

REDZONE

PARKS & RECREATION YOUTH FOOTBALL

2019

BY-LAWS

AGES: 7-12 Years Old



League Directors:

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POINTS OF EMPHASIS

- **The R.E.D. ZONE Parks & Recreation Youth Football Program is a joint collaboration between Greensboro and High Point Parks and Recreation Departments. This new concept uses practices and games to promote Recreation, Education and Development.**
 - All coaches and team moms / dads must submit and pass a background check before being allowed to coach or have interaction with the team on the practice field, playing field or other team activities.
 - The Athletic Division reserves the right to place players on teams based on the needs of the program.
 - No issue in football is of greater importance than the safety of our players. The participants who enjoy the game deserve our whole-hearted commitment to their safety.
1. Age cut-off date is September 1st of current year
 2. **Roster Size:** Minimum of 15 players on a roster / Maximum of 22 players on a roster.
 3. **Mandatory Must Play Rule** – Each player must play 1 continuous quarter (either 1st or 2nd quarter). During the Playoffs, the Mandatory Must Play Rule will still apply.
 4. **Greensboro P&R is now an unweighted football program with limitations on skilled position players.**
 - **Pee-Wee:** 7-8 year olds: Skilled position weight limit for players: **95lbs.**
 - **Mites:** 9-10 year olds: Skilled position weight limit for players: **115lbs.**
 - **Midgets:** 11-12 year olds: Skilled position weight limit for players: **135lbs.**
 5. **At no time will a player be allowed to play in a younger or older age division.**
 6. Players that exceed the skilled position weight limits; **must play in the interior line with their hand in the dirt.** Players must display a stripe on their helmet at all times.
 7. **Scoring Opportunities:**
 - Touchdown – 6 points
 - Extra points –
 - **1 point Run; 2 point Pass; 3 point Kicking**
 - Field Goal – 3 points
 - Safety – 2 points
 8. **Overtime:** During the regular season at the end of regulation play, if the game ends in a tie each team will have 1 offensive series (4 downs) with the ball placed on the 10 yard line. At the conclusion of the overtime period if game remains tied the game shall end in a tie. Although each team is given 4 downs the ball will go over to the defensive team if they intercept the ball or recover a fumble. Turnovers cannot be returned for points; they only result in a change of possession.
 9. Teams playing in the R.E.D. ZONE Parks & Recreation Youth Football Program will not cut players from their roster in order to add additional players.
 10. Filming of games must be done from the spectator side of the field only. (No Filming on the game field or players side line) The Athletic Section will not review game video for any reason.
 11. Players are not allowed to participate in the R.E.D. ZONE Parks & Recreation Youth Football program if they are playing organized school football.

GENERAL INFORMATION

Thank you for participating in the Greensboro Parks & Recreation Youth Sports Program. This recreational program is provided for your fun and enjoyment. Your cooperation, good sportsmanship, and communication with our Athletic Office, as well as team members, are important in making this program a success. On behalf of our Department, we would like to wish you and your team a successful season!

Parks and Recreation Department Mission Statement

The Greensboro Parks and Recreation Department exists to provide professional and diverse leisure opportunities through inclusive programs, facilities, parks and open space, ensuring that Greensboro is a desirable place to work, live and play.

Athletics Philosophy

The philosophy of the Athletics Section of the Greensboro Parks & Recreation Department is to create a positive environment for youth and adults;

- I. By emphasizing each individual's right to participate.
- II. By teaching life skills, good sportsmanship and game fundamentals.
- III. By stressing FUN and enjoyment above all else.
- IV. The focus for this year's season is about promoting sportsmanship and learning proper mechanics and basic fundamentals for youth football. Coaches should encourage learning through drills and organized practices for all players.

League Purpose

The R.E.D. ZONE Football Program is a joint collaboration between Greensboro and High Point Parks and Recreation Departments. This new concept uses practices and games to promote **R**ecreation, **E**ducation and **D**evelopment. To provide a positive opportunity for youth ages 7-12 to play football on an organized team in a structured program emphasizing safety, correct fundamental skills, teamwork, good sportsmanship and fair play.

Accessibility Accommodation Request: The City of Greensboro Parks & Recreation Department welcomes the participation of all individuals, including those with disabilities or special needs, and is committed to complying with the ADA by providing reasonable accommodations to facilitate participation in our programs. To ensure that reasonable accommodations are in place, accommodation requests should be received at the time of registration.

League Organizational Set-up and Duties

1. League Director – responsibilities include but are not limited to: scheduling all league play. The League Director shall be the chief supervisor of all teams in the Parks and Recreation Department Youth Football program and reserves the right to suspend any coach, player, parent or spectator who breaks any of the department policies as stated in these Bylaws. The League Director will handle all protests. If a player or team appeals a ruling from the League Director, the Athletic Director will hear the appeal for a final ruling. **All rulings are final.**
2. Field Supervisors will be Parks and Recreation Athletic Department employees working under the supervision of the League Director. Their duties include, but not limited to
 - a. General supervision of practices, games, fields and spectators
 - b. Handling any problems which may arise at the fields
 - c. Enforcement of the Rules and By-laws, City and Departmental Policies as they relate to the Youth Football Program.

Athletics Office

Sports operations are conducted at 2400 16th Street, Greensboro, NC 27405. Office hours are Monday through Friday, 9:00 AM to 5:00 PM. Office: 336-373-3272.

Field Locations

FIELD	ADDRESS
Jaycee Park	3802 Jaycee Park Drive, Greensboro, NC 27455
Hester Park	3615 Deutzia Street, Greensboro, NC 27407
High Point Athletic Complex	2920 School Park Road, High Point, NC 27265

Alcohol/Smoking

Alcoholic beverages and tobacco products including any electronic cigarette (e-cig or e-cigarette), or electronic nicotine delivery system (ENDS) are not permitted at athletic fields or facilities at any time. All outdoor smoking areas will be located at least **50** feet from main entrances or exits to city facilities or parks.

