

# SOUTHERN MARYLAND YOUTH ATHLETIC CONFERENCE



**Rule Book - 2015**  
Version 15.4 - Revised 8/1/15



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**Revision History**

Ver.	Date	Notes
15.0	3/22/15	Addition of new organizations – Hughesville, St. Leonard, Southern Maryland, Waldorf; Organization contact updates; 2015 Rule Updates
15.1	5/26/15	Revision history addition; Graphic fixes; Document clean up
15.2	5/27/15	Text reformatting; reordering forfeit and flag football rules
15.3	5/27/15	Logo and contact updates; CCYFL reference removed
15.3.2	5/28/15	Contact update
15.3.3	7/13/15	Rule 9.1.4.3 modification.
15.4	8/1/15	Organization contact updates

## 1. POLICY

The purpose of the Southern Maryland Youth Athletic Conference (SMYAC) is to provide the youth of Southern Maryland an opportunity to learn the fundamentals of football and, under competent leadership, to enjoy participation and competition in this organized league so that they may become happier, better people. Objectives shall include the development of positive social values and character traits; good citizenship; physical and mental health; and a knowledge, appreciation, and interest in football. It is a goal of this league to instill the will to win and the courage to accept defeat or disappointment, with emphasis on clean play and sportsmanlike conduct.

- 1.1 Teams should be comprised of players who meet the weight and age requirements established by the league. If a team is found to be in violation of this policy, penalties will be imposed on the team, coach, or club in accordance with the rules.
- 1.2 The SMYAC Board of Directors (hereafter referred to as the Board) shall consist of the member organizations' commissioners and/or presidents.
- 1.3 The Board shall serve as the governing body on all rules and regulations pertaining to league play.
- 1.4 Attendance at SMYAC Board meetings is mandatory for each Commissioner, President or his/her designated representative. Failure to comply with this rule could result in the organization's forfeiture of its voting privileges for the remainder of the season.
- 1.5 New organizations must apply in writing to the Board for approval for assignment to appropriate divisions under these rules. Consideration will be given to a new club's geographic location and potential impact on neighboring clubs that already exist in the league. All applications must be received no later than January 31 of the current year with the following stipulations:
  - Proof of Establishment (Tax ID number, charter, by-laws, established Board)
  - Minimum of 3 teams at lowest consecutive weight classes (not including Flag).
  - \$250.00 deposit (credited toward league fees for the current year)
  - Identification of Uniform Colors
  - May not accept any players from any current SMYAC club during the two year probation period. Exceptions may be granted in extreme situations (I/E: Player has physically moved) but must receive a waiver from the club he played for last season.
  - All new organizations shall be considered on probation for the first two years and shall not have any voting rights during that time.
- 1.6 Each organization sponsoring a team shall appoint a Commissioner and as many Assistant Commissioners or coordinators as deemed necessary to direct its football program. Only the President, Commissioner or his designated representative shall vote on matters placed before the Board. Any issue presented for a decision by the Board that recommends change to an existing policy and/or rules must pass with a minimum of 2/3 of all of the Board members voting in favor of it. All other issues will require a majority vote of those Board members in attendance.

- 1.7 Each organization shall have only one vote.
- 1.8 All specified fees for each club shall be paid to the SMYAC Treasurer by the due date specified at the pre-season meeting. All other fines or debts must be paid within one month of notice from the SMYAC Board. Non-payment will result in the organization's suspension and voting rights being revoked until the debt is paid.
- 1.9 The Board shall appoint a scheduling committee responsible with preparing all game schedules. The schedule shall only contain league games. .
- 1.10 The SMYAC will be composed of teams from its member organizations who compete in several different weight/age classes with maximum age and weight restrictions as described in Section 3.0 – Eligibility. The SMYAC is divided into the following weight/age groups:

<b>7U/70 LBS</b>	<b>DIV 1</b>
<b>7U/70 LBS</b>	<b>DIV 2</b>
<b>8U/80 LBS</b>	<b>DIV 1</b>
<b>8U/80 LBS</b>	<b>DIV 2</b>
<b>9U/90 LBS</b>	<b>DIV 1</b>
<b>9U/90 LBS</b>	<b>DIV 2</b>
<b>10U/100 LBS</b>	<b>DIV 1</b>
<b>10U/100 LBS</b>	<b>DIV 2</b>
<b>11U/ UNLIMITED WEIGHT (AFC DIV)</b>	
<b>11U/ 120 LBS (NFC DIV)</b>	
<b>12U/ UNLIMITED WEIGHT (AFC DIV)</b>	
<b>12U/ 130 LBS (NFC DIV)</b>	
<b>14U/ UNLIMITED WEIGHT (AFC DIV)</b>	
<b>14U/ 150 LBS (NFC DIV)</b>	

- 1.11 There is no minimum amount of players required to fill a single team in each division. Once a team has reached 30 players on the roster, the Club must make 2 teams.
- 1.12 In the 10u div and below, clubs with two teams shall place one team in Division 1 and one in Division 2. If a club has 3 teams in a weight class, the split will be 1 in Division 1 and two in Division 2. If 4 teams in weight class the split will be 2 Division 1 teams and 2 Division 2 teams. Clubs with only a single team shall be placed in their respective division by the board based on the clubs recommendations, last season's record, and the SMYAC'S needs to balance the senior/junior divisions.
- 1.13 The 11u, 12u, and 14u divisions will be divided into the AFC Division and the NFC Division. The AFC Division will have unlimited weight and the NFC Division will be weighted. ( see weight chart ) Teams will be placed in proper division based on each clubs recommendation which will be based on current roster make-up (average size of players on the roster). Because the AFC AND NFC Divisions will be made up based on the physical size of the roster, clubs may place multiple teams in the same Division but must follow the draft rule (1.14).

1.14 **Drafts:** It is the responsibility of each club that has more than 1 team in the same Division to ensure that those two teams are divided as equally as possible. The easiest and fairest way to accomplish this is to conduct a draft to divide the two teams. The purpose of the draft is to ensure that when 1 team picks a player of a certain skill level that the team picking next should draft a player of the same skill level. Each player should receive a rating and when drafting, teams should be fairly equal with approximately the same average player rating. Below is an example of a team draft:

<u>TEAM 1</u>	<u>Grade</u>	<u>TEAM 2</u>	<u>Grade</u>
Jones	3	Williams	3
Smith	3	Willis	3
Buck	3	Wynn	3
White	2	Johnson	2
<hr/>		<hr/>	
2.75 AVG		2.75 AVG	

Each team can protect the head coach’s child and two assistant’s children. These children should still be graded and counted in the average draft rating. We know this isn’t an exact science. It is best that a club provide a representative that is not coaching that particular division to assist with the rating process. Clubs that do not attempt to evenly divide their teams will appear before the Board for possible sanctions.

