

TRI-COUNTY FOOTBALL LEAGUE

REVISED AUGUST 2025

TYFL FOOTBALL LEAGUE

RULES GOVERNING TACKLE/FLAG

**RULE 1. The Game, Field, Players and Equipment.**

**Section One General Provisions**

**ROSTER INFORMATION**

Team rosters including the player’s name (in print), birthdate, school grade, jersey number, waiver release, and a copy of each players birth certificate will be turned in at the official player weigh-in on the Saturday before the league’s first scheduled game. For any player that cannot attend on this date, there will be one date set prior to this official Saturday. All players are required to show proof of grade along with a copy of their birth certificate at weigh-in. If a player is home schooled, then the league will go by birth certificate to determine age group. If players do not attend either scheduled weigh-in, that player will not be able to play in that season.

**PLAYER/COACH IDENTIFICATION**

All players and coaches will be photographed for identification cards. Costs of the identification cards will be the responsibility of the individual leagues. The players ID cards will be kept by the team representatives/coaches to be presented to opposing coach for player verification prior to every game. Without this verification, it could result in game forfeit. If a player is late for verification, he will not be allowed to play until half time when verification can be made. If a player does not have an identification card he will not be allowed to play in the game.

**Ten (10) minutes prior to game starting, ID cards are to be checked an opposing Head Coach, coach(es) or designee**.

All coaches will be *required to wear their identification badges* to be allowed on the sidelines.

**Section Two Playing Field**

**FIELD**

The field shall be a rectangular area with dimensions, lines, zones, goals and pylons. (See Appendix)

* All field-dimension lines shown must be white and 4 inches in width (***Exceptions*:** Sidelines and end lines may exceed 4 inches in width, goal lines may be 4 to 8 inches in width)
* White field marking or contrasting decorative markings (e.g., team names) are permissible in the end zones but shall not be closer than four feet to any line.
* The entirety of all yard lines, goal lines, and sidelines must be clearly visible. No portion of any such line may be obscured by decorative markings.

**Line-To-Gain and Down Indicators**

The official line-to-gain (yardage chain) and down indicators shall be operated approximately six feet outside the sideline except in stadiums where the total playing enclosure does not permit.

* The yardage chain shall join two rods not fewer than 5 feet high, the rods’ inside edges being exactly 10 yards apart when the chain is fully extended.
* The down indicator shall be mounted on a rod not fewer than 5 feet high operation approximately six feet outside the sideline opposite the press box.
* FLAG EXEPETION: Referee will be required to use line of scrimmage markers to create a one yard buffer between offense and defense.

**Team Area and Coaching Box**

On each side of the field, a team area in back of the limit line and between the 25-yard lines shall be marked for the exclusive use of substitutes, athletics trainers and other persons affiliated with the team. The front of the coaching box shall be marked with a solid line six feet outside the sideline between the 25-yard lines. The area between the coaching line and the limit line between the 25-yard lines shall contain white diagonal lines or be marked distinctly for use of coaches (Rule 9-2-5). A 4-inch-by-4inch mark is mandatory at each five-yard line extended between the goal lines as an extension of the coaching line for line-to-gain and down indicator six-foot reference points.

* The team area shall be limited to squad members in full uniforms and other individuals directly involved in the game. All persons in the team area are subject to the rules and are governed by decisions of the officials.
* Coaches are permitted in the coaching box (see Appendix), which is the area bounded by the limit line and coaching line between the 25-yard lines.
* No media or recording equipment (video cameras) used by coaches, parents or volunteers shall be in the team area or coaching box. (Permitted outside of the area, check with officials.)