Teams are responsible for their spectators. Anyone observed violating these policies will be immediately asked to leave the facility or park. Continued violations by individuals, teams or their spectators may result in permanent removal of the players/teams from the league.

Pets

Spectators / visitors and players may not bring animals to the field for practices or games (Unless the animal is a service animal: emotional support animals do not constitute a service animal).

Registration

Players may only play for one team at a time and only in their age division

Refund Policy

The Greensboro Parks and Recreation Department reserves the right to cancel a program at the sole discretion of the department, including when a program's minimum enrollment is not met. In the event of a program cancellation, the department will endeavor to provide as much advance notice as possible to participants. In addition, the department reserves the right to alter schedules, fees, and instructors as necessary. In the event that the department cancels a program or event, registration fees are 100% refundable except in cases when an alternative refund policy has been provided in writing to registrants at the time of registration.

Program withdrawal and refund requests initiated by participants will be processed in accordance with the criteria set forth below. All requests for a refund of program fees must be received by the department in writing. Refund requests are processed according to the guidelines included below and generally take 2-4 weeks to process, with the exception of payments made by check, which may take additional processing time. The refund check will be mailed to address provided on the written refund request.

Prior to Program Start Date: Fees are fully refundable less a \$10 processing fee per registration. (No equipment issued)

After Program Begins: (September 4, 2019) No refund is available except in extenuating circumstances as determined by the program supervisor.

After Program Ends: No refunds granted.

INCLEMENT WEATHER

In the event of inclement weather on game days, please call the Parks & Recreation rain line at (336-373-2366) after 4pm on weekdays and 8am on weekends. This number will be located at the top of all game schedules. If no cancellation details are available, teams should report to the specified game fields indicated by the game schedule.

In the event of inclement weather on non-game days, please call the Recreation Center that your child is playing for. The Recreation Center Staff will be able to inform you on your teams practice status.

If it rains after arriving at the fields, the decision to play or cancel will be determined based on Parks and Recreation Staff and or the Game Officials on the field.

Glenwood Recreation Center	336-373-2929
Leonard Recreation Center	336-297-4889
Lewis Recreation Center	336-373-3330
Peeler Recreation Center	336-373-5877
Warnersville Recreation Center	336-373-5871
Windsor Recreation Center	336-373-5845



Text **YOUTHFBANDCHEER** to **84483** to receive alerts from **Greensboro Football**

Pocket Perry Weather App



The Athletics Section utilizes the Pocket Perry Weather App to monitor for severe weather within 10 miles of a given facility. This weather App provides athletic staff with access to real-time weather information including live radar, lightning mapping, storm track and all-clear timers. In the event lightning is detected within a 10-mile radius of the facility where games are being played, staff will initiate lightning delay procedures.

Lightning Policy

If lightning has been detected within 10 miles of a given facility, play shall be suspended, and staff, officials, participants, and spectators should seek shelter immediately. At this time, the **30-Minute Rule** shall go into effect. Play is suspended for at least 30 minutes after each lightning strike that occurs within a 10-mile radius. Any subsequent lightning that is detected restarts the 30-minute countdown to an all-clear notification for play to resume.

Staff will continue to monitor conditions and utilize real-time information to assist in determining if conditions are safe to resume play. If the all-clear is received prior to the game time limit, staff and officials will determine whether or not to continue play. Games may be cancelled and rescheduled for a later date.

GETTING STARTED

Coaches

Only the head coach and six assistant coaches are allowed on the sideline during games or practices. All coaches must be listed on the Team roster and have passed the volunteer background check prior to practice and games starting. Coaches and team personnel must stay within their team's 20 to 40 yard lines. Coaching will not be allowed from any other site on the field. **Violation – 10 yard penalty.**

Player Eligibility

Players must turn 7, and cannot turn 13 on or before September 1 of current year. Players may only register with and participate on one team per season. All players must submit a completed Registration Form and will be added to their team's official roster to complete the registration process. No player may participate in any activities prior to registering. **Any team using a player who is not on the team's Roster, and has not filled out a registration form will automatically forfeit that game and the player, coach and team may face additional penalties as determined by the Greensboro Parks and Recreation Department.**

Playing Field

- 7-8 year olds will play on an 80 yard game field.
- 9-12 year olds will play on a 100 yard field.

Player Safety

- No issue in football is of greater importance than the safety of our players. The participants who enjoy the game deserve our wholehearted commitment to their safety.

Coaches should not permit or encourage "sweating down" tactics for a player to make the skilled weight.

No Bull in the ring drills

No intentional head to head contact

No chop blocking, face tackling or spearing techniques permitted

Teams, Leagues, and Divisions

Pee-Wee League: 7 - 8 year olds on or before September 1 of current year; using the legal guardian's home address.

Mite League: 9 - 10 year olds on or before September 1 of current year; using the legal guardian's home address.

Midget League: 11 - 12 year olds on or before September 1 of current year; using the legal guardian's home address.

PLAYERS ARE ONLY ALLOWED TO PLAY IN THE AGE GROUP THEY ARE REGISTERED IN AND ONLY ON ONE TEAM.

1. Any player who is dropped from a team roster may not be added back to a team unless the team falls below the minimum number of players.
2. Teams are *not* to practice or issue equipment to any player who has not filled out the official Parks & Recreation Football Registration Form.

