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PAL ADMINISTRATION

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Coastal League President

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St. Francis of Assisi, St. Justin Martyr
North League President

Lori Fava
St. Margaret's, San Juan Capistrano
South League President

PAL Sports Calendar

SPORT	1 st PRACTICE / TRYOUT	REGISTRATION DEADLINE	MEETING & ROSTERS DEADLINE	1 ST CONTEST	LAST CONTEST	POST- SEASON TOURNEY
Boys Flag Football	Aug. 17	Sept. 4	Sept. 12 8:30 a.m. SSJ	Sept. 21	Oct. 23	11/2 – 11/14
Girls Volleyball	Aug. 17	Sept. 4	Sept. 12 8:30 a.m. SSJ	Sept. 21	Oct. 23	11/2 – 11/12
Basketball	Nov.16	Nov.25	Dec. 5 SSJ 8:30 am	Jan. 4	Feb. 5	2/16 – 2/26
Boys Volleyball	Feb.22	Feb. 26	Mar. 5 @ SSJ 8:30 a.m.	Mar. 14	Apr. 29	5/2-5/12
Girl's Softball	Feb.22	Feb. 26	Mar. 5 @ SSJ 8:30 a.m.	Mar. 14	Apr. 29	5/2-5/12
Track Meet May 14 - Grades 1-4 May 15 – Grades 5-8						

Tournament Dates

SEPTEMBER

- 19 & 20 – Girls’ “A” Volleyball at Servite
- 26 & 27 – Boys’ “B” Football at St Justin Martyr

OCTOBER

- 4, - Girls’ “A” Volleyball at St Justin Martyr
- 10 – Girls’ “A” Volleyball at Rosary HS
- 10 – Girls’ “B” Volleyball at St Justin Martyr
- 17 – Girls’ “A” Volleyball at Connelly HS
- 17 & 18 – Boys’ “B” Football at St Francis Assisi
- 24 – Boys’ “B” Football at St Norbert

DECEMBER

- 26-30 – Boys’ “A” Basketball at Servite HS
- 27-30 – Girls’ “A” Basketball at Sts. Simon & Jude

JANUARY

- 2, 3, and 7, 8, 9 – Boys’ and Girls’ “B” Basketball at St Barbara
- 9, 10, and 16, 17 – Boys’ “A” Basketball at Mater Dei HS
- 22, 23, 24, 30, 31 – Boys’ and Girls’ “B” Basketball at Haynes Tournament - SSJ

PAL Policies & Rule Changes for 2015 - 2016

All rule changes for the 2015 – 2016 policy year are highlighted in gray throughout this handbook.

Preface

This Manual serves as the official publication of the Parochial Athletic League. It is designed to assist school administrators and coaches with the everyday implementation of their athletic programs. This manual is updated annually.

Certain sections of this manual implement both the Parochial Athletic League (PAL) rules and those of the National Federation of State High School Association (NF) rules. The NF rules are also commonly referred to as the “Federation” rules. In instances where rule situations are not covered by special PAL rules, Federation rules shall be adhered to.

School administrators are urged to make this publication available to those responsible for conducting the various interscholastic programs, who in turn are asked to review all rules and regulations with the student-athletes/parents in the respective programs.

If, after reading this handbook and studying its contents, the school administrator has a question regarding any rule, communication should take place immediately with the PAL League Director or with the Commissioner of the PAL.

Questions and answers are inserted as explanatory and clarifying material. These are not to be considered as parts of the body of the By-Laws. They have been included to assist in the interpreting of the rules and regulations of the Parochial Athletic League.

Statement of Philosophy

The Parochial Athletic League provides the elementary schools of the Diocese of Orange and its students an opportunity for friendly competition in sports with other schools within the boundaries of the Diocese.

It is an organization that further enhances the spiritual, academic, physical, social, psychological and moral growth of its students.

It is an organization that builds character in its participants. A Christian attitude of sportsmanship, honesty, teamwork, team spirit, respect, and responsibility are stressed.

It is an organization where the growth and success of all its participants is more important than winning.

It provides an opportunity for eligible students to enjoy team sports, while learning the proper etiquette, rules and skills of that sport, encouraging the student into a lifelong participation in sports.

Participation is open to all students who qualify under the guidelines and regulations of the local school and the Parochial Athletic League.

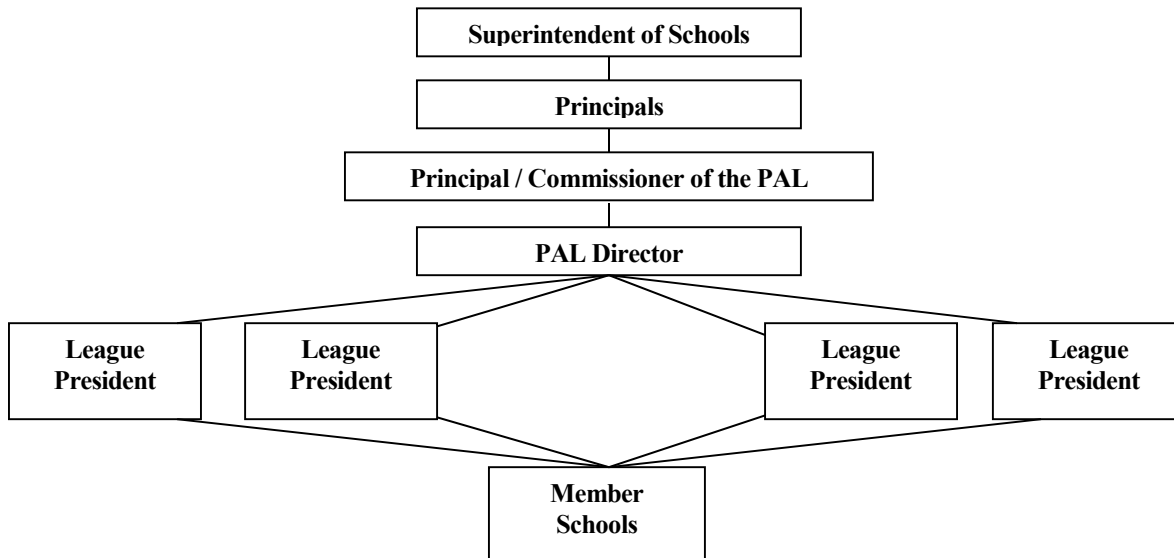
Parochial Athletic League By-Laws for Member Schools

Parochial Athletic League (PAL) - Rulings

- 100. The Parochial Athletic League shall also be referred to as the PAL in this policy book and in any subsequent literature issued from the PAL office.
- 101. The PAL is an organization made up of schools that agree to adhere to all the policies and regulations set forth in this manual.
- 102. The rulings of the Board of the PAL shall constitute the By-Laws and shall remain in effect until repealed or amended by the Principals.
- 103. These By-Laws may be amended, with the Principals' approval, and at the discretion of the PAL Board. Policies must be set prior to the first contest of each sport season.
- 104. Appeals to the board may be made provided that they are made in writing and mailed or delivered to the PAL office.

PAL - Duties and Composition

- 106. The PAL Board consists of the PAL Director, the PAL Commissioner, and the four League Presidents. These representatives are hired and serve one-year renewable terms. The structure of the PAL is diagrammed as follows:



- 107. Voting members of the PAL Board shall consist of the PAL Director, the PAL Commissioner and the PAL Board members who have been designated as such.
- 108. The function of the PAL Board members shall be to establish and implement all athletic policies of the Diocese of Orange with the approval of the Diocesan School Principals.

They shall serve as vehicles of communication in the overall running of the PAL program. They shall evaluate annually the PAL program.

- 109. The PAL Board shall meet quarterly; meetings are mandatory.
- 110. PAL Board members, or an assigned representative, shall represent PAL at Postseason Tournament games.

PAL - Duties of the Principal/Commissioner

- 112. The Principal/Commissioner shall be designated the Administrator of the Diocesan School's PAL program. The PAL organization is under the authority of the elementary school principals and the Superintendent.
- 113. The Principal/Commissioner shall help in the planning and developing the athletic program in the schools of the Diocese, and will review and evaluate each sport.
- 114. The Principal/Commissioner shall set leagues in conjunction with the PAL Director.
- 115. The Principal/Commissioner shall review the rules yearly and make any necessary changes with the approval of the DEPA.
- 116. The Principal/Commissioner shall set the yearly calendar with the Director of the PAL.
- 117. The Principal/Commissioner shall present financial reports to the DEPA.
- 118. The Principal/Commissioner shall report the status of the PAL to the principals at DEPA meetings.

PAL - Duties of the Director

- 120. The Director shall help in planning and developing the athletic program in the schools of the Diocese and has powers to enforce the athletic policies established by the Board.
- 121. The Director shall manage the daily operation of the PAL in conjunction with the League Presidents.
- 122. The Director shall approve all game schedules and ensure that all schools receive a copy in a timely manner.
- 123. The Director shall setup postseason tournaments including sites, officials, times, draw sheets, etc.
- 124. The Director shall order trophies and supplies as needed for sports and furnish the rules and regulation of each sport prior to the opening of each sport season.
- 125. The Director shall be responsible for the updating and printing of the PAL Handbook.
- 126. The Director shall contact principals and discuss problems that occur and handle all protests.
- 127. The Director shall set the yearly calendar with the Principal/Commissioner.
- 128. The Director shall attend various league games on a regular basis.
- 129. The Director shall maintain school files for registration forms, rosters and receipt of school fees.

- 130. The Director shall handle all protests. The assigned Board Member or representative present at a playoff site shall handle all protests on site in the absence of the Director.
- 131. The Director shall manage and coordinate the finances with the Principal/Commissioner.

