

RIVER CITY YOUTH FOOTBALL AND CHEER LEAGUE



RULES AND REGULATIONS

SECTION 1 – FOOTBALL SEASON AND GAME DAY SCHEDULES

2022 Season Schedule

- RCYFL Coaches' Meeting (mandatory for head coaches) – August 7th; 4-6pm; Publix Meeting Room, 2250 John Rolfe Parkway, Henrico, VA 23233
- Preseason camp begins – August 8th
The first six days shall be limited as defined in Addendum 11 – Health Documents
- Practice schedule
 - All practices shall be a maximum of 2 hours per practice per day.
 - Weeks of August 8th, 15th and 22nd – limited to 5 days of practice
 - Week of August 29th – limited to 4 days of practice.
 - Labor Day weekend (September 2nd through and 5th) – No activities allowed
 - Week of September 5th and later – limited to 3 days of practice.
- RCYFL League Representative Training – August 17th; 6:30-8:30pm; Publix Meeting Room, 2250 John Rolfe Parkway, Henrico, VA 23233
- RCYFL Roster Night – August 24th; 6:30-8:30pm; Publix Meeting Room, 2250 John Rolfe Parkway, Henrico, VA 23233
- Round Robin Scrimmage – August 27th; TBD
- NO Activities – September 3rd through 5th
- RCYFL Roster Add-on Night – September 7th; 6:30-8:30pm; Publix Meeting Room, 2250 John Rolfe Parkway, Henrico, VA 23233
- Game Week 1 – September 10th
- Game Week 2 – September 17th
- Game Week 3 – September 24th
- Game Week 4 – October 1st
- Game Week 5 – October 8th
- Game Week 6 – October 15th
- Game Week 7 – October 22nd
- Game Week 8 – October 29th
- 1st Playoff Games and Bowl Games – November 5th
- Semi-Final Games – November 12th
- Championships – November 19th

Game Day Schedule

The games will be played on Saturdays.

The game day schedule will be as follows:

- 8:30am – 9:45am – Rookies (4 quarters with running 10 minute clock)
- 9:45am – 11:00am – Freshmen (4-8 minute quarters)
- 11:00am – 12:15pm – Sophomores (4-8 minute quarters)
- 12:15pm – 1:45pm – Juniors (4-8 minute quarters)
- 1:45pm – 3:15pm – Seniors (4-8 minute quarters)

No game will start before its designated time.

SECTION 1 – FOOTBALL SEASON AND GAME DAY SCHEDULES

Check-in Process The League Representatives, or person appointed by the League Representative, shall administer the check-in of players prior to the games. Check-in shall occur at the start of halftime of the previous game. Check-in of the Rookies game shall begin no later than 8:15am. The approved rosters shall be used to verify all coaches and players. Players shall be required to have their valid ID. No player may check-in after kickoff of their game.

Forfeitures

Any forfeiture of a game will result in the forfeiting association paying the full cost of the referees for the game. Failure to notify the Chairman of a forfeiture at least three (3) days before the scheduled game will result in a one hundred dollar (\$100.00) payable to RCYFL. Forfeits determined to be willful shall be subject to fines, suspensions, and ineligibility of post-season play as determined by the Sportsmanship Committee.

SECTION 2 - FOOTBALL DIVISIONS WITH AGES AND WEIGHTS

DIVISION	AGE	WEIGHT
ROOKIES	5	Unlimited
	6	Unlimited
FRESHMEN	7	Unlimited
	8	Unlimited
SOPHOMORES	9	Unlimited
	10	Unlimited
JUNIORS	11	Unlimited
	12	Unlimited
SENIORS	12	Unlimited
	13	Unlimited

Age Determination

All ages shall be determined as of July 31st of the calendar year.

Age Verification

The following shall be acceptable forms of verification:

1. Commonwealth of Virginia Department of Motor Vehicles (DMV) issued walking permit.
2. U.S. Department of State issued passport.
3. U.S. Department of Defense issued military ID.

The ID must be valid and not expired on Roster night. The DMV receipt can be used for Roster night but the original ID must be used for game day check-in.

Rosters

1. Each squad shall complete the Roster form in Addendum 10 – League Forms.
2. The Player Operations Director shall assign Associations to verify the squad rosters.
3. Verified rosters shall be submitted to the Player Operations Director.
4. The maximum number of players rostered on a team shall be 30, with the exception of Rookies, which shall be a maximum of 18.
5. The minimum number of players rostered on a team shall be 15, with the exception of Rookies, which shall be a minimum of 10.
6. Add-on players must be rostered by the first game of the season. Players may be added to a team after the first game with approval from the League Football Director.

