

Burke County Recreation Department Football Rules

THESE RULES SUPERSEDE ALL OTHER LEAGUE RULES PRINTED BEFORE JULY 12TH, 2019

NOTE: All community youth sports coordinators, coaches, parents, players, fans and interested parties: The rules listed below will be used to govern all youth sporting events sponsored by the Burke County Parks & Recreation Commission and the Burke County Parks & Recreation Department. It is your responsibility to read these rules and follow them. You should make no assumptions regarding these rules. If you have questions relating to the rules, you must call the BCPRD at 828-764-9090 for an explanation. Failure on your part to follow this procedure will not invalidate these rules.

- A. It is the aim of the Burke County Recreation Department to provide a healthful, wholesome, organized, athletic program for the youth of Burke County.
- B. The objective of the Burke County Recreation Department is to provide a wholesome leisure-time activity for all persons interested in the fundamentals of sportsmanship.
- C. Unsportsmanlike conduct, poor attitude, disrespect, vulgarity, or profanity will not be tolerated at any time.
- D. We strive for the best program possible for all interested persons, and only proper conduct and attitude of the participants can, in turn, insure a wholesome program. We expect the cooperation of all those participating in the program, and we will not let it be spoiled by a few.

Major emphasis of this program is to:

- 1. Provide youth an OPPORTUNITY for fun and enjoyment through a great program.
- 2. Teach youth skills and techniques.
- 3. Practice good sportsmanship and physical fitness.

This program will always promote safety first, encouraging only programs with strict controls over age, and proper behavior of participants, adult coaches, and spectators. These rules are for all teams participating in the Burke County Recreation Department youth leagues.

I. LIABILITY/INSURANCE

A. The Burke County Board of Commissioners, its employees, directors, sponsors, coaches, managers, referees or any other supervisory personnel are not responsible for injuries or damages real or imagined to participants, coaches, fans, spectators, or other individuals or damage to property associated with the planning, organizing, and administering of the Burke County youth athletic program. This is entirely the responsibility of the person participating: players, coaches, managers, officials, parents, & spectators.

B. All of the Above People Participate at Their Own Risk.

- C. While physicals are not required to participate in the Burke County youth programs and activities, it is recommended that parents take all necessary precautions to ensure their children are physically able to participate.
- D. The Burke County Recreation Department does not provide accident, injury, liability or hospitalization insurance for officials, participants, coaches or fans participating in/viewing practices, games, tournaments or travel to and from these events. Please consider your own health, experience and tolerance for risk before participating in any of the programs and activities offered by our department.
- E. Insurance coverage for participating in programs and activities offered by the Burke County Rec. Dept. is not required but is strongly recommended. Insurance coverage may be available through your community sponsored youth sports organization, group, or club. Contact your community coordinator for more details.

II. PLAYER ELIGIBILITY:

BIRTH CERTIFICATES: All players must have a valid birth certificate to register to play with your community organization. It is up to the Youth Coordinator in each community to verify a player's age. If a protest is later filed on the issue of a player's age, the Burke County Recreation Department will contact the Youth Coordinator to request that the player's birth certificate be brought to the Recreation Dept. Office for verification. The request must be completed by the Youth Coordinator within 48 hours or a reasonable time period as determined by the Recreation staff.

***IMPORTANT - Before a participant is eligible to play, he/she must: 1. Be the correct age, (2), have a player contract signed by his/her parent and/or legal guardian on file in the recreation department no later than the first scheduled game, (3) have his/her name on the team roster, (4) have his/her assigned team uniform number on the team roster beside his/her name, and (5) be signed up in the correct school district as defined below. A failure to comply with any one or more of the five items listed above will result in a forfeit of any and all games he/she participates in - if a protest is filed by the opposing head coach. (Also, refer to the sections on player eligibility and protests).

Playing Districts (player eligible): For the purpose of the Burke County Youth Athletic Leagues, the boundary lines will be defined as the elementary school districts. Eligibility will be determined by the elementary school the player is attending. For example: if a child is attending Drexel Elementary, he/she must sign up and play for the Drexel Youth Sports programs. (note* if a child is in the fifth grade at Drexel and plays at Drexel, then next year the child attends Heritage, which is where the school system sends them, they must stay and play at Drexel. However, if you attended Drexel in the fifth grade and the next year you attend Table Rock, which is not where the school system sends you, you will then play for any program under the Table Rock district. When you decide where you will play you must remain there until you change school's districts again or you age out.

