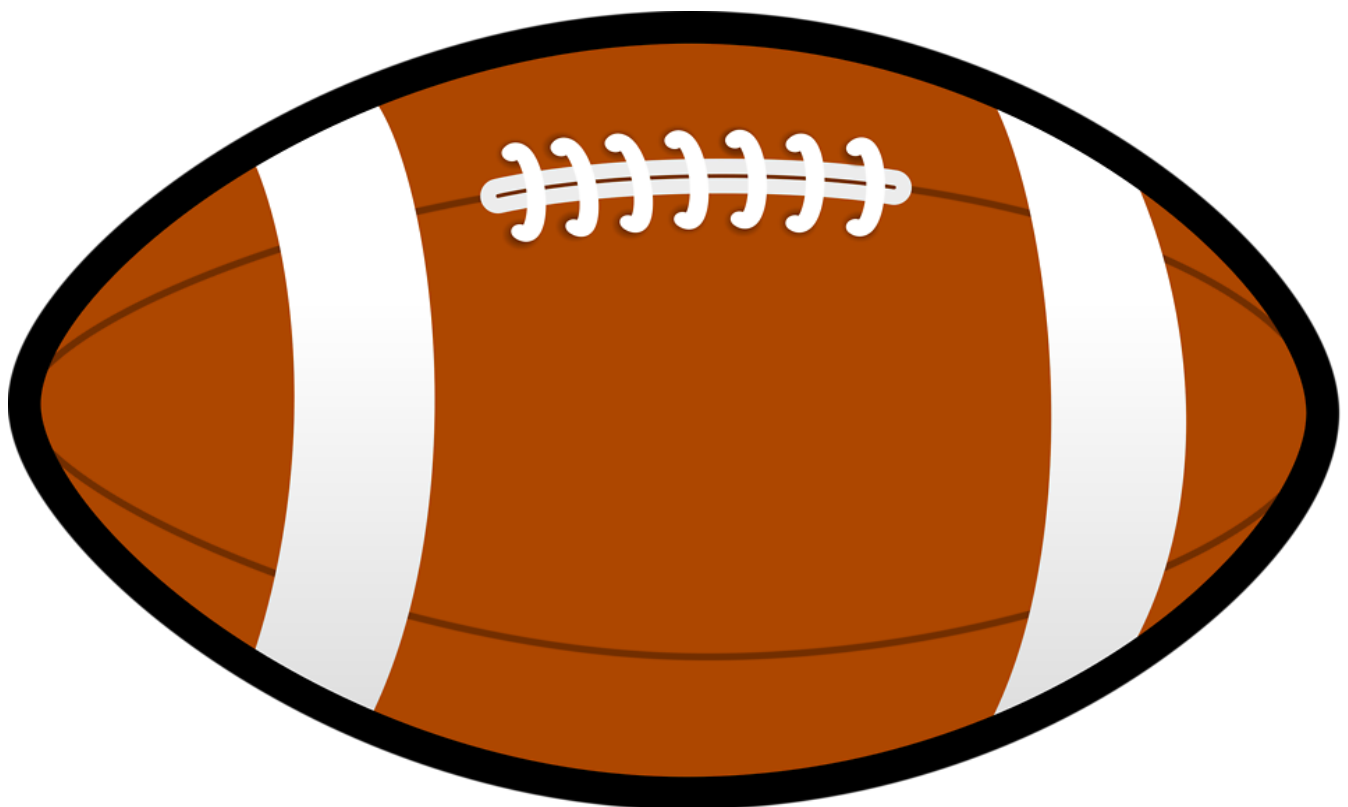




Wythe County and  
Wytheville Parks and  
Recreation  
Youth Football Rules



Revised July 2019

Wythe County and Wytheville Parks and Recreation Department  
Youth Football

Rules and Regulations

Department Requirements:

1. Physicals – A signed statement from an examining physician stating that the player is physically fit and there are no observable conditions which would prevent him/her from participating will be required for each child. Regular school medical examinations are acceptable if they were completed within the current calendar year. Each player will be responsible for obtaining a physical and turning in this form **prior to starting practice**. **NO EQUIPMENT WILL BE ISSUED WITHOUT RECEIPT OF PHYSICAL FORM. The Recreation Department for the Town will not require physicals.**
2. A signed Parental Consent Form – Standard Department sports participation form/waiver and concussion forms are required to be turned into the department/booster club **prior to starting practice**.
3. Proof of Age – A copy of each participant’s birth record/certificate is required to be on file with the Recreation Departments **prior to the first game** the player participates in. **The Recreation Department for the Town will not require birth certificates to be kept on file.**
4. Weight Limits & Weigh In: There will be only one official weigh-in and it is to be done during equipment hand out, exact times will be announced by each recreation department or by August 5<sup>th</sup>. An official roster with weights will be immediately submitted between departments after the August 5<sup>th</sup> date. Exceptions for each Recreation Department will be communicated between the departments and players who miss the official weigh-in must weigh in at the respective department with staff who will update and share the updated roster with weights.