SECTION 3 - CHEER DIVISIONS WITH AGES

DIVISION	AGE
ROOKIES	5
	6
FRESHMEN	7
	8
SOPHOMORES	9
	10
JUNIORS	11
	12
SENIORS	12
	13

Age Determination

All ages shall be determined as of July 31st of the calendar year.

Age Verification

The following shall be acceptable forms of verification:

1. Commonwealth of Virginia Department of Motor Vehicles (DMV) issued walking permit.
2. U.S. Department of State issued passport.
3. U.S. Department of Defense issued military ID.

Rosters

1. Each squad shall complete the Roster form in Addendum 10 – League Forms.
2. The League Cheer Director shall assign Associations to verify the squad rosters.
3. Verified rosters shall be submitted to the League Cheer Director.

SECTION 4 - FOOTBALL RULES

General

All League games and activities shall be governed by the current edition of the Football Rules Book as published by the National Federation of State High School Athletic Associations (NFHS), except where otherwise specifically provided for in this Section. If there is a conflict between any provisions set forth in the NFHS Football Rules Book and any provisions set forth in this Section, the provision set forth in this Section shall prevail.

All teams must provide a League Representative to monitor their game. The League Rep will remain on the field during the entire game. League Reps will be identifiable by wearing an RCYFL shirt, hat, and/or visor approved by the League. Failure of an association to provide a League Rep during this time is subject to a one hundred dollar (\$100.00) fine by the Chairman. All League Reps must be certified by the League and required to attend a preseason meeting.

Game cancellations due to weather or other event shall be determined by the Chairman and League Football Director. Every effort will be made to notify teams by 7am on game day.

Homecoming activities are limited to one (1) fifteen (15) minute period. Notification shall be made to all teams one (1) week prior to the game regarding any Homecoming activities during the day.

Once players are rostered, the player may not participate on another team without permission of the League Football Director.

Equipment Rules

1. The Associations shall take the responsibility for helmet re-certifications and shall submit the Helmet Responsibility Form to the League on Roster Night.
2. Butt, hip, thigh, and knee pads for pants are required during practices, scrimmages, and games.
3. Shoulder pads are required during practices, scrimmages, and games.
4. A mouthpiece is required during practices, scrimmages, and games.
5. Players must wear cleats. Metal cleats are not allowed.
6. Acceptable footballs include the following:
 - a. Freshman and Sophomores Divisions shall use Wilson K2, Wilson GST-K2, Rawlings R5 PW, Baden FC500PW, Nike Spiral Tech Peewee, Nike Vapor Strike Peewee, and Under Armour 495 GRIPSKIN Pee Wee Football.
 - b. Juniors Division shall use Wilson TDJ, Wilson GST-TDJ, Rawlings PRO JR, Baden FC500JR, Nike Tactician Junior, Nike Spiral Tech Junior, Nike Vapor Strike Junior and Under Armour 495 GRIPSKIN Junior Football.

SECTION 4 - FOOTBALL RULES

- c. Seniors Division shall use Wilson TDY, Wilson GST-TDY, Rawlings R5Y, Baden FC500Y, Nike Tactician Youth, Nike Spiral Tech Youth, Nike Vapor Strike Youth, and Under Armour 495 GRIPSKIN Youth Football.

Teams are allowed to use a sanctioned ball of their choice during offense.

7. A team's uniform shall consist of a jersey, football pants, and team socks. The uniforms for all Participants on a Team must be matching and contain the team's logo and colors. Socks must be worn inside the cleats. The game jersey must be tucked in.

Game Rules

1. All game fields shall be regulation width and shall be one hundred (100) yards in length.
2. All fields shall be marked in accordance with the National Federation of State High School Athletic Associations (NFHS) Rule Book and all sides roped off the entire area of the field.
3. There will be a minimum of three (3) Virginia High School approved officials on hand to officiate before any League game can be played.
4. Chain crew and clock operator must be responsible and must be in place before the coin toss. Clock Operators must be certified or trained by a white hat official. The chain crew will be placed on the VISITOR side of the field. The visiting team will be responsible for providing the chain crew personnel. The exception to this rule is provided when the home team uses the visitor's side of the field. The chain crew will NOT coach or cheer from the sideline.
5. Each game shall consist of four (4) eight (8) minute quarters and an eight (8) minute halftime.
6. In each game, each football player shall play a minimum of four (4) plays in addition to kickoff and punt teams.
7. Offensive players not wearing eligible numbers do not need to report to the game officials upon entering a game.
8. The ball shall be placed on the two (2) yard line for extra point attempts and shall count as one (1) point for a run and two (2) points for a pass. Extra points and field goals may be scored by kicking method, if goalposts are installed at the field location, and shall count as two (2) points for an extra point and three (3) points for a field goal.
9. Any games with a tie score at the end of regulation shall proceed into overtime. Regular season games shall not go beyond three (3) overtime periods. All playoff games will be played until a winner is determined.
10. Kickoffs – There will be no kickoffs in the Freshmen Division. In lieu of kickoffs, at the start of the game, the second half, and after a score, the ball will be put into play by the

