

SPOTSYLVANIA PARKS AND RECREATION DEPARTMENT  
2016 YOUTH FOOTBALL BY-LAWS

I. Organization

The Spotsylvania Parks and Recreation Department shall be the sponsoring agent of three (3) leagues within the Youth Football Program. The Parks and Recreation Director or his designated representative shall be the Executor of the program.

II. Purpose

1. To teach and/or stress the fundamentals of the game of football.
2. To develop good sportsmanship, teamwork, and fair play.
3. To provide the opportunity for fun and enjoyment in a healthful activity.

III. Leagues

Pee Wee	Ages 8-9	Weight: Maximum weight <b>90</b> lbs.
Junior	Age 8	Weight: Maximum weight <b>135</b> lbs.
	Age 9	Weight: Maximum weight <b>115</b> lbs
	Ages 10-11	Weight: Maximum weight <b>110</b> lbs.
Senior	Ages 9-11	Weight: Maximum weight <b>140</b> lbs.
	Ages 12-13	Weight: Maximum weight <b>135</b> lbs.

Effective date for age determination is November 1st of the current year. Weigh-ins are conducted once at the time of registration and once again prior to receiving equipment. Weigh-ins are conducted only by Parks and Recreation personnel. Participants must weigh within the league weight requirements or a refund will be issued and they will be ineligible to participate.

IV. Equipment

1. A Mouthpiece is mandatory for all participants in all leagues.  
Penalty: For each infraction - 5 yards. Replacement charge will be \$2.09 per guard.
2. Participants must wear the equipment and jersey issued by the Parks and Recreation Department.
3. Participants are responsible for providing their own pants and leg pads. ( Hip, Knee, Tail and Thigh)
4. **Football Equipment (helmet, and shoulder pads) issued by Spotsylvania Parks and Recreation Department may be collected by department staff immediately after the last scheduled game has concluded.**

V. Fields

All leagues will use the youth size fields that will not exceed maximum width and will be 80 yards long.

VI. Coaches Duties and Player Participation

1. Each team is allowed four coaches (one (1) head and three (3) assistants). Assistant Coaches must be approved by the Parks and Recreation Department. . **It is the head coaches responsibility to make sure anyone working with the children have been approved by Parks and Recreation Department (Background Check).**

## 2. CHILD ABUSE Mandated Reporter Law

The following persons who, in their professional or official capacity, have reason to suspect that a child is an abused or neglected child, shall report the matter immediately to the local Social Services Department of the county or city wherein the child resides or wherein the abuse or neglect is believed to have occurred or to the Social Services Department's toll-free child abuse and neglect hotline:

- Any athletic coach, director or other person 18 years of age or older employed by or volunteering with a private sports organization or team;
- Administrators or employees 18 years of age or older of public or private day camps, youth centers and youth recreation programs;

Mandated reporters are required to report as soon as possible, but no later than 24 hours after having a suspicion of a reportable offense. The Social Services Department's toll-free child abuse and neglect hotline is 1-800-552-7096. Training and other mandated reporter resources are available at <http://www.dss.virginia.gov/family/cps/index2.cgi>

3. To see that the players meet the age requirements.
4. To provide the Parks and Recreation Department with up-to-date rosters and to insure that the roster does not exceed or fall below the levels set by the Department. **Only the players on your roster may practice with your team. No exceptions.**
5. To safeguard and maintain all equipment issued by the Department and to be directly responsible for the return and/or disposition of that equipment.
6. Coaches should notify the Spotsylvania Parks and Recreation Department office when players quit so the Department can collect the football equipment. Coaches are requested to have players return equipment immediately following the end of season. Equipment should be returned clean and free from any decals. Each participant will return helmet and shoulder pads.
7. To maintain proper conduct among team members, assistants, and their followers.
8. To notify all team participants of:
  - i. rules, regulations and by-laws set forth by the league
  - ii. scheduled games, play-offs, and practices
  - iii. cancellation and/or make-ups as indicated by the Parks and Recreation Department
9. Coaches may schedule practice on Sunday; however, no player may be penalized for not attending a Sunday practice. A maximum of four (4) practices and/or games may be scheduled per calendar week. Sunday practices will be counted in the number of meetings per week. A calendar week is Sunday through Saturday. Picture taking is not considered a function.
- 10. The Spotsylvania Parks and Recreation Department will not change the schedule on games due to players involvement in school activities, scout activities, church activities, or any other activity.**
11. To abide by all rules, regulations, and by-laws as set forth by the League and those not covered by the League that are officially published by the National Federation of State High School Association Football Rules. (<http://www.nfhs.org/Football/>)