Team Rosters

1. Rosters will have a minimum of 15 and a maximum of 22 players.
2. The team roster will be given to the Head Coach prior to practice starting. Coaches will notify parents and players concerning practice and game times.
3. The Finalized team roster (with the player's jersey number) must be submitted to the League Director's office by 12 pm, **August 30st, 2019**. If not, games will be **forfeited until roster is submitted. Jersey numbers cannot be duplicated.**
4. If a team falls below the minimum number for fielding a team, players may be added to meet the minimum number. These players must meet all registration requirements and must be added in the League Directors office. Roster additions will be approved by the League Director only.
5. **Hardships:** Parents may appeal to the Football League Director if they have been assigned to a district unjustly. Hardships must be written and submitted to the League Director no later than 5 business days from the conclusion of registration (July 26, 2019). All written request must be submitted by 5:00 pm on **Friday, August 2, 2019**. A final decision will be made by the Parks & Recreation Athletic Department by 5:00 pm August 5, 2019. *After August 5, 2019 no releases or hardships will be reviewed or issued.*
6. Any coach signing a registration form for a player, playing an unregistered player, knowingly plays an illegal player, or a player under an assumed name will be **suspended for a minimum of (1) one year without an appeal.**
7. Any player, parent, coach believed to have encouraged and/or assisted with the submission of an altered Birth Certificate will be **removed from the program and must appear before the League Director and the Athletic Director.**

Uniforms, Equipment and Fields

The Greensboro Parks and Recreation Department will provide each registered player with a Game jersey, game and practice pants, 7 piece pad set, shoulder pads, 1 mouth piece and a helmet. It is mandatory that all equipment provided by the Parks and Recreation Department be worn at all the games. In the event that the participant loses or damages any part of their provided equipment; parents / guardians will be held financially responsible for the replacement of the equipment. **Players shall not alter the provided equipment in any manner.** Parents /Guardians are required to purchase socks, cleats and additional mouth pieces

- a. **Jerseys** -- Teams must have the same color jersey. Jersey numbers cannot duplicated.
- b. Once a player has been assigned a number, that player must retain that number throughout the season. Any changes in jersey numbers must be approved by the field supervisor/League Director prior to game day check-in.
- c. Tape, magic markers, etc. numbers are illegal.
- d. The finalized roster will be used for game day check-ins.
- e. If two players have the same number, the coach must decide which player will play. Only that player will be eligible to play in the game.

Jewelry

Participants are not allowed to wear Jewelry during games or practice. Medical I.D is approved. I.D. tag should be secured to the body so not to injure other players.

Balls

- Pee-Wees and Mites: Wilson K-2 or comparable
- Midgets: Wilson TDJ or comparable

PLAYING RULES

The official playing rules, with the exceptions and variations contained in the following material, shall be the “Official North Carolina High School Football Federation Rules” with variations of the By-Laws, completely revised, and released by the League Director.

Practice Guidelines and Rules

City of Greensboro Parks & Recreation athletic teams are not permitted to participate in any event (game, scrimmage or practice) which is not being hosted or co-sponsored through the Greensboro Parks & Recreation Department. Examples of prohibited events include: Jamborees, Scrimmages with AAU/AYF/Pop-Warner football teams, and Bowl Games with Independent Youth Athletic Associations.

Any Coach or Organization caught violating the practice rules must appear before the League Director and Athletic Staff. The Head Coach may be suspended for the remainder of the season.

Coaches cannot deny players from taking additional water breaks during practice.

Pre-season

1. Conditioning will be from **Monday, July 29 – Thursday, August 8.**
2. All practices must end by 8:00 pm, No EXCEPTIONS
 - **Pre-season:** Monday-Thursday, there is a 2 hours maximum time limit teams can practice per day. Teams cannot practice more than 8 hours per week.
 - **Regular Season and Playoffs:** Maximum practice time is 3 days a week at 1.5 hours per practice for a maximum of 4 ½ hours per week.
3. If a team’s practice is rained out, a team may practice on a Friday and/or Saturday with permission from the Athletic Office/League Director.
4. No practice on Sundays unless a Monday game is scheduled or if permission is granted by League Director.
5. **No unsupervised practices allowed. At least two (2) coaches must be present at all practices.**
6. Teams are expected to participate in Jamboree on Saturday, August 24, 2019.
7. League Director will determine when teams will practice with lights.
8. Teams may practice the day after a game in **Helmets, t-shirt and shorts only.** (No Contact)

Equipment

Equipment will be handed out on Monday, August 12, 2019. No equipment issued to player who has not officially weighed in.

Coaches are responsible for checking player’s equipment before each practice to make certain the equipment is safe and worn properly.

Official Weigh-In

The scale used for weigh-in will be owned and operated by the Parks & Recreation Department and its staff. The scale will be professionally adjusted and calibrated each season. No other scales or written documents will be accepted to determine a player's weight for participation in the program.

1. Weight limits per age division for **Skilled Players**:
 - a. Pee-Wees: **95lbs.**
 - b. Mites: **115lbs.**
 - c. Midgets: **135lbs.**
2. Players may weigh-in shorts, t-shirt and socks.
 - a. Every team member must weigh-in on Saturday, August 10, 2019.
 - b. Players must be able to tell the field supervisor their name and date of birth at weigh in.
 - c. If a player is over the skilled player weight they will be designated as striped player.
 - d. Only **1** coach from your team may be present during the official weigh-in.
 - e. Any coach found weighing a player under an assumed name will be suspended from the program indefinitely. Upon discovery of illegal player, the team will forfeit all games played to that point. No exceptions.
 - f. Any coach found tampering with a striped players helmet to make him eligible to play a skilled position; team will forfeit the game and coach will be suspended for remainder of the season.

Schedules

League Director will make all schedules. Games will be played as scheduled with the League Director reserving the right to make changes in exceptional cases.

Forfeits

Teams must have 10 "eligible" players to start and finish a game or a forfeit will be issued. Coaches ejected from games by officials must leave the game facility. If the coach fails to leave the game facility, a forfeit may be called and the coach can be suspended for the rest of the season. Forfeits may also be issued if any of the following occur:

- a. Playing an illegal player
- b. Playing a player under an assumed name
- c. Unsportsmanlike conduct from players or coaches
- d. If it is determined that all eligible players did not participate in a game

Mandatory Play Rule

All players present at official game time check-in are considered eligible players and must play a minimum of **1** full continuous quarter both on offense and defense either in the 1st or 2nd quarter. Any team rosters containing more than 22 players; all additional players will play the entire 3rd quarter. The only exception will be for injuries, ejections and approved disciplinary reasons. It is the intent that each coach provides as much playing time as possible for each participant. Mandatory playing time must be met before a player is removed from the game.

