



RACCOON VALLEY YOUTH FOOTBALL LEAGUE

2020 Rules and Regulations

DEDICATION / SPORTSMANSHIP / FUNDAMENTALS

I. OFFICIALS

Three (3) IHSAA certified officials will be utilized for all games. Only those officials that are eligible and certified to referee Iowa High School games will be allowed to officiate League games. No coach, team official or other organizational member will be allowed to officiate a League game unless mutually agreeable to both participating teams. If only two (2) officials are present to officiate a game, the game will be played. The League will provide contracted officials for all games.

II. COACHES

Each head coach and all assistant coaches will be required to attend a League approved rules meeting & complete USA Football's "Heads Up" online training on an annual basis. Each community will pay for each of their own coaches to complete the "Heads Up" training. Following attendance at a League approved rules meeting, each coach will be issued a League approved badge that MUST be worn at all League sanctioned games. If a coach does not wear their badge, they will not be allowed to coach in that game.

All coaches must be 21 years of age or older and have a general understanding of the game of football. All coaches are expected to know the rules of Federation Football and teach fair play and sportsmanship to their players through their good example and conduct while on the practice and game fields at all times.

Each head coach and assistant coach must have completed, signed, and submitted a Coaches Code of Conduct for League review and approval prior to any involvement, in any capacity, with a League team.

The head coach shall be present at all practices and games unless appropriate arrangements have been made with league approved assistant coaches.

Coaches do not make League policies; however they are expected to follow all rules and regulations. On the playing and practice fields, the coaching staff is in complete charge and shall not be interfered with except in cases of by-laws or rules infractions or other conduct deemed inappropriate by League administrators.

Coaches are responsible for assisting officials with the sportsmanship of all playing and non-playing team members, as well as parents and spectators.

Head coaches are responsible for practice schedules and team compliance with respect to established practice policies and league mandated practice restrictions.

Coaches shall serve from season to season, subject to review and renewal each season by the League Board of Directors.



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Coaches will be familiar with and responsible for the administration of the League disciplinary policy as outlined in the Coaches Code of Conduct.

League coaching staffs are generally comprised of one (1) head coach and no more than five (5) assistant coaches. No more than six (6) coaches will be allowed on the sidelines during a League game. Due to insurance mandates, only League approved and assigned coaches are allowed to instruct, direct, supervise, assist, or be involved with any and all forms of participant instruction. This provision applies to practice sessions, scrimmages, games, or any other League sanctioned function. Coaches utilizing unauthorized individuals in any capacity will be subject to disciplinary action. Should any internal issues or concerns develop within a particular staff, notification to League “town reps” will be immediately forthcoming as to address any issue or concern in a timely manner, review the facts and circumstances involved, and facilitate corrective measures if necessary.

All rules, regulations, policies and/or procedures adopted by the League apply equally to head and assistant coaches unless otherwise specified.

On an annual basis, the League provides rules meetings to assist in the proper instruction of fundamentals, safety guidelines and other relative considerations. All League coaches are required to attend these meetings.

III. SPORTSMANSHIP

The League functions under the premise that the most important facet of any youth sports program, especially football, is the positive role it can play in the development of each individual participant. It is the League’s purpose and intent to entrust our youth with coaches that are positive role models, display good moral character and have demonstrated the skills and abilities necessary to effectively and positively impact our youth participants.

The League regards poor and/or bad sportsmanship as unacceptable and completely intolerable. Coaches are expected and required to lead by example in constantly demonstrating fair play and sportsmanship to all players.

The League has adopted a “Zero-Tolerance Policy” concerning coaches that display unsportsmanlike conduct. Coaches that are flagged by an official for the same will be subject to an immediate, automatic, non-appealable expulsion from the game in which the infraction occurred. This removal includes physically vacating the premises/venue where the game is being held and will be completed voluntarily by the offending coach. (If the offending coach refuses to leave the venue, this will result in permanent League expulsion).

