

DEPARTMENT OF PARKS AND RECREATION
SPORTS MANAGEMENT
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VBgov.com/Sports

REVISED
MARCH 2022

YOUTH 7V7 COED PASSING LEAGUE BYLAWS

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 the teams and individuals participating.

EFFECTIVE DATE: These bylaws are in effect for the Spring 2022 Youth 7v7 Coed Flag Passing League season. Coaches are responsible for advising their players and spectators of the articles within these bylaws.

OFFICIAL RULES: Virginia Beach Department of Parks and Recreation Sports Management (SM) rules and regulations shall govern all leagues. Coaches, players, and spectators must abide by all rules, regulations, and bylaws.

INDIVIDUAL REGISTRATION: SM will require a \$65.00 individual online registration fee (debit/credit card only) from all participants.

1. Online registration (for credit/debit card payment) is available on our website (VBgov.com/Sports).
2. Payment must be received by **February 7, 2022** in order for a player to participate in the league.
3. Late registration (if space is available) will be accepted online until **February 14, 2022** with a \$10 late fee.
4. A wait list will be created if the division maxes out and/or after the late registration deadline until the first game of the season.
5. No additional players will be added to any team after the first game of the season (**Friday, April 1, 2022**).
6. SM will place players on teams based on location, school attending, and/or request by the registrant during registration.

INDIVIDUAL REGISTRATION REFUND: Refund, cancellation, or withdrawal requests must be made in writing to cwathletics@vb.gov. Refund, cancellation, or withdrawal requests received seven (7) days in advance of the program start date will be honored in full. Refund, cancellation, or withdrawal requests received after the seven (7) day period but prior to the program start date will be honored in the following manner: you may choose a 50% refund of the total fee or a transfer at the time the refund is requested to another available Parks and Recreation class or service.

Refunds will not be provided for requests received on or after the program start date. Accounts will not be credited.

ADMINISTRATIVE RULES

SM assumes the following responsibilities:

1. Game facilities and equipment.
2. Official league game jersey (t-shirt) for participants.
3. Custody of player registration and team rosters.
4. Assignment of officials.
5. Authority to rule on player eligibility, rules, and regulations.
6. Awards to league champions.
7. Provision of a game balls, flags, and QB tees. Game balls, flags, and QB tees are not to be used for practice or warmups.

PLAYER ELIGIBILITY

1. A player's age on **September 30, 2021** determines eligibility. **Exception:** A player who turns eight (8) years old during the current league season (March – June) will have a "league age" of eight (8) years old.
 - A. **10U:** Age 10 and under (must be eight (8) years old on or before September 30 or turn eight (8) years old during the current league season (March – June). Cannot be 11 years old on or before September 30.

- B. **13U:** Age 13 and under. Cannot be 14 years old on or before September 30.
 - C. **18U:** Age 18 and under (if still in high school). Cannot be 19 years old on or before September 30.
2. All players must attend a K-12 school or be in an approved home study program to participate.
 3. All individuals on active High School varsity (V), junior varsity (JV), and junior-junior varsity (JJV) rosters **ARE** eligible to play.
 4. **Ineligible Players:** For out of school suspension (OSS), if a player has been suspended from school, they may not participate in a sanctioned league game until the player is officially back in school.
 5. Player(s) may play up one (1) age division if desired. A parent must submit written documentation to the SM Office requesting player movement to an older age division after registration.
 6. SM reserves the right to investigate player eligibility at any time.
 - A. Any player information found to be invalid or a player playing on an incorrect team and not in accordance with these bylaws will result in forfeiture of the most recent game played by the ineligible player(s).
 - B. Playing a player who has not registered for the league may result in any/all of the following:
 - I. Forfeiture of all games played with ineligible player(s).
 - II. Coach and player(s) probation and/or suspension from the league in which the illegal participation occurred for up to one (1) year from the date of the infraction.
 - III. Loss of Championship Play (playoff) eligibility or removal from Championship Play (playoffs).
 - IV. Subsequent violations can lead to further sanctions.
 7. Players must be ready to provide eligibility verification to SM staff at any time. Players unable to do so will not be allowed to play. Further actions may be taken by SM after investigating player eligibility.

ROSTERS

1. SM will generate team rosters for game site staff. Rosters can also be viewed online at VBgov.com/Sports.
2. Only players who have completed all roster requirements will appear on the online roster and be permitted on the field and participate in the game.
3. NO player(s) shall play on more than one (1) team in the 7v7 Coed Flag Passing League.
4. Maximum of fourteen (14) rostered players, four (4) adult coaches, and one (1) youth junior assistant coach per team.
5. There is no residency rule.

GENERAL REGULATIONS

1. **Each team is permitted one (1) Head Coach, three (3) Assistants, and one (1) Junior Assistant.** If equipment managers and/or trainers/doctors are going to be on the field, they are included in (and not in addition to) the maximum number of assistant coaches. The name and telephone number of each team's Head Coach and Assistants must be on file in the SM Office **before** the start of the season. SM shall be notified of any coaching changes during the season.
2. Only coaches that have a valid Youth Sports Volunteer ID Badge will be permitted on the field and participate in practices/games.
3. Youth Sports League Volunteer Identification Badges **MUST** be worn on the outside of the shirt or jacket and be clearly visible. Failure to do so will forfeit the individual's privilege to coach until the badge is properly displayed. If at the start of the game, a team does not have an adult coach present with a valid Youth Sports League Volunteer Identification Badge, the game will be declared a forfeit. The presence of a Junior Assistant (under age 18) at the start of the game is not an acceptable substitute if an adult coach is not present. Individuals found wearing a badge that in any way misrepresents their identity (i.e., another coach's badge, etc.) will be suspended for the remainder of the season. The badge in question shall be confiscated, and the person to whom the badge belongs shall be suspended for the next two (2) games.
4. Mandatory coach's meeting will take place in March covering rules and regulations for the upcoming season. Each team must be represented.