PAL - Duties of the League President

- 140. There will be four (4) League Presidents in the Parochial Athletic League hired by the Director.
- 141. The League President shall serve as vehicles of communication for the PAL member schools and shall maintain an open line of communication with all coaches and athletic directors within their league. Each League President shall be actively involved in the athletic program at their respective school.
- 142. The League President shall assist in scheduling all games with the Athletic Directors/Coaches.
- 143. The League President shall assist in organizing and staffing postseason tournaments as needed.
- 144. The League President shall attend all meetings pertinent to the operation of the League as well as the annual track meet.

PAL - Duties of the Principals

- 150. The responsibility of the principals shall be to implement the athletic programs at their schools.
- 150.1 The Principal may designate an athletic director (AD) to oversee and implement the school athletic program under the guidance of the Principal.
- 150.2 When an Athletic Director is designated to oversee and implement the school athletic program, this appointee shall be responsible to abide by all rules listed under the Duties of the Principals.
- 151. The principal (and/or Athletic Director) shall see that all coaches are qualified to instruct and educate students as outlined in this policy manual.
- 152. The principal shall be responsible for the conduct of his/her students, coaches and spectators.
- 153. The principal shall be responsible for the condition of the playing field(s).
- 154. The principal shall notify the PAL Director of names of head coaches before the start of each sport season.
- 155. The principal or designee shall attend games on a regular basis.

156. Each school may choose to employ conduct and effort requirements to be eligible to participate in the PAL program. The minimum academic requirement is a “C” (2.00) average on a 4.00 scale.
157. Principals or Athletic Directors (or a qualified representative) must attend the scheduled meetings prior to the beginning of each sport season held for scheduling, rules review and other information pertinent to the successful implementation of that sport season. A qualified representative would be an individual that has accurate knowledge of the school calendar, including but not limited to, vacations, field trips, and special events that would prohibit participation on a particular date and other information that would pertain to scheduling.
158. Principals or Athletic Directors shall ensure that their teams do not engage in any pre or post-game rituals or award ceremonies of any kind that involve delaying the start of the game, lengthening the game, or excessive celebration or cheers at the end of the game. This does not include pre-game prayer or the post-game handshake or cheerleader/parent tunnels, but does include special award presentations, post-game chants or routines.
159. Presentations by the league at postseason contests are not included in this prohibition. Schools are not allowed to present “additional” awards (flowers, medals, etc.) to their athletes at the postseason contest award ceremony.

PAL - Duties of Coaches

160. A Coach shall be defined as someone who has met the criteria in section 162, and is responsible for student athletes.
161. The coach of a team whose name appears on the official roster form shall be known as the “head coach”. He/she shall be responsible for his/her team and shall supervise said team at all times unless he/she is relieved by another coach who meets (or surpasses) the qualifications outlined in section 162.
162. All coaches of Pal teams (regardless of sport or grade level) shall meet the following qualification:
 - a. Be at least 18 years of age.
 - b. Possess a valid CPR certificate from an accredited institution.
 - c. Possess a valid Standard First Aid card from an accredited institution.
 - d. Have a basic understanding of the rules and regulations of the particular sport.
163. Personnel working with a team (other than the head coach) should adhere to the provisions of section 162, but are not required to unless the head-coach is absent and they are left in charge of the team.

Q. What if a coach from my school is suddenly called away during a practice and is unable to return? Can a parent who is already there anyway supervise the practice?

A. A parent (or anyone else, for that matter) can only take the coach's place if he/she meets the criteria in section 162. If no such qualified person can be found, call the practice off.

Q. What is the school supposed to do if the team is supposed to play in a tournament or playoffs and the coach is unable to attend? If a "qualified" person cannot be found to coach the team, is the team supposed to forfeit?

A. In the worst-case scenario, you would have to forfeit. However, tournaments and playoff dates are provided to schools well in advance so that they can make plans ahead of time. It is the school's responsibility to ensure that the substitute coach is qualified under section 162 and is able to provide proof of these qualification if requested by the PAL.

Q. Are head coaches who are not paid for their services required to be certified in CPR and First Aid?

A. Yes, Regardless of whether or not the coach is a volunteer, he/she must be certified in these areas.

- 164.** Coaches shall comply with the meaning and spirit of the playing rules. Purposely ignoring or willfully violating rules is intolerable.
- 165.** Coaches shall show respect for game officials and opponents while conducting themselves in a manner that dignifies the game, the sport and their school.
- 166.** Coaches shall motivate players in such a way that students control themselves at all times, thereby preventing unsportsmanlike behavior towards opponents, officials or spectators.
- 167.** Coaches shall not tolerate any actions by players that are physically dangerous to opponents. Coaches shall remove such players from the contest immediately.
- 168.** Coaches shall direct their remarks only to their team and never to the opposition in an attempt to gain an unfair advantage.
- 169.** Coaches shall conduct tryouts to allow each student an opportunity to participate in the PAL program.
- 170.** Coaches shall provide each player selected to a team an opportunity to participate along the guidelines of his/her school's athletic policy and/or philosophy. It is highly recommended that every player on the "BEE" level play in every game.
- 171.** The head coach of a team must be named on the roster at the time of the registration due date. At that time, appropriate certification papers must be on file at the PAL office **OR** the coach must be registered for a PAL CPR/FIRST AID class (if one is being offered) **OR** the coach must be registered elsewhere for an accredited class and provide documentation of enrollment (providing that such a course is completed before the first league game).

- 172.** If, at the time of registration, the coach of a team is unknown, the team will be allowed to register to participate in a league. When the identity of the coach is known, the PAL must be notified immediately. Said coach must meet all appropriate criteria by the first game.
- 173.** Any head coaching change must be reported to the PAL office immediately by the principal or athletic director.
- 174.** A coach that is ejected from a game will not be able to coach the team from that point of ejection through the conclusion of their next PAL-sanctioned contest. This includes the postseason tournament. Postponement of a contest does not fulfill the requirement. An ejected coach must leave the site and cannot be at the site of the next PAL-scheduled contest. If a certified person is present, he/she may coach the team for the remainder of that game and the next game. If no one who certified to coach is available, the team shall forfeit the contest.
- 175.** An assistant coach whose name appears on the roster, and who is CPR/First Aid certified may coach the team in the absence (or ejection) of the head coach. If no assistant coach is listed on the roster, an employee of the school, athletic director or head coach of another sport at that school – similarly certified – may coach the team in the absence of the head coach.
- 176.** Coaches shall read, sign and abide by the Coaches Code of Ethics.
- 177.** Coaching Apparel – Hats, caps or hoods of any kind cannot be worn while coaching indoor sports.
Hats worn for outdoor contests must be free of any logo or verbiage unless the logo represents any of the following:
- a) a nationally recognized athletic equipment company logo or name (Adidas, Nike, etc.)
 - b) a college trademarked logo or name
 - c) the school's own logo or name.
- Hats and caps must be worn correctly with the bill facing forward. Clothing must be in good taste and worn correctly (no sagging or oversized garments).
- 178.** A coach that removes his/her team from a contest while the contest is being played, must file a written report to the League Office within 24 hours of the game. This report must be signed by the Principal of the school.
- 179.** All coaches at a PAL contest must wear the Parochial Athletic League Coach Badge/Lanyard. Failure to wear the badge/lanyard can result in removal from the bench or sideline area.

PAL - Financial Agreement

- 180.** The school membership fee is due on the first payment date. That date is June 15 of the previous school year.

181. Schools with A & B teams for most of their sport will pay a flat fee of \$750.00. Schools that are single-gender only will pay an annual fee of \$450.00.
182. **The PAL charges admission to playoff and tournament games which it hosts. The admission fee is \$.50 students (K-8), \$1.00 (9-12), and \$2.00 for adults.**
183. Schools may not charge admission to any games: scrimmage, league or otherwise.
184. Schools who host sanctioned tournaments may charge an admission fee provided that they follow the guidelines outlined in the tournament guidelines.
185. Any school that withdraws from the league after the league meeting for that respective sport season has ended, shall be assessed a \$150.00 fine. This fine must be paid prior to the school registering for the next sport season, and will carry over from Spring to the Fall league.
186. Forfeiting a postseason game shall result in a fine in the amount of the officials' fees(s) plus \$50.00.

PAL - Student Requirements

200. A team member must be a full time registered student in the same school. CCD or SRE students are ineligible to participate in PAL athletics.
201. School teams participating in the PAL program are not permitted to participate as a school team in another league outside PAL before or during the same sport season during the current school year.
202. Organized school practice for a given sport or cheerleading may begin according to the sports calendar. Organized tryouts for a given sport can be held at the school's discretion prior to that date, but cannot exceed four consecutive days. The following must be observed: Fall sports practice or tryouts may not begin prior to the first day of classes unless additional insurance is obtained.

PENALTY – Rule 201-202 – Ineligibility for postseason tournament games and league championship.

203. An individual player may participate in the PAL as well as organized leagues.
204. **BOYS AND GIRLS TEAMS** – Whenever the PAL provides a team or teams for boys and a team for girls in the same sport season, girls shall not be allowed to qualify for the boys' team(s) nor shall boys be permitted to qualify for the girls' team(s). Girls may participate on a boys' team if no girls sport is offered at her school during that sport season. This does not include boys' volleyball. Boys may never participate on a girl's team.
205. When a school fields more than one "A" team in the same sport and gender, the more competitive of the teams must play in the school's "home league".
206. The junior varsity or "B" team shall be exclusive to students in grades six and below.

