

VIRGNIA BEACH TACKLE FOOTBALL LEAGUE MISSION STATEMENT

The Mission of the Virginia Beach Tackle Football League is to teach players, in a positive and safe environment, the fundamentals of the sport and create within them a lifetime appreciation and love of the game.

We will install in our players the challenge of competition, the joy of victory, the reality of defeat and the importance of commitment. We will develop young men and women of character and confidence by emphasizing the value of hard work, goal setting, discipline, sportsmanship and stressing the team over the individual.

We welcome every player with the desire to play and believe each should be given the opportunity to participate based not solely on ability, size or prior experience, but by effort, attendance at practice, attitude and a willingness to learn.

As Coaches and players, we will set the example, both on and off the field, for other athletic teams to follow, within our local area and throughout the City.

VIRGINIA BEACH TACKLE FOOTBALL LEAGUE (VBTFLL) BYLAWS

The Goals 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 Virginia Beach Tackle Football League season. Coaches are responsible for advising their players and spectators of the articles within these bylaws.

OFFICIAL RULES: These bylaw, in conjunction with the National Federation of High School (NFHS) tackle football rules shall govern the leagues and be administered by the VBTFLL Board which will consist of the participating Area Chairman and/or Football Commissioners. Coaches, players, and spectators must abide by all rules, regulations, and bylaws set out herein.

ADMINISTRATIVE RULES: VBTFLL assumes the following responsibilities:

1. Working in conjunction with the Virginia Beach Parks & Rec Dept to obtain use of City facilities..
2. Obtain repayment from the City for the payment of officials, security and EMS.
3. Maintain custody of contract cards and team rosters.
4. Rule on player eligibility, rules and regulations.
5. Determine awards to league champions.
6. Provide game balls. This ball is not to be used for practice or warm ups.

PLAYER ELIGIBILITY AND AGE GROUPS

1. A player's age on September 1 determines their eligibility to play in the following leagues:

A. **Junior Division:** Players ages 8-9 years old on, or before, the eligibility date can play at an unlimited weight. However, if a player weights over 120 lbs they must play between the tackles and be designated with a sticker. No more than two 120 lbs players can be on the field at the same time and cannot line up on the same side of the line. 10 yr olds can play in this division if they weigh 75 lbs or less.

B. **Intermediate Division :** Players ages 10-11 years old on, or before, the eligibility date at the first weigh-in with a maximum weight of 135 lb. 12 yr olds can play in this division if they weigh 100 lbs or less. An 11 year old who cannot make weight in this league may play in the Senior Division provided the appropriate weight requirements are met.

C. **Senior Division:** Players ages 12-13 years old on, or before, the eligibility date at first weigh-in with a maximum weight of 160 lbs are eligible to play in this division. A player 14 yrs old can play provided they weigh less than 150 lbs.

2. All players must be attending school (K-12) or be in an approved home study program to participate.
3. Any boy or girl who participates in any high school (varsity or junior varsity) athletic program by being listed on the **VHSL** Master Eligibility List (Public School) and/or by being listed on the roster generated by the school (Private or Home School) is ineligible to participate. If a player becomes a member of the school team and then decides he/she does not want to play, he/she must be released from the VHSL Master Eligibility List (Public School) and/or school generated roster (Private or Home School) before the first school league game is played to be eligible for this community league.
4. No independent teams will be allowed to participate in VB Tackle football league. All teams must follow the guidelines of the Area Recreation Association in which they are participating.
5. Players on each team's rosters must meet the eligibility guidelines set forth above. Each Area Recreation Association is responsible for verifying the information on their team rosters are accurate. If player(s) are

found to be playing on an incorrect team based on the eligibility guidelines set forth above, the player(s) will be removed from their team for the remainder of the season and the team will forfeit the most recent game played by the ineligible player(s). Please note that VBTFLL may suspend any coach(es), additional player(s), or the entire team if it is determined that the Area Recreation Association intentionally attempted to deceive the program. The Area Recreation Association may also impose additional penalties.

