

**DEPARTMENT OF PARKS AND RECREATION  
CITY-WIDE ATHLETIC OFFICE  
PRINCESS ANNE ATHLETIC COMPLEX  
2188 LANDSTOWN ROAD  
VIRGINIA BEACH, VIRGINIA 23456  
385-0458**

**VIRGINIA BEACH COMMUNITY LEAGUE FOOTBALL BYLAWS  
(TACKLE)**

The object of this league shall be....

To provide a wholesome and enjoyable recreational activity for the participants.

To develop character, skill, sportsmanship, leadership, and promote good will among teams and individuals participating.

**PLAYER ELIGIBILITY AND AGE GROUPS**

1. A player's age on September 1, 2008 determines eligibility.
  - A. Midget: 10-11 years old (must be 10 years old on or before September 1 of current season, and cannot be 12 years old on or before September 1 of current season). At the first weigh-in, 125 lbs is the maximum weight for eligibility. (**Exception**: 12 year olds may play in this league if they weigh 105 lbs or less at the first weigh-in). The recommended minimum weight is 80 lbs. An 11 year old who cannot make weight in this league may play in the Intermediate league, provided appropriate weight requirements are met.
  - B. Intermediate: 12-14 years old (cannot be 15 years old on or before September 1 of current season). At the first weigh-in, 145 lbs is the maximum weight for eligibility. The recommended minimum weight is 100 lbs. A 14 year old who cannot make weight in this league may play in the Junior league, provided appropriate weight requirements are met and provided the Junior league is held.
  - C. Junior: 14-15 years old (cannot be 16 years old on or before September 1 of the current season). At the first weigh-in, 165 lbs is the maximum weight for eligibility. (**Exception**: 16 year olds may play in this league if they weigh 135 lbs or less at the first weigh-in). The recommended minimum weight is 120 lbs.
2. All players must be attending school (high school or below) or be in an approved home study program to participate.
3. High school varsity or junior varsity football players are not eligible to participate in this league.
4. No independent teams will be allowed to participate in Virginia Beach Parks and Recreation Youth Leagues. Teams must follow the guidelines of the area in which they are participating.
5. All players must weigh in before participation. Appointments for team weigh-ins will be made at the Rules Clinic. A second weigh-in at mid-season will be required of players within 15 lbs of

the maximum weight for their league. The date of the second weigh-in will be listed on the back of the game schedule. **Any player who fails to attend the second weigh-in will be deleted from the team's roster** (unless the player is more than 15 lbs under the maximum weight).

- A. If a player weighs in the first time and is more than 10 lbs over the weight limit, the player is disqualified from participation this season unless, by age, the player is eligible to move up to the next league. If 10 lbs or less over the weight limit, the player has two (2) more attempts to make weight. A player may only weigh in once a day. A player must make the weight amount for the first weigh-in to become eligible for a team. There will be no workouts during weigh-ins for overweight players.
  - B. **Second weigh-in:** At mid-season, there will be a second weigh-in for all players who were within 15 lbs of the maximum weight for their division at the first weigh-in. Players may weigh up to 5 lbs over the original maximum weight for their division. A player must always make the first weigh-in maximum to become eligible initially. A player must make the second weigh-in by the cut-off date printed on the game schedule to remain eligible.
6. The following information pertains to team rosters.
- A. Teams in the Midget and Intermediate leagues are limited to thirty-five (35) players under contract. Junior league teams are limited to thirty-six (36) players under contract. The cut-off date for adding players will be printed on the back of the game schedule.
  - B. The deadline for adding new players to a team's roster is Thursday at 5:00pm (for Saturday games). The deadline for adding new players to a team's roster for a weekday game is the previous day at 5:00pm. For example, in order for a player to be eligible to participate in a Tuesday game, the player must have completed the weigh-in/ID process by 5:00pm on Monday. Rosters are "frozen" at this time, including re-weighs. A "re-weigh" is a player who has officially attempted, but has not made weight. Re-weighs are allowed to weigh at any time during regular business hours (Monday - Friday, 8:00am - 5:00pm). Upon making weight, re-weighs will be added to the roster following the same guidelines as new players.
  - C. **NO** contracts will be accepted over the telephone or by fax and will not be accepted by the Parks and Recreation Department at game locations.
  - D. Any player contract found to be invalid for any reason not in standing with the bylaws will result in forfeiture of all games in which the illegal player participated. Playing a player or players who are not under contract will result in an automatic forfeiture of all games played by that team.
  - E. The coach is responsible for ensuring that players on their team: meet the age requirements, live within the area for which they play, attend school, have a valid I.D. card (issued by the Athletic Office), and do not exceed the roster limit set by the Department of Parks and Recreation.