- Players arriving after official game time check-in but before game starts will be considered an eligible player.
- Players arriving after the game has started and before the 2nd quarter will be considered eligible to play in the 2nd quarter.
- Players arriving after the 2nd quarter has started will not guaranteed any playing time.
- Special Teams shall not be used to fulfill the necessary Mandatory Play Rule requirements.

Special Teams

Only during **Special Teams** throughout the entire game teams can make player substitutions. Special teams are considered: Kickoffs, Kick PAT's, Field Goals and Punts.

Failure to abide by the above rules will result in the player (s) affected playing 2 full quarters in the next game as a starter (s) and shall not be removed from the game until all playing time requirements have been met. If it is determined that all eligible players did not participate in a game; that game may be considered a forfeit, and/or suspension of the Head Coach for a minimum of 1 game.

Games

Teams will play 6 regular season games and all teams will compete in the post season single elimination tournament.

A coin toss will take place to determine who receives the ball to start the game. Games will be (4) quarters for all age divisions with High School Junior Varsity timing rules enforced. There will be a 30 second play clock utilized to keep the pace of play. The clock will start after change of possession and the ball is marked ready for play.

1. **Pee-Wee Teams** – 7 minute quarters - One coach from each team can be on the field during game play. This coach is to only help get the team lined up and ready for play. Before the snap, both offensive and defensive coaches must be a minimum of twenty yards off the line of scrimmage. The defensive coach on the field must step out of the back of the end-zone prior to a play in the red-zone (inside the 20 yard line). The coaches may not interfere with the play of the game or they will receive a Ten-yard penalty. Once the quarterback begins his cadence, both coaches must be silent until the ball is snapped.
2. **Mite Teams** – 8 minute quarters - **No coaches** will be allowed on the football fields during actual play.
3. **Midget Teams** - 8 minute quarters - **No coaches** will be allowed on the football fields during actual play.

Defensive Alignment

Players that exceed the skilled position weight limits; **must play in the interior line with their hand in the dirt.** (Which is from tackle to tackle) Players must display a stripe on their helmet at all times.

- **Pee- Wee** – Teams may not line up in “A” gaps or over the Center. (linebackers must be a minimum of 3 yards off the line of scrimmage) Defense may Blitz once the ball is snapped.
- **Mites** – Teams can line up in “A” gaps but may not cover the Center. (linebackers must be a minimum of 3 yards off the line of scrimmage) Defense may Blitz once the ball is snapped.
- **Midgets** – North Carolina High School rules apply.
- **Skilled Defensive Players** are considered to be Defensive Ends, Linebackers and Defensive Backs.
- **Striped Defensive Players** are considered to be the Defensive Tackles and Nose Guard
- **Linebackers for all age divisions must be a skilled position player.**

Offensive Alignment

Players that exceed the skilled position weight limits; **must play in the interior line with their hand in the dirt.** (Which is from tackle to tackle) Players must display a stripe on their helmet at all times.

- If offense team starts with 10 players; 7 players must still be on the line of scrimmage.
- In an offensive set; skilled position players must “cover” the interior linemen.
- **Skilled Offensive Players** are considered to be the Quarterback, Running Backs, Wide Receivers, Tight-End and Slot position.
- **Striped Offensive Players** are considered to be the Center, Two guards, and Two Tackles.

Kick-Offs

Kick-Offs are conducted from the 40 yard line. Opposing team needs to be lined up 10 yards from the line of scrimmage in order to receive the ball. Striped players can kick the ball at any point during the game but cannot advance it on any fumbles or botched plays. Kicking team must have at least 4 players on either side of the kicker on kick-offs. No kicking team players other than the kicker can be more than 4 yards behind the kicking team's free kicking line.

Punts

- **Pee Wees and Mites** – will have the option to declare a punt.
 - Head Coach or Team Captain will notify Referee if the team will punt on 4th down.
 - If the team decides to declare a punt, the punting team must punt the ball, and the defensive team may not rush the punter. **NO FAKE PUNTS**
 - Receiving team formation on a declare punt will consist of a minimum of 8 players on the line of scrimmage, and 3 players back to receive the punt.
 - If a penalty occurs on a declare punt; then the declaration is removed. If the punting team retains possession after the penalty and still wants to punt they must re-declare.
 - During the declared punt the ball must be snapped to the punter and the punter after receiving the snap shall punt the ball.
- **Midgets** – North Carolina High School rules apply.

Scoring Opportunities

- Touchdown – 6 points
- Extra Points:
 - 1 point – Run
 - 2 points – Pass
 - 3 points - Kicking
- Field Goals – 3 points
- Safety – 2 points

Mercy Rule

If a team is ahead by 4 touchdowns (**24 points**) or more at the beginning of the 4th quarter of a game, the clock will ***only*** stop for time-outs and injuries. The winning team must run the ball between the tackles, directly up the middle. The winning team cannot pass the ball or run any trick plays. The winning team cannot perform an onside kick, must fair catch or down any kick/punt return, and must declare a punt on all 4th downs.

Half Time

Half time for all age divisions will be 5 minutes.

Time Outs

- 3 per half.
- One Coach from each team will be allowed on the field for coaching purposes during time-out. If players need a water break during the time out, the team should come to the side line for the time out.
- Assistant coaches should not be on the playing field during time outs.

Overtime Period

- During the regular season at the end of regulation play, if the game ends in a tie each team will have 1 offensive series (4 downs) with the ball placed on the 10 yard line. At the conclusion of the overtime period if game remains tied the game shall end in a tie. Although each team is given 4 downs the ball will go over to the defensive team if they intercept the ball or recover a fumble. Turnovers cannot be returned for points; they only result in a change of possession Overtime periods are allowed during the playoffs.
- In overtime each team will receive an additional time-out.

