



**Quality of Life
Athletics and Leisure**

**TACKLE FOOTBALL RULEBOOK
2025**

**7868 Main Street
Houma, LA 70360
Phone: (985) 873-6584
Email: tprec@tpcg.org
www.TPRec.org**

A LETTER TO THE COACHES AND ATHLETES

As an Athletics participant, pride yourself as a **coach** and/or **athlete** and a member of the community. You will be representing your team and teammates, but most of all you will be representing yourself and your family. As the programs offered by the Athletics Department continue to grow, you will be constantly in the eyes of your peers and the public. Conduct yourself in a manner to be praised as a coach and athlete, but most of all as a person.

Participation in Athletics is a great way to display your abilities as a **coach** and/or **athlete**. Success will come through dedication, desire, and discipline. Coaches and athletes must discipline themselves to achieve athletic excellence.

When learning a sport, mistakes are inevitable. We can help youngsters to rebound by being positive. If a child is not performing correctly or improving, **do not** criticize. Remember our goal is to provide **good leadership** and **sound instructions** in the fundamentals of the game of football.

Good luck and best wishes throughout the season!

Hilary Domangue

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Director

Quality of Life – Athletics and Leisure

Program Facilitators

Hilary Domangue	Parish Athletics Director
Phillip Adams	Parish Athletics Administrator
Chris Singleton	Athletic Program Coordinator
Gregory Harding	Athletic Program Coordinator
Raschida Volter	Executive Secretary
Kellie Blanchard	Administrative Coordinator I
Denise Dryden	Administrative Coordinator I

FOOTBALL RULES AND REGULATIONS

The official National Federation of High School Association Football rulebook will govern all games. Only special rules and interpretations made by the Terrebonne Parish Athletics Department will supersede them. Terrebonne Parish Athletics will decide on all questions that arise and anything not covered within Terrebonne Parish Athletics' rules or by the National Federation of High School Association Football rulebook.

The primary purpose of the Terrebonne Parish Athletics Football Program is to instill in young athletes a sincere desire to develop a feeling of **citizenship, sportsmanship, loyalty, team spirit, and pride**. We sincerely thank the youth leaders and coaches for their efforts in making this dream a reality.

The registration deadline date will be established each season.

"Playing up" into the next age group must be approved by the Terrebonne Parish Athletics Department.

**To register for the tackle football program an individual must meet the age determining date for the program. Signing a "play up" form for tackle football is NOT an option for Parents/Guardians of individuals under seven years of age. However, a "play up" form can be completed for individuals who are age eight to play in the 9-10 age group or age ten to play on the 11-12 age group. Additionally, individuals should only be allowed to play up one age group. *Example: a seven-year-old should NOT be allowed to play in the 9-10-year-old age group and a nine-year-old should NOT be allowed to play in the 11-12-year-old age group.*

Ignorance of the rules is **NO** excuse.

ORGANIZATION OF TEAMS

Terrebonne Parish Athletics reserves the final decision related to team placement and roster limits based on the best interest of the program. Teams will be organized by the Terrebonne Parish Athletics Department based on age; primary residence/school individual is enrolled. Request by parent specific to childcare, custody, or transportation may be considered provided a parent submits a written request for approval. Rosters are limited to a minimum of 15 players and a maximum of 30 players (approval for exceptions can only be given by the Athletics Department staff). Teams will be populated to both the identified minimum to accomplish the needed players for game play and maximum number to ensure all players get playing time. If an age group from an area has players register but not enough to form a team, those players may be moved to a nearby team or moved up to the next age group. Players should play in their own age group and area of primary residence/school individual attends (approval for exceptions can only be given by the Terrebonne Parish Athletics Department). Each team will be allowed **five (5) approved coaches** during a game.