SCHEDULING OF GAMES

1. Games will be played in accordance with the schedule created by SM with game times distributed as equally as possible.
2. If a coach/team is unable to play a scheduled game, they must notify the SM Office as soon as possible, so necessary arrangements can be made. This constitutes a forfeit, and the opposing team will receive credit for a win.
3. If a game is postponed due to weather, light failure, or conditions beyond our control, SM will post make-up information on the online league schedule (VBgov.com/Sports) by the next business day of the cancellation. Postponed games are typically rescheduled at the end of the regular season. When necessary, games may be rescheduled on alternate nights of play (due to excessive cancellations). Games that have no bearing on league standings may not be rescheduled. (See Inclement Weather – Condition of the Playing Field, page 13-14)
4. SM reserves the right to arrange postponed games, reschedule games, change game times, move games, and/or cancel games, if necessary, due to conditions beyond our control. Please contact the SM Office with any questions.
5. If a team forfeits two (2) games in succession, or three (3) games in a season for not having the required number of players to start a game, the team may be subject to removal from the league.
6. Requests of postponement or rescheduling of league games will not be accepted.
7. If during a game, conditions (light failure, loss of power, field playability, safety concerns, etc.) force a stoppage of play before the game is considered official, a thirty (30) minute delay will be in effect. If after thirty (30) minutes conditions have not improved so as to continue the game, that game will be rescheduled for a later date. The remainder of scheduled games for that day may also be cancelled and rescheduled for a later date (see Inclement Weather – Condition of the Playing Field, page 13-14).

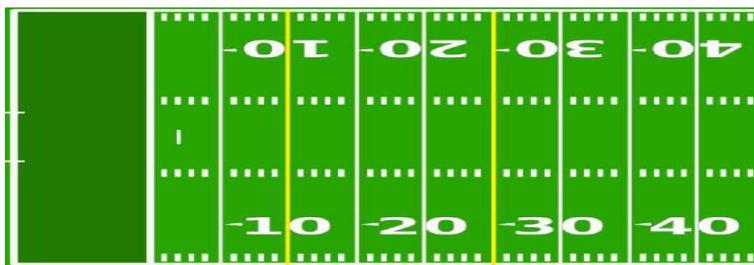
STANDARD GAME PROCEDURE

1. Officials will be assigned by SM. Three (3) officials will work each game during the regular season and playoffs. No team has the right to refuse any official(s) assigned.
2. Staff are assigned by SM. Coaches, players, and spectators are expected to cooperate with them.
3. Head coaches are responsible for maintaining proper conduct among their assistants, players, and spectators at all times (before, during, and after all practices/games at all facilities). Players, coaches, and spectators may be suspended from future games based on inappropriate behavior. **Unsportsmanlike conduct is not tolerated.**
4. Coaches are responsible for keeping spectators and non-rostered individuals off the field (outside the concrete perimeter of the turf field on field). Coaches are reminded to keep their players at least three (3) feet behind the sidelines.
5. Head Coaches are the **ONLY** coaches to address an official. Assistant Coaches **ARE NOT** permitted to address an official regarding a call unless they are acting in a head coaching capacity. Coaches should remain within the coaching area. At the conclusion of games, officials are off limits to coaches, players, and spectators.
6. **Sunflower seeds and gum are STRICTLY PROHIBITED. Any player/coach/spectator littering the field with seeds/shells/gum will be asked to stop and may be removed from the game area.**
7. **Starting of Games:**
 - A. There is **NO** grace period. Game time is forfeit time. Official time is administered by the head official's watch/mobile phone.
 - B. Teams may be at their warmup site **no more than thirty (30) minutes** before their scheduled game time. Once the previous game has ended and teams have exited the field area completely, the next set of teams will be allowed onto the field. (exception: first game of the night, teams can report directly to their assigned field). **A game can start earlier than the scheduled time if both coaches agree.**
 - C. Teams must have a minimum of five (5) players present at game time to begin. If a team cannot field the minimum five (5) players at game time, the official will declare the game a forfeit.
 - D. If neither team is able to field the minimum number of players necessary to play, both teams will be credited with the applicable number of losses.

- E. If a team loses the seventh (7th) player for any reason, play may continue as long as the team has five (5) players on offense and/or defense. If a team drops below five (5) players, the game will end.
 - F. If a game is deemed a forfeit by the official due to team(s) not meeting the minimum number of players and/or an adult coach present without a valid Volunteer ID Badge, teams will not be able to practice and/or scrimmage.
 - G. **At the Princess Anne Athletic Complex (PAAC), practices and/or scrimmages of any kind are prohibited.**
 - H. SM staff will determine postponement or cancellation of games.
8. Players on teams scheduled for the next game shall warm up in designated areas while a game is in progress. They may not detract in any way from the game in progress and must stay away from the field of play. For the safety of spectators and fairness to the teams playing, coaches must enforce this rule.
 9. The home team is the team listed to the left on the schedule and will occupy the same side of the field as the yardage markers. Away team will receive the ball first in the first (1st) half. Home team will receive the ball first in the second (2nd) half.
 10. There will be one (1) offensive and one (1) defensive coach per team allowed on the field at any time.
 11. Offensive coach must maintain a ten (10) yard buffer from the line of scrimmage (L.O.S.) (behind the offense) at the snap of the ball.
 12. Defensive coach must maintain a twenty (20) yard buffer from the (L.O.S.) (behind the defense) at the snap of the ball.

FIELD SETUP

1. The playing field is forty (40) yards long by fifty-three (53) yards wide, with the end zones ten (10) yards deep.
2. Yard markers will be placed on the right side of the field at the 40, 30, 20, 10 and goal lines. Pylons will mark the goal line/end zone area.
3. Coach's Box: The coach's box is located from the forty (40) yard line to the twenty (20) yard line.
4. **First Downs:** The Offense will have four (4) downs to cross the twenty-five (25) yard line for a first (1st) down. After crossing the twenty-five (25) yard line, the offense will have four (4) downs to cross the ten (10) yard line for another first (1st) down. After crossing the ten (10) yard line, the offense will have four (4) downs to score. No carryover of downs will be allowed (unless a penalty gives a team an automatic first (1st) down).



