

SPOTSYLVANIA PARKS AND RECREATION DEPARTMENT  
2020 YOUTH FLAG FOOTBALL BY-LAWS

I. Organization

The Spotsylvania Parks and Recreation Department shall be the sponsoring agent of the Youth Flag Football Program. The Parks and Recreation Director or his designated representative shall be the Executor of the program.

II. Purpose

1. To teach and/or stress the fundamentals of the game of football.
2. To develop good sportsmanship, teamwork, and fair play.
3. To provide the opportunity for fun and enjoyment in a healthful activity.

III. Leagues

Flag Football                      Ages 6 and 7                      Weight: No Limit

Effective date for age determination is November 1st of the current year.

IV. Equipment

1. A Mouthpiece is mandatory for all participants in all leagues.
2. Participants must wear the uniform issued by the Parks and Recreation Department.

V. Fields

All leagues will use the youth size fields that will be 80 yards long.

VI. Coach's Duties

1. To insure that each and every team member that participates in the program is in accordance with the stated by-laws.
2. To maintain proper conduct among team members, assistants, and their followers.
3. Each team is allowed four coaches (one (1) head and three (3) assistants). Assistant coaches must be approved by the Parks and Recreation Department. It is the head coach's responsibility to make sure anyone working with the children has been approved by Parks and Recreation Department (Background Check).
4. To see that the players meet the age requirements.
5. To provide the Parks and Recreation Department with an up-to-date roster and to insure that the roster does not exceed or fall below the levels set forth by the Parks and Recreation Department.
6. To safeguard and maintain all equipment issued by the Parks and Recreation Department and to be directly responsible for the return and/or disposition of that equipment.
7. To notify all team participants of:
  - a. rules, regulations and by-laws set forth by the League.
  - b. scheduled games, and practices. It is then the coach's responsibility to keep up with the schedule for their team.
  - c. cancellations and/or make-ups as indicated by the Parks and Recreation Department.
8. Coaches are responsible for assuring that his/her players have proper equipment. In addition to this rule, the head referee's pre-game procedure will include a request for coaches to verify the legality of apparel and equipment.

9. Head coaches are the only coaches to **question** an official about a call. Assistant coaches are not allowed to confront an official concerning a call. Coaches should not leave the team area and enter the stands at any time.

#### 10. CHILD ABUSE Mandated Reporter Law

The following persons who, in their professional or official capacity, have reason to suspect that a child is an abused or neglected child, shall report the matter immediately to the local Social Services Department of the county or city wherein the child resides or wherein the abuse or neglect is believed to have occurred or to the Social Services Department's toll-free child abuse and neglect hotline:

- Any athletic coach, director or other person 18 years of age or older employed by or volunteering with a private sports organization or team;
- Administrators or employees 18 years of age or older of public or private day camps, youth centers and youth recreation programs;

Mandated reporters are required to report as soon as possible, but no later than 24 hours after having a suspicion of a reportable offense. The Social Services Department's toll-free child abuse and neglect hotline is **1-800-552-7096**. Training and other mandated reporter resources are available at <http://www.dss.virginia.gov/family/cps/index2.cgi>

#### Inclement Weather and Make Up Games

1. Cancellations due to inclement weather will be announced on the cancellation line and through the Spotsy Alert Information Notification System. Cancellations will be placed on the cancellation line as soon as a decision is made. Listen to the announcement carefully. The cancellation line phone number is 898-8546. If weather conditions are questionable and you do not hear a cancellation announcement then you should report for your game.
2. Notification of makeup games should be received within five calendar days. If you have not received notification within five calendar days, it is the Head Coach's responsibility to contact our office. A team not attending a rescheduled game will constitute a forfeit.
3. The Parks and Recreation Department reserves the right to arrange postponed games at its convenience in order to catch up with the schedule. The Parks and Recreation Department also reserves the right to cancel games, if necessary, due to conditions beyond our control. In the event of misunderstandings or error, coaches are urged to contact the Parks and Recreation Department at 507-PLAY (7529).
4. The Spotsylvania Parks and Recreation Department reserves the right to cancel games when weather conditions present possible health problems, such as heat. The department will use caution when making these decisions.
5. Coaches, players, and parents should use extreme precautions in inclement weather especially during lightning or thunderstorms. Coaches should have players and parents wait in their vehicle until the official arrives if it is storming before game time.