REGISTRATION/ROSTERS

Terrebonne Parish Athletics will accept online registrations for a minimum of four (4) weeks during an advertised open registration period. (**Open Registration Fee = \$20.00*). Online registration can be completed at TERREBONNE PARISH ATHLETICSEC.ORG, 24 hours a day, 7 days a week, during the advertised open registration period. **ALL REGISTRATIONS WILL REQUIRE A COPY OF THE CHILD'S BIRTH CERTIFICATE TO VERIFY NAME, AGE AND BIRTHDATE.**

Terrebonne Parish Athletics will provide each team's coach with a "preliminary" typed team roster for coaches to verify each roster. After coaches have verified their preliminary rosters, the Athletics department will provide each team's coach with an "unofficial" typed team roster in order that each player be contacted to begin practice.

Teams will be populated according to placement criteria above with consideration to the maximum allowed on a team. If participants are added to a roster after the preliminary or unofficial roster was distributed, the Athletics department will provide an updated preliminary or unofficial typed team roster to the coach. *Note: Only the individuals listed on the unofficial roster will be allowed to practice.* **REGISTRATIONS ARE NOT GUARANTEED DURING A LATE REGISTRATION PERIOD. SPECIFIC PLACEMENT REQUEST MAY NOT BE AVAILABLE. TEAM COACHES ARE NOT AUTHORIZED TO ADD PLAYERS WITHOUT TERREBONNE PARISH ATHLETICS APPROVAL.** (**Late registration would only be available in-person at the TERREBONNE PARISH ATHLETICS office and would be subject to the availability of open roster positions.*)

Terrebonne Parish Athletics will distribute the "OFFICIAL" rosters prior to the day of the first scheduled game. ***OFFICIAL TYPED AND VERIFIED ROSTERS WILL BE DISTRIBUTED BY TERREBONNE PARISH ATHLETICS AND SHALL NOT CONTAIN ANY HANDWRITTEN INFORMATION. ONCE TEAMS AND ROSTERS ARE FINALIZED, PLAYER CHANGES OR ADDITIONS WILL NOT BE ALLOWED.** Players should play in their own age group, area of primary residence or school attending (approval for exceptions can only be given by the Terrebonne Parish Athletics Department). Middle school players are eligible to participate in the Athletics program but **must** meet the registration deadline as well as all other requirements.

TEAMS WILL NOT BE ADDED TO THE PROGRAM AFTER THE ADVERTISED DEADLINE DATE EACH SEASON.

This will ensure that all teams have a coach, have been insured and venues are available for both practice and games as well as allow enough time for Terrebonne Parish Athletics to create league schedules.

All players must be listed on an unofficial or official roster to take part in the program. Players shall only be listed on one (1) official roster. Coaches are not allowed to add players, swap players, accept players or drop players without consent from the TERREBONNE PARISH ATHLETICS office. Once the league starts, a player must remain on the same roster for the remainder of the season.

**** Coaches must have their coaches' folder with the unofficial roster at every practice until the official roster is distributed by the Athletics department. Once the official roster is distributed, coaches must have the official roster at every practice and/or game. The Athletics department may conduct random roster checks. Coaches who fail to have this documentation available at practices and/or games are subject to disciplinary action as deemed necessary by the Athletics department.***

Each Player must play in every game

All players must play. Coaches must rotate their players in and out in a manner that is fair and sportsmanlike. *A child must play at least 30% of the game.* Please be respectful of players. Coaches are

reminded that this is a recreational program. It is meant for fun, enjoyment, and friendly competition. Players may be benched for disciplinary reasons or missed practices.

