

Memphis Shelby PAL
Flag Football By-Laws AND Playing Rules



ARTICLE I – NAME

SECTION 1.1 - This organization shall be known as the Memphis Shelby PAL hereinafter referred to as the "**League**".

ARTICLE II – PURPOSE

SECTION 2.1 - The purpose of the League shall be to organize and supervise the playing of recreational youth flag football games under specialized rules and regulations.

SECTION 2.2 - Create a proper interest; develop enthusiasm for the sport of flag football, teaching the fundamentals, through practice and competition.

SECTION 2.3 - Ensure that all players are given the opportunity to participate in each game.

SECTION 2.4 - To encourage participants to value teamwork and sportsmanship and develop a compassionate attitude.

ARTICLE III - STATEMENT OF POLICY

SECTION 3.1 - It shall be the policy of the League to conduct its activities so that the physical and moral welfare of the young people for whose benefit it is organized shall remain paramount and all matters of the Policy shall be determined on that basis.

SECTION 3.2 - It shall be the policy of the League to implant firmly in the youth of the community the ideas of good sportsmanship and honesty.

SECTION 3.3 – The League firmly opposes and strictly prohibits any form of discrimination on the basis of gender, age, race or religious preference.

ARTICLE IV –DISCIPLINARY ACTION

SECTION 4.1 - The League Commissioner shall have the authority to suspend, discharge, or otherwise discipline any player, referee, league official, parent or other person whose conduct is in violation of the Rules, Policies and Regulations of **Memphis Shelby PAL**, these By-Laws, and/or at such time as it is considered to be in the League's best interest.

SECTION 4.2 - Persons dismissed, barred, or suspended for longer than a game period shall have the right to request an appeal hearing before the League Commissioner. Written requests for appeals using must be delivered to the League Commissioner within 24 hours of notification of disciplinary action. Upon receipt of such request, a hearing will be scheduled within 48 hours.

SECTION 4.3 - In the event of disciplinary procedure involving a player or other person under the age of 18, that person's parent or guardian and coach shall be required to attend the hearing with the person concerned.

SECTION 4.4 - The League Commissioner may impose any of the following penalties which, in their opinion, appears to match the severity of the offense:

WARNING: The offending person is to be advised of the offense and further advised that the repetition of the offense will result in a more severe penalty.

SUSPENSION: The offending person is to be advised in writing that he/she has been suspended from all League activity for a specific number of games or days.

DISMISSAL: The offending person is to be advised in writing that he/she has been dismissed from the League for the remainder of the current season.

BARRED: The offending person is to be advised in writing that he/she has been barred from current and future participation within the League permanently or for a specific number of years.

SECTION 4.5– The League Commissioner shall have the authority to suspend, discharge, or otherwise discipline any coach whose conduct is in violation of the Coaches Rules, Policies and/or Regulations of **Memphis Shelby PAL**, these By-Laws, and/or at such time as it is considered to be in the League's best interest.

ARTICLE V- LEAGUE RULES

SECTION 5.1 - All rules governing the playing of football, the legality of the players and related questions shall be in accordance with NFL Flag and local ground rules, rules defined in each division, with such modification as adapted by the League Commissioner.

SECTION 5.2 - The local playing rules of the League will be distributed to the Head Coaches prior to the start of the season.

SECTION 5.3 – the League shall adopt the rules for coaches to be provided prior to the start of the season

SECTION 5.4 – All **Memphis Shelby PAL** Representatives (Coaches, Team Parents, Referees, League staff) are to refrain from alcohol and tobacco use during any League Games, Practices and Meetings and at any time while at the playing venue.

ARTICLE VI – ELIGIBILITY

SECTION 6.1 - Any child within the prescribed age limits and having permission of his/her parents or legal guardian is eligible for participation in the League. All participants must complete an application, sign all applicable waivers.

SECTION 6.2 - Parents, players or legal guardians will be required to furnish all pertinent information on players wishing to participate.

ARTICLE VII - COACH SELECTION

SECTION 7.1 - Prior to each season, the League Commissioner will accept applications from volunteer adult leaders wishing to serve as team coaches. Each team will be required to have two coaches (i.e. Head and Assistant Coach). The Commissioner will provide Coach Application Forms for this purpose. Potential applicants must agree to a background check prior to consideration as a candidate, complete the Level 1 Flag Coaching Certification Course available in the Coach Membership resources section on usafootball.com

SECTION 7.2 - The Commissioner shall review applications to determine placement of coaches for all teams. The factors that will be considered in selecting coaches will be as follows:

- a. Satisfactory background return.
- b. Past conduct in **Memphis Shelby PAL Flag Football**.
- c. Completion of the Level 1 Flag Coaching Certification Course.
- d. Agree to the **Memphis Shelby PAL** Flag Football Coach's Code of Conduct

SECTION 7.3 - All appointed coaches are required to attend the following:

- A. Orientation Meeting. Purpose -To review existing tryout/scout procedures, regular and blind Draft procedures, League rules and By-Laws regarding coaches, players and games.
- B. Coaches Clinics.
- C. Combines
- D. Scheduled Field Maintenance workdays/assigned field stripping duty.
- E. Registration Event(s) specified as "mandatory"

SECTION 7.4 - If an insufficient number of players sign up to support the existing number of teams, one or more teams may be dropped.

Article VIII - Equipment

SECTION 8.1 – Any equipment provided by the league to coaches must be returned prior to award day. Coaches will not receive their team's awards until returned. Such equipment includes but is not limited to: practice cones, footballs or any other items deemed necessary.

ARTICLE IX - PLAYER RULES

SECTION 9.1 - All age and or school grade group divisions shall be determined by the player's age or school grade as of Opening Day of the season. Player's may choose to move up in division with parent or guardian's permission.

SECTION 9.2 - No refunds will be issued. No player may be dropped from a team. If a player quits after the first game, the Head Coach must notify the League Commissioner.

SECTION 9.3 - All players are required to wear official league approved jerseys only and mouth guard/pieces are mandatory during all games.