2. The Vice-Chairperson shall be responsible for calling and running all meetings in the absence of the Chairperson.
 - 3. The Secretary shall be responsible for recording all decisions made by the AB.
 - 4. The Sergeant-at-Arms shall be responsible for maintaining order at all meetings.
 - 5. The Treasurer will maintain all financial records and banking accounts. The Treasurer shall be responsible for monthly financial reports at the AB meeting.
- D. The AB shall hold regular meetings on the first Monday of each month. From December through May, regular meetings will start at 6:00 p.m. From June through November,

2011 Detroit Lions Think Detroit PAL Football League Bylaws

regular meetings will start at 7:30 p.m. Special meetings may be called by the Chairperson or by Think Detroit PAL.

Any organization missing three (3) meetings in a year, and for each subsequent missed meeting, shall be assessed a class C penalty.

II. Complaints, Sanctions, and Appeals

- A. Any AB member observing, receiving information, or having personal knowledge concerning a violation of these Bylaws shall have a duty to submit a report of it in writing to Think Detroit PAL.
- B. Organizations may submit protests regarding player eligibility.
 - 1. All protests must be submitted to Think Detroit PAL in writing within two business days after the game under protest, accompanied by a fee of \$100 for every protest lodged (i.e., \$100 per individual named in the protest).
 - 2. If Think Detroit PAL upholds the protest, the fee will be refunded. If Think Detroit PAL denies the protest, the fee becomes a donation to Think Detroit PAL. A receipt will be provided.
 - 3. A Think Detroit PAL game official should be informed of a team's intent to protest at the time of the infraction. At the conclusion of the game, the official shall make a notation on the winning team's scorecard sheet, indicating that a protest has been lodged. The President, Vice President, and Athletic Director must be notified of any protest.
- C. Think Detroit PAL shall promptly investigate and, if it determines that a violation has occurred, assess an appropriate penalty for any complaint it receives regarding a violation of these bylaws, or any violation citation completed by a Think Detroit PAL official.
- D. Initial assessments of penalties may be appealed to the Think Detroit PAL Disciplinary Appeals Board.
 - 1. The Disciplinary Appeals Board shall be composed of the Think Detroit PAL Chief Executive Officer, Director of Athletics, Commanding Officer, and two officers of the AB.
 - 2. The decisions of the Disciplinary Appeals Board are final, and all parties agree to abide by them.

III. Violation Citation

- A. The Think Detroit PAL Violation Citation is a violation notice that is prepared by Think Detroit PAL staff when a bylaw violation is observed.

2011 Detroit Lions Think Detroit PAL Football League Bylaws

- B. The purpose of the citation is to give immediate notice of noncompliance to the party in violation of the rules. The notice also serves as notice of Think Detroit PAL's intent to investigate the violation further.
- C. A citation may be served on the highest-ranking member of the organization available at that time, or on the responsible party, or any other person duly authorized to represent the organization. A copy of the violation notice shall be delivered to the Think Detroit PAL headquarters within 24 hours.
- D. Think Detroit PAL will ensure that the circumstances surrounding the violation are reviewed and a finding and recommendation for appropriate disciplinary action is provided.

IV. Sanctions and Penalties

Anyone who has received a suspension shall not be present at the games site for his/her team's game.

- A. Class C sanctions shall include:
 - 1. Suspension from the League for up to 1 year.
 - 2. Public admonishment at a regular AB meeting.
- B. Class B sanctions shall include:
 - 1. Suspension from the League for up to 2 years.
 - 2. Forfeiture of game(s).
- C. Class A sanctions shall include:
 - 1. Suspension from the League for up to 3 years.
 - 2. Permanent expulsion from the League.
 - 3. Forfeiture of game(s).
- D. All sanctions shall be publicly reported at regular AB meetings.
- E. Failure to timely comply with any imposed sanction shall be grounds for suspension and/or expulsion from the League.

2011 Detroit Lions Think Detroit PAL Football League Bylaws

THINK DETROIT PAL FOOTBALL LEAGUE VIOLATION CITATION

This citation is hereby issued to _____ of the
_____ for the following act:

Using profane language or gestures
Consumption of alcoholic beverages
Poor field conditions
Other (please describe)

Use of tobacco
Possession of a weapon
Use or possession of narcotics

Issued by: _____ Badge: _____ Date: _____

2011 Detroit Lions Think Detroit PAL Football League Bylaws

INCIDENT REPORT FORM

CHILD'S FULL NAME (please print) _____ EXACT DATE OF ACCIDENT ____/____/____
(LAST, FIRST, MI)

CHILD'S DATE OF BIRTH ____/____/____

SEX: MALE FEMALE GRADE: _____

STUDENT'S HOME ADDRESS

CITY _____ STATE _____ ZIP _____

FATHER

MOTHER

FATHER'S FULL NAME _____

MOTHER'S FULL NAME _____

HOME ADDRESS _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____

CITY _____ STATE _____ ZIP _____

HOME PHONE (____) _____

HOME PHONE (____) _____

ADMINISTRATION / OFFICIAL / POLICYHOLDER TO COMPLETE

DATE OF ACCIDENT: _____ TIME OF ACCIDENT: _____ AM PM

DETAILED DESCRIPTION OF ACCIDENT: HOW DID IT OCCUR? (OR ATTACH ACCIDENT REPORT COMPLETED BY AN OFFICIAL REPRESENTATIVE WHO WITNESSED THE ACCIDENT)

WHERE DID IT OCCUR?

PART OF BODY INJURED: _____ RIGHT LEFT

ACTIVITY: _____

NAME AND TITLE OF AUTHORITY SUPERVISING ACTIVITY: _____

WAS SUPERVISOR A WITNESS TO THE ACCIDENT? YES NO

IF NO, DATE REPORTED TO SUPERVISOR ____/____/____

COACH/LEAGUE PRESIDENT _____ DATE ____/____/____
(NAME)

SIGNATURE OF LEAGUE OFFICIAL (TDP STAFF)

TEAM NAME (please print)

TITLE OF LEAGUE OFFICIAL (please print)

****PLEASE NOTE: THIS FORM MUST BE SUBMITTED TO THE OFFICES OF THINK DETROIT PAL NO MORE THAN THREE BUSINESS DAYS AFTER THE ACCIDENT OCCURS.****