Coaches/General Information

1. Each team shall have one (1) head coach and will be allowed nine (9) assistant coaches.
2. ***A TOTAL OF FIVE (5) COACHES PER TEAM WILL BE ALLOWED ON THE FIELD AND/OR SIDELINES DURING A GAME. (No other individuals will be allowed on the field or sidelines. Exception: Approved individuals working or volunteering as directed by the Terrebonne Parish Athletics Department).***
 - a. **Bench decorum:** Only the acting Head Coach shall be allowed to confer with the Head Official in accordance with the rules and/or Code of Conduct during the course of the game.
 - i. **1st Violation:** Warning
 - ii. **2nd Violation:** Ejection
3. An official list of all coaches must be turned in to the Athletics Department. Any changes/additions must receive approval in writing from the Athletics Department.
4. Only Coaches whose name appears on the official list will be allowed on the field or sidelines for games and/or practices.
5. **Spectators** are NOT allowed on the playing field or on the sidelines during warm-ups or a game.
6. **Jewelry rule:** For the safety of everyone, no jewelry is allowed including rubber or silicone bracelets/wristbands.
7. A head coach must be at least 21 years of age.
8. Assistant coaches must be at least 18 years of age.
9. All coaches are subject to approval by the Terrebonne Parish Athletics Department.
10. Each Coach must complete and pass a background check (every 2 years) prior to participating in any Athletics activity.
11. Each Coach must complete a concussion awareness course prior to participating in any Athletics activity.

Louisiana Act 314 Concussion Protocol Certification (2 available ways to obtain online)

Online @ <https://www.cdc.gov/headsup/youthsports/training/index.html>

Online @ <https://nfhslearn.com/courses/61151/concussion-in-sports>
12. The head coach will determine the assignment of the assistant coach(s). All head coaches are responsible to completely check their entire roster to verify the date of birth of all players.
13. Any coach or player ejected from a game will be suspended from the next two scheduled games. If a coach or player is ejected twice during a season, he will be removed from the program for the remainder of the season, and the following season at a minimum.
14. Coaches will not take part or allow taunting or baiting before, during or after the game. This includes the use of social media. There will be a minimum of a two-game suspension for violation of this offense.

15. Upon approval by the Athletics Department and completion of all requirements, **Coaches will be issued a pictured ID badge which shall be visible at all times when performing the assigned youth athletic duties or activities, regardless of the location.**
16. Anyone found to be using an invalid ID Badge and/or another Coaches ID Badge shall be suspended for a minimum of two (2) weeks.
17. Coaches who let other individuals use their ID Badge for any occasion (Ex. Games/Practices) shall at a be suspended for a minimum of two (2) weeks.
18. Only players listed on the unofficial/official rosters are allowed to participate. If a coach has two (2) teams, the player must play on the team to which their name appears on the official roster. Players can NOT move from age group to age group or team to team. Each player shall only be assigned to one (1) official roster. This rule applies to all regular session games and the end of the year tournament.

Who May Participate:

The program consists of players between the ages of 7-12. Leagues are divided as follows:

- Peewee (7-8)
 - Jr. Varsity (9-10)
 - Varsity (11-12)
1. Age determining date is September 1. (Born before September 1)
 2. All players must be registered with The Terrebonne Parish Athletics Department

The following are needed in order to register.

- A. **“OPEN” REGISTRATION FEE** - (\$20.00) Registrations are accepted online at [TPREC.org](https://tprec.org), twenty-four hours a day/seven days a week, during the advertised open registration period. **Note: The open registration period will be a minimum of four (4) weeks.*
- B. **PROOF OF AGE** - All registrations shall require a copy of the participant’s birth certificate to verify name, age, and birthdate.

A player must be born before **September 1st** (*coaches are to double-check the birth dates of all players whose names appear on the roster*).

Individuals who are members of school teams are eligible to participate in the Terrebonne Parish Athletics football program. They must be registered prior to the first regular season game and meet all other requirements.

3. All players must be on the unofficial or official team roster to be allowed to participate in a practice or game.

General Game Rules:

The following are the game rules and general rules for the program. National Federation of High School rules will apply in this program, unless stated otherwise.

