

Roanoke County Tackle Football

2025 Rules and Regulations

Highlighted rules are changes or points of emphasis for the 2025 season

All Roanoke County Parks, Recreation and Tourism Youth Tackle Football Games will play in accordance with the National Federation of State High Schools rules except for the local league rules listed below. It is recommended that each coach download a rule book from the NFHS. Online at www.nfhs.org

Team Formation Regulations

- A. Teams should be formed using a fair and equitable draft procedure.
- B. **Teams may not feature more than 31 players.**
- C. Teams which are formed because of close proximity to the split number (32-36) may combine **prior to August 8th** granted the total number of rostered players is below 31. **The Athletics office must be notified by 8:00 AM on Friday, August 8th.**
- D. **Team rosters must be filed with the Athletics office by 8:00 AM on Wednesday, July 16th.** Rosters must include the player's name, home address (street, city and zip), telephone number, date of birth and the school the player attends. **Non-residents of Roanoke County that are eligible based on school attendance must purchase a Non-resident Participation Pass from the Roanoke County PRT Athletics office prior to attending any team event.**
- E. Players on each team's rosters must meet the eligibility guidelines set forth by the Club's hosting Recreation Department. Each Recreation Club is responsible for verifying the information on their clubs rosters. If players are found playing on an incorrect team based on the eligibility guidelines set forth by the Club's hosting Recreation Department, the player will be removed from the team. Please note that the team may be required to forfeit the games played with an ineligible player if the Club's hosting Recreation Department determines that the Club, Coach or Parent/Player intentionally attempted to fraud the program.
- F. No player is allowed to participate in more than one (1) Roanoke County Parks, Recreation and Tourism sponsored sport within the same season.
- G. No players can be added after the first regular season game unless the team features less than 15 active players and permission is granted by the Club's hosting Department.

H. Age Divisions

Division	League Age	Birthdates
6U	6 Years Old	10/1/18 - 9/30/19 - No weight limit
8U	7 Years Old	10/1/17 - 9/30/18 - No weight limit
	8 Years Old	10/1/16 - 9/30/17 - Position Weight limit 110 lbs
10U	9 Years Old	10/1/15 - 9/30/16 - No weight limit
	10 Years Old	10/1/14 - 9/30/15 - Position Weight limit 125 lbs
12U	11 Years Old	10/1/13 - 9/30/14 - No weight limit
	12 Years Old	10/1/12 - 9/30/13 - Position Weight limit 130 lbs

Inclement Weather

- A. Inclement Weather Prior to Game or Practice - When possible, cancellations will be made on Roanoke County's Cancellation Line (540-387-6455 extension 6) for events hosted at Roanoke County facilities. For games in other jurisdictions, please check the cancellation line of the host organization.

- B. In the event adverse weather conditions develop while an activity is in progress and a representative from Roanoke County Parks, Recreation, and Tourism is not present, it is the responsibility of the club representative, coach, teacher, or the scheduled official to determine whether or not conditions that exist will endanger the safety of the participants and whether or not the activity will have a serious adverse effect on field conditions. If a club fails to cancel field use during inclement weather and such use causes extensive field damage, the club will be responsible for any repair costs.
- C. Lightning Policy - If thunder is heard, be aware and keep a look out for lightning. If thunder lightning is seen, all players and spectators shall be moved to a sheltered area or to their cars. Wait at least **30** minutes from the last streak of lightning to resume play or practice.
- D. Extreme Heat Policy
 - 1. Actual Temperature 100* or above - All games and practices cancelled.
 - 2. Heat Index of 100* or above - All games cancelled and practices are restricted to no pads.

Concussion Management Practices - It is the policy of Roanoke County Parks, Recreation and Tourism to follow the National Federation of State High School Association's guidelines for the management of concussions.

- A. No athlete should return to play or practice on the same day of a suspected concussion.
- B. The athlete's guardian should be immediately notified of the suspected concussion by a coach so that the athlete can be immediately evaluated by an appropriate health-care professional.
- C. Any athlete who is suspected of a concussion must submit written medical clearance from an appropriate health-care professional to their home Recreation Club prior to returning to practice or competition. Recreation Clubs must disallow players from participating until this document is produced.
- D. Each youth sport coach should take the Heads Up: Concussion in Youth Sports online course from the Center for Disease Control. This online course can be found at: <https://www.cdc.gov/headsup/youthsports/index.html>

VA Mandated Reporting of Child Abuse and Neglect – We recommend coaches take the online course that lets you know what to look for and how to report child abuse and neglect. Here is the web address for the online training:

https://www.dss.virginia.gov/family/cps/mandated_reporters/cwse5692/story.html

Equipment Regulations

- A. Football cleats are recommended. No metal cleats or removable cleats (metal or plastic) are permitted.
- B. Football Size by Division:
 - 1. 6U and 8U Wilson K2
 - 2. 10U Wilson TDJ
 - 3. 12U Wilson TDY
- C. A readily visible (color) mouth piece must be worn and cannot be chewed off around the ends.
- D. Nothing may be worn that, in the opinion of the officials, restricts the ability to see a player's eyes.
- E. Proper equipment, which has been properly fitted, must be worn at all times.
- F. No players other than restricted position players are permitted to wear a jersey numbered 60 – 69.