A summary of this rule follows:

A. All players must first sign up and play where they attend elementary school. Failure to do so will make players ineligible to play elsewhere if their school doesn't have a team for them.

B. A player plays for the sports program where he/she has an established history at an elementary school within the middle school district. Once he/she starts attending middle school.

C. If an elementary school teams roster is full, you may play for another team in which you must follow the above procedure. The sports coordinator for that district must notify the recreation department that the roster is full and that they will not accept more players. This option is good only for that sport for that year. The following year he/she must return to their proper school team.

D. Home schools, charter schools, and private schools will play for the elementary school they would attend based on their residence and the Burke County Public school districts. **Exception:** If your charter school or private school offers a team sport, in your age group that plays in the Burke County Recreation league you must play for that charter or private school you attend.

E. If an established elementary school district does not have a youth sport team, the participant can sign up and play for the youth sports organization that offers that sport within the middle school district you attend. However, the child must return to the original school district for the next sport. If an established elementary school district does not have a youth sport team in any given sport, and a player chooses a different elementary school youth sport team to play for within their middle school district then that player must continue to play for that sports program until the elementary school you attend has a team or until the team they have selected to play for no longer has a team.

F. If none of the youth organizations in your middle school district offers a sport (baseball, softball, soccer, basketball, football, etc.), then the child can sign up and play for a youth sports organization outside his/her middle school district.

G. For the purpose of the Burke County Youth Athletic leagues, the Burke County School District lines (as listed above) will also be the defined as the playing districts for players. As the Burke County School Board redraws these districts (both the middle and elementary schools) the new district lines approved by the Burke County Board of Education will automatically become the new district lines for the Burke County Recreation Commission's Youth Athletic leagues (the Burke County School Board district lines and the Burke County Recreation Commission youth athletic playing districts will match). All changes in the district

lines will take effect on the same day that they become effective for the Burke County Board of Education. The Burke County Recreation Commission will not vote to approve district lines - they will be automatic.

ELEMENTARY

MIDDLE SCHOOL DISTRICT

DREXEL

HERITAGE MIDDLE
DREXEL, VALDESE,

FOREST HILL

LIBERTY MIDDLE
FOREST HILL, MULL, SALEM,

G. HILDEBRAND

EAST BURKE MIDDLE
G. HILDEBRAND, HILDEBRAN, ICARD, RAY CHILDERS

GLEN ALPINE

TABLE ROCK MIDDLE
G ALPINE, W.A. YOUNG, OAK HILL

HILDEBRAN

EAST BURKE MIDDLE
G. HILD, HILDEBRAN, ICARD, R CHILDERS,

HILLCREST

WALTER JOHNSON MIDDLE
HILLCREST, MOUNTAIN VIEW,
SOME OF FOREST HILL

ICARD

EAST BURKE MIDDLE
G. HILDEBRAND, HILDEBRAN, R CHILDERS, ICARD

MOUNTAIN VIEW

WALTER JOHNSON MIDDLE
HILLCREST, MOUNTAIN VIEW,
SOME OF FOREST HILL

MULL

LIBERTY MIDDLE
MULL, SALEM, FOREST HILL

OAK HILL

TABLE ROCK MIDDLE
GLEN. ALPINE, WA YOUNG, OAK. HILL,

RAY CHILDERS

EAST BURKE MIDDLE
HILDEBRAND, ICARD, HILDEBRAN, R.CHILDERS

SALEM

LIBERTY MIDDLE
MULL, SALEM, F. HILL

VALDESE

HERITAGE MIDDLE
VALDESE, DREXEL

WA YOUNG

TABLE ROCK MIDDLE
GLEN. ALPINE., WA YOUNG, OAK HILL,

1. Any Team that participates in a program that is sponsored by Burke County Parks and Recreation is prohibited to play, practice, or scrimmage a team outside of Burke County while the program is going on. The only exception is the teams that participate in Western Youth.

RESTRICTIONS APPLYING TO OUT OF DISTRICT/SIGN-UPS BY SPORT: A. No more than 4 players on an outdoor soccer team. B. No more than 4 players on an indoor soccer team. C. No more than 4 players on baseball team. D. No more than 4 players on a softball team. E. No more than 4 players on a basketball team. F. No more than 8 players on a football team.

