

Puerto Rico American Football Alliance Rules and Regulations



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RULE 1. Purpose; Understanding of the Rules and Regulations

The purpose of the Puerto Rico Football Alliance, Inc. (the “League”) is to provide a wholesome, enjoyable experience of playing American football for youths, while teaching the fundamentals of the game, teamwork, good sportsmanship, discipline and response to leadership. We want to encourage the importance of keeping a proper relationship and balance between scholastic and athletic endeavors.

All games of the League shall abide with the National Federation of State High School Associations for 11-man football and as accepted and modified by these Rules and Regulations.

To ensure consistency and clarity in game administration, the Puerto Rico American Football Alliance (PRAFA) will establish a hierarchy of governing documents. In cases where PRAFA Rules and Regulations differ from the National Federation of State High School Associations (NFHS) rules, the PRAFA Rules and Regulations shall take precedence. This approach guarantees that all league operations align with PRAFA’s specific objectives, safety standards, and organizational structure, while still respecting the foundational principles of NFHS rules as a reference framework. Any exceptions or conflicts will be reviewed and resolved by the Board of Directors prior to the start of the season.

RULE 2. League Functionaries, Official Personnel and Meetings

Section 2.1 - Board of Directors

The affairs of the League shall be managed by a Board of Directors (BOD) composed of up to sixteen (16) Directors. Each League Club will be represented on the Board of Directors.

Each Club will have up to four (4) representatives on the Board of Directors. At least 50% of the representatives must be non-coaches. The Board of Directors reserves the right to add directors for new qualifying club by a two-thirds vote of the BOD.

Section 2.2 - Term

Each qualifying Club will name its representatives on an annual basis via a written letter to the current BOD on or before October 30th.

Section 2.3 - Removal

Any Director may be removed from the Board, with or without cause, by a two-thirds vote of the BOD. If a Director is removed from the BOD, the board Chair will notify the Club in writing about the removal of the Director. The Club will have thirty (30) days to name another representative to the BOD. The new representative will serve-out the remaining term of the previous representative. A Director who resigns from the BOD must do so through its Club, so that the Club can name a new representative as stated in this paragraph. The same process will be followed in case of death of a Director.

Section 2.4 - Compensation

No Director shall receive compensation for any service rendered to the League. However, any Director may be reimbursed for his actual expenses incurred in the performance of his duties.

Section 2.5 - Powers of the Board of Directors

The Board of Directors shall have the power to:

- a. adopt and publish rules and regulations governing the conduct of the League, including the personal conduct of the members and their guests at functions sponsored by the League;
- b. exercise for the League all the powers, duties and authority vested in or delegated to the League by the General Corporation Law of the Commonwealth of Puerto Rico, which are not reserved to the membership by other provisions of these By-Laws or the Articles of Incorporation including, but not limited to, imposition of fees or tariffs on membership in the League or participation in or attendance at League functions and generally and fund-raising activity;
- c. elect officers of the League and appoint a Commissioner (and an Assistant Commissioner, as they may deem necessary) and to prescribe their duties; and
- d. employ such persons with or without compensation as they may deem necessary.

Section 2.6 - Duties of the Board of Directors

It shall be the duty of the Board of Directors to:

- a. cause to be kept a complete record of all its acts and corporate affairs and to present a statement thereof to the Clubs at the annual meeting of the League or any special meeting;
- b. supervise all officers, agents and employees of the League, and to see that their duties are properly performed;
- c. uphold and be bound by these By-Laws, in order to carry out the League's purposes; and
- d. cause the annual meeting of the members of the League to be duly called and held as provided by the PRAFA By-Laws.

Section 2.7 – Officers

The Officers of the League shall be the President, Vice-President, Secretary, Treasurer, Commissioner, and such other officers as the Board may, from time to time, create by resolution. No officers shall receive compensation for any service he may render to the League. However, an officer may be reimbursed for his expenses incurred in the performance of his duties.

Any reference in these Regulations to the “Commissioner” shall be deemed to include the Co-Commissioner, unless the context clearly requires otherwise.

Section 2.8 - Alternate Commissioners

To ensure impartiality and continuity in League operations, the Board of Directors shall establish a system of Alternate Commissioners. This section governs their designation, responsibilities, and succession:

1. Purpose

Alternate Commissioners shall officiate League matters when the Commissioner is actively coaching in a game or otherwise unavailable to perform his duties.

2. Number of Alternates

A minimum of one (1) and a maximum of three (3) Alternate Commissioners shall be appointed. Alternate Commissioners shall not be affiliated with the same Club as the League Commissioners. Each must be fully committed and available during all scheduled games.

3. Succession Protocol

To ensure uninterrupted decision-making and enforcement of League rules during games and League operations the Board will establish a formal succession: the Commissioner first, followed by Alternate Commissioners in a predefined order (e.g., Alternate Commissioner 1, Alternate Commissioner 2, Alternate Commissioner 3). When the Commissioner is actively coaching or otherwise unavailable, the highest-ranked Alternate Commissioner present assumes full authority to make decisions, enforce rules, and resolve disputes. If multiple Alternates are present, authority flows according to the succession established. This prevents confusion and guarantees continuity. The succession protocol must be communicated to all coaches, officials, and game-day staff before the season begins.

4. Selection Process

Candidates for Alternate Commissioner shall be nominated and vetted by the Board of Directors. Final approval requires a majority vote of the Board.

Section 2.9 - Election of Officer

The election of officers shall take place at the first meeting of the Board following the annual meeting of the members.

Section 2.10 - Term

Officers shall be elected annually by the Board for a term which shall expire at the next annual meeting of the members, unless an officer resigns, is removed or otherwise disciplined.

Section 2.11 - Special Appointments

The Board may elect such other officers as the affairs of the League may require, each of whom will hold office for such period, have such authority, and perform such duties as the Board may, from time to time, determine.

Section 2.12 - Resignation and Removal

Any officer may be removed from office with or without ease of the Board. Any officer may resign at any time by giving written notice to the Board, the President or the Secretary. Such resignation shall take effect on the date of the receipt of such notice or any later time specified therein, and unless otherwise specified therein, the acceptance of such resignation shall not be necessary to make it effective.

Section 2.13 – Vacancies

A vacancy in any office may be filled in the same manner prescribed for regular election. The officer elected to such vacancy shall serve for the remainder of the term of the officer he replaced.

Section 2.14 - Multiple Officers

The offices of the Secretary and the Treasurer may be held by the same person. No person shall simultaneously hold more than one of any of the other offices except in the case of special offices.