CONTRACT CARDS AND ROSTERS

1. VBTFLL will generate team rosters for the game site coordinator. Rosters can be viewed online at the VBTFLL website. The deadline for adding players to a team's roster is Thursday at 5:00pm (for Saturday games). The deadline for adding players to a team's roster for weekday games is the previous business day by 5:00pm. For example, for a player to be eligible to participate in a Wednesday game, the player must have completed the weigh-in/ID process by 5:00pm on Tuesday. Rosters are "frozen" after the deadline, including re-weighs. A "re-weigh" is a player who has officially attempted, but has not made weight. Re-weighs are done according to the schedule below.
2. Only players who have completed all roster requirements will appear on team rosters and be permitted to occupy the bench area and participate in the game.
3. Only coaches with a valid Youth Sports Volunteer ID card as issued by the city of Virginia Beach will be permitted to occupy the team area and coach in the game.
4. NO player(s) shall play on more than one (1) team in the VBTFLL.
5. There will be a maximum of thirty-five (35) players under contract and five (5) coaches per team.
6. The final cut-off date (when all rosters lock for the remainder of the season) will be Thursday, October 13, 2022 at 5:00pm. No new player(s) or re-weighs can be done after this time.

NOTE: Information found to be false on a player contract card will result in player ineligibility for one year.

PLAYER WEIGH-IN

All players must weigh in before participating. Appointments for team weigh-ins will be made by the Board..

1. If a player weighs in the first time and is more than fifteen (15) lbs. over the maximum weight limit, the player is disqualified from participating this season unless, by age, the player is eligible to move up to the next league. If fifteen (15) lbs. or less over the weight limit, the player has two (2) more attempts to make the maximum weight. A player can only weigh in once a day. A player must make the weight required for the first weigh-in to become eligible for the team. Once a player steps on the scale, this is a weigh-in attempt.
2. The initial team weigh-ins will be August 23rd and August 25th. Additionally, there will be make-up individual weigh-ins on September 8th, 15th and 22nd, 2022. At mid-season, there will be a second weigh-in for all players within ten (10) lbs. of the maximum weight in their division at the first weigh-in. The date for the second player weigh-in will be on Thursday October 6, 2022.

GENERAL REGULATIONS

1. **Practice may not begin until Monday, July 25th (the approved start date).** No physical contact is allowed between players prior to the third (3rd) week of practice. For the first (1st) week of practice, only light gear (helmet) may be worn. For the second (2nd) week of practice, only helmet and shoulder pads may be worn. Beginning the third (3rd) week of practice, full gear may be worn and physical contact between players is allowed.
2. **Pre-game warm-up activities are mandatory.**

3. All players must wear their own colored (not clear) mouthpiece during participation.
4. **Players are encouraged to participate within their own community.** However, players will be accepted from any geographic location as long as they meet the other qualifications as set out in these by-laws.
5. In an effort to decrease concussion related injuries during youth tackle football participation; coaches, parents, and players are advised to adhere to the **Protocol and Procedures for Management of Sports-Related Concussion** (vbschools.com/health/content/pdfs/ConcussionPlan.pdf).
6. **Players are required to have a physical completed prior to participation.** No player's contract card will be accepted until a physical has been completed and properly signed by a physician. It is the responsibility of the player's parents to have the player examined and at their expense. Doctor's signature on player's contract (physical) should be handwritten.
7. **Each team is permitted one (1) Head Coach, four (4) Assistants, and one (1) Junior Assistant.** If equipment managers, photographers, coordinators, team moms and/or trainers/doctors are going to be on the field and/or in the coaches box, they are included in (and not in addition to) the maximum number of coaches. The name and telephone number of each team's Head Coach and Assistants must be on file in the VBTFLL Board before the start of the season. The board shall be notified of any coaching changes.
8. **Only coaches with a valid Youth Sports League Volunteer Identification Card may occupy the player's bench in addition to the limited number of players under contract. (See "Youth Sports League Volunteer Identification System" for instructions on obtaining an ID card located in the General Bylaws for All Community League Sports and at www.VBgov.com/Sports). Youth Sports League Volunteer Identification Cards MUST be worn on the outside of the shirt or jacket and clearly visible. An individual's privilege to coach is forfeited until a 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 Card, 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, an expired 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 to shall be suspended for the next two weeks of play.**
9. The Area Chairman/Football Coordinator (if not one of the five (5) team coaches) is not allowed in the coach's box or in the end zones at any time. They are only allowed on their own team's sidelines outside the coach's box and must check in with the site coordinator before each game. Only one (1) Area Chairman/Football Coordinator per team will be allowed field access and must have a valid ID badge. The Area Chairman/Football Coordinator is not allowed to have any form of communication with the coaching staff during a game which includes but is not limited to cell phones, head sets, walkie-talkies, signals, etc. If an Area Chairman/Football Coordinator is found to be communicating with a coaching staff, they will be removed from the field.
10. **Each team within a Recreation Association is permitted a team photographer. They must abide by the following:**
 - A. Photographers must stay three (3) yards off the sidelines and will not be allowed on the playing field at any time.
 - B. A video camera can be used in place of a still camera.
 - C. Photographers are not allowed in the coach's box at any time.
 - D. Photographers are not allowed in the end zones at any time.
 - E. Photographers are only allowed on their own team's sidelines.

