

# Roanoke County Tackle Football

## 2014 Rules and Regulations

**Highlighted rules are changes or points of emphasis for the 2014 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](http://www.nfhs.org)

### Coaches Meeting

- A. A **mandatory** meeting for all head coaches will be July 27<sup>th</sup> at Green Ridge Rec Center. 10U and 12U coaches will meet at 1:30pm and 6U and 8U coaches will meet at 3:00pm. Coaches who do not attend the meeting will be suspended from their first regular season game. Assistant coaches are recommended to attend.
- B. All Roanoke County coaches must register online as volunteer so that background check can be performed.

### 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 13<sup>th</sup> granted the total number of rostered players is below 31.
- D. Team rosters must be filed with the Youth Athletic Department by 5:00 p.m. a week prior to practice and must show name, address, telephone number, birthday, league age and the school each player attends.
- E. Players on each team's rosters must meet the eligibility guidelines set forth by the Clubs 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 Clubs 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 Clubs hosting Recreation Department determines that the Club, Coach or Player intentionally attempted to fraud the program.
- F. 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 Clubs hosting Department.
- G. Age Divisions

Division	League Age	Birthdates
6U/Inst	6 Years Old	9/30/08 – 10/1/07-No weight limit
8U/PW	7 Years Old 8 Years Old	9/30/07 - 10/1/06-No weight limit 9/30/06 – 10/1/05- <b>Position Weight limit 110 lbs</b>
10U/LL	9 Years Old 10 Years Old	9/30/05 – 10/1/04-No weight limit 9/30/04 – 10/1/03- <b>Position Weight limit 125 lbs</b>
12U/JR	11 Years Old 12 Years Old	9/30/03 – 10/1/02-No weight limit 9/30/02 – 10/1/01- <b>Position Weight limit 130 lbs</b>

## **Inclement Weather**

- A. Extreme Heat Policy – Games or practices will be canceled under the following conditions.
  - i. Actual Temperature 100\* or above - All games and practices canceled.
  - ii. Heat Index of 100\* or above - All games canceled and practices restricted to no pads
- B. 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 20 minutes from the last streak of lightning to resume play or practice.
- C. Field Damage Policy - 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 league representative, coach, to determine whether or not conditions that exist will endanger the safety of the participants will have a serious adverse effect on field conditions. If a league fails to cancel field use during inclement weather and such use causes extensive field damage, the league will be responsible for any repair costs.

## **Equipment Regulations**

- A. No cleats will be allowed with removable metal or plastic cleats.
- B. Football Size by Division:
  - 1. Inst and Pee Wee      Wilson K2 or equivalent
  - 2. Little                      Wilson TDJ or equivalent
  - 3. Junior                      Wilson TDY or equivalent
- 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 practice until August 1st

### **B. Permitted Practice Days**

#### August 1<sup>st</sup> through August 24<sup>th</sup> (RCPS start)

6U Division      Monday, Tuesday, Thursday and Saturday

8U Division      Monday, Tuesday, Thursday and Saturday

10U Division    Monday, Tuesday, Thursday and Saturday

12U Division    Monday, Tuesday, Thursday and Saturday

#### August 25<sup>th</sup> through September 5<sup>th</sup>

6U Division      Tuesday, Thursday and Saturday

8U Division      Tuesday, Thursday and Saturday

10U Division    Monday, Tuesday, Thursday and Saturday

12U Division    Monday, Tuesday, Thursday and Saturday

#### September 6<sup>th</sup> through conclusion of season

6U Division      Tuesday and Thursday

8U Division      Tuesday and Thursday

10U Division    Monday and Thursday

12U Division    Monday and Thursday

- C. Teams may not practice longer than 2 hours
- D. Teams must practice four times without pads before contact drills are permitted.
- E. Teams may not practice more than once in a 24 hour period.

- F. Teams may participate in one jamboree per week which counts as the team's Saturday practice
- G. Scrimmage games lined up by Coaches count as a practice outing.

## Game Regulations

### A. Pregame Information

1. No game is to start prior to the scheduled game time unless both coaches agree.
2. Only five coaches will be allowed on the sidelines during a game.
3. A 6th person is permitted inside playing areas to assist with counting players plays.
4. Only head 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.

### B. Coaches allowed on Field

1. 6U and 8U divisions are permitted to have one coach per team on the field during games to give instruction and assist with the lining up of players.
2. Once teams have lined up, coaches should retreat to out of the area of play.