Section 2.15 -Duties of the Officers

The following are the duties of each Officer:

- a. President - The President shall preside at all meetings of the League and at all the meetings of the Board of Directors, shall see the orders and resolutions of the Board are carried out, and shall sign all documents or instruments supporting to bind or obligate the League.
- b. Vice-president - The Vice-president shall act in the place and stead of the President in the event of his absence, inability or refusal to act, and shall exercise and discharge such other duties as may be required of him by the Board.
- c. Secretary - The Secretary shall record the votes and keep the minutes of all meetings and proceedings of the Board and of the members, keep the Corporate Seal of the League and affix it on all papers requiring said seal; serve notice of meetings of the Board and of the members; keep appropriate current records showing the members of the League together with their addresses and shall perform such other duties as required by the Board.
- d. Treasurer - The Treasurer shall receive and deposit in appropriate bank accounts as directed by the Board of Directors, all moneys of the League and shall disburse such funds as directed by the resolution of the Board of Directors; shall sign all checks and promissory notes of the League; keep proper books of accounts; cause an annual audit of the League book of accounts; cause an annual audit of the League books to be made by a public accountant at the completion of each fiscal year; and shall prepare an annual budget and a statement of income and expenditures to be presented to the membership at its regular annual meeting and deliver a copy of each to the members.
- e. League Commissioner - The League Commissioner or Co-Commissioner shall recommend to the Board of Directors and be responsible for the execution of all programs, policies, rules and regulations related to: organization of teams and divisions; recruitment of players, coaches and officials, scheduling of games, and generally all phases of the play, including practice sessions and any football contest in which any team of the League may participate. The Commissioner shall consult with the coaches in the execution of his function and he shall submit programs, policies, rules and regulations to the Board of Directors prior to implementation of the same, except that he shall be empowered to make such specific decisions and rulings as he shall deem consonant with existing policies of the League when submission of the same to the Board of Directors would be impractical due pressure of time, and such specific decision or ruling shall not be appealable. The Board of Directors shall not, however, be bound by said decision or ruling for any future purpose, but the same shall be final with respect to the specific circumstances in the time to which it was addressed. The Commissioner shall supervise all aspects of game play, player participation and coach- player-parent relationships during the League games, shall liaise between the game officials, the Board and the coaches, and shall administer such rule, decisions, regulations or procedures as may in his discretion be necessary in the discharge of their prescribed duties as defined under these Rules and Regulations. The League Commissioner or Co-Commissioner shall not make decisions, issue rulings, or take disciplinary action involving their own Club or Division. Any such matters shall be referred to Co-Commissioner or the Grievance and Disciplinary Committee, as applicable.
- f. Alternate Commissioner - The Alternate Commissioner shall assist the League

Commissioner in the execution of all programs, policies, rules and regulations as prescribed for the League Commissioner under these Rules and Regulations. The Alternate Commissioner shall act with full authority of the League Commissioner in the event of the Commissioner's absence or inability to perform duties, and shall ensure continuity of League operations during such periods. When acting as Commissioner, the Alternate Commissioner shall exercise the same powers and responsibilities granted to the League Commissioner, including making time-sensitive decisions consonant with existing League policies when submission to the Board of Directors would be impractical due to pressure of time. Such decisions shall be final with respect to the specific circumstances in the time to which they were addressed but shall not bind the Board for any future purpose.

- g. The Alternate Commissioner shall perform any additional duties as may be assigned by the League Commissioner or the Board of Directors to ensure the effective administration of League activities. The League Commissioner or Co-Commissioner shall not make decisions, issue rulings, or take disciplinary action involving their own Club or Division. Any such matters shall be referred to Co-Commissioner or the Grievance and Disciplinary Committee, as applicable.
- h. Registrar – The Registrar shall be entrusted with the record-keeping of all the required League player information. Shall, with the oversight of the Commissioner and the assistance of the Directors, preside the player registration drives and player weigh-ins and maintain the team rosters and related data information. The Registrar shall register each player to the player's choosing Franchise and Division in accordance with the League's rules and regulations and shall perform any other duties assigned by the Board.
- i. Others -The Board may, from time-to-time, by resolution create such other positions as it deems necessary.

Section 2.16 - Annual Meetings of the Board of Directors

The annual meeting of the members shall be held, annually, in October of each calendar year.

Section 2.17 - Notice of Meetings

Written notice of each BOD meeting called by the president shall be given at least five (5) days before such meeting by text message, email or any other written form, to each director entitled to vote. Such notice shall specify of the meeting, and no other business shall be transacted.

Section 2.18 - Quorum

A majority of the Board of Directors shall constitute a quorum whether a meeting is in-person or virtual.

Section 2.19 – Vote and Proxies

At the meeting of the BOD, each member may have one (1) vote and it will only be in person. Voting by proxy shall not be permitted.

RULE 3. Clubs; Area Coordinators and Coaching Staff

Section 3.1 – League Clubs

Each divisional team shall be registered under and existing League Club. League Clubs shall

consist of the existing Clubs at the time of adoption of these Rules and Regulations. Clubs have to abide by the Rules and Regulations herein prescribed to participate in the PRAFA Football League.

Section 3.2 - New League Clubs

The Board, with the affirmative vote of three fourths ($\frac{3}{4}$) or more of its members constituting quorum, may grant a new League Club.

Section 3.3 - Team Names

No two (2) League Clubs in the same Division may have the same name.

Section 3.4 - Area Coordinators

Each Club that participates in the PRAFA League shall assign an Area Coordinator to whom the BOD can communicate official business of the League.

Section 3.5 – Duties of the Area Coordinators

The Area Coordinators duties shall be, but not limited to, the following:

- a. Ensure there is a safe environment to practice and play for all the players and parents participating in the League.
- b. Communicate to the head coaches and team parents' any and all relevant information and decisions of the League.
- c. Submit to the Board, prior to the commencement of the season, a list of all the head coaches, assistant coaches, players and team parents with their relevant contact information.
- d. File with the Board any and all grievances or infractions to the Rules and Regulations. It is a requirement that in order to participate in the League, each team needs to be led by an adult head coach. The coaches must demonstrate coaching ability, special training or experience in football to comply with the purpose established by the League. Coaches are required to be knowledgeable of these Rules and Regulations as well as the National Federation of State High School Associations Rules and Regulations, as they may be modified from time to time.

Section 3.6 – Duties of the Coaching Staff

The team's coaching staff duties include, but are not limited to:

- a. Perform all duties normally considered part of a football coach's responsibilities.
- b. Maintain frequent liaison between the coaching staff, players, their parents and other team personnel.
- c. Observe all reasonable standards in order to promote a safe playing environment while promoting sportsmanship and fair play at all levels.

Section 3.7 - Club Expenses

Each Club shall bear its own expenses.

RULE 4. Player Eligibility Requirements

Section 4.1.- Requirements

A youth wishing to play in the PRAFA American Football League in Puerto Rico must meet the following eligibility requirements:

- a. A player has to be at least eight (8) years old before January 1st of that playing season and no older than eighteen (18) years of age as of December 31st of the year prior to the playing season. Notwithstanding, the Board, with the affirmative vote of three fourths ($\frac{3}{4}$) or more of its members constituting quorum, may allow players under the age of eight (8) years old to participate in the League, subject to the parents authorization and the execution of a waiver of responsibility.
- b. Be equipped with the items of player equipment prescribed by the National Federation of State High Schools Associations as set forth in Rule 11.

