

**STATE OF FLORIDA ASSOCIATION OF
POLICE ATHLETIC /ACTIVITIES LEAGUES, INC.**

RULES THAT APPLY TO ALL EVENTS & SPORTS

- 1) ***Submission of required paperwork “does not guarantee” a participant (youth and/or adult) admission/qualification for Florida PAL events. Submission of required paperwork ‘does not guarantee’ a PAL admission/qualification for Florida Pal events.***
- 2) *Florida PAL (SFAPAL) reserves the right to accept or reject participating PAL Chapters and their participating PAL Youth, Adults, and PAL Staff for not adhering to the rules set forth by Florida PAL (especially as it pertains to proper, correct, and timely submission of required paperwork) and for not adhering to the deadline.*
- 3) Local PAL Chapters will reimburse Florida PAL if they drop participants (youth and adults) from competition within five (5) business days of any Florida PAL Event (this includes Sports and Meetings).
- 4) Member Chapters who cancel after the event deadline and/or fail to show up and register for an event will be required to reimburse Florida PAL (SFAPAL) for all expended funds if the cancellation cost SFAPAL money.
- 5) **Contact with the SFAPAL office regarding SFAPAL events will be limited to the voting delegate only.**
- 6) Each PAL Director/Supervisor/Staff/Coach must sign the **Rules of Professional Conduct form** prior to participating in any SFAPAL Event. *Failure to maintain professional standards will result in instantaneous removal from any SFAPAL event and suspension for the following year from said event.*
- 7) **The Cut-Off Date for all age divisions in sports play is on or before SEPTEMBER 1st**

- 8) Each Team must have (1) one Coach or Staff Member that is (21) years of age to compete/participate.
- 9) No participants, coaches, and or staff can be added after the deadline for the event except at the discretion of the state office.
- 10) Kids Trax will be mandatory at all events at sign in and during the event as required by Florida PAL Staff.
- 11) No Shows will be deducted from the room block after sign in at all events.
- 12) Member Chapters found to be over registering participants and/or coaches/ adult staff/supervisors for any event to obtain additional rooms will be required to reimburse SFAPAL for the expense.
- 13) No Altering of the Rooming List (aka no room changing). No persons allowed to stay in rooms paid for by SFAPAL except those on approved rooming list.
- 14) **AWARDS:** First place teams will win individual Gold medals. Second Place teams will receive individual Silver medals and third place winners will receive individual Bronze medals. *In order to receive a medal (or any type of award) from SFAPAL, the participant must sign in and actively participate in each portion (or each game of the tournament their team is playing) and be present at the awards ceremony.*
- 15) You may only use players that live within the county where your PAL is located.
- 16) **Wrist Bands must be worn for all State PAL Events.**
- 17) **AAU TEAMS ARE DISCOURAGED FROM PARTICIPATING IN PAL TOURNAMENTS.**
- 18) **STATE PENALTY FOR FRAUD IN PROOF OF AGE for all Regional and State Tournaments.**
 - Any team and/or coach found to be purposely violating this particular provision for the sake of gaining an unfair advantage of other opponents shall:
 - A. Be automatically banned from participation for a period imposed by the SFAPAL Board of Directors.
 - B. Forfeit all games played while that particular player or players were listed in the official scorebook (regardless of whether that player played a game or not).

- C. A monetary fine to the PAL chapter if the particular chapter was an assessor to the fact.
 - D. A letter of reprimand to the particular PAL chapter and /or coach to be kept on file at the SFAPAL office.
- 19) **Overnight stays are not guaranteed to be subsidized by SFAPAL.** Overnight stays may be allowed if the traveling distance is more than 100 miles and is approved by the State PAL Executive Director.
- 20) State PAL shall enforce an 11:00PM curfew when staying overnight.
- 21) It is required that the coach or director to inspect the hotel rooms before check-in and at check out.
- 22) At tournament time, the Executive Director will appoint a committee, which he will chair, to handle any problems that may arise such as protests. Protests and Grievances cost \$100.00 to file.
- 23) Each Member Chapter (and/or individual participant) must submit all required (and correct) paperwork to SFAPAL State Office by the deadline set by the SFAPAL office. Failure to submit all required paperwork (as outlined per SFAPAL Event) in a correct and timely manner will result in non-participation for said event(s).
- 24) It is the responsibility of each SFAPAL Member Chapter to disseminate to its participants (all coaches/staff/youth/ parents of said youth) the rules of SFAPAL [as it pertains to all Events and Sports], all requirements, and paperwork needed to apply for any SFAPAL event.
- 25) If your PAL is found to have an illegal player, the player is immediately expelled and your PAL must pay a \$200.00 fine to the State PAL before the next scheduled state tournament.
- 26) A recommended ratio for supervision is 8 youth per one adult.

