

**HAMPTON PARKS, RECREATION & LEISURE SERVICES  
ATHLETICS DIVISION  
YOUTH FOOTBALL RULES AND REGULATIONS**

1. **Official Rules:** The Hampton Parks, Recreation & Leisure Services Department Rules and Regulations and The National Federation for Virginia High School League 2022 football rules shall govern all leagues. The HPRLS Rules and Regulations have priority over the National Federation for Virginia High School League rules.
2. **League and Player Eligibility:** The HPRLS Football League will consist of 12 athletic associations containing five (5) divisions of play: 6U Flag, 8U Mighty Mites, 10U Midgets, 12U Intermediates and 14U Juniors. A player's age is determined by how old they are on July 31, 2022 no exceptions.

Age & Weight Limits are as follows:

DIVISION	AGE	WEIGHT	BALL
6U FLAG TINY MITES FLAG TINY MITES	5 YEARS 6 YEARS	UNLIMITED UNLIMITED	K2
8U MIGHTY MITES MIGHTY MITES	7 YEARS 8 YEARS	UNLIMITED UNLIMITED	K2
10U MIDGET MIDGET	9 YEARS 10 YEARS	UNLIMITED UNLIMITED	TDJ
12U INTERMEDIATE INTERMEDIATE	11 YEARS 12 YEARS	UNLIMITED UNLIMITED	TDY
14U JUNIORS JUNIORS	13 YEARS 14 YEARS	UNLIMITED UNLIMITED	GST

3. **Rosters and Team Eligibility:** There will be a 30-player maximum per roster per team. Additions will be reviewed and approved by the Athletic Division.

Teams will become eligible for play after the following requirements have been met:

- a. HPRLS has no residency requirement:
- b. All PLAYERS MUST PRESENT THE FOLLOWING WITH NO EXCEPTIONS:
  1. All players must present a valid D.M.V issued ID Card, Military ID or Passport.
  2. City of Hampton residents must be enrolled in a City of Hampton School.



3. Non Residents must present a letter on officials school letterhead that is signed by a school administrative staff with the following items listed.
  - a. Players name
  - b. Players Address
  - c. Players Date of Birth
  - d. Players Date of Enrollment at that School

**Exception:** Any player that is Home Schooled must provide a letter on official letterhead from the City of Hampton System or the City that they are being Home Schooled in, granting permission for the player to be homed schooled for the current and or upcoming school year. This letter will be required for each sports season that falls under this exception for eligibility.

- c. Valid Birth Certificates, Passports, or Hospital Birth Records must be presented and approved by each commissioner during registration with that athletic association.
- d. Player Paperwork: All Forms must be signed and completed: Parental Consent for Treatment, Participation Release Form and Parents Code of Ethics forms must be turned in to the Athletic Division by the athletic association. Forms submitted directly from parents or players will not be accepted. **(No partially filled forms will be accepted)**
- e. Each team shall consist of no more than 30 players and a minimum of 15 players per roster. Teams must maintain a roster of at least 15 players through their first game of the season. The commissioner may contact the Athletic Division to get permission to add players if a team falls under the 15 player rule after the first game. These requests will be handled on a case by case basis. **NO players can be added after the third game even to reach the 15 player roster size.** All teams must have played each player on their roster in at least one game by September 10, 2022 or the team will be considered ineligible for the playoffs. **Failure to report a player is no longer on a team's roster will not exclude the team from the post season penalty.**
- f. Each roster must be typed and have the following information: player's legal name/name used to enroll player into the school system, address, birth date, and school currently attending for a team to be eligible for play. Names must be listed alphabetically using the player's last name. Rosters using font size smaller than 12pt. will not be accepted.
- g. All Athletic Associations are required to submit their initial rosters and all accompany player paperwork no later than 4:30 pm on August 12. Each team that is submitted must have at least 15 players listed with the required player forms completed in order to have the team added to the league for the 2022 season. **Any association submitting a roster with less than 15 players or not having all of the required player paperwork will not be allowed to participate in the 2022 season.**
- h. Athletic Associations must present final rosters with all required player paperwork to the Athletic Division no later than their scheduled registration day during the week of August 8 - 12, 2022. Association registration is by appointment only. Appointment times will be provided at a preseason commissioners meeting. If final rosters are not submitted by the scheduled appointment day and time the team(s) will be removed from the league.