**Game Ball**

* **Flag Division K-2 or equivalent (Pee Wee Size ball 6-9 yrs):** Leather ball
* **Junior Division-TDJ or equivalent (Junior Size ball 9-12 yrs):** Leather ball
* **Varsity Division-TDJ or equivalent (Junior Size ball 9-12 yrs):** Leather ball **(revised 2022)**

**Player Eligibility**

**FLAG DIVISION**

**Rookie Flag (5-6 yrs., K - 1st Grade)**

* Any player from the **preferred age of 5 years to 6 years of age (K -1st Grade)** . If participating player turns 7 years of age **BEFORE** **NOVEMBER 1st** of that season, that player will not be eligible for rookie and must move up to Pee Wee Flag. **2nd Grade players ARE NOT ALLOWED to participate in the Rookie Flag Division.** Additionally, any Rookie Flag player can be moved up to Pee Wee Flag but once they are rostered on a Pee Wee team, the said player WILL NOT be able to move back down.

**Pee Wee Flag (7-8 yrs., 1st - 2nd Grade)**

* Any player that turns 7 years of age **BEFORE** **NOVEMBER 1st** up to 8 years of age and/or up to 2nd Grade. Any player that turns **9 years of age BEFORE NOVEMBER 1st and/or is in 3rd Grade of that season IS NOT ELIGIBLE TO PARTICIPATE IN THE FLAG DIVISION.** Player **WILL NOT** be allowed to move down to Rookie Flag, but any player can move **UP** to Pee Wee Flag. However, once the Rookie age player is rostered on a Pee Wee roster, that said player **WILL NOT** be allowed to move back down.

**Additional Flag Division Rules**

* There are no weigh-in limits but all players are required to attend the T.Y.F.L. official player weigh-in for their photo identification cards and to turn in their team rosters with all required documents. All coaches are required to be certified.
* **Hardship** players may be allowed under certain circumstances, but a hardship player will not be allowed to carry the ball on offense or defense. A hardship participant will be marked with a red wrist band.

**TACKLE Junior Varsity**

Ages are 8 years to 10 years of age before August 31st, (current year)

This will consist of 3rd and 4th graders. The hardship rule for 5th graders that meet the age requirements are as follows:

* They must not exceed 10 years of age before August 31st, (current year)
* They must be 85lbs or less at the official weigh-in
* They must be pre-approved by the rules committee
* Coaches must present a list of these players in writing at the meeting prior to the season. *No Exceptions*
* *All players approved for hardship must wear a non-running sticker on the front and back of their helmet at all times.*

Division I players that are 8 to 10 years of age can play with Division II teams. This is a one-time move that must occur before player weigh-in. Once a player is listed on a Division II roster, they may not be moved back to Division I.

Running back and/or any ball carriers must weigh 100 lbs or less **(revised June 2023)**. Any player weighing over 100lbs will be required to display a RED non-running sticker on the front and back of their helmet at all times.

All players are required to show proof of grade along with a copy of birth certificate at weigh-in. If home schooled, the birth certificate will determine age division.

**TACKLE Varsity; Division II Eligibility (Varsity)**

Ages are 10 to 12 years of age before August 31st (current year)

Any players considered 7th graders that are in public, private, and/or home schooled are ineligible to play in the T.Y.F.L.

Running backs and/or any ball carriers must weigh 130lbs or less **(revised June 2023)**. Any player weighing over 130lbs will be required to display a RED non-running sticker on the front and back of their helmet at all times.

**Mandatory Equipment**

All players must wear the following mandatory equipment:

* Helmet
* Hip pads
* Jersey
* Knee pads
* Mouthpiece
* Pants
* Socks
* Thigh Guards

**Specification: Mandatory Equipment**

* *Helmet* must be fitted with a facemask and a secured four-or six-point chin strap, all points of which must be secured whenever the ball is in play.
* *Hip Pads.* Hip pads must include a tailbone protector.
* *Knee Pads.* Knee pads must be at least ½-inch thick and must be covered by pants. It is strongly recommended that they cover the knees. No pads or protective equipment may be worn outside the pants.
* *Mouthpiece.* The mouthpiece must be an intra-oral device of any readily visible color. It must not be white or transparent. It must be made of FDA-approved base materials (FDCS) and cover all upper teeth. It is recommended that the mouthpiece be properly fitted and attached to helmet.