WHAT STATE PAL WILL PAY FOR (When Approved)

For the Youth Directors Conference most expenses (exceptions will be specified each year) except transportation will be paid.

HOUSING/Lodging: SFAPAL will in some cases cover the cost of lodging for SFAPAL sponsored events (for the events where SFAPAL covers the lodging it will be specified in the official invite and/or participants will be notified). In most cases SFAPAL will recommend (4) four youth in each room, two coaches per room and a Directors/Police Officer room (as provided on rooming list for event).

**STATE OF FLORIDA ASSOCIATION OF POLICE
ATHLETIC /ACTIVITIES LEAGUES, INC.**

**BASKETBALL
Rules and Guidelines**

TOURNAMENT:

The tournament format will be determined by the State office each year. *All Players (listed on the approved roster) must sign in each day and participate in tournament (s) in order to eligible for the state championships. Meaning all members listed on roster must sign in not only on the registration date but each day thereafter during the tournament and play/participate in each game they are on schedule to play during the tournament/championships. All Coaches/PAL Staff listed on roster must sign in and participate each day.*

Eligibility: Determined by the State Office based on requirements/rules for said event. Participation does not guarantee eligibility for the state tournament.

The cut-off date for all age divisions is on or before September 1st.

BOYS -14 & under
BOYS - 12 & under
BOYS - 10 & under

GIRLS- 14 & Under
GIRLS- 12 & under
GIRLS- 10 & under

Girls can participate on boys' teams in 10 & under, 12 & under, and 14 & Under.

RULES

- 1) **Paperwork for participation in the State Basketball Tournament/Championships must be submitted to the State PAL Office on or before the deadline (specified each year). Submission of paperwork does not guarantee participation in the event.** [In the event of a regional event paperwork is due in the state office (5) five business days prior to the regional event]
- 2) **All coaches, staff, and participants must sign in at their assigned registration time on registration day. Failure to do so will cause disqualification.**
- 3) **All basketball teams must have a minimum of (7) seven players to qualify and participate at the state tournament/championships.**
- 4) **NO HIGH SCHOOL Junior Varsity or Varsity Players are allowed to compete in Regional and State PAL tournaments. Anyone participating on a school's team can not participate.** This rule does not apply to grade school basketball players. **Grade school meaning K through 8th grade. Private schools (i.e. Charter, Private, and Catholic and like schools) who participate in FHSAA sanctioned games are considered HIGH SCHOOL/JUNIOR VARSITY and would fall under the above NO HIGH SCHOOL VARSITY OR JUNIOR VARSITY RULE.**