SECTION 4 - FOOTBALL RULES

team in possession from their own 35-yard line. Kickoffs for the Sophomores, Juniors, and Seniors Divisions will play live.

11. Punting - There will be no punting in the Freshmen Division. In lieu of punting, the offensive team may choose to have the referee step off 25 yards for Freshmen or half the distance to the goal, if on the opposing side of the field. Free punts will be allowed for the Sophomores Division. The offensive team shall inform the referee of the punt. All players will remain in formation until the ball is snapped and the punt is away. No fake punts are allowed in the Sophomores Division. The play will become live once the ball leaves the punter's foot. If the punted ball does not cross the line of scrimmage, the ball will be ruled dead and the possession will turnover. Punting for the Juniors and Seniors Divisions will be played live.
12. Sportsmanship Rule - If at any time in the game the point differential is 18 points or more, the winning team will remove their four (4) starting / impact skilled players from the offense, as designated on the Sportsmanship sheet, until such time as the point differential is below 18 points. Skilled players are defined as QB, RBs, and WRs. If the number of players checked in for a game is less than 15 players, the team will designate three (3) starting / impact players for that game. The skilled players may be moved to down linemen or tight end positions on offense. If the skilled player is moved to the tight end position, it will be as a blocker only. They are not eligible to advance or handle the football.

In addition, if at any time in the second half of the game, the point differential is 24 points or more, the game clock will become a running clock stopped only for injuries, penalties, and timeouts.

In the Rookies Division, the winning team will remove their three (3) starting/Impact players from the offense.

Failure of the Head Coach to adhere to this rule may result in the suspension of the Head Coach as determined by the Sportsmanship Committee.

SECTION 5 - ROOKIE FOOTBALL RULES

General

All League games and activities shall be governed by the current edition of the National Alliance of Football Rules as published by the National Federation of State High School Athletic association, except where otherwise specifically provided for in this Section. If there is a conflict between any provisions set forth in the National Alliance of Football Rules and any provisions set forth in this Section, the provision set forth in this Section shall prevail. Rookie football rules not specifically defined in this Section shall be governed by Section 4 – Football Rules.

Purpose

The Rookie Division shall be defined as 8 versus 8 tackle football for 5 and 6 year olds. The Rookie Division shall be developmental and instructional. Each team will play a 7 game regular season schedule with 1 bowl game at the end of the regular season. There will be NO playoffs in this division.

In each game, each football player shall play a minimum of four (4) plays per half.

Equipment Rules

1. Acceptable footballs include Wilson K2, Wilson GST-K2, Rawlings R5 PW, Baden FC500PW, and Nike Spiral Tech Peewee. Teams are allowed to use a sanctioned ball of their choice during offense.

Game Rules

1. The Rookie division games will play on an 80 yard length of field. The end zone markers will be setup at the goal line and 10 yard line for the purpose of designating the 80 yard length. Where feasible, the width of the field will be 120 feet. Cones, markers, etc. shall be setup on the field painted numbers to approximate the 120 foot width.
2. The Rookie division games will have a running clock with four (4) ten (10) minute quarters and an eight (8) minute halftime. There will be clock stoppages for penalties, injuries, extra points, and timeouts. There will be no overtime in the regular season. The quarter, half, or game cannot end on a defensive penalty. One untimed down will be assessed. Two (2) time outs per half will be allowed. For bowl overtime games each team will have one (1) time out per overtime.
3. The minimum number of players to begin and continue to play a game will be seven (7). If the number of available players drops to six (6), the game will be called and forfeit recorded.

