

SPOTSYLVANIA PARKS AND RECREATION DEPARTMENT  
2022 YOUTH FOOTBALL BY-LAWS

I. Organization

The Spotsylvania Parks and Recreation Department shall be the sponsoring agent of two (2) leagues within the Youth Football Program. The Parks and Recreation Director or his designated representative shall be the Executor of the program.

II. Leagues

<u>League Name</u>	<u>Ages</u>	<u>Weight Limit</u>
Junior Varsity League	ages 8	135 and under
	ages 9	125 and under
	ages 10	115 and under
Varsity League -	age 9	126 - 140 lbs.
	ages 10	116 - 140 lbs.
	ages 11, 12 and 13	135 lbs. and under

Effective date for age determination is November 1st of the current year. Weigh-ins are conducted once at the time of registration and once again prior to receiving equipment. Weigh-ins are conducted only by Parks and Recreation personnel. Participants must weigh within the league weight requirements or a refund will be issued and they will be ineligible to participate.

III. 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.

IV. Coach's Duties

1. To abide by all rules, regulations, and by-laws as set forth by the League and those not covered by the League that are governed by The National Federation of State High School Associations for Football Leagues. (<http://www.nfhs.org>)
2. To insure that each and every team member that participates in the program is in accordance with the stated by-laws.
3. To maintain proper conduct among team members, assistants, and their followers.
4. 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).
5. To see that the players meet the age requirements.
6. 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.
7. 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.

8. 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.
9. 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.
10. At end of each game, coaches do not have to sign or verify game cards. Scores will be emailed to head coaches by department staff the next business day. If the score is not correct it is the head coach's responsibility to verify the correct score.
11. 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.

## 12. 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:

- o Any athletic coach, director or other person 18 years of age or older employed by or volunteering with a private sports organization or team;
- o 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.

#### V. 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
12. If a coach is on the field in a violent or disruptive manner, the penalty is 15 yards, the second offense, he is ejected from the game.
13. Coaches that are beckoned onto the field for an injured player should attend to that player and not coach or berate officials and/or opponents while on the field. This is considered unsportsmanlike conduct.
14. It is unsportsmanlike if any player attempts to focus attention upon himself with any delayed, excessive, or prolonged act.
15. Any player who receives two unsportsmanlike fouls during a game shall be disqualified for the game and the next game to be played by his/her team.

## VI. Communicable Disease Procedure:

While the 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.

## VII. General Rules

1. Coaches may schedule practice on Sunday; however, no player may be penalized for not attending a Sunday practice. A maximum of four (4) practices and/or games may be scheduled per calendar week. A team that has three (3) games per week will be allowed one additional team meeting. 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.
2. **It is recommended that practices last no longer than 1 ½ hours.**
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.

## VIII. 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 pants prior to and during the entire game.
8. Each player must have a copy of the warning decal on the back of their helmet. If players do not have the warning decal, they will not be allowed to participate.
9. The use of eye shields with less than 100% allowable light transmission is prohibited.
10. If teams choose to place stickers on helmets, the head coach will be responsible for making sure all stickers are removed before equipment is returned to the Parks and Recreation Department.
11. **A Mouthpiece is mandatory for all participants in all leagues.** (Replacement charge will be \$2.09 per guard)
12. Participants must wear the equipment and jersey issued by the Parks and Recreation Department.
13. **Participants are responsible for providing their own pants and leg pads. (Hip, Knee, Tail and Thigh)**
14. **Football Equipment (helmet, and shoulder pads) issued by Spotsylvania Parks and Recreation Department may be collected by department staff immediately after the last scheduled game has concluded.**

## IX. Player Participation Guidelines:

### 1. **Player participation:**

- **Each player in attendance at the game must play a minimum of sixteen plays per game, with the suggestion of at least 8 plays in the first half.**
  - **A player who misses two (2) or more consecutive games and/or practices is required to play only one half the minimum time stated.**
    - **This rule does not apply if a player misses a practice held on a Sunday.**
  - **Coaches must notify the field supervisor, opposing coach, head official, and the Parks and Recreation Department if a player has missed consecutive games and/or practices before the game begins in order for the participant not to play the allotted playing time (no exceptions).**
  - **A player who is injured and cannot play or meet the minimum requirement must be called to the official's attention at that precise time. A forfeit may be declared if the minimum playing requirements are not adhered to .**
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.