In addition, the offending coach will be subjected to an automatic one (1) game suspension, which will be served at the next scheduled League game. This subsequent suspension action may be appealed to



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the League for review if initiated by the offending coach. If appealed, a summary judgment shall be rendered by League administrators after a review is conducted relative to the circumstances involved. Absent any extreme mitigating consideration, the suspension will be upheld.

If a coach that has been ejected from a League game and has a second or subsequent permanent ejection will be sanctioned with an immediate, non-appealable League expulsion. This action will be imposed regardless of whether the ejections occurred in the same season or over the course of several seasons.

Coaches, participants and spectators are required to demonstrate positive sportsmanship in respect to their players, opposing team players, parents, coaches, and game officials. Coaches, participants or spectators who are unable to demonstrate proper sportsmanship will be suspended or be subject to permanent League expulsion.

Players will be subjected to the following penalties for unsportsmanlike conduct:

Temporary Ejection:

Officials may eject, temporarily, a player for any conduct they deem unbecoming of or unsafe for a league participant. It may be as brief as one (1) play, or as long as an entire half or full game.

1st Permanent Ejection:

If a player is permanently ejected from a game, that player will not be allowed to play in the next scheduled game. If the infraction occurs in final game of a season, the player will be suspended from the first game of the following season if the participant is still an active League player.

2nd Permanent Ejection:

Any participant that has been ejected from a League game and has a second or subsequent permanent ejection will result in a suspension from the rest of the season with a minimum of 3 games. This suspension will also extend into the next season if necessary. This action will be imposed regardless of whether the ejections occurred in the same season or over the course of several seasons. A player's second ejection would also require a conference with the head coach, parents, and League Commissioner to determine if the player will be permanently suspended from the League.

The Head Coach must first notify their League town reps immediately following a game where any ejection of a player, coach or spectator occurred. Each town rep will then notify the League Commissioner.



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Coaches will under no circumstances directly contact an opposing team's coach, parent, or spectator with a grievance. All matters must be directed to each town's League representatives for further action to be reviewed by the League board. If a coach violates this provision, it will result in immediate and permanent expulsion from the League.

IV. PRACTICE SCHEDULES

The season officially starts on a date designated by the League on a yearly basis. No practice may occur prior to that date and no conditioning sessions or 'camps' are allowed, unless approved by League administrators. Equipment handout and other administrative matters and meetings may occur prior to the designated date.

A practice is defined as any organized team activity relating to practice or games, including "chalk-talks" and viewing game films.

No pads will be allowed during the first week of practice, however helmets may be included. No player shall be permitted to participate in any practice, conditioning, or other activity until all the necessary paperwork has been received in conjunction with established League registration policies.

A one and one-half (1 ½) hour per day total practice time limitation will be adhered to. At least one 10-minute break per hour will be provided with this time not counting against total practice time. During extreme heat, 15-minute breaks, or on demand, will be encouraged.

5th & 6th Grade Teams - practice sessions will be limited to three (3) per week.

Junior (3rd/4th Grade) Teams - practice sessions will be limited to three (3) per week prior to the second League game. Following the second League game, practices will then be limited to two sessions per week for the remainder of the season.

A week is defined as Sunday through Saturday.

Team parties, watching tape, chalk-talks and other similar activities do count as practice sessions.

Practice dates and times will be established by head coaches in accordance with these guidelines.

All practices where contact occurs will be conducted with full protective gear utilized.

Pre-game warm-ups will count against weekly practice time if they exceed 45 minutes.



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Although at the head coach's discretion, it is recommended that a practice attendance log be maintained for future reference and that parents notify a designated member of the coaching staff concerning an absence by a player prior to the start of a scheduled practice session.

V. EQUIPMENT

The NOCSAE Seal of Certification and Warning Label will not be removed from the helmet for any reason.