#### Lightning Procedures:

Coaches and game officials please use the following criteria for suspension and resumption of play when thunder or lightning is present.

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

- d. All team members should seek shelter in a vehicle away from dugouts and fields. Game officials will notify coaches when play will resume or if game will be suspended.

## VII. Conduct of Coaches and Participants

1. The Spotsylvania Parks and Recreation Department will not tolerate unsportsmanlike conduct from the coaches or players toward officials, players or opponents. Coaches and Players will be subject to disciplinary action if unsportsmanlike conduct is displayed.
2. Any player or coach ejected from the game by an official shall automatically be suspended from the next game to be played by their team. The Spotsylvania Parks and Recreation Department reserves the right to suspend players and coaches for additional games or the remainder of games if it is felt necessary. If a player or coach deviates from this ruling, it will constitute an immediate suspension from the remainder of the league games.
3. **If a coach (head or assistant) is ejected from the game, by an official, that coach will be required to take and pass the Sportsmanship Class provided by The National Federation of State High School Sports. (<https://nfhslearn.com/courses/61130/sportsmanship>) The coach that was ejected will have to submit the certificate of completion and date completed to the Recreation Programmers before they can continue to coach. This is in addition to any suspension the coach has to serve.**
4. If a player or coach is ejected in the final contest of the season, the penalty shall carry over to the next sports season. (Ex. If ejected in the last football game of the season the ejected person will serve their suspension or suspensions the next football season).
5. Any player or coach guilty of unsportsmanlike conduct in any manner on the field or adjacent to the field toward officials or partisans will be subject to suspension by the officials, Parks and Recreation Department and/or Commission for the remainder of league games.
6. Any player or coach guilty of striking an official in any manner during or after a game shall automatically be suspended from participating in all leagues sponsored by the Parks and Recreation Department in Spotsylvania County until further notice.
7. If a coach or team follower is ejected from the ball game, they must leave the playing field and go to the parking lot and is prohibited from any further contact (direct or indirect) with the team, umpires, and park staff for the remainder of the game and after the game. Failure to comply may result in termination of the game. A substitute coach shall be named as a replacement for the ejected coach or the game will be forfeited. (A substitute coach is defined as an adult named by the ejected coach.)
8. The Spotsylvania Parks and Recreation Department will not tolerate unsportsmanlike conduct from the officials toward coaches, players, or spectators. Officials will be subject to disciplinary action by the Official's Association and the Spotsylvania Parks and Recreation Department if unsportsmanlike conduct is displayed.
9. Coaches, players, substitutes, team assistants, parents, or followers shall not coach or address any players from the opponent's side of the field.
10. If an ineligible player is used, the game in question will be declared a forfeit. If an illegal player is used, then the coach who makes the line-up, along with the illegal player, will be suspended indefinitely.

11. A coach, player, or team follower shall not:
  - a. disrespectfully address an official
  - b. attempt to influence the official's decision
  - c. use profanity
  - d. disrespectfully address or bait an opponent
  - e. incite undesirable crowd reactions
  - f. enter the playing area unless by permission of an official to attend to an injured player

### VIII. Communicable Disease Procedure:

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to the following:

- a. The bleeding must be stopped, the open wound covered, and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
- b. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood or other body fluids is anticipated.
- c. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
- d. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
- e. Practice proper disposal procedures to prevent injuries caused by needles, scalpels, and other sharp instruments or devices.
- f. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
- g. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athlete care until the condition resolves.
- h. Contaminated towels should be properly disposed of/disinfected.
- i. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards, and other articles containing body fluids.

### IX. Game Time and Playing Time Requirements

1. Games shall consist of 4 ten (10) minute quarters with a running clock.
2. There will be 2 and half minutes between quarters and a 10-minute halftime.
3. Each Player is required to start and finish two full quarters of each game without interruption except in case of injury or illness or other emergency situations. Each player must play one quarter per half.
4. Games will begin as scheduled, a five-minute grace period will be allowed for all games beginning at their specified times.
5. In the event a game must be suspended because of conditions which make it impossible to continue play, the head referee shall declare it an official game if one (1) complete half or more has been played. If less than one (1) half of the game has been played, the game may be rescheduled.