Shortened Games / Delays

- Any game interrupted, halted or delayed due to an injury, rain, lighting, or dangerous / inclement weather conditions will count as complete game if one half (1/2) of the game has been played for the game exceeds 30 minutes. If the score is tied, the game stands as a tied game.

Filming of games

- Must be done from the spectator side of the field only. Teams should only video games for teaching purposes. The Athletic Section will not review video concerning Judgement calls made by the Officials.

League Playoffs

- At the conclusion of the regular season, the City of Greensboro will conduct a single elimination tournament to establish a City Champion in each age division.
- During the playoffs; the Mandatory Must Play Rule will still apply.
- The Greensboro City Champion in each age division will then play the High Point City Champion in each age division for the R.E.D. Zone League Championship.
- The City of Greensboro Champions will also represent the City of Greensboro in the Triad Turkey Bowl.
 - If the winning team declines to participate in the Triad Turkey Bowl games the finalist will have the opportunity to represent the City of Greensboro.

PENALTIES

1. Major Penalties are 10 yards for Pee Wee games.
2. Major Penalties are 15 yards for Mite and Midget games.
3. Minor infractions are 5 yards.

Side-Line Penalties

Penalties assessed for unsportsmanlike behavior against a team's sideline are:

Pee Wees: 1st offense – flag and 10 yard penalty.
2nd offense – flag and 10 yard penalty and/or ejection.

Mites and Midgets: 1st offense – flag and 15 yard penalty.
2nd offense – flag and 15 yard penalty and/or ejection.

INDIVIDUAL: Same as above. The identified individual must leave the field on the 2nd penalty. The Head Coach is not charged with penalties and does not have to leave.

BENCH: Penalties which occur when the officials cannot identify the individual(s) responsible. The penalties are charged against the Head Coach. The Head Coach is ejected if the 2nd offense occurs.

Coaches or Spectators ejected from a game must leave the field immediately. This includes the playing field, spectator and concession stand area. Coaches or Spectators must go to the parking lot.

1. Coaches or team personnel are not to approach officials in a negative or unsportsmanlike manner after the game.
2. Officials are not to approach coaches, team personnel or spectators in a negative manner.
3. Any coach or team personnel ejected and / or written up for misconduct will automatically be suspended for 1 game. ***The coach will have absolutely no contact, communication, or connection with team during the one game suspension (game or practices).*** A second offense will result in suspension from the program. The coach must appear before the League Director & Athletics Staff for reinstatement.
4. All suspensions are subject to review or protest by the League Director and Athletics Staff.

All spectators must be kept away from the team(s) side line. Players, and Team Personnel who have passed a volunteer background check are only allowed on the team's side of the field.

EXPECTED BEHAVIOR, CONDUCT, EJECTIONS, SUSPENSIONS

The Greensboro Parks and Recreation Department strives to maintain a positive environment and wholesome recreational atmosphere at all athletic programs and events. Anyone participating in athletic programs and events as either participants, coaches, officials, or spectators are expected to abide by all Parks and Recreation Department rules, regulations, and applicable by-laws. Greensboro Parks and Recreation reserves the right to assess suspensions and/or prohibit attendance/participation at their discretion in order to maintain safety, appropriate conduct, and overall program integrity.

Sportsmanship and Inappropriate Behavior

Any and all team-affiliated persons (participants, coaches, parents, spectators) must conduct themselves in a sportsmanlike manner when involved in any Greensboro Parks and Recreation athletic program. Any individual displaying unsportsmanlike conduct and/or inappropriate behavior at any time at any parks and recreation facility will be subject to partial or permanent program suspension at the discretion of the Parks and Recreation Department.

Unsportsmanlike conduct and inappropriate behavior can include, but is not limited to, the following:

1. Harassment of or negatively approaching other participants, coaches, officials, and parks and recreation staff.
2. Excessive or abusive arguing with officials, coaches, participants, and parks and recreation staff.
 - a. Only the designated head coach or team manager may approach a game official at specified times to inquire about a call made or an incident that has occurred.
3. Profane language and/or gestures.
4. Disruptive or malicious behavior.
5. Issuing a public threat, physical violence, inflicting bodily harm with a piece of equipment or body part, or fighting.
6. Failure to abide by all City of Greensboro and/or Parks and Recreation Department established rules, regulations, guidelines, and by-laws, or refusing to abide by any league officials decision.
7. Use of alcoholic beverages or illegal drugs prior to, during, or after a game while on city property.
8. Smoking or use of smokeless tobacco products (including e-cigarettes) in non-designated areas.

Ejections

Any individual who is ejected at the discretion of the game official and/or parks and recreation staff must leave the playing area and/or facility immediately for the remainder of the day/night. Any ejection will result in disciplinary action, which could include suspension from the program, which shall be served during the next scheduled/played game. The Parks and Recreation Department will review all ejections, and may extend any suspension as deemed appropriate for the offense. Multiple ejections by the same offender could result in permanent suspension from the current program and other programs offered by Greensboro Parks and Recreation. Any suspension issued will apply to regular season and tournament games.

Ejection Procedures

1. Ejected individual must leave the playing area and/or facility immediately. Failure to comply could result in police intervention and a lengthier suspension.
 - a. In the event a youth sports participant is ejected whose parent/guardian is not on site, the participant may remain on the team bench under the supervision of the coach. The ejected participant may not be disruptive or unruly. Failure to comply could result in an immediate forfeit for the team.
2. Staff on site will complete an incident and/or ejection report, noting items such as:
 - a. Individual(s) involved
 - b. Team affiliation
 - c. Purpose of ejection/incident
 - d. Facts/description of the ejection/incident
 - e. Any other pertinent information related to the ejection/incident
3. Staff will submit the report and any additional documentation to the Program Coordinator for review within the next 24 hours, or by the next business day.
4. The Program Coordinator will review the documentation and may follow up and/or request additional statements/documentation from those involved or witnesses to the ejection/incident.
5. If warranted, the Program Coordinator will deliver the disciplinary action to be imposed to the individual per the suspension policy in writing prior to the next scheduled game.