12. To insure that each and every team member participates in this program in accordance with stated by-laws.
13. **Player participation: Each player in attendance at the game must play a minimum of sixteen plays per game, with the suggestion of at least 6 plays in the first half. A player who misses two (2) or more consecutive games and/or practices is required to play only one half the minimum time stated. This rule does not apply if a player misses a practice held on a Sunday. Coaches must notify the field supervisor, opposing coach, head official, and the Parks and Recreation Department if a player has missed consecutive games and/or practices before the game begins in order for the participant not to play the allotted playing time (no exceptions). A player who is injured and cannot play or meet the minimum requirement must be called to the official's attention at that precise time. A forfeit may be declared if the minimum playing requirements are not adhered to.**
14. If a player is traded to another team, then both coaches must be in agreement on the player(s) being traded. All trades must be made prior to the first game of the season. All trades must be reported to and approved by the Parks and Recreation Department.
15. Head coaches are the only coaches to confront an official about a call. Assistant coaches are not allowed to confront an official concerning a call. Coaches should not leave the team area and enter the stands at any time.
16. Notification of makeup games should be received within five calendar days. If you have not received notification within five calendar days, it is the Head Coach's responsibility to contact our office. A team not attending a rescheduled game will constitute a forfeit.

## VII. Inclement Weather

1. Cancellations due to inclement weather will be announced on the cancellation line and through the **Spotsy Alert Information Notification System**. **Cancellations will be placed on the cancelation line as soon as a decision is made. Listen to the announcement carefully. The cancelation line phone number is 898-8546.** If weather conditions are questionable and you do not hear a cancellation announcement then you should report for your game.
2. Please make all parents and youth aware of this policy to alleviate confusion and cut down on unnecessary telephone calls to the Department
3. The Parks and Recreation Department reserves the right to arrange postponed games at its convenience in order to catch up with the schedule. The Department also reserves the right to cancel games, if necessary, due to conditions beyond our control. In the event of misunderstandings or error, managers and coaches are urged to contact the Department at 507-7529.
4. The Spotsylvania Parks and Recreation Department reserves the right to cancel games when weather conditions present possible health problems, such as heat. The department will use caution when making these decisions
5. Coaches, players, and parents should use extreme precautions in bad weather especially during lightning or thunderstorms. Coaches should have players and parents wait in their vehicles until an official arrives if it is storming before game time.
6. It should be pointed out that the safety of everyone is a primary concern, independent of any cost, inconvenience, or advantage due to the replay or restart of the game.

### Lightning Procedures:

7. Coaches and game officials please use the following criteria for suspension and resumption of play when thunder or lightning is present.
  - a. When thunder is heard, or a cloud- to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
  - b. Thirty-minute rule. Once play has been suspended wait at least 30 Minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
  - c. Any subsequent thunder or lightning after the beginning of the 30 minute count, reset the clock and another 30 minute count should begin.
  - d. All team members should seek shelter in a vehicle away from dugouts and fields. Game officials will notify coaches when play will resume or game be suspended.

### VIII. Unsportsmanlike Conduct

1. The Spotsylvania Parks and Recreation Department will not tolerate unsportsmanlike conduct from the coaches toward officials. Coaches will be subject to disciplinary action if unsportsmanlike conduct is displayed.
2. Any player or coach ejected from the game by an official shall immediately be suspended from the next game to be played by his team. If a player or coach deviates from this ruling, it will constitute suspension for the remainder of the league games.
3. Any player or coach guilty of unsportsmanlike conduct in any manner on the field or adjacent to the field, towards officials, players, or partisans will be subject to suspension by the officials, Parks and Recreation Department and/or Commission from the remainder of league games.
4. Any player or coach guilty of striking an official in any manner during or after a game, shall automatically be suspended from participating in all leagues sponsored by the Parks and Recreation Department in Spotsylvania County until further notice.
5. If a coach or team follower is ejected from the football game, they must leave the playing field and go to the parking lot and is prohibited from any further contact (direct or indirect) with the team for the remainder of the game. Failure to comply may result in termination of the game. A substitute coach shall be named as a replacement for the ejected coach or the game will be forfeited. (A substitute coach is defined as an adult named by the ejected coach.)
6. Any player, coach, or team follower ejected from the game must leave the field and cannot have any contact with any official during or after the game. (The ejected player must be accompanied by an adult.)
7. If a player or coach is ejected in the final contest of the season, the penalty shall carry over to the next sports season. (Ex. If ejected in the last football game of the season, the ejected person will serve their suspension or suspensions the following football season.)

