ROCKINGHAM COUNTY
FOOTBALL BYLAWS - 2010

Article I: Name

Section 1: The name of this league shall be known as the Rockingham County Recreation Youth Football League.

Section 2: To acquaint youngsters with the fundamentals of football rules, passing, running, kicking, blocking, and tackling. To teach, through the sport of football, sportsmanship, teamwork, love of the game. To promote safe play in their age and weight limit, and prevent rough play. To encourage the attainment of higher scholastic grades.

ARTICLE II: GOVERNMENT

Section 1: The Youth Football League shall be governed by the Football Committee. This committee shall be composed of the Director of Recreation, the Department's Athletic Director, and the Committee of the Recreation Commission in charge of football. Questions of conduct and affairs of the league shall be submitted to this committee. NO PROTESTS WILL BE ALLOWED.

ARTICLE III: PLAYER REQUIREMENTS

Section 1: No youth shall play or practice in the league without the signed consent of the parents or guardians. The parents or guardian's signature will also indicate their acceptance of responsibility in helping return the equipment their child was issued.

Section 2: Youths may be required to present a birth certificate as proof of their age. Each youth shall present a written statement of physical fitness by a physician. This examination shall be given within the last eight (8) months prior to beginning practice within the current playing year. This should be brought to registration. The continuance of a sound physical state must be the responsibility of the parent and the coach once the season is underway.

Section 3: A youth must obtain at least a satisfactory scholastic record and not under disciplinary action of their school during the entire football season to remain eligible to participate.

Section 4: **Midget Squad:** Age requirements must be met before September 30, 2010 of the current year. Youths may not be registered for Midget Squad if they have attained the age of 14 before September 30.******Must attain age of 11 by September 30. Eighth graders are ineligible for play. Players must meet weight requirements after August 1, 2010 prior to season and any player within 5 lbs. of limit must meet requirements (+3lbs) at midseason. Any youth that weighs more than 130 lbs. will be restricted to play on the offensive or defensive line (tackle to tackle) Limit – THREE (3) players above 130 lbs. may participate on the offensive line, THREE (3) players above 130 lbs. may participate on the defensive line (tackle to tackle only). These players must be in a down position. No more than TWO (2) of these players can be on either side of the ball.

Pee Wee Squad: Age requirements must be met before September 30, 2010 of the current year. A youth may not be registered unless they have attained the age of 9 before September 30 of the current year. A nine year old can play if he weighs a minimum of 70 lbs. Players 9, or 10 yrs. old that weigh more than 105 lbs. will be restricted to play on the offensive or defensive line (tackle to tackle). A limit of Three (3) players above 105 lbs. may participate on the offensive line; Three (3) players above 105 lbs. may participate on the defensive line (tackle to tackle only). These players must be in a down position; no more than two on either side of the ball Minimum weight will be 70 lbs. or have played tackle football the previous season. Players will be weighed after August 1, 2010 prior to first game. 9 and 10 may only play in the Pee Wee League.

Junior Squad: Age requirements must be met before September 30, 2010 of current year. A youth may not be registered unless they have attained the age of 8 before September 30, 2010. A nine (9) year old can play in the Junior League if they weigh under 70 lbs. Players that weigh more than 80 lbs will be restricted to play a down position on the offensive or defensive line. A limit of three players above 80 lbs allowed at a time. No more than 2 on either side of the ball.

Section 5: Youngsters must live in Rockingham County or attend Rockingham County schools to be eligible, or their parents must be taxpayers of Rockingham County.

ARTICLE IV: COACHES REQUIREMENTS

Section 1: The midgets, pee wee and junior teams shall have one head coach, and a maximum of five assistant coaches.

Section 2: Coaches shall be approved each year by the governing body of the league.

Section 3: **Head Coaches** are responsible for conduct of all players. Any coach knowingly plays an illegal player, uses profanity, threatens any player or official will be suspended from coaching any Rockingham County Recreation sponsored activity.