PLAYERS EQUIPMENT

1. Teams must provide their own practice balls, mouthpieces, short/pants without pockets, and other equipment deemed necessary. SM will provide game balls and game player flag belts (which are not to be used for practice). Teams may use their own approved balls for game play.
2. In the 10U league, the official game ball will be the Wilson "TDJ" youth model. In the 13U & 18U leagues, the official game ball will be the Wilson "TDY" model.
3. **Jewelry** or hard objects in the hair may not be worn by player(s) on the field. Necklaces, watches, bracelets, earrings, rings, or other jewelry are prohibited. Tape-ups or cover-ups of these items are not allowed (these items must be removed to play). Medical bracelets are approved but must be taped down/adhered to the skin. This is a safety issue and will be strictly enforced. Failure to comply will result in player ineligibility until jewelry is removed.
4. **A mouthpiece is mandatory for all players.** Failure to comply will result in player ineligibility. **DO NOT SHARE MOUTHPIECES.**
5. Official league jersey (t-shirt) provided by SM must be worn over top during play. Failure to comply will result in player

ineligibility. Players official league jersey (t-shirt) must be tucked into the pants/shorts if they hang below the belt line.

6. Official league jersey (t-shirt) may not be altered in any way (do not remove sleeves or cut/tear shirt). **EXCEPTION:** adding team/individual player name and/or number by screen print transfer, sew on, etc. may be placed anywhere on the official league jersey (t-shirt) so long as it does not interfere with the logo.
7. **Pants/shorts must not have pockets, belt loops, belts, or zippers.** No tape-ups or cover-ups. Pants/shorts may not be turned inside-out. This is a safety issue and will be strictly enforced. Drawstrings must be kept inside of pants/shorts at all times. Failure to comply will result in player ineligibility.
8. A one-piece flag belt with three (3) flags provided at the field and must be worn. One (1) flag should be on each hip and one (1) flag in the back. A flag belt twisted, tucked, and/or covered which would impede the defender from de-flagging the player will be declared dead by the official (judgement call) at the point the flag belt is reached for by the opponent.
9. Players must wear shoes. Rubber molded cleats are encouraged however, cleats with metal are not allowed. Tennis shoes are permitted.
10. Players may wear a knit stocking cap. The cap must have no bill.
11. Players may wear soft shell padded headgear made specifically for 7v7. No other helmet types are allowed.
12. Players may wear a single-colored headband, wristband, wristband playbook, gloves, and knee pads.
13. Players may wear pliable and non-rigid sunglasses and/or sport glasses.
14. Coaches may bring a paper playbook and/or notebook on the field.
15. Players may wear arm sleeves, knee sleeves, lower-leg sleeves, tights and/or compression shorts. The sleeves/tights and compression shorts may be black, white, beige or the predominant color of the team shirt and the same color sleeves/tights worn by all teammates.
16. Players may tape their forearms, hands, and fingers.
17. A player playing the quarterback (QB) position may carry a towel, but the towel may only hang from the front waist. No other playing positions will be allowed to wear a towel.

PLAYER ILLEGAL EQUIPMENT

A player wearing illegal equipment shall not be allowed to play. Types of illegal equipment include:

1. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots (bandanas).
2. Hooded shirts/sweatshirts (safety issue).
3. Braces worn above the waist.
4. Shoes with metal, ceramic, screw-in, or detachable cleats.
5. Braces made of hard, unyielding material.
6. Players wearing a cast of any type (soft or hard).

PLAYING RULES

1. **MANDATORY PLAY RULE:** Each player in uniform at the game site must play at least eight (8) plays in a full game. It is the coaches' responsibility to adhere to this rule. If a concern arises, it should first be addressed with the coach. If not satisfactory corrected, please notify the SM Office. Violations brought to the attention of SM may result in probation/suspension of the head coach.
 - A. If a player is injured and taken out before the player has completed the mandatory playing requirement, the player must still play eight (8) plays if the player is able to return to the game.
 - B. It is the coach's responsibility to keep account of their players. If a violation of the Mandatory Play Rule is discovered, play will stop until the necessary substitutions are made to rectify the situation.
 - C. Since there is a Mandatory Play Rule, a player should not be removed if a problem can be resolved on the spot (Example: jewelry, uniform or shoe adjustment, or minor injury that is shaken off).

- D. The Mandatory Play Rule is in effect for all games, including playoffs.
2. **All possessions will start on the forty (40) yard line.** No kickoffs, field goals, punt attempts, or interceptions run back.
 3. The play ends when the flag is pulled, ball carrier's knee hits the ground, player/ball carrier goes out of bounds, fumble occurs, or a touchdown is scored.
 4. Teams must have at least one (1) player on the L.O.S. at all times prior to the snap of the ball. Any player may be in motion, but only one (1) player is allowed in motion at a time. All motion must be parallel or backwards to the L.O.S. and no motion is permitted towards the L.O.S until the ball is snapped. Offensive players must come to a complete stop for one (1) second before the ball is snapped unless they are the only player in motion.
 5. **Possession Change:** Possession will change after each touchdown/extra point attempt, turnover on downs, or an offensive turnover.
 6. **FLAG PULLING**
 - A. A legal flag pull takes place when the ball carrier is in full possession of the ball and the defender pulls the ball carriers flag.
 - B. Defenders can dive to pull flags, but cannot tackle, hold, or run through the ball carrier when pulling flags.
 - C. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
 - D. If a player's flag belt inadvertently falls off during the play, the player is down with a one hand touch.
 - E. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
 - F. Flag guarding is defined as an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm, shoulder, ball, or intentionally covering the flags with the jersey.
 7. **Fumbles:** Fumbles are dead balls at the spot with the offensive team retaining possession unless the result is a turnover on downs/change of possession. When the ball carrier loses control of the ball and the ball or the ball carrier touch the ground, the play is ruled dead and the ball will be spotted at the point it touched the ground as long as the spot is at or behind the ball carriers forward progress. **A muffed snap is not a fumble/dead ball. The pass clock remains in effect on snaps.**
 8. **Substitutions:** Players are free to substitute in and out of the game in between plays, but they must exit/enter from the proper side of the field. Each substitute shall be in uniform and ready to play with flags in position.
 9. The Offensive team is responsible for retrieving and returning the ball to the head official to spot. Clock does not stop and any delay by the offense in retrieving and returning the ball **TO THE OFFICIAL** will result in a delay of game (5-yard penalty from the succeeding spot).
 10. Interceptions may **NOT** be returned, and the play is whistled dead immediately. An interception simply results in a change of possession, two (2) points being awarded to the defense, and the ball being placed at the forty (40) yard line in the middle of the field.
 11. Each team will have a designated game ball and each coach should bring the game ball into the game at the start of their team's offensive possession. Game balls should be disinfected before/after each game and at half time.
 12. All passes must be forward and received beyond the L.O.S. Only one (1) forward pass per play. Shovel, pitches, or under hand passes are allowed as long as it is beyond the L.O.S.
 13. No laterals, hand offs, or screen passes of any kind are allowed behind or beyond the L.O.S.
 14. **Offense:** Seven (7) on the field with the quarterback being an ineligible receiver.
 15. **Defense:** Seven (7) defenders on the field. Defensive rushing will not be allowed.
 16. This is a **NON-CONTACT** league.
 - A. In an attempt to pull the runner's flag, incidental contact will invariably occur. However, contact to the face, neck or head should not occur and be avoided if possible (see Penalties, page 10).
 - B. Illegal vs. incidental contact is a judgment call by the official and cannot be protested.