- 209.** “B” team player eligibility is limited to two (2) years once the student has entered the fifth (5th) grade. This also applies to transfer students from any school.
- 210.** A player competing on the “B” team may move up to the “A” team at any time during the season for scheduled league contests as long as the age requirement is met. Once a “B” team-rostered player moves up to the “A” team, he/she must stay at that level and cannot return to the “B” team.
- A “B” team player may play on the “A” team in a PAL-sanctioned tournament to fulfill tournament roster requirements. This exception allows the athlete to return to the “B” team for scheduled league contests.*
- 211.** On a day when school is in session, a student must be in attendance a minimum of ½ day in order to participate in a game that day. **PENALTY: Forfeiture.**
- 212.** A player ejected from a PAL sanctioned contest (league play, tournament or postseason) in any sport cannot participate in or attend the next PAL sanctioned contest that his/her team participates in. It is the responsibility of the player’s coach to notify the PAL office in a timely manner.
- PENALTY –** Forfeiture of the contest in which the ineligible player participates. Protesting this type of ineligible player can take place up to the conclusion of the final game of the league schedule.

Age

- 220.** No student whose fifteenth (15th) birthday is attained prior to September first of the current school year shall participate or practice on any team during that school year. A player whose 15th birthday is on August 31 or before is ineligible to participate.
- 221.** Students may participate on “A” teams who are in grades 6-8 or 11 years of age, *by the first allowed practice date for each sport.*
- PENALTY – Rule 220-221: Forfeiture of all games in which the illegal player participated.**
- 222.** Students may participate on “B” teams who are enrolled in grade 4, at the individual school’s discretion.

Academic requirements

- 230.** Each school may choose to employ conduct and effort requirements to be eligible for PAL participation. The minimum academic requirement is a “C” average (2.00) on a 4.0 scale.
- 231.** Each school is responsible to monitor the progress of their students

General Policies

Registration Procedures

300. Fill out an official registration form. This form will be found on the Parochial Athletic League webpage, and must be completed and submitted online.
301. Registration forms received after the deadline will not be accepted.

Roster Procedures

400. The official PAL roster form must be completed online and submitted electronically by the specified due date.
401. Students may be added to roster only under the following conditions:
The designated halfway point in the season has not been reached:
FALL – October 7, 2016
WINTER – January 20, 2016
SPRING – April 6, 2016

These dates apply to all schools and teams regardless of schedule.
 - a. The student is moving from the “B” team to the “A” team. In this case, the above dates do not apply.
 - b. A student transfers into the school with a verified change of residence.
405. To add a player to a roster: e-mail or fax the player’s name, date of birth, grade level, whether or not he/she has played previously this year (for any PAL school), and the principal’s signature on or before the appropriate date listed in section 404. **This type of transaction will not be handled verbally over the phone.**
406. When a school has more than one team at the same level in a season, a player cannot be moved from one roster to the other during the season or postseason but can play on the other team during PAL-sanctioned tournament play.

Tournament Guidelines

- 500. Invitational meets, tournaments, etc., that are sponsored by PAL member schools must be sanctioned by the PAL Director. Such tournaments must adhere to PAL rules with any modification(s) submitted in writing for approval by the PAL Director.
- 501. When hosting a tournament, any modifications to PAL rules must be made known to all participants at the time of registration for the tournament.
- 502. PAL teams wishing to participate in tournaments not sanctioned by PAL must notify the Director of PAL prior to the tournament.
- 503. A school team may not participate in more than four (4) tournaments during a sport season.

Officials

- 600. The home team of a contest is responsible for providing a timer and clock, scorekeeper, game ball, down marker and any other items necessary to host an athletic contest.
NOTE: Scorer and timer should be grade 7 or older, and preferably an adult.
- 601. The recommended fee for all PAL contests in football, volleyball and basketball is \$33.00 per official, per game. The fee for single games (non-doubleheaders) in these sports will be \$43.00 per official, per game. The fee for softball will be \$45.00 per game. In coed soccer the fee is \$40.00 per official, per game and the fee for a single game (non-doubleheader) is \$50.00 per official, per game.
601A. All officials must be paid through the RefPay program established between the league and ArbiterOne.
- 602. Two officials are recommended for football and basketball. One official is recommended for volleyball and softball. If the home team wants to hire a third official for flag football, the Athletic Director may do so but this request must be made when the original schedule is being compiled so the proper amount of game fees can be invoiced to that school.
- 603. If only one official from a two official crew is present at game time, the game shall be played only if agreed upon by both coaches. If the game is played and the second official does not show up, the official working the game shall be paid his game fee plus 50% of the other official's fee. If the game is not played, the official will be paid the game fee warranted based on the original fee. (If the official was originally scheduled for a doubleheader and neither game is to be played, the official is only receive a single game fee equivalent to the fee of a doubleheader (\$33.00 in basketball for example).
- 603A. In the event of a forfeit prior to the start of a contest, the team responsible for the forfeit is liable to pay the official(s) the entire game fee. If the visiting team is responsible for the forfeit, the visiting team will have to reimburse the home school the appropriate fee.
- 604. **Game officials may not be members of the faculty or coaching staff for the current school year, relatives of the participants or employees of the competing schools. Coaches within a league may officiate other member's league games if agreed upon by both coaches. PENALTY: Forfeiture.**

- 604.A Officials are expected to be onsite 10 minutes prior to the start of any contest. Athletic Directors should notify the assignor and league director of all situations regarding officials. In the absence of the assigned officials, a coach of either team may officiate the contest if agreed upon by both coaches.
605. Once a contest has started, the official has total responsibility and authority to ensure proper conduct of coaches, players, and spectators. Once a contest has started, and then cancelled because of inclement weather, light failure or other circumstances beyond the control of the home school, each official shall receive his/her full fee.
606. When a regularly scheduled game date or site is changed and the home school fails to notify the official and he/she arrives at the site of the contest and there is no game, the official shall receive half the game fee.
607. Officials must be at least 18 years of age. **PENALTY: Forfeiture.**
608. Officials for all playoff games are chosen by the director of PAL, or designated assignors.
609. If game official(s) arrive at the game site and postpone the contest prior to the actual start of the contest, each team pays each official travel compensation of \$6.00 (or a total of \$12.00 per official).
610. All officials in every PAL sport must be certified through the Diocesan "Protect the Children" online program, and have successfully completed a background check or been fingerprinted for other employment purposes. This rule may be modified as necessary by Diocese of Orange policies and procedures updates.

Postponements

700. Scheduled league games may not be postponed except for inclement weather (smog, rain, extreme heat, high wind, etc.) and emergencies. EMERGENCIES are catastrophic events involving the school or student body. *Emergencies are not sickness of player(s) or coach, field trips, lack of transportation, or loss of eligibility.*
- PENALTY: Forfeiture of postponing team.**
701. Teams postponing games should notify opponent at least 24 hours before scheduled game time. The postponing team is responsible to reschedule the game **at the time of the postponement**. Such a game must be played by Wednesday of "dead week".
702. In the event that the cause of a possible postponement is due to weather, the home team must decide whether or not the game is to be played. The home team should notify the opposing team no later than 12:00 pm.
703. Postseason tournament games shall not be postponed by individual schools. **GAME TIME IS FORFEIT TIME.**
704. **Teams who fail to show for a postseason tournament game are responsible for the officials' fees and a fine of \$50.00 payable to the Parochial Athletic League.**
705. Teams failing to notify the opposing team of a postponement, the host site of the game when at a neutral site, or failing to show up for a game cause their teams to forfeit and will be responsible for paying all fees.

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706. Official game time for PAL contests shall be 3:30 pm, unless both schools agree otherwise or the game being played is following one or two other games. The first game of a doubleheader must be scheduled no later than 3:45 pm unless previously agreed upon by both teams.
707. A fifteen (15) minute grace period will be observed by all teams before a forfeiture take place. THIS DOES NOT APPLY TO POSTSEASON TOURNAMENT GAMES (see Rule 703).
708. **FORFEITURE FEES WILL BE INVOICED AND ARE PAYABLE TO THE PAROCHIAL ATHLETIC LEAGUE.**
709. A fifteen (15) minute grace period will be allowed for the official(s) to show up before the game is to be rescheduled.
710. Postponement of a contest due to pre-scheduled school trips are not allowed.
PENALTY – forfeiture of the game.

Protest

800. Protests may not be filed on an official's judgment call.
801. No protest will be considered involving a PAL playoff contest.
802. At the time of the protest, the team's coach must inform the head official and the coach of the opposing team of the protest.
803. Pertinent information must be logged in the official scorebook and signed by the head official. A copy of the scorebook sheet should be sent with the protest when possible.
804. Protests during a league contest can be filed by email to the League Director and must be received within 24 hours of the contest.
805. The opposing school (team) has three days from the day the protest was received at the school to respond to the PAL office, either by phone or mail. If no response is made during this time, the opposing school will lose its chance to present its side to the PAL Director.
806. Protests will be decided by the PAL Director. Appeals of this ruling may be made to the PAL Board.

PAL Internet Procedure

900. The PAL Internet web site has been established to assist with communication between the PAL office and the PAL member schools. This web site is:
www.parochialathleticleague.org.

901. After a league game is played, the winning team's coach shall go online and input the score of the game. This must be done within 5 days of the game date. All scores for the season must be recorded by the last day of the dead week in order to be counted toward final league standings.
902. It is the responsibility of each team's coach to make sure that his/her games have been reported. League championships will be determined solely by the results which have been recorded online.

