



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Summerville Family YMCA

Welcome to YMCA NFL Flag Football

Dear Parents and Coaches,

Thank you for choosing the YMCA as the organization for your child's sports experience. We hope that you and your child enjoy this season and the experience of YMCA sports. The YMCA is dedicated to providing a quality sports experience in a Christian atmosphere while focusing on the development of character in our youth. Our goal is not only to develop the player, but to also develop the person. We communicate and teach the values of caring, honesty, respect, and responsibility. We regard each player and team as winners despite skill level or winning percentage. We work to instill the values of sportsmanship and fair play. Our hope is that you and your team enjoy the fellowship of the game and take with you great memories from your experience with us.

The information contained in this packet is for your review. Please take the time to read through it carefully. If you have any questions, please call us or e-mail us at the contact information listed below.

Again, thank you for your participation in YMCA sports. We look forward to a great season!

Be sure to visit our website for youth sports at www.summervilleymca.org/programs/youth-sports/.

Thank you,

YMCA Staff



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YMCA Youth NFL Flag Football

General Information for Parents

How and where do I register?

You can register at any YMCA location or online at www.summervillymca.org/programs/youth-sports/. Any registrations after registration ends (October 14th) will result in a \$15 late fee.

When you register, please indicate any days or times of the week that you CANNOT practice (see practice days/times below). No requests are guaranteed, but we'll do our best to meet your requests. Please make sure to include all phone numbers and email addresses for our office and your coach to call you. Please also make sure to indicate the division in which your child will be playing.

What does the Y provide and what do I need to provide?

We will provide your child's jersey and flag belt. Your child will need cleats, black shorts or pants WITHOUT pockets. Jerseys will be delivered to your coach prior to the first games. **Any additional jersey ordered will be associated with a \$30 fee.**

The Y does not provide trophies, medals, or team parties. We leave this decision of how to celebrate the season to the coaches and parents and suggest all the parents pitching in as a team to celebrate their child's success in an effort to make it more personable from the coaches!

When are practices and games and when do they start?

6U and above: Practices will begin the *week of **November 11.*** Your child should have one (1) or two (2) practices per week depending on their age group. Practices for 6U and 8U once a week @ 5:30 or 6:30, Monday - Friday. Practices for 10U and above will be twice a week at 5:30 or 6:45pm Monday- Friday. **Any requests made after registration ends may not be met.**

Games will begin November 23. There will be no games and optional practices the week of Thanksgiving and the last two weeks of December for the Holidays.



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No team may practice before November 11th without consent from the Sports Office.

Please note that any make up games take preference over practices.

Your Coach will be notified when this applies to your team.

*******Refund Policy: *******

A \$15 administration fee is deducted from program refunds, or full credit for another program. Any refunds given 10 days prior to season's start will be subject to a \$15 administration fee plus 50% of the fee paid. **No refunds will be issued once the program has started (first day of practices).** A \$15 fee will be assessed for any registrations taken after the registration period for the program has ended.

How can I help my child's team?

The Y is always in need of three volunteers: Head Coaches, Assistant coaches and Team Parent. If you are interested in helping out, let your child's coach know that you are available.

Interested in becoming a Head Coach or Referee?

Please contact the Sports Office at 821-1028, or by e-mail the Branch Exec at JillL@SummervilleYMCA.org for more information.

- **Coaches Meeting:** October 15th @ 6:00pm in the Oakbrook Childcare gym. For coaches only.

League Structure

- The league is structured according to the following age divisions. These will likely change for the summer based on numbers in each division
 - Micro: 3 years ONLY
 - 6U: 4-6 years
 - 8U: 6-8 years
 - 10U: 8-10 years
 - 12U: 10-12 years
 - 14U: 12-14 years
 - 16U: 14-16 years
- **Age Restrictions** – Any child may play up. A child may only play down if a note from the child's pediatrician states the child is physically or mentally on the same level as the children in the lower division. The age cut off for NFL Flag Football is November 1st.



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Prayer

Before the start of each game and after the final whistle blows, both teams gather around the center circle for a prayer. The prayer can be lead by a coach, a player, a parent, or the referee. We encourage you to take part in the prayer by volunteering to lead it, having your child volunteer to lead it, or by taking part in it from the sideline.

Oakbrook Sports Complex – Property Rules

Property rules are put in place in order to ensure a safe, clean, and enjoyable atmosphere for all spectators and players. Please follow these rules and be considerate of the YMCA property and the people around you.

- **NO SMOKING or VAPING** anywhere on YMCA property, including your car.
- **NO PETS**
- **NO ALCOHOL**
- **NO WEAPONS**
- **NO SOLICITING** unless you are a sponsor and have the Branch Execs permission.
- **NO SPEEDING**. The speed limit is 10mph.
 - Adhere to all STOP signs.
 - Adhere to all NO PARKING.
 - Adhere to all CAUTION signs.
 - Cars not adhering to these rules will be towed at the owner's expense.
- Please dispose of all TRASH in the cans provided throughout the property.
- Please park in designated parking areas and park in such a manner as to be considerate of others' need to enter and leave parking areas without being encumbered.
- Please report any restroom problems to the staff in the Snack Shack.