- F. All photographers must have a valid Youth Sports League Volunteer Identification Card.
- G. Only one photographer per team will be allowed field access.
- H. Photographers are not allowed to have any form of communication with the coaching staffs during a game, which includes but is not limited to cell phones, head sets, walkie-talkies, signals, etc..

If these rules are not followed, the photographer will be removed from the field and have their Volunteer ID badge revoked for the remainder of the season.

- 11. **Coaches are encouraged to become certified by the National Youth Sports Coaches Association.**
The cost of the certification program is \$20.00 per year.

SCHEDULING OF GAMES

- 1. Games will be played in accordance with the schedule created by the VBTFLL Board with game times distributed equally as possible.
- 2. Any coach finding it impossible to play a scheduled game must notify the board as soon as possible, so that 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, the VBTFLL Board will determine a make-up date/time/location, and will post it to the website. Whenever possible, coaches will receive 48 hour notice. **Most games will be made up at the end of the season.** Games that have no bearing on league standings may not be made up.
- 4. VBTFLL reserves the right to arrange postponed games and/or cancel games, if necessary, due to inclement weather or conditions beyond our control.
- 5. There will be no postponement or rescheduling of league games to permit teams to prepare for or play in middle school games and/or tournaments of any kind.
- 6. If a team forfeits two (2) games in succession or three (3) games overall in a season for not having the required number of players to start the game, the team will be subject to removal from the league.
- 7. If during a game, conditions (light failure, surface playability, etc.) force a stoppage of play before the game is considered official, a fifteen (15) minute delay shall be in effect. If after fifteen (15) minutes, conditions have not improved so as to continue the game, that game will be cancelled and rescheduled for a later date. The remainder of scheduled games for the day may also be cancelled and rescheduled for a later date

PRACTICE PROCEDURES

- 1. Football practices shall not exceed the number of hours per week as specified in these bylaws. Any type of camp/clinic/training will be considered a practice.
- 2. Beginning on the designated start of the season, tackle teams may schedule a preseason acclimatization period with no more than seven and one half (7.5) hours of practice per week max.
 - A. A week is defined as five (5) consecutive calendar days.
 - B. No more than one (1) hour and thirty (30) minutes of practice may be scheduled on any one-day or up to the maximum amount of practice time per week during the pre-season. (Players cannot practice/play and then practice/play at another game on the same day).
 - C. A maximum of three (3) practices may be scheduled per calendar week with no more than two (2) hours per practice during the regular season.

- D. Practice time includes team meetings, game review, walk through, pep talks, etc.
 - E. There shall be no practices scheduled on Sundays.
3. The first week and second week of practice shall be devoted entirely and exclusively to conditioning, which means not wearing full pads or having contact. However, the use of helmets and footballs shall be permitted during the first seven and one half (7.5) hours of conditioning. The use of helmets, shoulder pads, footballs, and blocking shields/sleds, shall be permitted during the second week of conditioning as long as the following conditions are met:
 - A. There is no physical contact with another player.
 - B. There is no physical contact with the blocking shields/sleds without wearing a helmet & shoulder pads.
 4. When the two (2) weeks of conditioning have been completed, full pads and contact may begin under the guidelines of the preseason acclimatization period.
 5. Any player added after a team has formed and/or after the season has started, must be subject to the same seven and one half (7.5) hours of conditioning before any physical body contact is allowed.
 6. There shall be no practice on Labor Day weekend, which includes Saturday – Monday.
 7. No two-a-day practices will be allowed at any point during the season (pre-season, regular season, and post season).
 8. Coaches are to limit the amount of full-contact to no more than thirty (30) minutes per practice and no more than ninety (90) minutes per week of practice.
 9. Break time is not counted against the six (6) hours per week or two (2) hours of allowed practice time per day during the regular season and the seven and one half (7.5) hours per week or one (1) hour and thirty (30) minutes of allowed practice time per day during the pre-season. **A ten-minute (10) break MUST be given after each hour of practice.**
 10. "Contact" is defined as any drill run at an assigned speed to competitive speed through the moment of contact; down line vs. down line full-speed drills; game-like conditions; scrimmages; and when players are taken to the ground.
 11. It is the responsibility of every coach to be fully informed of, and abide by, all rules of the governing body of the NFHS. If any other techniques, forbidden by the NFHS rulebook are taught by coaches, said coaches may be dismissed from the program.
 12. Youth are restricted from any post game padded contact practice.
 13. For player safety, all coaches will conclude practice prior to darkness unless practice is held on a properly lighted field. Practice will end immediately when lightning is visible at the practice area. Coaches SHALL NOT leave a game or practice area until all players have left the site.