Basketball Rules & Guidelines

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- 5) **AAU TEAMS ARE DISCOURAGED FROM PARTICIPATING IN PAL TOURNAMENTS.**
- 6) **Wrist Bands are mandatory for all participants. If wrist bands are misplaced or torn off there will be a \$10.00 for replacement.**
- 7) **GAME RULES:** Florida High School Basketball Association rules will prevail with the following exception: Six minute quarters for the 10 & under and 12 & under age groups, eight minute quarters for the 14 & under boys, and eight minute quarters for the 14 & under girls. The 10 & under and the 12 & under teams will use the undersized ball.
- 8) **UNIFORMS:** All players must be in proper uniform. ***ALL TEAMS MUST HAVE 'Police Athletic League' or "PAL" Logo on uniforms.*** Shirts must be tucked in at all times. Regulation numbers must be printed on the back and the front of uniforms and the two digit number cannot be higher than the number 5. T-shirts with sleeves are allowed, however they must be the same color as the dominant color of the uniform, this will apply to girls as well as boys.
- 9) **Coaches Must Wear a collared shirt and slacks** (no shorts, jeans, sweat pants, or t-shirts will be allowed). **The Penalty is non-participation if a violation occurs.**
- 10) **NUMBER OF PLAYERS:** Maximum Of 12 + 2 coaches. *Three (3) alternates can be listed on roster for tournament play.*
- 11) **ALTERNATES:** Alternates are only used to replace a missing or injured player. **Should a player need to be replaced then State PAL needs to be notified immediately. Alternates are not included in the covered expenses of the 12 man roster.** *At tournament registration each team is required to declare who will actually play and who will be eliminated.*
- 12) **AWARDS:** First place teams will win individual Gold medals. Second Place teams will receive individual Silver medals and third place winners will receive individual Bronze medals. *In order to receive a medal (or any type of award) from SFAPAL, the participant must sign in and actively participate in each portion (or each game of the tournament their team is playing) and be present at the awards ceremony.*
- 13) **PROOF OF AGE:** A certified birth certificate or sealed school print out are the only acceptable age verifiers. **Color Photos at least wallet size** (no copies) of each player must be presented with proof of birth. The PAL Executive Director (only) may make a copy of the certified birth certificate and sign this copy as proof. This exception is to avoid losing the actual document.

Basketball Rules & Guidelines

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14) **PENALTY FOR FRAUD IN PROOF OF AGE**

Any team and/or coach found to be purposely violating this particular provision for the sake of gaining an unfair advantage of other opponents shall:

- E. Be automatically banned from participation for a period imposed by the SFAPAL Board of Directors.
- F. Forfeit all games played while that particular player or players were listed in the official scorebook (regardless of whether that player played a game or not).
- G. A monetary fine to the PAL chapter if the particular chapter was an assessor to the fact.
- H. A letter of reprimand to the particular PAL chapter and /or coach to be kept on file at the SFAPAL office.

15) **COACHES MEETING:** It is mandatory that one coach for each team be present at the scheduled meeting.

16) **GRACE PERIOD:** Teams may be given a 10-minute grace period. **First game of the day only.**

13) **PROTESTS:** Protests will only be allowed concerning rule infractions. Absolutely no protests will be allowed on judgment calls. Protests must be in writing and turned in to the basketball chairman within one hour of the completion of the game in question. All protests must be accompanied by \$100.00. If the protest is upheld, the \$100.00 shall be returned. If the protest is denied, Florida PAL shall retain the \$100.00. See special rules for all sports.

14) **SUSPENSIONS:** PALs who are found to have players participating in the incorrect age division will be suspended from participating in future State PAL tournaments.

15) EJECTIONS: Any player or coach ejected from a game for UN-sportsmanlike conduct shall be suspended for the following games. Suspended players or coaches may not sit on the team bench or directly behind the team. Two ejections equal one year's suspension. Note: the Tournament Director will have the authority to eject and or suspend any coach or player for unsportsmanlike conduct for State and Regional events.

16) CURFEWS: Curfews for all State PAL tournaments is 11:00 PM unless a coach accompanies youth. Violation of this rule results in immediate suspension from all games. Note: *Youth must be*

accompanied by a responsible adult at least 21 years of age after the designated curfew hour.

- 17) ROOM INSPECTIONS:** State PAL recommends that the coaches and or PAL director inspect the hotel rooms before the players enter their rooms and re-inspect at checkout time. Your PAL will be totally responsible for all damages incurred by your PAL kids.

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Florida PAL (SFAPAL) reserves the right to accept or reject participating PAL Chapters and their participating PAL Youth, Adults, and PAL Staff for not adhering to the rules set forth by Florida PAL (especially as it pertains to proper, correct, and timely submission of required paperwork) and/or not adhering to the deadline.