SECTION 5 - ROOKIE FOOTBALL RULES

4. One (1) coach per team will be allowed on the field during play. The offensive coach must be 5 yards behind the deepest offensive player at the snap of the ball. The defensive coach must be 5 yards behind the deepest defensive player at the snap of the ball. The offensive penalty is 5 yards and loss of down. The defensive penalty is 5 yards and an automatic first down for these infractions. The field coach shall cease giving player instruction or cheering at the snap of the ball.
5. The Rookie division will be played with 8 players on offense and 8 players on defense. The offense will be required to have a minimum of 4 linemen in a 3 or 4 point stance on the line of scrimmage. The offensive linemen are not eligible to run or catch the ball during the play. The defense will be required to have a maximum of 3 defensive linemen in a 3 or 4 point stance.
6. At the start of the game, the second half, and after a score, the ball will be put into play by the team in possession from their own 35-yard line (as defined by the painted field numbers). There will be no punting. In lieu of punting, the team in possession will have the option of having the referee advance the ball 20 yards or $\frac{1}{2}$ the distance to the goal line, whichever is less, to simulate a punt and change of possession will occur.
7. At the snap of the ball, all defensive players except the required three (3) defensive linemen must be at least 3 yards off the line of scrimmage.
8. A defensive player cannot make contact with the offensive center or line up over the center (such as a nose guard) until the quarterback receives the ball from the center, including long snaps. The penalty is 15 yards.
9. Blocking below the waist is not allowed. The penalty is 10 yards from the point of infraction.
10. The games will be officiated by a minimum of three (3) referees.

SECTION 6 - CHEER RULES

General

1. The Cheer Competition Committee shall preside over cheerleading related matters.
2. All coaches must agree to abide by these By-laws by signing the Coach Code of Ethics.
3. All Head Coaches must attend a preseason meeting as determined by the League Cheer Director.
4. All Cheerleaders must agree to abide by these By-laws by signing the Participant Code of Ethics.
5. Cheerleading squads will be formed based on the criteria outlined in Section 3 – Cheer Divisions with Ages. If an association does not have enough cheerleaders to support separate squads, then combined age groups are allowed.
6. Once a squad is established, cheerleaders must remain on that squad. Any change thereafter must be made with approval from League Cheer Director. Squads may have a maximum of 25 participants.

Cheer Coach Rules

1. All cheerleading coaches shall be prohibited from using any form of tobacco, alcohol, or illegal drugs, as well as, any form of profanity while on the playing field or practice field, or at any time while in contact with children.
2. The Head Coach shall be responsible for completing and submitting the Serious Incident Report form for Cheerleaders to the League Cheer Director within 48 hours of incident occurring. The form shall be maintained by the League Cheer Director for a period of not less than 1 year. Forms should be completed for bee sting, ankle twists and major accidents.
3. Coaches shall be familiar with cheerleading techniques, stunts and jumps.
4. Coaches shall set a positive example for their squads and communities at all times.
5. Coaches shall represent good sportsmanship at all times, whether at games or practices.
6. Coaches shall treat all cheerleaders, parents, and other coaches with respect.
7. Coaches shall treat all cheerleaders fairly, teach all cheerleaders equally and make them feel a part of the squad.
8. Each team may have 1 head coach and 2 assistant coaches.
9. Coaches are responsible for notifying all participants of rules/regulations and by-laws set forth by the league, scheduled games, playoff's and practices times/locations and cancellations and/or make-ups as indicated by RCYFL.
10. Teams may hold up to three (3) one and a half (1 ½) hour practice sessions per week before Labor Day. Teams may hold two (2) one and a half (1 ½) hour practice sessions per week after Labor Day.
11. All children must be properly supervised by an adult during practices.

SECTION 6 - CHEER RULES

12. Team coaches shall carry their team rosters, signed RCYFL player and parent code of conduct, and blank injury report forms at all times.

Game Day Protocol

1. Half-time cheers, dances or stunts are optional and shall be limited to four (4) minutes per squad.
2. At the end of the game all cheerleaders shall shake all players' hands.
3. If a player becomes injured during a game, cheerleading squads are to stop cheering, kneel on one knee, or stand quietly, until the injured player is removed from the playing field, at which time the injured player shall be applauded.
4. All cheers and chants shall be free of vulgar words, phrases, and motions. No type of derogatory cheers will be allowed.
5. Cheerleading coaches are to keep their cheerleaders off the playing field, except at half-time (this includes before/after games).
6. Each squad shall be accompanied by at least one (1) rostered coach on game day.
7. All participants must be in uniform. A uniform may be as simple as a tee-shirt, but all members of the squad must dress accordingly and have matching uniforms.
8. All participants must cover their mid drift when standing at attention.
9. Music and boom boxes are only allowed during half time performances.
10. Poms and flash cards are allowed.
11. No cheer or dance should incorporate inappropriate body movements.