1. A participant must play in one-half of the regular season games to be eligible for any post season play.
2. No regular season games or tournament games will be rescheduled because of a child's participation in some other game, tournament, camps, special interest classes, etc.
3. A player contract MUST be on file with the Recreation Dept. PRIOR to player participating in league play.
4. Players participating on middle school or high school teams may not be added to a recreation team's roster until their name is first removed from the middle school or high school roster and it is in writing at the BCRD office. They must also meet the deadline for adding players. Players cannot participate in both during the same season.
5. If a child has participated on a travel sports team (EX. AAU, USSSA, YBOA, etc.) high school team, middle school team in a sport or has been on a roster of any of these teams, who played within the last year, he/she can only participate on an "A" league team. (This rule does not apply to Football, Baseball or Softball)

NOTE: If there is no "A" league, for a age group in a sport, then an "A" player can play on a "B" team with the following exceptions. 1. No more than two "A" players can participate on one team. But if there is an "A" league for a particular age group then "A" player must play in it.

6. Any player that meets the eligibility requirements for one league will not be allowed to play up in the next age group.

1. Do not sign up ineligible players on your team. Ineligible players participating in a game will result in the team with the ineligible player (if a valid protest is filed) forfeiting all games that the ineligible player (or players) participate in.

PENALTIES FOR USING ILLEGAL PLAYERS - Teams using illegal (ineligible) player(s) will forfeit all games in which illegal players have participated. Illegal players are defined as:

- A. Player(s) too old or too young
- B. Playing outside their (the player's) district
- C. Playing players who weigh too much
- D. Playing a player who is wearing another player's jersey
- E. Playing a player who is playing under another player's name (whether on the roster or not)
- F. Playing a player who is using another child's birth certificate
- G. Playing a player whose birth certificate has been altered
- H. Playing a player without an ID card
- I. Playing a player using another child's ID card
- J. Playing a player whose does not have a signed youth contract on file with the Recreation Dept.

OUT OF COUNTY PARTICIPANTS

Out of county players may be allowed to participate in county leagues (all sports) with the following requirements: (BCRD defines out of county, as any participant that attends a school outside of Burke County)1. All out of county players must sign up through Burke Co. Recreation & Parks Dept. 2. Each player will be assessed a non-refundable \$50 registration fee payable to Burke Co. Recreation & Parks Dept. 3. Each player will be assigned to a community and team by the Athletic Director at his discretion based on

community numbers/needs and available information at the time. There will be NO appeal of the assignments whatsoever. 4. These assignments will be made on a case by case basis at the discrimination of the Athletic Director. Player assignments will be made separately for each sport and for each year. Any player and/or coach caught violating this rule (using illegal players) will be suspended from play, all games forfeited, and the respective community organization will be fined \$500.00.

IN ADDITION to forfeiting all ball games, the head coach of the team found using an illegal player(s) will be suspended from coaching any youth sports teams sponsored by the Burke County Recreation Commission for a minimum of **ONE (1) year**. Also, the associated youth sports organization will be fined \$250.00.

III. HARDSHIP APPEAL PROCESS:

This process applies only to the playing districts a child must sign up and play in. This appeal process does not apply after an illegal player has been caught playing for the wrong team. All hardship requests must be made 30 days prior the season start date.

Step 1: A parent or legal guardian must present a written or typed appeal to the Burke County Parks & Recreation Department Athletic Supervisor with contact telephone numbers, or they may call and schedule an appointment with the Athletic Supervisor at 828-764-9090. After the Athletic Supervisor has rendered a decision, you will be notified.

Step 2: If a parent or legal guardian wishes to appeal the decision rendered by the Athletic Supervisor, they may do so by appealing to the Burke County Recreation Commission.

2A. You must call the chairman of the BCPRC and request permission to be on the agenda of the next Parks and Recreation Commission meeting. To be added to the agenda, you must make this request at least 2 weeks before the next meeting date. These meetings are held monthly on the fourth Thursday of each month at 12 Noon at the Foothill Higher Ed Center located at 2128 S. Sterling Street, Morganton.