## IX. Communicable Disease Procedure:

1. While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to the following:
  - a. The bleeding must be stopped, the open wound covered, and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
  - b. Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
  - c. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
  - d. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
  - e. Practice proper disposal procedures to prevent injuries caused by needles, scalpels, and other sharp instruments or devices.
  - f. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
  - g. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athlete care until the condition resolves.
  - h. Contaminated towels should be properly disposed of/disinfected.
  - i. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards, and other articles containing body fluids.

## X. Rules

### Rule 1: General Rules

1. The teams will abide by all football rules, regulations, and by-laws set forth by the League and not covered by the league that govern the National Federation of State High School Association. (<http://www.nfhs.org/Football/>)
2. It is recommended that practices last no longer than 1 1/2 hours.
3. Scrimmage games must be approved, if the opposing team is not within your league, by the Spotsylvania Parks and Recreation Department.
4. The county middle and high schools operate their programs according to the Virginia High School League Rules. The rules state that during the sports season for the relevant sport, a student may, while a member of a school squad or team engaged in interscholastic sports become a member of or participate with an organized team in the same sport which is independent of the school's control so long as such participation does not conflict with the scheduled activities of the school squad or team. No school or student shall be declared ineligible for participation in interscholastic sports because of participation by a student as a member of an organized team in the same sport which is independent of the school's control during the sports season for the relevant sport.
5. The use of tobacco products by coaches and players is prohibited in the proximity of the playing field during games and/or practices.

6. NO uniform or equipment will be replaced unless the damaged item is returned.
7. NO uniform or equipment will be issued to an individual until all items are returned from previous football season.
8. If an ineligible player is used, the game in question will be declared a forfeit. The coach who makes the line-up along with the illegal player will be suspended indefinitely.

### Rule 2: The Game, Field, Players and Equipment.

1. Physical examinations for youths participating in the league are highly suggested prior to the beginning of practice and the regular season, but are not required by the Department.
2. Casts, splints, or body braces made of a hard substance in its final form such as leather, rubber, plastic, plaster, or fiberglass must be covered on all exterior surfaces with no less than 1/2 inch thick, high-density, closed-cell polyurethane, or an alternate material of the same minimum thickness and similar physical properties to protect an injury.
3. Each player must have a copy of the warning decal on the back of their helmet. If players do not have the warning decal, they will not be allowed to participate.
4. Players who wear eyeglasses shall wear a safety strap to keep them in place.
5. No jewelry or earrings shall be worn. Medic alert or religious jewelry must be taped to the body.
6. The use of eye shields with less than 100% allowable light transmission is prohibited.
7. If teams choose to place stickers on helmets, the head coach will be responsible for making sure all stickers are removed before equipment is returned to the Parks and Recreation Department
8. Clothing and arm covers/pads, manufactured to enhance control of the football, are prohibited.

### Rule 3: Periods, Time Factors, and Substitutions

1. Games shall consist of 4 eight (8) minute quarters with the clock stopping as it normally does for out of bounds, incomplete forward pass, and after a touchdown.
2. The referee shall start or stop the clock contrary to normal timing procedure only if a team illegally conserves or consumes time.
3. Games will begin as scheduled, a five minute grace period will be allowed for all games beginning at their specified times.
4. After the completion of a game, both teams shall form two lines to congratulate each other and show good sportsmanship.
5. In the event a game must be suspended because of conditions which make it impossible to continue play, the head referee shall declare it an official game if one (1) complete half or more has been played. If less than one (1) half of the game has been played, the game may be rescheduled.
6. Ties: All regular season games that end in a tie will remain a tie. League standings will be computed with two (2) points for each win, zero (0) points for each loss, and one (1) point for each tie. Standings at the end of the regular season will be determined by: a) League record, b) Head-to-Head competition between tied teams, c) Pre-season drawing.