- i. The \$15.00 per player participation registration fee must be paid by September 2, 2022. Every player that has participated in a game will be included in the final player total for registration fees due. Games will be forfeited each week until fees are paid. The player participation fee is non-refundable under any circumstances.
- j. Players may only play on one team at a time.
- k. Once a player has participated in their first official game with a team they will remain on that team for the remainder of the season. Players will only be allowed to switch teams prior to the first game of the team they wish to transfer to or the first game of their current team.
- l. Players may move up to the next age group if the player is within one year of the next age division. A written request must be submitted to the Athletic Division by the commissioner of the association listing all players divided by divisions that wish to play up. The player's parent/ legal guardian that signed the player consent form must provide written permission stating that they understand the increased risk for injury by playing with other children outside of your child's recommended playing division for a player to be considered eligible to play up in the next age group. The Athletic Division will investigate each request and determine eligibility for each move request. No requests or appeals for players to play down an age group will be accepted.  
**NOTE:** If a player is moved up, he/she must play with that age group for the remainder of the season once the first game of the season has been played by their team. Any player wishing to move back to their recommended division must be done before the first game of the season.

4. **Roster Additions:** Roster additions may not be made after September 9, 2022.

Only the following will be accepted for player additions after September 9, 2022

- a. Military Orders
- b. Written letter from parents' employer
- c. Written letter/documentation from a City of Hampton School with date of enrollment

**Note: All teams must have a minimum number of 15 players by August 12 and maintain at least 15 players on their roster. Roster additions after registration will be on a case by case basis. There will be no roster additions of any kind after September 9.**

5. **Ineligible Players:** Any youth who is on the roster or participates in a Junior Varsity or Varsity football game will be considered ineligible for the HPRLS Football League (this includes dressing out for the game). If a player has been suspended from school they may not participate in a HPRLS league game or practice until he/she is officially (physically) back in school. If a player is suspended on a Friday they will not be allowed to play on Saturday. No Exceptions. This does not apply to any in-school suspension.



6. **Equipment:** All teams must provide their own equipment. All players must wear the following:
- A mouth piece must be attached to the helmet. The mouthpiece must be any solid color other than white or clear.
  - The 5/8" molded cleat (5/8" screw-on cleats will not be allowed), sneakers are permissible. Shoes must be worn at all times.
  - Each player must wear a helmet secured by a properly fastened 4-point chinstrap. The helmet must be padded and NOCSE approved. All 4-point chinstraps must be snapped.
  - Each player must wear a face protector; the multiple bar is required.
  - Only a clear plastic eye shield may be worn unless medical documentation is provided that the player must wear a tinted eye shield.

Players are not permitted to wear jewelry of any kind or any type of head covering under the helmet; such as bandannas or head wraps.

Players are not permitted to play with any type of hard cast even if it is padded. Soft casts are permitted with a doctor's medical release which must be presented to the Athletic Division 2 days before the game is scheduled to be played. The Athletic Division will notify the officials about the cast and the officials will inspect the cast prior to the start of the game to insure the cast meets specifications. If the cast does not meet specifications that player will not be allowed to play. No Exceptions.

All equipment will be inspected by the officials prior to each game. If any equipment is defective that said player will be ineligible to play that game, until the equipment is fixed.

8. **Practice and Game Schedule:**
- Conditioning may begin April 4, 2022. Teams are allowed to have conditioning sessions for a maximum of three days per week for no longer that 2hrs per session. No equipment may be worn during conditioning sessions. Plays may be run but no contact may occur during conditioning drills. **Conditioning participation is strictly voluntary.**
  - Official Practice will begin on: July 11, 2022
  - Practice may last 1.5 hours for the first two (2) weeks, and 2 hours thereafter.
  - Teams are limited to 2 hours of "**full contact**" practices each week excluding games and scrimmages with another athletic association. Full contact is defined as playing in a game situation and tackling to the ground.
  - Head Coaches are responsible for supervising their assistant coaches. Any coach found practicing longer than two (2) hours a day or violating the 2-hour full contact rule will be suspended along with the Head Coach of that team for a period of one year.
  - Only helmets and mouth guards may be used during the first week of practice.
  - Players may participate without any equipment restrictions starting the 2<sup>nd</sup> week of practice.
  - There will not be any practicing on Sundays.
  - Athletic Associations are only allowed to practice at designated locations which have been assigned by the Athletic Division.



