

**Davidson County Parks and Recreation Department**  
[www.co.davidson.nc.us](http://www.co.davidson.nc.us)  
**LITTLE LEAGUE FOOTBALL REGULATIONS AND RULES**  
**2019**

**National Federation High School Rule Book and North Carolina High School Athletic Association Handbook will be used with the exceptions listed below.**

**Organization:**

The Davidson County Parks and Recreation Department will offer a Little League Football program. The Department will conduct all meetings, set schedules, officials, field supervisors, receive and check all rosters prior to league play, and supervise weigh-ins.

**I. Age Requirements:**

- 1) A child is eligible if he/she is in at least the fifth grade and is 10 years of age on or before August 31 of the playing year and has not advanced beyond the sixth grade and is not over 12 years of age on or before August 31 of the playing year.
- 2) Little League Football has a two (2) year eligibility limit.

Any student suspended from school will not be permitted to participate in any games, until the suspension has been lifted and the student has returned to class.

**II. Registration Policy:**

**County Residents:**

The following criteria will be used to determine with which of the 15 booster clubs a youth should participate.

When entering the Davidson County Park and Recreation program, each youth has a choice to participate with the Booster club that represents the public elementary school district in which he/she lives or if the child attends a different public elementary school, he/she may participate with the booster club of that district. Once a child's booster club is determined, his/her eligibility would change only if there is a change in the following:

\* WHERE HE/SHE LIVES           OR           \* WHICH PUBLIC ELEMENTARY SCHOOL HE/SHE ATTENDS

NOTE: the domicile of their legal guardian (with whom the child lives) living in Davidson County will determine a youth's resident status.

Elementary school District is the standard graduation of elementary to middle to high school all within the same district.

It is the responsibility of each local booster club to verify both the school attendance/residency requirements and the parent/guardian signature on this form. The Davidson County Recreation Department reserves the right to review any registration forms and declares ineligible any participant who has given false information.

Note: A Parent/Guardian may request a Participation Transfer Request to participate from one Booster Club to another Booster Club all within the same high school district. The transfer is for one year only.

### **Out of County Residents:**

Out of County, youth will be allowed to participate in Davidson County Parks and Recreation youth programming with following guidelines.

A) They must choose a booster within the county.

B) Once they start an athletic event must participate with that booster club for their entire eligibility in that athletic event.

C) Once a child's eligibility is up in athletic event, he/she may move to another booster club.

D) All outside county participates must pay a \$55.00 non-resident fee plus \$10.00

participation fee. Plus the Booster Club Fee.

It is the responsibility of each booster club to verify both the school attendance/ residency requirements and the parent/ guardian signature on this form. This can be verified through driver's license, utility bill, or tax bill. The Davidson County Parks and Recreation Department reserves the right to review any registration forms and declares ineligible any participant who has given false information.

### **Athletic Appeal Process:**

Must be made in writing to County Athletic Program Manager within three days of assignment of consequence.

- Parents/guardians, and affected booster club president or coaches have the right to be present at appeal.
- Based on review of the appeal, the Athletic Program Manager will adjust, revoke, or sustain the action.
- The athlete is not eligible to participate in competition or activity during the appeal process.
- In cases where action was taken directly by the Athletic Program Manager where dissatisfaction exists with the results of the appeal hearing, a secondary appeal may be made, within three (3) days of the conclusion of the first appeal, in writing to the Parks and Recreation Director. The second appeal will be held by a 3 person panel made up of Parks and Recreation Commission members must be held within three (3) days of receipt of the appeal. This is the final level of appeals.
- The athlete and/or parent/guardian will be notified of the results of the secondary appeal within 24 hours. This decision is final.

Each booster club must have enough registration forms, birth certificates, and physicals turned in **by 5:00 pm on Monday, August 12.**

All players are required to have a physical examination before they can start conditioning and practice.

A birth certificate must be turned in with all participants registration form.

### **III. Weight Requirements:**

- 1) The maximum weight limit for Davidson County Parks and Recreation Department Little League Football Program is unlimited. Players playing skilled positions must weight under 135. Only skilled positions will have to weigh-in at league weigh-in, non-skilled position players will have a sticker on the back of

their helmets. . Teams are responsible for designating players restricted by weight. Stickers, tape, may identify these players or other identifying marks that should cover a 3 inch by 3 inch square located in the middle on the back of the helmet. This tape and or sticker should be a color different from the predominant color of the helmet.

Offensive Skilled Positions are considered the following:  
Quarter Backs, Running Backs, Tight Ends, Receivers, Kickoff and Punt Returners

Defensive Skilled Positions are considered the following:  
Defensive Ends, Linebackers, and Defensive Backs

- 2) All 12 year olds must meet this 135 pound standard to be eligible to play skilled positions.
- 3) In continuous play (fumbles, interceptions, and punts) anyone can make forward progress with the ball.
- 4) To be eligible for all positions a player must not exceed the 135 pound limit at the league weigh-in conducted at the Recreation Department.
- 5) If a coach thinks the other team is using a restricted player out of position:
  - A) They must call it to the attention of the officials, who will notify the opposing coach.
  - B) The officials will watch and if they catch a restricted player out of position. The coach will be given a warning.
  - C) If the officials catch a restricted player out of position again, it will be unsportsmanlike conduct penalty of 15 yards (for each time a restricted player is caught out of position during the game).