- C. To prevent possible concussions and other head/neck injuries, three (3) and four (4) point stances are not permitted. All players must be upright.
17. **No Blocking.** A block is illegal and occurs when a player extends his/her hands, arms, legs, elbows, or body to initiate contact by a defensive/offensive player. Players can only be stationary without initiating contact.
18. **Blocking will result in the runner being down at the spot of the foul (see Penalties, page 10).**
19. **TACKLING IS NOT PERMITTED.** This is a non-contact league, and any flagrant contact is cause for ejection. All contact is a judgement call by the official and cannot be protested.
- A. Tackling is defined as:
- I. Running at or leaving one's feet at an offensive player, leading or making contact primarily with the elbow, forearm, or shoulder, in attempt to knock a player down or knock a ball loose, with no attempt to pull their flags.
 - II. Playing horizontally to break up a pass by taking down the receiver.
- B. A player may not:
- I. Hold, push, or knock down a runner in an attempt to pull a flag.
 - II. Lowering the upper body that cause contact to the opponent.
 - III. Play through or run/drive through an opponent.
- C. Penalty for tackling will be automatic first down at the point of infraction or ten (10) yards from the L.O.S (See Penalties, page 10).
- D. The official has the authority to eject a player for unsportsmanlike conduct, if in the official's judgment a player is consistently playing too aggressively or taking deliberate action to injure themselves or others. No warning is needed.
20. **Timing:**
- A. **Game Time:** Games will consist of two (2) halves; twenty (20) minutes in length with a running clock. The clock becomes a regulation clock during the last two (2) minutes of both halves (see below). Otherwise, the clock only stops on a charged time out, official's time out, and/or injuries. If a team is leading by more than twenty-five (25) points in the last two (2) minutes of the second half, the game clock will only stop on time outs (official's and team) and/or injuries. Game clock will be managed by the official behind the QB.
- B. **Regulation Clock:** During the final two (2) minutes of each half the clock will stop for:
- I. Incomplete or illegal forward pass (clock restarts on the snap).
 - II. Out-of-bounds (clock restarts on the snap).
 - III. Team time out (clock restarts on the snap).
 - IV. Fumble (clock starts on the ready).
 - V. First down (clock restarts on the ready).
 - VI. Touchdown (clock restarts on next offensive snap) point tries are untimed.
 - VII. Penalty and administration (clock is dependent on the previous play, except delay of game-starts on snap).
 - VIII. Referee's time out for injury (clock restarts at his/her discretion).
 - IX. Turnover On Downs (clock restarts on the snap).
 - X. Inadvertent Whistle (clock restarts on the snap).
- C. **Pass Clock:** The quarterback will have seven (7) seconds to pass the ball across the L.O.S. in the 10U divisions. The quarterback will have five (5) seconds to pass the ball across the L.O.S. in the 13U & 18U divisions. The play is blown dead and a loss of down if the buzzer sounds before the ball is thrown. Time will be kept by the QB tee and corrected by the official behind the QB.
- D. **Play Clock:** Thirty (30) seconds kept by the official on the line (clock starts when ball is placed on QB tee). Teams will receive one warning before a delay-of-game penalty is enforced.

- E. **Halftime:** Three (3) minutes.
- F. **Time outs:** Two (2) per half and one (1) per overtime. Unused time outs do not carry over. Clock stops for timeouts. Timeouts are thirty (30) seconds in length.
- G. **Extension of Periods:** A half may be extended by an untimed down, except for unsportsmanlike or fouls which specify a loss of down, if during the last timed down, one of the following occurred:
 - I. There was a foul by either team and the penalty is accepted.
 - II. There was a double foul.
 - III. If a touchdown was scored, the PAT (point after touchdown) is attempted unless the touchdown is scored during the last down of the second half and the point(s) would not affect the outcome of the game.
 - IV. If any of the above occurs during the untimed down, the period will be extended by the same rule.
- H. **Overtime:** In case of a tie at the end of regulation play, one (1) overtime period will be played to try and 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 Championship Play (playoffs), the overtime procedure will continue until a winner is determined. Overtime periods are not timed. There will be a coin flip before the overtime to determine first possession. **ALL OVERTIME PERIODS ARE PLAYED TOWARD THE SAME GOAL LINE.** The end zone used is at the discretion of the head official. Overtime will consist of three (3) plays from the ten (10) yard line. Each team will receive an attempt to score in each overtime period with a PAT try (one (1) point or two (2) point try) will be conducted after the touchdown. **During Championship Play**, starting with the third (3rd) and subsequent overtimes, all PAT's must be two (2) point attempts from the ten (10) yard line. Additional overtime periods will be played until a winner can be determined.