**Illegal Equipment**

* No player wearing illegal equipment shall be permitted to play. If an official discovers illegal equipment, the team will be charged with a timeout. If equipment becomes illegal through play, the player may not participate until corrections are made. There will not be a charged team timeout.
* Each of the first three infractions in a half carries a charged team timeout, if timeouts are available. Any infraction after a team has exhausted its timeouts is a foul for delay of game and carries a 5-yard penalty.

**RULE 2. When Ball Is Ready For Play**

A dead ball is ready for play when:

* With the 40-second play clock running, an official places the ball at a hash mark or between the inbounds marks and steps away to his position.
* With the play clock set at 25 seconds, or at 40 seconds after an injury to or loss of helmet by a defensive team player, the referee sounds his whistle and either signals to start the game clock or signals that the ball is ready for play.

**Catch, Interception, Recovery**

To catch a ball means that a player:

* Secures control of a live ball in flight with his hands or arms before the ball touches the ground, and
* Touches the ground in bounds with any part of his body, and then,
* Maintains control of the ball long enough to enable him to perform an act common to the game, i.e., long enough to pitch or hand the ball, advance it, avoid or ward off an opponent, etc., and,
* Satisfies paragraphs below.
* If a player goes to the ground in the act of catching a pass (with or without contact by an opponent) he must maintain complete and continuous control of the ball throughout the process of contacting the ground, whether in the field of play or in the end zone. This is also required for a player attempting to make a catch at the sideline and going to the ground out of bounds. If he loses control of the ball which then touches the ground before the regains control, it is not a catch. If he regains control inbounds prior to the ball touching the ground it is catch.
* If the player loses control of the ball while simultaneously touching the ground with any part of his body, of if there is doubt that the acts were simultaneous, it is not a catch. If a player has control of the ball, a slight movement of the ball, even if it touches the ground, will not be considered loss of possession; he must lose control of the ball in order for there to be a loss of possession.

**RULE 3. Periods, Time Factors, and Substitutions**

**First and Third Periods**

Each half shall start with a kickoff. Three minutes before the scheduled starting time, the referee shall toss a coin at midfield in the presence of not more than *four field captains* from each team and another game official, first designating the field captain of the visiting team to call the coin toss. Before the second half, the referee will obtain the teams’ second-half options.

During the coin toss, each team shall remain in the area between the nine yard marks and its sideline or in the team area. The coin toss begins when the field captains leave the nine-yard marks and ends when the captains return to the nine-yard marks.

The winner of the toss shall choose one of the following options:

* To designate which team shall kick off.
* To designate which goal line his team shall defend.
* To defer his selection to the second half.

The opponent shall then choose option 1 or 2, above as available.

If the winner of the toss chooses option 3 above, then after the opponent’s choice the winner selects the available option (1 or 2 above).

For the second half the loser of the toss, or the winner who chooses option 3 above, shall choose option 1 or 2 above. The opponent then chooses the remaining available option.

**Lengths of Periods and Intermission**

* Flag Games: 20 minute halves, running clock. Only stops AFTER an extra point to realign for the players to kick off and time outs. The clock also stops on a penalty with less than 2 minutes to play in either half.
* Division I (JV): 7 minute quarters for Division I regular clock. TWO MINUTE WARNING will be enforced 2 minutes before halftime and 2 minutes before the end of the game (Revised August 2025)
* Division II (Varsity): 8 minute quarters for Division II regular clock. TWO MINUTE WARNING will be enforced 2 minutes before halftime and 2 minutes before the end of the game (Revised August 2025)

**Timeouts**

* Teams will be given 3 time outs per half with no carry over
* A charged full team timeout requested by any player or head coach shall not exceed one minute, 30 seconds.

Referee will notify both teams after 1 minute 5 seconds later to declare the ball ready for play.