STANDARD GAME PROCEDURE

1. Teams must provide their own practice balls, uniforms, and other equipment they deem necessary. The Board will provide the game ball. **This ball is not to be used for practice.**
2. Uniforms are not required, but uniformity is requested. Teams must have like-colored shirts with numbers on the front and back. Numbers should still be visible when shirts are tucked in.
3. The officials will be assigned by the Officials Association. Four (4) officials will work the Intermediate/Senior

game; Three (3) official for the Junior games. No team may refuse any official assigned. If the official(s) have not arrived by game time, please see the on-site coordinator. A game will not be delayed more than thirty (30) minutes to wait for official(s), unless teams are informed.

4. An on site coordinator will be assigned by the Board. Coaches, players, and spectators are expected to cooperate with the coordinator in every way possible.
5. The on site coordinator will have an official team roster and ID Notebook at the game site. Prior to each game, the coordinator will facilitate check-ins for which players must:
 - A. Line up in alphabetical order (by last name).
 - B. Hold helmet in hand.

Check-ins for the first game will begin at 8:30am. The team's Head Coach and on site coordinator must sign the roster to verify that players and equipment are legal to the best of their knowledge. All coaches (including team managers/trainers/doctors) and photographers, area chairmen/football coordinators must sign the coach's roster and show their valid Youth Sports League I.D. to the Field Supervisor at this time.

6. Head coaches are responsible for maintaining proper conduct among their assistants, players, and spectators at all times (before, during, and after all practices and games at all practice/game facilities). Players, coaches, and spectators may be suspended from future games based on inappropriate behavior. **Unsportsmanlike conduct is not tolerated.**
7. Coaches are responsible for keeping spectators and non-rostered individuals off their benches and out of the coach's box. Coaches are reminded to keep their players at least three (3) feet behind the sidelines. Coaches are also responsible for ensuring their spectators stay off the field and behind the dotted sideline marking.
8. Head Coaches are the **ONLY** coaches to address an official. Assistant Coaches **ARE NOT** permitted to address an official. Coaches should remain within the coaching box area and should not go on the field or in the stands.
9. **Starting of Games:**
 - A. Teams must have a minimum of eleven (11) players present at game time to begin. If a team does not have eleven (11) players at game time, the game will be declared a forfeit by the official.
 - B. If a team loses the eleventh (11th) player for any reason, play may continue as long as the team has Ten (10) players on offense.
 - C. If neither team has eleven (11) players at game time, the game will be declared a double forfeit by the official and both teams will be credited with the applicable number of losses.
 - D. There will be no 10 minute grace period after which time the game will be a forfeit. Official time is by the official's watch/mobile phone.
 - E. Teams should be at their game site thirty (30) minutes ahead of their scheduled game time. A game can start earlier than the scheduled time if both coaches agree.
 - F. If a game is forfeited, practice of any kind is not permissible on the field at the Princess Anne Athletic Complex.
 - G. The on site coordinator will determine postponement or cancellation of game.
10. **Time:**
 - A. Games will consist of four (4) quarters, eight (8) minutes in length (12 minutes for the Junior division).

- B. Halftime is ten (10) minutes in length (8 minutes for the Junior division).
 - C. Teams are allowed three (3) timeouts per half and one (1) timeout per overtime at one (1) minute in length. Unused timeouts carry over between the first (1st) and second (2nd) quarters and between the third (3rd) and fourth (4th) quarters, but they do not carry over between halves. Clock stops for timeouts. Consecutive team timeouts can be taken, but the second (2nd) timeout is reduced to forty (40) seconds.
 - D. In case of a tie at the end of regulation play, the game will be played as stated in the NFHS Rule book. The 10-yard line overtime procedure will be used one time to try to break the tie. If the score remains tied after each team has a possession, the score will stand as a tie for regular season play. In a playoff to determine a Division Champion or a City Champion, the overtime procedure will continue until a winner is determined.
11. Players on teams scheduled for the next game shall keep off the field to warm up while the previous game is in progress and must not detract in any way from this game. For the pleasure and safety of spectators and fairness to the teams playing, coaches must enforce this rule.
12. The home team is listed to the left on the schedule. Home team will occupy the same side of the field as the yardage markers and are responsible for providing the chain crew.