Suspension Policy

The Suspension Policy is designed to control individual behavior at athletic activities for the purpose of maintaining a positive environment and wholesome recreational atmosphere at events. The following outlines the procedure for disciplinary action toward an individual (participant, coach, parent, or spectator), or team who violates Parks and Recreation Department rules, regulations, and applicable by-laws. Suspensions will be tracked and monitored by parks and recreation staff. Individuals who have been suspended will be placed on probationary status for the remainder of the current season, possibly longer depending on the severity of the infraction. Depending on the severity of the infraction, some suspensions may prohibit the offender(s) from participating in activities in any way, including attending as a spectator, for a designated length of time or number of games. In addition, a suspension may carry over to other future programs the offender chooses to participate.

Factors Considered in Disciplinary Actions

When reviewing an ejection/suspension and deciding what action is most appropriate in a given situation, Parks and Recreation staff will take into consideration a variety of circumstances including, but not limited to the following factors:

- Blatant disregard for the rules and policies set forth by Greensboro Parks and Recreation
- Violation of code of conduct (if applicable)
- Number of offenses on file
- Remorse or acknowledgement of behavior
- Endangerment of other participants, coaches, parents, or spectators
- Violation of law
- Prior complaints

Definitions of Possible Disciplinary Actions

Verbal Warning – Parks and Recreation staff will verbally discuss undesirable conduct with the individual(s). This meeting will outline the expectations of the department and reinforce to the individual(s) that conduct detrimental to the integrity of the program will not be tolerated and could result in further disciplinary action. Verbal warnings will be documented on file.

Single or Multiple Game Suspension – Parks and Recreation staff will suspend individual(s) for one or more games. Any individual(s) who have been suspended may not participate in the designated number of games. Depending on the severity of the infraction, Parks and Recreation reserves the right to prohibit involvement in any activities, including attending practices and games as a spectator, for the designated length of the suspension. If a coach/parent is suspended, additional trainings may be required to complete prior to the individual(s) being able to participate in activities following the designated suspension.

Season Suspension – Parks and Recreation staff will suspend individual(s) for the remainder of that sports season. Any individual(s) suspended for the season may be banned from the facilities, games, and practices for the remainder of that season.

Year Suspension – Parks and Recreation staff will suspend individual(s) for one calendar year, which will include all athletic events or programs. After one calendar year, the individual(s) will then have to make a formal request to Parks and Recreation staff to be reinstated to the program.

Indefinite Suspension – Parks and Recreation staff will suspend individual(s) from further involvement in any athletic event or program indefinitely.

Note: Disciplinary actions imposed on individual(s) during adult sports programs may affect their eligibility to volunteer as a coach in our youth sports programs. Certain suspensions may require a meeting between Parks and Recreation staff and the individual(s) prior to being permitted to participate in future programs and/or seasons.

Complaints

Any coach or umpire who feels he does not have a protest, but would like to file a letter of complaint or concern stating causes and circumstances involving such incidents must do so within (24) hours or on the next business day after the occurrence.

The League Director will handle all complaints and see that an investigation is implemented concerning the complaint. A report will be made with seven (7) days after the League Director receives such complaint and completes the investigation.

There will be **no** charge involved in writing a letter of complaint, but under no circumstances should a letter be written because of personality differences. A hearing may be held to review some complaints by the Parks & Recreation Athletics' staff.

Levels of Infractions and Associated Penalties

Prior to instituting a suspension, Parks and Recreation Staff may issue a verbal warning. The following outlines the various levels of infractions/offenses and the associated penalties that may accompany the infraction/offense. Examples of offenses under each level is to serve as an example and is not all-inclusive of behaviors that may warrant a certain penalty. Repeated offenses by the same individual or team could result in immediate dismissal from the league and indefinite suspension.

LEVEL 1	
<i>OFFENSE</i>	<i>PENALTY</i>
Failure to abide by all City of Greensboro and/or Parks and Recreation Department established rules, regulations, guidelines, and by-laws; excessive or abusive arguing with officials, coaches, participants, and parks and recreation staff; refusing to abide by any league officials or parks and recreation staff decision; taunting, mocking, or harassment of other players, coaches, officials, or spectators; profane language and/or gestures; disruptive or malicious behavior, displaying unsportsmanlike conduct.	May not be preceded by a warning, immediate ejection and removal from premises, and minimum one game suspension, but could be up to entire season suspension.

LEVEL 2	
<i>OFFENSE</i>	<i>PENALTY</i>
Issuing a public threat with the intent to inflict bodily harm with a piece of equipment or body part, verbal abuse with the intent to offend, defame, or embarrass another individual; fighting; repeated Level 1 offenses.	May not be preceded by a warning, immediate ejection and removal from premises, and a minimum one-year suspension.

LEVEL 3	
<i>OFFENSE</i>	<i>PENALTY</i>
Any violation of Greensboro City Ordinances or North Carolina law to include, but not be limited to; use of alcoholic beverages or illegal drugs prior to, during, or after a game while on city property, possession of firearms, knives, weapons, etc.	May not be preceded by a warning, immediate ejection and removal from premises, and an indefinite suspension.

Appeals

There shall be no appeal process to suspensions issued by the Parks and Recreation Department.