Chin straps, commercially manufactured forearm and elbow pads approved for football use, gloves, and/or a protective cup will be the only allowable additions to the issued equipment. The only exceptions to this rule involve situations where a player might be required to utilize additional equipment in order to protect an injury, i.e., a knee brace, additional padding to protect a deep bruise, etc. Such exceptions shall be brought to the attention of League administrators for a ruling on acceptability.

Shoes must be of the molded cleat variety. No internally threaded shoes are permissible. Maximum size of the cleat is one-half ($\frac{1}{2}$) inches measured from the tip of the cleat to the base of the shoe. No all or primarily metal or metal tipped cleats may be worn.

Jewelry of any kind is strictly prohibited under any circumstances.

Glasses should preferably be athletically approved construction with non-shattering glass (safety glass) or contact lenses.

Under no circumstances will any player be allowed to wear bandannas, scarves, or any other type of head covering under the helmet or on any part of the uniform at any time.

The use of stars or emblems on helmets signifying individual accomplishment is prohibited.

All players **MUST** wear a mouth protector at all times during practices where any form of contact is initiated. The mouthpiece will be worn at all times during League play and must be attached to the helmet.

The regulation football for all League play is as follows.

5th and 6th Grade Division: Junior
3rd and 4th Grade Division: Pee-Wee

The League will provide each community with one game ball per grade level.

VI. LEAGUE WEIGHT RESTRICTIONS

There shall be no maximum weight limitations per grade or division level for League participation.



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There shall be weight limitations per division level as pertaining to the ball carrier position only.

For the purposes of administration of the League, the term ball carrier shall mean: any offensive player touching the ball behind the line of scrimmage after the snap, on the first or any subsequent hand off, or by receipt of any forward pass or legal lateral. By definition this includes personnel in the backfield or receiving positions. Blocking backs over the mandated ball carrier weight limits will not be allowed. Tight ends over the weight limit will be allowed as long as they are not receiving the ball and must be aligned in a tight formation, they cannot be split out. These positions include quarterback, running back, wide receiver, flanker and receiving tight end.

Division classification weight restrictions are as follows:

Junior Division (3rd/4th)	85 pounds
5th Grade Division	100 pounds
6th Grade Division	115 pounds

Players exceeding the specified weight limits may advance the ball only in the cases of a pass interception or fumble recovery advancement, provided the restricted player initiated the interception or recovery, if applicable by division rules. The restricted player-initiated provision prevents a fumble recovery or interception by an approved weight player, who subsequently gives the ball to the restricted player for advancement.

A player's official weight will be recorded twice during the season and posted on the League web site. Official weigh-ins will take place prior to the games Week 1 and prior to the games Week 4. Official weigh-ins will be supervised by a town rep and/or coach for each team and will follow the prescribed schedule.

VII. LEAGUE PLAYING RULES

Except as provided herein, the League will adhere to all rules and regulations as outlined in the current, official National Federation of State High School Associations Rule Book. In the event one of the listed League rules is in direct conflict with the current published NFHS rules, League rules shall have preference.

All games will be played on high school regulation size fields.

All participants must be in the 3rd, 4th, 5th, or 6th grade. A player must be 12 or under on December 1st of the current year to participate on the 5th grade team. A player must be 13 or under on December 1st to participate on the 6th grade team. A copy of a certified birth certificate will be required of all participants. Players may play up or down to the next grade level, but in both situations the League Commissioner, Board of Directors & the opposing coaches must be notified on a weekly basis. Players



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playing up or down to the next grade level may play any offensive positions, including quarterback, running back, wing back or receiver, as long as the player meets the weight restriction for the grade level they are playing. Players playing up or down may also play any defensive position.

SPECIAL EMPHASIS:

No piling, spearing/targeting or face masking on offense or defense (tackling at the head). This applies to the runner as well as any other player. Major penalty of 15 yards will be assessed regardless of the intent of the play. Spearing/targeting can result in game ejection of offending player.