- 1.15 All head coaches must be 21 years of age or older before August 1<sup>st</sup> of the season. It is required by the Board that all coaches be certified by the NYSCA (or equivalent organization). The coach’s fees for NYSCA ([www.NAYS.org](http://www.NAYS.org)) are the responsibility of the coach or their member organization. Background checks processed through Calvert County Parks and Recs (CCPR) are required for any club member having physical contact with club children including but not limited to ALL coaches and trainers. The above persons will be issued an ID badge indicating that they have been cleared to coach. This badge must be worn during games. Any person not wearing his or her badge will not be permitted on the sideline. All clubs will include NYSCA member number or proof of NYSCA course completion with submittal of background check forms. All coaches must be certified prior to participating in any practice or game. The Board will track NYSCA certifications for all clubs. Organizations who allow a non-certified or background checked coach to participate in practices or games will be fined \$100.00 per incident. Said Coach is removed from team and is not eligible to participate until he/she is certified. It is also recommended that all coaches attend yearly coaching clinics to train them in the rules of the game, the SMYAC rules, and coaching fundamental techniques. Each club is responsible for arranging these clinics for their coaches.
- 1.16 The Board recommends that each player be examined by a personal physician before participating in football practice and/or games. No player shall be allowed to participate in the league if a physician recommends non-play. It is the responsibility of the parents and each respective organization, and not the SMYAC to determine and monitor the health of individual players on a continuing basis.

## 2. GENERAL

- 2.1 National High School Federation rules apply to all scheduled league games unless amended by these official league rules, or the amended list provided each season by the officials association.
- 2.2 Any questions not covered by the official league rules, official interpretation thereof, or any conflict not subject to protest shall be decided by the Board.
- 2.3 Scheduled league games shall be officiated by a recognized Football Officials Association.
- 2.4 League play will commence on the date agreed upon by the Board. The number of regular season games shall be at least eight and no more than ten.
- 2.5 Copies of team rosters will be sent to each club commissioner once the Board has processed them. Rosters will ONLY contain name, date of birth, league age, pass or fail status and play backer status if applicable.

## 3. ELIGIBILITY

- 3.1 Weight classes shall be as defined in Appendix C.
- 3.2 Only youth between the ages of 6 and 14 years of age by August 1, may participate in the SMYAC tackle football program. **No player can reach the age of 15 by the end of the current year.** For safety reasons, we recommend that players play in the lowest age/weight division (per table in Appendix C) they are eligible to play in. There will be no waivers for age/weight. Commissioners are responsible to check birth dates and weights at club registration and the official SMYAC weigh-in. High school players will be eligible for both 14U AFC and NFC Divisions if age eligible but may not weight more than 120lbs in either Division.
- 3.3 Each player must have a Player Identification Card issued by their club. The card will be required at the official weigh-in for the Board representative to stamp upon compliance with the prescribed weight guidelines. Each player's ID card will be available at all league games for verification of that child's age and weight. Either the coach or club commissioner shall have custody of the ID cards. **It is the responsibility of the home team to ensure ID cards are checked.**
- 3.4 At any time during the season, if a protest is filed against a player regarding their weight/age eligibility, the Commissioner and/or Head Coach of the player against whom the protest has been lodged shall attend a meeting or weigh-in, as specified, with the Player Identification Card. **The player will have 7 days to get reweighed and if he/she does not meet their weight requirement, they cannot play until they meet the requirement. If during this period the player in question plays in a game and is found to be illegal, the team will forfeit any wins during the period the player participated.**

3.5 No youth may participate who is also a member of an inter-scholastic football squad (on any high school team), or any other youth football league. Also, No High School player who has practiced with a High School team is eligible after the first game of the SMYAC season. PENALTY: Forfeiture of all games in which the player participated and any other such penalties as the Board of Directors may determine.

#### 4. WEIGH-IN

- 4.1 All players must be officially weighed in to become eligible for SMYAC competition. Players without an acceptable ID card will not be weighed in at the official weigh-in. Those players will have to make an appointment with the Board to be weighed at a later date.
- 4.2 During the preseason, weigh-ins will be conducted at sites determined by the Board. Any additional weigh-ins is by appointment only. The date of the official weigh-ins will be determined by the Board and forwarded to each commissioner no later than the July preseason meeting.
- 4.3 Each commissioner must submit an official roster to the Board for all teams at the first scheduled weigh-in. Each team roster must have players listed in chronological order **(youngest to oldest)** and each player's photo ID must be made available at the weigh-in.
- 4.4 No player will be allowed to weigh-in more than 3 times (maximum of 2 make ups after official weigh in). All players who are not on the official roster must bring an add/drop slip completely filled out by their organization.
- 4.5 No player shall be added to the roster after October 1. Clubs must schedule an appointment for new players to be weighed.
- 4.6 Once a player is designated as a Play-Backer, they are a Play-Backer for the entire regular season and playoffs. They cannot come off Play-Backer status.
- 4.7 **PLAY-BACKER RULE** – Any players who do not meet the age/weight restrictions for unrestricted play may be considered for playbacker status. Playbackers are noted with an asterisk in appendix C. Playbackers may play offensive and/or defensive line no more than three players to each side of the center, and must stay within the tackle box, which is defined as four yards to each side of the center. The Play-Backer must always line up in a 3 or 4-point stance on the defensive line. Offensive lineman may be in 2- or 3-point stances. Player ID cards will be appropriately marked/punched by the Board for each year designating PBs, and each Play-Backer shall have a sticker on their helmet that makes them easily identifiable. At no time may a Play-Backer be handed the ball or receive the ball in a designed play. At no time may a play-backer play on the kickoff or receiving teams.
- 4.8 **Blow-up Rule:** Over the course of a season, a player is allowed to gain up to 10lbs above their non-playbacker maximum weight according to the weight chart. This gain in

weight becomes effective after the first successful weigh-in. If at any time during the season, a club feels that a player has exceeded the 10lb "Blow-up", that club may request that the player in question be re-weighed. If the player is over the 10lb blow-up, he/she is considered ineligible and his/her club may face sanctions. To be eligible for the blow up, a child must make weight at their official weigh-in. \$100.00 protest fee applies. (Follow protest rule in 3.5)

4.9 No player wearing football gear will be allowed to weigh-in at the pre-season weigh-in. Players should wear shorts and a t-shirt to weigh-ins.