- j. The HPRLS strongly suggests that Coaches refrain from holding practice sessions and scrimmages on Mondays following a game on Saturday.
  - k. No player is allowed to participate in any practice sessions until that Athletic Association's Commissioner or President has received the player's signed and completed paperwork.
  - l. Opening day will be Saturday, August 27, 2022.
  - m. Lighted evening practice will begin on October 10, 2022.
  - n. No scrimmaging will be permitted outside of a division: Mites vs Midgets etc. The Head coach will be suspended for a minimum of one year if their team scrimmages outside of their division. Scrimmages against teams not participating in the HPRLS Youth Football Program must be approved by the HPRLS ATHLETIC OFFICE (3) days prior to the scrimmage. ALL HPRLS Teams must have all contest they participate in approved by the Athletics Office 5 days prior to the contest being played. The said Athletic Association(s) will assume full responsibility for any and all liability for all contest sanctioned or approved by HPRLS. All contest sanctioned and approved by HPRLS will require that both Athletic Associations requesting to participate in the contest agrees to maintain, on a primary basis and at its sole expense at all times during the event general liability insurance including an endorsement naming the City of Hampton as an additional insured. The insurance shall have a limit of liability not less than **\$1,000,000**. A copy of the policy or the section of the policy naming the City of Hampton as an additional insured must be provided. The Certificate of Insurance must be submitted and approved to the Athletics Division 3 days prior to event date. Any coach or commissioner violating this policy will receive an automatic one year suspension pending an investigation.
  - o. Players added after the first day of practice must practice 5 days without pads (helmets and mouth guards are acceptable, but not required) and 5 days with full equipment from the time the Athletic Office receives the paperwork before they are eligible to participate in a game.
9. **Heat Policy:** The HPRLS Youth Football League will follow the following Heat Guidelines.

**Heat Index**

106<sup>0</sup> and up  
 100<sup>0</sup> to 105<sup>0</sup>  
 90<sup>0</sup> to 99<sup>0</sup>

**Policy**

**No** practice and games  
**No** equipment (helmets, pads, etc.) during practice;  
 Equipment should be removed as often as possible.  
**Frequent water breaks and careful monitoring of athletes should be observed no matter the temperature.**

Games & Practices will be cancelled if the heat index is 106 degrees or higher. Games and practices can be canceled if the heat index is expected to be over 106 degrees later that day. The Athletic Hotline will be updated by 4:30 p.m. only if practices are to be canceled or have restrictions for that day. Only the Athletic Division can cancel league games. The Athletic Division can authorize a mandatory cancellation or restriction of any practices due to the heat. Individual athletic associations or coaches may cancel their own practice due to heat/weather conditions. Any coach or commissioner violating this policy will receive an automatic suspension of five games.



10. **Rosters:** The City must be presented with **TYPED** roster no later than 4:30 pm on August 12, 2022 for all divisions. The roster will have each player's first and last name listed on it as well as their corresponding jersey number in **NUMERICAL ORDER**. All deletions must be notified not only to the officials, but to the head coach of the opposing team. Players may be added to the game until the end of 2<sup>nd</sup> quarter. Any changes to a players uniform number must be submitted to the Athletic Office by 4pm 3 days before the game. On site changes the day of the game to a uniform number will not be permitted.
11. **Participation Rule:** Each player on the Official Line-Up Card must play four (4) plays per half. A "play" is constituted as the following: the down marker must move, excluding penalties. Kick-offs and Kick-off Returns are considered a "play". It is the responsibility of the Head Coach to ensure that this rule is enforced. The field attendants will be required to monitor this rule and to keep track of all players entering the game. The field attendants will give notification at half time to the coach of those players that have not played. Failure to abide by the participation rule will result in a forfeit of that game and disciplinary action against the acting head coach. **Coaches are strongly encouraged to play participants as much as possible.** A coach who for disciplinary reasons, feels that a player should not play in a game, must inform the Athletics Department (3) three days before the game in writing with the reason for not playing and the parents contact information. The day of the game the coach must inform the field attendant, referee, and opposing coach. A player missing from practice for academic or medical reasons is exempt from being withheld from playing in a game.
12. **Illegal Substitution of Players:** If a player is illegally substituted for another player or is playing under illegal age limitations, or does not meet the requirements both players will be suspended from play and all games in which that illegal player participated in will be forfeited. An investigation will be conducted by the HPRLS Athletic Office and could result in the Head Coach being suspended for minimum of one year.
13. **Automatic Suspension:** Any player, coach, commissioner or president ejected from a game or from the game site shall be suspended for a minimum of **three (3) games** to be played by his/her team. A second suspension will result in that individual being removed from the HPRLS youth football program for the remainder of the season. If the commissioner is also a coach and is suspended under either title for violations of the rules, the individual will be also be suspended in their other capacity until the suspension is completed. Any player, coach, commissioner, parent or spectator ejected from a game must leave the premises. If the person doesn't leave the premises the officials will forfeit his or her team's current game. Individuals that are suspended by the league may not return to the game sites during the time when HPRLS youth football games are being played until their suspension is completed. The following automatic suspensions will also be enforced:





