

**Harford/Baltimore
County
Football League**



**2009
RULES**

CODE OF ETHICS FOR COACHES

1. I will treat each player, opposing coach, official, parent and administrator with respect and dignity.
2. I will do my best to learn the fundamentals skills, teaching and evaluation techniques and strategies of my sport.
3. I will become thoroughly familiar with the rules of my sport.
4. I will become familiar with the objectives of the youth sports program with which I am affiliated. I will strive to achieve these objectives and communicate them to my players and their parents.
5. I will uphold the authority of officials who are assigned to the contests in which I coach and I will assist them in every way to conduct fair and impartial competitive contest.
6. I will learn the strengths and weaknesses of my players so that I might place them into situations where they have a maximum opportunity to achieve success.
7. I will conduct my practices and games so that all players have an opportunity to improve their skill level through active participation.
8. I will communicate to my players and their parents the rights and responsibility of individuals on our team.
9. I will cooperate with the administrator of our organization in the enforcement of rules and regulations, and I will report any irregularities that violate sound competitive practices.
10. I will protect the health and safety of my players by insisting that all of the activities under my control be conducted for their psychological and physiological welfare, rather than for the vicarious interests of adults.

HARFORD/BALTIMORE COUNTY FOOTBALL LEAGUE

TABLE OF CONTENTS

	PAGE #
I. Membership.....	4-5
II. Executive Board	5
III. General Duties of the Board	5-6
IV. Conduct of Coaches, Managers and Team Personnel	6-8
V. Player Requirements & Eligibility.....	8-11
VI. Rosters	11,12
VII. Football Playing Rules.....	12-19
VIII. Game Cancellation Procedure.....	19-20
IX. 5-6/5-7 League Rules.....	19-22
X. Miscellaneous.....	22
XI. Area Colors.....	23

CONSTITUTION

Purpose and Jurisdiction	24
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BY-LAWS

Article I - Name.....	25
Article II - Purpose	25
Article III - Membership.....	25
Article IV - Meetings	26
Article V - Officers.....	26-27
Article VI - Elections	27
ArticleVII – Amendments	27
ArticleVIII – Committees.....	28

MISCELLANEOUS

H/B Football Officers	28
Disciplinary Action	29
Duties of Age Group Commissioners.....	30-31
Inclement Weather Procedures	31-34

Rules of the Harford/Baltimore County Football League

I. MEMBERSHIP

- A. Any organization wishing to make a formal application to become a part of Harford/Baltimore County (H/B) Football League must do so, in writing, to the Executive Board on or before the regularly scheduled March monthly meeting. (Assuming the organization wants to be considered for application in that calendar year). The Executive Board and membership will vote on any such application(s) at the regularly scheduled April monthly meeting, with the outcome of any voting to be announced during the April meeting. **(99)**
- B. Membership may only be obtained upon majority vote of the voting members in attendance at a regularly scheduled meeting. Organizations must have all of their teams in this league to be a member, and will be removed from the league if they do not.
- C. No new teams will be accepted after official roster due date. **(99)**
- D. Team donations of twenty-five (\$25.00) dollars must be paid by October 1st. Failure to pay team donations by this date will result in the forfeiture of remaining games until such fee is paid. **(89)**
- E. Voting privileges shall be one (1) vote for any one- (1) area. Each year, the President will be responsible to notify each organization's appointed representative, in an open meeting, of the number of votes that each organization will have for the next voting year. A voting year shall be defined as April 1 through March 31. There will be no proxy votes allowed. Each elected officer shall also have one (1) vote. Age Group Commissioners shall be considered officers with regard to voting privileges. No officer may vote both as an officer and an organization's appointed representative. The president of H/B Football will vote only in the event of a tie. **(07)**
- F. Voting privileges for any new area to the H/B Youth Football League would be allowed only after such new area has completed its initial regular season in H/B. Therefore, such new area would not be allowed to vote in any necessary voting taking place from the date the new area is voted until such time as their initial season is completed. (Note: For this section, "new area" is defined as any area which makes application to H/B on or before the March monthly meeting and is subsequently "voted in" at the April monthly meeting) **(99)**

- G. Any organization that drops out of the league for any reason must reapply for membership. If accepted, said organization shall be on probation for a period of one (1) year. **(99)**
- H. Every member organization will be given first preference in adding teams to a particular age group if such age group is subject to a limited number of participating teams.
- I. Any regular member organization may be dismissed from the H/B Football League upon a simple majority vote of the voting members in attendance at a regularly scheduled meeting. *(See MEMBERSHIP (E))*
- J. Assuming an organization has made written application to become a part of the H/B Football League to the Executive Board on or before the regularly scheduled ***March*** meeting, representatives (Board members, etc.) of such applying organization would be required to attend the ***March*** meeting to answer any questions that the Executive Board and/or membership may have. **(99)**

II. **EXECUTIVE BOARD** – The following elected officers shall operate the H/B Football League:

- A. President
 - B. Four (4) Vice Presidents or more, one for each division **(06)**
 - C. Treasurer
 - D. Secretary **(89)**
 - E. Age Group Commissioners (a maximum of one (1) for each age group)
- (95)**

III. **GENERAL DUTIES OF THE BOARD**

- A. The organization of leagues, tournaments and championship games;
- B. The scheduling of games;
- C. Developing a registration procedure for all players participating in this league;
- D. Overseeing and ruling upon all protests;
- E. Ruling on the eligibility of all players;
- F. Maintaining a current list of head coaches for all teams;
- G. Performing any and all other duties that will ensure an efficient football program;

H. Handing down penalties for violations of H/B rules which shall include, but not be limited to, suspension and expulsion of players, coaches and organizations. **(89)**

I. All other duties described in the by-laws Article VII - COMMITTEES

IV. **CONDUCT OF COACHES, MANAGERS AND TEAM PERSONNEL, ETC.**

A. The head coach of any team in this league is at all times responsible for the conduct of any person connected with his team.

B. Any individual connected with a team in the H/B League who displays questionable conduct is subject to immediate suspension by a majority vote of the Executive Board. Period of suspension may be for any time period the Board deems necessary. **(99)**

C. The head coach and/or area representative of any organization affiliated with the H/B Football League is responsible for the conduct and actions of all personnel associated with a member program. **(99)**

D. Any coach, administrator, and or member of any H/B program found to be recruiting would be suspended for a minimum of 1 year. This suspension will include any league or program related activity including, but not limited to, games, practices, skull sessions, etc. Additional penalties may be assessed by the executive board. Reports of violations of this rule are to be immediately forwarded to the league through the Vice President responsible for the rules committee. Players will be encouraged to return to the program from which they were recruited. H/B cannot force a player to return to another program. No player may be signed up when there is an outstanding obligation to another program (See Rule V. Player Requirements). **(00)**

E. **Coaches** – The duties of the coaches will be as follows:

1. An understanding of eleven-man football and all H/B Football League rules.

2. Responsibility for the team's behavior and well being while on the playing field, or while conducting practice sessions. Also, the promotion of good sportsmanship and fair play.

