

PAL Flag Football Practice Guidelines

- **Practices can begin on Saturday, August 2nd, 2025.**
- **Only meet 3 times per week** (including practices, games, or any combination thereof).
- **Only meet on permitted days:** Mondays - Saturdays (No Sundays).
- **Permitted Practice Times:** Monday – Friday 6:00 pm to 9:00 pm & Saturdays 9:00 am – 2:00 pm
- **Do not practice for more than 2 hours at a time**
- **Only practice at Central Park.**
- **Only practice on the permitted fields during the permitted times:**
 - **Baseball Field 1:**
 - 6:00 pm - 9:00 pm weeknights
 - 9:00 am - 2:00 pm Saturdays
 - **Baseball Field 2:**
 - 6:00 pm - 9:00 pm weeknights
 - 9:00 am - 2:00 pm Saturdays
 - **Baseball Field 3:**
 - 6:00 pm - 9:00 pm weeknights
 - 9:00 am - 2:00 pm Saturdays
 - **Baseball Field 5:**
 - 6:00 pm - 9:00 pm weeknights
 - 9:00 am - 2:00 pm Saturdays
 - **Baseball Field 6:**
 - 6:00 pm - 9:00 pm weeknights
 - 9:00 am - 2:00 pm Saturdays
 - **Baseball Field 7:**
 - 6:00 pm - 9:00 pm weeknights
 - 9:00 am - 2:00 pm Saturdays
- **No practicing on game fields (Multipurpose Fields 1-3)**

Note: The definition of a practice, for PAL Flag Football purposes is:

- 3 players and a coach (all from the same team) with a ball and/or flag belts
- 4 players (from the same team) with a ball and/or flag belts