***** Please note that the rules are subject to change in the event of bad weather and/or other things beyond the control of SFAPAL (State of Florida Association of Police Athletic/Activities Leagues).**

Mission Statement

THE PURPOSE OF THE STATE OF FLORIDA ASSOCIATION OF POLICE ATHLETIC/ACTIVITIES LEAGUES, INCORPORATED IS TO ASSIST LOCAL MEMBER CHAPTERS BY PROVIDING COORDINATION, TRAINING AND PROGRAMS THAT ENHANCE THE LIVES OF THE YOUTH OF FLORIDA.

STATE OF FLORIDA ASSOCIATION OF POLICE ATHLETIC LEAGUES, INC.

**BOXING
Rules and Guidelines**

RULES: Florida PAL will abide by ABF rules and guidelines. **Only JO (Junior Olympics) no Novice.**

Florida PAL will only pay for PAL participants and Host site will be required to pay for site expenses.

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CHEERLEADING

CHEERLEADING RULES AND REGULATIONS

ADOPTED AUGUST 2002

These rules were adopted for the benefit and safety of the youth participating in the State of Florida Association of Police Athletic/Activities Leagues (SFAPAL) Cheerleading Championships only and can be changed or amended at the discretion of the SFAPAL Board of Directors.

GOALS

The State of Florida Association of Police Athletic/Activities Leagues may at the discretion of the Board of Directors conduct an annual Cheerleading Championship Tournament to benefit the youth members of Local Member Chapters.

OBJECTIVES

The Cheerleading Championship Tournament may be established to promote physical fitness, self-esteem, confidence, teamwork, discipline, charm and character to prevent juvenile crime and violence.

ELIGIBILITY -To be eligible the following requirements must be met:

1) Girls – must be a girl to participate in this event

2) Age Brackets (cut off date on or before September 1st) *Minimal age to participate is 4 years of age.*

1. 8yrs and under (no cheerleaders under age 4)
2. 10yrs and under
3. 12yrs and under
4. 15yrs and under

3. A Mandatory coaches meeting and registration for all participants (coaches/adults/cheerleaders) will be held Saturday prior to the start of the competition.

4. Each participating squad must be a part of a Local SFAPAL Member Chapter. Only (1) squad per age bracket per PAL Member Chapter will be accepted in the competition.

5. All required paperwork, i.e. roster, participant application; proof of birth, color photo (at least wallet size), release of liability, rooming list, t-shirt breakdown and medical release form must be completed in its entirety and sent to the SFAPAL office by the deadline established for each calendar year. (See SFAPAL calendar of events).

6. No more than (20) twenty cheerleaders per squad may be registered or compete in the competition. No less than (6) six cheerleaders per squad may be registered or compete in the competition.

7. Each coach/Adult Supervisor/ PAL Staff Person will be required to sign a Rules of Professional Conduct form prior to the competition and certify that they have read and understand the rules and regulations.

Cheerleading Rules

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8. Only two coaches are allowed to participate (on the floor during competition) per squad. Second or third assistant coaches/managers/and/or trainers will not be allowed on the floor during competition and your PAL will need to pay the non-participant fee for them.
9. All coaches must be (18) years of age or older. Youth (anyone under age 18) Spirit coaches and/or pep instructors are not considered coaches under Fl PAL rules and will need to pay the non-participant fee if your PAL would like them to receive a t-shirt and they cannot room in rooms paid for by Florida PAL.
10. Coaches must accompany their youth at all times during the tournament.
11. All squads are responsible for promoting good sportsmanship among other squads as well as their own. The blatant disrespect of others, the use of profanity or any un-sportsman like conduct (i.e., booing, etc.) is prohibited and could result in suspension from the competition after investigation by the tournament committee.
12. Upon the start of the competition all cheerleading squads will be seated in an orderly manner at all times during the competition.
13. Special effects are allowed with the following exceptions, no confetti, beads or streamers. Foam-core cards, place cards, pompoms and megaphones are allowed (no larger than 18"X 24"). No special effects will be left in the performance area, if left the squad will be subject to a (5) point deduction.
 - a. Warm-ups, stretching and jumping will be allowed in the designated area only.
14. No mascots (under age cheerleaders) will be allowed to compete.
15. Each cheerleading squad will perform once. Each squad must select a category to compete in: A. Cheer-dance or B. Cheer-Dance/with stunt.