RULE 5. Registration, Player Assignment and Player Release

Section 5.1 - Registration Dates

The Board of Directors will establish the start and end dates for registration in the League. Registrations will be held prior to the season opener online using the official PRAFA registration platform.

Section 5.2 - Players' Assignment

Players will be assigned to the same Franchise where they played the previous year. A player will not be allowed to transfer from one Franchise to another, except by approval of the League Commissioner, coaches of the teams involved or written approval of both Area Coordinators. An experienced player who did not participate in the previous season is eligible for recruitment by any area. A player who is moving up a Division does not need a consent from the League Commissioner or his Area Coordinator to transfer to another Franchise.

Section 5.3 - New Players

New players may select the Franchise of their preference to play.

Section 5.4 - Registration Requirements

A youth wishing to register in the PRAFA League must meet the following requirements, which shall be posted by the BOD on the official Puerto Rico PRAFA Football website. These requirements may be amended by the Board from time to time. In order to register, the participant must submit a completed League Registration Form accompanied by:

- a. Proof of age, such as original birth certificate or valid passport.
- b. The prescribed registration fee.
- c. A medical certificate issued no longer than three (6) months prior to the date of registration of the participant, showing good health to play football from a duly qualified examining physician.
- b. A signed parental or guardian consent to play football in the League.

- c. School enrollment evidence (i.e. report card) or homeschooling certification.
- d. One (1) recent 2x2 photograph.

Section 5.5 - Minimum of Eleven (11) Players

To participate in the PRAFA American Football League, the teams must have a minimum of eleven (11) players registered at the first game of the season.

RULE 6. Recruitment

Section 6.1 – Recruiting

League Clubs may recruit only new players from areas within the limits of the Commonwealth of Puerto Rico and adjacent islands within its jurisdiction by using whatever legal means available to them.

Section 6.2 - Coach-to-Player Recruiting Restrictions

To preserve the competitive balance, fairness, and integrity of the league, all coaches, assistant coaches, team staff, and representatives must uphold ethical standards in player interactions. This policy establishes clear expectations and boundaries regarding communication with players who are rostered on other teams within the league.

Section 6.3 - Prohibited Conduct

1. Direct Recruitment:

A coach, assistant coach, or team representative may *not* directly or indirectly solicit, persuade, or encourage a player currently rostered on another team to transfer, switch teams, or express interest in doing so.

2. Indirect Pressure or Influence:

Any actions designed to influence a player's decision—such as offering additional playing time, special treatment, or implied benefits—are strictly prohibited.

3. Communication With Parents/Guardians:

The rule also applies to conversations with parents or guardians. No coach may approach a parent to discuss switching teams, unless the parent initiates the conversation.

4. Team Event Recruitment:

Coaches may not invite players from other teams to attend practices, meetings, or unofficial workouts for the purpose of evaluating or persuading them.

Section 6.4 - Allowed Interactions

1. General Sportsmanship:

Normal, friendly interactions between coaches and players (e.g., congratulating, encouraging, or general conversation) are permitted as long as they do not involve discussions about team switching.

2. Player-Initiated Contact:

If a player or parent initiates a conversation about transferring teams, the coach must:

- Refer them to league leadership or player movement guidelines.
- Avoid engaging in persuasive discussions until the proper league process is followed.

3. League-Approved Development Clinics:

Coaches may run or participate in football tournaments or camps open to all players, as long as recruitment does not take place during these events.

Section 6.5 - Reporting & Enforcement

1. Reporting Violations:

Concerns or suspected violations may be reported confidentially to league leadership or the designated Ethics Committee.

2. Investigation:

The league will conduct a fair and timely review of any alleged violation. This may include speaking with players, parents, coaches, and relevant witnesses.

3. Penalties:

Depending on severity or recurrence, consequences may include:

- Written warning
- Suspension from practices or games
- Removal of coaching privileges
- Team sanctions (in cases where multiple staff members are involved)

Section 6.6 - Commitment to Fair Play

All coaches are expected to uphold the league's values of fairness, respect, and sportsmanship. Recruiting players from other teams undermines trust, disrupts team stability, and compromises the developmental environment the league strives to create. Coaches are ambassadors of the league and must model integrity at all times.

RULE 7. Team Rosters

Section 7.1 – Rosters

The Registrar, upon request by the coach or the Area Coordinator, will make available a list of all the registered players in their Club.

RULE 8. Age Criteria

Section 8.1 - Placement of Players

Registered players will be placed in Divisions according to their age and weight by the Registrar.

Section 8.2 - Division Assignment

For purpose of assignment to a Division, age as of December 31st of the year prior to the playing season will be used. Female and physically handicapped registered players will be placed in Divisions using the same table but will use their age as of December 31st of the year prior to the season minus one year.

The following are the age and weight limitations for Divisions:

Division	Age	Weight Limit	Birth Year
C Division	8	No Limit	2017
	9	No Limit	2016
	10	No Limit	2015
	11*	Up to 75 Lbs.	2014
B Division	11	No Limit	2014
	12	No Limit	2013
	13*	Up to 110 Lbs.	2012
A Division / JV	13	No Limit	2012
	14	No Limit	2011
	15*	Up to 140 Lbs.	2010
Varsity	15	No Limit	2010
	16	No Limit	2009
	17	No Limit	2008
	18	No Limit	2007

*The Players' age cannot exceed the highest age in each division prior to 2025.

Section 8.3 – Exception for New League Clubs

To promote the development of the sport, the BOD may evaluate exceptions to the Age Criteria for new clubs or new divisions within clubs, with less than three years of existence. The following requirements are necessary for the BOD to evaluate any exceptions. The BOD at its sole discretion may approve or deny the request.

- The Club must be new to the league or a new division within a growing club.
- Player is new to football, that is he/she cannot have played football anywhere before.
- Explanatory letter must be submitted to the BOD stating the need for the BOD to grant the exception. Letter should explain in detail, why the player does not provide an advantage to the team; why the player does not pose increased risk to other player's safety and why the player is critical to help the Club's expansion.

Section 8.4 - Movement to a Different Division

The BOD may require upward movement to the next Division of any player who raises concerns for the safety of his peers.

A player may be moved to a different Division after teams are assigned for reasons of his safety or the safety of other players. An Area Coordinator may petition the Board for re-assignment to a lower or higher Division due to concern over the player's safety. The BOD, after a thorough review of the circumstances, age, weight, etc., and in consideration of the players involved may, by a three-fourths (3/4) vote (excluding the affected Club), allow a reassignment to a different Division.

RULE 9. Weigh-in During Game Day for Players in Game 1, Game 2 and Game 3 of the Player's Season

Section 9.1 - Weigh-in for Players in the First Three Games of the Player's Season

The first weigh-in of the player will be held on the player's first game day of the PRAFA Football Season. The first game of a player may not be the first game of his/her team, it will be the first game in which the player registers for play.