Targeting is defined as taking aim with the helmet, forearm, hand, fist, elbow, or shoulders to initiate contact above the shoulders, which goes beyond making a legal tackle, a legal block or playing the ball, will be prohibited.

Intent: The gray area between spearing/targeting and incidental contact (where the helmet is doing its intended job of protecting the head) is addressed. The "protection" must not be allowed to generate a sense of complacency in the players (i.e. It is okay to stick my head in there, my helmet will protect me.) A player using their helmet as a primary point of contact to tackle the runner or control another player is a hazard to both themselves and the other players. Likewise, the runner who puts his head down to get that extra yard creates a potential hazard. Coaching emphasis is to have runners and blockers keep their heads up and tacklers to use their hands, arms, shoulders, and chest while seeing what they hit throughout a tackle.

1st Offense: If a player is penalized for this type of action, the player will be removed from the game for a minimum of one (1) play to use that time to further explain and coach the player on proper technique.

2nd Offense: For spearing/targeting will result in suspension from the remainder of the game.

A player wearing any type of cast including but not limited to a hard plastic, plaster pares or hard splint, will not be allowed to play in a game. Cast or hard splint must be removed and written permission from a doctor stating; child is released to play, must be in the possession of the League Board Secretary before the child is able to regain practice or game play reinstatement rights.

You **MUST** have seven (7) players on the line of scrimmage for all plays. You may not have more than seven (7) players on the line of scrimmage for any play.

Gadget plays or trick plays are not allowed, which means the offensive player that receives the initial handoff or catches a pass (barring a fumble or interception) is the only eligible ball carrier for the remainder of the play. Penalty for running a play of this nature will result in a 15-yard penalty and loss of down. If the play is run again, the coach will be removed from the game with potential of expulsion from the League as voted on by the Board of Directors.



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Draft procedures and team placement will be reviewed and implemented by League administrators on a yearly basis. The League is not intended to promote dominance by one team and draft procedures will be utilized to address and facilitate an equitable distribution of players. Following these guidelines communities that are splitting a grade level due to numbers warranting two teams should balance the squads so that teams are of equal strength.

The home team must provide three (3) capable individuals (adults or high school aged youth) to act as the chain crew. These individuals should be ready to work at least fifteen (15) minutes prior to the scheduled game time and will be placed on the home team's sideline.

There will be four (4) quarters of play in each game, consisting of ten (10) minutes of continuous running time in each quarter, however the clock will stop during PAT, penalties and change of possession. Halftime will be (10) ten minutes in duration, absent time and scheduling considerations that may dictate a reduction to five (5) minutes. During the last two (2) minutes of each half, standard regulation time will be in effect. The scoreboard clock will be the official clock, provided that an adult or high school aged youth timekeeper operates the clock. There will be no overtime at any level.

A thirty-five (35) second play clock will be in effect for all League games. If play clocks are available at the game site, teams may agree to use the visible play clock before the game begins.

Each team is allowed three (3) time outs per half, the duration of which will be one (1) minute each. During a charged time out, only one (1) coach and one (1) non-adult, i.e., a water person may be on the field and approach the huddle.

The scoring values for games are as follows:

6 points	Touchdown
2 points	Safety
1 point	Point-After-Touchdown – Run or Pass behind the LOS
2 points	Point -After-Touchdown – Pass beyond the LOS
2 points	Point-After-Touchdown – Kick (6 th Grade only)

PAT kick is allowed in 6th grade for 2 points. Kicker should approach the ball from the appropriate distance (2 or 3 steps) when attempting the kick. Defense may stand with hands up but cannot rush the kick.

One coach will be allowed on the field to help organize and coordinate play calling for all grade levels. The offensive and defensive coach may take part in the huddle and even call the play if needed, but once the huddle breaks the only assistance the coach may provide is helping players find their proper alignment. At the snap of the ball, the coach should be at least 15 yards from the line of scrimmage and



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MUST BE SILENT during the play. All other coaches and players must remain in the designated sideline box.