Practice Regulations

- A. Teams may not begin practice until August 2nd
- B. Permitted Practice Days
 - 1. 8/02 to 8/16 - Monday, Tuesday, Thursday and Saturday
 - 2. 8/18 to 11/01 – Monday and Thursday
 - i. Bonus Day - Coaches may elect to practice on Tuesday **without pads** if no weekday game is scheduled for that team
- C. Practice Length
 - 1. **Practices are limited to 90 minutes.**
- D. Teams may not practice more than once in a 24-hour period.
- E. Teams may participate in one jamboree per week which counts as the team's Saturday practice
- F. Scrimmage games lined up by Coaches count as a practice outing.

Game Regulations

A. Regular season games will begin on Saturday, August 23rd

B. Pregame Information

1. No game is to start prior to the scheduled game time unless both coaches agree.
2. Only five (5) coaches will be allowed on the sidelines during a game.
3. A 6th coach is permitted inside playing areas to assist with counting players plays.
4. Only coaches and game personnel are permitted inside game playing area.
5. The home jurisdiction will provide chains and down markers for each game.
6. The home team is to provide chain crew. The chain crew must remain on the home sideline.
7. Only one coach will be allowed on the field during a timeout.
8. The home team is to provide a game ball.
9. Head coaches are responsible for the actions of his coaches, parents, and players.

C. Coaches allowed on Field

4. 6U and 8U divisions are permitted to have **two (2) coaches per team on the field during games** to give instruction and assist with the lining up of players. **One (1) coach must work with the line** and the other can work with the backfield.
5. Once teams have lined up, coaches should retreat out of the area of play.

D. All Play Rule

1. Coaches are strongly encouraged to play their players equal amounts of time.
2. All players who are in attendance at the game must play a minimum of five (5) plays **per half**.
3. Special team plays do not count towards a player's minimum play time requirement.
4. The only players exempt from the all play rule are:
 - i. Players who have missed **more than half** of a team's schedule practices for the week
 - ii. Players who are being disciplined with preapproved permission from PRT
 - iii. Players who for health reasons cannot play the minimum amount
5. Coaches must notify the opposing head coach, officials and Game Monitor prior to the game of any player who is exempt from the all play rule and the reason.
6. It is the responsibility of the head coach to ensure that all players meet the minimum play requirements. Failure to meet the all play rule requirement will result in the head coach's suspension for the first offense. No warnings will be given. Roanoke County has hired an individual to film and spot check teams to confirm they are abiding by the all play rule.

E. **Unsportsmanlike / Personal Fouls:**

1. Any player receiving an Unsportsmanlike or Personal Foul Penalty must sit out the next five (5) offensive or defensive plays in addition to any penalty enforcement yardage.

F. Game Clock and Scoreboard

1. 8U divisions will not keep score during games.
2. All divisions will play four (4), eight-minute quarters
3. All clock situations will be played by NFHS rule book except for the following:
 - i. Change of possession. Clock will start when the referee indicates ready for play.
 - ii. 25/40-second play clock will be in effect.

G. Position Restriction Regulations

1. Every player in the upper year of an age bracket must have an official weight on file with the Athletics Division by Friday, August 8, 2025 to determine any possible position restrictions. **Players who have not weighed in before the cutoff date will automatically be position restricted players.** **Players who will not be in town the week of weigh-ins must weigh-in before leaving town.**

Weigh-in dates are as follows

Dates	Times	Locations
7/28 – 8/8	8:00 am – 4:30 pm (Mon-Fri)	Brambleton Center at 3738 Brambleton Ave, RKE
8/4	5:30 pm – 6:00 pm	Salem Sports Office at 925 Union St, Salem
8/4	6:15 pm – 6:45pm	Green Hill Park Concession Stand
8/5	5:30 pm – 6:00 pm	Ben Franklin Middle, Franklin County
8/5	6:30 pm – 7:00 pm	SCSL Tower at Darrell Shell Park
8/7	5:30 pm – 6:00 pm	Greenfield Complex, Botetourt
8/7	6:30 pm – 7:00 pm	Walrond Park at Log Cabin
8/7	7:30 pm – 8:00 pm	RCCC Football Field Parking Lot

2. Players in the upper year of an age division, who are above the following weight limits, may stay and play in their correct age division and be position restricted **OR** may choose to move up to an older age division and play without restrictions.