7. A player who is bleeding, has an open wound, or excessive blood on his uniform, must leave for at least one down. The bleeding must be stopped and the open wound covered. If there is an excessive amount of blood on the uniform, he will be ineligible to participate.
8. The ball becomes dead when the helmet comes completely off a player in possession of the ball.

#### Rule 4: Kicking the Ball

1. The 30 yard line will be used for kick-offs.

#### Rule 5: Snapping, Handling and Passing the Ball.

1. Roughing the snapper:  
A defensive player shall not charge directly into the snapper when the offensive team is in a scrimmage kick formation. It shall be an automatic first down.
2. If a legal forward pass is touched by the defense in or behind the neutral zone and subsequently goes beyond the line of scrimmage, offensive lineman will not be considered illegally downfield.
3. Roughing the passer restrictions end if the pass is thrown from beyond the line of scrimmage.
4. Pass interference restrictions end for offensive players, when the defense touches the pass or last forward pass if more than one.

#### Rule 6: Scoring and Scoring Differential

1. A team will be awarded 6 points for a touchdown, and 2 points for a conversion.
2. The following is a breakdown of the slaughter rule that has been put into effect.
  - a. A team losing by at least 30 points after the 3rd quarter will obtain possession of the ball at their own 30 yard line.
  - b. The team will retain possession of the ball until the difference in the score is less than 30 points. Normal league rules apply when the difference in the score is less than 30 points.
  - c. In case of a fumble or interception the play is ruled dead at the time of the turnover. The ball will be returned to the losing team at the line of scrimmage prior to the turnover.

Rule 7: Conduct of Players and Others.

1. Only the authorized coach (1) and assistant coaches (3) may occupy the player's bench, in addition to the uniformed players during the progress of the game.
2. A coach, player, or team follower shall not:
  - a. disrespectfully address an official
  - b. attempt to influence the official's decision
  - c. use profanity
  - d. disrespectfully address or bait an opponent
  - e. incite undesirable crowd reactions
  - f. enter the playing area unless by permission of an official to attend to an injured player
3. If a coach is on the field in a violent or disruptive manner, the penalty is 15 yards, the second offense, he is ejected from the game.
4. Coaches, players, substitutes, team's assistants, parents, or followers shall not coach or address any players from the opponents side of the field.
5. Coaches that are beckoned onto the field for an injured player should attend to that player and not coach or berate officials and/or opponents while on the field. This is considered unsportsmanlike conduct.
6. It is unsportsmanlike if any player attempts to focus attention upon himself with any delayed, excessive, or prolonged act.
7. Any player who receives two unsportsmanlike fouls during a game shall be disqualified for the game and the next game to be played by his/her team.
8. Intentionally kicking at or attempting to strike an opponent with a fist, locked hands, or elbow are disqualifying fouls.
9. No defensive player may use the hand(s) to slap a blocker's head.

Rule 8: Enforcement of Penalties.

1. There are two (2) automatic first downs: (1) roughing the kicker / holder / snapper and (2) roughing the passer.
2. The penalty for unsportsmanlike conduct by a player is 10 yards, if flagrant, the player is disqualified.
3. Pass interference restrictions apply only beyond the neutral zone and only if the legal forward pass, untouched by the defense in or behind the neutral zone, crosses the neutral zone.
4. One of two penalties is now applicable for a player who grasps an opponents face mask or helmet opening. 10 yards for grasping, twisting, turning, or pulling the face mask or helmet opening; 5 yards for incidental grasping.
5. It is illegal to grasp the inside back or side opening of the collar of the jersey or shoulder pads of the runner and subsequently pull the runner to the ground (Horse Collar Tackle). The penalty will be 10yard form the succeeding spot.



Rule 9: Blocking and Blocking Zone

1. Players legally blocking below the waist must be on the line of scrimmage and in the free blocking zone at the snap.
2. Clipping is a block against an opponent when the initial contact is from behind, at or below the waist, and not against a player who is a runner or pretending to be a runner.
3. Blocking in the back is a block against an opponent when the initial contact is in the opponent's back, inside the shoulders and below the helmet and above the waist, and not against a player who is a runner or pretending to be a runner.
4. Such cases shall not be ruled clipping and/or blocking in the back unless the official sees the initial contact. When in doubt, the contact is legal and not from the back. When the contact is ruled to be from the back, and the official has question as to the initial point of contact, it shall be ruled clipping.
5. Blocking in the back is permitted in the free-blocking zone when the following conditions are met.
  - a. By offensive linemen who are in the zone at the snap.
  - b. Against defensive players who are in the zone at the snap.
  - c. The contact is in the zone.
6. The free-blocking zone disintegrates and the exception for a player is to block below the waist and/or the exception for an offensive lineman to block in the back is not to continue after the ball has left the zone.