4.10 Only the Board representatives, the club commissioner or president, 1 coach from the team being weighed and 1 representative from another club will be allowed in the room during the official weigh-in.

4.11 **Once a child has registered with a particular club, he/she cannot switch/register with different club after August 1.**

## 5. EQUIPMENT/UNIFORM

5.1 All equipment must meet minimal and acceptable standards to qualify for league use. Equipment violations may be subject to penalties of unsportsmanlike conduct.

5.2 All players must be completely uniformed. The place-kicker or punter may not elect to remove his shoe to kick the ball. The following equipment must be used by all participants during league play:

- Helmet (with face guard and chin strap)
- Mouthpiece (Colored)
- Shoulder Pads
- Football Pants (with thigh pads and knee pads)
- Hip pads
- Tail pad
- Jersey (Number front and back)
- Shoes – Cleats worn will be rubber cleats. No metal cleats will be permitted. Screw-in rubber cleats are allowed.

5.3 No athlete is permitted in any SMYAC football practice or game with a hard cast, splint, or any protective appliance except in accordance with the National High School Federation Rule 1; Section 5; Article 3c, which states below:

*"Hard substances in its final form such as leather, rubber, plastic, plaster or fiberglass when worn on the hand, wrist, forearm or elbow must be covered on all exterior surfaces with no less than ½ inch thick, high density, closed cell polyurethane, an alternate material of the minimum thickness and similar physical properties to protect an injury as directed in writing by a licensed medical physician."*



Any team who has a player where this rule applies must inform their commissioner, the opposing head coach, and officials prior to a game so the player may have the cast inspected to ensure it complies with the rule stated above.

5.4 The approved game ball will be as follows:

<b>Age</b>	<b>7U -10U</b>	<b>11U</b>	<b>12U</b>	<b>14U</b>
<b>Ball(s)</b>	<b>K2</b>	<b>K2 or TDJ</b>	<b>TDJ or TDY</b>	<b>TDY</b>

## 6 PRACTICES

- 6.1 No team shall meet for practices more than FOUR (4) times per week (Sunday through Saturday) prior to the start of the school year. After school starts, teams may meet a maximum of THREE (3) times per week until October 1. After October 1<sup>st</sup>, teams may only practice two (2) times per week. Note: After October 1<sup>st</sup>, indoor meetings and film sessions do not count as a practice. Games and scrimmages against other clubs will not count as a **practice**. Violations of the rule: 1<sup>st</sup> offense – coach suspended for one game; 2<sup>nd</sup> offense – coach suspended for the remainder of the season.
- 6.2 No club or team will begin season practices prior to the start date established by the SMYAC Board (usually 1 August of each year). Any club or team found in violation of this rule shall forfeit an equivalent number of practices and the Head Coach will be suspended for one game.
- 6.3 Practices shall not exceed one 2-hour period per day.
- 6.4 Practice locations will be determined by Calvert, ST Mary’s, and Charles Counties.

## 7 GAMES

- 7.1 Games will consist of two (2) 27 minute halves with a two-minute warning prior to each half. After the two-minute warning, the clock will stop according to NFHS rules. Exceptions: Clock will stop for injuries and team timeouts.
- 7.2 **Blowout Rule:** If a team is up by 21 points or more in the 4<sup>th</sup> quarter (last 13 minutes of a game), the clock will continue to run even if a team calls a timeout. The only instance that the clock may stop is in the event of a player injury. The offensive team must only run direct hand-offs or QB can run (there is no restriction as to where the player runs). No passes, no double handoffs, and no pitches. The QB may line up under center or in shotgun. Neither defense may blitz during this time. If the lead is cut below 21 points, offensive team may run regular offense, and defenses can again blitz. If a coach does not follow these rules in the spirit of sportsmanship, an unsportsmanlike penalty shall be assessed and the Board will address the issue according to Section 14.0 – Disciplinary Actions. The play clock shall restart once the 4<sup>th</sup> quarter has been giving by the officials IF the Mercy rule is in effect to give each team a chance to change their play in order to comply.

- 7.3 The consumption and/or use of alcohol products on any of the county parks and/or school grounds is prohibited. The Club Commissioner or his/her designee is responsible for enforcing this rule. Consumption and/or use of tobacco products is prohibited in the immediate area of practices, games, or other club activities. Use of tobacco products (smoking or chew) is prohibited entirely on any of the school grounds at all times. If the individual is a coach/assistant coach and refuses to cooperate, he will be warned that continued failure to comply with this rule will result in the forfeiture of the game by his team. If this occurs, the coach is also subject to suspension for one game, if deemed necessary by the Board. If the individual is not a coach and refuses to comply with the rule, he/she will be ejected from the area.
- 7.4 *No game shall commence until both teams have submitted their lineup cards and all ID's have been checked. During the ID check, the number of players being checked shall match the number of players listed on the play sheet. Any players not listed on the play sheet shall be considered inactive (injury, disciplinary reasons) these players may stand on the sidelines to support their teams but must remove their shoulder pads and helmet. If a team does not have ID cards, they have until halftime to produce the cards or the coach and/or team may face sanctions from the SMYAC Board. Once ID cards have been checked, no player may change jerseys/numbers during the game unless that jersey becomes damaged and deemed to be un-wearable by the officials. If a jersey becomes damaged and must be changed, that team must notify the opposing team prior to re-entering the game so the game sheet will reflect the change. Any player on the field whose jersey number does not match the official game sheet shall be deemed an illegal player.*
- 7.5 Teams DO NOT have to start their games until their scheduled kick-off time. As a courtesy, please have your captain's ready for the coin-toss five (5) minutes prior to your scheduled game. If BOTH teams agree and the referees are ready, you may start your game prior to the scheduled kickoff. Teams are given a grace period of 10 minutes for the first game of the day only!
- 7.6 A maximum of FIVE coaches will be permitted in the designated coaching area between the 25-yard lines. All spectators must stand behind rope, fence and/or barrier during the game. If there are no barriers, spectators must be a minimum of 15 feet from the bench area.
- 7.7 A coach, assistant coach, trainer or any other person connected with a participating team (i.e. those entitled to be within the ropes and/or within the 25- yard lines) may not enter the playing field without a proper timeout being called. Coaches may not discuss calls with the officials while on the playing field during the timeout. If a timeout has been called and the party or parties fail to leave the field promptly upon the expiration of the timeout, the officials may issue an unsportsmanlike penalty.
- 7.8 Only coaches, Board members, officials, players, chain crew, videographers, team mom, and equipment managers may be inside of the boundaries during the ballgame. Parents/spectators are NOT allowed inside the ropes during the game and may result in an unsportsmanlike conduct penalty on the offending team.

