THE CITY OF NORFOLK

DEPARTMENT OF RECRECATION, PARKS AND OPEN SPACES

2014 Youth Tackle Football

Rules and Regulations

1. Players may not participate on more than one (1) football team
2. The 2014 National Federation for Virginia High School and the Norfolk Recreation, Parks & Open Space rules are in effect
3. **MANDATORY PLAY:** Each player must play their specified play(s). Penalty for not complying with the rule is a followed: Forfeiture of the game and a two (2) game suspension for the offending coach. The coach will not be allowed on City Property during the suspension.

Training 1 play per quarter

Peewee 2 plays per half

Midget 2 plays per half

Bantam 1 plays per half

**LENGTH OF PLAY:** Each Team will be allotted three (3) time-out per half

**NO GRACE PERIOD!**!!!!!!

Training 5 minutes quarters

Peewee 6 minutes quarterstime

Midget 7 minutes quarters

Bantam 8 minutes quarters

Overtime: Virginia High School Leagues Rules concerning over time will be effect. In the event of a tie score at the end of regulation play: The ball will be placed at the 10 yard line, with each team having three (3) chances to score, if the game is still tied after the allotted three (3) chances the game will be ruled a tie.

**Training and Flag games will be rued a tie after the end of regulation play.**

**All Playoff Games must end with a score.**

1. **PLAYER WEIGH-IN PROCEDURE: (NO EXCEPTIONS)**

All players must weigh-in each game.

Teams must be weighed-in and ready at least 30 minutes prior to game time. Field monitors have the authority to begin the weigh-in if at least:

1. team is present at the 30 minute mark.

Once your team has weighed in you MUST remain at the field. It is the responsibility of the Head Coach to be present at each weigh in.

Once a player has stepped on the scale he/she **will not be allowed to RE-weigh.**

If a player is overweight that said player is ineligible for that game and must remove all equipment, (except jersey)

That said player must forfeit his Athletic ID card until the next weigh-in **(NO EXCEPTIONS)**

1. **SLAUGHTER RULE**

Any game shall be officially over if either team is winning by a minimum of 28 points after the completion of the 2nd quarter.

1. **PLAY-OFFS:**

**THE TOP 4 TEAMS IN EACH DIVISION:**  Peewee, Midget, and Bantam will advance to the play-offs.

**ALL PLAY-OFF GAMES WILL BE SINGLE ELIMIATION**

Training & Jr/Sr Flag: No Standings will be recored and No Play-offs.

**VII: ROSTER LIMIT:**

Training 20 players per team

Peewee-Bantam 30 players per team

**(NO EXCEPTIONS)**

**VIII: BALL SIZE:**

Training Wilson K2

Peewee Wilson K2

Midget Wilson TDJ

Bantam Wilson TDY

**VIII:** NO player can cover the center in Flag, Training, Peewee, or

Midget

**X:** All coaches in Training must be removed from the field after

the 4th week

**GAMES THAT THE PLAYER PARTICIPATED IN WILL BE FORFEITED AND THE HEAD COACH SUSPENDED FOR A PERIOD OF ONE YEAR.**