

# Youth Tackle Football Regulations

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)

## 2010 Local League Football Rules

**Highlighted rules are changes for the 2010 season**

Division	League Age	Birthday	Weight Limit	Position Restrictions
Instructional	6 Years Old	9/30/04 – 10/1/03	Unlimited	None
Pee Wee	7 Years Old	9/30/03 - 10/1/02	Unlimited	None
	8 Years Old	9/30/02 – 10/1/01	110 lbs. or less	None
	<b>8 Years Old</b>	<b>9/30/02 – 10/1/01</b>	<b>More than 110 lbs.</b>	<b>Yes</b>
Little	9 Years Old	9/30/01 – 10/1/00	Unlimited	None
	10 Years Old	9/30/00 – 10/1/99	125 lbs. or less	None
	<b>10 Years Old</b>	<b>9/30/00 – 10/1/99</b>	<b>More than 125 lbs.</b>	<b>Yes</b>
Junior	11 Years Old	9/30/99 – 10/1/98	Unlimited	None
	12 Years Old	9/30/98 – 10/1/97	130 lbs. or less	None
	<b>12 Years Old</b>	<b>9/30/98 – 10/1/97</b>	<b>More than 130 lbs.</b>	<b>Yes</b>

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. For a complete list of position restriction requirements, please see page 2.

Pee Wee League	8 Year Old	9/30/02 – 10/1/01	more than 110 lbs
Little League	10 Year Old	9/30/00 – 10/1/99	more than 125 lbs
Junior League	12 Year Old	9/30/98 – 10/1/97	more than 130 lbs

Every player in the upper year of an age bracket must have an official weight on file with the Athletics Division before Friday, August 20, 2010 to determine any possible position restrictions. Players who have not weighed in before the cutoff date may not be eligible to participate at the start of the season. Players who will not be in town the week of weigh-in must weigh-in before leaving town. Weigh Dates are as follows:

Weigh-In Dates	Times	Locations
8/16 – 8/20	8:00 a.m. – 4:30 p.m.	PRT Office on Kessler Mill Rd
8/16	5:30 p.m. – 6:00 p.m.	VYB Storage Room at RCCC
8/17	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
8/18	5:30 p.m. – 6:00 p.m.	Greenridge Recreation Center
	6:30 p.m. – 7:00 p.m.	Greenfield Complex, Botetourt

## Team Regulations

- A. Team rosters should include at least 16 players and may not feature more than 31 players. Any deviation of roster numbers must have the approval of the Athletics Division.
- B. Only screened youth coaches are permitted to lead games, practices or scrimmages.
- C. Coaches are required to wear their ID badge at all team practices and games.

## Equipment Regulations:

- A. No cleats will be allowed with removable metal or plastic cleats.
- B. Football Size by Division:
  - 1. Inst or 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. A practice schedule, containing the time, place and date must be submitted to the Athletics Division before a practice is permitted to be held. Approved practices will be posted online on the team's schedule. Any team wishing to change its posted practice schedule must inform the Athletics Division more than 24 hours in advance so that the website may be updated.
- B. Teams may not practice until August 1<sup>st</sup>
- C. Teams must practice four times without pads before contact drills are permitted.
- D. Teams may not practice more than once in a 24 hour period.
- E. Teams may not practice when the temperature is 100\* or more.
- F. Teams may not practice in pads when the heat index is 100\* or more.
- G. Teams may not practice or scrimmage more than 4 times a week when **school is not** in session.
- H. Teams may not practice or scrimmage more than 2 times a week when **school is** in session.

## 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. The home jurisdiction will provide chains and down markers for each game.
  - 4. The home team is to provide chain crew. The chain crew must remain on the home sideline.
  - 5. Only one coach will be allowed on the field during a timeout.
  - 6. The home team is to provide a game ball.
  - 7. Head coaches are responsible for the actions of his coaches, parents, and players.
- B. Restricted Position Players
  - 1. Restricted position players are required to wear a number from 60 to 69.
  - 2. 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 scrimmage plays.
  - 3. 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.
  - 4. Any team, who is found to allow a position restricted player to intentionally play a position other than a down line man, may have their head coach suspended for the remainder of the season.

### 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 may result in a coach's suspension **as well the requirement of the team to have no players play both ways if numbers permit.**

### D. Game Clock

1. All leagues will play four eight minute quarters.
2. 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. Kicking and Punting

1. Punting
  - i. No rushing the Punter in pee wee division until after an attempted kick.
  - ii. There must be 7 players on both lines of scrimmage on a punt in the pee wee division.
2. 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.
3. 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 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 three yard line and be run as a normal play

### F. 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.

## **Additional Instructional League Rules**

### **Games scheduled before September 30 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. One coach per team may give instructions in the huddle and must return to the sideline 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.