Each team is allowed to have no more than six (6) League approved coaches on the sidelines during a scheduled League game or scrimmage.

All head coaches will submit a team roster to League administrators during the second week of practice.

The following League specific rules will apply to all scrimmages and games:

Auto Punt & Auto Kick:

Based on participant safety considerations, the League has no punts, punt returns, kickoff, or kickoff returns. For 6th grade, each team needs to declare prior to the game if they will utilize the auto punt system or the manual punt system, once declared this method must be utilized for the entire game. Only 6th grade may utilize the manual punt.

6th grade may also kick a PAT from the 7-yard line. If the holder drops the snap, the play will be complete.

On manual punts, the center will snap the ball to the punter. There will be no rush by the defense. The defense will line up normally and may only have two (2) players back to field the punt. The ball will be assumed dead when a player has received the ball, a player touches the ball and it bounces forward it is dead where it was touched, or the player touches the ball and it goes past them it is dead where it comes to rest. No punt will be allowed to remain inside the opponent's 20-yard line.

Punts are dead ball downs and neither team may cross the line of scrimmage. No physical contact is allowed by opposing players. During an offensive possession, on any down, the offensive team may declare an "Auto Punt". Upon doing so, the referee will notify the defensive team that an Auto Punt has been elected by the offense. The referee will advance the ball thirty (30) yards, the ball will not be placed inside the opposing teams twenty (20) yard line.

Possessions at the start of each half and subsequent to scores by the opposition, a process normally facilitated by a kickoff and return, will be accomplished instead by the ball being automatically spotted by the referee at the offensive team's own forty (40) yard line.

Following a safety, the ball will be placed on the defensive team's forty (40) yard line.

Auto Punts, by definition, do not qualify as a "recognized play" in satisfying minimum play requirements.



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Center Protected:

The defense will not be allowed to submarine/cut the center or other linemen in any way, deviations from this rule will result in a fifteen (15) yard penalty and a warning to the specified teams coach. If a second infraction take place, the coach and player will be removed from the game.

Defensive Alignment:

All defensive teams must come up in the 4-3-4 defensive formation (straight up). The down linemen must be directly across from the two offensive guards and be in either a 3 or 4 point stance. The defensive ends must be on the outside shoulder of the last player on the line of scrimmage unless the last person is a wide receiver. The linebackers must always be aligned as follows in the 4-3-4 formation: MLB directly across from the center & OLBs directly across from the offensive tackles. Defensive alignments require four distinct levels: (1) Line of scrimmage (2) Line- backers at least 4 yards off the line of scrimmage (3) Cornerbacks at least 4 yards off the line of scrimmage and (4) Safeties at least 8 yards off the line of scrimmage. A 6-2 defensive formation can be used inside your own ten (10) yard line. The four defensive line- men will be aligned head up on the OGs & OTs (DEs still align on outside shoulder of end man on LOS) and the 2 LBs will align directly across from the OGs at least 4 yards off the line of scrim- mage.

No Blitzing or Stunting:

No blitzing is permitted by linebackers or secondary players. Defensive “stunts” are prohibited. Linebackers must be at least four (4) yards off the line of scrimmage and must play “read and react” to the flow of the play. Linebackers will be instructed that they may not immediately rush the line of scrimmage at the snap of the ball with no regard for the flow of the play.

Penalty Enforcement: 10-yard penalty will be assessed for stunting or blitzing.

Defensive positions have the follow points of emphasis:

Linebacker Play:

Linebackers will line up no closer than 4 yards from the line of scrimmage. During a pass play they MUST drop into coverage. Linebackers may not blitz. The linebackers MUST be READ & REACT players.

Defensive Back Play:

Cornerbacks cannot line up any closer than 4 yards from the line of scrimmage. Safeties cannot line up any closer than 8 yards from the line of scrimmage. They may not blitz. The defensive backs MUST be READ & REACT players.