Chain Crew Responsibilities

- A. The chain crew is considered an extension and under the direction of the game officials and should conduct themselves accordingly.
- B. The home team shall provide three (3) volunteers to operate the chains and the down marker. Down marker requires one (1) volunteer and the chains require two (2) volunteers.
- C. If the home team cannot find the appropriate number of volunteers to fulfill this duty then the visiting team may offer to help or field the entire crew.
- D. **NO** player(s) listed on the roster or any player dressed in a uniform will be allowed on the chain crew.
- E. Members of the chain crew must be adults (18 years of age or older). No badged coach/trainer may work on a chain crew in the same division they coach in. A coach whose background check has been denied may not work the chain crew for any team. If an Association or coach knowingly allows their team to use unauthorized persons, said team will be placed on probation and the head coach may be suspended for the remainder of the season.
- F. Any member of the chain crew that is guilty of coaching while serving as a game official will be dealt with in the following manner:
 - i. First offense shall be a warning to the chain crew member and the head coach of the offending team.
 - ii. Second offense by the same chain crew member will result in a 15-yard unsportsmanlike penalty charged to the head coach.
 - iii. Third offense by the same chain crew member shall be another 15-yard unsportsmanlike penalty charged to the head coach and the removal of the offending crew member.
 - iv. This process will apply to all crew members.
 - v. The game officials will have the duty to enforce the penalty for this rule violatio

PLAYERS EQUIPMENT

1. **No jewelry** may be worn by players on the field. Necklaces, watches, bracelets, earrings, rings, or other jewelry are prohibited. No tape-ups or cover-ups – 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.
2. The Junior/Intermediate divisions will use the official K-2 ball similar to the youth model used in other recreation leagues throughout the nation. The Senior division will use the Wilson “TDY” model.
3. A mouthpiece is mandatory for all players. Mouthpieces shall include an occlusal portion (protecting and separating the biting surface) and include a labial portion (protecting the teeth and supporting structures; cheek surface) covering the posterior teeth with adequate thickness. This mouthpiece must be of a readily visible solid color, other than white or clear. Mouthpieces must be clearly attached to the helmet using a strap. Failure to comply will result in player ineligibility until a legal mouthpiece is used.
4. Only helmets bearing the NOCSAE Seal of Certification and current NOCSAE approved “Warning Label” may be worn. All helmets must be secured by a properly fastened 4-point chinstrap. All regulations regarding chin straps and face guards are to be followed per the NFHS guidelines. Helmets must be reconditioned at a minimum of every two (2) years and documents showing reconditioning must be sent to the VBTFB Board before helmets may be deemed eligible for play.
5. Eye shields, which are not clear, not molded, or not rigid, are considered illegal equipment and the player will not be allowed to participate until correction to the equipment is made. Tinted visors are not allowed. There are no exceptions to this rule. If an athlete has a medical need for tinted eye protection, he/she must wear tinted eyeglasses or athletic goggles (per NFHS guidelines).
6. Shoulder pads and hard surface auxiliary attachments (knee, thigh, and tail pads) shall be fully covered by the player’s uniform. All pads must be inspected by the equipment manager before every season and any worn out equipment be replaced before the start of the season.
7. Any equipment older than ten (10) years after manufacture date will not be permitted and must be properly disposed of.
8. It is the Recreation Association’s responsibility to submit detailed records to the Board that all equipment meets the minimum safety standards set and have been individually fitted to each player by a trained association representative.
9. Shoes must be worn at all times. Shoes with metal spikes or metal tips are not allowed. Tennis shoes, rubber molded cleats, or regulation football shoes are permitted.