For the first and second game of the player's season, the player will weigh-in with only the equipment allowance, limited to jersey, pants, pads and cleats. For the third game of the player's season, the player will weigh-in with equipment and growth allowance. For the last game before the playoffs, there will be a weigh-in of all the players for statistical purposes only.

Example: if a player is 11 years old and wants to play in the "C" Division, he must weigh under 75 lbs in his team's first and second game, plus the allowance of 5 pounds for equipment (80 lbs in total). It is a pass/fail system.

Example: if the above "C" Division player made his first and second weigh in with 80 lbs or less, for his second and third week weigh-in he has to weigh up to 75 pounds plus 5 pounds for equipment allowance and 3 pounds for growth allowance (83 pounds in total).

If the team does not have a game scheduled for the first game of the season, the player's first weigh-in will be the second game day of the season.

If the player does not make the weight as described above, he has two (2) options:

- a. Automatically go up a Division; or
- b. Weight himself the next week.

If the player didn't make his first weigh-in with equipment allowance on his first try, he will have two (2) more tries to make the weight again with the equipment allowance. If he makes it, this will be marked as his first weigh in. The player has until his third (3rd) week of the season to make his first registered weight with equipment allowance. If the player does not make the weight with equipment allowance on his third (3rd) week, he will automatically go up a Division.

Section 9.2 - Registration before the Game

All players have to report at the Registrar's table with their Head Coaches or his authorized representative prior to each scheduled game to sign in and, if applicable, weight in.

All official weight ins will be done at the Registrar's weight in area one (1) hour before each game is scheduled to begin. Players who are required to weigh in and who do not report within the hour before the game is scheduled to begin, will not be allowed to play.

The Head Coaches may request a list of the opponent's registered players twenty-four (24) hours before the game is scheduled to begin.

Section 9.3 - Weight Allowances

A player shall be ineligible to participate in any game when his weight exceeds the applicable weight limits set forth in Rule 8 hereof, with the following allowances:

- a. A growth allowance is permitted for the established weight criteria adopted in “C” Division in the amount of 3.0 lbs. for the second and third game thereon.
- b. A growth allowance of 4.0 lbs. is allowed for all players in “B” Division for the second and third game thereon.
- c. A growth allowance of 5.0 lbs. is allowed for all players in “A” Division for the second and third game thereon.
- d. There shall be no growth allowance for the first and second game of the season that the player participates.
- e. Equipment allowance in season weigh in for all mandatory equipment, less helmet and shoulder pads is: 5 lbs. for all Divisions

RULE 10. Team Colors and Uniform Standards

To promote player safety, maintain professionalism, and ensure clear team identification during games, the following uniform standards shall apply:

Section 10.1 – Team Colors and Uniforms

Team colors for jerseys and helmets have to be approved by the Board. Any new team that changes approved team colors without prior approval by the Board, and such change has or may have the effect to cause confusion on the field as determined by the Commissioner, shall forfeit that game. Any deviation from a regular football jersey must be approved by the BOD including sponsor logos.

Section 10.2 – Home and Visiting Team Colors

- a) The Home Team shall wear a dark-colored jersey, and the Visiting Team shall wear a light-colored jersey to ensure clear contrast.
- b) If a team owns only one jersey color, the opposing team must wear the opposite tone.
- c) Failure to comply may result in penalties, including forfeiture of the game if confusion occurs.
- d) Each Club must submit its designated dark and light color options to the League for approval prior to the start of the season.

Section 10.3 – Player’s Name in Jersey

Only the player’s last name may be used on the back of their jersey. No vulgar, racist, inappropriate or demeaning names or nicknames may be used on the jersey.

RULE 11. Equipment and Equipment Standards

Section 11.1 - Players’ Equipment

Each player must have a complete uniform, including a helmet, its face guard, jersey (properly fitted and tucked inside the pants, pants, shoulder pads, thigh pads, girdle (optional), hip pads, athletic supporter, knee pads (knees must be covered at all times), mouthpiece (must be properly fitted and worn during play) and molded rubber cleat football shoes (metal cleats are not permitted) or sneakers. Protective cups are recommended.

Section 11.2.- Equipment Standards

Equipment quality standards will be equivalent or better than the National Operating Committee on Standards for Athletic Equipment “NOCSAE” designed for playing under full game conditions. The Clubs are responsible for ensuring the standards of the equipment. The League will not be responsible for overseeing the standards of the equipment during official games.

RULE 12. Sponsors

Section 12.1 – League and Team Sponsors

The League reserves the right to obtain League and Team sponsors. The teams may have to wear commercial patches on their uniforms as approved by the Board. The League will supply the material to the teams who will wear such sponsorship on the shirt sleeves or helmets. No team will receive direct funds from the League as a result of League sponsors.

Section 12.2 – Team’s Commercial Sponsorship

Individual teams and or practice areas may obtain commercial sponsorship. The teams may wear such patches or commercial names anywhere on their jerseys except the sleeves. Funds obtained by an individual team or area in excess of the approved team or area sponsor fee goes to said team or area to be used at their discretion. Size and location of said patches or names will be reviewed and shall require the prior approval of the Board.

Section 12.3 – Conflict in Sponsorship

The above to the contrary notwithstanding, individual team’s sponsorship may not conflict with League sponsorship.

RULE 13. Insurance; League Player Accident Policy

Section 13.1- Insurance

Every player must be covered by the League’s Player Accident Insurance Plan to become and to remain eligible to play or participate in the League’s sponsored activities. Enrollment in the Plan is automatic as part of the registration process and covers against injury which may be sustained during the League functions.

Section 13.2 - Additional Coverage

All coaches, PRAFA League Officials and volunteers may, but shall not be obligated to, be covered by the League’s Player Accident Insurance Plan. To verify if such coverage is available, an insurance certificate may be requested to the Board.

RULE 14. Medical and Safety

Section 14.1 - Equipment Requirement

No physical contact (scrimmages or drills or other game play situations) will take place unless players are fully equipped with playing equipment required by these Rules and Regulations and the League announces that the practices are covered by insurance.

Section 14.2 - Requirement of Health Professionals during the Games

No League-scheduled game will begin unless the ambulance service or Health Professionals hired by the Board are present or are easily accessible in the general playing areas and required medical equipment is at hand.

The Board will ensure that a Health Professional is present at every game. A Health Professional is defined, for the purposes of this Rules and Regulations, as: (i) an individual who provides preventive, curative, promotional or rehabilitative health care services in a systematic way to people, families or communities; and (ii) an individual accredited by a professional body upon completing a course of study, and usually licensed by a government agency, to practice a health related profession.

Section 14.3 - Injured Player during a Game

Any player injured during an official game must sit out the next down. The player will remain out until he is determined fit to return to the field of play by a Health Professional.

Section 14.4 - Injured Player during Practice

Each Club must establish a plan of action at their practice in case a player is injured.

Section 14.5 - Concussion Protocol

Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional.