Rules of Play

Our referees base their rules, regulations, and procedures off of NFL Flag Football rules. At the Y, our goal is to teach Flag Football but also to focus on mentoring children. The goal of the referees is to maintain the flow of the game while teaching when needed. There will be times the referees may stop the game to explain a call or instruct a player on proper play. However, their main objective is to keep the ball rolling and make the appropriate calls. To read the Laws of the Game, see the appropriate equipment (including what NOT to wear), and understand the fouls/penalties better, feel free to visit the official site for referees at

We appreciate your SUPPORT of our referees on and off the field.

If you have any concerns, please report them to a YMCA staff member located in the Snack Shack or to the Sports Director at 843-486-1496, or by e-mail at JILL@summervilleymca.org.



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*****Rules for Parents to Follow at Games and Practices*****

It is important for us, as adults, to conduct ourselves in a positive manner in order to create an atmosphere for our children that is conducive to learning, sportsmanship, and development. The YMCA has a **Zero Tolerance Policy** for parents throughout the season. If any of these rules are broken, you will be asked to leave the property immediately. Please follow these rules throughout the season in order to provide the best experience possible for you and your child.

- Spectators/Parents are not permitted to *talk* to or yell at referees.
- Spectators/Parents are not permitted to stand or congregate behind goal lines or goals or by the team's benches.
- Spectators/Parents are not permitted on the field of play at any time, unless instructed to by the referee or coach in the case of an injured player.
- Spectators/Parents should stay a minimum of 3 feet from the sideline at all times.
- Spectators/Parents are not permitted to use foul language, taunt, or make inappropriate comments about, or gestures toward, other parents, spectators, players, coaches, or referees.
- Spectators/Parents should only use language that is supportive of the children on the field of play.
- Spectators/Parents should be supportive of both teams and lend encouragement at all times.
- **Spectators/Parents are not permitted to engage in any form of physical or verbal confrontation on YMCA property.**
- Spectators/Parents should approach the coach in a professional and respectful manner with questions or concerns regarding their child or the team.

As with any rule, there are of course consequences for actions that are deemed infractions of the rules. Any spectator/parent infringing upon the above stated rules will be subject to the following consequences:

- First Offense – Warning by the referee, coach, or Director. Depending on the severity of the infraction, the spectator/parent may be subject to a ban from the YMCA property.
- Second Offense – Spectator/Parent will be required to leave the YMCA property. Depending on the severity of the infraction, the spectator/parent may be subject to a ban from the YMCA property.
- Third Offense – Spectator/Parent will be banned from YMCA property.

The Snack Shack

The Snack Shack will be open each Saturday of the season from 9am-2pm. The Snack Shack is the "hub" for Saturdays' events and operations. Please report any concerns to the YMCA Staff located in the Snack Shack.

Contact Information

If you have any questions or concerns, please call the Sports Office at 843-486-1496 or by e-mail at JillL@summervilleymca.org



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Risk Issues

Bad Weather: In the case of bad weather on a practice night, the YMCA will cancel practice via email and our Facebook Page. In case of a late storm or pop-up storm, it is up to the coach to determine if practice should take place or not and to contact their team in the event of a cancellation. The YMCA will not reschedule missed practices.

Unless extreme conditions exist, games may not be called until the game time. Minor weather conditions may result in games being postponed. As soon as cancellations are made coaches will be contacted and asked to contact their team. Information will also be posted on the YMCA Facebook Page and via email. Every effort will be made by the YMCA to make-up cancelled games.

Lightning: Activities will be stopped and all people asked to move inside to a safe location when either of the following occurs:

1. Cloud to ground lightning is observed and less than 30 seconds pass from seeing the lightning and hearing the thunder from the flash
2. In cloud lightning is occurring directly overhead. The outdoor activities can be considered safe to continue 30 minutes after the last lightning is seen.
3. Coaches can make calls on site when Director is not present.

Injury Prevention

Know the risk factors of the sport specific physical activity that your child is participating in. Make sure that the athlete has the appropriate protective equipment to prevent injury. Help your athlete develop strength, flexibility, and endurance. *Encourage your child to report pain and injury.*

Warm Up: Warm up activities are slow sustained stretching exercises, calisthenics and slowly increasing the intensity of motion. A good warm up should increase your body temperature, respiration, and heart rate, followed by stretching muscles with a slow static stretching.

Cool Down: Gradually reduces workout intensity. Have athletes walk at a slow rate until their heart rates get near normal. Follow up with light stretching.

Over Use Injuries: It is very important that coaches and parents are proactive and ask pointed questions if they suspect an athlete is injured or overly fatigued. Athletes commonly continue to play when fatigued or injured and may not report an injury to their coach.