21. This league will use the following scoring system:

- A. Touchdown..... 6 points
- B. Interception (Including on all extra point attempts).....2 points
- C. Extra point (10 yard line)2 points
- D. Extra point (5-yard line)..... 1 point

22. **40 Point Rule:** A forty (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 (40) point lead at the end of the first (1st) half or secures such a lead during the second (2nd) half.

23. **RUNNING**

- A. The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball carrier has the ball. Forward progress will be measured by the player's front foot.
- B. The quarterback cannot run with the ball past the L.O.S. The quarterback does have the ability to scramble in the back field, but cannot advance the ball beyond the L.O.S. If the quarterback goes past the L.O.S., an illegal forward pass penalty will be assessed (see Penalties, page 10). The quarterback is the offensive player that takes the snap.
- C. The runner is allowed to spin in order to avoid being de-flagged as long as the player does not charge during the spin and cannot leave their feet to avoid a defensive player (no diving or hurdling). An offensive penalty for illegal contact will be assessed (see Penalties, page 10).
- D. Jumping in the air (forward motion) to advance the ball, while attempting to avoid a flag pull, is prohibited. An offensive penalty for illegal contact will be assessed (see Penalties, page 10). Lateral moves (left or right) are permitted.
- E. No diving, leaping, and/or jumping to avoid a flag being pulled. If a player should dive, leap, and/or jump to avoid a flag being pulled the play shall be called dead at the point of the incident and a flag guarding penalty will be assessed (see Penalties, page 10).
- F. Offensive charging is not permitted. The ball carrier may not run through a defensive player but must attempt to evade the defensive player. An offensive illegal contact penalty will be assessed (see Penalties, page 10).

- G. The use of a “stiff arm” to ward off an opponent is prohibited. Holding or swinging the arm near the flag to ward off attempts to seize the flag is illegal and will result in a flag guarding penalty (see Penalties, page 10).
- H. Offensive players are allowed to follow the play, but cannot impede the defenders path to the ball carrier. Running with the ball carrier is not permitted.

24. **RECEIVING**

- A. All players are eligible to receive passes (except the quarterback).
- B. A player must have at least one (1) foot inbounds when making a reception.
- C. A player running out of bounds must re-establish themselves inbounds (two (2) feet inbounds) before touching the ball.
- D. In the case of simultaneous possession by both offensive/defensive players, possession is awarded to the offense.
- E. If the player’s flag falls off while the player is running a route and then catches the ball, one hand touch will be used.
- F. If the player’s flag is pulled early intentionally, the catch stands, the ball is down when a defender touches the ball carrier with one hand, and a defensive illegal flag pull penalty is assessed from the spot of where the ball carrier was downed (see Penalties, page 10).

25. **PASSING**

- A. All passes must be from behind the L.O.S., thrown forward and received beyond the L.O.S.
- B. Shovel passes, which are short passes forward, are allowed, but must be received beyond the L.O.S.
- C. Backward laterals are not allowed.
- D. The quarterback has a set pass clock. If a pass is not thrown within the pass clock, the play is dead, the down is consumed, and the ball is returned to the L.O.S.

26. **DEAD BALLS**

- A. Substitutions may be made on any dead ball.
- B. Play is ruled “dead” when:
 - I. Ball carrier’s flag is pulled.
 - II. Ball carrier steps out of bounds.
 - III. Ball carrier should leave their feet.
 - IV. Ball carrier should attempt to dive.
 - V. Touchdown or interception is scored.
 - VI. Ball carrier’s knee or arm hits the ground.
 - VII. The ball is fumbled and hits the ground.
 - VIII. The pass clock expires.
 - IX. Inadvertent whistle occurs.

27. **INADVERTENT WHISTLE**

In the case of an inadvertent whistle, the offense has two options:

- A. Take the ball where it was when the whistle blew, and the down is consumed.
- B. Replay the down from the original L.O.S.

28. **PENALTIES**

- A. Game officials determine incidental contact.
- B. All penalties will be assessed from the L.O.S except as noted (spot fouls).

- C. Penalties will be assessed half the distance to the goal line when the penalty occurs between the ten (10) yard line to goal.
- D. Only the head coach may ask the official questions about rule clarification and interpretations. Other players, coaches, and spectators may not question calls.

PENALTIES (Any penalty taken on the forty (40) yard line will result in a loss of down) (Coaches will have the option to accept or decline penalties)

ON OFFENSE

| | |
|--|---|
| Delay of Game: | 5 yards from L.O.S., repeat the down. |
| False Start: | 5 yards from L.O.S., repeat the down. |
| Flag Guarding: | 5 yards from spot of foul, loss of down. |
| Illegal Contact (Blocking, Charging, Holding, Etc.): | 5 yards from spot of foul, loss of down. |
| Illegal Forward Pass: | 5 yards from L.O.S., loss of down. |
| Illegal Motion (more than 1 person moving): | 5 yards from L.O.S., repeat the down. |
| Illegal Shift: | 5 yards from L.O.S., repeat the down. |
| Offensive Pass Interference: | 5 yards from L.O.S., loss of down. |
| Too many players on the field: | 5 yards from L.O.S, repeat the down. |
| Roughing/Unsportsmanlike Conduct: | 10 yards from spot of foul, loss of down. |

(Rough play will not be tolerated. Players will receive one (1) warning and may be removed from the game (Official's Discretion).

ON DEFENSE

| | |
|--|--|
| Encroachment: | 5 yards from L.O.S., repeat the down. |
| Illegal Contact (Blocking, Charging, Holding, Etc.): | 5 yards from spot of the foul and/or added to the end of the run. |
| Illegal Flag Pull (Before receiver has ball): | 5 yards from the end of the run. |
| Illegal Rushing the Quarterback: | 5 yards from L.O.S., repeat the down. |
| Too many players on the field: | 5 yards from L.O.S., repeat the down or offensive team can take the result of the play. |
| Pass Interference: | 10 yards from L.O.S., automatic first down. ½ distance to the goal inside the 10-yard line. |
| Roughing/Unsportsmanlike Conduct: | 10 yards from spot of the foul and/or added to the end of the run and an automatic first down. |
| Tackling: | 10 yards from spot of the foul and/or added to the end of the run and an automatic first down. |

(Incidental Contact resulting in the ball carrier going down will not be called. All tackling is up the discretion of the official).