## **SCHEDULING OF GAMES**

1. Games will be played in accordance with the schedule designed by the Department with the

fields and time of games distributed as equally as possible.

2. Any coach finding it impossible to play a scheduled game must notify the Department as soon as possible, so that necessary arrangements can be made. This constitutes a forfeit, and the team not at fault will receive credit for a win.
3. If a game is postponed due to weather, light failure, or conditions beyond our control, the Department will set a date for the game to be played and will notify the coaches of the teams concerned of the date, time and location. Whenever possible, coaches will receive 48 hours notice. Most games will be made up at the end of the regular season.
4. The Department reserves the right to arrange postponed games at its convenience. The Department also reserves the right to cancel games, if necessary, due to excessive rain or conditions beyond our control. Whenever possible, games which have a bearing on league standings will be made up.
5. If a team forfeits two games in succession or three games overall in a season for not having the required number of players, the team will be subject to expulsion from the league.

## **GENERAL REGULATIONS**

1. **Practice may not begin until August 1.** No physical contact is allowed between players prior to August 11. From August 1 to August 5, only light gear (helmet) may be worn. From August 6 to August 10, only helmet and shoulder pads may be worn. Beginning August 11, full gear may be worn and physical contact between players is allowed.
2. **Pre-game warm-up activities are mandatory.** All players must wear a mouthpiece during participation.
3. **Players are encouraged to participate within their own community.** A player who lives outside the geographic boundaries but has a reason for playing in another area should not practice with a team until the release signatures have been acquired from the Area Chairmen (see General Bylaws). After the first league game, if a player has a justifiable reason to change teams, the Athletic Office will be involved in assigning the player to a different team (when one can be identified).
4. **Players are required to have a physical completed prior to participation.** No player's contract will be accepted until a physical has been completed and properly signed by a physician. It is the responsibility of the player's parents to have the player examined and will be at their expense. Doctor's signature on player's contract (physical) should be handwritten.
5. **Teams are allowed five (5) coaches.** Each team is permitted one (1) Head Coach and four (4) Assistants. If equipment managers are used, they are included in (and not in addition to) the maximum of five coaches. The name and telephone number of each team's Head Coach and Assistants must be on file in the Athletic Office **before** the start of the season. The Athletic Office should be informed of any coaching changes during the season. A Criminal History Information Requisition form must be completed by each coach and submitted to the Athletic Office. This information is supplied on the team registration form, included in the coach's packet, which must be submitted on or before the stated deadline. **Team Registration Forms received after the deadline will be assessed a \$25.00 late fee, and will be accepted only**

**if space remains available.**

6. **Mandatory rules clinic for coaches in August.** The date, time, and location of the clinic will be included in the coach's packet. It is mandatory that each team be represented at this clinic. A representative from the officials' association will cover rule changes and answer questions, and weigh-in appointments will be scheduled.
7. **Coaches should become certified by the National Youth Sports Coaches Association.** Becoming a certified youth coach is highly recommended. The cost of the certification program is \$20.00 per year. The certification clinic will be held the last week in July. Call 385-0458 for more information - information will also be in the coach's packet.
8. **Coaches must wear their ID Badges at all games.** To ensure a safe and controlled atmosphere during City tackle football games, the Athletic Office requires that all coaches wear a Parks and Recreation issued photo ID badge at all league games. Failure to do so will forfeit the individual's privilege to coach until the badge is properly displayed. These badges will be made at the team's weigh-in appointment, and no team will be issued more than five badges. Only coaches who have completed a Criminal Record Information Request will be authorized to obtain an ID badge. **REMINDER: No more than 5 coaches will be allowed in the team box during a game. Equipment managers are included in (and not in addition to) the maximum of five coaches. Please plan accordingly.**