3. Cooperation with the game and league officials.

4. All head coaches will be at least 21 years of age.

5. Coaches and assistant coaches are encouraged to participate in yearly clinics.

6. The head coach or assistant coach of a team shall be present at every practice session or game in which his team participates.
7. At no time (before the game, between any quarter or half, or after the game) may a team entering or having any on field activity, move beyond the 45 yard line on their half of the field. A team may not enter from the opponent's side and travel to their side of the field. A team may not travel through or along the side of, or between any members of the opposing team. They must enter from their side only, and remain on their half of the field. In addition no team may be outside of the hash marks (outside meaning between the hash marks and the edges of the field) when entering, cooling down, or warming up, if that activity is being conducted outside of the 25-25 yard coaching box located on their sideline. Teams may continue to warm up, or cool down, along their sideline as long as it does not extend beyond the coaching box or enter on the field beyond the hash marks. Any coach found to violate this rule will be found in Violation of the code of conduct and will face penalties that could include expulsion. This is in addition to any Penalty that the referee may assess. Actions that are not covered here that are an attempt to disrupt, intimidate, or in any way interfere with the opponents pre-game, or post-game activity will also be found to be in violation of this rule. **(07)**

F. **Conduct of Coaches and Managers** – All members of the coaching staff and/or adult personnel connected with teams in the H/B Youth Football League shall refrain from unsportsmanlike conduct, including:

1. The use of profanity;
2. "Sideline Coaching" is prohibited except from assigned areas (between 25-yard lines). Note: Two (2) coaches are allowed on the field at all times for 6-7-8 and 7-8-9 age groups. The coaches will be allowed on the field for both defensive and offensive teams. The coaches on field must be at least 10 yards behind the rearmost players on their team when they are at the line of scrimmage. Coaches can go into the huddle with their players
3. If a player or coach is ejected from any game he/she will be facing a minimum of a (1) game suspension depending on the severity of the situation. If a player or coach is ejected from any two- (2) games during a season, a special board meeting will be called by the President to discuss that player or coach's disposition. **(06)**
4. At the time of ejection from a game of either coach or player, the referee will notify the opposing team's head coach. Officials

association will notify the Vice President - Rules weekly of any ejection. **(92)**

5. Any coach suspended by the League from coaching his or her team's game will not be allowed on the playing facility or practice field. This includes, but is not limited to parking lots, concession stands, and playing fields, during the games and half times.
6. **Adult Identification Cards** – Each Adult member of an Organization must have a photo ID card, which must be worn when attending any H/B Game. The Cards should be COLOR CODED as follows:
 - Board Members and AGC's – WHITE
 - Head Coaches – BLUE
 - Assistant Coaches, Trainers, etc. – RED
 - Other Authorized Personnel (e.g., Chain Crew) – GREEN
 - Cheerleader Personnel – GOLDEach Program must establish a 5-yard area along each sideline. This area is to be marked with a rope, paint or chalk line. Any person without an Official ID Card as listed above may not enter the 5-yard sideline area. **(02)**

V. **PLAYER REQUIREMENTS & ELIGIBILITY**

- A. **No Cut Clause** – Programs MAY NOT cut players once the player's parent has signed his registration form and paid his registration fee. Registration is to be treated on a "first come, first served" basis. If a coach is found to have violated this rule, he will be permanently restricted from participating in any H/B program in the future. **(95)**
- B. **Medical Examinations** – No child shall participate in the program without obtaining a written certificate of health from a duly qualified examining physician. The exam must have occurred within six (6) months of August 15th.
- C. **Parental Consent** – Each player must have the written consent form signed by his parents or guardian in order to participate in the program.
- D. **Insurance** – The Council has found that the majority of players are insured through family insurance, so it has been decided to make insurance the responsibility of the individual.
- E. **Outstanding Equipment/Money** – No area may register a child in their football program if that child owes money or equipment to another H/B Football Program. It will be up to each area to supply the H/B Football League a list from their area of children who owe outstanding money or

equipment, by the March meeting of each year. The H/B Football League will supply a copy of that list to each area representative at the April meeting of each year and hold the child's ID card until the matter is resolved. If a violation is found, the child should be immediately suspended until the matter is resolved. **(95)**

F. **Starting Date of Practice or Player's Meetings** - No organized practice (two or more players) or players' meetings will be permitted before August 1st of the current football season, unless it is an HBYFL approved camp or league. If a coach plans to coach for a HBYFL program in the upcoming season or has coached in the past and plans to participate in any capacity in a camp or league or organize a camp or league prior to August 1st or after the conclusion of our prior regular season he must get approval from the HBYFL Board. Guidelines for getting approval from the HBYFL Board are as follow:

1. Apply in writing at the monthly meeting prior to the beginning of the camp or league.
2. Provide pertinent information regarding the camp or league such as location, date, time, the organization or group having the camp or league, the coaches role in the camp or league, cost if any etc.
3. The league or camp must be open to all HBYFL programs.
4. Failure to abide by this rule by a coach may result in a suspension or life time ban from HBYFL. Violation of this rule by a program may result in their dismissal from the HBYFL. .

G. **Proof of Age** – Only official birth certificates or registration, Health Department Certificate, official passport, adoption certificate, official alien registration cards or official military service identifications are to be accepted as verification of age for issuance of an H/B Football League I.D. No other forms will be accepted.

H. **League ID Cards** – After proper proof of age, a League I.D. card will be issued. The I.D. card will remain the property of the H/B Football League. **ANY** child playing in the H/B Football League **MUST** go through the ID Card process.

- Any area that fields two teams in a specific age group will be required to have the additional teams' ID cards “punched” by a League Official. This “punch” will change from year to year and will be the control for keeping the players separate throughout the season and play-offs. **(03)**
- There will be a nominal charge for issuing the I.D. card. The H/B

Executive Board will determine the cost of the card, date, time and place of issuance.

I. **Practice Required for Play** – All players must attend at least three (3) practices before participating in a scheduled game. **(92)**

J. **Practice** – After the beginning of school, practices are limited to six (6) hours a week, including team meetings.

K. **Equipment Allowance** – For the purpose of easing weigh-in procedures for scheduled games, an equipment allowance will be made as follows (excluding helmets, elbow, and arm and rib pads):

6-7-8	8 lbs.	10-11-12	10 lbs.
7-8-9	8 lbs.	11-12-13	10 lbs.
8-9-10	8 lbs.	Unlimited	N/A (98)
9-10-11	8 lbs.		