PLAYING RULES

1. **MANDATORY PLAY RULE:** Each player in uniform at the game site must play at least four (4) plays in a full game (10 plays for the Junior division). It is the coaches’ responsibility to adhere to this rule. Violations will be brought to the attention of the Board and may result in suspension of the head coach.
 - A. If a player is injured and taken out before he/she has completed the mandatory playing requirement, he/she must still play 4 plays if he/she is able to return to the game.
 - B. It is the Coach’s responsibility to keep account of his/her 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 minor 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. Fair catches are allowed.
3. The playing field is 80 yards long by 53 yards wide for the 11U division. The end zone is 10 yards deep. The playing field is 100 yards long by 53 yards wide for the 13U division. The end zone is 10 yards deep. The coach's box is located between the 25 yard lines (25' – 25').
4. For all Junior/Intermediate division leagues (playing on 80-yard fields): by rule for 5-yard or 10-yard penalties, but 10 yards for any 15-yard penalties. For the Senior division leagues (playing on 100-yard fields): by rule for all penalties.
5. The offended team on an accepted penalty inside the last two minutes of either half will have the option to start the clock on the snap for an accepted penalty. The referee continues to have the authority to start or stop the clock if a team attempts to conserve or consume time illegally
6. This league will use the following scoring system:
 - A. Touchdown..... 6 points
 - B. Field Goal..... 3 points
 - C. Safety..... 2 points
 - D. Extra point (run or pass).....2 points
 - E. Extra point (kick)1 point
7. 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 half or secures such a lead during the second half.
8. A player called for spearing (leading with the helmet) will be disqualified for the remainder of the game.
9. Clipping is illegal anywhere on the field at any time.
10. Defensive players are restricted from contacting the ball or the snapper's hand(s) or arm(s) until the snapper has released the ball.
11. A blind side block established as a block against an opponent other than the runner, who does not see the blocker approaching will result in a fifteen (15) yard penalty (Junior/Intermediate ten (10) yard penalty). This blind side block involves contact by a blocker against an opponent who, because of physical positioning and focus of concentration, is vulnerable to injury. Unless initiated with open hands, it is a foul for excessive and unnecessary contact when the block is forceful and outside of the free-blocking zone.
12. A free kick in which the kicker drives the ball immediately into the ground, the ball strikes the ground once and goes into the air in the manner of a ball kicked directly off the tee is considered illegal. Such kicks will be penalized as a dead-ball free-kick infraction.
13. A defenseless player is defined as, but not limited to:
 - A. A player in the act of or just after throwing a pass;
 - B. A receiver attempting to catch a pass who has not had time to clearly become a runner;
 - C. The intended receiver of a pass in the action during and immediately following an interception or potential interception;
 - D. A runner already in the grasp of a tackler and whose forward progress has been stopped;
 - E. A kickoff or punt returner attempting to catch or recover a kick, or one who has completed a catch or recovery and has not had time to protect himself or has not clearly become a ball carrier;
 - F. A player on the ground including a ball carrier who has obviously given himself up and is sliding feet-first;

G. A player obviously out of the play or not in the immediate vicinity of the runner; and

H. A player who receives a blindside block with forceful contact not initiated with open hands.

CHAMPIONSHIP PLAY

1. At the end of the regular season, if two (2) or more teams are tied, the standings tiebreaker will be head-to-head play amongst all tied teams. When head-to-head play is used, points scored/point differentials will not be considered; only win-loss. Additional tie-breaker information can be found in the General Bylaws.
2. The forty (40) point rule is in effect for all playoff games.
3. Any playoff game halted will be rescheduled and will resume from point of interruption. Be prepared to play on short notice if games are cancelled due to inclement weather.
4. Higher seed shall be the home team. If teams have the same seeding, a coin flip shall be used to determine home team.

WEBSITE

Updated schedules, scores, rosters, standings, and playoff brackets can be found at the following website:
www.virginiabeachtacklefootball.com.

PROTESTS

1. All protests must be submitted in writing by the Area Chairman to the VBTFLL Board (see General Bylaws For All Community League Sports). Only player eligibility is protest able. All other disputes must be settled on the field. Judgment calls by the officials are not protest able.
2. Protests of NFHS rules are not permitted in accordance with NFHS Rule 1.1.11
3. Protests of Local League rules are not permitted. If rules are not being properly interpreted, please contact the VBTFLL Board Office as soon as possible.
4. Protests of arbitrary nature in connection with a player's contract card or player eligibility are permitted at any time during the regular season by the Area Chair. Eligibility would include non-rostered players, age, residency or other factors.

Information on protest requirements can be found in the General Bylaws for All Community League Sports.

LIGHT DIFFICULTY

1. If light difficulty should occur, please see on-site coordinator, if available.
2. Any difficulty arising out of light trouble during the progress of a game will be decided in this manner:
 - A. In the event a game must be suspended because of conditions which make it impossible to continue play, the head official shall declare it an official game if one (1) complete half or more of the game has been played.
 - B. If less than one-half of the game has been played, the game may be rescheduled from the start.
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 additional problems arising out of light difficulties will be decided by the officials. Teams will abide by the decision.