Cheer Rules

1. Coaches shall spot for all routines that involve a cheerleader leaving the ground.
2. Coaches are to remain in close proximity of her squad during practices and games, and half-time performances.
3. All stunts, pyramids, jumps and tumbling must be taught in sequence. Cheerleaders must master one skill before moving onto the next.
4. Pyramids over two (2) levels high are not permitted.
5. All basket tosses should have a minimum of three (3) catchers; two (2) bases and one (1) back spotter, with the required involvement of coaches as detailed below:
 - a. In the Rookies and Freshmen divisions; all basket tosses must have a minimum of two (2) coaches in the catching position.
 - b. In the Sophomores, Juniors, and Seniors divisions; all basket tosses must have a minimum of one (1) coach in the catching position.
6. All jumps are allowed for all ages.
7. Tumbling restrictions are as follows:

SECTION 6 - CHEER RULES

- a. Rookie and Freshmen divisions; Cartwheel, round-off, front and back walkover and handstands
 - b. Sophomores; All of the above plus; front handspring (1) and standing back handspring (1).
 - c. Juniors and Seniors; All tumbling is allowed
8. Cheerleaders shall be taught proper spotting techniques and proper spotting should always be used.
 9. If stunts are performed above waist high, continuous spotters are required. High stands do not require spotters once the technique has been considered mastered by the coach.
 10. All stunts must be done on mats or flat grassy areas. When cheering on other surfaces all cheerleaders must be GROUND BOUND!
 11. Each child must follow the guidelines stated above for their age group regardless of the squad level for their participation.
 12. All cheers and dances shall be respectful, no explicit lyrics.
 13. All music used for cheering shall be clean, no explicit lyrics.
 14. Lace up athletic/tennis shoes with socks must be worn for practice and games. No heeled, platform soles, or slip on shoes are to be worn. Cheerleaders shall wear shoes designated for cheerleading only. Any cause for an exception is to be submitted to the League Cheer Director for approval.

SECTION 7 – FOOTBALL COACH RULES

General

1. The Football Competition Committee shall preside over football related matters.
2. All coaches must agree to abide by these By-laws by signing the Coach Code of Ethics.
3. All Head Coaches shall be certified by USA Football in the Level I Tackle Certification no later than the first preseason practice. All Assistant Coaches shall be certified by USA Football in the Level I Tackle Certification no later than the first game.
4. All Head Coaches must attend a preseason meeting as determined by the League Football Director.
5. All Head Coaches and Assistant Coaches will be responsible for the proper condition and operation of their players' equipment on at all times, as defined by the current edition of the National Federation of State High School Athletic Associations (NFHS) Rule Book.
6. The Head Coach is responsible for completing the Serious Incident Report form and submitting to the League Rep within 2 days of any injury to a player that prevents the player from continuing to participate in a game, scrimmage, or practice.

Coaching Rules

1. Only the following persons shall be allowed in the coaches' box during a League game:
 - a. Coaches listed on the official team roster.
 - b. A League Representative.
 - c. Up to two (2) water personnel.
 - d. A first aid person.
2. All Coaches and Team Representatives shall be identified by matching Team colors (i.e. shirts, hats) worn properly. Each team shall be uniformly matched.
3. Cell phone use is prohibited during the game, including halftime.

Suspension

1. Coaches receiving a bench (sideline) penalty during the season: The Associations are responsible for the behavior of their coaches and adherence to the Coaches' Code of Conduct. If Associations fail to take appropriate action, the League reserves the right to impose fines and suspensions as follows:
 - a. First violation shall result in an Association receiving a one hundred dollar (\$100.00) fine.
 - b. Second violation shall result in an Association receiving a two hundred dollar (\$200.00) fine and the coach being suspended for two (2) weeks from the date of violation.

SECTION 7 – FOOTBALL COACH RULES

- c. Third violation shall result in an Association receiving a three hundred dollar (\$300.00) fine and the coach being suspended for twelve (12) months from the date of violation.
2. Coaches receiving an ejection during the game:
 - a. First violation shall result in the coach being suspended for one (1) week from the date of violation.
 - b. Second violation shall result in the coach being suspended for the remainder of the season.

For the suspension period, the coach shall not be involved in practice the week preceding the suspended game, allowed on the sideline during the suspended game, or act in the capacity as a coach during the suspended period. Suspension times are not affected by cancellations or postponements caused by special circumstances including inclement weather. Violation of these procedures shall be considered a second violation of the ejection rules.