UNNECESSARY ROUGHNESS: When player(s) make contact with an opponent in a manner that is aggressive or that is NOT deemed as an attempt to legally pull the flag; this will be considered unnecessary roughness (judgement by the official). Unnecessary roughness or unsportsmanlike conduct will result in a warning. A second offense will result in a fifteen (15) yard penalty and possible player ejection.

ILLEGAL CONTACT: the responsibility to avoid contact is the responsibility of the defense. There will be **NO** tackling, elbowing, cheap shots, chucking, or deliberate bumping or grabbing. These actions will result in a "tack on" penalty at the end of the play (5-yard penalty).

NO BUMP AND RUN DEFENSE.

FLAG OBSTRUCTION: All t-shirts **MUST** be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

NO TAUNTING OR "TRASH TALKING." (5-yard penalty & possible ejection if flagrant or repeated). Trash talk is talk that may be offensive to officials, opposing players, teams, staff, or spectators. If trash talk occurs, the official will give one (1) warning. If it continues, the coach, player or players will be removed (in order to cool down) and assessed a five (5) yard penalty and/or possible ejected from the game.

There shall be NO UNSPORTSMANLIKE CONDUCT by players, coaches, spectators, or others subject to these rules.

Examples include, but are not limited to:

- A. Attempting to influence a decision by an official.
- B. Disrespectfully addressing an official.
- C. Using profanity, insulting or vulgar language, or gestures.
- D. Intentionally making contact with a game official during the game (running into, making physical contact with, etc.).
- E. Fighting.
- F. Leaving the team area and entering the playing field during a fight.

WEBSITE

Updated schedules, scores, and standings can be found at VBgov.com/Sports.

REGULATION GAMES

- 1. A game is considered regulation provided one (1) half or more has been completed when the official calls it on account of rain, lightning, or other factors, which based on their judgement, interferes with further play. If the game is ended prior to regulation, it will be rescheduled for a later date. Rescheduled games are started over, instead of resuming at the point of interruption. Exception: Championship Play (playoff) games are continued from the point of interruption.
- 2. If a game ends in a tie after regulation, the game will go into one overtime (see Overtime, item H, page 8). Ties count as half a win and half a loss in the standings.

SUSPENSION POLICY FOR YOUTH SPORTS

Penalties assessed to player(s), coach(es), and/or spectators as deemed appropriate by SM may include probation, suspension, or dismissal. SM staff have the authority to intercede with appropriate action during a game if a behavior or safety problem warrants such action.

- 1. The SM Coordinator will impose penalties and suspensions upon teams and players as necessary to insure the orderly conduct of the leagues.
- 2. Coaches are responsible for controlling the conduct of players and spectators before, during and after their game, and informing them of any and all league rules and regulations. If a player and/or spectator cannot be identified by an official or SM staff, coaches are responsible for identifying any player and/or spectator suspected of misconduct. Any coach who is not forthcoming regarding player and/or spectator identity may be subject to additional penalties and/or team suspension.
- 3. Any player, coach, and/or spectator ejected before, during, or after the game (while at the game site) by an official for unsportsmanlike conduct shall automatically be suspended from the remainder of the current game and the next league game to be played by the team and shall not be permitted at the game facility during this suspension. No notice of this suspension shall be necessary. In the event a player, coach, and/or spectator deviates from this ruling, it will constitute a forfeit and the opposing team will receive credit for a win. The player, coach, and/or spectator will still be suspended from the next league game to be played by his/her team.
- 4. Any player, coach, and/or spectator ejected before, during, or after the game (while at the game site) by an official for fighting and/or guilty of striking (punching, kicking, pushing, shoving, spitting, etc.) an opposing player, official and/or SM staff member in any manner on City property before, during, or after a game will automatically be suspended from the remainder of the current game and a minimum of the next two (2) league games to be played by their team and shall not be permitted at the game facility during this suspension. No notice of this suspension shall be necessary. **Note: based on the circumstances surrounding the ejection, this suspension can be as severe as a lifetime ban.** In the event a player, coach, and/or spectator deviates from this ruling, it will constitute a forfeit and the opposing team will receive credit for a win. The player, coach, and/or spectator will still be suspended from the next two (2) or more league games to be played by their team.
- 5. If a player, coach, and/or spectator is ejected or asked to leave from a game, they must leave the premises immediately and are prohibited from any further contact (direct or indirect) with the team, official, and SM staff for the remainder of the game and after the game. Failure to comply may result in termination and forfeiture of the game. A substitute coach shall be named as a replacement for the ejected coach for the game to continue (coach with a valid Volunteer ID badge). Police may be called for assistance if actions pose a potential threat to players, coaches, spectators, staff, or officials.

6. Any player, coach, and/or spectator guilty of acting in a threatening/abusive manner towards an opposing player, official and/or SM staff member in any manner on City property before, during, or after a game may be suspended indefinitely from participating in all leagues sponsored by SM.
7. Unsportsmanlike conduct by players, coaches, and/or spectators before, during, or after a game (while at the game site) will not be tolerated. SM staff and officials have the authority to ask unruly players, coaches, and/or spectators to leave the facility. SM staff are empowered to call for police assistance if necessary. Individuals asked to leave the facility may be suspended for future games, up to and including indefinite suspension.
8. The use of profanity by players, coaches, and/or spectators is **PROHIBITED**. Any violation of this rule may result in probation and/or suspension of the individual(s) involved for a minimum of the next league game.
9. Teams are responsible for the conduct of their spectators at all games. Any team refusing to control a spectator will forfeit the game and will be subject to additional penalties and/or suspension.
10. The game official(s) have authority to impose consequences for poor sportsmanship or abusive/improper language by any player, coach, and/or spectator and may ask SM staff to remove the offending party or terminate the game at any time. Termination of any game prior to the normal conclusion for unsportsmanlike conduct will result in forfeiture of the game in favor of the team not at fault. A warning is not required.
11. Any player, coach, and/or spectator suspension which cannot be completely served in the current season shall carry over to the next season.
12. Any violation while under suspension will be treated as a second (2nd) offense and all penalties will apply, including extending the existing suspension.
13. Sports Management reserves the right to vary suspension length based on the severity of the action.
14. Any suspension for a term of six (6) months or more will require a written request for reinstatement to be submitted following the suspension term. The request may be emailed to cwathletics@vbgov.com or mailed to Sports Management, 4001 Dam Neck Rd., Virginia Beach, VA 23456. Prior to reinstatement, the suspended individual must also meet with the SM Coordinator. The Virginia Beach Parks and Recreation Department reserves the right to deny reinstatement and/or extend any and all suspensions.