Protests

1. No protest will be considered if it's based solely on an officials/umpires judgment.
2. Protest that will be considered are as followed:
 - a. Misinterpretation of the playing rules
 - b. Failure to apply the correct rule in a given situation
 - c. Failure to follow the guideline set forth in the Bylaws
3. The protest must be lodged before the next live ball. Exception: Player Eligibility
 - a. Coach informs the team captain to call a time out and notifies the official that the coach wants a conference to review a decision.
 - b. The Official(s) will meet with coach on his team's sideline and discuss rule.
 - c. Any team coach or other adult leader who withdraws a team from the playing field under any circumstances prior to the official completion of the game shall forfeit all rights to protests as prescribed in this section.
 - d. Teams may have water, etc. during this time out
 - e. Ruling decision Impacts
4. No protest can be filed once the game is completed and both teams have left the playing area. Exception: Player Eligibility.
 - A. If ruling changes:
 - Officials will inform opposing coach.
 - Time out is official's time out and not charged to team.
 - B. If ruling not changed:
 - Time out is charged to team.
 - If the team is out of time outs, delay of game penalty accessed to the team.
5. The protest must be submitted in writing, with a \$25.00 non-refundable fee to the League Director's office within 24 hours, by 5:00pm on the next business day following the game in question.

The written protest should contain the following information:

- a. Date, time and place of game
 - b. Teams involved
 - c. The rule and section of the By-Laws under which the protest is made
 - d. The decision and conditions surrounding the decision
 - e. All essential facts involved in the protested matter (teams involved, date, time, etc.)
6. If the protest is ruled valid, \$25.00 protest fee is refunded. If the protest is ruled invalid, the fee is non-refundable.
 7. The Athletic Directors will hear the appeal, their decision will be final.

NOTE: A protest concerning player eligibility will be handled in the same manner

WELLNESS TIPS AND EMERGENCY RESPONSE PROCEDURES

Emergency Response Plan

Statement of Purpose – Though we attempt to avoid accidents and emergencies by adequate planning and training, as well as maintaining safe facilities and equipment, these situations may still occur. For that reason, the entire leadership who is involved in every aspect of the Athletic programming including professional staff, part-time employees, officials and volunteers must have a clear understanding and follow this emergency response plan.

Hot Weather Precautionary Measures

When practicing in hot weather or when exercising in a hot climate, the body is usually able to maintain a safe temperature with the evaporation of sweat. A young athlete can lose as much as two (2) quarts of sweat each hour of practice or competition. This water must be replaced or the body becomes dehydrated and does not function well. The water level can be maintained in most sports by:

- (a) Drinking 1 to 2 cups of water before practice or competition,
- (b) Taking frequent drinks during the activity (water breaks)
- (c) Continuing to drink after the game or practice.

Should a Red Ozone Alert and/or Orange Ozone alert occur; coaches should take precautions.

Players should be given frequent scheduled water breaks.

Coaches should watch all participants closely for heat illness related problems. If a child is having trouble, every precaution should be taken to ensure that the participant remains safe and healthy. Do not deprive athletes of water under any circumstances since it risks heat exhaustion during intense activity. Limiting water breaks should **never** be a form of discipline!

In Case Of Emergency

For major emergencies, follow ALL steps.

For minor emergencies, follow the **BOLD** items ONLY.

1. **Assess the injury.**
2. Activate the medical response plan / emergency action plan.
3. Send a “phone runner” to call emergency medical personnel and to call or locate the injured person’s parents if under age.
4. **Administer basic first aid.**
5. Send another person to direct the arriving emergency medical personnel.
6. Prepare the injured person to be transported. **Do not move the injured person until emergency medical personnel arrive or if the scene becomes unsafe.**
7. Designate someone to go to the hospital with the injured person if parents, spouse or relative are not available.
8. **Field/gym supervisors, coaches or staff on duty must interview witnesses and fill out an Accident Report. This report is due in the Athletic Director’s office within 24 hours of the emergency or accident.**

Emergency Phone Number (for Rescue, Fire or Police) – Dial 911

Prevention

- If a player is injured during a game, only the Athletic Staff, officials and the coaches will be allowed on the playing field with the injured player. Persons who are available with any type of first aid training (first responder, athletic trainer, EMT, nurse or doctor) will be allowed to help the injured person. All other players must go to another area of the bench or field. Spectators will not be allowed on the field at any time during the game.
- Anyone administering first aid, especially in dealing with blood and/or other bodily fluids should wear protective gloves and any other personal protective equipment that is available.
- An accident form must be completed by field and gym supervisors, and coaches at the scene for every emergency and/or accident. Forms must be submitted within 24 hours to the League Director.

Concussion Information

SIGNS OBSERVED BY COACHING STAFF

Appears dazed or stunned
Is confused about assignment or position
Forgets an instruction
Is unsure of game, score, or opponent
Moves clumsily
Answers questions slowly
Loses consciousness (even briefly)
Shows mood, behavior, or personality changes
Can't recall events *prior* to hit or fall
Can't recall events *after* hit or fall

SYMPTOMS REPORTED BY ATHLETE

Headache or "pressure" in head
Nausea or vomiting
Balance problems or dizziness
Double or blurry vision
Sensitivity to light and noise
Feeling sluggish, hazy, foggy, or groggy
Concentration or memory problems
Confusion
Just not "feeling right" or is "feeling down"

When a Concussion is Suspected: If you suspect that an athlete has a concussion, implement the following IMMEDIATELY:

1. Remove the athlete from play. Look for signs and symptoms of a concussion if the athlete has experienced a bump or blow to the head or body. **When in doubt, sit them out.**
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion. Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.
4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom - free and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

The City of Greensboro requires a medical release form from the physician before the player can return to play. This documentation must be submitted to the League Director for clearance. League Director will notify the Head Coaches when clearance has been obtained. Parents must bring the medical release form to the Parks and Recreation Administration Office located at 2400 16th Street, Greensboro, NC 27405.

WELLNESS TIPS – Heat Related Issues

Safety of every youth participating during the football season is **ALWAYS** a priority! To ensure the safety and well – being of players during **HOT WEATHER**, extra precautions have been implemented. Remember it is much easier to keep FLUIDS in you, even when you are not thirsty than it is to treat heat related problems.

DRINK PLENTY OF WATER!!!