Scouting Rules

1. Scouting will only be allowed at scheduled League games. All scouts must be identifiable by wearing the Association / Team logo or identification and check in with Home Teams' League Representative. Scouts may only use pen/pencil and paper or electronic notes for recording information.
2. Scouting will NOT be allowed at practice sessions or controlled scrimmages.
3. A rostered player from one Association may not attend another Association's practices without the written approval of the Association in which the player intends to visit. Failure to comply will result in 2 week suspension for first offense and 1 year suspension for second offense.
4. Scouting will NOT be allowed from the announcer's / press box.
5. Disciplinary Actions for violations of Scouting Rules:
 - a. First offense shall result in the forfeiture of the potentially affected game.
 - b. Second offense shall result in a four hundred dollar (\$400.00) fine in addition to forfeiting the potentially affected game and removal from playoff contention.
 - c. Third offense shall result in the Head Coach being dismissed from the League.

Filming Rules

1. Filming of games by an Association member, in which his/her team is playing, is permissible.
2. Filming of a game by anyone other than members of the two (2) Associations involved in said game is prohibited, unless one of the participating Associations has engaged an

SECTION 7 – FOOTBALL COACH RULES

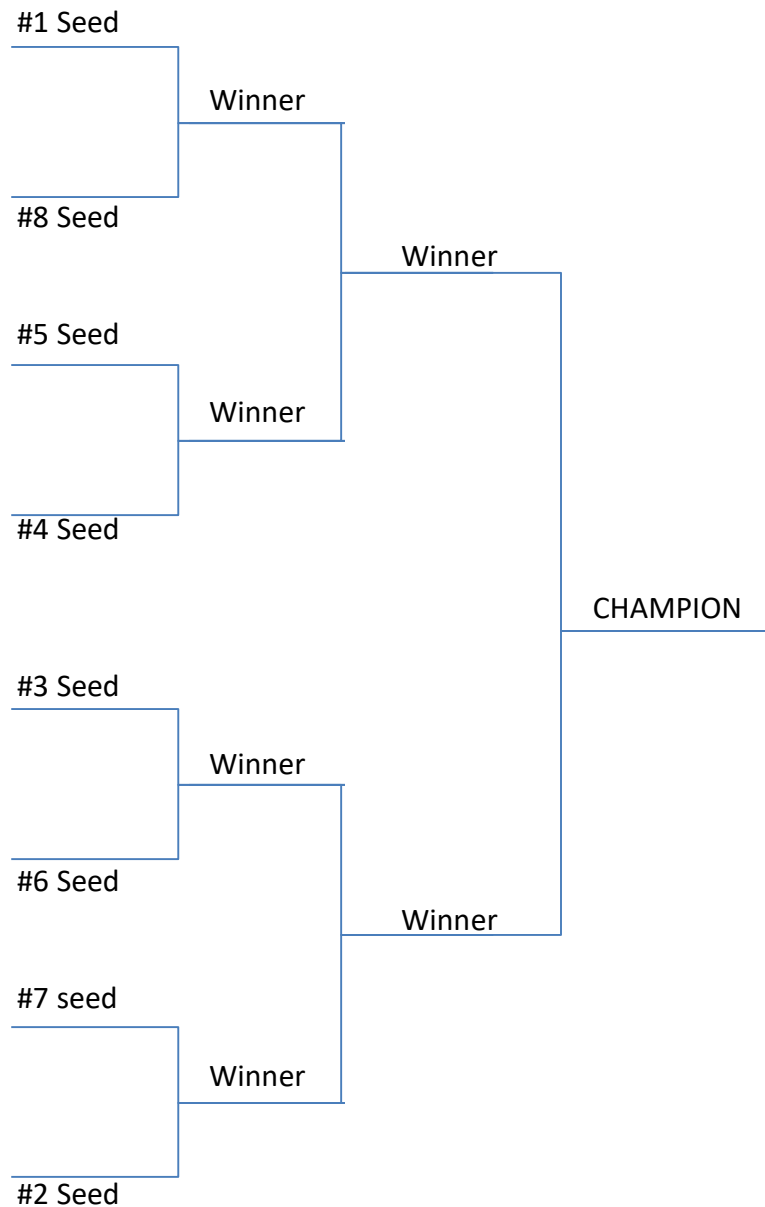
outside photographer to film the game or any portion thereof, to include the use of camera phones.

3. There shall be no swapping or giving of film between Associations for any reason unless the Chairman and League Football Director have given approval.
4. Disciplinary Actions for violations of Filming Rules:
 - a. First violation shall result in a one (1) week suspension of the Head Coach of the filming Association for the potentially affected game as well as forfeiture of the potentially affected game.
 - b. Second violation there will be a suspension of one (1) year of the head coach as well as forfeiture of the potentially affected game and removal from playoff contention.