PROTESTS

Only player eligibility is protestable. All other disputes must be resolved on the field. Judgment calls by the official are not protestable.

To protest player eligibility during a game:

1. All protests must be clearly stated to the official on the field, identifying the player being protested, and submitted in writing to the SM Office within two (2) business days of the incident. The protest (both on the field and in writing) must detail the reason for the protest (i.e., the player in question is not on the team's online roster, the player is participating under an assumed name, etc.).
2. Upon notification, the official shall stop the game, call both coaches out to the field, and inform both coaches that an official protest has been lodged. SM staff will also be informed of the protest on the field. SM staff will request the player in question provide eligibility verification.
 - A. Once obtained, SM staff will document all information. If SM staff determine the player's name is on the online roster, the game will then continue.
 - B. If the player in question provides additional personal details, the SM staff will document the protested player's full name and additional personal details. If SM staff determine the player's name is not on the online roster, the player will be removed from play and the game will then continue being played under protest.
 - C. If the player in question refuses/incorrectly provides additional personal details, the game will be forfeited immediately, and the coach will be placed on probation for up to one (1) year. A second offense will result in the coach being suspended for up to one (1) year.
3. Upon receipt, SM will review the written protest. If the player is deemed to be eligible, the protest will be denied, and the result of the game will become official. If the player is deemed to be ineligible, any/all of the following actions will be taken:
 - A. Forfeiture of the most recent game played with ineligible player(s).

- B. Coach and player(s) probation and/or suspension for up to one (1) year.
- C. Loss of Championship Play (playoff) eligibility.

CHAMPIONSHIP PLAY (Playoffs)

Regular season rules apply for all championship play (playoff) games, with the following exceptions:

1. Playoff format will consist of a single elimination tournament for the top four (4) teams in each division.
2. In the event of a tie for 1st, 2nd or 3rd place, the tiebreaker will be: 1) head-to-head play amongst all tied teams; 2) coin toss. In the event of a tie for 4th place, the tiebreaker will be: 1) head-to-head play amongst all tied teams; 2) a play-in game. When head-to-head play is used, points scored/point differential will not be considered; only win-loss.
3. **Playoffs only:** If the game is stopped before completion due to circumstances beyond our control, the game will be rescheduled, and play will continue from the point of interruption. Teams must be prepared to play on short notice if playoff games are cancelled.
4. The forty (40) point rule is in effect for all playoff games.
5. The overtime procedure will continue until a winner is determined (see Overtime, item H, page 8).
6. Higher seed shall be the home team.
7. Game balls, flags, and QB tee will be provided by SM.

LIGHT DIFFICULTY

1. If light difficulty should occur, please see on-site SM staff.
2. Any light difficulty during the progress of a game will be decided in this manner:
 - A. If one half of play has been completed, it will be considered a regulation game.
 - B. If one half of play has not been completed, the game will be replayed.
3. Games will not be delayed more than thirty (30) minutes to wait for the lights to come on, unless teams are informed otherwise.
4. Any other problems that may arise out of difficulties with lights will be decided by the official. Teams will abide by this decision.

INCLEMENT WEATHER - CONDITION OF THE PLAYING FIELD

1. In the event of inclement weather, call the RainoutLine (781-0001) or review the RainoutLine app for updates. SM cannot assume the responsibility for notifying all coaches of field conditions. Cancellations will be posted after 3:00pm. If weather conditions are questionable and no announcements have been made, report to your game at the regularly scheduled time. Please make sure all team members are aware of the RainoutLine. **GAMES WILL NOT BE CALLED BECAUSE OF THREATENING WEATHER.**
2. In the event of rain during the day, SM will check the condition of the fields, whenever possible, prior to 5:00pm. The decision as to the condition of the field will be final.
3. After 5:00pm, the Facility Supervisor will make the decision on whether or not a field is playable. The decision of the Facility Supervisor will be final. Coaches and teams will accept the Facility Supervisors' decision without question. When a game is cancelled, please keep off the field in order to protect it for play. If field conditions are questionable, the RainoutLine (781-0001) and RainoutLine app will be updated as information becomes available.
4. If the first game is cancelled because of field conditions, all games for that field may be cancelled, the RainoutLine (781-0001) and RainoutLine app updated, and games will be made up at a later date. SM will post make-up game information on the online league schedule (www.VBgov.com/Sports) by the next business day of the cancellation.
5. Once a game has started, the Facility Supervisor may decide to suspend play if inclement weather conditions arise. The Facility Supervisor's decision will be final. In the event the game is halted, teams should seek shelter, but should not leave the immediate area for a period of thirty (30) minutes. After the thirty (30) minute period, the Facility Supervisor will make a final decision on whether the game will continue or be cancelled and notify coaches accordingly. However, if the weather becomes threatening (thunder, lightning, etc.), teams should follow the lightning procedures (see Lightning Procedure, page 14).

6. Hazardous Weather Conditions: If on the date of your scheduled game there is a Tornado, Tropical Storm, and/or Hurricane Warning in effect between the hours of 3:00pm and 11:00pm during weeknights for the Hampton Roads area, all games may be canceled in advance for that date. For information, call the RainoutLine (781-0001) or review the RainoutLine app for updates after 3:00pm.