## X. Starting and Ending a Game, Game Time:

1. Games shall consist of 4 eight (8) minute quarters with the clock stopping as it normally does for out of bounds, incomplete forward pass, and after a touchdown.
2. The referee shall start or stop the clock contrary to normal timing procedure only if a team illegally conserves or consumes time.
3. Games will begin as scheduled, a five-minute grace period will be allowed for all games beginning at their specified times.
4. After the completion of a game, both teams shall form two lines to congratulate each other and show good sportsmanship.
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.
6. Ties: All regular-season games that end in a tie will remain a tie. League standings will be computed with two (2) points for each win, zero (0) points for each loss, and one (1) point for each tie. Standings at the end of the regular season will be determined by: a) League record, b) Head-to-Head competition between tied teams, c) Pre-season drawing.

### Scoring and Scoring Differential

7. A team will be awarded 6 points for a touchdown, and 2 points for a conversion.
8. The following is a breakdown of the slaughter rule that has been put into effect.
  - a. A team losing by at least 30 points after the 3rd quarter will obtain possession of the ball at their own 30-yard line.

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- b. The team will retain possession of the ball until the difference in the score is less than 30 points. Normal league rules apply when the difference in the score is less than 30 points.
- c. In case of a fumble or interception the play is ruled dead at the time of the turnover. The ball will be returned to the losing team at the line of scrimmage prior to the turnover.

### XI Football Terms

1. Field: All leagues will use the youth-size fields that will not exceed maximum width and will be 80 yards long.
2. Kicking the Ball: The 30-yard line will be used for kick-offs.
3. Snapping, Handling, and Passing the Ball.
  - a. Roughing the snapper: A defensive player shall not charge directly into the snapper when the offensive team is in a scrimmage kick formation. It shall be an automatic first down.
  - b. If a legal forward pass is touched by the defense in or behind the neutral zone and subsequently goes beyond the line of scrimmage, offensive lineman will not be considered illegally downfield.
  - c. Pass interference restrictions apply only beyond the neutral zone and only if the legal forward pass, is untouched by the defense in or behind the neutral zone, and crosses the neutral zone.
  - d. Roughing the passer restrictions end if the pass is thrown from beyond the line of scrimmage.
4. Blocking and Blocking Zone
  - a. Players legally blocking below the waist must be on the line of scrimmage and in the free blocking zone at the snap. The block must be an immediate, initial action following the snap
  - b. Clipping is a block against an opponent when the initial contact is from behind, at or below the waist, and not against a player who is a runner or pretending to be a runner.
  - c. Blocking in the back is a block against an opponent when the initial contact is in the opponent's back, inside the shoulders and below the helmet, and above the waist, and not against a player who is a runner or pretending to be a runner.
  - d. Such cases shall not be ruled clipping and/or blocking in the back unless the official sees the initial contact. When in doubt, the contact is legal and not from the back. When the contact is ruled to be from the back, and the official has question as to the initial point of contact, it shall be ruled clipping
  - e. Blocking in the back is permitted in the free-blocking zone when the following conditions are met.
    - i. By offensive linemen who are in the zone at the snap.
    - ii. Against defensive players who are in the zone at the snap.
    - iii. The contact is in the zone.
    - iv. The free-blocking zone disintegrates and the exception for a player is to block below the waist and/or the exception for an offensive lineman to block in the back



is not to continue after the ball has left the zone.

5. Enforcement of Penalties.

- a. There are two (2) automatic first downs: (1) roughing the kicker /holder /snapper and (2) roughing the passer.
- b. The penalty for unsportsmanlike conduct by a player is 10 yards, if flagrant, the player is disqualified.
- c. One of two penalties is now applicable for a player who grasps an opponent's face mask or helmet opening. 10 yards for grasping, twisting, turning, or pulling the face mask or helmet opening; 5 yards for incidental grasping.
- d. It is illegal to grasp the inside back or side opening of the collar of the jersey or shoulder pads of the runner and subsequently pull the runner to the ground (Horse Collar Tackle). The penalty will be 10yard from the succeeding spot.

**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

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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.

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**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

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.

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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 \_\_\_\_\_