The approved ages and weights for Terrebonne Parish Bantam Football players are as follows:

****Players will be weighed in full uniform including helmet. Ten (10) pounds will be subtracted from the player's weight in full uniform including helmet. (Example #1 a 7–8-year-old player weighs in at 102 lbs. in full uniform including helmet, their official weight is 92 lbs. Example #2 a 9–10-year-old player weighs in at 142 lbs. in full uniform including helmet, their official weight is 132 lbs.***

Peewee 7-8 yrs. old – No maximum weight limits

90 lbs. or less can play (Quarterback, Running back, Receiver, or **Def. backs**)

91 lbs.-109 lbs. can play (Off. /Def. Line, Linebacker)

110 lbs. and higher, must play on the defensive or offensive line **only**

Jr. Varsity 9-10 yrs. old- No maximum weight limits

135 lbs. or less can play (Quarterback, Running back, Receiver, or **Def. backs**)

136 lbs.-155 lbs. can play (Off. /Def. Line, Linebacker)

156 lbs. and higher, must play on the defensive or offensive line **only**

Varsity 11-12 yrs. old – No maximum weight limits

145 lbs. or less can play (Quarterback, Running back, Receiver, or **Def. backs**)

146 lbs.-165 lbs. can play (Off. /Def. Line, Linebacker)

166 lbs. and higher, must play on the defensive or offensive line **only**

All skilled players will be weighed in the first game of the season. If a player is within 10 pounds of the weight limit, the player will be weighed in before each game. If there are any other players on your team who could be questionable about weight, they should be weighed in and receive a sticker.

If a player handles the ball and he/she has no sticker, and his weight is challenged, the play will be replayed if he/she is over the weight limit. A loss of downs and a 15-yard penalty will also be enforced, and the player will not be allowed to handle the ball for the remainder of the game.

The following players (Quarterbacks, Running Backs, Receivers, Def. Backs, or anyone designated must meet the above requirements in order to advance the football. These players will be identified every week. * Players will be weighed in full uniform including helmet. Ten (10) pounds will be subtracted from the player's weight in full uniform including helmet.

A fifteen (15) yard unsportsmanlike penalty will be assessed against the Head Coach for calling plays where an unapproved player advances the ball. ALL PLAYERS ARE ALLOWED TO CARRY OR ADVANCE FUMBLES AND/OR INTERCEPTIONS. **Plays called to circumvent this rule will be “blown dead”. A fifteen (15) yard unsportsmanlike penalty will be assessed against the Head Coach.*

There are no Special Teams for the age groups of 7-8 and 9-10. The ball starts on the 30-yard line. If a coach elects to punt, the ball will be placed 30 yards from the stop of the ball.

Special Game Rules:

1. EVERYONE MUST PLAY - All players must play.
***All players must play unless injured or for disciplinary reasons.**
Penalty: Head Coach subject to a minimum of one game suspension when detected by supervisor. Coaches with more than one infraction are subject to lengthy suspension.
2. Players may not be allowed to play for disciplinary reasons or missed practices.
3. The official team roster must consist of a minimum of fifteen (15) players in order to form a team and have a minimum of fifteen (15) players present in order to start a game. If a team does meet the minimum requirement, the game will be declared a forfeit.
4. **Touchdown = 6 Points, Extra Point = 1 Points for Run or Pass, Point After Touchdown**
5. There will be five (5) minutes allowed for half time.
6. Time-outs, one minute in length
 - Peewee - Two (2) per half
 - Jr. Varsity - Two (2) per half
 - Varsity - Three (3) per half
7. Varsity, Jr. Varsity, and Peewee – The offensive team will start on their 30-yard line.
8. Peewee 7 -8-year-old - **teams will play four (4) five (5) minute quarters.**
9. Peewee 7 -8-year-old - Games will be played on an eighty-yard (80) football field.
Each team will have four downs to make a first down.
10. Peewee 7 -8-year-old - Two (2) coaches will be allowed on the field for both offense and defense for the 7–8-year-old age group ONLY. However, coaches shall abide by the following rule.
 - ***Once the coaches get their players set, all coaches must be at least five (5) yards behind the deepest player and will not be allowed to Coach or give instruction from the field while the play is in progress. Coaches that are on the field of play shall remain quiet while the play is in progress. (Result – Five (5) yard penalty.)***
11. During a 9/10- or 11/12-year-old game, all coaches must remain on the sidelines.
Varsity 11–12-year-old - Seven (7) minute quarters; Jr. Varsity 9–10-year-old - six (6) minute quarters;
Peewee League 7–8-year-old - Five (5) minute quarters.
12. **All halftimes will be 4 minutes.**
***Each cheer team will have 2 minutes to perform a halftime show on the field. ***
13. Coaches will be allowed to check players in at any time during the game.
14. If a team is ahead by **eighteen (18) points**, **the game will continue with a running clock until the winning team has an advantage of thirteen (13) points or less. Then regular game clock rules will once again apply. (Peewee, Junior Varsity and Varsity).**
15. **ALL PLAYERS ARE ALLOWED TO CARRY OR ADVANCE FUMBLES AND/OR INTERCEPTIONS.**
**Plays called to circumvent this rule will be “blown dead”. A fifteen (15) yard unsportsmanlike penalty will be assessed against the Head Coach.*
16. There will be a ten (10) minute grace period for the first game of the day only. A team must have a minimum of fifteen (15) players present to begin a game. If a team does not have a minimum of fifteen (15) players, the result will be a forfeit. No grace period for games that follow.