LIGHTNING PROCEDURE

SM staff and officials will use the following guidelines for suspension and resumption of play when thunder or lightning is present:

1. When severe weather is within a twenty (20) mile range, the Facility Supervisor will inform SM staff and officials of the possible storm approaching the area. The officials will communicate with both teams of the possible impending weather.
2. When severe weather is within a ten (10) mile range and/or a cloud-to-ground lightning bolt is seen, the SM staff will alert officials to notify coaches, players, and spectators to seek shelter immediately, and suspend all games.
3. All team members should seek shelter in a vehicle away from the fields. The RainoutLine (781-0001) will be updated when a delay goes into effect. Coaches should continue to check the RainoutLine for updates on whether the game will resume or be postponed and inform their team.
4. **15 Minute Rule:** If a lightning delay (thirty (30) minute required waiting period) is in place prior to or at the scheduled game time, the game will be cancelled if it does not begin within fifteen (15) minutes of the originally scheduled game time (i.e., if a 6:30pm game does not start by 6:45pm, the game will be cancelled). If a lightning delay occurs while a game is in progress, it will result in an immediate game cancellation. Subsequent games on a field will be determined accordingly.
5. Any subsequent lightning, after the beginning of the thirty (30) minute count, the clock must be reset, and another thirty (30) minute count will begin before play can be resumed.
6. The responsibility for removing athletes from the practice/game area in a timely manner lies with the head coach of the team. If the head coach is not present, an assistant coach will assume responsibility. If unable to reach safe shelter, persons should stay away from the tallest trees or objects (i.e., light poles, flag poles, etc.), metal objects (i.e., fences, bleachers, etc.), individual trees, standing pools of water, and open fields. Persons should avoid being the highest object in an open field (crouching is recommended in this event).

INSURANCE

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

INJURED PLAYERS

1. There will be an official's time out for all player injuries. Injured players will be attended to before the game continues. An injured player does not have to complete the mandatory play requirement, if in the official's judgement, the injury prevents the player from continuing the game. In order to continue to play, a team must always have five (5) players.
2. When a player is rendered unconscious or apparently unconscious, the participant must not be permitted to resume participation without written authorization from a physician.
3. A player, who becomes injured/ill prior to the start of the game or during the game, will be ineligible to return to the game.
4. Only the head coach will be allowed onto the field to assist with an injured player.
5. SM shall investigate all reported situations regarding injured player(s).
6. Players who have sustained or exhibit/report any signs or symptoms of a concussion or a head injury must immediately be removed from practice and/or game play. The player must follow general management of sports-related concussions by their doctor and be cleared to return to practice and/or game play. SM staff will mark the player as ineligible on the roster and will only remove the designation when a doctor has cleared the player to return to practice/game with a written notification to SM.

FACILITY USE

1. **NO SMOKING:** Smoking, use of tobacco products, and use of all types of e-cigarettes (including nicotine vapor and non-nicotine vapor products) are prohibited on or around the football playing field by coaches, players, and spectators.

- A. At the Princess Anne Athletic Complex, smoking is only permitted on exterior paths of the multipurpose fields (pathway near parking lot).
 - B. Virginia Beach City Public Schools (VBCPS) policy and Virginia State Law prohibits smoking, tobacco use, and all types of e-cigarettes (including nicotine vapor and non-nicotine vapor products) on ALL school grounds (indoors, outdoors, and parking lots). This policy is effect at all times (24 hours a day, 7 days a week).
2. **ALCOHOLIC BEVERAGES ARE PROHIBITED BY LAW ON ALL CITY AND SCHOOL PROPERTY. Violations will be brought to SM staff's attention.**
3. The penalty for the above field use violations shall be ejection from the game. Players, coaches, and/or spectators ejected must serve an automatic suspension from the next scheduled game. The official and SM staff are empowered to enforce these rules. Violations will be brought to the attention of the SM Office for disciplinary action. Coaches are responsible for their teams; therefore, please notify all members of your team and their spectators of these rules.
- A. Violations can result in an one (1) game team forfeiture and a one (1) game suspension of individuals.
 - B. Repeated violations will result in additional suspensions and/or team expulsion from the league.
4. Participants and spectators must stay in areas designated by the official and/or SM staff and are asked to help police their areas for trash once games are finished.
5. SM promotes a family friendly recreational sports environment and welcomes all family members and friends. For safety, please note that children are not permitted on the playing field. All children under the age of twelve (12) must be directly supervised by a responsible person aged sixteen (16) or older.
6. Pets are permitted and must be leashed, leash in hand of a responsible person and under control at all times. Tethering is not permitted. Please be sure to scoop the poop (City code 5-531). Coaches, spectators, and players who bring a pet are responsible for ensuring this policy is followed. On school property, all animals are prohibited (other than service animals).

AUDIO/VISUAL

- 1. Recording or transmitting equipment is prohibited on the field of play and may not be attached to any part of a coach within the area of play (i.e., spy glasses, body cams, Go Pro, drone, cameras, cell phone use, etc.}). All recording must be done outside the field of play.
- 2. Any videos taken should be for personal use only and cannot be used to dispute any decisions made by an official.
- 3. Stopwatches and electronic score keeping devices are the only devices allowed on the field.
- 4. Any violations to this rule may incur the following:
 - A. 1st offense: warning and removal of video device.
 - B. 2nd offense: coach placed on probation for up to one (1) year.
 - C. 3rd offense: suspension of coach for one (1) game.

NOTES

- 1. The SM Coordinator has the authority to make final decisions on all bylaws, interpretations, and any matters concerning all youth sports, and will impose penalties and suspensions upon teams, coaches, and players as necessary to insure the orderly conduct of the league.
- 2. Coaches will advise parents, players, spectators, and assistant coaches of the bylaws. Unfamiliarity of any rule in the bylaws on the part of the coach, parent, player, spectator, or assistant coaches shall not be tolerated.
- 3. SM reserves the right to prohibit any individual or team from participating in our programs or revoke an individual or team's privileges to participate in our programs for abusive behavior.

PANDEMIC PROTOCOLS

Practices and games will adhere to the current Executive Order and follow current CDC, state, and local guidance relative to physical distancing, use of face masks, and sharing of equipment.