**Play Clock**

* Flag Teams, will have 35 seconds to put the ball in play after whistle has blown.
* Tackle Teams, will use the 40/25 seconds rule (NCAA and UIL)

Any teams scheduled to play, that do not have a minimum of 8 players will receive a 10 minute grace period from the scheduled start time before a game forfeit will be called.

Ten minutes between halves (unless special events dictate a lengthening of time as agreed by both teams).

**Game Cancellation**

In the event a game is canceled, league teams should call the referee on the schedule on Friday night regardless of time (most work high school games and get home between 11pm-1am). If you are not able to call Friday night, please call as soon as possible on Saturday.

**RULE 4. SCORING**

**Values of scores**

 The point value of scoring plays shall be:

Touchdown 6 Points

Field Goal 3 Points

Safety (opponent) 2 Points

Kick, Extra Point 2 Points

Passing 1 Point

Running 1 Point

Safety (offense) 1 Point

**Field Goal/Extra Point Attempt**

Any extra-point or field goal kick attempted by a **JV** or **Flag** team will be allowed to so without any defensive rush. The defense can still block the kick by standing or jumping with their hands up. No fake kicks will be allowed in this situation and the kick must be attempted. (Timeout must be called if coaches changes his/her mind and wants to run the ball instead of kicking it.)

**Flag Exception:**  Players will be removed from the field ball holder and kicker during extra point IF field goal or extra point is going to be attempted.

**Extra Points:** Shall not use a kick off tee for extra point attempt.

**RULE 5. TYFL RULES**

**TYFL Conduct Policy**

Any Un-Sportsmanlike (UNS) behavior penalty by players or coaches including foul language or poor conduct on the field, will result in a 15 yard penalty. If a coach, player or bench area member receives 2 UNS they are ejected from the game. They must leave the facility immediately. Coaches that are ejected from a game will not be permitted to participate in any further games for the current season. The coaches’ name will be added to the bottom of the official score with the team and hometown. However, the ejected coach will be allowed to appeal his season ending suspension to the League Director(s) who will make a final ruling so as long as the behavior was not of a violent, threatening, physical, gross nature **(revised 2022)**. All players and coaches on the sidelines are required to stay inside the 25 yard lines.

* *If a player or coach is ejected from the game, they are to leave the facility immediately. If not parent or legal guardian is present for the child to leave with, player is to remain in the team area.*

**Mercy Rules (Flag or Tackle)**

Once a team’s scoring has a 30 point advantage in any game, on the opposing team; the time keeper is required to run the game clock without stoppage for the remainder of the game.

**Overtime Rules (Flag or Tackle)**

* Game tied at end of regulation will play in overtime.
* There will be a coin toss to start each overtime session (Coaches will call).
* Game overtime allows 1 time out with no carry over.
* The offense will have 4 plays from the 10 yard line to score.
* Once the offense scores on any of the 4 downs, the other team has the opportunity to match the score until 4 plays have been run without a score.
* Any turnover recovered by the defense ends that offensive session.
* If the turnover recovered by the defense results in a score, the game is over.

**Team Forfeits (Flag or Tackle)**

Any team forfeits during the regular season will result as a loss on their win/loss record and **30** points will be added to their points allowed count **(revised 2022)**. Team forfeits during the playoffs can result in a team suspension from the playoffs for the following year and the head coach could be banned from coaching in the league. The next available team will move to that spot for that season.

**Standing (Flag or Tackle)**

Standings are based on win/loss record. In the event of a tie, **the tiebreaker will be head to head then points allowed.**

**FLAG Games (ONLY)**

**Players (Flag)**

* A game is played between two teams of 8 players
* Only players appearing on the official roster that has been turned into the TYFL are eligible to play.
* The offensive team must have 5 players on the line of scrimmage and 3 in the backfield. The defensive team may pick any formation except kickoffs.
* TYFL does not allow a defensive nose or nay player lining up directly over the offensive center.
* One coach is allowed on the field during the game, all other coaches and players on the sidelines are required to stay with in the 25 yard lines.