L. **Eight-Play Rule** – Each player who has attended at least 50% of practices shall play a minimum of eight plays per game. Kick-off and kick-off returns shall be counted. **(05)**

M. **Pre-Game Weigh-In** – To be eligible to play all players MUST weigh-in. The home team shall provide an athletic upright balance-beam scale on a solid, level base **(e.g., with weights set at “0”, beam should come to rest in center)**. If this scale is not in working order prior to weigh-in, the home team will forfeit. If the scale breaks during weigh-in, a back-up scale may be used. (Example: Bathroom Scale) Either coaches or their representatives must be present during the weigh-in procedure.

Procedure:

(a) Only players on an approved roster may weigh-in. **(See VI. ROSTERS)**

(b) Coaches will be instructed that they are to verify that every child is wearing an athletic supporter and cup by having each child tap their cup prior to stepping on the scale. **(95)**

(c) A player will not be allowed to weigh-in more than once at time of official weigh-ins.

(d) There will be no change of equipment after a player weighs in.

(e) All players not making the weight at the pre-game weigh-in will reverse their jerseys.

(f) All players must wear their full equipment as specified in Rule VII, G. (shoulder pads. optional for weigh-in) **(09)**

(g) The balance beam must come to the rest against the upper stop for players to be judged overweight.

- (h) Visiting teams will be allowed access to scales 30 minutes before official weigh-in. **Official weigh-in is 30 minutes before scheduled kick-off.(03)**
- (i) A player must show his/her official H/B I.D. card at time of weigh-in. No one will be allowed to weigh-in without a correct I.D. and will not be eligible to participate in said game. There will be no exceptions to this rule.
- (j) **TYPED** rosters shall be given to the opposing coach at the time of weigh-in. The league Vice President – Rules should be contacted with concerns pertaining to team rosters.
- (k) An increase in weight per week of 1/2 pound (one-half pound) will be permitted as a growth allowance throughout the season.
- (l) I.D. cards are to be placed in roster order on a standard binder ring.
- (m) If a player weighs in without all equipment specified in Rule VII, G. said player will be suspended from that game. Failure to abide by this rule may cause suspension from the league plus disciplinary action against the head coach or player at the discretion of the BOD. No equipment (including shoes) can be changed after weigh-in. The Unlimited Division is exempt from all weigh-in procedures but must line up for ID Card check. **(98)**
- (n) If a player misses the Pre-game Weigh-in due to unforeseen circumstances, the player will be allowed to weigh in a half time. **(97)**

VI.) **Rosters**

- A. **Roster Entry Date** – Official league rosters will be turned in at the August meeting. Each area is requested to bring three (3) official league rosters at this time. Game rosters will be exchanged at weigh-in before games to be played. **ALL ROSTERS ARE TO BE TYPED. (92)**
- B. **Format** – Game rosters shall be **TYPED on** the official H/B Game Roster. **(99)**
- C. Additions to the roster will be made in the following manner:
 - a. Phone the information to the Vice President – Rules.
 - b. All players must attend at least three (3) practices before participating in a scheduled game. **(92)**
 - c. Vice President – Rules will assign a date of eligibility for each participant.

- D. Any player in the H/B Football League may not participate in any other organized football league program of any kind, including high school freshman, junior varsity and varsity teams in the same season at the same time. **(99)**

- E. If the player is found ineligible by the board; the board will make a decision about the head coach, player and/or team penalties within one week. The H/B Football League Board will decide the severity of each case. **(93)**

- F. No team may enter the league with fewer than fifteen (15) players, unless the H/B Football Council grants special approval. **(92)**

- G. Final team rosters are to be turned in at the regularly scheduled September meeting. **(99)**

- H. Rosters must be **TYPED**.

- I. Any player that has not made the Official weight at a pre-game weigh-in by the time this roster is due (generally after the third game) must be removed from the roster for the current season.

- J. TYPED Jersey numbers must appear on rosters at the time of weigh-in.

- K. Only one player may wear a given number. In the event of a jersey change, the official and the opposing head coach must be notified immediately. **(99)**

- L. Once a player has been placed on the official roster he can no longer move to another age group that season. **(99)**

VII. FOOTBALL PLAYING RULES

- A. Governing Rules for Play – The High School Federation Rules shall prevail for play determination except where H/B rules apply.

- B. Special Rules for Play of 6-7-8 Age Division
 - 1. Time – A game will consist of 64 plays from scrimmage. Four (4) quarters with 16 plays each quarter. Teams will be allowed 60 seconds between plays or will be assessed a five (5) yard penalty. **PATs and penalties are not plays.**

 - 2. Football Size – K-2 or RR5T and **Nike K (07)**

 - 3. Football Field – 80-yard length

4. **Extra Point** – Run = 1; Kick or **pass** = 2
 5. **Weight** – 6-7-8 year old must weigh 90 lbs. or less by the first game, with equipment minus helmet. There is no older-but-lighter in this age group. **(05)**
 6. **Eight-play Rule-** Each player who attended at least 50% of practices shall play a minimum of eight plays per game. Kick-off and Kick-off returns shall be counted. **(05)**
 7. **Offensive Formations** – The split (distance) between the Offensive Center and the Offensive Guards can be NO MORE than 2 feet in length. (03)
 8. **Defensive Formations** –
 - (a) All teams must use a six (6) man line (center uncovered). Defensive guards must be head-to-head with offensive guards. **(92)**
 - (b) Goal line defense permitted between the five (5) yard line (including the five (5) yard line) and the goal line. Defense can play anywhere.
 - (c) The linebackers must be at least three (3) yards from the line of scrimmage until the ball is snapped; there is no rushing of linebackers.
 - (d) Only six (6) players are allowed on the defensive line of scrimmage. All other players must be at least three (3) yards back at the snap.
 9. **Fumbles** – can be advanced.
 10. **Penalties** – 15 yards reduced to 10 yards. Five-yard penalties remain the same.
 11. **Coaching** – Two coaches will be allowed on the field for both defensive and offensive teams. The coaches on field must be at least 10 yards behind the rearmost players on their team when they are at the line of scrimmage. Coaches can go into the huddle with their players.
- C. **Kicking & Punting** – In the 6-7-8, 7-8-9 & 8-9-10 division, when an offensive team intends to punt, they must declare so before breaking a huddle. Neither team will be allowed to cross the line of scrimmage until the ball has been punted or kicked. The kicker shall not be permitted to advance the ball by moving forward or sideways more than required. The defensive team shall maintain a minimum of four (4) players along the line of scrimmage. If a penalty is assessed against the receiving team on a play, the kicking team will have the option to declare a punt or to run a conventional play. A Point after touchdown kick attempt must be kicked off of a kicking block no LESS than 5 yards behind the line of scrimmage. **(95)**