Postseason Playoffs

1000. All "A" teams are eligible to participate in the postseason playoffs in their respective division (large school or small school). The PAL Board can consolidate these divisions when necessary to allow for maximum participation. A large school is one with a student enrollment of 120 or greater in the sixth, seventh, and eighth grades combined. A small school has fewer than 120 students in these grades. The enrollment of each school on the day of the first Fall contest on the PAL calendar shall be the number used to place each school for the year. A small school can choose to play in the large school division. An entry fee of \$35.00 will be charged for a team to enter the postseason playoffs.
- 1000.B A member school's enrollment must be above or below the 120 threshold for two consecutive years before that school is required to change divisions in the third year. Hardship appeals could be ruled upon on a case-by-case basis.
1001. Teams shall be seeded according to their place in the standings and tournament results by the Monday of "dead-week". The team listed on top in the bracket will always be designated as home team. The home team is responsible for keeping the official scorebook. This duty can be passed to the visiting team, or host school, if a qualified scorekeeper is not available from the home team.
1002. Game time is forfeit time. No grace period will be allowed.
1003. Teams who fail to show for a postseason tournament game are responsible for the officials' fees and a fine of \$50.00 payable to the Parochial Athletic League.
1004. Teams who fail to show for a "trophy" game (1st, 2nd, 3rd or 4th place) are subject to the terms of Rule 1003 and are ineligible to participate in the postseason in that sport the following year said school fields a team.
1005. Mercy rules apply during the postseason tournament.
1006. Host schools for the postseason playoffs are responsible for the following: scoreboard operator, admission door personnel. A school cannot host a sport that involves a clock and timing without having such a device in working condition at the game site.

Awards

1300. PAL Participation Certificates may be secured from the PAL office upon request.

- 1301.** All league champions shall receive PAL team trophies. This includes both the “A” and “B” level teams. Teams that tie for league will each receive a trophy.
- 1302.** PAL Diocesan Champions, along with the 2nd, 3rd and 4th place teams shall receive team trophies.
- 1303.** Individual members of PAL (Diocesan) championship teams will receive PAL awards. Teams must complete their entire schedule prior to the end of dead-week of that season to be considered for the league championship of that sport season.

Spectators

- 1400.** It is the responsibility of the administration, faculty and coaches/moderators to ensure that spectators abide by the following rules. When a game is in progress, an official has the authority to ask that a spectator be removed from the game, with just cause. If necessary, the coaches must assist in this task, or risk the penalty of forfeiting the contest.
- 1401.** A PAL spectator shall not:
 - a. Be on the playing field or court during the game/competition. This includes timeouts, quarters, halftime, etc. If the teams are located on opposite sides of the playing field, their fans should cheer from their town team’s side if possible.
 - b. Only positive comments or cheers will be addressed to any participant within the athletic venue, including opposing teams, opposing fans and referees.
 - c. Verbally or physically abuse or assault anyone.
 - d. Appear in an intoxicated condition or have in his/her possession any alcoholic beverage or illegal substance.

This list is not meant to be complete, but act as a guide to spectator conduct. Should other conditions exist that are not listed here, the administrator/coach has the authority to remove a spectator(s) if necessary.

- 1402.** Violations of this policy could result in, but are not limited to:
 - a) Removal from contest.
 - b) Non-attendance at future contest.
 - c) Forfeiture of the contest.

Liability Insurance

This section is being re-written by the Department of Risk Management and Insurance Services of the Diocese of Orange.

Special Notes

The rules and policies established by the PAL Board are not be modified by any school in any way. Schools and/or coaches who violate any of the policies described in this manual, do so at the risk of being expelled from portions (or all) of the PAL program.

The PAL Board reserves the right to investigate any situation that appears to be in direct conflict with its policies and or regulations. All occurrences of such will be handled on an individual basis contingent on the severity of the violation, effects that the violation fostered, etc. All decisions of the PAL Board are final.

The PAL Board reserves the right to evaluate member schools according to their adherence to the policies and rulings in this handbook.

Any rules dealing with specific sports not covered in this manual shall be referred to the appropriate National Federation rulebook.

Any non-Catholic school wishing to become a PAL member school will meet the following conditions:

- a. Be a tuition-based private school.
- b. Have a minimum of 60 students in the junior high (7th and 8th grade).
- c. Agree to all the financial commitment established by the PAL.
- d. Follow all policies established by the PAL Board.
- e. File request for admission early in the summer of the upcoming school year.
- f. Gain final approval from the Superintendent of Catholic Schools.

PLAYING FACILITIES (SITES) must meet approved specification for safety, subject to review by the PAL Director.

SPECIAL NOTE: Violation of the duties of coaches or standard of conduct will be handled on an individual basis, contingent on the severity of the violation and may result in any, but not limited to the following actions:

- 1) **Probation**
- 2) **Game or games suspension**
- 3) **Exclusion from PAL coaching**

Rules for Individual Sports

FLAG FOOTBALL

1500. BASIC CONCEPT OF THE GAME

Flag football is a game between two teams of seven players each with all players eligible as pass receivers. Flag football is not tackle football, it is not power football. It is different from power football in that the defense and the offense strive by speed, quickness, deception and agility to defeat the opponent. A game must start with seven players and may continue with as few as six, but no less. Special formations are not required as long as players are behind the line of scrimmage and five yards from the sidelines on all downs. Exceptions:

1. On kicks, players are permitted to line up next to sidelines.
2. The team in possession has a series of four downs to advance the ball into the next first down zone. In order for the ball carrier to score or advance to a first down, the ball carrier must have a part of his body and ball on or over the goal or first down line.
3. There are no field goals. Points can only be scored by touchdown, successful try for points after a touchdown, and a safety.

1501. FIELD AND MARKINGS

- 1501.1** The field dimensions are a maximum 80 yards x 40 yards and may not vary less than 10 yards in length and 5 yards in width. (End zone depth must be 5 yards minimum, 7 yard maximum). "B" dimensions may be shortened to a minimum 60 yards x 35 yards.
- 1501.2** Zone markers may be placed along both sidelines and end-zone, but not on the field. Zone markers shall be constructed of soft, pliable material.
- 1501.3** Lines shall mark all boundaries, and zones, if possible. These lines may be either drawn by a non-caustic chalk, field striping paint, or burned by chemicals. Lime or other derivatives of lime may not be used.
- 1501.4** If the middle of the field is not marked by lines, the official can drop one bean bag next to the ball to help determine runs up the middle.

1502. GAME EQUIPMENT

- 1502.1** The official ball for varsity games shall be an intermediate sized football. The official ball for the junior varsity "B" games shall be a junior size football. The ball must be properly inflated. Footballs are not required to have white stripes on the ends. In all cases, an official shall determine if a ball is suitable for playing. If the wrong ball is used by either error, or necessity, the game shall be considered to have been legally played.

- 1502.2** A team may not use separate balls for scrimmage down and for kicking purposes. Each team may use their own ball in which it free kicks or snaps. The referee may order the ball changed between downs if the field is wet.
- 1502.3** A down marker, or other device, shall be used to mark all downs. The home team shall provide this, and a competent person to operate this equipment. The “clock” may be kept on the field by a designated official, although the preferred method is that the clock be monitored by the home team. Only a visible scoreboard clock may be monitored by the home team.
- 1502.4** All forms of electronic communication are prohibited.

1503. PLAYER DESIGNATION

- 1503.1** Each team shall designate a player as field captain and only he may communicate with the officials.
- 1503.2** The team box is the area two yards or more behind the sidelines (out of bounds) between both twenty-yard lines. Players, coaches, substitutes, and/or attendants must remain in this box at all times. A team is only permitted three certified persons in the box. These three persons must be identifiable by the coaching badge and PAL (or school) lanyard. No one from another school(s) is allowed in the team box of an opponent.

1504. PLAYER EQUIPMENT

- 1504.1** **PADS:** Shoulder pads, rib pads, thigh pads, hip pads, hand and arm pads, any hard pads, gloves or hard surface materials are illegal. Soft pliable knee and thigh pads may be worn only on those areas. Knee braces are legal provided they are deemed safe by the officials. Cast or arm braces are illegal. Sliding pants, sweatbands and headbands may be worn. Jewelry is not permitted. **Soft helmets, manufactured for the purpose of flag football are allowed.**
- 1504.2** Body paint or grip enhancing substances are illegal.
- 1504.3** **BLOOD RULE:** When a player is bleeding, has an open wound, or an excessive amount of blood on his uniform, the player is considered injured, must be removed from the game and shall not participate until appropriate treatment has been administered.
- 1504.4** Fingernail must be trimmed to prevent injuries.
- 1504.5** **SHOES:** Tennis shoes or molded cleats are required. Metal spikes or screw-on cleats are illegal. An official will line-up the athletes to check the legality of the cleats prior to the start of the game. The head coach will be held responsible for players’ shoes.
- 1504.6** **FLAGS:** Only official PAL flags are permitted. Each team is responsible for providing its own PAL flags. PAL flag belts shall have three flags attached, one on each hip and one in the back, and shall be worn at waist level. Flags are not to be less than two inches in width or fifteen inches in length from the top of the belt. The velcro on the belt may not be longer than 1.5 inches in length or ¾ inches wide. Extra velcro may not be added. The flag color must contrast with the color of the pants or shorts. There will be an unsportsmanlike conduct penalty for wearing an illegal flag, and the flag shall be removed from the game. Referees shall check each team for compliance with correct flags and

cleats prior to the start of the game. Any score by a player wearing an illegal flag will be nullified, and the penalty will be marked from point of the snap.

- 1504.7 JERSEYS:** Each player of a team shall wear a playing uniform of neat appearance and of the same color. Mid-cut jerseys are illegal. Shirts must be tucked in so that the belt is visible. Jerseys may not be taped, tied or altered. Jerseys may not in any way interfere with the pulling of the flags. Manufacturer’s washing labels must be on the inside of the uniform. Uniforms may only have a single company logo or trademark not the exceed 1.5” X 1.5”. The home team must adjust shirt color if there is a conflict. Coaches should carry spare jerseys in the event a jersey becomes damaged or blood-stained. **Undersleeves/compression sleeves** must match the predominant color of the jersey. These items can also be solid black or solid white. All team members wearing these articles of clothing must wear the same color.
- 1504.8 PANTS / SHORTS:** Regulation football pants, shorts, or sweat pants are required. Shorts must be one solid color. A player may only wear one pair of pants. Undergarments may not extend below the length of the shorts worn by players. **Pockets, belt loops, and rivets are illegal and may not be covered with tape. PENALTY: Player disqualification.**
- 1504.9 MOUTHPIECE:** The PAL recommends that players wear a mouthpiece.
- 1504.10** Objectionable markings on the body, uniform or equipment are not permitted.
- 1504.11** Any matters regarding questionable equipment / uniform are at the sole discretion of the official(s).