### **STANDARD GAME PROCEDURE**

1. Teams must provide their own practice balls, uniforms, and other accessories they deem necessary. Uniforms are not required, but uniformity is requested. Teams must have shirts of the same color with numbers on the front and back. The Department of Parks and Recreation will provide the game ball. **This ball is not to be used for practice.**
2. The officials will be paid by the Parks and Recreation Department, and will be assigned by the Eastern Officials Association. Four (4) officials will work each game. No team has the right to refuse any official assigned.
3. Field supervisors are assigned by the Department of Parks and Recreation. Coaches are expected to cooperate with the supervisors in every way possible. The field supervisor will have an updated official team roster at the game site. Players must show their I.D. card and sign in before each game. Players should line up in alphabetical order with helmets off and I.D. cards in hand. Sign-ins for the first game will begin at 8:30am; for subsequent games, sign-ins will take place immediately following halftime of the previous game. The team's Head Coach must sign the roster to verify that players are legal to the best of their knowledge. At this time, all coaches must also show their I.D. card to the field supervisor for verification.
4. It is the responsibility of the coach to maintain proper conduct among team members and spectators at all times (before, during, and after all practices and games - while players and coaches are at practice/game facilities). Players and coaches may be suspended from future games based on inappropriate behavior. **Unsportsmanlike conduct will not be tolerated.**
5. Starting time of games:
  - A. There will be no grace period. Forfeit time is game time. Teams should be at game

site 30 minutes ahead of scheduled game time. A game can start earlier than the scheduled time if both coaches agree.

- B. Games will consist of four (4) quarters, eight (8) minutes each in length. Halftime will be twelve (12) minutes in length.
  - C. If a team does not have 11 players at game time, the game will be declared a forfeit by the officials. If neither team has 11 players at game time, the game will be declared a double forfeit by the official.
  - D. Postponement or cancellation of games will be determined by the Athletic staff.
  - E. There will be no postponement of league games to permit teams to play in tournaments or to prepare for tournaments.
6. The home team is the team listed to the right on the schedule. The home team will occupy the same side of the field as the yardage markers, and are responsible for providing the chain crew. Members of the chain crew **must** be adults (18 years of age or older). The chain crew will also be positioned on the same side of the field as the yardage markers. Coaches are reminded to keep their players at least three feet beyond the sidelines. Coaches are also responsible for ensuring their spectators stay off the field and behind the ropes.
7. Players on teams scheduled for the next game shall keep well off the field while the previous game is in progress, and must not detract in any way from this game. For the pleasure and safety of spectators and fairness to the teams playing, coaches must see that this rule is enforced.
8. In the event of inclement weather, call the Athletic Information Line (385-0455). Once games have started, the official will use field and weather conditions to determine continuation. The official's decision is final. Coaches and teams will accept the official's decision without question. If the first game is called because of field or weather conditions, all games for that field are automatically called and will be made up at a later date. This applies also if the first game is in progress and is halted by field or weather conditions. Make-up games will be posted at [www.vbgov.com/sports](http://www.vbgov.com/sports). DO NOT CALL THE OFFICE (unless you do not have internet access).

## **PLAYING RULES AND EQUIPMENT**

**ALL GAMES WILL BE PLAYED UNDER THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ATHLETIC ASSOCIATIONS FOR ELEVEN-MAN FOOTBALL UNLESS OTHERWISE STATED ON THE LEAGUE SCHEDULE, LISTED BELOW, OR AMENDED PERIODICALLY BY THE DEPARTMENT OF PARKS AND RECREATION.**