Cheerleading Rules
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16. The time limit for the routine is (3) three minutes maximum, 2-½ minutes minimum. The dance portion may not exceed 1-½ minutes. Minus (5) points (per judge) will be deducted for each cheer over or under the required time limit.
17. Each squad determines the choice of the cheer.
18. Each performance must contain at least (1) one change of formation. A formation change consist of the squad moving from, (example) a single line to a V. Failure to do the required moves will result in point deductions up to a maximum of (3) three points to be determined by each judge.
19. **Cheer-Dance will not** contain any aerial drops, gymnastics, i.e. cartwheels, forward rolls, fans, flips, backhand springs, round-off, etc. offenders of this rule will be eliminated from competition.
20. Cheer-Dance/with Stunt will contain aerial drops, gymnastics, cartwheels, splits, fans, etc. **Basket tosses are not permissible.**
21. No formation will be allowed in which one girl will be supporting another. (Girls may be touching as long as they are self-supporting). (Cheer-Dance/with Stunts only).
22. Squads may enter the performance area quickly and in an organized manner without any gymnastics or introduction. The squad will stand and wait for the timekeeper to say (Begin). Timing will start from the first movement or word. Immediately after the performance cheerleaders must wait in position for the timekeeper to say (thank you) before exiting the performance area.
23. **Cheer-Dance --- Cheer-Dance/With Stunt**
 - a. Age Brackets and cut-off are the same. (See Age Brackets).
 - b. Props may be used and carried on and off the performance area by the team performing. (See special effects limitations)

Cheerleading Rules
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- c. Time (3) three minutes maximum, not less than (2 ½) minutes minimum per performance. The dance portion is not to exceed (1-½) minutes.
- d. Music: Disc (CD) required. Coach must be available to play music. CD must be cued to continue throughout entire routine before squad enters the performance area.
- e. Absolutely no vulgar dancing, i.e., booty shaking, hoochie coochie or suggestive dancing allowed. If any of the above listed occurs disqualification may be imposed at the discretion of the judges.
- f. No excessive make-up will be allowed.
- g. No jewelry can be worn during competition. Two (2) points per girl will be deducted for violations.

24. Sign In Procedure/Registration

- a. All squads must sign in during the specified sign in period. Those squads not signing in on time will be penalized (15) fifteen points. **Returning participants must have their FL PAL issued kids trax card(s).**
- b. All squads must be in full uniform for the duration of the competition.

25. Judges Committee

- a. The judges committee shall consist of a minimum of (5) persons or a maximum of (7) persons. The SFAPAL staff will select Judges.
- b. SFAPAL will make available all material needed by the judges i.e., rating sheets, point system sheets, pencils, pens, time clocks, etc.

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- c. Coaches, youth, PAL staff members or Directors are not to approach the judges during the competition. Violation of this rule will be grounds for disqualification of the offending squad.

26. Awards

SFAPAL will present awards to the winning teams in each age bracket at the conclusion of the competition.

27. ROOMS – All Host hotel rooms must be paid for by the participating PAL Chapter. The Florida PAL approved rooming list will need to be submitted in order to receive rooms.

The breakdown for hotel rooms are as follows:

(5) Rooms for youth, (4) youth per room.

(1) Room for coaches, (2) coaches per room {Head Coach and Assistant Coach}

(1) Room for PAL staff or Director.

Adults cannot room in rooms clearly designated for youth {rooms 1-6 on your FL PAL Cheerleading rooming list sheet}. Only 2 qualified adults per room.

27. FEES

A) \$200.00 fee per cheerleading Squad entered paid to Florida PAL on or before the deadline.

B) A fee per non-participant (\$10.00) will be charged based on the fee schedule approved by the Board of SFAPAL.

28. PROTEST

Judgment decisions made by the judges cannot be protested. Rule violations can be protested during the competition only and must be in writing accompanied by a protest fee/grievance fee of \$100.00. The fee will be refunded if the protest is substantiated.

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