- D. **Coach and Player Locations** – The coach must remain between the 25-yard lines. Exception - Coaches for 6-8 and 7-9 as noted in Rule IV F.2. **(99)**
- E. **Coach-Player Conferences** – will be allowed on the field during charged time-outs. Two (2) coaches will be allowed on the field.
- F. **Ages, Weights, and Official Balls** – Ages will be age of player on July 31st. Weights will be weight as of the first league game. *(Effective for the 2010 season age of player will be determined as of August 31st)* **(09)**

<u>EQUIPMENT</u>	<u>DIVISION</u>
8lbs.	5-6 A) Maximum weight: 62 lbs. (05) B) Official Ball: K-2,RR5T or FX 500PW, Nike K
8lbs.	5-6-7 (AKA 6-7) A) Maximum weight: 70 lbs. (05) B) Official Ball: K-2, RR5T or FX 500 PW, Nike K
8 lbs.	6-7-8 A) Maximum weight: 82 lbs. (05) B) Official Ball: K-2, RR5T or FX 500 PW, Nike K
8 lbs.	7-8-9 A) Maximum weight: 95-lbs. (05) B) Official Ball: K-2, RR5T or FX 500 PW, Nike K
8 lbs.	8-9-10 A) Maximum Weight: 105-lbs. (05) B) Official Ball: TDJ, RR5Y, FX 500 JR or FX 150, Nike J
8 lbs.	9-10-11 A) Maximum Weight: 117-lbs. (05) B) Official Ball: TDJ, RR5Y, FX 500 JR or FX 150, Nike J
10 lbs.	5. 10-11-12 A) Maximum Weight: 130-lbs. (05) B) Official Ball: TDY, RR51, FX 500 Y or FX 250, Nike Y
10 lbs.	6. 11-12-13 A) Maximum Weight: 150-lbs. (05) B) Official Ball: TDY, RRFI, FX 500 Y or FX 250, Nike Y
N/A (98)	7. Unlimited A) 10 & 11-yr-olds -- Minimum Weight: 130-lbs. (98) 12 & 13-yr-olds -- Minimum Weight: 150 lbs. (98) 14-yr-olds -- Minimum Weight: 125 lbs. (No Player in this age group may be in HS) (98) B) Official Ball: TDY, Nike Y

G. **Equipment of Players** – All players participating in this league, which is a tackle football program, must be properly equipped and said equipment shall consist of, but not be limited to, the following:

1. Football pants, including kneepads, thigh pads, hip pads, tailbone pad and athletic cup (a football girdle may be used instead of hip pads).
2. Football shoulder pads.(optional for weigh-ins) **(09)**
3. Helmet with face guard (N.O.C.S.A.E. approved, inspected when necessary).
4. Jersey (no two jerseys with the same numerals shall be worn on the same team).
5. Mouthpiece must be attached to the helmets face guard (colored only). Except special mouthpiece issued by the Doctors office.
6. Shoes (tennis shoes or non-metal or non metal tipped cleats only).
7. Any padding which may be deemed necessary, such as rib pads, arm pads, elbow pads, or hand pads (need not be worn weighing-in) **but should be brought to the scale.** Sweatshirts or sweatpants may be worn to the scale and removed for weigh-in.

H. **PLAYER EXCEPTIONS**

(1) **Older-But-Lighter** Allows for players to be one (1) year older but 20 lbs. under the maximum weight for the 7 – 9 through 11 – 13 age groups ONLY.

Examples:8-10:	11 years old -93 lbs. or less dressed
10-12:	13 years old- 120 lbs. or less dressed

(a) Only six (6) players per team may be in this category. **(95)**

(b) Older-but-lighter players must be listed **FIRST** on the roster at all weigh-ins.

(c) Older-but-lighter rule does not apply for the 6-7-8 Division or Unlimited Division.

(2) **Tackle-to-Tackle** – Allow players additional 5 lbs. that play tackle-to-tackle offensively or down linemen position defensively in the 11-13 age group. **(99)** Tackle-to-tackle players are to have a “T” marked on their

helmet and must remain tackle-to-tackle player for the entire season and post-season. Older-but-lighter players will not be eligible for the tackle-to-tackle 5-pound weight exception. A tackle-to-tackle player can kick the ball. **(06)** This is for the 11-13 age group only. **(06)**

I. **Preparing to Snap** – The age groups from 6-8 through 8-10 will allow the center to turn the long axis of the ball 90 degrees while preparing to snap. The neutral zone will remain the same as when the ball is made ready for play, thus the defense will have ample time to get set. **(92)**

J. **Quarters and Times** – Each game shall consist of four (4) quarters. One player from each team will be allowed to briefly confer with coaches during change of quarters. Three (3) time outs will be permitted during each half, not to exceed 1½ minutes each. Half time is **10 minutes long and the clock is a non-running clock**. At the four- (4) minute warning to the half and to the end of the regulation game, there will be a thirty (30) second no-charge time out.

<u>DIVISION</u>	<u>TIME OF QUARTERS</u>
6-7-8	16 plays per quarter
7-8-9 / 8-9-10 / 9-10-11	10 minute quarters
10-11-12 / 11-12-13 / Unlimited	12 minute quarters (98)

K. **Scoring**

Touchdown	6 points
Field Goal	3 points
Extra Point Pass (Except 6-7-8) or Run	1 point
Extra Point Kick	2 points
Safety.....	2 points

L. **18 Point Rule (02)**
 This rule applies to Age Groups 6-8 through 10-12 ONLY. The 11-13 and Unlimited Divisions will use the High School “Slaughter Rule” revised to 24 points.

1. At the pre-game weigh-in procedure, the starting backfield names (4 players) will be circled on the Official Game Roster and given to the opposing coach.

2. Once an 18-point advantage occurs **(THIS INCLUDES ALL SCORING – OFFENSIVE, DEFENSIVE AND SPECIAL TEAMS)**:

a. On the next Offensive possession, the team ahead by 18 points must make a backfield change.

➤ *The Official will call a special time-out and allow the Coaches on the field for player changes to be made in an orderly fashion.*

- b. The starting backfield (4 circled players) **AND** any other player who scored a touchdown, will be ineligible to advance the ball, **except on an interception or fumble recovery**.
 - c. Failure to comply with the proper changes will result in an automatic 15-yard penalty with the Head Coach receiving a warning. If a second violation occurs, the Head Coach will be ejected and another 15-yard penalty will be assessed.
3. Anytime the 18 Point Rule or Slaughter Rule is in effect, the losing team will be awarded the ball at mid-field after each time the winning team scores (**there will be no kick-off**) with the exception of the 11-13 age group.

M. **Tie Breaker for All Games** – A coin toss is to be utilized to begin the extra period. This will determine who offense on the first try is. Ties will be broken in accordance with National Federation High School rules. This involves a five (5) minute rest before extra period begins. Subsequent extra periods are preceded by a three (3) minute rest period. Teams are positioned at the 10 yard line and allocated 4 downs with one (1) time out during this extra period. Both teams are given the opportunity. If a field goal is attempted on one of the downs and is not successful, the remaining downs are forfeited. Ten yard area is same for both teams; they use the same end of field. The loser of the coin toss chooses the end of the field. Penalties may still go back 15 yards. Personal fouls are assessed with half the distance to the goal. Time-outs do not carry over into the extra periods. Turnover is on the first fumble if the opponent recovers.

