

LLBFL ADMINSTRATIVE REGULATIONS AND INFORMATION

The Head Coach or designee shall be responsible for the following:

- Knowing and upholding the League rules and being able to advise team players and parents as to their interpretation.
- Controlling the language and conduct of his/her players, coaches and parents.
- Timely submission of rosters and any other paperwork required by the League or the By-laws.
- Providing each player with the opportunity to participate and become an integral part of that team.
- Teaching each player the skills and fundamentals associated with the game.
- Supporting all league fundraising activities by encouraging their team to have 100% participation.

Coaches must be consistent in managing players, i.e. he must treat the lesser skilled player the same as the higher skilled player and apply the same rules. Example: If the lesser skilled player misses two practices and cannot play in a scheduled game and subsequently a higher skilled player misses two practices such higher skilled player will not be allowed to participate in the next scheduled game.

Coaches must strive to have as much balance in the game as possible. The margin of victory must never be subject to criticism. Coaches must manage any scoring advantage achieved to insure harmony and respect from opponents, peers and spectators. Running up the score will not be tolerated.

Misconduct resulting in ejection: Any coach, participant, parent or spectator who is ejected from a game will be automatically suspended from the next game that the subject team plays. This rule is not subject to protest or review. (Removal from a game shall be interpreted to include the playing field and the spectator area for adults and to the bench for participants until the participant's parent can remove them). A second offense by the same coach, participant, parent or spectator will result in suspension from all future team activities.

Regulations and Information

- 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 are required to furnish a legal birth document.
- 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 prior to the draft with the minimum requirement of shirt, shorts and appropriate footwear (football or tennis shoes). The tryout weigh-in is considered the official and only weigh-in with the exception of players that fall into a certain range of the running back weight. These players shall be subject to weigh in during the season at the discretion of the Board. Any player (including returning players) that is not weighed in prior to the draft will not be placed on a team until such time that the league has an official weight. These players will be subject to assignment by the Board.
- Practice may not be held prior to the date specified by the League. This means no preseason meetings or practices with your returning players or any player that is registered to participate in 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. Each team will have six (6) days (Monday through Saturday) to complete five (5) days of conditioning. **This does not mean that players may go into full pads on the sixth day.** 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.
- 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.
- 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 practice 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.

- USA Football certified coach will remain at assigned practice area until all participants are released.
- Contact in a practice session or game is prohibited unless all coaches present are USA Football Level I certified.
- **Preseason scrimmage sessions against any team outside the league or outside the appropriate age Division is not allowed. All scrimmage sessions require prior approval of the Board.**
- The home team must furnish three (3) capable adults 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.
- Each team is allowed to have no more than seven (7) Board approved coaches on the sidelines during a scheduled league game (this includes the water person).
- Admission to games will be as follows: Age 8 years to Adults - \$2.00.
- No awards will be presented or authorized that signify or recognize individual accomplishment or status unless approved and endorsed by the Board. This means absolutely no emblems or stars other than the team logo and stripes approved by the league.

Player Eligibility

- The Lower Loudoun Boys Football is structured into four divisions: Flag Football for ages 6 to 7; C-League for ages 8 to 9; B-League for ages 10 to 11; and A-League for ages 12 to 13. Ninth grade freshman or high school students will not be eligible to participate in the Lower Loudoun Boys Football league.
- A 7 year old may tryout for the C-League with the written consent or waiver of a parent or guardian. All 7 year olds will be required to attend one (1) tryout to be evaluated by all "C" league Head Coaches and at least one (1) Board Member. The final decision on placement is at the Board's discretion. The Board will also consider a waiver for a 9 or 11 year old to move up to the next division. Players will not be allowed to stay in a division or move down, however final placement is at the discretion of the Board.
- All A, B and C league football players are required to attend a minimum of one of the tryout sessions.

- All new players or cheerleaders will be required to provide a birth certificate or official equivalent as part of the registration procedure for verification of age.
- Any injury or physical condition requiring a visit to a physician during the season shall require a written doctor's release prior to being reinstated to participate.
- League age is player's age as of August 31st of each year.

Player Assignment and LLBFL Draft Procedures

- LLBFL will not support any pre-arranged draft agreements.
- The maximum number of participants per team shall be established by the Board prior to the draft.
- No participants will be allowed to re-enter the draft unless irrevocable circumstances exist between the coach, the player and/or their parents. A written statement must be submitted to the Board stating the circumstances. Reassignment into the draft shall be at the discretion of the Board.
- A maximum of three (3) representatives per team are allowed to be present at the draft.
- A head coach's child who is participating for the first time in any division shall be assigned to their team and will count as a third round draft pick within the player's age group.
- Siblings will be placed on the same team. If one brother is already on a team and the younger sibling is moving up a decision will be made prior to the draft as to the ranking and placement. In the case of twins, they will be taken back to back (if one is picked in the first round the other will be drafted in the second round, etc.). If there are brothers that must be drafted together, the coaches must draft the brothers according to the ranking sheets provided in each division. Decisions on the ranking of brothers will be made prior to the beginning of each draft.
- A Draft Committee will be responsible for determining the selection process prior to the draft. The President, Vice President and Secretary will serve as the Draft Committee. No coach shall serve as a member of the Draft Committee. The team's previous win/loss record, not including any playoff games will determine the order of selection in the draft. The

addition of an expansion team in a division will have the first selection in the draft. If there are two or more expansion teams in any division, the Draft Committee will determine the order of selection.

- Prior to the draft each head coach will be required to submit ranking sheets that will include rankings on every player that came through tryouts. The rankings will be based on the coach's opinion on which round of the draft each player should be drafted. **RANKING SHEETS MUST BE TURNED IN PRIOR TO THE START OF THE DRAFT.**
- The selection process will start with the older age group of each division. When the older age group is completed, the draft will move onto the younger age group. (See Draft Procedures for specific process).
- Late Registrations: Any player that is registered after the draft will be assigned by the Draft Committee.

Uniforms and Equipment

- Team colors will be established by the Board.
- All equipment shall be distributed by the league. Any other equipment must be approved by the Board prior to the beginning of practice.
- For safety and injury prevention hard casts must be approved by the official prior to the start of the game. Jewelry such as wrist watches, bracelets, earrings, neck chains or any other item deemed dangerous is prohibited to be worn at any practice or game.

Protests

No protests are allowed on game situations. Only protests involving player eligibility will be accepted. Protests must be filed in writing and be submitted to the President within forty-Eight (48) hours after completion of the game in question. The President and the Board will make every effort to review submissions in a timely manner.

ANY COACH, COORDINATOR, PARTICIPANT, SPECTATOR, ATTENDEE OR PARENT NOT ABIDING BY THESE RULES AND REGULATIONS WILL BE NOTIFIED IN WRITING OF ANY MISCONDUCT. DISCIPLINARY ACTION WILL BE AT THE BOARD'S DISCRETION.