- A. If a player engages in fighting on or off the field at any City of Hampton Parks, Recreation & Leisure Services game or practice they will be suspended for the remainder of the season.  
**Fighting:** Engaging in a physical conflict between two or more people before, during or after a play outside of what is a normal and legal football action regardless of which participant is the aggressor is defined as fighting. If a player is leaving the scene before an incident has occurred and is pursued by another individual the player may act in self defense only to protect themselves without being subject to suspension for fighting.
- B. During a game if a player, coach, commissioner or spectator leaves the sideline to head towards or displays intent to interact with an altercation or to start one that person will be suspended for the remainder of the season, and possibly for one year.

Any attempts for an appeal must be presented to the Athletics Office by the athletic association's commissioner/president of the ejected individual. The commissioner/president must present the athletic division with the case to determine if an appeal is warranted by 4:00pm the next business day the Athletic Office is open.

NOTE: The use of such a player, coach, etc. shall result in an automatic forfeit by his/her team of all games in which he/she participated in while suspended. If any coach, commissioner/president or player is found to be associated with any type of violation of the law (ie: possession of drugs) the HPRLS has full authority to suspend, eject, or ban that coach, commissioner/president or player.

**14. Game Times:**

- |                       |                      |
|-----------------------|----------------------|
| a. 6U Tiny Mites Flag | 25 Minute Halves (2) |
| b. 8U Mighty Mites    | 13 Minute Quarters   |
| c. 10U Midgets        | 13 Minute Quarters   |
| d. 12U Intermediates  | 14 Minute Quarters   |
| e. 14U Juniors        | 14 Minute Quarters   |

Half-time/intermission will be five minutes. All teams must be lined up on the sideline and checked in by the scheduled game time. If a team is not checked in by the scheduled start time a forfeit will be declared. Teams are encouraged to arrive at their game site a 30 minutes early. HPRLS and its officials have the authority to start the game early if both teams have been notified.

Teams must have at least 11 players to start a game. If a team forfeits two (2) games due to not having enough players that team will be removed from the league for the remainder of the season.

**15. The Clock:** The clock shall run continuously except during the following:

- a. Team time-outs
- b. The final two minutes of the second and fourth quarters when the VHSL rules prevail.
- c. An Official's time-out: an injured player on the field will be considered an Official's time-out.
- d. After a team scores; it will begin again after kick-off.



16. **Team Time-Outs:** Each team will receive four (4) time-outs per game which may be used at any time. Any unused time-outs can be carried into overtime periods.

17. **Kick-Offs:** Kick-offs will be made from the following:

- |                  |              |
|------------------|--------------|
| a. Flag          | 30 Yard Line |
| b. Mighty Mites  | 30 Yard Line |
| c. Midgets       | 20 Yard Line |
| d. Intermediates | 20 Yard Line |
| c. Juniors       | 20 Yard Line |

18. **Change of Goals:** A change of goals will occur at the end of each quarter.

19. **Extra Points:** Extra points will be awarded as follows:

2 points if kicked successfully and 1 point if scored by a run or completed pass  
If a touchdown is scored when time has expired for the game the extra point try will only take place if it will determine the outcome of the game.

The Athletic Division will not review video tape for disputes on rules infractions, suspensions, ejections, player eligibility, penalties, scores, clock/timing issues, or any plays that occurred during the course of the game. The Athletic Division will also not intervene or overturn any ruling from an official unless it deals strictly with an administrative rule created by HPRLS. Any infraction will only be corrected if it is done before the next down.

20. **Coach and Commissioner Restraining Areas:** All coaches must wear a city issued coaching ID badge. Only coaches with a ID badge will be allowed on the sidelines. The speaking coach must accompany captains to the officials' conference at the start of each game.

- |                  |                                  |
|------------------|----------------------------------|
| a. Flag          | 15 yard line to the 15 yard line |
| b. Mighty Mites  | 15 yard line to the 15 yard line |
| c. Midgets       | 15 yard line to the 15 yard line |
| d. Intermediates | 20 yard line to the 15 yard line |
| e. Juniors       | 20 yard line to the 15 yard line |

21. **Down and Chain Marker:** The home team is responsible for providing adults on the down and chain marker for each game. If the home team does not have any adults available to hold the them they can defer to the visiting team.