Tie breaker procedure to be used to determine playoff spots, when head-to-head competition does not apply. Head to Head competition will be used as the first tie breaker. If there is a three way tie strength of wins calculation will be used to determine who is the top seed, then head to head for the remaining tie breaker. If no head to head competition was held between the teams the strength of wins calculation will be used to determine seeding. The executive BOD will be the final say in all tie breaking. A special 12 minute quarter will be used to break the tie, only when no other reasonable method can be found. For the playoff spot each team will have two (2) time-outs, if at the end of the special 12 minute quarter it ends in a tie, teams will go to the regular overtime shootout procedure. Teams have the option to concede and not play the special quarter. (This is only in effect when head-to-head competition does not apply and is ordered by the president and the playoff committee.) **(89)**

N. **Forfeit Time** – If either team fails to field a team within fifteen (15) minutes of the starting time, the head official shall declare a forfeit against the team

which has failed to produce enough players to play the game in accordance with the rules. Any team that forfeits a game, the fine will be the cost of the officials. To be given to the area that paid for the officials for the game forfeited. **(92)**

O. **Home Team Responsibility**

1. To provide appropriate yardage chains and down indicators as described in Federation Rules.
2. Provide a yardage chain crew (yard markers will always be on home side of field). **(88)**
3. Line the field and provide markers at least every ten- (10) yards. 80-yard field for the 6-7-8 Age Division.
4. Establish a 5-yard area along each sideline. This area is to be marked with a rope, paint or chalk line. (See Rule IV, G.) **(02)**

(a). Only Authorized personnel are allowed inside the 5-yard area. (04)

5. To provide an acceptable game ball approved by the head official in accordance with the type designated by Rule VII, D.

P. **Scheduled Game Time Change Procedure** – The H/B Area Commissioner/Representative for that program, not the Coach, can only request a scheduled game time change. The Area Commissioner/Rep. must take the request to the Chairmen of the Scheduling Committee. The Chairman of the Scheduling Committee must determine if the reason for the change is justified. If the Chairman of the Scheduling Committee approves the change, he will contact the opposing Area Commissioner/Rep. and ask for his agreement. If the opposing Area Commissioner/Rep. does not agree, the game will not be changed. If the opposing Area Commissioner/Rep. does agree, the Chairmen will then contact the Referee scheduler and make the necessary contacts for the scheduled Officials. At this point, the Scheduling Committee Chairman will notify BOTH Area Commissioners/Reps. that the game is officially changed. **(02)**

VIII. **GAME CANCELLATION PROCEDURE**

- A. Area representatives or a designated alternate will call off a game at his site if a field is considered unsafe in his best judgment.
- B. When a game must be cancelled, the hosting area representative or his

designated alternate shall call the president's designee, the visiting area representative and officials, before 7:00 a.m. or at least three (3) hours before game time, whichever comes later. If no call is received, all teams will report to their designated field by game time.

- C. If a "STATE OF EMERGENCY" is declared on the weekend of scheduled League games, all games will be postponed and attempted to be rescheduled by the Vice President in charge of scheduling. (04)
- D. When calling off games, notify the designated officials at designated phone numbers.
- E. A game may not be played on any field that is not a regulation football field. Failure to provide a regulation field will result in an automatic forfeiture if said field is not ready at the scheduled game time.
- F. No game may begin without officials present. Such a game will be declared "No Contest" and rescheduled.

5 – 6 / 5 – 7 AGE GROUP (CLINIC) RULES

IX. SCRIMMAGE RULES 5-6/5-7 AGE GROUP

- A. **PHILOSOPHY** – The philosophy of this age group is to be instructional and fun for the children. Time should be taken by coaches on both sides to explain to children rules and certain techniques in playing the game (e.g., blocking and tackling). There are no playoffs. Therefore, the need for Super Bowl-level competition during these scrimmages is unnecessary and unwarranted. Please remember that the major goal of this age group is for the children to have fun and to learn the game. Therefore there will be no scouting of clinic teams permitted. Additionally, players should be giving the experience of all positions on a football team. This will enhance their development of the game.(09)
- B. **FIELD** – The dimensions of the 5-6/5-7 Age Group field will be 40 yards of play area (i.e. goal line to goal line) by a minimum of 30 yards wide to a maximum of 35 yards wide (i.e. near side line to far hash mark), as field conditions/availability dictate.
- C. **PLAY**
 - A game will consist of 48 plays from scrimmage. There will be two halves with each half consisting of 24 plays. Each team during a half will participate in 12 offensive plays and 12 defensive plays.
 - Teams will be allowed 25 minutes to run their 12 offensive plays. Injury time outs will not be included as a part of the playing time. For example, if the 25-minute time limit has been exceeded and there are still remaining plays for the offensive team. The offensive team will forfeit their remaining plays and the ball will be given to the opposing

- team so that they may begin their offensive series.
- The game will not exceed two hours in length.
- The first offensive possession starts 40-yards from the goal (i.e., starting line).
- A team that begins its offensive possession on their starting line cannot lose yardage.

D. **SCORING**

- No scores will be kept during the game. Further, there will be no league standings or playoffs.
- Upon scoring, the offensive team will return to the starting line to continue play and use the remainder of their 12 offensive plays.

E. **FOOTBALL SIZE** – The size of the football must be K-2, RR5T, or FX500 PW, **Nike K**. No other football types or sizes are permitted.

F. **WEIGH-INS** – Players must weigh 78 pounds or less with full equipment, excluding helmet. All weigh-in procedures noted in the H/B rulebook will apply.

G. **5-6/5-7 Age Group Teams**

- Only players who have not reached their 8th birthday by August 1, 2001 will be eligible to play in the 5-6/5-7 Age Group.
- Children who have not reached their 6th birthday by August 1, 2001 will be eligible to play only on a 5-6 team if the program fields both a 5-6 and 5-7 teams.
- Children who are 7 years old as of August 1, 2001 will be eligible to play only on a 5-7 team if the program fields both a 5-6 and 5-7 team.
- It will be at each program's discretion to decide the placement of children who are 6 years old as of August 1, 2001.

(Effective for the 2010 season Birthday cut offs will read September 1)
(09)

H. **PARTICIPATION** – Each player must play a minimum of six plays in each half and a total of twelve plays for the game.