1505. TIMING REGULATIONS

- 1505.1 PLAYING TIME:** Playing time shall be four ten-minute quarters running time. There will be intermissions of one minute at the end of the first and third quarters and five minutes between halves. During regulation, the clock stops for:
- A. Time outs – starts on succeeding snap or when the ball is punted on a declared kick.
 - B. Scores – starts when receiving team touches kickoff.
 - C. Penalties – start when official signals.
 - D. Emergencies – starts when official signals.
 - E. Last minute of each half – the clock stops on change of possession, incomplete forward passes and the ball out of bounds.
 - F. Scrimmage kicks.
 - G. A half cannot end on a defensive penalty.

1506. STARTING THE GAME

- 1506.1 COIN FLIP:** The visiting captain will call the pregame coin flip. The winner of the coin flip may defer his choice to the second half, or choose to “kick or receive” (offense or defense on the B level). The opponent will then choose which end of the field to begin play from.
- 1506.2** Between quarters, teams will change goals with all aspects remaining the same.

1507. TIME OUTS

- 1507.1 Three 1 (one) minute time-outs will be allowed to a team during each half. Unused timeouts in the first half may not be carried over to the second half. In case of overtime, additional time-outs will not be added, but the remaining time-outs from the second half may be used.
- 1507.2 A team with no time-outs remaining may be granted a timeout due to injury or to review a disputed interpretation of a rule or regulation. If the team wins the appeal, a time-out will not be charged, but if a team loses the appeal, it will be penalized with a delay of game penalty.
- 1507.3 Players may consult with coaches anytime provided they do not leave the playing field.
- 1507.4 An official may call a time-out when heat or humidity may create a health risk.

1508. PUTTING THE BALL IN PLAY

- 1508.1 The ball will be placed in the middle of the field for all kicks and downs. A team shall have 25 seconds to put the ball in play.
- 1508.2 To start each half, and to resume play after points(s)-after-touchdown attempt, and/or a safety, the ball shall be put in play by placing the ball at the 25-yard line.
- 1508.3 A snap shall put the ball in play when a free kick is not specified. The snap must be between the snapper's legs.
- 1508.4 One player may be in motion from any position provided he is moving parallel to the line of scrimmage when the ball is snapped.

1509. DEAD BALL

- 1509.1 Any ball that strikes the ground is dead.
Exception: after the ball is kicked, it may bounce or roll until touched by a player. The ball is declared dead if the kicking team touches the ball first, or if the ball strikes the ground after the receiving team touches it.
- 1509.2 The kicking team may never recover a kick. The ball will be placed at the spot where it was first touched or muffed by the receiving player.

1511. SCRIMMAGE KICKS

- 1511.1 Kicks must be declared by captains, kicked within twenty-five seconds, and must be kicked. Quick kicks are illegal. The clock stops until the ball is kicked (punted).
- 1511.2 Line player may not move on a kick.
Exception: Center-allowed one step in either direction.
- 1511.3 The ball must be punted from at least five yards behind the line of scrimmage.
- 1511.4 The defense must have five players on the line of scrimmage. Defensive linemen may not move, raise hands, wave or attempt to block a kick.

- 1511.5 If the ball touches the ground before or after reaching the punter, the ball is dead at the spot and the down counts.
- 1511.6 Touchbacks on a scrimmage kick will be put in play at the 25-yard line of the receiving team.

1512. SCORING

- 1512.1 A touchdown is worth six points.
- 1512.2 Point(s) after touchdown is a scrimmage down valued at:
 - A. One point from the two-yard line.
 - B. Two points from the five-yard line.
- 1512.3 Kicks are not permitted. Any change of possession, the ball is dead.
- 1512.4 A safety is worth two points and occurs when an offensive player causes the ball to become dead behind his own goal line or an offensive penalty occurs in their end zone. The ensuing free kick occurs from the 25-yard line.
- 1512.5 If a team leads by thirty points or more anytime after the conclusion of the third quarter, the game will continue with a running clock. The game is officially over with the score at that point of the game being the final score. The remainder of the game is played with no starters on the field of the team that is ahead (if substitutes are available). If no substitutes are available, the starters must play in a different position than they would normally play.

1513. TIE BREAKER

- 1513.1 The ball is never “live” for the defense during the tiebreaker. The ball cannot be returned for a score by the defense.
- 1513.2 One coin flip will be held (visiting captain makes the call) and the winner will choose:
 - A. Offense: the ball will be placed on either the two-yard line or the five-yard line depending on whether or not the team chooses to go for a one point or two-point conversion.
 - B. Defense.

The offense will have one down and the choice of attempting one or two point conversion. The defense will then go on offense and receive the same choice until the tie is broken.

1514. PLAYING TERMS

- 1514.1 **Blocking** – a player may contact an opponent provided:
 1. Two point stances ONLY are allowed
 2. No bump and run blocking is allowed.

Run Blocking:

1. The elbows are outside the shoulders.
2. The hands are closed or cupped with the palms not facing the opponent.

3. The forearms are approximately forty-five degrees from the body and are not moving faster than the body.
4. Blocking from behind or from below the waist is illegal.

Pass Blocking – Open Hand Technique. Pass blocking terminates once the ball has crossed the line of scrimmage. The hands shall be:

1. In advance of the elbow.
2. Inside the frame of the blocker's body, (the frame of the blocker's body is the front of the body at or below the shoulders).
3. Inside the frame of the opponent's body, except when the opponent turns his back to the blocker during the block or after the blocker is committed to his charge. The frame of the opponent's body is at the shoulders or below other than the back.
4. At or below the shoulders of the blocker and the opponent, except when the opponent squats, ducks or submarines during the block or after the blocker is committed to his charge.
5. Open, when the palm(s) are facing the frame of the opponent or when the forearms are extended beyond the 45-degree angle of the body.

1514.2 Diving – leaving and becoming parallel to the ground in order to advance the ball is illegal.

1514.3 Hideout – when an offensive player(s) is not five yards from the sidelines.

1514.4 Hurdling – when a player intentionally leaves the ground to advance over a defensive player or jumps into a defensive player. It is not hurdling if the ball carrier leaves the ground to avoid injury or injuring a fallen player. This is a judgment call by the official.

1514.5 Legal Snap – a legal snap occurs when the:

- A. Snapper has his shoulders parallel to the line of scrimmage.
- B. Ball travels between the snapper's legs.
- C. Ball is released by the snapper in a continuous backward motion.
- D. Ball is not lifted for adjustment.

1514.6 Roughing the Passer – unnecessary contact with the passer or ball while in the possession of the passer. In the official's judgment, if the contact is caused by the passer's forward motion, there will be no penalty.

1514.7 Pushing the Ball Carrier – the defensive player may not push the ball carrier. He must play the flag.

1514.8 Touchback – when a player intercepts the ball in the end zone, he has the option of:

- A. Running it out of the end zone.
- B. Downing it.

1514.9 Inadvertent Whistle – when a whistle is blown for a non-foul during a legal pass, snap or kick, the down will automatically be replayed. When an offensive player has possession, the team may choose the play or replay.

1514.10 Muff – a ball not caught by the first person. A ball that strikes the ground after the first touch shall be declared dead at the spot of the first touch.

- 1514.11 Touch** – a ball that comes in contact with a player or his uniform.
- 1514.12 Encroachment** – crossing the line of scrimmage prior to the snap. Encroachment occurs even if contact has not been made.
- 1514.13 Dead Ball Foul** – a foul that occurs after the whistle and prior to the snap.

1515. OFFENSE

- 1515.1** The ball carrier may only attempt to avoid the defense by agility.
- 1515.2** The ball carrier may not steer his blockers.
- 1515.3** Running up the middle (one yard on each side of the ball) at the line of scrimmage is illegal.
- 1515.4** The ball carrier may not guard his flags.
- 1515.5** When the flag cannot be pulled, the play will be dead.
- 1515.6** When the flag is removed from or falls off a ball carrier, the play will be dead.
- 1515.7** If the ball returns to a player whose flags have been removed by the defense, the player must then be tagged with either one or two hands between the waist and shoulders to end the play.
- 1515.8** Downfield blocking on a passing play is not permitted until the ball is caught. Receivers must go in a pass pattern looking for a pass, not blocking or shielding a defensive player. **PENALTY: Offensive pass interference.**
- 1515.9** If the ball goes to a player whose flags have come off through no action of the defense, the play is dead once the player has control of the ball.
- 1515.10** A receiver may have only one foot in bounds unless both feet are off the ground and a defensive player causes him to go out of bounds.
- 1515.11** Once a receiver goes out of bounds, he is declared ineligible unless the defense forced him out of bounds.
- 1515.12** A team may use as many forward passes as necessary, provided the passes are thrown from behind the line of scrimmage.
- 1515.13** An offensive player cannot intentionally ground the ball. This is a judgment call by the official.
- 1515.14** An offensive player may not run over or through a defensive player in order to prevent him from pulling the flags.

1516. DEFENSE

- 1516.1** A defensive player may use his hands.
- 1516.2** A defensive player shall not:
- A. Strike a player in the head.
 - B. Hold an opponent.
 - C. Push a teammate into another player.
 - D. Push a ball carrier.

- E. Pull flag prematurely.
- F. Touch the offensive center until he takes a step or stands up in a blocking stance.
- G. Pull the opponent's shirt provided the shirt is not hindering the pulling of the flags.
- H. Strip the ball
- I. A defensive player may not run over or through an offensive player in an attempt to reach the ball carrier or for any other reason.