- 1. The Parks and Recreation Department assumes the following responsibilities:
  - A. Game site facilities
  - B. Payment of officials association
  - C. Custody of contract cards and the authority to rule on player eligibility and all rules and

regulations

D. Awards to the league champions.

2. In all leagues, the official ball shall be similar to the youth model used in other recreation leagues throughout the nation. These youth models usually have a “Y” in the name.
3. A mouthpiece is mandatory for all players. This mouthpiece must be of a readily visible solid color, other than white or clear. Failure to comply will result in the player’s ineligibility until a legal mouthpiece is used. **DO NOT SHARE MOUTHPIECES.**
4. Shoes with metal spikes are not allowed. Tennis shoes, rubber molded cleats, or regulation football shoes are permitted.
5. Each player in uniform at the game site must play at least four (4) plays in a full game. It is the coaches’ responsibility to adhere to this rule. Violations will be brought to the attention of the Athletic Office and may result in suspension of the head coach.
6. Fair catches are allowed.
7. The playing field is 80 yards long and 40 yards wide for the Midget Division. The end zone is 10 yards deep. The playing field is 100 yards long and 53½ yards wide for the Intermediate and Junior Divisions. The end zone is 10 yards deep.
8. Major penalties are 10 yards.
9. This league will use the following scoring system:

Touchdown .....	6 points
Field Goal .....	3 points
Safety .....	2 points
Extra point (run or pass) ....	2 points
Extra point (kick) .....	1 point
10. A 40-point rule will be in effect for all games. The game is over and shall be declared so by the official when a team has a forty point lead at the end of the first half or secures such a lead during the second half.
11. In case of a tie at the end of regulation play, the game will be played as stated in the National Federation of State High School Associations Rule book. The 10-yard line overtime procedure will be used **one time** to try to break the tie. If the score remains tied after each team has a possession, the score will stand as a tie for regular season play. In a playoff to determine a Division Champion or a City Champion, the overtime procedure will continue until a winner is determined.
12. If a team loses the 11<sup>th</sup> player for any reason, play may continue as long as the team has 7 players on offense.
13. A player called for spearing (leading with the helmet) will be disqualified for the remainder of the game.

14. All helmets must have the NOCSAE warning label.
15. Players wearing a cast of any type (soft or hard) are not eligible to participate in league games.
16. All protests are to be settled on the field, with the exception of player eligibility. A protest on player eligibility must be submitted in writing to the Athletic Office within 72 hours of the incident. This protest should include the date on which the player or players participated in a league game, along with any additional pertinent information. If asked for a signature or I.D. card, a player may not refuse. Field supervisors will assist in these matters. In the event a protest is lodged on a player's eligibility and the player proves to be ineligible:
  - A. The player will be suspended from the league. **NOTE: Providing false information on the player contract card will result in player ineligibility in all Parks and Recreation sponsored sports for one year.**
  - B. The team will forfeit all games in which the player has participated.

## **INSURANCE**

1. Players participating in the league should have accident insurance coverage. This is the player's (parent's) responsibility. The Department does not provide insurance in case of injuries for the players, coaches, or spectators.
2. It is to be understood that the Parks and Recreation Department will not be held liable for injuries sustained by any person or group participating in our programs while they are playing, practicing or traveling to and from games and practices.

## **NOTE**

Coaches will please advise parents and players of the bylaws. Ignorance of any rule in the bylaws on the part of the coach, parent, or player will not be considered.

The Athletic Director will impose penalties and suspensions upon teams and players as necessary to insure the orderly conduct of the league.

The Athletic Director has the authority to make final decisions on all bylaws, interpretations and any matters concerning all youth sports.

The Athletic Director has received numerous calls regarding automobiles parking on school grounds. The fields are for your use, but if they are continually abused, teams will be subject to expulsion from the league. **PLEASE PARK IN AUTHORIZED PARKING AREAS ONLY.**

All regular season games (and Championships) will be held at the Princess Anne Athletic Complex. This complex is a non-smoking facility. We ask that you park in designated parking spaces/lots (not on the grass). Please assist us in keeping this facility the best in the area.

These Bylaws are in addition to the **GENERAL BYLAWS FOR ALL COMMUNITY SPORTS.**

Football Bylaws revised: July 2008

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