**The National Federation for the State of Virginia High School Football League Rules will be adhered to with the following modifications and/or points of emphasis:**

1. Practices and games, combined, are limited to four (4) days per calendar week, **one session** per day, **One (1) hour and thirty (30) minutes per session. Full contact will be limited to 30 minutes per practice. Practice may begin on August 1<sup>st</sup>**
2. Pads may not be used until a player has participated in four **(4)** full practice sessions for the current season. Helmets only may be used for the first 4 full practices.
3. No block can be thrown below the waist away from the line of scrimmage.
4. A recovered fumble or intercepted pass can only be advanced by those eligible, according to established weight limits, to advance the ball. If the ball is recovered by an ineligible player, the play will be ruled dead at the spot of the recovery or interception and change of possession will occur.

5. Each team will be allowed five (5) timeouts per game. Timeouts will not carry over in case of overtime.
6. No one will be allowed on the field at any time except participants. (Note: JV league will allow one coach on offense and one coach on defense on the field during the game.) **The coach may instruct players up to the time the ball is ready for play and then must move behind the game officials and remain out of the play. No instruction may be given by the coach on the field while the play is active.**
7. To blitz, players must be three (3) yards off the neutral zone at the time of the snap.
8. Only **four (4) coaches** are allowed on sidelines each game. All coaches must pass the Background Check and complete all applicable forms. Only the coaches that have completed all required paperwork will be allowed to coach during any game. Coaches can only be listed on one roster.
9. A team may begin or continue a game with as few as nine (9) players. If a team drops below nine players, the game will be forfeited, and the opposing team will be awarded the win.
10. Players must play on the team where they attend school or district in which the player lives in. No release will be given unless the particular sport is not offered in your area during the same season or if there are not enough signed up in one district, they may combine with another.
11. If a player is to be added to any roster after rosters have been turned in, it must be approved by the Parks and Recreation Departments.
12. Officials and Parks and Recreation Departments Personnel may remove any player, coach or fan from the game, playing area or facility for unsportsmanlike conduct.
13. **No participant will be allowed to play with a cast or braces w/metal.** (even if it is covered)
14. No head or neck bandannas will be allowed to be worn.
15. Unsportsmanlike conduct: (Taunting, spiking ball, flagrant spearing, cursing, etc.)  
**\*The head official will follow the NFHS/VHSL rules and guidelines.**
16. Wythe County Schools Policy states: Any child suspended from school will not be allowed on school property until suspension is over.
17. Participants are asked to attend **ALL** practices, for proper conditioning. In order to play the minimum time required, the majority of practices must be attended each week.
18. All potential ball carriers will be marked with red tape on their helmet. Only players with red tape on their helmets may line up in the offensive backfield.
19. **If at any point during a game one team is ahead of the other by twenty-four (24) or more points, the clock will run continuously except for timeouts/injuries. If the lead falls below 24 points, regular game rules will go back into effect.**

20. **Each player must play four (4) live ball downs per quarter and special teams plays do not count. A coach from each team will record their players live ball downs on a roster that must be signed by the head coach and turned in to field supervisor after each game.** A coach who does not play each player the required number of downs per quarter will be suspended for the remainder of that game and the next game. A second occurrence will result in the forfeiture of the game and the coach being suspended for the remainder of the season and all playoff games. **Each coach is responsible for reporting to the opposing coach and the Department any player who will not meet the required playing time and the reason for the reduced time. (Reasons must apply to illness, injury, multiple missed practices, or a violation of team or Booster club rules).**
21. **Any tackle made by the helmet will be considered a face mask penalty.**
22. All players will wear a mouthpiece that connects to the face mask by a strap. Mouthpieces must be of a distinguishable color and may not be white or clear. Mouthpieces must be of full size and may not be tampered with. **Examples: Cut, chewed.**
23. All players must wear all equipment in its proper location to include all seven pieces of the issued pad set.
24. No full speed head on blocking or tackling drills in which the players are more than 3 yards apart will be allowed. **Examples: Oklahoma, Bull in the Ring, Boards.**
25. **Concussions** - 24-hour rest rule will take place. \*\*\* See Attachments\*\*\*
  - All coaches must have concussion training, which can be completed online. After completion please email or bring in copy of completed course.  
<https://www.cdc.gov/headsup/youthsports/training/index.html>  
<https://nfhslearn.com/courses/61151/concussion-in-sports>

## **Kickoffs**

### **Varsity**

The kicking team will line up in formation or a knee and kickoff from the 40-yard line. Kick-off team will not advance after kick. The receiving team will line up in formation and take possession of the ball wherever it is caught or at the spot the ball rolls dead. If the ball bounces back toward the kicking team, the ball will be placed at the spot of the bounce. The receiving team will start from that spot. Kick offs must be made within 1 minute from previous score, a delay of game penalty will result if not done in a minute. Kicking team has the option to have ball placed on the opponents 25-yard line.

## **Punts**

### **A. Varsity**

Punts will be a free kick with no rush. All linemen must be in a down position and remain down until the ball is kicked. Receiving team may only send 3 players back to field a punt; other 8 players must be on a

knee. No player may leave his feet and attempt to block the kick. The ball must be snapped straight back, at least five yards from where the ball was officially placed and kicked from that spot. The receiving team will take possession of the ball wherever it is caught or at the spot the ball rolls dead. If the ball bounces back toward the kicking team, the ball will be placed at the spot of the bounce. Punter will have 5 seconds to get the punt off. If not punted within 5 seconds of snap – ball will go over on downs to the other team. The clock will continue to run during the punts.

\*If kicking team chooses not to punt:

1. Ball will be placed 30 yards from line scrimmage.
2. Play the down, must notify head official of intent.

## **B. Junior Varsity**

Options on fourth down on or outside of the defense's 30 yard line:

1. Play the down.
2. Punt.
3. Have ball placed 20 yards from the line of scrimmage.

Options on fourth down inside of the defense's 30 yard line:

1. Play the down.
2. Punt.
3. Have ball placed 1/2 distance between spot of ball and goal line.

## **Extra Points**

After scoring a touchdown a team may elect to try for either one (1) extra point or two (2) extra points.

One extra point will be scored by either carrying or completing a pass into the end zone from the two-yard line. Two extra points will be scored by either carrying or completing a pass into the end zone from the three yard line. One point may be scored by kicking the ball through the goalposts from the three yard line.

## **Defensive Alignments:**

### **INSIDE OF THE 15 YARD LINE:**

Defense must be played in a minimum 3 man front to a maximum 6 man front.

All defensive lineman inside the ends must be in a down position (3 or 4 point stance)

All linebackers must be a minimum of 2 yards off the line of scrimmage.

The first violation of this rule will be a warning. Subsequent violations will result in five yard penalties for each occurrence.

### **Overtime**

Ten (10) yard overtime procedure will be used. If a game ends in a tie, then a coin toss will determine who gets the option of offense, defense or which goal to defend. Each team will get an offensive series of downs. The series ends by scoring, losing the ball by a fumble or interception or by completing four downs without a score. If there is still a tie, then a second series of offensive downs will be played. If after each team has completed two (2) offensive series and the score is still tied, then the game will be called a tie. A team scoring a touchdown will also be given a try for extra point. Each team will be given one timeout during each overtime session.

**(Playoff overtimes will continue until a winner is determined.)**

### **Playoffs**

Seeds for tournament that result in regular season tie, will be head to head winner or loser from the game played against each other in the season. A split in wins will result to a coin toss. A three or more way tie not broken by head to head results from regular season games will result in a draw between the tied teams.

### Points of Interest

- Each booster club will be given the opportunity to host a minimum of one regular season game day if the high school in your area makes enough dates available. **Set-up, clean-up, chain gang, announcer, and concessions are the responsibility of that booster club.** Booster clubs retain all proceeds received from concessions on their assigned date. Booster clubs should be at the game site no later than 8:00 a.m. on the day of the game to begin game day preparations. Booster clubs will be assigned other regular season and tournament game days to complete the season.
- Games will be played in accordance with the published schedule.
- Make-up games will be played based on availability of fields.

**Pre-Season Camps:** Pre-Season camps are limited to one sponsored camp per booster club not to exceed four days. Days do not have to be consecutive. Camps should be open to all who are interested.

Camps do not count as regular season practices.

### Junior Varsity

- Ball carriers may not weigh over **ninety (90) pounds** to advance the ball.

- The defense may not double team the center until after he has snapped the ball and raised up.
- If a team elects to punt on the fourth (4<sup>th</sup>) down, it will be a dead ball.
- Quarters will be eight (8) minutes long.
- Halftime is ten (10) minutes.
- Ball – Pee Wee size football will be used in all Junior Varsity games.
- Age/Grade: 3<sup>rd</sup> Graders and 4<sup>th</sup> Graders  
 Cannot turn eleven (11) years of age as of September 30<sup>th</sup> of the calendar year.

Varsity

- Ball carriers may not weigh over **one-hundred twenty (120) pounds** to advance the ball.
- The defense may not double team the center until after he has snapped the ball and raised up.
- Quarters will be eight (8) minutes long.
- Halftime is ten (10) minutes.
- Ball – Junior size football will be used in all Varsity games.
- Age/Grade: 5<sup>th</sup> Graders and 6<sup>th</sup> Graders  
 Cannot turn thirteen (13) years of age as of September 30<sup>th</sup> of the calendar year.

All county/town issued equipment must be returned within one week of your team’s final game and may not to be used in any events not sanctioned by the county/town.

At all games, parents/spectators are to remain in the stands or designated area. **NO ONE** other than football players, cheerleaders, coaches, officials, rescue squad members and Parks and Recreation staff are permitted on the field.

If a Booster Club/ Department is forced to have more that 1 (one) team in any age group, rosters must be completed with the equal amount of players on them from each grade group

A team must have at least 14 players to be able to be in the league at the beginning of season.

**CANCELLATIONS:**

If games are canceled due to inclement weather, the Wythe County Parks and Recreation Department will notify each Booster Club President or Athletic Director, and that person will be responsible for contacting each coach. The Wythe County Parks and Recreation Department does have a Facebook page, Twitter account and a cancelation line **(276-223-4520)**. Updates to schedules changes will be posted or recorded in these instances. We recommend all coaches sign up to follow us on Facebook and Twitter for announcements. The Town of Wytheville Parks and Recreation Department will notify all coaches, who will notify all players, update cancelation line **(276-223-3599)**.

**NO WEAPONS, PETS, TOBACCO PRODUCTS OR ALCOHOLIC BEVERAGES WILL BE ALLOWED ON PUBLIC SCHOOL GROUNDS. NO EXCEPTIONS!!!!**

## **Wythe County Parks & Recreation Department**

### **Influenza Policy**

If Wythe County Public Schools are closed or dismissed early due to influenza or similar issues, then the Wythe County Parks & Recreation Department games will be postponed to a later date. No practices may be held until children return to school.

Due to pandemic flu concerns, coaches shall not allow players or cheerleaders diagnosed with influenza to practice or play until they have received doctor's permission to return to school.



## **CONCUSSION AWARENESS**

Athletes who experience any of the signs and symptoms below after a bump, blow, or jolt to the head or body may have a concussion.

### **SIGNS OBSERVED BY COACHING STAFF:**

Appears dazed or stunned  
Is confused about assignment or position  
Forgets an instruction or play  
Is unsure of score or opponent  
Moves clumsily  
Answers questions slowly  
Loses consciousness (even briefly)  
Shows mood, behavior, or personality changes  
Can't recall events prior to hit or fall  
Can't recall events after hit or fall

### **SYMPTOMS REPORTED BY ATHLETE:**

Headache or "pressure" in head  
Nausea or vomiting  
Balance problems or dizziness  
Double or blurry vision  
Sensitivity to light  
Sensitivity to noise  
Feeling sluggish, hazy, foggy, or groggy  
Concentration or memory problems  
Confusion  
Does not "feel right" or is "feeling down"

### **ACTION PLAN:**

If you suspect that an athlete has a concussion, you should take the following steps.

- 1) Remove the athlete from play. **WHEN IN DOUBT, SIT THEM OUT!**
- 2) Inform the athlete's parent or guardians about the possible concussion and give them the fact sheet on concussions.
- 3) Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussions. Do not judge the severity of the injury yourself.
- 4) Keep the athlete out of play the day of the injury and until an appropriate health care professional says they are symptom-free and it's OK to return to play.

The Wythe County and Wytheville Parks and Recreation Department staff and certified EMTs at local youth games have the right to sit any player out of action they believe has a possible concussion. Then the 24 hours of rest goes in effect and player must be cleared by appropriate health care professional. A written clearance must be given to the Wythe County Recreation Department before that player can return to practices or play in any games.