PENALTY for violation of rules 1516.2 A through I is a 10 yard personal foul penalty.

1516.3 If the last defensive player is guilty of any penalty on the ball carrier, the ball carrier shall be awarded the score.

1516.4 In the spirit of good sportsmanship, the PAL encourages defensive players to hand the flags back to the offensive players.

1517. PENALTIES

1517.1 When a penalty occurs, the official will notify the offended captain of his choices. In case of double fouls, captains will be notified.

1517.2 On dead ball fouls, the official will not permit the ball to become live and the enforcement will be automatic.

1517.3 When a live ball foul by one team is followed by a dead ball foul by the opponent, the penalties are administered separately and in order of occurrence.

1517.4 A dead ball foul will be assessed at the end of a play. If the play results in a score, the penalty will be assessed on the ensuing kickoff.

1517.5 The basic spot is determined by the type of play:

- A. Loose ball – enforced at the previous spot.
- B. Controlled running play – enforced at the end of the play.

1517.6 If the foul is on the offense, and occurs behind the basic spot, it will then be enforced at the spot of the foul.

1517.7 Any measurement within the twenty-yard line, for a ten-yard penalty, will be marked as half the distance to the goal. Any measurement within the ten-yard line, for a five-yard penalty, will be marked at half the distance to the goal. Measurements cannot award a touchdown.

1517.8 Unsportsmanlike conduct includes actions which are unbecoming to an ethical, fair, and honorable individual. It includes acts of deceit, disrespect, vulgarity, or any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.

1517.9 There are two types of yardage penalties:

- A. Five yard.
- B. Ten yard.

1517.10	Penalties do not cause the ball to be dead.		
1517.11	Five yard penalties are:	Dead Ball Foul	Live Ball Foul
	A. Delay of game.	*	
	B. Encroachment.	*	
	C. False start	*	
	D. Helping the runner.		*
	E. Illegal formation		*
	Receiver sets up less than five yards from the sidelines.		*
	F. Illegal forward hand-off.		*
	G. Illegal forward pass.		*
	Intentional grounding – five yard from the spot of the foul and loss of down.		*
	H. Illegal motion		*
	I. Illegal shift.		*
	J. Kicking infraction.		*
	K. Running up the middle and diving.		*
	Illegal procedure.		*
	L. Violation of team box.	*	
1517.12	Ten yard penalties are:	Dead Ball Foul	Live Ball Foul
	A. Attendant illegally on field.	*	*
	B. Clipping.		*
	C. Delay start of a quarter or game.	*	
	D. Fouls by ball carrier except running up the middle and diving.		*
	This includes flag guarding. Includes Loss of Down.		
	E. Illegal block.		*
	F. Illegal block on offensive center.		*
	G. Illegal participation.		*
	H. Illegal use of hands (holding).		*
	I. Illegally batting a ball.		*
	J. Illegally kicking a ball.		*
	K. Passing or running after a declared punt.		*
	(Also result in loss of down.)		
	L. Pass interference.		*
	1. Offense - loss of down.		
	2. Defense – automatic first down.		
	M. Premature flag pulling. Also results in automatic first down.		*
	N. Roughing the passer or ball carrier.		*
	(Also results automatic first down.)		
	O. Unnecessary roughness.		*
	P. Unsportsmanlike conduct.		*

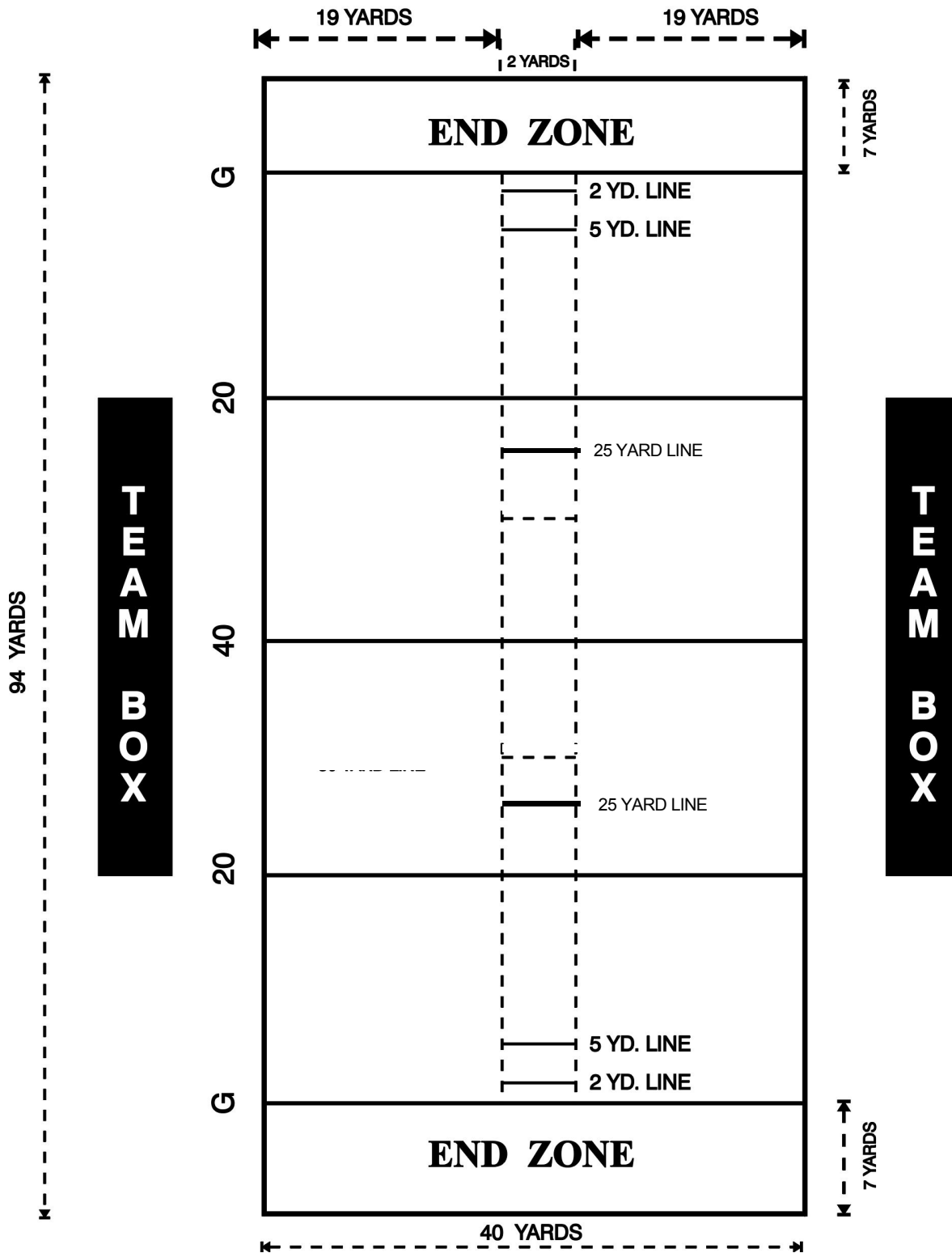
1518. SPECIAL CIRCUMSTANCES EMERGENCY

- 1518.1 A period can be shortened in any emergency by agreement of coaches and officials.
- 1518.2 Any games interrupted due to uncontrollable events shall be continued from that point, unless agreed otherwise.

1519. SPECIAL CIRCUMSTANCES - WEATHER

- 1519.1 Once a game has begun, when weather conditions are construed to be hazardous to life or limb of the participants, the crew of officials is authorized to delay or suspend the game.
- 1519.2 If a game is suspended during the third quarter, and a team trails by twenty-one points or more, the game is completed. If the game is the fourth quarter, and a team trails by seventeen points or more, the game is completed.
- 1519.3 Suspended games that are not declared completed will be rescheduled from the point it ended.

Flag Football Field Diagram



Volleyball

Note: PAL rules for volleyball (girls and boys) are found in the NF rulebook for volleyball. The only areas where exceptions exist are in the following:

1600. THE NET

The net shall be no lower than six feet, ten inches, and not higher than seven feet, two inches for girls, and no lower than seven feet two inches, and not higher than seven feet, six inches for boys. The net is measured from its highest and lowest points.

PENALTY: Forfeiture of game.

1601. THE BALL

The official ball shall be leather/synthetic. All panels of the ball shall be solid white or a maximum combination of three colors (with each panel being a solid color) and of which at least one-third of the panels shall be solid white. It shall measure 25 to 27 inches in circumference. It shall weigh from 8.5 to 9.8 ounces and be inflated between five and seven pounds of air pressure. A rubber ball may be used if both coaches agree. Coaches have the option at the “B” level of using the lighter ball, also known as “Volley-Lite”. Both coaches must agree prior to the start of the contest that they choose to use this ball. The lighter ball cannot be used for tournament play.

1602. UNIFORMS

Numbers must appear on **FRONT AND BACK OF UNIFORM SHIRT.**

PENALTY: Garment removed from the game.

1603. TIMEOUTS

Two non-accumulative timeouts per game with no additional time-out during overtime.

1604. OUTSIDE RULE

For games played outside only, the teams will change sides of the court whenever the first team reaches eight points and multiples of eight points in the third game.

For games played outside only, sunglasses may be worn at the player’s own risk.

1605. SERVING

A serve that touches the net within the boundaries of the antennae, and falls to the receiving team's side will count as a legal serve.

1606. SCORING

- 2 out of 3 games is a match
- 25 point games (win by two points with no cap on winning score)
- 15 point deciding game (win by two points with no cap on winning score)
- Two non-accumulative time-outs per game with no additional time-out during overtime

1607. LIBERO

The libero **will not** be used in Parochial Athletic League play.