I. **OFFENSIVE LINE** – All Guards, Tackles must be in a 3-point or 4-point stance when the ball is snapped. The split (distance) between the Offensive Center and the Offensive Guards can be NO MORE than 2 feet in length. Ends may be in any stance. **(09)**

J. **DEFENSIVE LINE**

- There must be at least six defensive linemen. The defense should have two guards, two tackles, and two ends on the line of scrimmage.
- Defensive guards and tackles must line head-up in a down position on the offensive guards and tackles. No linemen can line up directly across from the center or in the guard-center gaps. Defensive guards, or any player lined up opposite of the offensive guards, MUST engage

the offensive guards before proceeding in any other manner. This is for the protection of the center. All other players (5 non line men) must be at least three yards off the ball into the defensive back field.(09)

- Defensive linemen (i.e. guards and tackles) must be in a down position (i.e., three or four point stance).

K. **LINE BACKERS** – Linebackers cannot move until the ball has been snapped.

L. **FUMBLES/INTERCEPTIONS** – If a fumble occurs on the play, the football will be blown dead at the spot of the fumble and the offensive team will regain possession. If the fumble occurs behind the line of scrimmage, the ball is returned to the line of scrimmage. If it occurs from the snap, there will be allowed one re-try. The seconded fumbled snap (in an under the center or direct snap offense) will count as a play. The count will begin again and with each two in a row fumbled snaps one play shall be counted as having expired. Interceptions should be played as live, however the Offensive team will regain possession of the ball after the play is complete.(09)

M. **OFFICIALS AND PENALTIES**

- No players may play on any other organized football team. Violations will be reported to the League. This includes 5-6 and 5-7 teams *within* the 5-6/5-7 Age Group.
- Each program (at their expense) is *strongly encouraged* to provide officials (recommended minimum of one) to oversee the play of the game.
- Officials will place the ball after each play.
- Penalties are not considered as plays.
- Officials will warn players who commit flagrant penalties.
- Flagrant penalties will result in a player being removed from the game for two plays. Players who are warned for the second time of flagrant penalties may be removed for the entire series at the discretion of the referee, but will receive the two-play penalty at a minimum. A third warning will require the child's removal from the game.
- Coaches, assistant coaches, parents or other participants that are warned for the second time about unsportsmanlike behavior by an official must be asked to leave the field.
- Refusal of a player, coach, assistant coach, parent or other participant to leave the field will result in the termination of the game.

N. **COACHING**

- Only two coaches from each team will be allowed on the field for both

offensive and defensive plays. No other coaches or parents are allowed on the field.

- The coaches must remain 10 yards behind their player that is furthest away from the line of scrimmage during each play.

O. **SAFETY** As a matter of safety, no blocks below the waste of any kind are permitted in this age group. **(09)**

X. **MISCELLANEOUS**

A. Win is one (1) point, loss is no (0) points.

B. There will be no tie games in regular season, playoffs or championships.

C. Publications of weekly team standings shall be handled by an H/B Football representative. All game scores are to be communicated with the H/B Football representative in the manner he/she so chooses (fax, phone, email, etc.). The Area Representative must report all team scores immediately after the completion of the last game of the day. The representative will then distribute to THE AREA REPRESENTATIVE ONLY, the League scores and standings on a weekly basis. **(03)**

D. Location of Special Events is to be voted on by full membership. **(92)**

E. Problems with coaches, assistant coaches, players & parents at games should be referred to the Area Director, in concert with the opposing Area Director and the Age Group Commissioner. This group will attempt to reach a solution to the problem within two (2) calendar days. If the group is unable to reach a solution, the problem will be referred to the Rules Committee for a recommendation. The coach, assistant coach, player, or parent can then accept the committee recommendation or appeal the ruling to the Executive Board. **(99) THIS INCLUDES RECRUITING COMPLAINTS. (03)**

F. Overruling any action, decision or ruling by the Executive Board will require a 3/4 vote of the members present to make any change. **(03)**

G. All coaches and players WILL shake hands after the game ends. **(92)**

XI. AREA COLORS

1. **Aberdeen** – Orange, White and Black
2. **Bel Air** – Red, White, Black, and Gold
3. **Cecil County** – Teal, Black, White and Gold
4. **Cockeysville** – Navy Blue, Gold and White
5. **Dundalk/Eastfield** – Green , Gold and White
6. **Edgemere** – Red, Black and White
7. **Edgewood/Joppatowne** – Black, Gold and White
8. **Emmorton** – Scarlet, Pewter and Black
9. **Fallston** – Navy Blue, Orange and White
10. **Gardenville** – Orange and Blue
11. **Gray Charles** – Black, White and Notre Dame Gold
12. **Hamilton** – Navy and Gold
13. **Hampstead** – Black, Purple and White
14. **Hereford** – Maroon and Gold
15. **Havre De Grace** – Maroon and Gold
16. **Jarrettsville** – Green and Gold
17. **Loch Raven** – Purple, Gold, & Black
18. **Lutherville/Timonium** – Navy, Gold and White
19. **Middle River** – Blue, Silver and White
20. **M.O.T.** – White, Navy Blue and Columbia
21. **North Harford** - Green, White and Black
22. **Overlea** – Black, White and Orange
23. **Owings Mills** – Red and White
24. **Parkville** – Navy Blue, Red and Silver
25. **Perry Hall** – Gold, Navy and White
26. **Pikesville** – Purple, White and Silver
27. **Stembridge** – Royal Blue and White
28. **Randallstown**- Black, Gold and White
29. **Team Holy Dirt** – Carolina Blue, Black & White
30. **Towson** – Maroon, White and Silver

HARFORD COUNTY DEPARTMENT OF PARKS AND RECREATION

**HARFORD/BALTIMORE COUNTY FOOTBALL
COUNCIL
CONSTITUTION**

PURPOSE

- I. The purpose of the Harford/Baltimore County Football Council is to encourage and promote interest and participation in youth recreational football.
- II. To inspire youth, regardless of race, creed or national origin, in the ideals of sportsmanship and physical fitness. The end result being the fullest possible development of health, patriotism, character, and good citizenship.
- III. Also: To familiarize all players with the fundamentals of football, to provide an opportunity to play the game in a supervised, organized and safety oriented manner and to keep the welfare of participants free of any adult ambition and personal glory.
- IV. To confine all the league's activities to the promotion of amateur football, where participation must be solely for the pleasure, enjoyment, and social benefits derived from the activity.

JURISDICTION

The Harford/Baltimore Football League is empowered to organize leagues, tournaments, and competition and championship events in various age and weight classes.

HARFORD COUNTY DEPARTMENT OF PARKS AND RECREATION

**HARFORD/BALTIMORE COUNTY FOOTBALL
COUNCIL
BY-LAWS**

ARTICLE I - NAME

The name shall be Harford/Baltimore County Youth Football League.