## X. Practice and Game Schedules

1. It is recommended that practices last no longer than 1 1/2 hours.
2. A maximum of three (3) practices and/or games may be scheduled per calendar week. Coaches may schedule practice on Sunday; however, no player may be penalized for not attending a Sunday practice. Sunday practices will be counted in the number of meetings per week. A calendar week is Sunday through Saturday. Any coach that deviates from this rule will be subject to suspension. Picture taking is not considered a function.
3. Number of Games - Games will be played in accordance with the schedule set by the Parks and Recreation Department. Teams will play 6 games.
4. After the completion of a game, both teams shall form two lines to congratulate each other and show good sportsmanship.
5. There will be no season champion or any post season games in the Flag Football League. The program is designed to teach the basic fundamentals of football in a fun setting. Game scores and team standings will not be kept in The Flag Football League.

## XI. General Rules

1. Roster will have a maximum of 13 players.
2. If a player is traded to another team, then both coaches must be in agreement on the player(s) being traded. All trades must be made prior to the first game of the season. All trades must be reported to and approved by the Parks and Recreation Department.
3. Physical examinations for youths participating in the league are highly suggested prior to the beginning of practice and the regular season, but are not required by the department.
4. The Spotsylvania Parks and Recreation will not change the schedule due to player's involvement in:
  - a. school activities (including band trips, etc.),
  - b. scout activities,
  - c. church activities,
  - d. or any other activity.
5. The use of any tobacco products is prohibited by coaches or players while in the vicinity of the field.
6. The county high schools operate their programs according to the Virginia High School League Rules. The rules state that during the sports season for the relevant sport, a student may, while a member of a school squad or team engaged in interscholastic sports become a member of or participate with an organized team in the same sport which is independent of the school's control so long as such participation does not conflict with the scheduled activities of the school squad or team. No school or student shall be declared ineligible for participation in interscholastic sports because of participation by a student as a member of an organized team in the same sport which is independent of the school's control during the sports season for the relevant sport.
7. No uniform will be replaced unless the damaged item is returned.
8. No uniform will be issued to an individual until all items are returned from previous sports.

## XII. Player Equipment

1. Casts, splints, or body braces made of a hard substance in its final form such as leather, rubber, plastic, plaster, or fiberglass must be covered on all exterior surfaces with no less than 1/2-inch-thick, high-density, closed-cell polyurethane, or an alternate material of the same minimum thickness and similar physical properties to protect an injury. **The referee will have final say on participation.**
2. Players who wear eyeglasses shall wear a safety strap to keep them in place.
3. Players who wear external hearing aids should have them fastened securely, with tape if necessary, so that they cannot be jarred loose.
4. The use of face/body paint is not allowed.
5. No jewelry or earrings shall be worn (including starter earrings). NO EXCEPTIONS. Medic Alert or religious jewelry must be taped to the body. Properly equipped players: Coaches are responsible for assuring that his/her players have proper equipment. Players and coaches should not wait for the official to declare items illegal. However, if there is doubt as to the legality of apparel and equipment, the question should be brought to the head referee's attention for a ruling. In addition to this rule, the head referee's pre-game procedure will include a request for coaches to verify the legality of apparel and equipment.
6. Players cannot play unless they are wearing their game jersey in its original form (shirts/sleeves shall not be cut or frayed in any manner) issued by the Spotsylvania Parks and Recreation Department. Teams may print their team name, player name or initials on their jerseys. **No nicknames are permitted.**
7. A player's shirt must be worn inside his or her shorts prior to and during the entire game.
8. **A Mouthpiece is mandatory for all participants in all leagues.** (Replacement charge will be \$2.09 per guard)

## XIII. Flag Football Rules

1. Game Player Limit - Teams must begin and end game with 7 players on the field.
2. An Offensive player can receive the ball from the center anywhere behind the line of scrimmage.
3. All players are eligible to receive a pass.
4. The quarterback may not run with the ball past the line of scrimmage.
5. The quarterback may be eligible for a pass if the quarterback hands or pitches the ball off behind the line of scrimmage.
6. The set position for an interior lineman is hand on knees in a two-point stance. The set position for an uncovered lineman other than an interior lineman and/or all other players is either the two-point stance or standing.
7. The center shall be allowed sufficient time to snap the ball and assume a blocking position. Determination of "sufficient time" shall be at the discretion of the referee whose sole purpose is to protect the safety of the child centering the ball. To prevent neck injuries, center attempting "shotgun snaps" shall be afforded a safe distance by the defender. A defensive player who fails to adhere to the official's definition of "sufficient time" to allow the center snap the ball and assume the blocking position shall be penalized
8. "Unsportsmanlike Conduct Dunking the Center." Penalty: 15 yards.