- 7.9 Coaches must be easily recognizable by appropriate apparel, such as a cap, sweatshirt or jacket identifying them with their organization and/or team. They must also wear their coach's ID badge.
- 7.10 The home team must provide three (3) responsible people, minimum age of 16, acceptable to the game officials, to operate the 10-yard markers and the down marker.
- 7.11 Games will be postponed only in case of inclement weather or unplayable field conditions. This decision will be made by the Sports Office approximately two hours prior to the first scheduled games. Commissioners and Coaches may call the parks. If there is no recording, games will be played as scheduled. All postponed games will be rescheduled as necessary. Call the phone numbers on your schedule for cancellation information.
- 7.12 OVERTIMES: Regular season and postseason games which end in a tie score will result in overtime play. The following SMYAC tie break system along with regular High School Federation rules will be utilized during this time.
- 7.12.1 Coin toss to determine offense or defense. Winner of the coin toss may choose to play offense or defense.
- 7.12.2 First series, the Offensive team is allowed 4 plays from the 10 yard line to score or is stopped by a lost fumble, interception or downs. Defensive team is then allowed 4 downs to score, same procedure as above.
- 7.12.3 If the game is still tied after the first series of plays, the ball is moved to the 5-yard line and a repeat of the above procedures, until a winner is determined.
- 7.12.4 Extra points will be attempted after touchdowns; fumbles and interceptions on the extra points are treated as a dead ball and cannot be returned for a score.

## **8 TEAM ROSTER AND GAME PROCEDURES (MANDATORY PLAY)**

### **\*MANDATORY PLAY APPLIES TO ALL WEIGHT GROUPS\***

- 8.1 While checking ID cards prior to each game, each coach shall exchange the first copy of the Play sheets which will list players names, jersey numbers, and Play-Backer status, if applicable.
- 8.2 Each player MUST play a minimum of 10 plays per game on teams with rosters of 20 players or less, and a minimum of 8 plays per game on teams with rosters of 21 players or more. Players may play any combination of offense, defense, or special teams.
- 8.3 Each team shall have a designated field monitor who will track the opponents must play. At halftime, the home teams monitor shall meet with the other teams monitor to show which players still require more playing time. After half time, only those players who still have not reached their minimum amount of plays should continue to be tracked. The field monitor may stand on either sideline or in the end zone during the game.

- 8.4 Each club shall retain these forms until end of season in case a must play Challenge is brought to the board's attention. This challenge should be presented to the board as soon as noticed (i.e., after watching the game film, parent complaint, etc.)
- 8.5 Because some teams may be rotating players in the first half, there will be no "hurry up" offense allowed in the first half until the 2 minute warning. This will ensure that rotating players have time to get on and off the field.

## 9 SPECIFIC GAME RULES

### 9.17U

- 9.1.1 The stated rules below will be followed in administering the 7U football program for the SMYAC. The 7U league is intended for instructional purposes and emphasis should be placed on good sportsmanship, teaching the basic principles of the game of football, participation, and fun. The environment should be free of any pressure to "win."
- 9.1.2 Playing Field – 7U teams will play on a 100-yard field, in both directions. The ball will be placed on the 50-yard line for the first play of the game, after halftime, and following scores.
- 9.1.3 Game times: The 7U Division will play two (2) 27-minute halves with a running clock up to the two-minute warning for each half. The clock will stop under normal high school rules conditions after the two-minute warning. Clock stops during timeouts and player injuries.
- 9.1.4 RULES OF PLAY: All rules apply as written by SMYAC Board and/or the current NHSF rules and its amendments or as stated below:
- 9.1.4.1 Penalties: During the first half of the game, two (2) warnings are allowed without penalties being called. \*\* Offensive penalties (warnings) shall be replayed from the line of scrimmage. Any live ball Defensive penalties (warnings) may be declined by the offense or replayed from the line of scrimmage. This rule only applies up to **MID-SEASON (OCT 1<sup>ST</sup>)**, then, no warnings are allowed. All penalties will be called in the second half of the game. All penalties will be 5 yards with the exception of unsportsmanlike penalties which will carry a 10 yard penalty. **(remind ref's)**
- 9.1.4.2 Extra points –No rushing is allowed on declared attempted PAT kicks. No fake kicks are allowed. All snaps must be cleanly handled and cannot hit the ground on the snap – result dead ball play is over. **The holder must be standing/kneeling at least 5 yds from center even with the kicking tee (cannot go under center to receive the snap)**. On all kicks both teams must be aligned in proper offensive and defensive positions. Kicks are worth 2 points.
- 9.1.4.3 Players may not line up over the center (no nose guard). Middle Linebackers must be 2 yards behind the line and may not be in motion.

- 9.1.4.4 All punts are declared, the kicking team has the option of moving the ball 20 yards up field or kicking. There are no restrictions as to where a declared punt may take place but if the line of scrimmage is the 20 yard line or closer, the result is a touchback and the ball is placed on the 20 yard line.
- 9.1.4.5 Once the Official places the ball, the Offensive team has **sixty (60)** seconds from the huddle to snap the ball. **(remind ref's)**
- 9.1.4.6 The defensive player lined up nearest to the center may not be in motion until the ball is snapped. There will be no greater than six (6) players on the defensive line.
- 9.1.4.7 Any player not lined up on the line of scrimmage may NOT blitz the "A" gap.
- 9.1.4.8 TWO coaches are allowed on the field for the offense and defense. The coaches may instruct players on positioning and give encouragement during play. In no way, may a coach insult or taunt the other team or be a disruption to the game. Coaches may not touch players during "live" play situations. Once the players are lined up for a play, the coaches must stand at least ten (10) yards from the deepest player on the field. **(remind ref's)**

## 9.2 8U/9U Weight Division:

- 9.2.1 RULES OF PLAY: All rules apply as written by the Board and/or the current NHSF rules and its amendments or as stated below:
  - 9.2.1.1 No coaches are allowed on the playing field during the game.
  - 9.2.1.2 All punts will be declared, the kicking team has the option of moving the ball 20 yards up field or kicking. There are no restrictions as to where a declared punt may take place but If the line of scrimmage is the 20-yard line or closer, result is a touchback and the ball is placed on the 20-yard line.
  - 9.2.1.3 Extra points –No rushing is allowed on declared PAT kicks. No fake kicks are allowed. All snaps must be cleanly handled and cannot hit the ground on the snap – result dead ball play is over. **The holder must be standing/kneeling at least 7 yds from center even with the kicking tee (cannot go under center to receive the snap).** On all kicks both teams must be aligned in proper offensive and defensive positions. Kicks are worth 2 points.