ARTICLE II - PURPOSE

- SECTION I. The purpose of this organization is to govern and coordinate the league, adopt and enforce rules and regulations, develop schedules and administrate the needs of the members with the cooperation of the Harford County Department of Parks and Recreation.
- SECTION II. This is a non-profit organization.
- SECTION III. The administration of the organization will be governed by the Officers and Board of Directors of the Council. Policies will be coordinated with those of Harford County Department of Parks and Recreation.

ARTICLE III - MEMBERSHIP

- SECTION I. Membership will be composed of areas that are approved by this Board.
- SECTION II. Each area president or commissioner must register the name of at least two (2) representatives, one of whom must attend each meeting of this organization.
- SECTION III. New teams or area members may be admitted upon simple majority vote of the voting members in attendance at a regularly scheduled meeting. The rules for admittance shall be spelled out by this body.
- SECTION IV. Membership can be revoked for any area that does not abide by Harford/Baltimore League Rules and Regulations upon simple majority vote of the voting members in attendance at a regularly scheduled meeting or a special meeting scheduled with 72 hours notice.

ARTICLE IV - MEETING

- SECTION I. Meetings will be held every fourth Monday of the month, February through November or whenever specified by the Board. Meetings will start no later than 7:30 p.m.
- SECTION II. A special meeting can be called by the president.
- SECTION III. A board member or his alternate is required to attend all meetings. After two (2) consecutive absences, the secretary will submit the board member's name and on the third (3rd) meeting he must show cause why he should not be dropped. A simple majority vote of the entire Board is required to expel members.
- SECTION IV. Upon expulsion of an area representative, the area will be notified to submit a new representative's name by the next meeting. If no name is received, the area concerned will lose their voting privilege.
- SECTION V. Official business shall be conducted only in the presence of a quorum which shall consist of a simple majority of the governing board. Changes to the by-law and/or playing rules will require a 2/3 vote of the members present to make any change. **(96)**
- SECTION VI. Any Rule or By-law passed cannot be revised within at two (2) year period. **(96)**

ARTICLE V - OFFICERS

- SECTION I. **President** – Shall preside at all meetings; has general supervision of the organizational affairs, shall call regular and special meetings and select the date, time and place for same; signs or countersigns all contracts or other instruments authorized by the governing Board; shall appoint necessary committees; and shall vote only in case of a tie. The president shall be empowered to take charge or suspend any game at any point in the game, when the president feels a player or players' safety may be in jeopardy. The president also would have the power to eject or suspend any player, coach or assistant coach at any time he or she felt that the player, coach or assistant coach's conduct was detrimental to the H/B Football League. The president must, at any time, appoint a committee of unequal members to investigate any area player & players, coach or assistant coach and to resolve any ties in playoff positions.

- SECTION II. **Vice-Presidents** – They preside over Board meetings in the absence of the president, and shall perform such duties as prescribed by the president.
- SECTION III. **Secretary** – Issues notices of all meetings, maintains the minutes thereof, prepares reports, and performs other duties as are incidental to the office.
- SECTION IV. **Treasurer** – Shall be the fiscal and monetary officer of the council.
- SECTION V. **Board of Directors** – The Board of Directors shall consist of five (5) officers as noted above.
- SECTION VI. **Term of Office** – Officers will be elected for a term of one (1) year but may hold office in successive years. Term runs from May to May.
- SECTION VII. **Vacancy** – In the event of a vacancy, the board of directors shall elect someone to fill that post for the remainder of the term at their next regular meeting or special meeting if it is deemed necessary. If there are no nominees, the president may appoint someone to fill the remainder of the term.

ARTICLE VI - ELECTIONS

- SECTION I. Nominations for officers will be held at the **April** meeting with the election to be held at the regular **May** meeting. Only people who have at least one (1) year experience as area representative or one (1) year experience as football chairman for their area or have attended eight (8) H/B football meetings in a calendar year can be nominated or elected to the H/B football board. Two people per area can be elected for a position on the board. **(07)**
- SECTION II. Voting will be by secret ballots cast by members present.

ARTICLE VII - AMENDMENTS

Amendment to these articles may be adopted at a board meeting by simple majority vote of the members present providing that the proposed change has been submitted at the previous meeting and provided that they are voted in April.

ARTICLE VIII - COMMITTEES

There will be three (3) Committees formed to carry out the administrative duties of the league. The committees will be the Finance Committee, the Rules Committee, and the Schedule Committee. The duties of the various committees are as follows:

Finance Committee – Chaired by the League Treasurer

- Responsible for the collection of all funds
- Handles I.D. Card Program

Rules Committee – Chaired by a Vice President

- Answer all questions concerning league and playing rules
- Hold hearings on rule violations
- Investigate rule violations & Recommend disciplinary actions

Schedule Committee – Chaired by a Vice President

- Write schedules for all league events
- Select sites for all league events

OFFICERS FOR 2008-09

President.....	Craig White (443) 371-7492
Vice-President.....	Tom Hager (410) 284-6474
Vice-President.....	Jeff Farace (443) 910-4249
Vice-President.....	Scott Bobek (410) 977-6512
Vice-President.....	Harris Jessop (443) 867-4750
Treasurer	Dalys Talley (410) 679-3636
Secretary.....	Charlie Dawson 410-459-7099

*Parks & Recreation Liaison..... Mike Getz (410) 692-7820

***Non-voting Member**

AGE GROUP COMMISSIONERS FOR 2008-09

5-6	Ed Walsh (443) 691-2322
5-7.....	Joe Reindhardt
6-8.....	Duncan Anderson (443) 388-6087
7-9.....	Mike O'Neal 443-850-5623
8-10.....	Kevin Bannister (410) 365-8945
9-11.....	Kirby Miller (443) 375-0008
10-12	Dennis Martinez (410) 371-7195
11-13	S. R Smith (302) 753-4659
Unlimited.....	Don Karmasak

DISCIPLINARY ACTION

Penalties which may be levied by the BOD for disciplinary reasons.

First Offense

1. Suspensions from 1 to 3 weeks (coach or player)
2. Automatic probation for remainder of season and possibly the following season depending on the seriousness of the violation (coach, player or team as determined by the board).
3. Forfeiture of game or games
4. Denial of eligibility for participation in league play-offs.
5. Loss of home games the following season.
6. Loss of organization's voting rights for the remainder of the season.

Note: Second offense disciplinary actions would only be considered if said organization, coach, player or team is already serving probation from the previous football season or has been put on probation or disciplined during the current season.

Second Offense

1. Suspension from league for entire season.
2. Barred from participation in league play-offs.
3. Forfeiture of remaining games.
4. "Automatic" loss of some home games the following season or current season. (This number to be determined by the BOD.)
5. Possible suspension of team for one (1) year.
6. Possible suspension of organization for one (1) year.
7. Loss of organization's voting rights for one (1) year.

Should any organization discover that an H/B Football League rule has been violated In-house and immediately reports same to the board, disciplinary action may be dismissed or adjusted to reflect the willingness of said organization to cooperate and adhere to league policies.