9. Center cannot carry the ball from scrimmage but can receive a pass.
10. The ball carrier must run to avoid tacklers. Deliberate charging of an opponent is 10 yards' penalty. Officials will use the same judgment on charging and blocking by offensive or defensive players as in basketball.
11. Brushing contact and unavoidable contact is not willful charging.
12. A ball carrier may not stiff arm a defender or protect his flags by deflecting the defender with the use of his hands. A ball carrier that impedes the legal attempt by the defender to de-flag him by protecting his flags with his hands shall be penalized for "Flag Guarding." Penalty: 10 yards.
13. No forceful charging or aggressive blocking by players is permitted. Penalty: 10 yards.
14. If a defensive player tackles a ball carrier, penalty is half the distance to the goal. If the runner was in the clear, and in the opinion of the referee would have scored except for being tackled, a touchdown shall be allowed.
15. If a defensive player reaches across the body of the ball carrier to pull flag and contact is made which impedes the progress of the runner, the responsibility of the contact lies with the defensive player. Penalty 10 yards.
16. An offensive player in front of the ball carrier must stop or alter his run to avoid intentional contact with a defender. Penalty: 10 yards.
17. The ball carrier is down at the spot where the tackler pulls out one of the flags. Unnecessary roughness by tackler or elbowing by runner is 10-yard penalty. In the event of a flag dropping without being pulled by a tackler, ball is dead at this point.
18. Flag Guarding – Ball carriers shall not use hands to guard their flags. Penalty 10 yards.
19. Offensive Line - A minimum of 4 players must be on the line of scrimmage.
20. The Defense must start 5 yards off the line of scrimmage. Defensive players may advance the line of scrimmage at the snap of the ball.
21. A player leaving his feet to go over an opposing player shall be penalized for "Hurdling." In the open field, game officials shall determine if the offensive player gained an unfair advantage by hurdling. Penalty: 10 yards.
22. Unsportsmanlike Conduct - 10 yards and/or ejection.
23. Each team will be allowed two (2) time outs per half. Time outs may not carry over to the next half.
24. First Downs- A team makes the first down when the ball advances to or beyond the field designated 20 yard markers in four downs or less.
25. Scoring - After a touchdown an extra point try may be permitted. Only passing and running attempts - no kicks.
  1. One point (1) try may be attempted form the three (3) yard line.
  2. Two Point (2) try may be attempted form the ten (10) yard line

## 26. Punts

- a. All attempted punts must be announced.
- b. The defensive team may not rush. The punting team may not go down field until the ball is kicked. Penalty: 5 yards and re-kick.
- c. The defensive team must keep three players at the line of scrimmage until the punt is made. Penalty 5 yards.
- d. The punter must be at least 5 yards behind the line of scrimmage. Penalty: 5 yards.
- e. The punt is always the possession of the receiving team.
- f. The ball may be advanced by the receiving team after it touches the ground.

## 27. Fumbles

- a. A fumble is dead at the point the ball touches the ground after coming in contact with offensive player and goes to the team who fumbles or dropped the ball. Exception: 4th down situation.
- b. The ball cannot advance forward on a fumble.

## 28. Blocking

- a. The offensive player may protect the player with the ball by screening as done in basketball. Any use of other parts of the body to block is prohibited and a player shall be penalized. "Illegal Block"
- b. Blockers on offense may not initiate contact.
- c. **A player may not leave his feet to block. "Illegal Block"**
- d. **Blocking shall occur only in the area between the player's shoulders to his waist on the front of his body. A player who blocks below the waist ("Illegal Block") trips another player ("Tripping"), or blocks a player in the back ("Clipping") shall be penalized.**
- e. **If an offensive player legally engages a defender in a blocking position and that defender subsequently turns his back, the player is allowed to continue his block, even if it occurs in the back, until the defender breaks contact from the offensive blocker.**
- f. Screening shall be defined as an offensive player maintaining a position between the defensive player and the player with the ball. No part of the screeners body except their feet may be in contact with the ground. (No 3-point stance). Movement of the screeners body that causes contact with the defender is considered an illegal screen. The screener may not cause **intentional** contact with their elbows, forearms, hands, head, shoulders, hips.
- g. **Incidental contact is unavoidable.** Whether stationary or not, all blocking violations are 10 yard penalties.
- h. **No defensive player can line up on the defensive line in front of the offensive center/snapper. Illegal Formation Penalty: 10 yards.**
- i. A defensive player must go around an offensive player at all times. They may touch the screener with their hands only to maintain their balance in going around the screener. Pushing, pulling or charging across a legal screener is a charging violation. Penalty: 10 yards