The following HEAT INDEX GUIDELINES/STEPS must be adhered to:

During a **RED OZONE ALERT** (heat index: 130 & above) teams will **NOT PRACTICE** outdoors and should not practice in a non-air conditioned indoor facility.

During a **PINK OZONE ALERT** (heat index: 105 – 129) the following guidelines should be followed for ALL participants/organizations. Teams must guard against serious heat problems. The training regimens of any team practicing under high heat and humidity conditions must do the following:

- a. Limit or eliminate laps entirely. **DO NOT** assign laps for disciplinary reasons.
- b. All practices will be limited to 1 hour w/ low intensity.
- c. Schedule practices for early evening (approximately 7 – 8pm), after the sun is low. Rest in shaded areas in 10 - 15 minute intervals
- d. All organizations MUST have multiple water stations and give the players all the water they want to drink anytime they want it – take breaks *every 15 – 20 minutes -- MANDATORY.*
- e. Limit or eliminate soft drinks as substitute for water, players should have drinks with **ELECTROLYTES.**
- f. All coaches need to keep an eye on players and fellow coaches for the slightest sign of heat exhaustion or fatigue.
- g. Players should practice **WITHOUT** pads and helmets, players MUST wear ventilated or light colored clothing during practices.
- h. Players should not wear sweat suits.
- i. Players should be given frequent water breaks.

Hot Weather Precautionary Measures

When practicing in hot weather or when exercising in a hot climate, the body is usually able to maintain a safe temperature with the evaporation of sweat. A young athlete can lose as much as two (2) quarts of sweat each hour of practice or competition. This water must be replaced or the body becomes dehydrated and does not function well. The water level can be maintained in most sports by:

- (a) Drinking 1 to 2 cups of water before practice or competition,
- (b) Taking frequent drinks during the activity (water breaks)
- (c) Continuing to drink after the game or practice.

Should a Red Ozone Alert and/or Orange Ozone alert occur; coaches should take precautions. Players should be given frequent scheduled water breaks. Coaches should watch all participants closely for heat illness related problems. If a child is having trouble, every precaution should be taken to ensure that the participant remains safe and healthy.

Do not deprive athletes of water under any circumstances since it risks heat exhaustion during intense activity. Limiting water breaks should never be a form of discipline!

Relative Humidity

	10%	20%	30%	40%	50%	60%	70%	80%	90%
104 °	98	104	110	120	>130	>130	>130	>130	>130
102 °	97	101	108	117	125	>130	>130	>130	>130
100 °	95	99	105	110	120	>130	>130	>130	>130
98 °	93	97	101	106	110	125	>130	>130	>130
96 °	91	95	98	104	108	120	128	>130	>130
94 °	89	93	95	100	105	111	122	128	>130
92 °	87	90	92	96	100	106	115	122	128
90 °	85	88	90	92	96	100	106	114	122
88 °	82	86	87	89	93	95	100	106	115
86 °	80	84	85	87	90	92	96	100	109
84 °	78	81	83	85	86	89	91	95	99
82 °	77	79	80	81	84	86	89	91	95
80 °	75	77	78	79	81	83	85	86	89
78 °	72	75	77	78	79	80	81	83	85
76 °	70	72	75	76	77	77	77	78	79
74 °	68	70	73	74	75	75	75	76	77

Directions: Locate the current temperature on the left hand column and then locate the relative humidity on the top row.

Follow the temperature across and the humidity down until they meet; this measurement is the heat index.

The heat index will increase 15 degrees in direct sunlight.

Extreme Danger:	Heat Stroke likely to occur when working under these conditions.
Danger:	Heat Exhaustion or Heat Cramps likely. Heat Stroke may occur upon prolonged exertion.
Extreme Caution:	Heat Cramps or Heat Exhaustion likely to occur.
Caution:	Heat Fatigue may occur. Normal summer working conditions should be observed.

League Rules and Reference Guide

Leagues	Pee-Wees	Mites	Midgets
Age	7-8 year olds	9-10 year olds	11-12 year olds
Skilled Players	95lbs	115lbs	135lbs
Quarters	4 / 7 minute	4 / 8 minute	4 / 8 minute
Time Keeping	High School JV Timing Rules	High School JV Timing Rules	High School JV Timing Rules
Play Clock	30 second	30 second	30 second
Mercy Rule	4th quarter: if team is up by 24pts (Running Clock)	4th quarter: if team is up by 24pts (Running Clock)	4th quarter: if team is up by 24pts (Running Clock)
Mandatory Play Rule includes Playoffs	Play a full quarter in 1st or 2nd quarter	Play a full quarter in 1st or 2nd quarter	Play a full quarter in 1st or 2nd quarter
Shorten Games / Delay	½ of the game is played	½ of the game is played	½ of the game played
Lighting Policy	30 minute delay	30 minute delay	30 minute delay
Time Outs	3 per half 1 more for overtime	3 per half 1 more for overtime	3 per half 1 more for overtime
Min. # Of Players to Start and Finish Game	10 players to start and finish the game	10 players to start and finish the game	10 players to start and finish the game
Grace Period	5 minute grace period for the 1st game only	5 minute grace period for the 1st game only	5 minute grace period for the 1st game only
Kick Offs	40 yard Line	40 yard Line	40 yard Line
Extra Points	1 point run 2 points for forward pass into the end zone 3 points kick	1 point run 2 points for forward pass into the end zone 3 points kick	1 point run 2 points for pass 3 points for kicking
Coaches on the Field	One Coach / each team	No Coaches on Playing field	No Coaches on Playing Field
Tie Games	1 overtime	1 overtime	1 overtime
Ejection of Coaches / Spectators	Coaches and Spectators must go to parking lot	Coaches and Spectators must go to the parking lot	Coaches and Spectators must go to parking lot
Cleats	Rubber / Plastic Molded	Rubber / Plastic Molded	Rubber / Plastic Molded
Jewelry Rule**** Medical Identification ONLY	No	No	No