17. Safety – Jr. Varsity and Pee wee: Team will be awarded the football on the 50-yard line.
18. 11-12 teams during all Kickoff/Kickoff returns, the only players allowed to advance the football will be players who were approved prior to the game as designated ball carriers, (examples, Quarterbacks, Running Backs, Receivers, or Defensive Backs).
19. 11-12 teams during all Kickoff/Kickoff returns, the ruling for a non-approved player catching or fielding the ball will result in an automatic blown whistle, (dead ball) at the spot with no advancement by that player. *This is not a penalty.
20. **The only helmet stickers that are allowed are stickers placed on the helmet by the Athletics department to identify an individual who can legally advance the football. A player having any other sticker(s) on their helmet must remove the sticker(s) before they can enter the game.**
21. **The rescheduling of all cancelled and/or suspended games is at the discretion of the Athletics department.**

Information pertaining to players

1. Parents should have players undergo a doctor's examination prior to participating in this program.
2. Players must furnish their own pants with hip, thigh, knee pads and shoes. The Athletics department supplies helmets (with chin straps and mouthpieces) and shoulder pads.
3. Football shoes are permissible if they have built-in rubber cleats and soles do not protrude more than 3/4 inches. Rubber shoes are acceptable. Barefoot playing is prohibited.
4. When a player is registered with a team, he/she must complete the season with the assigned team.
5. Terrebonne Parish Athletics Department does not furnish transportation to or from practice/game sites.

Targeting (Helmet to Helmet Contact):

1. **Targeting is a judgement call that** does not solely occur when players initiate helmet-to-helmet contact. It's defined as occurring when a player "takes aim at an opponent for purposes of attacking with forcible contact that goes beyond making a legal tackle or a legal block or playing the ball." Instances include, but are not limited to:
 - Launch--a player leaving his feet to attack an opponent by an upward and forward thrust of the body to make forcible contact in the head or neck area.
 - A crouch followed by an upward and forward thrust to attack with forcible contact at the head or neck area, even though one or both feet are still on the ground.
 - Leading with helmet, shoulder forearm, fist, hand or elbow to attack with forcible contact at the head or neck area.
 - Lowering the head before attacking by initiating forcible contact with the crown of his helmet.
 - Penalty: **fifteen-yards**
 - Should a coach teach these techniques, he will be removed from the program.

