



## City of Salem Parks and Recreation

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620 Florida Street Salem, Virginia 24153



The purpose of Youth Recreational Athletic Leagues is to provide an enjoyable experience for each youth participant, while developing character, skills, sportsmanship, and promoting good will among all teams and individuals. Although sports are competitive by nature; the City of Salem Parks and Recreation Department's intentions are to place less emphasis on winning, while promoting the building of lifetime physical activity and health for each participant.

### By-Laws

**Age Classification:** Age determined on September 30<sup>th</sup> of the current season.

- Pee Wee – 7 & 8 year olds
- Little – 9 & 10 year olds
- Junior – 11 & 12 year olds (8<sup>th</sup> graders not eligible regardless of age)
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### **Playing Up:**

- Every player must play one (1) year in each age division before they are eligible to move up to the next age division
- Once a player chooses to move up in age divisions they must remain in that division and will not be allowed to “play down” for the remainder of that season
- No participant will be allowed to “play down” in any age division unless otherwise approved by the recreation department

**Rosters:** All rosters must include each participant's full name, address and birth date.

### **Practices:**

- Practice dates will be set by the Recreation Department
- **A scheduled meeting** will be defined as any time players and coaches meet as a group. This includes but is not limited to scheduled games, practices, team meetings, jamborees or other unspecified events. **Before games start**, teams may have **no more than four (4) scheduled meetings per week** at 2 hours duration. **Once games begin**, teams may have **no more that four (4) scheduled meetings per week** at 1.5 hours in duration.
- No practices are allowed on Sundays

### **Scoring:**

- Touchdown 6 points
- Field Goal 3 points
- Safety 2 points
- Point After Touchdown Kick 2 points
- Pass/Run 1 point

### **General Rule of Play:**

- During half-time of game the Cheerleading teams will exchange “Hello Cheers” with the HOME team going first.
- A Cheerleading Squad will not be allowed to do any cheers that may be interpreted as bad sportsmanship, nor will they be allowed to do a cheer that deliberately makes play on the field more difficult. The Recreation Department reserves the right to ban any cheers that it deems inappropriate or offensive.
- No cheering during an injury time-out on the field.
- For All Divisions: No cheer can contain a stunt higher than thigh high. You may piggy back, but nothing higher than the thigh.

### **Coach/Spectator/Player Ejection:**

- Any coach, spectator or player ejected from a game will be automatically suspended for the team’s next two (2) games and practices during that time
- Any player or coach ejected from two (2) games in one season will be suspended for the remainder of the season
- During the suspension, which starts immediately after the altercation, the coach, player or spectator must leave the City of Salem property immediately and will not be allowed to be present at the games or the practices until the suspension has expired. If they refuse to leave or attempt to come back before the suspension is over they will be suspended for the remainder of the season. This includes any altercation before or after a game
- Additional penalties may be added at the discretion of the City of Salem Department of Parks and Recreation
- All decisions made by the Parks and Recreation Department are final

### **Unauthorized Personnel**

Only coaches, players and field officials will be permitted along the sidelines or on the player’s benches. All coaches must be wearing a coach’s shirt in order to be permitted on the sidelines. If they are not in proper attire they will be asked to leave the sideline.

### **Factors for League Playoff Seeding:**

1. Best Record
2. Which team won the final regular season game player between the two (2) teams that are tied
3. Coin toss

### **Coaches Background Screenings:**

Each teams head coach and up to four (4) assistant coaches must complete the **Volunteer in Youth Sports Consent Form** and be approved according to the guidelines listed therein. Teams shall have at least one (1) approved coach at all practices or games. Any coach who willfully fails to comply with this background screening policy shall be automatically disqualified. **This is mandatory in order to coach!**

**Rained-Out Games Policy:**

Any weekday that school is cancelled because of bad weather; practices and games will be called off for that night. You may also call the Youth Sports Office Cancellation Line (966-6900) for updated cancellation information.

**Game Schedules, League Standings and Rescheduled Games:**

Game schedules, league standings, reschedule games and other information will be available by logging onto the City of Salem website [www.salemva.gov](http://www.salemva.gov). Coaches will be responsible to for checking the status of postponed games through this website on a daily basis. **We will not mail out any schedules.**

Updated 5/11/10