The four keys of action when a concussion is suspected are:

- a. An athlete suspected of having a concussion will be removed immediately from the game.
- b. The athlete is unable to return to play the same day of the incident.
- c. The athlete cannot return to the game or practice until he is evaluated and cleared by a licensed health care provider.
- d. The athlete has to follow the Return-To-Play-policy as stated in this Section.

Return-To-Play-Policy: Any player who has been removed from a game for a possible concussion or head injury, cannot return to that game. He may return after visiting a health care provider's office for evaluation by a licensed health care provider and receives clearance from the licensed health care provider. For the purpose of this "Return-to-Play-Policy", licensed health care providers consist of physicians licensed to practice medicine in all its branches in Puerto Rico.

When a player has been removed from a game for a possible concussion, the head coach or any of his assistant coaches will be responsible to notify the parents of the player as soon as possible that

his son/daughter has sustained a possible concussion or head injury. The head coach or any of his assistant coaches will also notify the League Commissioner of the player's possible concussion or head injury as soon as possible.

A player cannot return to a game or practice until said player has provided the League Commissioner with written clearance from a physician licensed to practice medicine in all its branches in Puerto Rico. The Registrar will record in the team's roster that said player is not fit to play until he or she is cleared.

RULE 15. League Playing Season

Section 15.1 – Date of Regular Season

Regular season play may begin in January or February. The exact date of the beginning of the Season shall be set by the Board from year to year. The schedule of play published by the League Commissioner will be decided by the Board of Directors.

RULE 16. Practice Sessions, Length and Duration

Section 16.1 – Practice Sessions, Length and Duration per Division

For C, B, & A/JV Divisions, field practice sessions will be limited to a maximum of eight (8) hours per week and no single practice session may exceed three (3) hours. Varsity Division will be allowed ten (10) hours per week; however, no single practice session may exceed three (3) hours.

RULE 17. Inter-Divisional and Non-League Play

Section 17.1 – Inter-Divisional Practice Sessions or Games

Inter-Divisional practice sessions or games are prohibited and the PRAFA teams constituted under these rules may not play teams that are not recognized as part of the League, unless previously approved by the Board of Directors.

RULE 18. Practice Fields

Section 18.1 – Practice Fields

Area Coordinators will provide their respective coaches with a list of fields proved suitable for practice. It is the Coach's responsibility thereafter to schedule and supervise the use of the field he selects, including clean-up of trash and litter generated as a result of his team's occupancy use of the field.

RULE 19. Playing Fields

Section 19.1– Field Measurements for Varsity and A/JV Divisions

Regulation High School Football field measurements (120 x 53.3 yards) shall be used for Varsity and A/JV Divisions. The Team box will extend from the thirty (30) yard line to the thirty (30) yard line.

Section 19.2 – Field Measurements for B and C Divisions

An 100 x 40 yard field, including 10-yard endzones shall be used for B and C Divisions. The Team box will extend from the twenty (20) yard line to the twenty (20) yard line.

Section 19.3 – Goal Posts

Goal posts may be provided and located ten (10) yards into the end zones.

Section 19.4 – Hazardous Field Conditions

If field playing conditions at game time are considered hazardous to the health or welfare of the participating teams, the game may be postponed according to procedures set forth in Rule 27.

RULE 20. Restraining Lines

Section 20.1 – Restraining Lines

Playing fields will be marked off with restraining lines to keep spectators and non- participating players and coaches out of the playing and bench areas. The only authorized personnel inside the ropes will be the head coach and assistant coaches, and up to 8 adults per team supporting the players. Said adults must abide to the rules of conduct established for coaches and players.

Section 20.2 – Coaches' Boxes

Fields will be marked with the coaches' boxes. The boxes are from the thirty (30) yard line to the thirty (30) yard line on one hundred (100) yard fields and from the twenty (20) yard line to the twenty (20) yard line on the eighty (80) yard fields and both are one yard outside the sideline.

Section 20.3 – Interruption, Suspension or Forfeiture of a Game

At the request of the League Commissioner, the alternate Commissioner or any Game Official, the referees may interrupt, suspend play or cause the forfeiture a game when spectators violate Rule 20.1.

RULE 21. Game Schedules

Section 21.1 – Game Schedules

A Division game schedule will be developed and approved by the Board of Directors prior to the start of the season. The schedule must be reviewed and agreed upon by the Board before distribution to teams.

Section 21.2 – Changes in Game Schedules

The schedule approved by the BOD will have no changes made after the first game is played, except for acts of God or other extenuating circumstances (such as severe weather or safety hazards), as determined by the Board of Directors.

- No exceptions or modifications to individual games shall be permitted through private agreements between teams or coaches.
- Requests for changes to the official schedule or field assignments must be submitted to the PRAFA Board and Commissioner at least two (2) weeks in advance.
- The schedule will contain provisions for the SAT and College Board testing dates only.
- Day-of-game adjustments due to delays may be approved by the Commissioners at their discretion.

Section 21.3 – Enforcement

Unauthorized changes or agreements will result in disciplinary action as prescribed under League rules, including possible forfeiture of game.

RULE 22. Playing Rules

Section 22.1 – Playing Rules

League play will be governed by the Rules of the National Federation of State High School Associations (for 11-man football) with the following exceptions or refinements:

- a. Balls: Leather or composite leather, no rubber balls allowed. Game balls per Division are as follows:

i.	Varsity Division	Official Size
ii.	A/JV Division	Youth Size
iii.	B Division	Junior Size
iv.	C Division	Junior Size or K-2 Size

- b. Time of Quarters

i.	Varsity Division	12 minutes
ii.	A/JV Division	12 minutes
iii.	B and C Divisions	10 minutes

- c. Intermissions – All Divisions

i.	Between Quarters	2 minutes
ii.	Between Halves	15 minutes

- d. Time outs – All Divisions. Each timeout will be a 30 second timeout
 - i. Three (3) charged timeouts during each half of play. The C Division only shall be permitted five (5) timeouts per game.

- e. Eight (80) Yards Field Rules:
 - i. All kick-offs shall be from the thirty (30) yard line.
 - ii. When a kick crosses the goal line, the ball shall be dead and play shall be resumed from the offensive team's fifteen (15) yard line.
- f. Kick-off in C Division – There will not be any kick-off returns in the C Division. Once the ball is kicked, it will be placed at the spot where the ball lands or is caught.
- g. Kick-off suspended – When a team is leading by eighteen (18) points or more, there will be no kickoff by the team which is ahead, instead the ball will be given to the other team midfield; except after a safety.
- h. Extra points – A team scoring a touchdown shall be able to run, pass or kick (in those fields equipped with goal posts) to score the extra point. Passing and kicking shall afford the scoring team two (2) extra points, while running the ball to the end-zone shall count as one (1) point.

RULE 23. Designation and Responsibilities of Home Team

Section 23.1 – Designation of Home and Visiting Team

For each game, there will be a Home Team and a Visiting Team. Each team will be informed through the League Season Schedule which designation they received. The Board of Directors will designate and mark at the beginning of the season the Home and Visiting areas in each field.