- 8U 20 yard mark off for punting
- 10U 20 yard mark off for punting

22. **Mighty Mite Coaches:** The mighty mite division allows 2 coaches to be on the field for the first 5 games of the season, after the first 5 games only 1 coach will be allowed on the field during game play. The coach on the field must move behind their players and stop coaching once the offensive team breaks the huddle to line up on the ball. If a coach on the field continues to try and position





players once the offensive team breaks the huddle or interferes with a player's path on the field a 5yd penalty will be assessed.

NOTE: All 6 year olds that play Mighty Mite are ONLY required to play (1) play per half.

23. **Tiny Mite:** The tiny mite division are allowed two (2) coaches on the field for the entire game. They are allowed to place players into position but must move back behind the line of scrimmage and the players before the ball is snapped. Tiny Mites and Mighty Mites Divisions were created to allow young players an opportunity to learn the **FUNDamentals** of the game. HPRLS & the Athletics Office strongly encourages and stresses the importance of having each child develop the basic skills of the game

24. **Defense:** Penalties of 15 yards under VHSL rules and regulations will be modified as follows:

- |                      |          |
|----------------------|----------|
| a. 6U Tiny Mites     | 5 yards  |
| b. 8U Mighty Mites   | 5 yards  |
| c. 10U Midgets       | 5 yards  |
| d. 12U Intermediates | 10 yards |
| e. 14U Juniors       | 10 yards |

**In Mighty Mites (8U) and Midgets (10U) A Defensive player CAN NOT line up directly over the Offensive Center.**

25. **30 Point Rule:** Once the point difference between two teams is 30 points at any time the clock will continue to run. The Head coach of the losing team has the discretion to end the game after half time. This rule includes regular season and post season to include the championship game.

26. **Championship Tournament:** The end-of-season championship tournament will be played between the top four (4) teams within their division. In the event that team standings are tied, head-to-head results will be the determining factor followed by points yielded between the tied teams. If a tie still exists, points yielded for the entire season will be the determining factor. If a regular season, play-off or championship game is tied at the end of regulation, the ball will be placed on the 10 yard line, each team will have four plays to score. This will continue until a winner is determined. See Tiny Mite rules on overtime.

27. **Awards/Trophies:** The HPRLS will present individual awards based on the number of players on the official roster to the champion and runner-up teams.

28. **Protests:** Same as National Federation of State High School Association Rules and Regulations. No protest shall be honored with the exception of eligibility and player participation. It shall be in writing, stating player in question, and be accompanied by a one hundred dollar (\$100.00) fee. The fee will be returned if the protest is upheld. The protest must be submitted to the Athletic



Division by 4:00 p.m. of the next working day. Protests involving judgment of Official's calls will not be reviewed.

EXAMPLE: Saturday's game protest due by 4:00 p.m. Monday

29. **Coaching Requirements**: All youth football coaches must pass the National Youth Sports Coaches Association (NYSCA) or USA Football Coaches Certification, and successfully pass a criminal background check in order to coach football in the Hampton Parks, Recreation & Leisure Services Department youth leagues. Coaches will be required to get a FREE background check through the Athletic Division.

**Criminal Background Checks**: all youth football commissioners/presidents coaches and team parents must submit to a national criminal background check. The Criminal Background Check (CBC) consent form as well as the background check policy can be obtained from the Athletic Staff. All applicants will be required to come to the Athletic Division and present a legal photo ID before submitting their paperwork. The Athletic Division is open Monday – Friday 8:30am until 5:00pm. The process will normally take 5-7 business days.

**Photo ID Badges**: all youth coaches, team parents, commissioners/presidents will need to have a photo ID badge. The ID badge is \$5 per person. Checks or money orders should be made payable to: City of Hampton. A photo must be taken in person at the Athletics Office. No one will be permitted on the practice area with players or on the sideline for games without a photo ID badge. Photo ID Badges will be valid for one year. Any replacement badges will be assessed a \$5 fee.

All head coaches must be at least 21 years of age, and all assistant coaches must be 18 years of age. If a coach, commissioner/president violates any HPRLS standards stated within the rules or breaks NYSCA or USA Football Code of Ethics, HPRLS will investigate each case with full authority to impose any disciplinary measure, it deems necessary.

Any non-certified person that is found coaching on the practice field or on the sidelines during a game will be asked to leave. If an individual is wearing a coaching badge that belongs to someone else that individual will be asked to leave. The head coach and the owner of the badge will be suspended for a minimum of one year.