Practice:

1. Upon the start of the first official practice date, a minimum of two (2) practices should be conducted as light practices (Example: Helmet/shirt/ shorts) before allowing any contact practices.
2. Limit or eliminate running of laps entirely.
3. Schedule practices for late afternoon. Practices should be limited to three (3) to four (4) times a week, approximately 1-1/2 hour in length. One of the three (3) practices should be in shorts, shirt and helmets.
4. Allow water breaks as often as needed.
5. Each coach should keep an eye on all players and fellow coaches for slightest sign of heat exhaustion or fatigue.
6. At a minimum, for each forty-five minutes of instruction you should schedule a fifteen-minute break, having players assemble in a shaded area for rest. Use this period for chalk or board instructions.
7. No bull in the ring or no bridging the body with only feet and head touching the ground.
8. Practices held the day prior to or the day after a game should be conducted as light practice. (Example: Helmet/Shirt/Shorts)

WARM WEATHER PRECAUTIONS - Teams must guard against **heat problems**, which in extreme cases have occasionally **resulted in death**. The training regimen of any team practicing under heat and/or humidity must:

ORGANIZATION OF SQUAD AT PRACTICE:

It is required that all players on the team be given the same attention at practice. Grouping of players according to ability is prohibited if those of the greatest ability get more attention, while those of the lesser ability are shunned away from the balance of the team and do not get equal instructions.

POSITION OF DEFENSIVE PLAYERS:

The following defensive lineup will be allowed for all age groups:

Defense: There must be 5 defensive linemen on the line of scrimmage at all times.

Defensive Ends must be standing.

Linebackers must be 3 yards off the ball at all times.

Cornerbacks must be 3 and 3.

Safety must be 10 yards back.

NOTES:

1. All offensive and defensive linemen can be in 2-, 3-, or 4-point stands. Exception to this rule Defensive Ends, must stand.

OFFENSIVE NOTES:

1. **IN EVERY OFFENSIVE FORMATION, ONLY 5 PLAYERS ARE ALLOWED ON EITHER SIDE OF THE CENTER POSITION. This number includes any player in the offensive backfield except the QB position. "QB" must line up directly behind the center.**
2. *Penalty = illegal formation. 5-Yard penalty. Replay down.

3. IN EVERY OFFENSIVE FORMATION, 7 PLAYERS MUST BE ON THE LINE OF SCRIMMAGE. 4 PLAYERS MUST BE IN THE BACKFIELD AT LEAST ONE YARD OFF THE BALL.
4. IN EVERY OFFENSIVE FORMATION, A MINIMUM OF 3 PLAYERS MUST BE ON THE LINE OF SCRIMMAGE
5. ON BOTH SIDES OF THE CENTER.
6. **More than two** receivers are allowed on one side of the offensive play. **Trips are allowed.**
7. In a slot formation, the tight end may split out. The slot-back must be a minimum of one yard off the line.
8. Unbalanced lines are NOT allowed.
9. Jr. Varsity and Peewee – The only time you may use “no huddle” is the last two- (2) minutes of half or last two (2) minutes of the game. Exception - when a team has an 18-point advantage the “no huddle” shall no longer be used. **If the team’s advantage is reduced to thirteen (13) points or less, the “no huddle” can be used again.**
10. Varsity – “No huddle” offense can be used anytime. Exception - when a team has an 18-point advantage the “no huddle” shall no longer be used. **If the team’s advantage is reduced to thirteen (13) points or less, the “no huddle” can be used again.**
11. All offensive linemen must be no further than arm’s length apart when on the line of scrimmage.

Penalties and Yardage:

1. The following violations will result in a **five-yard** penalty:
 - a. Illegal Procedure - False Start
 - b. Offside
 - c. Illegal Motion or Illegal Shift
 - d. Delay of game
 - e. Substitution Infraction
 - f. Illegal forward pass (**Loss of down**)
 - g. Ineligible player down field on pass
 - h. Intentional grounding (**Loss of down**)
 - i. Helping runner
 - j. Grasping face mask (unintentional)
 - k. Players or coaches out of box
 - l. **Illegal Substitution**
 - m. **Failure to wear proper equipment**
2. The following will result in **ten-yard** penalty:
 - a. Holding
 - b. **Illegal use of hands**
 - c. **Illegal block in the back**
 - d. **Illegal rushing**
3. The following will result in a **fifteen-yard** penalty:
 - a. Clipping
 - b. Roughing the passer (automatic first down)
 - c. Illegal block below waist
 - d. Illegal block (Targeting)
 - e. Illegal participation
 - f. Roughing the kicker holder or snapper (Automatic first down)
 - g. Forward pass interference
 - h. Grasping an opponent face mask (or any helmet opening)
 - i. Unsportsmanlike conduct by player or coach.