## 9.3 10U Weight Division

- 9.3.1 All punts will be declared. The kicking team MUST punt the ball once declared. No rushing is allowed on punts. No fake punts are allowed. All snaps must be cleanly handled and cannot hit the ground on the snap – result dead ball. The punter must be standing at least 7 yds from the center (cannot go under center to receive the snap). On all kicks both teams must be aligned in proper offensive and defensive positions.

9.3.2 *Offense must not leave until the ball has been kicked and the defense may not have more than (2) players deeper than seven (7) yards from the line of scrimmage.*

9.3.3 ***Extra Points are live. Defense can rush kicker.***

## 10 SMYAC CLASSIC

10.1 The won/loss records will apply to determine league standings during the regular season. Best overall records will be used to determine who will advance to the Calvert Classic.

10.2 In the event of a tie (two teams only), the following tiebreakers will be used to determine the seeding for the final regular season standings:

- Head-to-Head Record
- Fewest points allowed head to head
- Fewest points allowed total
- Coin flip

10.2.1 In the event of a tie between three or more teams, the following tiebreakers will be used.

- Total points allowed total will be used to eliminate teams until only two teams remain. Once two teams remain, resort back to rule 10.2 to determine the top two seeds.

10.3 The SMYAC Classic matches the top four (4) finishing teams in each weight group in a playoff format (1 vs 4 and 2 vs 3) with the winners of the first round games advancing to the championship. There are no consolation games. The SMYAC Classic will determine the overall league champion in each division. There are no regular season champions.

10.4 First round games will be played at the higher seeded team's home park. In some instances, this will not be possible so the Board will try to schedule the game to the next closest park to that team.

10.5 Trophies will be awarded to the first and second place teams. Each club is responsible for paying half of the official's fees for the games they have participated in.

10.6 The Championship sites will be determined by Board.

10.7 The winner of the SMYAC Classic in each division will represent the SMYAC at the All Pro State Tournament.

10.8 Weigh-ins will be held prior to the start of the SMYAC Classic for all the participating teams.

## 11 CONDUCT

11.1 The local President/Commissioner or his/her designee shall have the responsibility to assist officials in maintaining proper conduct of players, coaches, and spectators.

## **11.2 COACHES:**

- 11.2.1 Coaches shall be responsible for the conduct of their players and spectators. Improper conduct, in the judgment of the game official, on part of the players, coaches, or spectators may result in penalties, expulsion, and suspension or forfeiture of games.
- 11.2.2 If at any time the Board of Directors finds the conduct of any coach to be detrimental and contrary to the best interest of the program, such individual may be suspended from further participation for whatever period of time may be deemed reasonable and proper. Detrimental conduct by any coach shall first be investigated by his local Commissioner then the Board.
- 11.2.3 No Head Coach, Assistant Coach, Team Parent, or any other club shall recruit players from another club. Any coach so accused shall be required to appear before the Board. The Board will be responsible for determining any penalties per Section 14.0 of these rules.
- 11.2.4 Any coach who repeats any of the aforementioned offenses will be suspended for the remainder of the season and possibly the next.
- 11.2.5 All head coaches and assistant coaches of the SMYAC must read, understand, and sign the SMYAC Youth Football League Code of Conduct form (Appendix A). The completed Code of Conduct forms should be held by the club Commissioners. The SMYAC Board will be responsible for determining any penalties per Section 14.0 of these rules for violation of the Coaches Code of Conduct.

## **11.3 PLAYERS:**

- 11.3.1 Any player who is ejected from a game for unsportsmanlike conduct will be suspended for the following game. Any player allowed by game officials to return to a game shall not be considered as being ejected from a game. Game Officials shall notify the Club Commissioner of any ejections. The Commissioners shall notify the Board of any ejection as soon as possible.
- 11.3.2 Any player who is involved in a fight immediately before, during, or after his/her game will be suspended for the next game and is subject to further sanctions by the Board.
- 11.3.3 Any player who repeats any of the aforementioned offenses will be suspended for the remainder of the season and possibly the next.
- 11.3.4 Any coach or player suspended for a game due to conduct reasons will not be permitted to attend the game in question in any fashion. This includes participation as a spectator.

## **12 PROTESTS**

- 12.1 The Board will make a recommendation whether a protest should be heard. There shall be no protests allowed involving a judgment call by a game official.

- 12.2 The following procedures will be followed in the event of a protest (unless otherwise specified in the paragraphs below):
- 12.2.1 The protesting coach must communicate his complaint to the referee and ask referee to notify opposing coach at the time of the alleged rules infraction. (Game protest only)
  - 12.2.2 The protesting club's Commissioner must submit his protest in writing to the Board within 48 hours after the incident along with a \$100.00 protest fee (refunded if protest is upheld).
  - 12.2.3 The Board shall convene within a reasonable period after receipt of the protest. The Board will request that all parties & witnesses involved in the protest appear before the board to state their case. Each party will be given 5 minutes to state their case and answer any questions the Board may have for them. The Board will issue a final ruling at that time.
- 12.3 Player Eligibility: Protests concerning a player's age can be made at any time throughout the season. The SMYAC Board reserves the right to request documentation to verify if the protest is valid or not. Each club should have copies of birth certificates available in instances such as these.