Section 4: Coaches must have weekly parent's meetings.

Section 5: All Coaches must submit to a background check.

ARTICLE V: REGISTRATION

Section 1: Each player will be charged an equipment upkeep fee.

Section 2: All youths must register, including youths who participated in the previous season.

Section 3: The department will set a date for registration each year.

Section 4: Youths will be called to the specified sites for registration and/or drafting.

Section 5: **Registration: The cut-off for registration is August 27, 2010 at 5 pm at our office.**

ARTICLE VI: PRACTICE AND GAMES

Section 1: Maximum hours of practice per week: Practices before the start of the season are limited to three (3) days per week and no more than 6 hours per week. No more than two (2) hours of practice may be scheduled on any one day. Practices after the start of the season are limited to 2 days per week; total of 4 hours practice per week.

Section 2: The Athletic Director shall determine the number of games played by each team during the season.

Section 3: No league standings will be kept and no trophies will be awarded.

ARTICLE VII: TEAM SELECTION

Section 1: Each season teams will be drafted. Date, site, and time of draft to be determined by Recreation Department. A coach may select 2 assistants and all other kids go in the draft. Coaches will draft older age kids first then the younger age for that group. Red stripers and ages should be evenly distributed. Any exceptions to the stated rules for selection must be brought in writing before the governing body, and the recreation department will make a decision in regards to placement.

Section 2: Team Selection: Squads must have a minimum of 17 players by the registration cut-off date. Squads with more than 35 will be broken up into two teams, if facilities and coaches can be secured to accommodate the extra team.

ARTICLE VIII: GAMES WILL BE SCHEDULED BY RECREATION DEPARTMENT BASED ON TIME AND FACILITIES AVAILABLE.

ARTICLE IX: EQUIPMENT

Section 1: The league will issue game jerseys, helmets with face guards, mouth pieces, and shoulder pads. Shoes worn by youth leagues must be sneakers or rubber cleated type of shoes. Pants with hip, kidney, thigh, and knee pads may be the responsibility of the participants. The youths are required to furnish practice jerseys, socks, supporters, special teeth guards. Special protective devices can only be used with approval of league officials or game referee.

ARTICLE X: GAME AND FIELD RULES

Section 1: Games will be scheduled by the recreation department. Games will be played on Saturdays. Make-up games will be scheduled at the recreation department's discretion. Games will be played in four 10-minute quarters with two minutes between quarters and ten minutes between halves. Free substitution rules will be used. Time will be kept by game officials. The clock will be stopped: Last four minutes of each half. Coaches will be notified of 3-minute warning. A maximum of 2 time outs per half are allowed.

Section 2: NO ONE except coaches, assistants and trainers may walk the sidelines between the 30-yard lines-limit six persons

Section 3: Junior League: Coach will be allowed on the field one on offense, one on defense. Pee Wee coach will be allowed on field for 1st game only. Midget coaches remain on the sideline.

Section 4: The league demands that all players dressed for game, play at least 8 plays per game. Two of the plays must be consecutive and players must play in each half.

Section 5: The only exceptions are injured youths or disciplinary cases which must be reported to Recreation Department or the opposing head coach and head official.

Section 6: Parents of the child involved will be the one to report infractions.

Section 7: If complaints are valid, then the head coach will be given a written warning that players are to play 8 plays, if it happens a second time then a one game suspension will be given, a third time, then the coach will be suspended for the season.

Section 8: Teams may have policies concerning number of practices, etc. a player must participate in to be eligible to play on Saturday. This policy must be approved by the Recreation Department and a copy made available to the Recreation Department.

Section 9: The league will secure officials for all scheduled games.

Section 10: Virginia High School League rules shall apply to all who play, with the following exception: extra points—kick 2, run 1.

Section 11: The home team must furnish two linesmen and one downs man for each game. No one under the age of 16 shall be on the chain crew.

Section 12: All football equipment will be picked up by the recreation department at the last regular season game. Parents should bring an extra set of clothes for their youngsters to the last game.