### C. 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 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 prior to the game of any player who is exempt from the all play rule and the reason. The opposing coach should report this information to Roanoke County, by email, as early as possible.
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.

### D. Game Clock and Scoreboard

1. 6U and 8U divisions will not keep score during games.
2. All leagues will play four 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.

### E. 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 before Friday, August 22, 2014 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-in must weigh-in before leaving town.

Weigh dates are as follows:

Dates	Times	Locations
8/18 – 8/22	8:00 a.m. – 4:30 p.m.	PRT Office on Kessler Mill Rd
8/19	5:30 p.m. – 6:00 p.m.	VYB Storage Room at RCCC

Weigh dates (continued):

8/20	6:00 p.m. – 6:30 p.m.	Ben Franklin Middle, Franklin County
	7:00 p.m. – 7:30 p.m.	VAFC Office at Darrell Shell Park
8/21	5:30 p.m. – 6:00 p.m.	Greenridge Recreation Center
	6:30 p.m. – 7:00 p.m.	Greenfield Complex, Botetourt

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.

8U	8 Year Old	9/30/06 – 10/1/05	more than 110 lbs
10U	10 Year Old	9/30/04 – 10/1/03	more than 125 lbs
12U	12 Year Old	9/30/02 – 10/1/01	more than 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:
  - i. **Offensive Players on Scrimmage Plays and Scrimmage Kicks (PAT's, FG's, Punts)** 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.
  - ii. **Defensive Players on Scrimmage Plays and Scrimmage Kicks (PAT's, FG's, Punts)** 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.
  - iii. **Special Team Players on Free Kicks (Kick Offs, Kicks After Safety)** have no position restriction.
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.

#### G. Kicking and Punting

1. Kickoffs
  - i. **6U and 8U teams will start with the ball at the 50 yard line. There are no live kickoffs.**
2. Punting
  - i. No rushing the punter in 6U and 8U division until after an attempted kick.
  - ii. There must be 7 players on both lines of scrimmage on a punt in the 8U division.
3. Field Goals
  - i. Rushing the kicker is allowed on all field goal attempts in all leagues.
  - ii. If a kick is blocked the ball is dead. The defense takes possession from 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.
  - i. Kicking for PAT
    - a. Ball will be place 3 yards off of end line and ball may be kicked up to 7 yards from the spot of the ball.
    - b. If the snap is mishandled or a fake kick is to be used, the player may run for the PAT. There is no passing allowed. Penalty is loss of down.
    - c. **Rushing the kicker is allowed on PAT attempts in all leagues.**
  - ii. Run or Pass for PAT
    - a. Ball will be placed on the three yard line and be run as a normal play

## H. Mercy Rule

1. If a team is trailing by 24 points or more at any point during the **first 3 quarters**.
  - i. 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.
2. If a team is trailing by more than 28 at any point **during the fourth quarter**
  - ii. 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.

## H. Overtime

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

# Instructional League Rules

## Games scheduled before October 1 will be scrimmage games.

### A. Scrimmage Game Rules

1. NO GAME CLOCK OR SCORE WILL BE KEPT
2. Ball will be placed on opponent's 20 yard line.
3. Each team will get 10 offensive plays regardless of how many times they get a first down, score or have a turnover.
4. After each team receives 10 plays, a 5 minute halftime will be used.
5. After half time, each team will an additional 10 offensive plays from the 20 yard line regardless of how many times they get a first down, score or have a turnover.
6. One coach per team is allowed on the field during the scrimmage to give instruction and assist with the lining up of players.

## Games scheduled after October 1 will be controlled games.

### A. Controlled Game Rules

1. NO SCORE WILL BE KEPT
2. Game will be played with two (2), thirty (30) minute running clock halves.
  - i. The game clock will be kept on the field by the official.
  - ii. The game clock will only stop on timeouts and critical injuries.
3. Each team will get one (1) time out per half.
4. One official will be used.
5. During change of possession (turnover, touch down, turn over on downs) the ball will be placed on the 50 yard line.
6. One coach per team may give instructions in the huddle and must retreat out of the way before play begins.
  - i. Coaches are not allowed to interfere with play and may give verbal instruction only.
  - ii. At the discretion of the official, a coach is needed to keep the game under control a coach may be asked to return to the field.