2B. If you are granted permission to be on the agenda, you must attend the meeting and present the facts of your situation to the Burke County Parks and Recreation Commission. Upon hearing your presentation, they will research the facts of the case and render a decision.

2C. The decision rendered by the Burke County Parks and Recreation Commission is FINAL – there is NO other appeal.

2D. Favorable appeals are exceptions to the Youth Sports by-laws and are not rendered without much research, thought and evaluation. Therefore, you must be prepared to present a compelling case based on documented facts to get a favorable ruling.

IV. Definition of Youth Sports Foundation:

Youth Sports Foundation will be an eleemosynary (nonprofit) organization with a tax-exempt status approved by the US Department of Treasury and issued by the Internal Revenue Service as described in Section 501(C) of the Internal Revenue Tax Code. A qualifying organization will be issued a tax-exempt number by the IRS if they qualify. There are exact guidelines which include:

1. Written by-laws
2. Elected/non-paid officials.
3. How tax returns must be handled.
4. Record keeping procedures.

The Burke County Recreation Commission reserves the right to request the tax-exempt number of any Youth Sports Organizations participating in the programs offered by the Burke County Recreation Commission. Any existing Youth Sports Organization that does not currently have a tax-exempt number is encouraged to start the paper work necessary to obtain this status. Organizations operating without a tax-exempt status have certain obligations as defined in the Internal Revenue Code. Areas you should be concerned about include:

- A. Federal Insurance Contributions Act (Social Security taxes)
- B. Income Taxes (filing income tax returns)
- C. Contributions to your organization may not be considered legitimate tax deductions as provided in Section 170 of the Federal Tax Code.
- D. Additional North Carolina tax codes could be applicable as well (admission, or sales tax, etc.)

NOTE: The Burke County Recreation Commission assumes no tax liability for funds transferred to you to support the Youth Sports programs offered by your organization. If you have additional questions, a toll-free IRS telephone number is: 1-800-829-1040.

New sports programs (from an elementary school district) will be allowed (on a sport by sport basis only), if justification of support can be proven to the Burke County Recreation Commission and the Burke County Recreation Department. If the new community program jeopardizes an established program, the new program will automatically send players back to the established community program so that the established community programs will not fail, and so that participants from both districts will have a team to play on.

V. AWARDS

1. With the exception of Football, Pre-Pee Wees will be given participation medals. Individual trophies will be awarded to the champion in each league. League champions will be decided by the win-loss record with in their division. In case of a tie, and for playoff seeds; the following procedures will determine a champion: A. Head to head competition. B. If procedure A fails, then there will be co-champions, tri-champions, etc. C. In the case of a regular season tie, a play-in game will take place (If time allows) to determine a playoff seed. D. If more than one seed is yet to be determined then a drawing will determine the seeds.

2. If a sport program warrants an all-star team the coach from the 1st place team in each division will be awarded the right to coach and select the players that will play for that divisions all-star team that will represent Burke County in post season tournaments. These teams will pick players from within their respective divisions only. There will be a minimum of one (1) player selected to play on the all-star team, from each team within the division and with a maximum of four (4) players off any one team in baseball and softball only.

3. The community organization that has teams participating in post or preseason tournaments is responsible for all finances of the teams for the duration of the tournament. The County will pay tournament entry fee on post season Tournaments. Any sanctioning fees necessary for tournament eligibility are the responsibility of the organization.

VI. DISCIPLINARY ACTION, CONDUCT, AND PENALTIES

Special notice: Under no circumstance is it lawful for two different age groups to practice together or scrimmage one another. Ex: Pee Wee vs mighty mites, or mighty mite's vs midgets. Strict age and weight limits are established for safety purposes. The liability for such actions will be on the coaches and communities. Coaches caught violating this policy will be suspended indefinitely.

1. Any player, coach or other adult supervisor caught cheating or misrepresenting any records and proven guilty shall be suspended from the league indefinitely. Any player or coach whose conduct is unbecoming, who curses, is unsportsmanlike, or in any way is ungentlemanly, will be subject to the following action (refer to Rules of Conduct). Game officials will report violations to the Athletic Director, who will take appropriate action. Game officials have the authority to stop any ball game because of the conduct of players, coaches, spectators, etc. After he/she gives the coaches a chance to correct the situation.