Section 13: Any midget player above 130 lbs. (or Pee Wee player above 105 lbs. Junior player above 80 lbs.) will be designated by the Recreation Department to be easily identified by the referees by using a helmet with a red stripe on the helmet. Should this player gain possession of the ball, the play will be whistled dead at that spot.

Section 14: Any player who is bleeding may not participate until bleeding has stopped or is covered.
A. Any time a coach or trainer is called on the field for a neck or back injury to a player, the injured player will not be allowed to return to play for that day. Any injury to the head, the player will not be allowed to return until cleared by a medical doctor.

Section 15: **Mouth pieces MUST BE ATTACHED (IF SO DESIGNED) to helmet.**

Section 16: NO stickers or tape are allowed on helmets except for the red or yellow stripe which is issued by Recreation Department officials. Players name and weight must appear on helmet. Players within 5 lbs. of weight limit must be reweighed at mid-season; they will be designated with a yellow stripe on helmet.

Section 17: **NEW RULES**
A. PEE WEE and JUNIOR LEAGUE will not have kick-offs. Ball will be placed on 40 yard line to start each half and after scores.
B. PEE WEE and JUNIOR teams have option to declare for free punt on 4th down. Punter can be no closer than 5 yards to line of scrimmage. Must punt if declared, no snap, no rush, and cannot leave line of scrimmage until ball is punted.

Section 18: **Junior League** – defense cannot line up over center or make contact with center until head is up and moved from original position.

ARTICLE XI: CODE OF CONDUCT

Section 1: All participants must be approved by the Rockingham County Recreation Department. In league play, the conduct of a team's participants is the responsibility of the team's coach. Coaches will be encouraged to help keep his team's fans orderly. If at any time the conduct of any of the above mentioned persons is determined to be detrimental or contrary to the best interests and ideals of the activity, such individual will be suspended from further participation. The Recreation Department will take any action it deems necessary to discipline a participant, team, or fan during the course of the season.

Section 2: **ADULT SPORTS**
Profanity or misconduct will not be tolerated before, during, or after an activity.
A. If profanity or misconduct occurs; the guilty participant will be ejected or suspended from one activity period. Persisting in an in orderly manner after a ruling may be considered as an additional offense. The participant will be warned in writing of further action from the Rockingham County Recreation Department.
B. If the same participant is ejected from a second activity for profanity or misconduct, he will be suspended for the remainder of the season.

Section 3: **YOUTH SPORTS: Zero Tolerance**
Any participant or fan who threatens bodily harm to any Recreation or League official will be suspended from all Rockingham County recreational activities for one year.

Section 4: Any participant or fan that physically attacks a Recreation or League official will be suspended from all Rockingham County recreational activities indefinitely.

Section 5: Teams or participants at a recreational facility awaiting their turn to participate shall conduct themselves in an orderly manner.

Section 6: While at a recreational facility, the rules of that particular facility are to be observed, because the participants' conduct will determine whether we are allowed to use the facility during the next year.

Section 7: Accidents resulting in damage to equipment or to the facility should be reported immediately, so that proper action may be taken to prevent jeopardizing the privilege of using the facility.

Section 8: If any willful or flagrant damage is done to a recreation facility, the participant(s) or team(s) responsible will pay for any and all damages, will face court actions, and will be suspended for one (1) full year from all Rockingham County recreational activities.

Section 9: **General Facility Decorum**
A. Tobacco in Rockingham County School grounds is prohibited. During a youth activity, the use of any tobacco product is forbidden by anyone involved with the activity.
B. Drinking alcoholic beverages at any recreation site is strictly prohibited, and is illegal on county-owned property.
C. Equipment found at a facility should not be handled without proper authorization.
D. Only authorized areas in the recreational facilities should be occupied.
E. Small children must be accompanied by an adult.

Section 10: Incidents pertaining to conduct, rules or infractions may be reviewed by the Rockingham County Recreation Commission, and may be judged and acted on according the incident’s own merits.