**FLAGS**

* Each player must wear a belt with two flags
* The flags will attach to the belt and extend down each side of the players body in line with the players arms before each play.
* Flags will be between 12 and 14 inches long and a minimum of 2 inches wide
* The flags will contrast with the color of the player’s shorts.
* The securing of the flag to the body, waist of belt is illegal.
* Jerseys and/or under shirts cannot be worn over flags. Jerseys must be tucked in at all times.
* If a player’s flag falls off during play then player must be touched by the opposing player with 1 hand between the shoulders and knees.
* Flags must be the ‘pop’ flags. No Velcro flags.
* Excess belt strap needs to be cut or taped so not to hang.
* If the kick goes out of bounds the receiving team will have the option of: Taking the ball at the point of where it went out of bounds or accept a five penalty and re-kick the ball.
* If 4th down and team offensive team elects to punt, they must declare punt. The defensive team is not allowed to rush. If offensive team declares a punt but then decides to run the ball, time out must be called.

**Line to Gain (Flag)**

* Each team will have four consecutive downs to advance the ball 10 yards to the next line of gain or score a touchdown.
* At the completion of each down the referee will place the ball in the middle of the field, not the hash marks.

**De-Flagging (Flag)**

* There shall be NO tacking of the ball carrier, passer, or kicker.
* The player carrying or having possession of the ball is down when the flag is removed from the runner’s waist.
* The defensive player shall not push or touch the ball carrier above the chest or below the thighs and shall not push the ball carrier in order to gain possession of the flag.
* A defensive player may not run over, push, or pull a blocker away from him. He may push him sideways if he gets past him but may not push him down.
* A defensive player must go for the passers flag and not for the passers arm.

**Blocking (Flag)**

A blocker must stay on his feet at all times while blocking. All linemen, except the center, must not assume the three point stance or otherwise spring from a coiled or crouching start. Instead must simply stand at the line of scrimmage and await the snap. The center, though crouching, if he is to block must first stand up.

* Cross body or role blocking is prohibited.
* A blocker may block (within 10 yards of line of scrimmage) in a ‘hands up’ method. This does not allow for arms to be fully extended.

**Uniforms and Equipment (Flag)**

* Eyes glass: shall be of athletically approved construction with non-shattering glass (safety glass)
* Mouth guards required with no keeper strap. Mouth guards cannot be clear in color.
* All team members must wear the same color jersey.
* All jerseys must have a number front and back.
* Shorts of contrasting colors to the flags will be worn and will not have front or back pockets. If the occurs then teams will be required to switch flags.
* Jerseys must be tucked in at all times.
* Screw-in or metal cleats are not allowed. Molded plastic and hard rubber soled shoes are acceptable.
* Only flags are allowed to hang below the belt.

**Prohibited Equipment**

* Spiked or street shoes.
* Padding of any kind, including hard surface padding such as shoulder pads, hip pads and helmets.
* Hard metal or any other substance on a players clothing or person.
* Anything that conceals flags.
* Slick or sticky substances such as grease or glue.
* Any equipment, that in the opinion of the referee, that will endanger or confuse the players.
* No TINTED/SHADED or COLORED visors are allowed in Tri-County. Players can wear CLEAR VISORS ONLY! (Revised 2022)

**Kick-offs/Punting (Flag)**

* Each half will start with a kick-off.
* There will be no on-side kick offs permitted, and the kicking teams will not be permitted to recover the kick-off under any condition.
* A defensive player cannot brush or block the ball carrier out of bounds.
* Butting, elbowing or knee blocking is not permitted.
* There will be no two on one blocking.
* Blocking a player from behind is not permitted (clipping).
* There will be not interlocking blocking.
* No down field blocking after 10 yards (extended arm). Result is a 10 yard penalty.