2. In the event a team fails to respect the officials' authority or decisions, the officials have been instructed to forfeit the game to the other team after one (1) warning has been given that such action will be taken. And if a coach or assistant coach is ejected from a game, he/she will leave the gym or ballfield, including the stands. If he/she refuses to leave, the game will be forfeited.

3. Fighting among participants will constitute automatic ejection AND suspension for the remainder of the season.

4. Verbal abuse, obscene gestures or threats to Burke County officials, opposing players, coaches or fans before, during or after games will force automatic suspension from the league.

5. In any discussion on the field with an official, only the head coach or acting head coach will be allowed to enter the discussion. However, the coach cannot come on to the field. The official will come over to the sidelines to discuss the matter with the coach. However, the coach must call "time-out" first.
6. The officials (field supervisors, game officials, deputies, or officials) who work for Burke County Recreation Department games will make a report to the Recreation Director or Athletic Director on any of the conditions listed below that in their opinion happens at or on the ballfield, the gym, or adjacent facilities and property including parking lots.
7. These violations that occur during a game will result in an automatic suspension handed out by the Athletic Director and/or the Director of Recreation. The Athletic Director and/or Director of Recreation will notify the Community Coordinator of the suspension, and they will be responsible for notifying the affected player(s), coach(s), fan(s), etc. These suspensions cannot be appealed. However, if the actions by these individuals or groups are deemed "grievous" offenses, then the Burke County Recreation Commission reserves the right to review these circumstances and add to the penalties imposed by the Athletic Director and/or Director of Recreation. A penalty to a player or coach means they cannot attend practices, games or tournaments while they are under suspension. A violation of this rule will result in your suspension from all county sponsored programs and facilities (owned, leased, rented, or otherwise used, etc.).
8. If any player, coach, assistant coach, fan, or any other adult or child associated with a team breaks any conduct rules for a second time, such action could result in the team's suspension from the league for the remainder of the season and possibly from any future participation with the Burke County Recreation Department leagues. At the time of their first offense, the individual will be notified what action will be taken if they refuse to correct their behavior, and the penalty will be enforced.
9. The Burke County Recreation Commission will take legal action against any coach or spectator who physically accosts an official. This is in addition to other disciplinary action set by the rules and regulations listed above.
10. Each head coach must provide the Burke County Recreation Commission with the name of spectators or other coaches who accost or intimidate an official or players.
11. Any team member, coach or fan caught willfully damaging or destroying property owned, leased, or operated by the Burke County Recreation Department will be prosecuted. Unmarked patrol cars, as well as several undercover patrolmen will be patrolling our facilities. They have been instructed to watch for individuals breaking any of the Commission's rules (taking or distributing drugs, drinking alcoholic beverages on park property, etc.). THANK YOU FOR YOUR COOPERATION.
12. Boisterous behavior and unsportsmanlike conduct by spectators such as yelling and screaming at participants, profane language or gestures, and public threat or physical violence will constitute partial or permanent suspension at the discretion of the recreation staff/community coordinators/referees. The use of profanity or alcoholic beverages at the game site will cause the offender to be removed from the site.
13. If fans are acting in an unsportsmanlike manner, the officials shall seek help from the community coordinator to quiet the fans and/or to determine which community they represent. If, after a reasonable time determined by the officials, fans do not settle down, officials may call a forfeit against the team whose community the guilty parties represent. If there is still a question as to the identity of guilty parties at the end of the reasonable time, then the officials may either declare a double forfeit or request that the gym be cleared of all spectators until the game has been completed.
14. Any player, fan, parent, or coach removed from a game for unsportsmanlike conduct will be suspended from the league for the time periods listed below. This also includes ANY and ALL post season play.

A. Unsportsmanlike conduct	10 day suspension
B. Profanity	10 day suspension
C. Threatening an official	Suspension for season
D. Hitting an official	Suspension indefinitely
E. Drinking	Suspension for season
F. Fighting	Suspension for season
G. Possession of a weapon	Suspension for at least one year
H. Drug law violations	Suspension pending the disposition of the charges.