### 13 DISCIPLINARY ACTIONS

- 13.1 Where disciplinary actions for rules violations are not specified, they will be decided by a vote of the Board for both players and coaches.
- 13.2 Where discipline for rule violations are not specified and for other matters that may require action, if deemed appropriate by the Board may include any of the following:
- 1) Letter of Reprimand/Probation of individuals (Probation would only apply for the current season unless extended by 2/3 majority vote of the Board.
  - 2) Organizational fine to be determined by Board
  - 3) One (1) game suspension
  - 4) Two (2) game suspension
  - 5) Rest of the current season suspension
  - 6) Permanent suspension from SMYAC
  - 7) Forfeiture of a game or games
- 13.3 All monies collected for fines will be used for the benefit of the football program (i.e., trophies for the SMYAC Classic, official's fees for the SMYAC Classic, etc.)
- 13.4 Player is Over Age:  
The penalty for over age player's participating in games, if discovered whether protested or not, will result in forfeiture of all games in which the illegal player participated and be given an organizational fine of \$250.00. The player will be suspended from any further league activities for the current season and any other penalties deemed appropriate by the Board.



13.5 Player Did Not Legally Weigh-in:

The penalty for a player who participates in a game who did not legally weigh-in as prescribed in the rules will be an organizational fine of \$250.00, forfeiture of all games in which the illegal player participated, immediate suspension of the player and head coach for the remainder of the season, and other such penalties as deemed appropriate by the Board. It is the responsibility of the Head Coach to ensure valid ID cards are issued and punched for all eligible players.

13.6 Player Substitutes Another as Himself at Weigh-In

The penalty for a player who has someone else weigh-in for him, (whether protested or not), will result in forfeiture of all games in which the illegal player participated and an organizational fine of \$250.00. In addition, the illegal player will be suspended for at least the current season, and any other penalties deemed appropriate by the Board.

13.7 Use of Illegal player

All clubs and teams must use eligible players per Section 3.0. Any team or club that uses an ineligible player shall forfeit all games in which the player participated. Other penalties as the Board may determine may apply.

13.8 Violation of Mandatory Play Rule

**Any coach or coaches, who violate the mandatory play rule, will be subject to the following penalties:** First violation - Suspension of 1 game and possible forfeiture of game to be decided by the Board. Second violation - Suspension from the league for the remainder of the season and possibly the next.

13.9 Recruiting

No Head Coach, Assistant Coach, Team Parent, or any other person associated with a particular club shall recruit players from another club. Any coach so accused shall be required to appear before the Board. As a minimum, the player recruited will not be allowed to play for the team recruited to and the person doing the recruiting will receive a letter of reprimand for the first occurrence. The Board will be responsible for determining any further penalties per Section 13.2.

13.10 Practice Violations

No club or team will begin season practices prior to the start date established by the Board (usually 1 August of each year). Any club or team found in violation of this rule shall forfeit an equivalent number of practices and the Head Coach will be suspended for one game.

13.11 Failure to obtain NYSCA Certifications/Background Checks

It is required by the Board that all coaches be certified by the NYSCA. Background checks processed through CCPR are required for any club member having physical contact with club children including but not limited to ALL coaches and trainers. All coaches must be certified prior to participating in any practice or game. Organizations who allow a non-certified or background checked coach to participate in practices or games will be fined \$100.00 per incident. Said Coach is removed from team and is not eligible to participate until he/she is certified.

13.12 Violating Code of Conduct

For violating any part of the Coaches Code of Conduct, the offending Coach will be brought before the Board for possible disciplinary action per Section 13.2 of these rules.

**13.13 Blowout Rule violation**

Per Section 7.2, if a team is up by 21 points or more in the 4<sup>th</sup> quarter of a game, the leading team's coach should take action to show sportsmanship to the opposing team. If a coach does not follow the rules in Section 8.2 in the spirit of sportsmanship, the Board will address the issue according to Section 13.2.

**13.14 Registration of Players who previously played with a different club**

Each club, after registering any player who played for a different club during the previous season, shall be required to notify the losing club within 7 days (E-mail will be fine). This serves two purposes:

- (1) It will give the losing club an opportunity to insure that there is no outstanding equipment or monies owed.
- (2) It will give the losing club an opportunity to track who may be leaving and where they are going. Players who may be leaving one club to join another may not attempt to convince others to go along with them. This is a form of recruitment and cannot be permitted. It is within the Board of Directors authority to ensure this does not take place by denying registration where they feel recruitment has taken place.

**14 FORFIETS**

- 14.1 Any game not played for what is determined by the Board as uncontrollable reasons shall be recorded as a 6-0 loss in the standings.
- 14.2 Any game not played, and is determined by the Board to be a unnecessary forfeit ( i/e: Not playing for personal reasons or not playing to help their team in the standings), the following shall occur.
  - The game shall be recorded as a 35-0 loss
  - The forfeiting team shall be ineligible for the playoffs.

**15 FLAG FOOTBALL RULES AND REGULATIONS**

The flag football program is designed to be an instructional league only. Coaches should concentrate on teaching the fundamentals (How to snap a football, Proper stance). Every effort should be made to allow every player the opportunity to carry the football each game. The coaches are also the referees and MUST work together to insure the safety of the players. Any child not following the rules or being too aggressive for flag football should be sat down for a couple plays and explained what he was doing wrong. It is also the coach's responsibility to control their sidelines/parents. It should be explained before the season starts that although this is flag football, the players are going to be knocked down occasionally when flags are being pulled.

- 15.1 Flag teams will play on a 50yard by 30-yard field. The ball will be placed on the 25-yard line for the first play of the game. No kick-off will take place.

- 15.2 The game will consist of 2 halves of 20 minutes running time with a maximum of 10 minutes for half time. The field must be cleared at least 10 minutes prior to the first scheduled tackle game.
- 15.3 Penalties will not be enforced during the game. Warnings and corrective instruction will be given to the players during the game.
- 15.4 The Board of Directors approved all rules on February 7, 2001.
1. A K2 or similar football is to be used for play.
  2. Maximum of 16 players on the field – 8 on offense and 8 on defense.
  3. Defensive players must line-up 5 yards from the line of scrimmage. No more than 4 players may rush forward from that point per play. No defensive player may be in motion at the time of the snap. All remaining players must stay 5 yards back in a zone defense. If any player steps into the 5 yard neutral zone before the ball is snapped, the play shall be stopped and the play restarted.
  4. A maximum of 5 players per team is allowed to be on the line of scrimmage for offense.
  5. No blocking.
  6. No tackling.
  7. No pushing in the back or hits of any kind to the legs or head. Safety purpose.
  8. Each team is allowed 5 plays on offense.
  9. Once the flag is pulled, play stops and the ball is down at that spot.
  10. Quarterback cannot run the ball; he/she must hand off or pass the ball.
  11. No fumbles. If the ball is dropped while the player is running the ball is down at that point and play stops. Safety first.
  12. If the line of scrimmage is the five-yard line or closer to the goal line, the offensive team must pass the ball to score a touchdown.
- 15.5 Coaches of both teams will officiate the game. There is no limit to the number of coaches allowed on the field during play. Coaches should refrain from communicating with the players while play is in progress; unless a situation arises that becomes a safety issue.
- 15.6 The Flag Football League was started as an introduction to the game of football. The league is designed as a learning level and non-competitive in nature. Remember there are **NO LOSERS – ONLY WINNERS**. Let the children learn to enjoy football. The flag football league is run strictly by the SMYAC board.