## **Spotsylvania Parks and Recreation Department Youth Sports Concussion Policy**

Spotsylvania Parks and Recreation Department has created the following policy that will be in effect as of **August 2015** and beyond for all youth sports leagues.

### **Objective:**

To establish a policy that will provide ALL youth sport coaches and parents associated with the Spotsylvania Parks and Recreation Department with guidelines relating to how to recognize signs of a concussion, procedures for dealing with athletes and parents when a concussion is suspected, as well as mandatory rules concerning the return to action for the participant.

### **Criteria:**

A concussion can be caused by a blow to the head, jolt to the body, or any sudden force that results in a rapid acceleration/deceleration of the brain inside the skull. This impact of the brain against the rigid inside walls of the skull can cause a change in neurological function and a host of other symptoms depending on which part of the brain was injured. Youth athletes are particularly vulnerable to the effects of a concussion. Even what appears to be a "minor ding or bell ringer" has the real risk of catastrophic results when an athlete is returned to action too soon. Second impact syndrome, which in some cases can be fatal, is a direct result of returning to game action before all symptoms have cleared. While most players heal within a few weeks, an athlete who returns to play before a concussion has completely resolved risks re-injuring an already injured brain which can have life threatening consequences. Therefore, continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

The well-being of the athlete/participant is our greatest concern during any practice or game. Officials, coaches, and parents are being asked to make all efforts to ensure that concussed athletes do not continue to participate. Thus, coaches, parents, and officials should be looking for signs of concussion in all athletes and shall immediately remove any suspected concussed participant from play.

**When in doubt, sit them out!** It's far better to miss one or two games as a precautionary matter than to risk possible brain injury. No game is worth that.

### **What to look for:**

Concussions can appear in many different ways. We know that a person does not have to lose consciousness to suffer a concussion. Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion, such as those mentioned below shall be immediately removed from the game or practice and shall not return to play until cleared by an appropriate health-care professional.

#### **1. PROBLEMS IN BRAIN FUNCTION:**

- a. Confused state – dazed look, vacant stare or confusion about what happened or is happening.
- b. Memory Problems – can't remember assignment on play, opponent, score of game, or period of game; can't remember how or with whom he or she traveled to the game, what he or she is wearing, what was eaten for breakfast, etc.
- c. Symptoms reported by participant – headache, nausea or vomiting; blurred or double vision; oversensitivity to sound, light or touch; ringing in ears; feeling foggy or groggy; dizziness.
- d. Lack of sustained attention – difficulty sustaining focus adequately to complete a task, a coherent thought, or a conversation.

Youth Sports Concussion Policy  
Page 2

**2. SPEED OF BRAIN FUNCTION:** Slow response to questions, slow slurred speech, incoherent speech, slow body movements and slow reaction time.

**3. UNUSUAL BEHAVIORS:** Behaving in a combative, aggressive, or very silly manner; non-typical behavior for the individual; repeatedly asking the same question over and over; restless and irritable behavior with constant motion and attempts to return to play; reactions that seems out of proportion and inappropriate; and having trouble resting or "finding a comfortable position."

**4. PROBLEMS WITH BALANCE AND COORDINATION:** Dizziness, slow clumsy movements, inability to walk a straight line or balance on one foot with eyes closed.

**Seek medical help immediately if...**

Most concussions do not result in emergency care. However, if symptoms worsen, or you notice behavioral changes or any of the following, seek care immediately:

➤ Headaches that worsen; seizures, neck pain; very drowsy, can't be awakened; repeated vomiting; increasing confusion or irritability; weakness, numbness in arms and legs; inability to recognize people/places, less responsive than usual.

If you observe any of the above signs, call your doctor or go to the emergency room immediately.