1608. FRIENDSHIP GAME

A friendship game should be played when possible after a team defeats the opponent in the first two games. The friendship game will be played to 15 points. Teams are not allowed to play their "starters" during this game when there are enough legal players from the bench to take the court. This game is meant as an opportunity for those players that have not earned much playing time to get some time on the court against an opponent. A discussion should be held prior to the start of the match between the coaches and the game official if the friendship game will/may not be played. Not playing a friendship game should only occur for reasons beyond a team's control, such as: other events scheduled (or not) in/on the facility that requires vacating the premises, weather, a lack of players or other circumstances with the exception of simply not wanting to play.

1609. SPORTSMANSHIP

There will be no cheering/jeering or noisemaking from players or coaches during the serve of an opponent once the official's whistle has been blown to indicate the serve has begun.

PENALTY – a yellow card issued to the coach. A second infraction could result in the coach being ejected from the facility.

Basketball

Note: PAL rules for basketball (girls and boys) are found in the NF rulebook for basketball. The only areas where exceptions exist are in the following:

1700. THE BALL

The official ball shall be an “official” basketball for boys “A” games. All other levels of competition (boy’s “B”, and girls “A” and “B”) shall use the “intermediate” ball (28.5 inch circumference). The panels shall consist of either leather, rubber or synthetic leather material. The official PAL ball is one made of leather or synthetic leather.

1701. THREE POINT BASKETS

Three point baskets will be recognized (as counting for three points) at the “A” level only where such a line exists on the court.

1702. UNIFORMS

- 1702.1** All uniforms must bear numerals on the front and the back of the shirt.
PENALTY: Technical foul and garment removed from the game.
- 1702.2** Numerals should not exceed any digit greater than five, nor should there be a numeral of more than two digits.
- 1702.3** If your team chooses to wear tee shirts under their jersey, they must be the same color as the jerseys, or can be all white in color.
- 1702.4** Girls are not permitted to wear hair ribbons.
- 1702.5** Basketball shorts may not have pockets or belt loops.
- 1702.6** If both teams are wearing the same color uniforms, the home team must adjust.

1703. OVERTIME PERIODS

In PAL games, overtime periods shall be three minutes.

1704. MERCY RULE

If a team leads by thirty points or more any time after the conclusion of the third quarter, the game will continue with a running clock. The game is officially over with the score of the game at that point being the final score. The remainder of the game is played with no starters on the court of the team that is ahead (if substitutes are available). If not substitutes are available, the starters must play in a different position than they would normally play.

- 1704.1** No full court pressure is allowed by the leading team in basketball when any one team is leading by 20 points or more. This applies to both “A” and “B” levels.

1705. "B" DIVISION RULES

Anytime the defense secures the ball in their backcourt, no pressing is allowed as they bring the ball to the frontcourt until the last two minutes of the game. A player bringing the ball up the court in a non-press situation must be allowed to get both feet and the ball into the frontcourt before the defense can pressure the ballhandler. Overtime is considered an extension of the fourth quarter, and as such, pressing is allowed during this period.

PENALTY: One warning to the bench. Additional violations shall result in a two shot technical foul assessed for unsportsmanlike conduct against the team causing the infraction.

1706. GIRLS 5-SECOND COUNT

In the girl's game only (both "A" and "B" level), the closely guarded 5-second count applies only to a ball that is being *held* by the offensive player in the frontcourt.

1707. TIMEOUT

There will be four (4) full time outs (one minute each) for each game. These time-outs can be used at any time during the game based on the National Federation rules, and unused timeouts can be used during overtime period. Each team will be given one (1) additional timeout for each overtime period.

1708. PLAYING TIME & INTERMISSION

Playing time shall be four quarters of six minutes each, with intermissions of one minute after the first and third quarters, and five minutes between halves. The clock will stop on all dead ball situations.

1709. 10-SECOND COUNT

In the boys' and girls' game, a 10-second count will be enforced in the backcourt.

Softball

Note: PAL rules for softball are found in the NF rulebook for softball. The only areas where exceptions exist are in the following:

1800. GAME TIME LIMIT

Seven innings or 1 ½ hour time limit shall constitute a complete game; whichever occurs first. No new inning begins at the conclusion of the 1 ½ hour time limit. This rule does not apply to a tie game. *Games may not end in a tie*, and the NF rulebook outlines the tie-break procedure. The international tiebreaker rule will take effect at the end of the regulation game if needed to break a tie.

1800.1 The international tiebreaker rule is as follow:

If, after the completion of a regulation game the score is tied, the following tiebreaker shall be played to determine a winning team:

At the beginning of each half inning, the offensive team shall begin its turn at bat with the player who is scheduled to bat last in that respective half inning being placed on second base (e.g. if the number five batter is the leadoff batter, the number four batter in the batting order will be place on second base.) A legal substitute may be inserted for the runner. The team with the most runs at the end of any extra inning shall be determined to have won the game.

1801. FIELD DIMENSIONS

Pitching distance from home plate to the pitcher's rubber shall be 40 feet. In "B" leagues the distance shall be 35 feet. The distance between bases is 60 feet for both the "A" and "B" level of play.

1802. PLAYER EQUIPMENT

1802.1 Bats must conform to NF rule (rule 1, section 3, article 5) **and** they may not be "Little League" or other non-softball bats.

1802.2 The color of the softball must now be optic yellow, and follow the other recommendations set forth in the current National Federation Rule Book.

1802.3 It is mandatory that all batting helmets have the appropriate faceguard to protect against injuries to the mouth and face.

1802.4 The two-toned safety base will be utilized at first base.

1803. MERCY RULE

If a team leads another by ten runs after five complete inning, or 4 ½ innings if the home teams is leading, or at any time thereafter, the game shall be called.

1804. UNIFORMS

Sliding pants must be uniform throughout the team. These may be contrasting to the shorts and shirts, but they must be uniform for all players.

1805. "B" DIVISION RULES

1805.1 "B" Division Only: There will be a maximum run rule of 6 runs per inning per team in the 1st, 2nd, 3rd and 4th innings. When 6 runs are scored by one team, the turn at bat is ruled over, and the next team takes its turn at bat. Unlimited runs will be allowed in the 5th, 6th and 7th innings.

1805.2 "B" Division Only: A batter may not advance to first base following a dropped third strike.

1805.3 "B" Division Only: Home plate is closed. A runner must have possession of third base prior to a play being made on her or another runner, in order to advance to home on a non-batted ball. When there are runners on first and third and the runner attempts to steal second base, the catcher can make a play on the runner going to second base and this does not release the runner at third base to advance home.

Example 1: Runner on 2nd base attempts to steal 3rd base. The catcher throws the ball to 3rd base and the ball is overthrown to the outfield. Can the runner advance home?

Answer: No. The runner must stay on 3rd base as she had not gained possession of the base prior to the throw.

1805.4 "B" Division Only: MERCY RULE – in the "B" Division, if a team leads another by 15 runs after five complete innings, or 4 ½ innings if the home team is leading, or at any time thereafter, the game shall be called.

1805.5 "B" Division Only: Teams must bat the entire line-up (up to 15 players) and are allowed free substitution.

1805.6 "B" Division Only: A fourth outfielder may be used in "B" softball games providing both teams have 10 eligible players participating at the start of the game and both coaches agree to play with the extra outfielder.

1806. DP/FLEX

The "A" Divisions only may use the DP/Flex Option.

Lacrosse

Note: PAL rules for lacrosse are a hybrid set of rules based on the age of the participants.

1901. U13 (JUNIOR) – MODIFIED CHECKING

- 1901.1 Two 20-minute halves, running clock.
- 1901.2 5 minute halftime.
- 1901.3 **Overtime:** Two 3-minute periods of running clock followed by sudden victory. No timeouts and no switching of goals. Coaches will have 2 minutes after regulation time expires to prepare before the draw.
- 1901.4 **Timeouts:** Each team is allowed 2 timeouts per game. A timeout may be requested by a coach or any player on the field after a goal is scored or any time the requestor's team is in clear possession of the ball.
- 1901.5 No deputy allowed for youth play.
- 1901.6 Rosters will be on field, coaches and umpires must sign.
- 1901.7 The number of players around the circle during the draw shall be restricted to 3 players from each team for all levels.
- 1901.8 Four or more goals differential will be a free position for the team with the fewer goals. Teams cannot shoot from this position.
- 1901.9 Modified checking rules (check must be below shoulder level, away from the body, in a safe, controlled fashion).
- 1901.10 **Position to Check** – a player has an opportunity to legally check the crosse without fouling (the 3-second count begins when the umpire deems that the player with the ball could be checked legally if checking were permitted.)
- 1901.11 No part of the attacker's or defender's Crosse or body may enter the goal circle at any time.
- 1901.12 If contact is made with a stick that is being held in a horizontal position, the foul shall be on the player who's stick is in that horizontal position.
- 1901.13 Goal circle foul by the attack shall be penalized with the goalie awarded the ball and the offending player placed 4 meters behind.
- 1901.14 Any major foul committed against the goal scorer or her teammate, whether cardable or not will be penalized. The game will be restarted with a free position at the center for the team scoring the goal, rather than a draw.
- 1901.15 The penalty time for a RED card is 4 minutes for all levels.
- 1901.16 The head coach will be responsible for the behavior of personnel affiliated with her team, including all assistant coaches and parents, and will receive any cards related to lack of bench decorum.
- 1901.17 A team will play short 2 minutes from the first card issued.
- 1901.18 U13 coaches must remain in their own coaching area. This area is defined as on the bench/table side of the field extending from their side of the substitution area to their endline, and even with the scorer's table extended

(at least 4m from the sideline) and does not include the area directly behind the scorer's table.