- j. Charging into an opponent obviously out of the play
- k. Overweight player intentionally carrying the ball illegally.

COACHES ARE INSTRUCTED TO READ THE FOLLOWING TO EACH TEAM MEMBER. THERE IS NO EXCUSE FOR THE FOLLOWING TO NOT BE KNOWN BY EACH PLAYER.

Any player, while under the jurisdiction of TPCG Athletics may be removed from the program for **fighting, poor sportsmanship, cursing, destruction/defacing of public property, throwing objects** and **other acts** that the department feels is not in the best interest of the program (includes practice sessions).

With regard to inter-squad drills, it is prohibited to use the **younger** players as offensive “tackling dummies” when teaching defense to the starters. In addition, younger players are not to be used as defensive obstacles when instructing the starters of the offense.

DISQUALIFICATION ASSOCIATED WITH CERTAIN 15 YARD PENALTIES:

1. **Fighting by player or non-player**
2. **Any act if unduly rough or flagrant**
3. **Striking, kicking, or kneeing**
4. **Intentionally contacting an official**
5. **A second unsportsmanlike foul by a player or nonplayer**
6. **A substitute leaving their team box during a fight**

Adult Offenses:

1. Endangerment of juveniles, any practice which places health and safety of juveniles in jeopardy (including sweating down). The term “sweating down” a player is used in its broadest sense, including weight loss by an artificial means. There will be no running of players if they fail to make the weight limit before the game. *Penalty: Two-year or permanent suspension*
2. Teaching of offensive/defensive techniques or encouragement to hurt opponent physically is strictly prohibited. *Penalty: Two-year or permanent suspension.*
3. Fighting among team, opposing team, adults or fans. *Penalty: permanent suspension.*
4. Cheating of any type (i.e., forged birth certificates, filing false roster records or information) will not be tolerated. *Penalty: Two-year or permanent suspension.*
5. Threats—physical or otherwise against team, game officials or Terrebonne Parish Athletics personnel. *Penalty: Two-year or permanent suspension.*

JUVENILE OFFENSES:

1. Fighting, hitting, kicking, striking or otherwise abusing opponents.
Penalty: Removal from game and a minimum of being suspended from next two scheduled games. A second offense—will result in being removed from the program for remainder of the season and the next season at a minimum.

MAKEUP GAMES

Decisions on make-up games are at the discretion of the Athletics Department.

PROTEST

Protest of any game based on ineligibility of a player, must be submitted in writing to the Athletics Office within forty-eight (48) hours of end of the game. **ELIGIBILITY IS THE ONLY GROUNDS FOR PROTEST.**

**Protest can be emailed to the Athletics department 24 hours a day/ 7-days a week. Email protest to TPREC@tpcg.org.*

SPORTSMANSHIP

If in the opinion of a Supervisor or Official, a player conducts themselves in an unacceptable manner or commits an act that is deemed deliberate (tackling, elbowing, cheap shot, blocking, etc.) which may injure a player or any unsportsmanlike act, the game will stop, and that individual shall be removed from the game. The game will not continue until the ejected party has left the premises. If the individual does not leave, the Supervisor or Official will declare the game a forfeit. The individual shall be subject to disciplinary action as determined by the Athletics Department.

If in the opinion of a Supervisor or Official, a coach conducts themselves in an unacceptable manner the game will stop, and that individual shall be removed from the game. The game will not continue until the ejected party has left the premises. If the individual does not leave, the Supervisor or Official will declare the game a forfeit. The individual shall be subject to disciplinary action as determined by the Athletics Department.