30. **Coaches Uniforms**: Coaches must wear similar uniform shirts. Coaches' uniforms must be different than apparel worn by parents and spectators with that association. Coaches are not allowed to wear shirts with any vulgar or graphic writing or pictures. Coaching badges must be worn around the neck and visible at all times; no coach or any other individual will be allowed on the sideline without a coaching badge. Any coaches not in proper uniform will be removed from the sideline until it is corrected. If a team is left without at least one certified coach the game will be forfeited.



31. **Player Uniforms - No Jewelry is allowed.** Uniforms must be tastefully worn and all a similar color. Athletic Associations must have all their teams wearing the association's assigned colors. Shirts/jerseys must have at least a 6 inch number(s) (1-99) on the front and back. Player numbers must be on the jersey by using any form of permanent marking, ie. Screen printing, marker, paint, etc. No taped numbers will be allowed. Team names, player names and sponsors may also be placed on the jersey using any form of permanent marking. Any usage of placing a sponsor(s) on a uniform must be preapproved by the Athletic Division. Pants must be pulled up to the waist and shirts/jerseys must be pulled down over the chest and tucked in at all times. The penalty for violating these rules are as follows for each player:

First Offense:	Warning Issued
Second Offense:	Personal Foul will be charged
Third Offense:	Personal Foul will be charged resulting in being ejected from the game followed by the 1 game suspension.

32. **Liability:** The head coach shall assume full responsibility for personal injuries that occur during Non-sanctioned or non-approved scrimmages or games, for injuries that occur while traveling to and from such contests, and for injuries that occur not on sanctioned practice and or playing fields.

33. **Alcoholic Beverages/Illegal Substances/Property Damage/Fire Arms:** The use of alcoholic beverages, illegal substances and/or possession of firearms on City of Hampton property is prohibited. Anyone caught using them will be subject to arrest. Any player, coach, commissioner or president caught with or using an illegal substance or having a firearm on his or her possession or consuming alcoholic beverages will be suspended from the league indefinitely. Any team, team member, coach, commissioner/president or anyone connected with a team in any way that is found guilty of defacing or damaging City of Hampton property at any time will be banned permanently from all HPRLS sponsored programs.

34. **Unsportsmanlike Conduct:** Any act of unsportsmanlike conduct observed by the HPRLS or reported to HPRLS by its agents (ie: officials, school officials etc.) will be investigated by HPRLS. If a suspension is imposed, it can be for a minimum of one (1) year to a lifelong ban from the date of suspension and will include all activities sponsored by HPRLS.

35. **Spectators:** Anyone at the games should remain on the sideline of the team or association that they are supporting. Spectators must remain behind the restraining lines that surrounds the field. If a spectator fails to stay behind the restraining line a 5yd penalty can be called against the team they are supporting. Continued failure to remain behind the restraining lines can result in being removed from the game area. Only service dogs are allowed near the game fields. Spectators can be asked to leave the area or the park if they are acting in an unsportsmanlike manner. The use of amplified music will be strictly prohibited near any game field outside of the halftime performance by a HPRLS Youth Cheerleading squad. Any individual who refuses to turn off their music will be asked to leave the game site for the remainder of the day.



36. **Appeals:** All appeals must be submitted in writing to the Athletic Division within 24 hours from the initial decision.
37. **Game Cancellation:** Games cancelled due to weather or field conditions shall be determined at each field. If the games are cancelled by HPRLS, a message will be left on the Athletics Information Line 727-6251 and the Hampton Parks, Recreation & Leisure Services Facebook Page by 7:30 a.m. If cancellations are not on the Information Line, games will be played.
38. **Adding Associations to the League:** No new associations will be added if the league has reached its maximum number of allowable associations. Individual teams will not be permitted to participate in the HPRLS Youth Football League. Any new association wanting to join the HPRLS Youth Football League must be approved by the Director of Parks, Recreation & Leisure Services. The new associations must also fulfill the necessary requirements set by HPRLS.
39. **CONCESSIONS:** In accordance with the City Code Sec. 26-30, no one shall sell any item(s) at any field(s) unless permission has been granted by HPRLS. Only Youth Football Athletic Associations participating in the HPRLS Youth Football Program will be granted permission to operate a concessions stand during youth football games or practices. Each association will be responsible for acquiring all necessary permits and licenses from City of Hampton. Any athletic association that outsources their concessions to a vendor must provide the Athletic Division a written agreement between both parties stating the amount or percentage of the vendor's proceeds which will be allocated back to the athletic association. These vendors must have all the required permits and licenses to operate in the City of Hampton before setting up at any youth football game or practice sites. All licenses and permits from the City of Hampton must be displayed onsite anytime concessions are being sold. Only food/drink items will be allowed to be sold by the associations/vendors. The selling or distribution of merchandise, raffle tickets, or any other non consumable item(s) at any HPRLS youth football games or practice sites is prohibited. Concession space will be dependent upon concessionaires.