Defensive End Play:

Defensive ends will be coached to read and react through contact. They may not blitz (blitz defined as direct sprint to the QB or RB in the backfield).



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Defensive Line Play:

Defensive linemen should not be moving to a gap, slanting, or stunting at the snap of the football. Their initial movement should be to engage the offensive linemen and then they may immediately work to defeat the block and find the football.

No Motion:

Motion employed during any offensive formation and/or play, by any player, is prohibited. This does not preclude offensive backfield formation changes prior to the snap of the ball if all players are set at least (1) second prior to the snap.

Offensive Alignment:

Only offensive formations approved by the League may be utilized (see approved formations sheet). You may use a shotgun formation in the 5th and 6th grade divisions as long as the snap is taken by the player directly behind the center (QB). Formations must be balanced, not having an overload or power set at any time. (An "overload" or "power set" is defined as 1 RB behind center and then having the other 2 RBs (RB & WB) together on the same side of the center.)

No more or less than two (2) backs are required in the backfield and must be aligned on or inside the offensive tackles. The wingback will be lined up one (1) yard off the line of scrimmage and one (1) yard away from the offensive tackle or tight end.

The wingback may carry the ball on a counter action via the use of an inside handoff or a shuffle pass (See 3rd & 4th grade adjustments).

QB Restriction:

The quarterback shall not be a team's primary ball carrier. No QB sneaks nor direct-snap A-gap runs by the QB, or any other player, will be allowed in any division.

Pulling Guards:

3rd & 4th Grade – No Pulling Guards

5th & 6th Grade – You may pull any guard.

Screen passes:

Screen passes will be allowed. (You may utilize what is called a throwback pass, this is when the play flows to the right and you throw back to the left or vice versa.)

Note:

The offensive and defensive restrictions imposed should be viewed as a means of providing a semi-controlled environment for the purpose of enhancing instruction of the players and developing their



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understanding for the fundamentals of the game. These restrictions should NOT be viewed as an opportunity to use bizarre and unconventional defensive and offensive schemes in an attempt to exploit the restrictions.

Penalty Enforcement:

First Violation – Replay the Down

Second or Subsequent Violation(s) – Loss of Down Penalty at the LOS.

Fumbles:

Standard NFHS rules apply. (See 3rd & 4th grade adjustments)

Competitive Adjustment:

This rule becomes effective when a team is twenty-four (24) points ahead of an opposing team. When in effect, the clock will run with no stoppage of any sort and the winning team is encouraged to replace their specialty players with reserves for those positions. If the point differential returns to less than twenty-four (24) points, normal clock operation rules will apply. The losing team will be allowed to use their time outs. The winning team may not use their time outs.

Rule 22:

If there are 22 players or less on a team, every player must start. This means if a player does not start an offensive position then they must start on defense. All players are required to start on offense or defense at the start of the game and at the start of the 3rd quarter. This does not mean send them in for one play, they should play for a series and substantially throughout the game. However, in the event a player misses practice, it will be the coach's decision if that player is allowed to start. Please remember this is a developmental league, which includes teaching players the importance of being at every practice.

If there are more than 22 players, every player must start an equal amount of times throughout the season.

Minimum Play:

The League mandates the active participation of all players. Unless on disciplinary probation as dictated in the League Codes of Conduct, all players will be required to play as equally as possible in each game, which includes playing both an offensive and defensive position. The League will review head coaches and they will be held accountable and responsible for this provision and subject to disciplinary action. Free substitution is in effect at all times.

Reasons / Causes for limiting playing time may include:

Missing Practices: If a player repeatedly misses practice



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sessions, playing time may be reduced. Players must attend practices to safely participate.

Illness / Injury: The player may be ill or sustain an injury during the game or aggravate a pre-existing injury.

Limited Preparation: If a player joins a team late after the season has already begun and has not had adequate time to prepare for the rigors of participation.