DUTIES OF AGE GROUP COMMISSIONERS

1. First and foremost will be to assist members of the board in making Harford/Baltimore County Football League a successful youth football program.
2. To maintain up to date official rosters on all teams in his/her age division.
3. To report all problems that may occur in their respective age group to the vice president in charge for purpose of resolution.
4. To accept any protest of games in his/her division and immediately report those to the vice president in charge for follow up action.
5. To hold his/her own division meetings as necessary. **(90)**

Amended May 2008

PARKS AND RECREATION DIRECTIVE #94-2

TO: All Staff/Programs

SUBJECT: Program safety guidelines for Recreation Councils during Stressful Weather Conditions

1. Purpose - To anticipate and minimize the adverse affects of the environment on the health and safety of participants.
2. Background - Harford County Department of Parks and Recreation has developed this procedure to assist and guide Recreation Councils in making wise decisions to protect the welfare of the public. Whenever environmental factors pose a threat to participants' well being, programs will be suspended or modified.
3. Action - The attached guidelines define stressful weather conditions and the adverse affects these conditions may have on individuals. Furthermore, it suggests what action should be taken to lessen the consequence of these conditions.
4. Effective - This directive is effective immediately and will remain in effect until canceled or superseded.

Actions for Canceling/Modifying Recreation Council Programs during Stressful Weather Conditions

Heat Stress

Exercise increases the bodies' core temperature. Under moderate environmental conditions, the temperature regulating mechanism of the body provides for adequate heat dissipation. However, under extremely hot and humid conditions, the body temperature will continue to rise, eventually presenting a serious danger to the individual.

Heat disorders can develop after prolonged exposure and physical exertion during times of heat and humidity. The intake of liquids is extremely important. You must provide and allow for sufficient liquid consumption. When weather conditions are questionable each person will respond differently. Participants should be closely monitored for signs of dizziness, cramping, loss of physical and/or mental coordination, and cold skin. Recreation Councils have the responsibility and authority to modify and/or cancel programs to protect the welfare of participants.

Humidity	40%	45%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%
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70°	59	61	63	65	67	69	71	73	75	77	79	81	83
75°	61	63	65	67	69	71	73	75	77	79	81	83	85
80°	63	65	67	69	71	73	75	77	79	81	83	85	87
85°	65	67	69	71	73	75	77	79	81	83	85	87	89
90°	67	69	71	73	75	77	79	81	83	85	87	89	91
95°	69	71	73	75	77	79	81	83	85	87	89	91	93
100°	71	73	75	77	79	81	83	85	87	89	91	93	95

	All activities are good
	Watch for heat related fatigue and symptoms, particularly for children under 13 and adults over 60
	Limit activities for sports with helmets and pads, light work outs with light colored clothes preferred, frequent breaks, time to be given without helmets, activities should be limited in time and with frequent breaks for water
	Cancel activities for sports with helmets and pads, may have light work outs with light colored clothes and no helmets and pads, other sports and outdoor activities should be closely monitored, all activities to be very limited
	Cancel all activities

Hypothermal Stress

Exercise usually generates enough heat to keep participants warm in cold weather. The primary concern in exposure to the cold is the prevention of injuries. Improper warm-up, inadequate clothing and extreme wind chill are the major contributors to musculoskeletal injury, chilblains (red itchy swelling of fingers, toes, ears, etc.), and frostbite. Cold air may make breathing feel uncomfortable, but there is little danger of damage to the lungs. The respiratory system has the ability to adequately warm and humidify the air we breathe.

The chart below indicates the equivalent temperature or wind chill index and the relative danger of freezing from exposure:

ACTUAL THERMOMETER READINGS (°F)

Actual Temp °F	50°	40°	30°	20°	10°	0°
Wind Speed MPH	Equivalent Temperature (°F)					
Calm	50	40	30	20	10	0
5	48	37	27	16	6	- 5
10	40	28	16	4	- 9	-21
15	36	22	9	- 5	-18	-36
20	32	18	4	-10	-25	-39
25	30	16	0	-15	-29	-44
30	28	13	- 2	-18	-33	-48
35	27	11	- 4	-20	-35	-49
40	26	10	- 6	-21	-37	-53
Wind speeds greater than 40 MPH have little additional effect	LITTLE DANGER (for properly clothed person)			INCREASING DANGER (from freezing of exposed flesh)		

As a general rule, when the temperature is 30 or less, it is mandatory that proper clothing be worn and all weather conditions be assessed, i.e., wind, rain, snow, etc., to determine if conditions are safe for participation.

Wind chill illustrates the effect of wind speed on heat loss from the body. When your body loses heat faster than it can be produced, you are undergoing what is known as exposure. To prevent exposure, the following guidelines should be practiced.

- Warm-up clothing and uniforms should be light, loose and in layers for best insulation;
- Layers should be removed before you begin to perspire and replaced as you cool down;
- If players become wet, have them dry off as soon as possible;
- Have players avoid excessive fatigue; and
- Participant's extremities and head should be protected.

NOTE: The red itching of chilblains is not dangerous, but is a warning that exposure is, at least, bordering excessive.

Inclement Weather

The decision regarding participation during inclement weather should be based solely on the welfare and safety of the participants. Whenever there is a risk of injury to participants, the activity must be canceled and rescheduled. The loss of a game or practice time must never influence one's decision to cancel or reschedule an

event.

Unnecessary damage and abuse to playing fields must also be considered in the decision to conduct an event. When field conditions are wet and soft, damage to the turf is more prevalent and extensive. Activities must be canceled and rescheduled.

Thunderstorms and Lightning

Outdoor Activities - Whenever a thunderstorm is approaching or sighted, all field activities should be postponed until the storm has cleared. If it becomes apparent that the storm will not abate, the activity should be canceled.

Lightning Safety Rules

"When a thunderstorm threatens, get inside a home, a large building, or an all-metal (not convertible) automobile. Do not use the telephone except for emergencies.

If you are caught outside, do not stand underneath a tall isolated tree or a telephone pole. Avoid projecting above the surrounding landscape. For example, don't stand on a hilltop. In a forest, seek shelter in a low area under a thick growth of small trees. In open areas, go to a low place, such as a ravine or valley.

Get off or away from open water, tractors, and other metal farm equipment or small metal vehicles, such as motorcycles, bicycles, golf carts, etc. Put down golf clubs and take off golf shoes. Stay away from wire fences, clotheslines, metal pipes, and rails. If you are in a group of people spread out, keeping others several yards apart.

Remember -- lightning may strike some miles from the parent cloud. Precautions should be taken even though the thunderstorm is not directly overhead. If you are caught on a level field far from shelter and if you feel your hair stands on end, lightning may be about to strike you. Drop to your knees and bend forward, putting your hands on your knees. Do not lie flat on the ground.

Joseph E. Pfaff, Director