## Appendix A - COACHES CODE OF CONDUCT

In order to ensure that the principles of sportsmanship, fair play, skill development, and mutual respect among players, coaches, officials and spectators are the primary considerations governing competition in the Calvert County Youth Football League, the following Code of Conduct has been established and adopted:

1. I acknowledge that my primary responsibility is to foster the stated purpose of the league which is to promote a healthy, pleasant, and safe environment for youth to participate in football. To satisfactorily meet this responsibility, I will:
  - a. Fully abide by the policies, rules, and guidelines as set forth in this handbook.
  - b. Respect the game officials and refrain from communicating with them in an abusive manner.
  - c. Encourage SMYAC team fans to conduct themselves with sportsmanship and maturity at all times while in attendance at all league functions, i.e., games, practices, etc.
  - d. Always refrain from remarks, criticisms, or actions that may be detrimental and cause loss or respect and/or integrity of the SMYAC or any of its participants.
  - e. Assist the game officials in maintaining control of spectators during games.
  - f. Be a positive role model for players by never:
    - (1) Using obscene language and gestures;
    - (2) Physically or verbally intimidating, abusing or assaulting a player, parent, Coach, or official.
    - (3) Making discriminatory remarks based on race, religion, gender, or national origin.
    - (4) Consuming or allowing the consumption of alcohol or be in an inebriated state during practices, games, or in the presence of my players;
    - (5) Encouraging, tolerating, or indulging in substance abuse;
    - (6) Smoking or using tobacco products in front of players during practice, games or other official team functions.
2. I will not knowingly allow a player to be included on a roster or play in a game that does not meet all of the eligibility rules.
3. I fully understand that the game of football should be a fun, rewarding, and positive learning experience for all participants, and playing time is key to providing that experience for my players.
4. I accept and support the principles established by the Code of Conduct and will abide by the Code of Conduct as long as I participate in SMYAC activities.
5. I acknowledge the conditions of this Code of Conduct and understand that any violations will be subject to disciplinary actions by the officials of the SMYAC to include my personal removal and/or expulsion of the organization that I represent.
6. I acknowledge that I have been certified by NYSCA and my certification is current.

CLUB: \_\_\_\_\_

WT CLASS: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

## Appendix B – 2015 SMYAC Division, Age and Weight Chart

**All ages are determined by August 1<sup>st</sup> of the current year with the exception of the 14U Divisions. No Player may turn 15 before Dec 31<sup>st</sup> of the current year.**

(\*) Denotes Playbacker. **Child may remain at that age division and compete as a Playbacker no matter how much they exceed the maximum weight listed on the chart.** A playbacker is defined as any player that exceeds the maximum listed weight but must play on the defensive or offensive line (**Per rule 4.7**).

Division	2009	2008	2007	2006	2005	2004	2003	2002	2001
<b>Age</b>	6	7	8	9	10	11	12	13	14
<b>7U DIV 1 &amp; 2</b>	70 lbs * >70 lbs T2T	70 lbs * >70 lbs T2T							
<b>8U DIV 1 &amp; 2</b>			80 lbs * >80 lbs T2T						
<b>9U DIV 1 &amp; 2</b>				90 lbs * >90 lbs T2T					
<b>10U DIV 1&amp; 2</b>					100 lbs * >100 lbs T2T				
<b>11U AMER</b>						UNL			
<b>11U NAT</b>						120 lbs * >120 lbs T2T			
<b>12U AMER</b>							UNL		
<b>12U NAT</b>							130 lbs * >130 lbs T2T		
<b>14U AMER</b>								UNL	UNL
<b>14U NAT</b>								150 lbs * >150 lbs T2T	150 lbs * >150 lbs T2T

**14U Division:** Any high school player who can make the age requirements for 14u may participate in

Either Division but may weigh no more than 120lb max.



## Appendix D - UNIVERSAL PRECAUTIONS FOR BLOODBORNE PATHOGENS

### HOW TO HANDLE BLOOD OR BODY FLUID SPILLS SAFELY

- (1) Wear latex gloves when touching blood or body fluids.
- (2) Wash hands before and after contact, and after removing gloves.
- (3) Thoroughly wash skin that comes into contact with blood.
- (4) Clean up blood spills:
  - Wear latex or utility gloves
  - Use paper towels to soak up liquids
  - Clean area with water and detergent
  - Wash area with a freshly prepared mixture of 4 ½ cups of water and ½ cup of bleach.
  - Leave on 20 minutes and rinse with water.
  - Discard paper towels, soiled materials and gloves in double plastic bags.
- (5) Any visible blood on game uniform will warrant a change in uniform before player may return to game field.
- (6) Any open wound must be covered with bandage.