Section 23.2 – Cleaning Up

Each team is responsible for cleaning up their own side of the playing field after each game.

Section 23.3 – Chain Gang

The Home Team will supply the appropriate personnel (chain gang) to handle the markers and chains, as instructed by the referees.

Section 23.4 – Returning Equipment

On the last game of the day for a field, the Home Team shall be responsible for the return of the chains and down marker to the equipment shed.

RULE 24. Team Captains

Section 24.1 – Captains

As many captains as designated from both teams may attend the first and last game ceremonies and instructions at midfield.

RULE 25. INELIGIBLE PLAYERS AND COACHES

Section 25.1 – Delinquent in Fees or not the Prescribed Equipment

Any player or coach who is not registered under these Rules & Regulations or is delinquent in fees or who does not have prescribed equipment for play shall be ineligible to participate in any League game or practice.

Section 25.2 – Ineligible Coaches or Players in Sidelines or Game

Ineligible players and coaches shall not be permitted to be on the sideline nor participate in any way in a League game.

Section 25.3 – Permitting Ineligible Coach or Player in a Game

If a team permits a coach or player who is ineligible under this rule or any other rule of the League to participate in any game, the team shall be required to forfeit each and all games in which the ineligible coach or player participated.

Section 25.4 – Failure to uphold Rule and Regulations

A player, coach or team, that fails to fulfill its responsibilities under these Rules & Regulations, shall be ineligible to participate in League games until the requirements have been fulfilled.

Section 25.5 – Falsifying Documents or Providing False Information

Any player or coach who is discovered to have intentionally falsified any document(s) or information required for eligibility, will be dismissed from the league for the season and the following season, and all games won in which the player or coach participated will be forfeited and counted as a loss.

Section 25.6 – Player Play-off Eligibility

A player must play 50% of the regular season games to be eligible for Playoff games. If injured, the player must present himself in roll call. If the player can't be present, due to injury, then he/she must present a medical certificate stating the injury and an estimate of how much time he/she will be out.

RULE 26. Injured Players

Section 26.1 – Injured Player during the Game

As set in Section 14.3 of this Rules and Regulations, any player injured during an official game shall be removed from the game when in judgment of the referee the player's health or safety is in jeopardy.

Section 26.2 – Sitting out an Injured Player

Any player removed from the game according to Rule 26.1 will be required to sit out at least the following play.

Section 26.3 – Medical Attention

Any player injured that requires medical attention off the playing field, must obtain permission from the health professionals provided by the League or from the Team's medical advisor before returning to practice or game play. If the player is believed to have had a concussion, Rule 14.5 shall be put immediately in effect.

RULE 27. Postponing Games

Section 27.1 – Postponing Game due to Weather or other Unusual Circumstances

A game may be postponed in the event of severe weather conditions or other unusual circumstances which may present a health or safety hazard to the players, as provided in Rule 21. The game may be postponed by the Game Official or by both of the Head Coaches, in consultation with the League Commissioner. The League Commissioner shall notify the Board of Directors of such postponement.

Section 27.2 – Rescheduling Postponed Games

Postponed games will be made up on dates that are agreed upon by the Board of Directors in consultation with the Head Coaches of the affected Teams. In the absence of agreement by the Head Coaches concerned, the postponed games will be rescheduled by the Board of Directors and the League Commissioner.

Section 27.3 – Failure to Agree in Rescheduling a Game

If under Rule 30.1 there is no agreement between the Team's Head Coaches and the Head Game Official the Head game Official's decision shall be final.

RULE 28. Complete – Incomplete Games

Section 28.1 – Complete Games

All games must be played to completion, except under conditions and circumstances where the health, safety and welfare of the players may be adversely affected.

Section 28.2 – Shortening a Game

Both Head Coaches must agree to any shortening of any game. Rule 27 will apply if the parties involved fail to agree.

Section 28.3 – Unfinished Games

All unfinished games are to be reviewed by the League Commissioner to determine if the game should be completed at a later date.

RULE 29. Protests

Section 29.1 – Judgment by Game Officials

Protest on matters of judgment as rendered by Game Officials will not be considered.

Section 29.2 – Forfeit or Replay

No forfeit or replay will be allowed due to the conduct or decisions of a Game Official, but teams may protest in writing to the League Commissioner, as prescribed in Rule 37, to have said Game Official subjected to actions or sanctions, which may be imposed by the League Commissioner.

RULE 30. Forfeits

Section 30.1 – Conditions for Forfeits

A team shall forfeit a game under any of the following circumstances:

1. Failure to appear at the scheduled game time with the minimum required number of eligible players (11) in full prescribed uniform and equipment.
2. Use of ineligible players or coaches as defined in Rule 25.
3. Refusal to continue play after being ordered by the Game Officials or League Commissioner.
4. Failure to comply with mandatory safety requirements (e.g., presence of health professionals, equipment standards).
5. Repeated violations of conduct rules that result in suspension of play by the League Commissioner.

Section 30.2 – Score and Standings Impact

The League Commissioner shall officially declare a forfeit and notify both teams and the Board of Directors.

- a) The forfeited game will be recorded as a loss for the offending team and a win for the opposing team.
- b) If a team forfeits a game (without valid reason or Board approval), its next scheduled opponent will start the game with a 6-point advantage (touchdown) on the scoreboard before play begins.
- c) A team with a game confiscated or forfeited will lose all tiebreakers.

Section 30.3 – Financial and Disciplinary Penalties

First offense includes a formal warning. The Board may impose additional penalties, including fines or suspension from future games, for teams that forfeit without valid cause (no shows), ranging from \$100-\$500, depending on severity and frequency.

Section 30.4 – Appeals

A team may appeal a forfeit decision under the grievance procedures outlined in Rule 38. Appeals must be submitted within 48 hours of the forfeit declaration.

RULE 31. Scouting and Filming of Games

Section 31.1 – Filming or Scouting Team’s Practices

Scouting of an opposing team during practice sessions is prohibited. This action will result in the suspension of one (1) game.

Section 31.2 – Filming of Games

Games may be filmed, however, no commercial use may be made of films or recording of League games without prior written approval of the Board of Directors.

RULE 32. Determination Of Final Standing

Section 32.1 – Point System Standings

Standings for all divisions will be based upon the point system for regular season play as follows:

- a. Win – 2 points
- b. Tie – 1 point
- c. Loss – 0 points

In the event two or more teams finish the regular season with identical total points, standings will be determined using the following tie-breaking criteria, in the order listed below. No tie-breaker games will be played during regular season play.

Tie-Breaking Criteria

1. Head-to-Head Record

The team with the better win/loss record in games played between the tied teams shall be ranked higher.

2. Point Differential (Head-to-Head)

If a tie still exists, the team with the higher point differential in games played between the tied teams shall be ranked higher.

a. Point differential is calculated as points scored minus points allowed.

b. The maximum point differential credited per game shall be 18 points.