**Weigh-In is scheduled: Wednesday September 4 a schedule will be sent to booster club presidents. Skills positions are the only players that need to weigh-in.**

**Any player wishing to be a skilled player not weighing in on Wednesday September 4 will be allowed weigh-in on Thursday, September 12. From 5:00-6:00 pm (only).**

**Any player not making the two above dates will be restricted for season.**

#### **IV. Roster Requirements:**

- 1) All rosters are due to the Recreation Department on **Tuesday, August 27 (must have at least 15 players by this date to have team).**
- 2) A minimum of 15 players on a roster is required in order for a team to participate. A team may keep as many players as it wants, but a team cannot cut below 30 players if they have more than 30 players sign up. If less than 30 players sign up all players must be kept.
- 3) Any booster club wishing to have more than one team will be dealt with on individual basic.
- 4) Penalty for an ineligible player is forfeiture of any game they participate in.
- 5) There will be one (1) head coach and no more than five (5) assistant coaches per team.

## V. **Summer Camps:**

- 1) Teams are allowed unlimited conditioning (only) workouts throughout the summer.
- 2) No protective equipment of any type (No helmets, shoulder pads, or pants)
- 3) Any team who violates these conditioning guidelines will be ineligible for post-season play.

## VI. **Conditioning: (August 19-23)**

Conditioning Sessions: All players even those players coming out after practice starts, must have 5 one hour per day conditioning sessions prior to their regular practice sessions. **The first two days of conditioning will be with helmets and footballs, the last three days may be with pads (helmet and shoulder pads only) no contact for all five days...**  
(It is recommended that the footballs be used in conditioning drills that include all players.)

## VII. **Practice: (Monday, August 26)**

- 1) A team may practice 5 times in one week (Mon.-Sun.) before the first scheduled game.
- 2) Once games have started a team may practice a maximum of (4) four hours in no more than (3) three days.
- 3) If a team has scheduled bye, then the team may practice on the Saturday of their bye. Rainouts of games do not count as a bye.
- 4) Practices before games start are limited to 2 hours.
- 5) If schools are closed because of heat or delay their practices, practices cannot start until 6:30 p.m.

## VIII. **League Play:**

- 1) League play will start on **Saturday, September 14**

## IX. **Admission:**

- 1) Each booster club on their host date is allowed to charge one (\$1.00) per person that attends each Little League Football game.
- 2) The Recreation Department has been authorized to collect one (\$1.00) per person that attends Little League Football tournament games.

## X. **Coaches: (All coaches must be eighteen years old, no exceptions)**

**All head coaches and all assistant coaches must fill out a volunteer coaches' form and background check form, and must pass the background check. All volunteer coaches' forms and background check forms must be turned in no later than Monday, August 12.**

- 1) Coaches will not use profane language or use tobacco products on the field during practice or games.

- 2) The Head Coach is responsible for his assistant coaches and players.

## **XI. Sportsmanship/ Ejection Policy:**

- 1) Any coach ejected from a game will be suspended for the next (2) games. If the ejection occurs in that team's last game, the suspension will be for the first (2) games of the next sport they coach or participate in.
- 2) Players meeting one of the five criteria will be suspended for 2 games.
  - A) Biting observed by an official.
  - B) Taunting, baiting or spitting toward an opponent.
  - C) Profanity- directed toward an opponent or official.
  - D) Obscene Gestures- including gesturing in such a manner to intimidate.
  - E) Disrespectfully addressing or contacting an official.
  - F) Fighting
- 3) Any coach ejected from a game must leave the playing area (Out of sight and sound). Players must stay on the bench. Any coach refusing to leave may be suspended for more games and the game can be forfeited.
- 4) Coaches, players, and spectators may be asked to leave the facilities for showing any type of unsportsmanlike actions, under the influence of alcohol, or harassment of umpires, fans, coaches and players, and recreation staff.
- 5) Any teams having two incidents with coaches/parents/spectators being ejected or removed from game site will be disqualify from participation in post-season tournament.

## **XII. Postponed Games/ Inclement Weather:**

- 1) In case of inclement weather, coaches will check the Parks and Recreation website on Athletic page for cancellations.
- 2) Prior to start of game, the field supervisor or Recreation Staff on duty will have sole authority to postpone or play games. After the games begin, officials will have sole authority to postpone or play games.
- 3) Make-up games will be scheduled by the Recreation Department.

## **XIII. Tournament:**

- 1) The end of season tournament will only consist of the top six teams with the best overall record.
- 2) All ties will be broken using the Davidson County Parks and Recreation Department Tournament Policy and Procedure Manual.
- 3) The tournament will be a single-elimination tournament that will begin Mid-week with #3 seed playing #6 seed and the #4 seed playing #5 seed. In the second round, the #1 seed will play the worst surviving seed from the first round (seed 4, 5, or 6), while the number #2 seed will play the other winning team (seed 3, 4, or 5).