VIII. AWARDS

Appropriate awards to signify participation on the teams of the League will be determined by the League on an annual basis. These awards will be presented to all team members, including coaches. No awards will be presented or authorized that signify or recognize individual accomplishment or status.

IX. GRIEVANCE / APPEAL PROCEDURE

A League Grievance Procedure is available to address and review any and all operational facets of the League. This procedure can be initiated by any individual(s) who has an active role and/or association with the League, i.e., coaches, parents, persons acting on behalf of participants, contracted League employees, facility/grounds coordinators, field supervisors, school district officials, etc. This procedure will facilitate a review on the possible misuse or misappropriation of a particular League policy, provision, or rule.

This process will NOT be utilized to review:

Grievances and/or appeals against a particular league policy or rule, only its misuse or misappropriation.

Grievances and/or appeals regarding judgement calls by officials.

Grievances must be filed in writing and forwarded via a League "town rep" to the League by e-mail or US Mail (as indicated by the postmark date) within seventy-two (72) hours of the incident, event or occurrence for which the grievance is based. If the grievance is predicated on an issue that is not time or incident specific, it must be forwarded in a reasonable and timely manner, as determined by the League, for review consideration.

League administrators will decide if there are sufficient grounds to hear the appeal. If so, a Grievance Committee will be convened at the earliest possible date, to review, rule on the appeal and forward a recommendation to the League Board of Directors. The Committee will consist of three (3) appointed head coaches who are/were active in the league at the time of the prescribed incident/issue.



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The Board of Directors will then provide the complainant with a finding relative to the matter and indicate whether the complaint was determined to be founded or unfounded and the corrective and/or punitive action, if any, that will be imposed.

X. INJURIES

In no event shall a League coach or representative treat injuries sustained by a participant unless of an extremely minor nature that necessitates very basic first aid applications; or he/she is a licensed medical practitioner.

**IT IS MANDATORY THAT A FIRST RESPONDER, EMT SERVICE,
OR CERTIFIED MEDICAL PROFESSIONAL IS PRESENT AT ALL GAMES.**

Any participant injured in a game must be withdrawn for at least one (1) play. Any player sustaining a head and/or neck injury must be withdrawn for the remainder of the game.

The League has adopted requirements of an Iowa law (Iowa Code Section 280.13C; effective July 1, 2011) that address brain injuries to students in grades 7–12 that participate in extracurricular interscholastic activities. Requirements include: (1) A child must be immediately removed from participation (practice or competition) if his/her coach or a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity, and (2) A child may not participate again until a licensed health care provider trained in the evaluation and management of concussions and other brain injuries has evaluated him/her and the student has received written clearance from that person to return to participation.

A “HEADS UP” concussion form will be provided to every parent of a participant with the necessary information regarding concussions. In addition, players participating in the League and their parents/guardians; must annually sign the acknowledgement on the form and return it to their coach. Players cannot practice or compete in the League until this form is signed and returned.

Any injury in practice or game situations that results in the injured player seeking medical attention from any health care provider must be reported to League administrators by a member of the team coaching staff within twenty-four 24 hours. The participant’s name, date, and time the injury was sustained, any involved players names, nature of the injury and the circumstances involved, must be reported. This provision also applies to injuries deemed serious enough to be withheld from an organized practice(s) and/or game(s). In this case, the injury should be reported as soon after the occurrence as practical.



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XI. ADMINISTRATIVE REVIEW

Any situation or circumstance not covered by League Bylaws or League Rules and Regulations, or the official and binding interpretation thereof, shall be referred to League administrators for a final determination.

The League reserves the right to modify, change, or create any rule or policy that is deemed appropriate and in the best interest of the program and/or its participants, coaches, parents, spectators, or volunteers. Policy additions, modifications, revisions, or deletions are at the discretion of the League, subject to approval by the Board of Directors, and may be implemented and/or incorporated with or without prior notice.