**Carrier (Flag)**

* The ball carrier cannot use his hands or arms to protect the flag or bat the hands of a defender away. The defense must have the opportunity to remove the ball carriers flags.
* The ball carrier cannot lower his head and charge into the defenders.
* The ball carrier cannot hurdle a defender.
* The ball carrier can run in any direction until the ball is dead.

**Center (Flag)**

* The center must snap the ball between his legs.
* He must have both feet on the scrimmage line with no part of his body beyond the forward part of the ball.
* Center sneaks are not permitted but QB draws or sneaks are permitted.

**Passing (Flag)**

* All players are eligible to receive forward passes.
* In order to be completed catch, a receiver must have one foot in bounds when the reception is made.
* Two or more receivers may touch the ball in succession to complete a pass.
* If defensive and offensive players simultaneously catch the ball, the ball is dead at that spot and possession is awarded to the offense.
* An offensive player may not leave the playing field and return to catch a pass. That will be ruled an incomplete pass unless the past is first touched by the defense.

**Dead Ball**

All balls touching the ground are immediately ruled dead (except kickoffs). For example, the ball is declared dead at the following times:

* When the ball carrier touches the ground with any part of his body other than his feet.
* When the ball carriers flag has been pulled.
* If a pass receiver or ball carrier is missing a flag (ball is dead at that spot)
* Following a touchdown, safety, or touch back.
* When the ball goes out of bounds for any reason
* If the center’s snap hits the ground before reaching a backfield man (declared dead at the spot)
* When the ball hits the ground as a result of a fumble (declared dead at the spot).
* If a lateral pass touches the ground (ball is declared dead at that point) if a lateral pass goes out of bounds it is dead at the point it crosses the boundary line.
* If a forward pass strikes the ground (spot goes back to the line of scrimmage).
* When a player on the kicking team touched the ball before a player on the receiving team the ball is dead where it is touched.
* Defensive player can return an intercepted pass.

**TACKLE GAME ONLY**

**General Game Rules**

* The non-running sticker on the front and back of the player’s helmet means that the player is over the weight limit pre-set for ball carriers.
* Anytime a non-running sticker players would show control of the ball on offense or defense, it is considered a dead ball and cannot be advanced. This does include all interceptions, fumbles, kickoffs, and punt receiving.
* Punters can be over the weight limit.
* If the offensive unit declares a punt, extra point, or a field goal try to the head referee, the defensive nose guard or tackles cannot contact the center or deep snapper while his head is down. This will result in a personal foul with an automatic 1st down. A fake punt, extra point, or field goal try is still permitted. **VARSITY DIVISION:** Head must be up or set up outside of guard. No ‘A’ gap penetration at all.
* There no nose guard for **JV DIVISION** only: ball cannot run behind center must run to 1 or 2 whole (A/B) no QB sneak behind center.
* Kickers can be over the weight limit, but as any non-running player on the kickoff team, they are not to advance more than 10 yard down field during the kickoff. Any advancement over 10 yards down field by a non-running player will result in a 5 yard penalty with the option for a re-kick.
* Defensive players over the weight limit cannot play in the defensive backfield over 5 yards from the line of scrimmage. Defensive ends over the weight limit must be outside shoulder of the offensive tight end. If the offensive unit does not use or splits out the tight end the defensive end can remain outside shoulder from where the tight end should be.
* Red stickered players cannot play cornerbacks or safeties. These players can play all other positions, including the defensive line and linebackers. Linebackers can play from a natural position stance. Additionally, ANY defensive linemen (stickered or non-stickered) on the LOS MUST be in a 3 point/ 4 point stance even if they are outside the Tackle/TE. ALL standing players must be 3-4 yards off the ball **(revised 2022)**. No exceptions.
* Maximum of 5 down lineman on the defense line is allowed, the other players can rush but have to come from the regular playing position example a safety can rush but has to come from his normal spot. Linebacker 3 yards off the line of scrimmage. Corners from regular positions.
* Offensive players over the weight limit cannot play in the offensive backfield. This includes quarterbacks, running backs, and wing backs. Offensive tight or split ends with stickers are not eligible pass receivers.
* Cut blocking techniques or Chop blocking will not allowed in TYFL (**Revised 2022**)
* Any removal of the non-running sticker or changing of a player assigned jersey number, without notification to the T.Y.F.L, will result in a game forfeit. If the player is caught during a game, the player will be ejected from the remainder of the game.
* At any time during the season this sticker comes off or a player changes helmets, it is the responsibility of the player and the team’s coach to replace the sticker before the player is allowed on the game field.
* This league does not allow center sneaks.
* **The T.Y.F.L. will allow one Division I coach on the field for the first game (1st half only) for instruction only.** After this time, no coaches will be allowed on the field at any time. Coaches will receive one warning, after which they will receive a 10 yard penalty.
* **Division II is not allowed to have a coach on the field.**

