

# LOWER LOUDOUN BOYS FOOTBALL/UPPER LOUDOUN YOUTH FOOTBALL

## 2009 HOUSE RULES Final revised March 24, 2009

### Practices

1. No player shall be allowed to practice without a physical.
2. There must be a minimum of one (1) certified coach or assistant present at all practices or team activity.

### Games

1. If a game is interrupted (suspended) due to inclement weather, the Board may consider the game official when the game has reached the beginning of the third quarter. In the event that the game is deemed unofficial it will be rescheduled at the discretion of the Board.
2. The League will reschedule all make up games as soon as practical.
3. The maximum weight for backs (including kick-off return players and punt return players not on the line of scrimmage) and defensive players not on the line of scrimmage (including kick-off players), shall be determined by the League and announced prior to team selection. Note: Line of Scrimmage extends from sideline to sideline.
4. Players within ten (10) pounds of a maximum weight at the pre-draft workout must be weighed again during the season, prior to the beginning of practice and prior to participating in any post-season games. The Board will establish the maximum weight allowable during the season. The time and place for this weigh-in shall be at the discretion of the Board. The Player Agent, Vice President or President will be present at the weigh-in. Any player not weighed in will not be allowed to run the ball for the remainder of the season.
5. If a player is under the maximum weight at the official League recorded weight and exceeds the maximum weight at any subsequent weigh-in, he becomes eligible to play only end to end on offense and defense for the remainder of the season.
6. All players must wear a mouth protector along with the other equipment required by the Federation rules. The mouthpiece must be of good quality and should be attached to the helmet. **All mouthpieces must be any color other than clear or white.** There shall be no modification to the mouthpiece. All helmets must be NOSCE certified. The coaches and officials will not allow any player to participate in practices or games that do not wear the required equipment.

7. Players shall wear rubber-molded football or soccer shoes, or screw in cleats as long as they have a male adapter with standard size cleat (no longer than 1/2 inch in length). No portion of the exterior of the cleat shall be made of metal.
8. Individual or team accomplishments are prohibited by the League. This includes stickers of any kind on helmets, other than those required or issued by the League.
9. Each League will issue practice and game equipment for each team member. This equipment shall not be altered in any way, this includes, but not limited to, the alteration, cutting of jerseys or pants and the changing out of face-masks on helmets. A deposit may be required from each member for this equipment and should the League find that the equipment has been abused, altered, destroyed or lost, the deposit will be forfeited.
10. Game equipment for each League participant may include, but not limited to a game jersey, pants, socks, helmet decals and stripes to be worn on game day. Each team player will be required to wear only that equipment issued or approved by the League for game play. It is the responsibility of the Head Coach to ensure that all team members are dressed uniformly for each game. (I.e. all team members wear the same League issued socks, or all do not wear socks).
11. Every player present and equipped to play should participate in a minimum of one (1) quarter including kicking plays and point(s) after touchdown plays. The second quarter will be the designated quarter to meet this requirement. The head coach will be held accountable for this requirement and will make their best effort to utilize their players on both sides of the ball. If a team has players selected to play during the second quarter that are physically superior to their opponent or dominant by position, every precaution must be taken to assure that these players participate in positions that maximize players' safety and do not exploit any offensive scoring advantage. Prior to the game coaches must discuss player personnel options to include second quarter issues. No Coach shall use the second quarter to gain advantage over another team, i.e. use a player that is superior in situations that could determine outcome of game, intentionally hold a player from the 1<sup>st</sup> quarter to use in a dominant position in the 2<sup>nd</sup> quarter.

## **Playoffs**

1. The League shall review and approve the rankings and prepare a play-off schedule for each Division to begin the week after the regular season schedule ends.
2. After the regular season play, a playoff bracket will be seated based on the following:
  1. Win/loss record
  2. Head to Head
  3. Coin Toss

## **General Rules**

1. **No radios, phones or other communication devices will be allowed on the sidelines** except for emergency personnel.
2. **No weapons of any kind will be allowed on the premises by anyone other than authorized emergency personnel.**
3. Any coach ejected from a game must **immediately** leave the premises. He/She will not be permitted back on the premises for the following game unless his/her child is participating; he/she will then have to watch from the opposing team's side.
4. If a coach or child is ejected from a game, the Officials **cannot** reinstate the coach or child before the next game.
5. Coaches are prohibited from filming games other than their own.