## Appendix E - Club Contact Information

### **Beach Buccaneers**

**President:** Jimmy Niland  
Cell: 410-474-4810  
Email: [jniland@adsheetmetal.com](mailto:jniland@adsheetmetal.com)

**Football Commissioner:** Greg Disney  
Cell: (240) 499-6645  
Email: [GDHDISNEY@COMCAST.NET](mailto:GDHDISNEY@COMCAST.NET)

Home Field: Kellam Field - (240) 499-6645  
Chesapeake Beach, MD

### **Dunkirk Warriors**

**President:** Rich Figueiras  
Cell: 443 624-7335  
Email: [president@dunkirkwarriors.com](mailto:president@dunkirkwarriors.com)

**Football Coordinator:** John Cochran  
Cell: 202 207-4824  
Email: [Jcochran@magnolia-companies.com](mailto:Jcochran@magnolia-companies.com)

Home Field: Dunkirk District Park Field #4  
10750 So. MD Blvd, Dunkirk, MD

### **Hughesville Hurricanes**

**President:** Keith Sanderson  
Cell: 301 274-9237  
Email: [coachkeith11@comcast.net](mailto:coachkeith11@comcast.net)

**Football Commissioner:** Eric Cavalier  
Cell:  
Email: [ecavalier3@yahoo.com](mailto:ecavalier3@yahoo.com)

Home Field: Laurel Springs Regional Park  
5800 Radio Station Road, La Plata, MD 20646

### **Huntingtown Hurricanes**

**President:** Erik Allen  
Cell: 301-452-7481  
Email: [hyccanes@gmail.com](mailto:hyccanes@gmail.com)

**Commissioner:** Dennis Boone  
Cell: 443-624-4591  
Email: [dboone1528@yahoo.com](mailto:dboone1528@yahoo.com)

Home Field: Hallowing Point Park  
4755 Hall Point Road, Prince Frederick, MD

### **LaPlata Blue Knights**

**President:** Rob Bowman  
Cell: 240-682-4159  
Email: [Coachrbowman@verizon.net](mailto:Coachrbowman@verizon.net)

**Football Commissioner:** Kojo Achampong  
Cell: 301 343-5744  
Email: [kdog1122@verizon.net](mailto:kdog1122@verizon.net)

Home Field: Milton Somers Middle School

### **Leonardtwn Wildcats**

**President:** Richard Abell  
Cell: 240-925-0147  
Email: [abellfam4@gmail.com](mailto:abellfam4@gmail.com)

**Football commissioner:** Daniel Garner  
Cell: 240-587-0778  
Email: [dlgarner12@gmail.com](mailto:dlgarner12@gmail.com)

Home Field: Dorsey Park  
5 Hollywood Rd Leonardtown, MD

### **Mechanicsville Braves**

**President:** Kerm Nored  
Cell: 301 535-8364  
Email: [knored@gmail.com](mailto:knored@gmail.com)

Football commissioner: Gary Newton  
Cell: 240-587-8844  
Email: [hisparents04@yahoo.com](mailto:hisparents04@yahoo.com)

Home Field: 5<sup>th</sup> District Park

### **Owings Outlaws**

**President:** Mike Donaldson  
Cell: 240-381-9112  
Email: [mike@owingsoutlaws.com](mailto:mike@owingsoutlaws.com)

**Football commissioner:** Mike Donaldson  
Cell: 240-381-9112  
Email: [mike@owingsoutlaws.com](mailto:mike@owingsoutlaws.com)

Home Field: Dunkirk District Park Field #7  
0750 So MD Blvd, Dunkirk, MD



**Pax River Raiders**

**President:** Dave Burris  
Cell: 240 925-9883  
Email: [burris30@gmail.com](mailto:burris30@gmail.com)

**Football Commissioner:** Dave Howe  
Cell: 240-561-5371  
Email: [dwhowe1@verizon.net](mailto:dwhowe1@verizon.net)

Home Field: Lancaster Park  
221550 Willows Rd, Lexington Park, MD 20653

**Prince Frederick Eagles**

**President:** Bill Saunders  
Cell: 301-440-9102  
Email: [wmsaunders1@yahoo.com](mailto:wmsaunders1@yahoo.com)

**Commissioner:** Patrick Parise  
Cell: 240-997-9187  
Email: [pparisesouthern@msn.com](mailto:pparisesouthern@msn.com)

Home Field: Hallowing Point Park  
4755 Hall Point Road, Prince Frederick, MD

**St. Leonard Lions**

**President:** Jelani Brown  
Cell: 240-441-2556  
Email: [jelani\\_brown@hotmail.com](mailto:jelani_brown@hotmail.com)

**Football Commissioner:** Travis Lloyd  
Cell: 240-431-3585  
Email: [teelloyd84@hotmail.com](mailto:teelloyd84@hotmail.com)

Home Field: Cove Point Park Field #7  
750 Cove Point Rd, Lusby, MD 20657

**Solomons Steelers**

**President:** Steve Dean  
Cell: 240-577-8571  
Email: [sdean56@comcast.net](mailto:sdean56@comcast.net)

**Commissioner:** Josh Domonkos  
Cell: 443-771-0157  
Email: [jdomonkos@email.com](mailto:jdomonkos@email.com)

Home Field: Cove Point Park Field #2  
750 Cove Point Road, Lusby, MD 20657

**Southern Maryland Hawks**

**President:** Craig Howell  
Cell: 240-620-2261  
Email: [coachcraig65lb@aol.com](mailto:coachcraig65lb@aol.com)

**Football Commissioner:** Ervin Dillard  
Cell: 202-360-0125  
Email: [gratefullone@gmail.com](mailto:gratefullone@gmail.com)

Home Field: Bensville Park  
6980 Bensville Rd, White Plains, MD 20695

**Waldorf Wildcats**

**President:** Billy Absher  
Cell: 301-751-5583  
Email: [billy.absher@gmail.com](mailto:billy.absher@gmail.com)

**Football Commissioner:** Greg Walker  
Cell: 301-542-9823  
Email: [coachwalker1@gmail.com](mailto:coachwalker1@gmail.com)

**Vice President:** Patrick Ungerer  
Cell: 301-751-8851  
Email: [pmungerer@gmail.com](mailto:pmungerer@gmail.com)

Home Field: White Plains Regional Park  
1015 ST. Charles Parkway, White Plains, MD  
20695

## Appendix F – Concussion Policy

It is the policy of the SMYAC Board to make sure that every precaution is taken when assessing the condition of our young athletes for all suspected injuries and especially concussions. The following list of guidelines has been mandated by the State of Maryland on the subject of concussions. Coaches, parents and players must abide by these guidelines for the safety and wellbeing of all athletes. The following has been mandated by the state.

- Coaches, parents and athletes must have the opportunity and or resources to receive training.
- Any player suspected of having received a concussion must be removed from play immediately and is required to have written authorization from a medical professional before the athlete can return to practice/game.

**This website is an online training tool on the basics of concussions you must complete it and give certificate to your AD. The course is free.**

<http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>

You may also go to: <http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html>

All coaches, parents and players should take advantage of the Sport Concussion Management Program as outlined on XLNTbrain Sport. This tool ([www.xlntbrain.com](http://www.xlntbrain.com)).