8 Years Old	10/1/16 - 9/30/17 – Position Weight limit 110 lbs
10 Years Old	10/1/14 - 9/30/15 – Position Weight limit 125 lbs
12 Years Old	10/1/12 - 9/30/13 – Position Weight limit 130 lbs

3. Restricted position players are required to wear a number from 60 to 69.

4. Restricted position players are required to line up as follows:

- Offensive Players on Scrimmage Plays and Scrimmage Kicks (PAT's, FG's, Punts)** Restricted Position
Players are required to line up as a down (3 or 4 point stance) **ineligible** line man from tackle to tackle on the line of scrimmage during all plays.
- Defensive Players on Scrimmage Plays and Scrimmages Kicks (PAT's, FG's, Punts)** Restricted Position
Players are required to line up as a down (3 or 4 point stance) line man from tackle to tackle on the line of scrimmage during all plays.

5. Restricted position players **may never advance the ball**. Anytime a restricted position player, identified by their jersey number, comes in to possession of the ball during live play, the ball will automatically be blown dead from that spot. Position restricted players should be instructed to go to the ground if they ever come in to possession of the ball.

6. Any team, who is found to allow a position restricted player to intentionally play an illegal position, may have their head coach suspended for the remainder of the season.

H. Special Team Plays - *All special team plays are non-contact.*

- Kickoffs** - there are no live kickoffs, ball will be placed as follows:
 - 8U Division – Ball begins on 50-yard line.
 - 10U Division – Ball begins on their own 40-yard line.
 - 12U Division – Ball begins on their own 30-yard line.
- Punting**
 - Teams must declare prior to attempting a punt.
 - When a team declares their intent to punt, both teams must line up in traditional punt formation with 7 players on both lines of scrimmage.
 - The offensive team will have 5 seconds to punt the ball after the snap. If the offensive team is unsuccessful, the defensive team will take possession of the ball at the original line of scrimmage.
 - The defensive team will take possession of the ball from where it is successfully fielded or where the kick comes to rest. The ball cannot be advanced.
 - Fake punts are not permitted.
- Field Goals**
 - Teams must declare prior to attempting a field goal.
 - Fake field goals are not permitted.
 - When a team declares their intent to attempt a field goal, both teams must line up in a traditional field goal position with 7 players on both lines of scrimmage.

iv. The offensive team will have 5 seconds to attempt the field goal after the snap. If the offensive team is unsuccessful in time or the try is no good, the defensive team will take possession of the ball at the original line of scrimmage.

4. PAT's - Teams must declare to the head official prior to the PAT whether they choose to run or kick. Kick will be worth two (2) points; a throw or run is worth one (1) point.

- Kicking for PAT
 - When a team declares their intent to attempt a field goal, both teams must line up in a traditional field goal position with 7 players on both lines of scrimmage.
 - Ball will be placed 3 yards off of end line and ball may be kicked up to 7 yards from the spot of the ball (goal line).
 - The offensive team will have 5 seconds to attempt the field goal after the snap.
- Run or Pass for PAT
 - Ball will be placed on the three-yard line and be run as a normal play

I. Mercy Rule - **Teams do not have the option of declining to play under the mercy rule.**

- If a team is trailing by **24 points or more at any point during the first 3 quarters** the team that is trailing will take possession of the ball on the opposing team's ten yard line. The trailing team will have 4 plays to score. If they do not score the winning team will get the ball on their own ten yard line. This will continue until the score is less than 24 points in which the game will return to normal. In the event of a turnover, the play will be allowed to continue as normal. A regular clock will be kept.
- If a team is trailing by **29 points or more at any point during the fourth quarter** the game score will be considered final. A controlled scrimmage will be played with the remainder of the time on the clock. The trailing team will get the ball on their own 20 yard line with 4 plays to score or get a first down. The teams will switch back and forth until the game time has expired. A regular clock will be kept but not the score. In the event of a turnover, the play will be allowed to continue as normal.

J. Games which are tied at the end of regulation will be considered final.

K. Protests

- Protests of NFHS rules are not permitted in accordance with NFHS Rule 1.1.11
- Protests of Local League rules are not permitted. If rules are not being properly interpreted, please contact the Parks and Recreation Office as soon as possible.
- Protests of player eligibility are permitted. Eligibility would include non-rostered players, age, residency or other factors which makes the player eligible when they should not be.
 - How to protest
 - Protest must be done during the game.
 - As soon as the player in question participates, call timeout and inform head official that you are protesting an opposing player due to ineligibility. Ask the official to notify the opposing coach. Please note that the game will continue as normal and the player is permitted to play.
 - Within 24 hours of game completion, an email must be submitted to the Athletics Division which should include game date, time, location, opponent, player protesting, and justification of protest (reason and knowledge why).

II. Protest Review

- The Athletics Division will work with the appropriate recreation clubs to investigate and determine if the player is ineligible.

III. Protest Findings

- If a team is found to be using an ineligible player, the team may be required to forfeit the games in which the player played.

- b. If a team is found to knowingly using an ineligible player, the Head Coach may face additional punishments. The decisions of the Athletics Division will be final. No appeals will be heard.

7/25/2025