3. Point Differential (Overall Regular Season)

If teams remain tied, overall point differential against all regular season opponents shall be used, subject to the same 18-point maximum per game.

4. Fewest Points Allowed (Overall Regular Season)

If a tie still exists, the team that allowed the fewest total points against all regular season opponents shall be ranked higher.

Section 32.2 – No Ties during Playoffs

During playoffs, no game will end in a tie in any division. Tie breaker rule will be placed in effect during playoff games and there must be a winner. Tie breaker will be the same as High School Football League Rule. If the game is tied ending in the fourth quarter, both teams will have the opportunity to score by placing the ball at the 10 yard line. The offense will have four (4) downs to score. The winner is not the first team to score, but rather the team with the opportunity to score and not be scored upon. Each team will be given the same opportunity and the same number of offensive series.

Section 32.3 – Championships

Championship Series will be determined by playoff schedule. The winners will advance. To determine Division Champions, last playoff game winner will be Champion. “Winner Take All”.

RULE 33. Player Participation

Section 33.1 - Minimum Play

All eligible players must play at least four (4) scrimmage downs during the game. Eligible players are properly registered players who have practiced continually and do not face disciplinary sanction from his coach that will prevent him from playing his mandatory four scrimmage downs. This rule shall not apply to the Varsity division

Section 33.2 – Complaints

If a parent believes that his or her player has not played the mandatory four (4) scrimmage downs per half, a formal complaint to the Board of Directors through the League Commissioner will be accepted. The matter will be brought to the Grievance Committee, who shall investigate all player participation ruling.

Section 33.3 – Enforcement

The League Commissioner shall establish a system to enforce this Rule, including the application of penalties due to its infraction, as stated in these Rules and Regulations or as decided by the Grievance Committee.

RULE 34. Conduct of Players, Coaches, Officials and Spectators

Section 34.1 – Behavior of Coaches and Game Officials

Coaches and Game Officials will set a good example for players and spectators, both on the practice and playing field and at all League activities. Specifically, they will refrain from the use of profanity, vulgar or obscene language, ungentlemanly or unsportsmanlike language or actions, abusive or threatening language or action against a player, official or spectator, or any action or statement that could bring discredit upon the League in the eye of the general public.

Section 34.2 – Sportsmanship between Players

The League promotes respect, safety, and positive competition. ‘Taunting’ means words or actions

directed at an opponent, official, coach, or spectator with the intent (or likely effect) to provoke, bait, ridicule, humiliate, or escalate hostilities. Players will play the game according to the rules of football and exhibit good sportsmanship at all times. They will exhibit respect for their Coaches, Game Officials and their opponents.

Permitted Celebrations

Celebrations and expressions are permitted when they are team- or self-focused, not directed at an opponent or official, do not include violent, sexually suggestive, or gang-associated gestures, and avoid interfering with play or safety.

- Team-focused celebration
- Neutral gestures (pointing to sky, clapping with teammates)
- Celebrations away from opponents
- Positive team chants (not directed at opponent)

Prohibited Taunting and Unsportsmanlike Acts

The following acts are not permitted and shall be penalized as unsportsmanlike conduct:

- Direct verbal insults or ridicule of an opponent
- Standing over a fallen player, flexing/clapping in their face, or similar intimidation
- Violent/sexual/gang-related gestures (e.g., throat-slash, gun simulation, nose-wipe).
- Opponent-directed celebrations such as pointing at an opponent or bench, bowing toward opponents, altering stride or prancing into the end zone
- Spiking the ball in a taunting or excessive manner, goose-stepping, diving into the end zone, prancing backward, choreographed acts that delay the game
- Baiting language likely to escalate tensions
- Targeting protected traits (race, religion, gender identity, disability, etc.).

Section 34.3 – Spectator’s Conduct and Behavior

Spectators must follow the same conduct and guidelines prescribed above for Coaches, Game Officials and players.

RULE 35. Rule Infractions and Disciplinary Actions

Section 35.1 – Types of Infractions

Infractions include, but are not limited to:

- Unsportsmanlike Conduct: Taunting, intimidation, obscene gestures, or harassment.
- Violent Behavior: Intentional physical aggression or fighting.
- Verbal Abuse: Profanity, threats, or discriminatory remarks.
- Safety Violations: Actions that endanger players, officials, or spectators.
- Non-Compliance: Refusal to follow official instructions or leave after ejection.
- Administrative Violations: Playing ineligible players, falsifying rosters, or ignoring League rules.

Section 35.2 – Infractions to the PRAFA Football League Rules and Regulations

Any person or team who violates these Rules & Regulations shall be subject to one or more of the following disciplinary actions that may be imposed by the Board of Directors or the League Commissioner depending on the frequency and severity of the infraction:

- a. Warning - Issued for minor infractions or first offense

- b. Ejection from a game
- c. Suspension from game play of a player, coach, spectator or Game Official in the case of a Game Official, he may only be suspended by the Head Official or the League Commissioner.
- d. Loss of participation in the League - Permanent or temporary removal from all League activities.
- e. Loss of eligibility of a team, player or a coach

During any game, the on-field game officials shall have full and final authority over all matters of game conduct, rule enforcement, penalties, and ejections.

Section 35.3 – Enforcement Authority

In the event of an infraction of the above described norms of conduct for Coaches, Game Officials, players or spectators, or in the event any Coach, Game Official, player or spectator persist in conduct which violates the above norms regarding the same by the League Commissioner or Game Official acting in a game officiating capacity, said League Commissioner, or Game Official may suspend said Coach, player, Game Official or spectator from participating in any League activities for such a period of time as the Board of Directors may deem appropriate. In addition, the Chief Official, Game Officials, or League Commissioner may order appropriate sanctions during games to enforce this rule, as prescribed in Rule 34. The Grievance Committee or Board of Directors may impose additional sanctions after review.

Section 35.4 – Ejection of a Coach during the Game

A Coach who is ejected from a game must leave the playing area and cannot have any communication with other team coaches and members during the remainder of the game. The ejected coach cannot be physically closer than fifty (50) yards from the playing area of the game.

Section 35.5 – Ejection of a Player during the Game

Any player who is ejected from a game will be suspended from play for the remainder of the quarter he/she is ejected and for four (4) additional quarters. For example: If a player is ejected in the 2nd quarter of a game, that player is suspended for the remainder of that quarter and the 3rd and 4th quarters of that game. He/she is also ineligible to play in the 1st and 2nd quarter of the next game. He/she is eligible to play again in the 3rd quarter of that next game. However, the player should continue to participate in scheduled practices during the suspension period.

Section 35.6 – Intentional Physical Aggression by a Player

An ejected player by an official for an intentional physical aggression will be suspended for an additional game (two games) for a total of eight (8) quarters or as determined by the League Commissioner. Any game suspension that may not be applied during one season may be carried to the next following season.