## **Spotsylvania Parks and Recreation Department Youth Sports Concussion Policy**

Spotsylvania Parks and Recreation Department has created the following policy that will be in effect as of **August 2015** and beyond for all youth sports leagues.

### **Objective:**

To establish a policy that will provide ALL youth sport coaches and parents associated with the Spotsylvania Parks and Recreation Department with guidelines relating to how to recognize signs of a concussion, procedures for dealing with athletes and parents when a concussion is suspected, as well as mandatory rules concerning the return to action for the participant.

### **Criteria:**

A concussion can be caused by a blow to the head, jolt to the body, or any sudden force that results in a rapid acceleration/deceleration of the brain inside the skull. This impact of the brain against the rigid inside walls of the skull can cause a change in neurological function and a host of other symptoms depending on which part of the brain was injured. Youth athletes are particularly vulnerable to the effects of a concussion. Even what appears to be a "minor ding or bell ringer" has the real risk of catastrophic results when an athlete is returned to action too soon. Second impact syndrome, which in some cases can be fatal, is a direct result of returning to game action before all symptoms have cleared. While most players heal within a few weeks, an athlete who returns to play before a concussion has completely resolved risks re-injuring an already injured brain which can have life threatening consequences. Therefore, continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

The well-being of the athlete/participant is our greatest concern during any practice or game. Officials, coaches, and parents are being asked to make all efforts to ensure that concussed athletes do not continue to participate. Thus, coaches, parents, and officials should be looking for signs of concussion in all athletes and shall immediately remove any suspected concussed participant from play.

**When in doubt, sit them out!** It's far better to miss one or two games as a precautionary matter than to risk possible brain injury. No game is worth that.

### **What to look for:**

Concussions can appear in many different ways. We know that a person does not have to lose consciousness to suffer a concussion. Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion, such as those mentioned below shall be immediately removed from the game or practice and shall not return to play until cleared by an appropriate health-care professional.

#### **1. PROBLEMS IN BRAIN FUNCTION:**

- a. Confused state – dazed look, vacant stare or confusion about what happened or is happening.
- b. Memory Problems – can't remember assignment on play, opponent, score of game, or period of game; can't remember how or with whom he or she traveled to the game, what he or she is wearing, what was eaten for breakfast, etc.
- c. Symptoms reported by participant – headache, nausea or vomiting; blurred or double vision; oversensitivity to sound, light or touch; ringing in ears; feeling foggy or groggy; dizziness.
- d. Lack of sustained attention – difficulty sustaining focus adequately to complete a task, a coherent thought, or a conversation.

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2. **SPEED OF BRAIN FUNCTION:** Slow response to questions, slow slurred speech, incoherent speech, slow body movements and slow reaction time.
3. **UNUSUAL BEHAVIORS:** Behaving in a combative, aggressive, or very silly manner; non-typical behavior for the individual; repeatedly asking the same question over and over; restless and irritable behavior with constant motion and attempts to return to play; reactions that seems out of proportion and inappropriate; and having trouble resting or "finding a comfortable position."
4. **PROBLEMS WITH BALANCE AND COORDINATION:** Dizziness, slow clumsy movements, inability to walk a straight line or balance on one foot with eyes closed.

**Seek medical help immediately if...**

Most concussions do not result in emergency care. However, if symptoms worsen, or you notice behavioral changes or any of the following, seek care immediately:

- Headaches that worsen; seizures, neck pain; very drowsy, can't be awakened; repeated vomiting; increasing confusion or irritability; weakness, numbness in arms and legs; inability to recognize people/places, less responsive than usual.

If you observe any of the above signs, call your doctor or go to the emergency room immediately.