SECTION 8 – PLAYOFFS AND BOWL GAMES

Playoffs (> 12 teams in a division)

The top 8 teams within a division will make the playoffs. The first round of playoffs will occur on the Saturday following the regular season. The following Wednesday night may be considered as the semi-finals to determine the final 2 teams for the Championship. The Championship will then be played on the following Saturday.

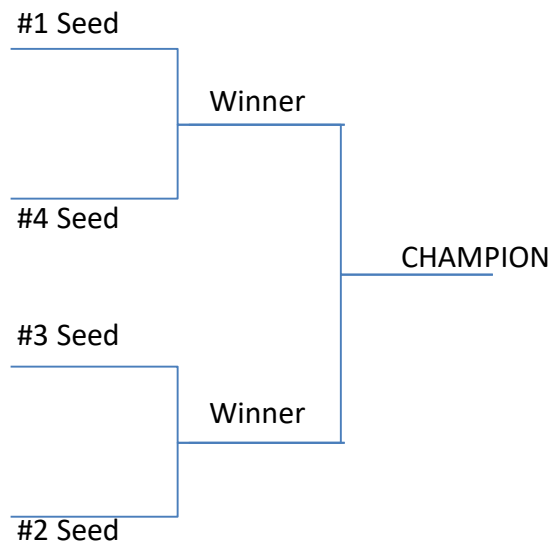


8 Team Single Elimination Playoff Bracket

SECTION 8 – PLAYOFFS AND BOWL GAMES

Playoffs (< 12 teams in a division)

The top 4 teams within a division will make the playoffs. The semi-final games will occur on the Saturday following the bowl games, or as determined by the Chairman / Vice Chairman. The Championship will then be played on the following Saturday.



4 Team Single Elimination Playoff Bracket

Playoff seedings shall be determined by the following criteria:

1. Best record.
2. Head-to-head competition.
3. Strength of Schedule

In the event that two teams are tied for the #8 or #4 seed after criteria 1, 2, and 3, a play-in game may be scheduled the Wednesday night prior to the first playoff game.

Bowl Games

All teams not making the playoffs will be matched up according to record and play in a bowl game to be played on the first playoff weekend.

Eligibility

Players must participate in a minimum of half the regular season game to be eligible for the playoff or bowl game participation. Injured players may present a doctor's note to obtain eligibility.

SECTION 9 – CODE OF ETHICS

Player / Parent Code of Ethics Form

Coach Code of Ethics Form

SECTION 10 – LEAGUE FORMS

Roster Form

Serious Incident Report Form

SECTION 11 – HEALTH DOCUMENTS

Extreme Heat Exhaustion

1. All teams shall adhere to the approved practice schedule in Amendment 1 - Football Season and Game Day Schedules.
2. If the temperature is 90°F or more according to a League approved weather application, practice shall be limited to a light workout without helmets and shoulder pads. Normal practice may commence once the temperature is below 90°F. Violations are subject to a fine up to \$500.00 and suspension of the Head Coach, as determined by the Chairman.
3. Players shall have unlimited access to water during practice. Practices should have predetermined water breaks approximately every 15 minutes. The timing and length of the breaks should be dependent on the environmental conditions.

Heat Acclimation Chart

Preseason and Regular Season practices shall follow USA Football recommended conditioning and as modified by RCYFL:

Day	Equipment	Contact Allowed	Duration Limit
WEEK 1			
1	Helmet, T-shirt, shorts, cleats, mouthpiece, and water bottle	No player to player contact allowed	90 Minutes
2	Helmet, T-shirt, shorts, cleats, mouthpiece, and water bottle	No player to player contact allowed	90 Minutes
3	Helmet, shoulder pads, shorts, cleats, mouthpiece, and water bottle	No FULL contact allowed (includes Thud and Live)	120 Minutes
4	Helmet, shoulder pads, shorts, cleats, mouthpiece, and water bottle	No FULL contact allowed (includes Thud and Live)	120 Minutes
*5	Helmet, shoulder pads, shorts, cleats, mouthpiece, and water bottle	No FULL contact allowed (includes Thud and Live)	120 Minutes
WEEK 2 through WEEK 4			
	Full Equipment, mouthpiece, and water bottle	FULL – Limited to 30 minutes per day and 120 minutes per week	*120 Minutes per practice and 5 practices per week
* Modified by RCYFL			

SECTION 11 – HEALTH DOCUMENTS

REGULAR SEASON			
	Full Equipment, mouthpiece, and water bottle	FULL – Limited to 30 minutes per day and 90 minutes per week	120 Minutes per practice and 3 practices per week