**Note:** Anyone caught operating as a concessionaire illegally will be subject to arrest.

40. Hampton Parks, Recreation & Leisure Services reserves the right to change or amend any of the above rules at any time.
41. Hampton Parks, Recreation & Leisure Services Department does not discriminate against any person on the basis of race, color, national origin, ancestry, age, marital status, religion, sex or disability.



**HAMPTON PARKS, RECREATION & LEISURE SERVICES DEPARTMENT  
ATHLETIC DIVISION  
SAFETY PRECAUTIONS FOR YOUTH FOOTBALL GAMES & PRACTICES**

1. Do not permit any child to participate in any practice/game without having their medical release/liability form in hand.
2. Examine your practice facility daily for objects such as glass, holes, etc. that could cause injuries. If you find any unsafe factors on or near your practice facility, call the Athletic Office at 726-8751.
3. When planning and conducting your practice sessions, keep in mind the age and physical condition of your players and act accordingly. Make sure each player is given frequent water breaks!!!
4. Check all playing equipment thoroughly: head gear, pads, and shoes. Withhold any child from participation whose equipment you deem unsafe for use.
5. Do not move questionable injured players. Call an ambulance and leave their care to the EMT's.
6. Any player not able to walk off the field without assistance will not be allowed to return to the game that day. Coaches should also be alert to any type of injury; large or small. Coaches may prevent a player from returning to a game if they feel continued play could aggravate a minor injury or place the player in danger. If an official feels a player has sustained a head injury they can remove the player from the remainder of the game. Coaches or parents will not be allowed to override an official's decision concerning a potential head injury. Players suspected of a head injury will be required to produce documentation stating the player is cleared to resume practices and participate in games. A copy of the release must be presented to the Athletic Division as well as kept on file at with the athletic association.

**NOTE: A second blow to the head of a child who has suffered a concussion can easily result in his/her death!**

7. Remember, the teaching of good sportsmanship and safe play is the primary goal of each and every parent, coach, commissioner and president.
8. No Dogs allowed near the athletic fields except for service dogs.
9. Players are not permitted to be dropped off on Rockwell Road. Vehicles should not stop on Rockwell Road to drop off or pick up players or spectators. Vehicles are not permitted to park at any residence along Rockwell road.



10. Any player not able to walk off the field without assistance will not be allowed to return to a game or practice that day. Coaches should also be alert to any type of injury; large or small. Coaches may prevent a player from returning to a game or practice if they feel continued play could aggravate a minor injury or place the player in danger. The Athletic Division must be notified about all player injuries that prevent a player from returning to participation which include the following but not limited to: head, neck or back injuries, sprains, strains, dislocations and fractures within 24hrs of the injury. Players unable to continue to participate due to a physical injury will be required to produce documentation from a certified physician or doctor stating the player is cleared to resume practices and participate in games. A copy of the release must be presented to the Athletic Division as well as kept on file at with the athletic association.

**ANY RULE NOT COVERED BY THESE REGULATIONS SHALL BE GOVERNED BY THE 2020-2021 NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATION RULES AND REGULATIONS.**

**Athletic Hotline  
727-6251**





## 6U TINY MITES RULES AND REGULATIONS

### Official Rules:

- Game play is 7 v 7
- Game Field is 30 yards wide by 50 yards long and should be played from 50-yard line
- Game will have (2) 25 minute halves • Each game will have a 3 min. halftime
- There will be 25 sec. game clock
- Five-yard penalty for delay of game
- Each team gets a 20 second timeout for each half.
- The clock only stops for injury
- Each game will have 2 referees.
- Football Size- K-2
- Two coaches are allowed on the field during play
- All kids must play 4 downs and every player must wear their jersey.

### Player Equipment :

- Uniform - Every player will have a team jersey/shirt with numbers. The jersey must be tucked in at all times. Shorts/Pants cannot have belt loops or pockets.
- Helmets – all players must wear a soft shell helmet built for flag football
- Flags - Flags belts must be Sonic Pop Flags (no Velcro) with two flags. Flags are to be worn one on each hip of the player. Flags cannot be tied, wrapped, or tucked around the flag belt. Flags must be clearly visible to the defending players. Flags must not be the same color as the players shorts/pants. Flags must be at least 16 inches in length.
- Shoes-Cleats are mandatory and should be the same specifications as youth tackle football



- Protective Equipment- Mouth guards are mandatory and should be the same specifications as tackle football except the mouth piece should not have any strings or lanyards attached. Players may tape their forearms, hands and fingers. Gloves, elbow and knee pads are allowed.
- Jewelry- Players must remove ALL jewelry such as watches, earrings, rings, necklaces and any other jewelry.