Dehydration Prevention: Make sure your athlete has the proper amount of liquids and is staying properly hydrated. Fluid should be caffeine free. Athletes should have water breaks every 10-20 minutes and more often when exercising in extreme heat.

Heat Related Injuries: Know the signs and symptoms of heat exhaustion and heat stroke. Make sure athletes are in appropriate clothing and receiving fluids & rest periods during high heat conditions

Concussions: Athletes need to be in proper protective gear for their sport. In the event of a head injury athletes need to be cleared by a medical professional before returning to play.



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THE YMCA PHILOSOPHY OF YOUTH SPORTS

Seven Pillars of YMCA Youth Sports

What we want youth sports to be in the YMCA is stated in our Seven Pillars of YMCA Youth Sports.

Pillar One - Everyone Plays. We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Super Sports. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and plays at least half of every game.

Pillar Two - Safety First. Although some children may get hurt playing sports, we do all we can to prevent injuries. We ask you to develop your players' fitness levels gradually so they are conditioned for the sport. And we ask you to constantly supervise your young players so that you can stop any unsafe activities.

Pillar Three - Fair Play. Fair play is about playing by the rules - and more. It's about you and your players showing respect for all who are involved in YMCA Youth Sports. It's about you being a role model of good sportsmanship and guiding your players to do the same. Remember, we're more interested in developing children's character through sport than in developing a few highly skilled players.

Pillar Four - Positive Competition. We believe competition is a positive process when the pursuit of victory is kept in the right perspective. The right perspective is when adults make decisions that put the best interests of the children above winning the contest. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson of life. Through YMCA Youth Sports we want to help children learn these lessons.

Pillar Five - Family Involvement. YMCA Youth Sports encourages parents to be involved appropriately along with their child's participation in our sport programs. In addition to parents being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation.

Pillar Six - Sport for All, YMCA Youth Sports is an inclusive sport program. That means that children who differ in various characteristics are to be included rather than excluded from participation. We offer sport programs for children who differ in physical ability, financial circumstances, and years of experience. We offer programs to all children regardless of their race, gender, religious creed, or ability. We ask our adult leaders to encourage and appreciate the diversity of children in our society and to encourage the children and their parents to do the same.

Pillar Seven - Sport for Fun. Sport is naturally fun for most children. They love the challenge of mastering the skills of the game, of playing with their friends, and of competing with their peers. Sometimes when adults become involved in children's sport, they over organize and dominate the activity to the point of destroying children's enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember that these sports are for the kids; let them have fun!



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FLAG FOOTBALL RULES

1. Team Requirements

- A team shall consist of 6 players. A team can play with a minimum of 4 players.
- The offensive team must have any two players on the line of scrimmage at the time of the snap.
- Substitutions are allowed between plays and during time outs.
- The designated team area is located between the 20-yard lines, two yards off the sideline. This area is for all players and a maximum of three coaches.
- The spectator area is designated as five yards from the sideline. Spectators are **not allowed in the team area.**

2. Equipment and Facilities

- All players must wear shoes.
- Rubber cleated shoes will be allowed. Open toe, open heel or hard soled shoes will not be allowed. No metal cleats.
- Pants and/or shorts with belt loops and/or pockets are strictly prohibited. A player may not turn his or her shorts inside out or tape his or her pockets in order to play.
- Towels may not hang from a participant's waist or otherwise interfere with the removal of a flag.
- Covering Flags: A team will get 2 warnings, then a 10-yard penalty will be assessed.
- All flag belts must be free of knots. Penalty: Unsportsmanlike conduct and ejection from the game.
- Each team must provide their own NFL Flag football. There are no requirements regarding ball pressure and markings. The referee shall be the sole judge of any ball offered for play and may change the ball during play at his or her discretion. During the game each team must use a legal NFL Flag ball of its choice when in possession.
- Equipment such as helmets, billed hats, bandana's, pads or braces worn above the waist, leg and knee braces made of hard, unyielding substances, casts and all jewelry are strictly prohibited. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 1/2 inch of slow recovery rubber or similar material will be allowed.
- Teams must use flags provided by the YMCA. All team members must wear the same color shirt. Shirts must be tucked in the pants. Shirts may not have pockets and may not be tied in knots. No hooded sweatshirts...if wearing a hooded sweatshirt this will result in an illegal equipment penalty...10 yards.

3. Start of the Game and Timing

- A coin toss will take place five minutes before the start of the game. The referee will conduct a captain's meeting in which he or she will designate which captain shall call the toss of the coin. The captain winning the toss will have a choice of options for the first half or shall defer his/her option to the second half:
 - To choose whether his or her team will start on offense or defense.
 - To choose the end zone his or her team will defend
 - The captain, not having the first choice of options for a half, shall exercise the remaining option.
- Three time-outs per half are allowed per team and must not exceed 1 minute in duration.
- The ball must be put into play no more than 20 seconds after the official has placed the ball.
- