

# Botetourt County Tackle Football

## 2015 Rules and Regulations

\*We will be playing with Roanoke County so have adopted their bylaws/rules.

Highlighted rules are changes or points of emphasis for the 2015 season

All Botetourt 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 Botetourt Coaches will be July 22nd at Read Mountain Middle School at 6:30 PM.
- B. A **mandatory** meeting for all Roanoke head coaches will be July 26<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. Roanoke Coaches who do not attend the meeting will be suspended from their first regular season game. Assistant coaches are recommended to attend. **\*Botetourt coaches may attend if they choose but it is not mandatory.**
- C. All Botetourt County coaches must fill out a volunteer form so that a background check can be performed.

### Team Formation Regulations

- A. Teams will be formed by elementary districts and by using a fair and equitable draft procedure if necessary.
- B. Teams may not feature more than 31 players.
- C. No players will be added after the first week of practice.
- D. Age Divisions

Division	League Age	Birthdates
6U/Inst*	6 Years Old	9/30/09 – 10/1/08-No weight limit
<b>*Botetourt does not offer 6U Tackle.</b>		
8U/PW	7 Years Old	9/30/08 - 10/1/07-No weight limit
	8 Years Old	9/30/07 – 10/1/06- <b>Position Weight limit 110 lbs</b>
10U/LL	9 Years Old	9/30/06 – 10/1/05-No weight limit
	10 Years Old	9/30/05 – 10/1/04- <b>Position Weight limit 125 lbs</b>
12U/JR	11 Years Old	9/30/04 – 10/1/03-No weight limit
	12 Years Old	9/30/03 – 10/1/02- <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 it is the responsibility of the 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.

## 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 3<sup>rd</sup>.
- B. Teams may not practice longer than 2 hours
- C. Teams must practice four times without pads (helmet allowed) before contact drills are permitted.
- 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 one team practice for week, if it is a two day jamboree then it counts as two practices for the week.
- F. 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. 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. This should be reported to Botetourt 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. Botetourt County has the ability to have an individual to film and spot check teams to confirm they are abiding by the all play rule.

D. Game Clock and Scoreboard

- 1. 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 21, 2015 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
8/17 – 8/21	8:00 a.m. – 4:30 p.m.	PRT Office on Kessler Mill Rd
8/18	5:30 p.m. – 6:00 p.m.	VYB Storage Room at RCCC
8/19	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
8/20	5:30 p.m. – 6:00 p.m.	Greenridge Recreation Center
	6:30 p.m. – 7:00 p.m.	Greenfield Complex, Botetourt

- 2. Restricted players:
 

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. 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 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.