### **Game Play:**

- Each series will start from the 2-yard line. The first down marker will be at mid field. A team has three downs to make a 1st down or score. If they reach the 1st down marker they get another three downs to score. There is only one 1st down per series. If there is a turn over on downs the opposing team will start their series from their 2-yard line. (except for interceptions)
- Overtime will be 3 plays from mid field and both teams will get the ball (after two (2) overtimes game will end in a tie)
- Fumble -The ball will be marked dead and considered a down of play at the place where the ball touches the ground. Unless the ball falls forward giving the offensive team an advantage. Then ball is place at the spot of the fumble.
- Interceptions can be returned by the intercepting team until their flags are pulled, if they fumble, there is a penalty, they step out of bounds or score a touchdown.
- There will be no punting.

### **Offense:**

- Snapping the ball: The center may turn and hand the ball to QB, the QB can take the snap from Under the Center or in Shotgun.
- Blocking - Offensive lineman can screen or shield block only. No intentional contact after the ball has past the line of scrimmage all offensive players are not allowed to screen or shield block or in any way impede the defensive from 'downing' the ball or pulling the flag.
- Quarterback and Center sneaks are not allowed.
- Running - Quarterback can run once he hands the ball off. If a runner gets possession of the ball with only one flag, no flags, or knocks his/her own flag off it's a dead ball at the spot. The ball is spotted where the runner's feet and hips are not where the ball is. Runners may not leave their feet to advance the ball. diving, leaping, or jumping to avoid a flag pull is considered flag guarding. Spinning is allowed.



- Receiving - All offensive players are eligible ball carriers and receivers. Quarterback must have full possession of the ball before center becomes eligible receiver. Quarterback must handoff ball or throw a lateral pass before he/she is eligible as a receiver. A player must have at least one foot in bounds when making a reception. If a player catches the ball after their flag has fallen off, the ball is dead at the spot of the catch. The ball is spotted where the receiver's feet and hips are not where the ball is.
- Motion -Only one player may be in motion when the ball is snapped. All other players must be set for one second prior to the snap of the ball. 5 yard penalty

### **Defense:**

- Defensive line of scrimmage is one yard away in front of the ball.
- No defensive player may line up directly across from the center (no nose guard).
- Players who blitz should be 7 yards from line of scrimmage. Once the ball is handed off all players can rush.
- Avoid Contact - It is the defensive rusher's responsibility to avoid contact with the offensive linemen shielding or screening. The ball carrier may not be pushed or shoved out of bounds. Tripping or using the leg to stop an offensive player is not allowed.
- Flag & Ball Stripping - Defenders may not intentionally pull an offensive players flag, other than the ball carrier. Defenders may not intentionally strip or pull the ball from the ball carriers arm.
- Defenders who remove the flag should immediately hold the flag above his/her head to assist the official in locating the dead ball spot. Then immediately give the flag back to the player it belongs to.

### **Scoring:**

- Touchdown is 6 Points
- Point after Touchdown-Ball placed at the 5 yard line
- One point for the offensive if the teams runs the ball across the goal line.
- Two point for the offensive if the team throws the ball across the goal line.
- Hips and Feet with both flags must cross the goal line for it to be a successful score
- A Safety is considered Turnover on Downs. (No points will be granted)

### **PENALTIES:**

All penalties are accessed from the line of scrimmage.



- All Unsportsmanlike Conduct Penalties ie...(trash talking, taunting, tripping etc.) - 10 yards enforced from the line of scrimmage.

**Defense:**

- Off Sides - 5 yards and repeat down
- Illegal Rushing (start rushing from inside 7-yard buffer) - 5 yards and repeat down
- Illegal Flag Pull (before player has ball) - 5 yards
- Illegal Contact (holding, pushing, stiff arming, tackling, improper blocking or clipping) 10 yards and automatic first down
- Pass Interference - 10 yards

**Offense:**

- Illegal Motion - 5 yards and replay down
- Illegal Forward Pass - 5 yards and replay down
- Flag Guarding – dead ball at point of the infraction
- Offensive Pass Interference (Illegal pick play, pushing off or away from the defender)  
10 yards and loss of down