TOURNAMENT PLAY

The decision on whether to hold an end of the year tournament is at the discretion of the Athletics Department. The League Director shall have the option to use either a Single Elimination Format, Double Elimination Format, or any other format as decided for any league tournament.

The League Director shall have the option to either have all teams in 1 playoff bracket or separate them into upper and a lower division(s) bracket(s), whatever they see fit to encourage growth of the league.

Ties are not allowed in tournament play. If the game is tied at the end of regulation in a tournament game, overtime will ensue.

DETERMINING TOURNAMENT SEEDING

The League Director MAY take into consideration a team's Win, Loss, Tie, forfeit record when determining tournament seeding. *However, the League Director shall have the option to seed teams how they see fit to encourage growth of the league.*

- Once a team/team(s) has/have been eliminated using a tiebreaker, the tiebreaker process continues again with the first tiebreaker for remaining teams.
- If teams have the same number of Win's Loss, Ties, and Forfeits then "Head-to-Head Score" between all the tied teams will be used.
- If Head-to-Head Score Seeding results in a tie, then the two captains shall flip a coin or RPS (Rock, Paper, Scissors) for the higher seed.

SUSPENSIONS

- A player or coach who is ejected from a game will be required to leave sight of the facility within 2 minutes. If a player or coach fails to leave after an ejection, the game will be forfeited.
- If any player or coach is ejected from the game, they shall be automatically suspended for a minimum of two (2) games, additional punishment could be handed down pending review by Athletics department staff.
- If the player or coach is ejected a second time during the season, they will be suspended for the remainder of the season and the following season, or if circumstances so warrant, be suspended from

participation in any program and/or entering any facility of the Athletics department indefinitely, pending review by staff.

- **In addition to being automatically suspended for a minimum of two (2) games, any coach ejected from a game or suspended for any reason shall be required to complete the SPORTSMANSHIP course listed below before being allowed to return to the program. Upon completion of the course, a certificate of completion shall be submitted to the Athletics department. Completion of this course does not guarantee reinstatement.**
 - <https://nfhslearn.com/courses/61151>
- If a coach is ejected from a game a second time or suspended a second time during the season, they will be suspended for the remainder of the season and the following season, or if circumstances so warrant, be suspended from participation in any program and/or facility of the Athletics department indefinitely, pending review by staff.

GENERAL ATHLETICS RULES

Team Managers and/or players participating in the Athletics Program may be removed from the program for any of the following offenses:

- Arguing over referee calls
- Cursing
- Destruction of or defacing public property
- Fighting
- Poor sportsmanship
- Any other acts that are not in the best interest of the program

All policies and procedures outlined in the Youth Sports Program Handbook and the Child Abuse & Other Risk Management Plan must be adhered to for all Athletics programs.

COACHES CODE OF CONDUCT:

Violation(s) of these rules will result in being suspended from all TERREBONNE PARISH ATHLETICS programs for a minimum of two years.

1. Do not criticize an opposing team (players, coaches, fans, or officials) by word of mouth, gestures and/or social media.
2. Do not criticize your own team or players. Your focus should be on positive reinforcement.
3. Do not use abusive language, screaming/hollering, and/or profanity. It will not be tolerated.
4. Do not permit an ineligible player to participate in the game.
5. Do not run up the score. Show good sportsmanship.
6. Do not deliberately incite unsportsmanlike conduct.
7. Do not attend games or practices under the influence of alcohol or anything that may be considered an illegal intoxicant.
8. Do not recruit players or falsify a player's age or address.
9. Remove any player from the game or practice whenever slightly in doubt concerning his/her health, whether or not as a result of an injury. Pay attention to heat-related injuries.
10. Together with game officials, be jointly responsible for the conduct of and control of teams, fans, and spectators. Any fan that becomes a nuisance and out of control will be asked to leave.
11. Accept the decisions of the game officials as being fair and called to the best of their ability.
12. Strive to make every athletic activity serve as a training ground for life and as a basis for good mental and physical health.
13. Abstain from any activity unbecoming of a leader/role model and coach.