## **XIV. Protest:**

- 1) There are no protest by North Carolina High School Athletic Association Handbook.

## **XV. Playing Rules:**

- 1) The game shall consist of four (4) eight minute quarters. The clock will be stopped after incomplete passes, penalties, all out-of-bound plays, and touchdowns as outlined in the rulebook. (Clock will start back as soon official places ball)  
Mercy Rule: Once the score reaches a 24 point differential, or more, at anytime during the game, the game will resort to a running clock.  
After a touchdown by a team that is ahead by 24 or more points, the losing team will receive the ball at their own 40 yard line with no option to receive the ball.  
Half-times will be ten (10) minutes long for first two games. The third game or homecoming game may take up to fifteen minutes. Any team taking more than fifteen minutes may be subject to a fifteen yard unsportsmanlike penalty. The visiting team should use discretion during the homecoming game. All homecoming festivities should be done at half-time, an alternative is holding homecoming festivities after the game.
- 2) Teams are allowed a total of four (4) time-outs during the game, but a team cannot take more than three (3) time-outs in a half. During the last two (2) minutes of the game, a team that is ahead by fourteen (14) or more points will not be granted a time-out except for substitutions. Clock will restart once substitutes are in the game.
- 4) There will be a 25 second play clock. The 25 second clock will start as soon as the official places the ball.
- 4) A playing time of two (2) minutes per game is suggested for each player who is dressed and physically able to play.
- 5) Punting- On fourth down a team will have the option of trying for a first down or they can declare that they are going to punt. If a team chooses to punt, they will be awarded a free kick and can no longer advance the ball. The punter must remain in the restricted area (between tackle to tackle). Neither the offensive nor defensive team can resume regulation play until after the punt; the ball is live from that point on. The offensive and defensive team will be given one warning per punt for any violation that occurs for that punt. After that warning, a penalty will be incurred by the violating team.
- 6) **Extra Point Tries: After a touchdown, the scoring team will have the opportunity to either go for one-point conversion or two-point kick. Team must declare which they are going to do. If team chooses to kick, the extra point kick is live and defense is allowed full rush. After the team declares they will kick, the only way a team can score will be by completing a successful kick. Note: The play becomes dead when the kick is not successful. from the extra point kick.**
- 7) If at the end of regulation play, the score is tied, the tie will be resolved by the method approved by the State Association: The 10 yard line overtime procedure.
- 8) The TDJ size football is the official ball.
- 9) Teams are responsible to clean up the bench areas after each game.
- 10) The visiting team is required to provide a chain crew.
- 11) Jersey (and Numbers) should be assigned to players before the season

begins. Jerseys (and Numbers) are not to be changed unless damaged or lost; and the Parks and Recreation Department and the opposing team should be notified before the next game.

**The Davidson County Recreation Department reserves the right to take any action necessary to benefit the objective of the program.**

**Davidson County Parks and Recreation Department  
Coaches' Code of Conduct**

**As a youth sports coach, I will:**

- Consider it an honor and a privilege to coach the young people of our community.
- Keep in mind at all times that I am a youth sports coach and that the recreational experience is for the children not for the adults.
- Use positive coaching methods to make the experience enjoyable for my players, increase their self-esteem and foster in them a true sense of enjoyment of the sport in which they are engaged.
- Treat officials with respect and dignity, and instruct my players and their parents to do the same.
- Treat opposing coaches and opposing players with respect and dignity and encourage my players and my players' parents to do the same.
- Model grace, dignity and composure regardless of the outcome of the game.
- Observe all player participation rules and strive to make each player feel as if he/she is a valuable member of the team regardless of any physical or developmental limitations he/she may have.
- Teach the principles of fair play and sportsmanship to my players and model these principles for them at all times.
- Strive to learn the rules of the game and teach those rules to my players and their parents as best I can.
- Encourage safe play at all times and report any unsafe playing conditions to the recreation department staff as soon as I am able.
- Refrain from all manner of personal abuse and harassment of others, whether verbal, physical, emotional or sexual.
- Refrain from using any illegal substances or tobacco products, or imbibing alcohol in the presence of my players or on school or park property.
- Report any conduct that violates this code or adversely affects the positive, kid-friendly environment.
- Agree to abide by and follow the Davidson County Parks and Recreation Department's Coaches' Code of Ethics.

\* I also agree that any violation of these rules and guidelines will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by official and/or member of league organization
- Coaches game suspension with written documentation of incident
- Coaches season suspension

I understand that I am responsible for conveying the above information to extended family members, friends, and guests that may be attending my team's game to the best of my ability in order to ensure a positive environment for all.

I have read and agreed to the Coaches' Code of Conduct as presented by the Davidson County Parks and Recreation Department.

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Signature

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Name (Please Print)

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Team Name

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Date