***THE TRI-COUNTY YOUTH FOOTBALL LEAGUE RESERVES THE RIGHT TO QUESTION ANY PLAYERS AGE AND GRADE.***

**Concussions**

A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head. **Concussions can occur without loss of consciousness or other obvious signs.**  A repeat concession that occurs before the brain recovers from the previous one (hour, days or weeks) can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage and even death.

**Recognize and Refer:** To help recognize a concussion, watch for the following two events among your student-athletes during both games and practices:

* A forceful blow to the head or body that results in rapid movement of the head.

**-AND-**

2. Any change in the student-athlete’s behavior, thinking or physical functioning (see signs and symptoms).

**Signs & Symptoms**

|  |  |
| --- | --- |
| **Symptoms Observed By Coaching Staff** | **Symptoms Reported By Student-Athlete** |
| Appears dazed or stunned. | Headache or “pressure” in head. |
| Is confused about assignment or position. | Nausea or vomiting. |
| Forgets plays. | Balance problems or dizziness. |
| Is unsure of game, score or opponent. | Double or blurry vision.  |
| Moves dumsily. | Sensitivity to light. |
| Answers questions slowly. | Sensitivity to noise. |
| Loses consciousness (even briefly). | Feeling sluggish, hazy, foggy  |
| Shows behavior or personality changes. | Concentration or memory problems. |
| Can’t recall events before hit or fall. | Confusion. |
| Can’t recall events after hit or fall. | Does not “feel right.” |

An athlete who exhibits signs, symptoms or behaviors consistent with a concussion, either at rest or during exertion, should be **removed immediately from practice or competition** or should not return to play until **cleared by an appropriate health care professional.** Sports have injury timeouts and player substitutions so that student-athletes can get checked.

**If a concussion is suspected:**

* **Remove the student-athlete from play.** Look for the signs and symptoms of concussion if your student-athlete has experienced a blow to the head. Do not allow the student-athlete to just “shake it off.” Each individual athlete will respond to concussions differently.
* **Ensure that the student-athlete is evaluated right away by an appropriate health care professional.** Do not try to judge the severity of the injury yourself. Immediately refer the student-athlete to the appropriate athletics medical staff.

**Lighting Procedures**

**Proactive Planning**

Assign staff to monitor local weather conditions before and during events. Develop and evacuation plan, including identification of appropriate nearby shelters.

Develop criteria for suspension and resumptions of play:

* When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
* Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.

Any subsequent thunder or lightning after the beginning of the 30 minute count, reset the clock and another 30 minute count should begin.

*WeatherBug is an app that detects lightning anywhere in the USA but must importantly within your area. The WeatherBug app has a feature on it that’s call Spark. When lightning is within 30 miles of your location, a bull eye ring with your location in the middle turns red when lightning hits 10 miles. When this occurs, coaches and team personal should be removed from the field of play immediately.*

**Supplemental Insurance**

**It is highly recommended that each participation organization within T.Y.F.L carry supplemental insurance so to protect their organization and their participants.**