VHSL Heat Guidelines

Humiture or Apparent Temperature Chart (After R.G.Steadman, 1979)

RELATIVE HUMIDITY (%)

Temp	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
105°	100	105	113	123	135	149				
104°	98	104	110	120	132	143				
102°	97	101	108	117	125	139				
100°	95	99	105	110	120	132	144			
98°	93	97	101	106	110	125	132			
96°	91	95	98	104	108	120	128			
94°	89	93	95	100	105	111	122	128		
92°	87	90	92	96	100	106	115	122		
90°	85	88	90	92	93	100	106	114	122	130
88°	82	86	87	89	93	95	100	106	115	125
86°	80	84	85	87	90	92	96	100	109	111
84°	78	81	83	85	86	89	91	95	99	105
82°	77	79	80	81	84	86	89	91	95	96
80°	75	77	78	79	81	83	85	86	89	91
78°	72	75	77	78	79	80	81	83	85	86
76°	70	72	75	76	77	77	77	78	79	80

HUMITURE

VHSL RECOMMENDATION

- 105° and up:** Recommend no outside activities.
- 95° to 104°:** Recommend no equipment (helmets, pads, etc) be used during activity.
- 90° to 94°:** Recommend equipment be removed as often as possible (during rest breaks, on sideline, etc). Careful monitoring of all athletes for signs of heat problems.
- Below 89°:** Recommend adequate water supply at all practices and competitions with breaks every 20 to 30 minutes for rehydration

Inclement Weather

When lightning or thunder occurs, all coaches and players must immediately take shelter. No practice or game can continue until there is no lightning or thunder for a consecutive 30 minutes.

SECTION 11 – HEALTH DOCUMENTS

Concussions

1. All Associations will generally follow USA Football's Concussion Protocol, which can be found at <https://usafootball.com/programs/heads-up-football/youth/concussion/>
2. An athlete who displays signs of a concussion must be removed from participation. Before the athlete can resume participation (game or practice) he or she must be examined by a licensed physician and released by the physician to resume participation.
3. If a concussion is diagnosed by the physician, the parent of the athlete must provide the player's association and Chairman a release note to return to football or cheer from the physician and receive approval by the Chairman before resuming participation.
4. Disciplinary Actions for violations of concussion procedures:
 - a. First offense shall result in a monetary fine up to \$500 for the association and suspension of the coach for 4 weeks.
 - b. First offense by a parent or player shall result in the player being suspended for a minimum of 4 weeks.
 - c. Second offense by an association, coach, parent, or player shall result in being automatically removed from the League.

Hydration Guidelines

This information was taken from MomsTeam.com and the complete article can be found at <http://www.momsteam.com/print/275>.

To keep from becoming dehydrated, your child must drink fluids before, during and after exercise. To promote fluid intake in kids, fluids containing salt (i.e. sports drinks) have been shown to increase voluntary drinking by 90% and prevent dehydration compared to drinking plain water. To ensure that your child is drinking enough, you should see that she drinks fluids according to the following schedule:

Ages 6 to 12	Ages 13 to 18
Before Sports Drinking fluids prior to exercise appears to reduce or delay the detrimental effects of dehydration. <ul style="list-style-type: none">• 1 to 2 hours before sports: 4 to 8 ounces of cold water• 10 to 15 minutes before sports: 4 to 8 ounces of cold water	Before Sports Drinking fluids prior to exercise appears to reduce or delay the detrimental effects of dehydration. <ul style="list-style-type: none">• 1 to 2 hours before sports: 8 to 16 ounces of cold water• 10 to 15 minutes before sports: 8 to 12 ounces of cold water

SECTION 11 – HEALTH DOCUMENTS

Ages 6 to 12	Ages 13 to 18
During Sports <ul style="list-style-type: none">• Every 20 minutes: 5 to 9 ounces of water or a sports drink, depending on weight (5 for a child weighing 88 pounds, 9 ounces for a child weighing 132 pounds)	During Sports <ul style="list-style-type: none">• Every 20 minutes: Between 5 and 10 ounces of water or sports drink, depending on weight
After Sports <ul style="list-style-type: none">• Post-exercise hydration should aim to correct any fluid lost during the practice.• Within two hours: at least 24 ounces of water or a sports drink for every pound of weight lost	After Sports <ul style="list-style-type: none">• Post-exercise hydration should aim to correct any fluid lost during the practice.• Within two hours: at least 24 ounces of water or a sports drink for every pound of weight lost