**Role of Coaching Staff:**

Coaches/Coaching Staff will NOT be expected to "diagnose" a concussion. That is the job of an appropriate health-care professional. Coaches/Coaching Staffs will be asked to use their best judgment in observing the signs, symptoms and behaviors, associated with concussions. If a member of a youth team coaching staff observes questionable signs, symptoms, or behavior, he/she must remove the participant from the game for further evaluation and notify the parent/guardian.

**The responsibility of further evaluating and managing the symptomatic participant falls upon the head coach, parent/guardian or appropriate health-care professional. If an appropriate health-care professional on site determines that the athlete HAS NOT suffered a concussion, the athlete may return to play. If there is no appropriate health-care professional available to evaluate the athlete, the athlete SHALL NOT be allowed by the coach or parent/guardian to return to play.**

**Role of Game Officials:**

Neither officials, nor coaches, will be expected to "diagnose" a concussion, as that is the job of an appropriate health-care professional. Officials are being asked to use their best judgment in observing the signs, symptoms and behaviors, associated with concussions. Officials will not be asked to make what could be perceived to be a medical opinion. If an official observes questionable signs, symptoms, or behavior, the official must notify the coach and remove the participant from the game for further evaluation.

The game official is not responsible for the sideline evaluation or management of the athlete after he or she is removed from play. The responsibility of further evaluating and managing the symptomatic athlete falls upon the head coach, and/or an appropriate health-care professional. If an appropriate health-care professional on site determines that the athlete HAS NOT suffered a concussion, the athlete may return to play. If there is no appropriate health-care professional available to evaluate the athlete, the athlete **SHALL NOT** be allowed by the coach or parent to return to play. The official does not need written permission for an athlete to return to play after evaluation, nor does the official need to verify the

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credentials of the appropriate health-care professional. Ensuring compliance is the responsibility of the head coach and NOT the game official.

**Spotsylvania Parks and Recreation Department Required Course of Action when an athlete is suspected of sustaining a concussion:**

1. Remove athlete from any activity (game or practice).
2. Notify parent or guardian.
3. Any participant suspected of having a concussion should be evaluated by an appropriate health-care professional within a day of the "injury". NOTE: An "appropriate health-care professional." A Physician, Physician Assistant, Osteopath Physician, or Athletic Trainer licensed by the Virginia Board of Medicine; a Neuropsychologist licensed by the Boards of Psychology; or a nurse practitioner licensed by the Virginia State Board of Nursing.
4. No participant may return to play or practice on the same day after a concussion has been diagnosed, nor until evaluated by an appropriate health-care professional.
5. Any participant with a concussion shall be medically cleared by an appropriate healthcare professional prior to resuming participation in any practice or league play. This clearance shall be in the form of a written letter signed by the healthcare professional. One copy must be supplied to Spotsylvania Parks and Recreation Department and one must be supplied to the head coach prior to any return to play. The formulation of a gradual return to play protocol should be a part of the medical clearance.

**NOTE: Athletes with continued concussion symptoms are at significant risk for recurrent, cumulative and even catastrophic consequences of a second concussive injury. Such risks are minimized if the athlete is allowed time to recover from the concussion and return to play decisions are carefully made. No athlete may return-to-sport or other at-risk participation when symptoms of concussion are present and recovery is ongoing.**

These guidelines shall be applied to all sports related activity.

**Coaches Compliance:**

Any coach that disregards the safety and well being of a youth sport(s) participant as it relates to concussions will be suspended indefinitely from coaching. Additionally, any coach that misuses this policy to prohibit an otherwise, healthy, fit, uninjured player from participating will be suspended indefinitely from coaching.

We strongly suggest taking one of the following course on concussions.

<http://www.cdc.gov/headsup/youthsports/training/index.html> or <http://nfhslearn.com/courses/38000>

These courses can be found on our website at <http://www.spotsylvania.va.us/parksandrec>

**Senate Bill 652, the 2010 General Assembly  
Code of Virginia § 22.1-271.5  
House Bill 410 & Senate Bill 172, the 2014 General Assembly  
Code of Virginia § 22.1-271.5  
and  
House Bill 1096, the 2014 General Assembly  
Code of Virginia § 22.1-271.6**

The Spotsylvania Parks and Recreation Department has provided these by-laws for each coach to read and fully understand. If you have any questions concerning any of these rules, you should make it known before signing this document.

I hereby pledge that I have read and understand these by-laws.

Team \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_