INCLEMENT WEATHER - CONDITION OF THE PLAYING FIELD

1. In the event of inclement weather, call the Weather Cancellation Line (385-0455). The Board cannot assume the responsibility for notifying all coaches as to the condition of the playing fields. Coaches of teams may call the weather cancellation line (385-0455) for updates. **UPDATES ARE TYPICALLY AVAILABLE AFTER 3:00 P.M. ON WEEKNIGHTS AND 7:00 A.M. ON SATURDAYS. GAMES WILL NOT BE CALLED BECAUSE OF THREATENING WEATHER.**
2. In the event of rain during the day, the Board will check the condition of the fields whenever possible, prior to 5:00 p.m. on weeknights and prior to 7:00 a.m. on Saturdays. The decision as to the condition of the field will be final.
3. After 5:00 p.m. on week nights or 8:00 a.m. on Saturdays, the officials will make the decision on whether or not a field is playable. The decision of the officials shall be final. Coaches and teams will accept the official's 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 Weather Cancellation Line (385-0455) will be updated as information becomes available.
4. If the first game is cancelled because of field or weather conditions, all games for that field for that day are automatically cancelled. The Weather Cancellation Line will be updated and games will be made up at a later date. This applies if the first game is in progress and is halted by rain. Rescheduled games will be posted at our website.
5. Once a game has begun, the officials will use field and weather conditions to determine if the field is playable. The official's decision will be final. In the event the game is halted, teams should not leave the immediate area for a period of fifteen (15) minutes. After the fifteen (15) minute period, the officials will make a final decision on whether the game will continue or be cancelled. However, if the weather becomes threatening (thunder, lightning, etc.), teams should follow the Lightning Procedures (See below).
6. If on the scheduled game there is a tornado or hurricane warning in effect for week nights between the hours of 3:00 p.m. and 11:00 p.m. or for Saturdays between the hours of 7:00 a.m. and 2:00 p.m. for the Hampton Roads area, all games may be canceled in advance for this date. For more information, call the Weather Cancellation Line (385-0455) after 3:00 p.m. on week nights or 7:00 a.m. on Saturdays.

LIGHTNING PROCEDURE - Coaches, on site coordinators and officials will use the following guidelines for suspension and resumption of play when thunder or lightning is present:

1. When thunder is heard, detected, imminent or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. For practice, coaches will alert all players and spectators to take shelter immediately and suspend all practices. For games, Game Officials, on site coordinators or Princess Anne Athletic Complex staff will alert coaches, players, and spectators to take shelter immediately and suspend all games. It is critical to monitor how far away the lightning is occurring and how fast the storm is approaching, relative to the distance of a safe shelter.
2. All team members should seek shelter in a building or vehicle away from the fields. Officials or on site coordinators will notify coaches when the game will resume or be suspended.
3. Once play has ceased, teams will wait no more than thirty (30) minutes from the original game start time before resuming play. If more than thirty (30) minutes elapses from the original game start time, the game will be cancelled and rescheduled for a later date unless a half has been completed. Additional games will continue on their regular scheduled start time unless a lightning delay is still in effect.
4. For any subsequent thunder or 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.

5. 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).

HEAT PROCEDURE - SAFETY OF EVERY YOUTH PARTICIPATING IS ALWAYS A PRIORITY! TO ENSURE THE SAFETY AND WELL-BEING OF PLAYERS DURING THE HOT WEATHER, EXTRA PRECAUTIONS HAVE BEEN IMPLEMENTED. THE FOLLOWING HEAT INDEX GUIDELINES/STEPS MUST BE ADHERED TO:

1. During a RED OZONE ALERT (heat index: 130 & above): Teams will NOT PRACTICE outdoors and should not practice in a non-air conditioned indoor facility.
2. During a PINK OZONE ALERT (heat index: 105 – 129): Teams must guard against serious heat problems. The training regimens of any team practicing under high heat and humidity conditions must do the following:
 - A. Limit or eliminate laps entirely. DO NOT assign laps for disciplinary reasons.
 - B. All practices will be limited to one (1) hour w/ low intensity.
 - C. Schedule practices for early evening (approximately 7 – 8pm), after the sun is low. Rest in shaded areas for ten (10) to fifteen (15) minute intervals.
 - D. All organizations must have multiple water stations and give the players all the water they want to drink anytime they want it – take breaks every fifteen (15) to twenty (20) minutes – **MANDATORY**. Limit or eliminate soft drinks as substitute for water, players should have drinks with **ELECTROLYTES**. Players should be given frequent water breaks.
 - E. All coaches need to keep an eye on players and fellow coaches for the slightest sign of heat exhaustion/fatigue.
 - F. Players should not wear sweat suits
3. During YELLOW OZONE ALERT (heat index: 90 – 104): Use caution, remove helmets and other equipment when not involved in contact. Rest/shade/water must be given in fifteen (15) minute intervals (ten (10) minute duration) during the activity – especially participants who are sensitive to heat and/or have breathing problems.
4. During GREEN OZONE ALERT (heat index: 80 – 90): Use caution, monitor athletes for necessary action – especially for participants who are sensitive to heat and/or have breathing problems