- I. Taunting 10 day suspension
- J. Other charges/violations same as Item H. above

DECISIONS: NOTE: The Recreation Director or Athletic Director, after reviewing the report of the officials, will, if necessary, carry out the above rules. A penalty to a player or coach means they cannot attend practices, games or tournaments while they are under suspension. A violation of this rule will result in your suspension from all County sponsored programs for one year. Disciplinary action taken by the Director of Recreation and/or Athletic Director will be automatic and can only be appealed to the Director of Recreation. Action will be administered. However, the Burke County Recreation Commission reserves the right to extend the penalties if the conduct of the parties involved is deemed to be of severe nature.

PENALTIES/PUNISHMENT (YOUTH SPORTS ORGANIZATIONS) - The Burke County Recreation Commission reserves the right to punish youth organizations and/or their duly appointed and/or elected officials (youth sports coordinators, coaches, etc.) when they act in ways inconsistent with the By-laws, rules, policies and/or procedures established by Burke County Recreation Commission. Punishment shall include a suspension from league and tournament play, a fine, and/or both. The suspension can be from several days to several years depending on the severity of the violation(s). When the Burke County Recreation Commission deems that a serious violation has occurred, an appropriate punishment will be imposed. A letter will be mailed to the appropriate official informing them of the penalty. Appeals may be submitted in writing to the Chairman of the Burke County Recreation Commission. The Chairman will decide if an appeal has merit. His/her ruling is final. THERE IS NO OTHER APPEAL PROCESS.

EXTENDED PENALTIES - The Burke County Recreation Commission reserves the right to review actions taken by the Recreation Director or Athletic Director and to assess additional penalties (additional fines, suspension time, and/or a fine).

VII. GAME CANCELLATION POLICY

Normally games are not canceled or postponed. However, there may be safety issues which must overrule normal circumstances (example: tornado warnings, snow, ice, etc.) When conditions require postponement of a game before the game starts, the gym, BCRD, or field supervisor will make this decision. However, after the game starts, this decision will be made by the officials. Remember -- GAME TIME IS FORFEIT TIME --- NO EXCEPTIONS. NOTE: If weather conditions require postponing a game early in the day, the Burke County Recreation Department will make the decision and notify the community coordinators from each community. It will be the responsibility of the coordinators to contact their youth coaches who will be responsible for contacting the players.

NOTE: Because of the large number of teams participating in the Burke County youth athletic programs, requests to reschedule games cannot be honored. We will make every effort to schedule around school events presented to us at the deadline dates listed on the Youth Sports Calendar. You can also list other activities (non- school related events) at this time. You should know it is not possible to schedule around everyone's personal schedules. Regular season games, tournament games, and school events have priority. Simply turning these possible conflicting dates will not guarantee that you will never have any conflicting dates, however.

VIII. PROTESTS

Protests can only be made concerning the eligibility of a player (refer to Page 2, Item III). Protests must be submitted in writing by the head coach to the Recreation Department by 5 PM on the next working day following the game in question. The burden of proof is on the coach filing the protest. Bring support documentation when you file your protest. If a team is caught using an ineligible player, the team must forfeit all games the ineligible player participated in. The penalty for using an ineligible player is harsh -- read and make sure you read and understand the league rules. It is your responsibility to read the rules and follow them. You should make no assumptions regarding them. If you have questions regarding them, you should call the Department at 828-764-9090 for an explanation. Failure on your part to follow this procedure will not invalidate them.

IX. COACH-TEAM ROSTERS

A. Each roster must have the Head Coach's name, mailing address, and telephone number. Rosters **MUST** be signed by the Head Coach before the first game in order to be considered eligible.

B. Each roster must have the Assistant Coach's name, mailing address, and telephone number. This rule applies to anyone who plans to be on the sidelines with any team during any game (may submit additional sheets if necessary).

C. If a coach or assistant coach changes his address, phone number, etc., he/she **MUST NOTIFY** BCRD at 828-764-9090.

D. Also, only those individuals whose names are listed on the team roster turned into the main office and who have had a background check ran and completed by BCRD (coach, assistant coaches, trainers, or water boy included) will be allowed on the sidelines or the playing field or court with their respective teams. In short, when a team changes its coaches, assistant coaches, etc., they must notify BCRD at 828-764-9090 in order to maintain their eligibility.

E. Anyone not listed on the roster will be considered ineligible to be on the playing field or court.

F. A telephone call is all that is necessary to drop a coach and add a new one.

G. No more than the numbers listed below will be permitted on a team's sidelines during games. For example: any combination of coaches, assistant coaches, trainers, and water boy. Football - 4 coaches, Indoor and Outdoor Soccer - 2 coaches, Baseball – 3 coaches, Basketball - 2 coaches.