1902. U15 (SENIOR) – FULL CHECKING

All rules as written above will apply with these exceptions:

- 1902.1** Full checking rules apply. Any check to the head will be an immediate red card and result in the 4 minute penalty and ejection from the current game. If the check was not a result of overly aggressive play, the player will not be suspended for the following game. Should the referee determine the check to the head was the result of overly aggressive play or done intentionally, the offending player will be suspended for the following game as well.
- 1902.2** Once a team receives its third card of the game, the team will play shorthanded for the remainder of the game. They will lose an additional player each time another card is received.

Coed Soccer

2000. Rules and regulations

2000.1 TEAMS-

- a. If a school has an 8th grade only team, that team must be entered in the Large School A Division.
- b. If a school has a 7th grade only team, that team must be entered in the Small School A Division.
- c. If a school has a 6th grade only team – that team must be entered in the Large School B Division.
- d. If a school has a 5th grade only team – that team must be entered in the Small School B Division.
- e. Minimum number of players on a team is 9. There must be 4 girls. (Can combine 6th, 7th, and 8th graders on one “A” team).
- f. Teams may play 11 on 11 (5 girls min.) or 9 on 9 (4 girls min.). Coaches should meet before the game and decide the number of players to be used per team based on the size of the field being used and/or team size. Coaches are responsible to ensure the correct number of girls are on the field.
- g. Free substitution.
- h. If a school has more than one team at each level, players may not move between teams during any part of the season. This will result in an automatic forfeit. This includes the playoffs.
- i. A school with any combination of 3 or more teams **must** have a home field or rent a field.
- j. In the event of inclement weather or game cancellations, the **FIELD** school is responsible for informing the assignor and opponent.
- k. Each school should provide at least one game ball in good condition. (A level - #5 and B level - #4)

2000.2 GAMES

- a. Games should be doubleheaders and preferably played on Wednesday and Fridays.
- b. Two 25 minute halves constitute the regulation game. Games during the regular season may end in a tie.
- c. PK’s may be taken by any player that played during that game. Exception: if a player received a yellow card within the last 5 minutes of the game, that player may not take penalty kicks.
- d. A goal kick or punt cannot travel beyond the midfield line without first touching the field or a player.
- e. Fields should be appropriately lined to fit the individual field size.

- f. No slide tackling allowed by any player. This will result in a yellow card.
- g. One yellow card will result in a 5-minute cooling-off period. That player must leave the field and can be substituted for. This player may return after 5 minutes.
- h. Two yellow cards will result in ejection and a one-game suspension.
- i. Point scoring for playoff seeding: teams will earn 2 points for a win, 1 point for a tie and 0 points for a loss.
- j. If a tie occurs after two 25-minute halves in an elimination game, a PK shootout will follow to determine the winner.
- k. If a tie occurs after two 25-minute halves in a playoff championship game, two (non sudden-death) 5-minute overtime periods will determine the winner. If overtime results in a tie, a PK shootout will follow to determine the winner.

Cheerleading

2100. ROLE OF PAROCHIAL ATHLETIC LEAGUE

The PAL has taken under advisement, an oversight role of the cheerleading programs for the member schools. A committee has been formed to begin to set policies and procedures for member schools. Until this committee is finished with its work, the PAL is recommending that all member schools adhere to the age-appropriate guidelines established by the National Cheerleaders Associations (NCA) in their “National Safety and Competition Guideline Booklet”.

2101. BASIC GUIDELINES:

By addressing the following areas of concern, PAL member cheerleading programs will be doing what is necessary to minimized the risk to participants and provide a productive activity to the student-athlete. Other age-appropriate guidelines regarding actual stunts and tumbling activities should follow the guidelines of the NCA.

2101.1. Knowledgeable Coach

- A. Attends training camps with team.
- B. Participates in local, state or national coaches’ conferences.
- C. Completes safety certification course.

2101.2. Appropriate Practice Facilities

- A. Adequate matting
- B. Adequate space
- C. Adequate height
- D. Safety procedures
- E. Written emergency plan
- F. Staff member certified in CPR/First Aid

2101.3. Travel

Cheerleading coach should be aware of and follow school travel policies for safety and proper insurance coverage.

2101.4. Legal Issues

- A. Pre-participation physicals should be required in accordance with policies on all student athletes.
- B. All forms should be completed for each participant.
- C. Medical Release
- D. Informed Consent / Liability Waiver
- E. Insurance Information
- F. Parental Contact Information

Much of section 1901 refers to “competition squads”. Pep squads that are not performing stunts and tumbling do not have the same safety and training guidelines to adhere to, but coaches of Pep Squads must still follow the guidelines of other coaches in the PAL as outlined earlier in this manual.

2102. CHEERS

The Parochial Athletic League recognizes that there are Competition Squads and Pep Squads within the member schools. The PAL recommends that cheering for the teams be the primary objective of either type Cheer Squad, and with that in mind, the PAL requires moderators/coaches to choose appropriate and positive game cheers. Game cheers should never:

- A. Be negative, degrade, taunt, or belittle the opponent.
- B. Use the opponents name, color(s), symbols, mascots, coaches, or players’ names in a derogatory manner.
- C. Use provocative, vulgar, and obscene language or gestures.
- D. Use unsportsmanlike words such as: kill, cripple, bury, etc.
- E. Instigate or incite the fans and spectators in a negative manner.
- F. Be directed at the official(s).
- G. Involve “booing”.
- H. Be performed at the same time the opponents’ cheerleaders perform. Work cooperatively with your opponents cheerleading squad.
- I. Involve noisemakers, bells, horns, or other electronic amplification devices.
- J. Be detrimental to a game.

Members

PAL Member Schools
And
Associated High Schools

Member Schools

Aliso Viejo Christian (AVC) – 1 Orion, Aliso Viejo 92656

Blessed Sacrament (BSS) - 14146 So. Olive St., Westminster 92683

Capistrano Valley Christian (CVC) – 32032 Del Obispo St., San Juan Capistrano 92675

Carden School (CDN) – 11537 Grovedale Dr., Whittier 90604

Christ Cathedral Academy (CCA) – 13280 Chapman Ave., Garden Grove 92840

Holy Family (HFY) – 530 So. Glassell St., Orange 92866

La Purisima (LAP) – 11712 N. Hewes, Orange 92669

Mission Basilica (MIS) – 31641 El Camino Real, San Juan Capistrano 92675

Mission Hills Christian (MHC) – 29582 Aventura, Rancho Santa Margarita 92688

Mission Viejo Christian (MVC) – 24701 Sandoval Rd., Mission Viejo 92692

Our Lady of Fatima (OLF) – 105 La Esperanza, San Clemente 92672

Our Lady of Guadalupe (OLG) – 920 W. La Habra Blvd., La Habra 90631

Our Lady Queen of Angels (OLQ) – 750 Domingo Dr., Newport Beach 92660

School of Our Lady (SOL) – 2204 W. McFadden Ave., Santa Ana 92704

Saddleback Valley Christian (SVC) – 26333 Oso Road, San Juan Capistrano 92675

Serra Catholic (SCE) – 23652 Antonio Parkway, Rancho Santa Margarita 92688

St Angela Merici (ANG) – 575 So. Walnut, Brea 92821

St Anne (SAL) – 32451 Bear Brand Rd., Laguna Niguel 92677

St Anne (STA) – 1324 So. Main St., Santa Ana 92707

St Barbara (BAR) – 5306 W. McFadden Ave., Santa Ana 92704

St Bonaventure (BON) – 16377 Bradbury Lane, Huntington Beach 92647

St Catherine Academy (SCA) – 215 No. Harbor Blvd., Anaheim 92805

St Catherine of Siena (SCL) – 3090 So. Coast Highway, Laguna Beach 92651

St Cecilia (CEC) – 1311 SE Sycamore St., Tustin 92780

St Columban (COL) – 10855 Stanford Ave., Garden Grove 92840

St Edward (EDW) – 33866 Calle La Primavera, Dana Point 92629

St Francis of Assisi (SFA) – 5300 Eastside Cr., Yorba Linda 92887

St Hedwig (HDW) – 3591 Oranewood Ave., Los Alamitos 907720

St Irenaeus (SIR) – 9201 Grindlay St., Cypress 90630

St Jeanne de Lestonnac (JDL) – 16791 E. Main St., Tustin 92780

St Joachim (JOA) – 1964 Orange Ave., Costa Mesa 92627

St John the Baptist (SJB) – 1021 Baker St., Costa Mesa 92626

St John’s Episcopal (SJE) – 30382 Via Con Dios, Rancho Santa Margarita 92688

St Joseph (SJP) – 801 N. Bradford, Placentia 92870

St Joseph (SJS) – 608 Civic Center Drive East, Santa Ana 92701

St Juliana Falconieri (JUL) – 1320 N. Acacia, Fullerton 92831

St Justin Martyr (SJM) – 2030 W. Ball Rd., Anaheim 92804

St Margaret’s Episcopal (MRG) – 31641 La Novia, San Juan Capistrano 92675

St Mary’s (SMA) – 7 Pursuit, Aliso Viejo 92656

St Norbert (NOR) – 300 E. Taft, Orange 92665

St Pius V (SPV) – 7681 Orangethorpe Ave., Buena Park 90621

St. Polycarp (PLY) – 8182 Chapman Ave., Stanton, 90680

Sts Simon & Jude (SSJ) – 20400 Magnolia Ave., Huntington Beach 92646

Stoneybrooke Christian (SBK) – 26300 Via Escolar, San Juan Capistrano 92691

Affiliated High Schools

JSerra High School – 26351 Junipero Serra Rd., San Juan Capistrano 92675

Mater Dei High School – 1202 W. Edinger Ave., Santa Ana 92707

Rosary High School – 1340 No. Acacia, Fullerton 92831

Santa Margarita High School – 22062 Antonio Parkway, Rancho Santa Margarita 92688

Servite High School – 1952 W. La Palma Ave., Anaheim 92801