Section 35.7 – Appeal

The application and administration of any rule infraction, procedure or sanction is subjected to appeal according to procedures outlined in Rule 37, or as elsewhere described in these Rules & Regulations.

Rule 36. Social Media Conduct

Section 36.1 – Social Media Use

Parents, guardians, players, club or league officials are expected to maintain respectful and constructive communication on all public and private platforms, including social media. Violations may result in disciplinary actions.

The following actions are prohibited:

- Posting defamatory, threatening, or harassing comments about players, coaches, referees, or league officials.
- Sharing false or misleading information about league operations or decisions.
- Using social media to incite conflict or undermine the integrity of the league.

Section 36.2 Disciplinary Actions

Violations may result in:

- A formal warning.
- Suspension of sideline privileges.
- Removal of the player from the team (in extreme or repeated cases).
- Referral to the grievance committee for further review.

Section 36.3 Appeals

Parents may submit a written appeal to the grievance committee within 48 hours of receiving notice of disciplinary action.

RULE 37. Grievance and Disciplinary Committee

37.1 – Purpose and Authority

The Grievance and Disciplinary Committee (“Committee”) shall ensure fair, impartial, and timely resolution of disputes, complaints, and disciplinary matters formally referred to by the League Commissioner or Board of Directors.

The Committee shall have jurisdiction over, including but not limited to, the following matters:

- Player eligibility and participation disputes.
- Violations of League rules, including unsportsmanlike conduct, referee abuse, and fighting.
- Any matters properly referred to by the League Commissioner or Board of Directors.

37.2 – Composition

The committee shall consist of **seven (7) voting members**, appointed annually by the Board:

- **League President**

- **Team Representatives** – One representative from each Club who is also a member of the Board of Directors. Representatives from Clubs directly involved in the grievance shall **not vote** on that matter. If a conflict of interest exists, the affected Club may appoint an alternate delegate.

The Committee may consult the Commissioner or one certified game official (referee) in a non-voting advisory capacity to provide technical interpretation of rules.

37.3 – Submission and Deadlines

Any person with a grievance on any aspect of these Rules & Regulations including, without limitation, participation in official games by any particular player, shall present the same in writing to the Grievance Committee as follows:

- **Grievance Filing:** Any person with a grievance shall submit it by email to the League Commissioner within forty-eight (48) hours of the incident.
- **Required Information:** The grievance must include:
 1. A concise statement that details the specific facts on which the claim is based on
 2. Complainant’s name, signature, address, phone, email, and team affiliation.
- **Fee:** A fee of fifty dollars (\$50) shall accompany grievances related to eligibility disputes.

Upon receipt, the Commissioner shall distribute copies to the Committee members, affected team’s Head Coach and Area Coordinator (or Club designated officer). The opposing party may submit their own statement of the facts within the same time constraints mentioned above.

37.4 – Review and Decision

The Committee shall review and rule on the matter within forty-eight (48) hours of receiving all documentation.

- **Quorum:** A quorum shall consist of a majority of eligible voting members after recusal.
- **Voting:** Decisions shall be by majority vote.
- **Officials:** The Committee may set aside or modify an on-field decision or post-game officials’ report if (a) officials fail to provide requested information within the required timeframe, or (b) the Committee finds, based on the record and applicable League rules, that the on-field decision was contrary to Rule or evidence.

Evidence Consideration: While video recordings shall not be used as instant replay during games, the Committee may consider video footage, referee reports, written statements, and other credible evidence collected after the game when determining disciplinary actions or sanctions.

The written decision shall be communicated to all parties within **24 hours** of issuance by the League Commissioner. The Committee’s written decision shall include findings of fact, applicable rules, and any sanctions or remedies. Sanctions may include warnings, suspensions, fines, forfeiture of games, or other actions deemed appropriate to maintain the integrity and safety of League play.

37.5 – Finality and Enforcement

Decisions of the Committee are **final and binding** and shall not be subject to appeal. The League Commissioner shall enforce all rulings promptly.

37.6 – Conflict of Interest

Members involved in the matter under review shall recuse themselves. If substitution is required, the Chairperson of the Rules Committee shall appoint an alternate to maintain quorum and impartiality.

37.7 – Confidentiality

All proceedings shall be confidential. Members shall act with integrity and impartiality. Records of grievances and decisions shall be maintained by the League for official purposes only.

RULE 38. Awards & Recognitions

Section 38.1 – Trophies

PRAFA will award a trophy to the champion of each Division.

Section 38.2 – Award Ceremonies by Franchises

Clubs may give its the players appropriate award ceremonies organized by the individual teams or Divisions for its Club.

Section 38.3 – Decal Stickers or Jersey Patches

Team Coaches are authorized to distribute decal stickers or jersey patches to players during season play as appropriate forms of incentives or rewards for contributing to team efforts.

Section 38.4 – Recognitions by the Board of Directors

The Board of Directors may, from time to time, recognize the efforts or contributions of others involved in the League's activities.

RULE 39 - Referee Requirements and Conduct

Section 39.1 – Game Reports

Referees must submit official game reports within forty-eight (48) hours of the game. Failure to submit reports within the required timeframe may result in monetary penalty of twenty-five dollars (\$25) per game.

Section 39.2 – Conflict of Interest

No individual serving as a coach, administrator, or representative of a club may officiate games involving any team from their own division.

Section 39.3 – Prohibited Substances

Referees are strictly prohibited from using illicit drugs or consuming alcohol in the game environment.

Section 39.4 – Punctuality

Referees must arrive on time for all scheduled games and maintain professional conduct. Any referee who fails to arrive on time shall not officiate the game. Delay of game may result in a monetary penalty of \$25 per game.

Section 39.5 – Service Agreement

All referees must sign a service contract prior to officiating any PRAFA game.

Section 39.6 – Compliance with Rules

Referees must adopt and enforce PRAFA Rules & Regulations as decided by the Board.

Section 39.7 – Staffing

The League may recruit additional referees to ensure coverage for multiple fields, if needed.

RULE 40. Rule Changing**Section 40.1 – Revision of the Rules and Regulations**

The Rules and Regulations may be reviewed, amended or repealed annually by the BOD. The suggestions of other participants in League activities can be taken into consideration by the BOD when reviewing the Rules and Regulations.

Section 40.2 – Review of the Rules and Regulations prior to the Beginning of the Season; Exceptions

The review is to be completed prior to the beginning of the coming season and except for highly unusual circumstances or emergency conditions, no rule changes should be made from the Effective Date, until the end of the playing season.

Rule 41. Acknowledgment of Rules and Regulations**Section 41.1 – Acknowledgement**

All participants and parents must sign an acknowledgment confirming they have read and accepted PRAFA Rules & Regulations. Clubs must certify that these rules were reviewed with teams, players, and parents.

RULE 42. Effective Date of the Rules and Regulations**Section 42.1 – Effective Date**

This Rules and Regulations, as prescribed above, shall take effect immediately after approval by the Board of Directors for the start of the coming PRAFA Football Season. Such date shall be before February 7th, 2026.