H. All volunteers and coaches working with youth athletics leagues that participate in leagues sponsored through Burke County Parks and Recreation will be required to go through an annual background check prior to the start of each sport season. Background checks must be performed by the company selected by the Burke County Parks and Recreation Department.

I. If a community elects to have 2 teams in an age group, the teams must be divided by community coordinators so that each team will be balanced as far as age, talent, and number of players on a team. These teams must be as equally divided as possible. No more loading up one team. Unless it is an A division team in basketball. If the recreation staff feels that two teams are not balanced, the head coach and community coordinator will be removed for the remainder of the season.

I. No player will be added to a roster after 5 pm on 10/04/2019.

X. EQUIPMENT

1. All teams must furnish their own numbered uniforms and equipment to consist of: helmets, shoulder pads, hip pads, socks, mouth pieces, and shoes (molded rubber cleats or tennis shoes). Each player will be assigned only one number. (no two players can use the same number).

2. All teams **must** furnish their own first aid kits. At minimum, these will include: adhesive tape, elastic ace bandages, bite block or oral screw, Band-Aids, alcohol, antibiotic cream, gauze rolls, pads and cotton, ice packs and heat packs. Teams must provide water and/or sports drinks for their teams.

3. Footballs for all county regular season and tournament games will be furnished. 7u and 9u Teams will use the K 2 ball and 11u will use the TDJ ball.

4. All football helmets used in the Burke County Youth Football leagues must have a NOCSAE seal on the back. This means it meets acceptable safety standards. All other helmets are illegal and cannot be worn by players practicing or playing in the Burke County Youth Football league.

XI. WEIGH-INS

All players must be weighed and meet weight requirements before they will be eligible to play in a league game.

1. 7 & Under (5-6-7): cannot turn 8 before 8/31/2019, must turn 5 before 8/31/2019.

- A player weighting between 100 -105 lbs. must weigh in every week of declare blackstripe. A player exceeding 105lbs will be restricted to the offensive and defensive line. (See black striped rule below). If players do not show up for weekly weigh-ins they will be black striped for that game. Weigh-ins are conducted on Wednesdays **only** between 4 and 6 pm at the Foothills Higher Learning Center. **(IN THIS DIVISION DEFENSE CANNOT LINE UP OVER THE CENTER).**

2. 9 & Under (8-9): cannot turn 10 before 8/31/2019, must turn 8 before 8/31/2019.

- A player weighting between 115 -120 lbs. must weigh in every week of declare blackstripe. A player exceeding 120lbs. will be restricted to the offensive and defensive line. (See black striped rule below). If players do not show up for weekly weigh-ins they will be black striped for that game. Weigh-ins are conducted on Wednesdays **only** between 4 and 6 pm at the Foothills Higher Learning Center. **(IN THIS DIVISION DEFENSE CANNOT LINE UP OVER THE CENTER).**

3. 11 & Under (10-11): cannot turn 12 before 8/31/19, must turn 10 before 8/31/2019.

- A player weighting between 125 – 130lbs must weigh in every week of declare blackstripe. A player exceeding 130lbs will be restricted to the offensive and defensive line. (See black striped rule below). If players do not show up for weekly weigh-ins they will be black striped for that game. Weigh-ins are conducted on Wednesdays **only** between 4 and 6 pm at the Foothills Higher Education Center.

4. There will be no playing up or down in age groups.

XII. PLAYING RULES

1. In the all Leagues: Rosters will be limited to **25** players per team.

If a community elects to have 2 teams in an age group, the teams must be divided by community coordinators so that each team will be balanced as far as age, talent, and number of players on a team.

2. North Carolina High School Federation rules and regulations will be used in the Burke County Youth Football leagues when they do not conflict with the County rules. County rules take priority over NCHSF rules.

3. All leagues will play games consisting of four (4) eight (8) minute quarters with the clock stopping as in a regulation game.

4. Only four (4) coaches, assistant coaches, trainers, or managers will be allowed on the sidelines during games. For example: one head coach and three assistant coaches. **MUST HAVE COACHES BADGE VISIBLE.**

5. A rope around the field is required on all county sponsored events on all fields. Spectators must remain behind the rope at all times.

