

Lower Loudoun Boys Football
Administrative Regulation, Rules and Information

General Regulations

- a) For the purpose of team selection, each player must complete an official registration form to be submitted to the League with payment prior to participating in tryouts or team practices. All new registrants in the League or any player that has participated and skipped a season must furnish a legal birth document.
- b) A player's official weight shall be recorded at the tryout as approved by the League. Weights shall be recorded on the official registration sheets. All players must be weighed with the minimum requirement of a shirt, shorts and appropriate footwear (football or tennis shoes). The tryout weigh-in is considered the official and only weigh-in. However, the league reserves the right to perform additional weigh-ins during the season as they deem necessary to determine overweight players.
- c) Practice may not be held prior to the date specified by the League. A player must present a signed physical dated after June 1st of the current calendar year from an accredited physician prior to the first practice. Players must participate in a minimum of five (5) conditioning practices (not more than one (1) per day) prior to any contact. During conditioning practice, helmets may be worn. Practice with full equipment and player contact is prohibited prior to the date established by the League. Coaches are required to maintain attendance charts during conditioning to be monitored by the League.
- d) A player having missed two unexcused practices during a week will not be eligible to play the next scheduled game. Any player who misses more than five (5) consecutive days of practice, either excused or unexcused, may be subject to additional conditioning and contact practice prior to playing in the next scheduled game. There are no exceptions to this rule.
- e) The League shall establish a date when the maximum number of practices per week shall be limited to three (3). The week shall be Sunday through Saturday (no Friday practices after September 1st). No practices may be longer than two (2) hours. Practice time includes team meetings, game review, pep talks, etc. Any game played Monday through Thursday shall be considered a practice. All practices will be held at a designated assigned practice area only.
- f) A minimum of one (1) NYSCA certified coach will remain at the assigned practice area until all participants are released.

- g) Contact in practice sessions or games are prohibited unless two (2) coaches are present, of which one must be NYSCA certified.
- h) Preseason scrimmage sessions against any team outside the League or not within the appropriate age division are not allowed. All scrimmage sessions require prior approval of the Board.
- i) The home team must furnish three (3) capable persons (preferably adults or older youth deemed acceptable by the League) to act as the chain crew. Chain volunteers must refrain from communicating with coaches, players and officials. These persons should be ready to work at least fifteen (15) minutes before game time.
- j) Each team is allowed to have no more than seven (7) Board approved coaches on the sidelines during a scheduled league game.
- k) Admission to games will be as follows: Age 5 years & under are free. Ages 6 years to adults \$1.00.
- l) No awards will be presented or authorized that signify or recognize individual accomplishment or status unless approved and endorsed by the Board.

Equipment

- a) No altering of game jerseys (NO ADDING NAMES, CUTTING OR ADDING UNAPPROVED PATCHES).
- b) No adding decals of any kind to the helmets other than team logos approved by the League.
- c) No altering or replacement of facemasks on helmets. ONLY LEAGUE-ISSUED EQUIPMENT SHALL BE WORN FOR SAFETY REASONS.
- d) Mouthpieces must be colored (any color other than clear or white). Each player will be issued one (1) NFHS approved mouthpiece by the league. Any player that must replace their mouthpiece due to normal wear or loss must adhere to the same rule listed above regarding color of the mouthpiece.
- e) Shoes must be ones with molded rubber soles. No metal, plastic or screw on cleats will be allowed. Cleat size will be limited to no more than ½” in length.

Parents will be held liable for all equipment. By signing the registration application, you acknowledge your responsibility for returning all equipment at the end of the season. The time for collection of equipment after the final game of the season will be determined at the discretion of the Board. Game jerseys may be collected after the last playoff game in which a team participates. All other equipment may be collected within

one (1) week. Any parent that fails to return equipment or game jerseys will be billed for the full replacement cost based on the following prices:

Helmet	\$125.00
Shoulder Pads	\$ 75.00
Hip, thigh & knee pads	\$ 60.00
Game & Practice pants	\$ 75.00
Game Jersey	\$ 45.00

ANY VIOLATION OF THE ABOVE RULES CONCERNING EQUIPMENT WILL RESULT IN FULL REPLACEMENT COST BILLED TO THE PARENTS AND THE PLAYER WILL NOT BE ABLE TO PARTICIPATE.

Ejection

Any player, coach or spectator that is ejected from a game shall leave the field immediately and shall also be suspended for the following scheduled game.

Bill Allen Field Rules

The following rules have been established for Lower Loudoun Boys Football and Bill Allen Field:

- No weapons of any kind other than those belonging to emergency personnel or law enforcement officers,
- No use of foul or abusive language,
- No use of drugs or alcoholic beverages,
- No smoking by minors,
- No fighting,
- No skates, skateboards, rollerblades, bikes, bags or backpacks will be allowed,
- No pets.

All players, cheerleaders, spectators and parents are expected to abide by all rules and regulations concerning L.L.B.F and Bill Allen Field as set forth by the Executive Board of Lower Loudoun Boys Football. Any player, cheerleader, parent, or spectator who violates any rule, either during their game or as a spectator will face suspension for one (1) game or possible removal from the league without exception. Lower Loudoun Boys Football will not tolerate abusive language or offensive behavior towards the officials at any time. Any person who violates this rule will be suspended immediately.