

2025 PAYAL Practice Guidelines

I. Practices – All Divisions

A. Season practice sessions shall not begin before the date specified by the Executive Board.

B. Practice sessions prior to Opening Day (Pre-Season)

1. All divisions' practice sessions shall be limited to (1) one per day.
2. All divisions' practice sessions will not exceed (2) two hours per day, and not total more than (5) five hours per week.

C. Practice sessions after Opening Day (In-Season)

1. All division practice sessions shall be limited to (1) one per day.
2. All division practice days shall be designated by the coaching staff and are not to exceed (3) three days per week.
3. All division practices may not exceed (2) two hours per day, and not total more than (3) three hours per week.
4. At no time will any PAYAL team be able to practice under the lights or on the game field without prior approval from the Executive Board.
 - a. If late in the season and you wish to use the lights/game field, please notify the board of the times and dates that your team is practicing so that we may ensure the lights are on for your team. Please do so a minimum of 1 week prior to the practice in which you require lights.
5. No current game jerseys will be worn at any practice. Only practice jerseys may be worn.
6. All practice dates and times shall be suggested by the league. Any deviation needs to be discussed with other team coaches and the league.
7. All practice locations must be approved by the Executive Board prior to the commencement of practice.
 - a. All practice locations will be in the vicinity of Airport Park. We do not have permission to use the school fields from the DVSD school district.
 - b. Please notify the Football Commissioner and/or the executive board of your practice location, dates, and times so any conflicts can be dealt with.