6. Whenever one team has a 24-point lead, the clock will run continually (except for time outs, injuries, and after a team has scored). It is stopped during the 2pt conversion try and will restart after the kick off) until the opposing team reduces the lead to 20. At that point, the clock will run as in a regulation game.

7. All time-outs shall be granted. If it is the officials' judgment that a time-out is being used to run the score up, the official will notify the county office and disciplinary action will be taken against the coach. There is no reason to run the score up on innocent children.

8. On 4TH down, if a team elects to punt, they may do so by telling the referee and the ball will be placed 25 yards from the current line of scrimmage and will be a first down for the opposing team. The decision to punt must be made prior to the players being set to run the next down. And once the decision has been made the team has to punt. **THIS RULE DOES NOT APPLY TO THE 11 & Under Age Group.**

9. 7 & Under games only – (1) coach from each team may be on the field at all times. He may be in the huddle with his team. When the team breaks the huddle, he may help get his players lined up properly. Once the officials declare the ball ready for play, this coach must take a place behind his deepest player on the team and cannot give any other instructions to his team. At the head official's discretion, extra time may be given on the "huddle" clock so that coaches may get players lined up. **The offensive coach may not follow the ball down field!** The defensive coach should move off the field as necessary if a play is making progress in his direction. Coaches are not allowed to tell players which way the ball is going during a play. If a ball carrier comes into contact with his coach, the ball will be declared dead by the official at that spot. If he comes into contact with the defensive coach, the ball will be marked at the official's discretion. It may be blown dead at that point or play may be allowed to continue. The first offense by any coach talking to his players during live ball will be a warning; the second offense, is a 15-yard unsportsmanlike penalty; any thereafter the offending coach is ejected and must leave the facility. The head official will report in writing to the Athletic Director any ejection of players/coaches to explain the circumstances.

10. Every player must play a minimum of 6 plays in every game. Kick-off or Kick return teams do not count as plays. A player must attend at least 2 practices each week for the 6-play minimum. The head coach is responsible for making certain this happens. If a player is being penalized from playing time, because of not showing up for practice, misbehaving in or at school, or some other circumstance. The coach must make this known to the parents and BCRD prior to the next game. The coach must also notify the official and opposing head coach prior to the start of the game. A coach caught not playing every player will be suspended for 1 week for the first offence and for the season for the next offence.

11. Teams will be limited to a total of six (6) hours total practice time per week until regular season games begin (Monday to Sunday) including warm-up. Teams will be limited to a total of four (4) hours total practice time per week after regular season games begin (Monday to Sunday) including warm-up. Teams caught violating the practice limit will forfeit their next scheduled practice on the first offense. Teams violating the practice time limit the second time will forfeit a week's practice. With the third offense, the head coach will be suspended for the remainder of the season. Practice time regulations will be strictly enforced. Each player is required to have a total of six (6) hours of practice without pads (players are permitted to wear helmets during these first 6 hours) before any hitting can occur. Also, there is a one (1) hour full contact take to the ground limit per week. That includes practices and scrimmages. Teams can thud unlimited.

13. BCRD will use NCHSAA overtime procedure. Exception- If after two rounds the game is still tied the game will be over and recorded as a tie.

Black Stripe Rule –

Players restricted to the offensive or defensive line must have a 4-inch piece of black tape (horizontal to the ground) on the back and front of his helmet--to be identified by the official **A black stripe on the offense line must line up within three (3) yards of the ball on either side of the center they must play in the center, guard, or tackle position. If a team runs a tight end, he/she has to be within a yard of the tackle.** Players restricted to line must play on the LOS in a three-point stance on offense and a four-point stance on defense & lined up no wider than the tight end, if a team has one, no wider than the tackle if a team doesn't have a tight end. **NOTE.** In all divisions, **if** a team must use strip players on the kick off team and kickoff return team because of not having enough players, then the other team can match the amount used. And they may participate. A team may use a stripped player to kick off even if they have non-stripped players on the side lines, but he must leave the playing field immediately or take a knee and cannot be involved in the play.

A black striped player **cannot** advance the ball at any time. Ex. If they recover a fumble they must immediately go down and cannot advance the ball, same goes for kickoff receiving.