**Role of Coaching Staff:**

Coaches/Coaching Staff will NOT be expected to "diagnose" a concussion. That is the job of an appropriate health-care professional. Coaches/Coaching Staffs will be asked to use their best judgment in observing the signs, symptoms and behaviors, associated with concussions. If a member of a youth team coaching staff observes questionable signs, symptoms, or behavior, he/she must remove the participant from the game for further evaluation and notify the parent/guardian.

**The responsibility of further evaluating and managing the symptomatic participant falls upon the head coach, parent/guardian or appropriate health-care professional. If an appropriate health-care professional on site determines that the athlete HAS NOT suffered a concussion, the athlete may return to play. If there is no appropriate health-care professional available to evaluate the athlete, the athlete SHALL NOT be allowed by the coach or parent/guardian to return to play.**

**Role of Game Officials:**

Neither officials, nor coaches, will be expected to "diagnose" a concussion, as that is the job of an appropriate health-care professional. Officials are being asked to use their best judgment in observing the signs, symptoms and behaviors, associated with concussions. Officials will not be asked to make what could be perceived to be a medical opinion. If an official observes questionable signs, symptoms, or behavior, the official must notify the coach and remove the participant from the game for further evaluation.

The game official is not responsible for the sideline evaluation or management of the athlete after he or she is removed from play. The responsibility of further evaluating and managing the symptomatic athlete falls upon the head coach, and/or an appropriate health-care professional. If an appropriate health-care professional on site determines that the athlete HAS NOT suffered a concussion, the athlete may return to play. If there is no appropriate health-care professional available to evaluate the athlete, the athlete **SHALL NOT** be allowed by the coach or parent to return to play. The official does not need written permission for an athlete to return to play after evaluation, nor does the official need to verify the

Youth Sports Concussion Policy  
Page 3

credentials of the appropriate health-care professional. Ensuring compliance is the responsibility of the head coach and NOT the game official.

**Spotsylvania Parks and Recreation Department Required Course of Action when an athlete is suspected of sustaining a concussion:**

1. Remove athlete from any activity (game or practice).
2. Notify parent or guardian.
3. Any participant suspected of having a concussion should be evaluated by an appropriate health-care professional within a day of the "injury". NOTE: An "appropriate health-care professional." A Physician, Physician Assistant, Osteopath Physician, or Athletic Trainer licensed by the Virginia Board of Medicine; a Neuropsychologist licensed by the Boards of Psychology; or a nurse practitioner licensed by the Virginia State Board of Nursing.
4. No participant may return to play or practice on the same day after a concussion has been diagnosed, nor until evaluated by an appropriate health-care professional.
5. Any participant with a concussion shall be medically cleared by an appropriate healthcare professional prior to resuming participation in any practice or league play. This clearance shall be in the form of a written letter signed by the healthcare professional. One copy must be supplied to Spotsylvania Parks and Recreation Department and one must be supplied to the head coach prior to any return to play. The formulation of a gradual return to play protocol should be a part of the medical clearance.

**NOTE: Athletes with continued concussion symptoms are at significant risk for recurrent, cumulative and even catastrophic consequences of a second concussive injury. Such risks are minimized if the athlete is allowed time to recover from the concussion and return to play decisions are carefully made. No athlete may return-to-sport or other at-risk participation when symptoms of concussion are present and recovery is ongoing.**

These guidelines shall be applied to all sports related activity.

**Coaches Compliance:**

Any coach that disregards the safety and well being of a youth sport(s) participant as it relates to concussions will be suspended indefinitely from coaching. Additionally, any coach that misuses this policy to prohibit an otherwise, healthy, fit, uninjured player from participating will be suspended indefinitely from coaching.

We strongly suggest taking one of the following course on concussions.

<http://www.cdc.gov/headsup/youthsports/training/index.html> or <http://nfhslearn.com/courses/38000>

These courses can be found on our website at <http://www.spotsylvania.va.us/parksandrec>

**Senate Bill 652, the 2010 General Assembly**

**Code of Virginia § 22.1-271.5**

**House Bill 410 & Senate Bill 172, the 2014 General Assembly**

**Code of Virginia § 22.1-271.5**

**and**

**House Bill 1096, the 2014 General Assembly**

**Code of Virginia § 22.1-271.6**

The Spotsylvania Parks and Recreation Department has provided these by-laws for each coach to read and fully understand. If you have any questions concerning any of these rules, you should make it known before signing this document.

I hereby pledge that I have read and understand these by-laws.

Team \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_