PAL Flag Football Practice Guidelines

* **Practices can begin on Tuesday, August 1st**, **2023**
* **Only meet 3 times per week** (including practices, games, or any combination thereof).
* **Only meet on permitted days**: Mondays - Thursdays, and Saturdays (No Fridays or Sundays).
* **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 - 3:00 pm Saturdays
  + **Baseball Field 2**:
    - 6:00 pm - 9:00 pm weeknights
    - 9:00 am - 3:00 pm Saturdays
  + **Baseball Field 3**:
    - 6:00 pm - 9:00 pm weeknights
    - 9:00 am - 3:00 pm Saturdays
  + **Baseball Field 5**:
    - 6:00 pm - 9:00 pm weeknights
    - 9:00 am - 3:00 pm Saturdays
  + **Baseball Field 6**:
    - 6:00 pm - 9:00 pm weeknights
    - 9:00 am - 3:00 pm Saturdays
  + **Baseball Field 7**:
    - 6:00 pm - 9:00 pm weeknights
    - 9:00 am - 3:00 pm Saturdays

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