		Relative Humidity								
		10%	20%	30%	40%	50%	60%	70%	80%	90%
98	104	110	120							
97	101	108	117	125						
95	99	105	110	120						
93	97	101	106	110	125					
91	95	98	104	108	120	128				
89	93	95	100	105	111	122	128			
87	90	92	96	100	106	115	122	128		
85	88	90	92	96	100	106	114	122		
82	86	87	89	93	95	100	106	115		
80	84	85	87	90	92	96	100	109		
78	81	83	85	86	89	91	95	99		
77	79	80	81	84	86	89	91	95		
75	77	78	79	81	83	85	86	89		
72	75	77	78	79	80	81	83	85		
70	72	75	76	77	77	77	78	79		
68	70	73	74	75	75	75	76	77		

Directions: Locate the current temperature on the left hand column and then locate the relative humidity on the top row. Follow the temperature across and the humidity down until they meet; this measurement is the heat index. The heat index will increase 15 degrees in direct sunlight.

Extreme Danger:	Heat Stroke likely to occur when working under these conditions.
Danger:	Heat Exhaustion or Heat Cramps likely. Heat Stroke may occur upon prolonged exertion.
Extreme Caution:	Heat Cramps or Heat Exhaustion likely to occur.
Caution:	Heat Fatigue may occur. Normal summer working conditions should be observed.

INSURANCE

Information on insurance requirements can be found in the General Bylaws for All Community League Sports and Field Allocation Policies & Procedures.

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, in the official's judgement, if the injury prevents the player from continuing the game. In order to continue to play, a team must always have seven (7) 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 "declared" ineligible to return to the game if the coach, player, or contracted medical personnel on site declares them injured.
 - A. The player does not have to fulfill his/her mandatory play requirement.
 - B. This will not change the play requirements for any other players on the team.
4. Once a player has been "declared" injured or declares himself injured, he/she may not return to that game for any reason. No outside doctors, coaches, parents, or trainers can authorize the playing of a youth, once removed from the game due to injury.
5. During league play, only the head coach and/or contracted medical personnel will be allowed onto the field to assist with an injured player. The head coach is not allowed to render any type of first-aid to the injured player, unless asked or told to do so by the contracted medical personnel.
6. VBTFLL Board shall investigate all reported player injuries.

7. 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. The Board staff will remove the player from the roster and will only add the player back to the roster when the doctor has cleared the player to return to practice/game with a written notification.

FACILITY USE

1. Virginia Beach City Public School Board (VBCPS) Policy and Virginia State Law prohibit smoking, use of tobacco products, and all types of e-cigarettes (including nicotine vapor and non-nicotine vapor products) on school grounds VBCPS Policy prohibits pets other than service animals on ALL school property. VBCPS Policy restricts the operation of licensed motor vehicles on school grounds to parking lots only. The fields are for your use, but if they are continually abused, teams will be subject to expulsion from the league and/or loss of field authorization (see Field Allocation Policies and Procedures). **PLEASE PARK IN AUTHORIZED PARKING AREAS ONLY** (not on the grass, in fire lanes, etc.).
2. The Princess Anne Athletic Complex is smoking in designated areas only (Exterior paths of the multi-purpose fields). Smoking, use of tobacco products, and all types of e-cigarettes (including nicotine vapor and non-nicotine vapor products) are not permitted on or near the multi-purpose fields.
3. **NO DRINKING OF ALCOHOLIC BEVERAGES ON AND AROUND THE FIELD BEFORE, DURING, OR AFTER A GAME. ALCOHOLIC BEVERAGES ARE PROHIBITED BY LAW ON ALL CITY PROPERTY.**
4. Participants and spectators must stay in areas designated by the Field Supervisor and are asked to help police the bleacher areas for trash once games are finished.
5. At Virginia Beach City Parks, pets are permitted but must be leashed and under owner control with leash in hand at all times. Please be sure to pick up after your pet to keep our public spaces clean. No pets are allowed on the athletic fields. Tethering is not permitted. (City Code 5-531)
6. Personal water coolers are permitted. VBFTL Board does not supply or maintain water coolers for participants or spectators.
7. **We ask that you park in designated parking spaces/lots (not on the grass) at the Princess Anne Athletic Complex. Please assist us in keeping the Princess Anne Athletic Complex the best in the area.**

NOTES

- ✓ The on site 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.
- ✓ Coaches will advise parents, players, and assistant coaches of the bylaws. Unfamiliarity of any rule in the bylaws on the part of the coach, parent, player, or assistant coaches shall not be tolerated.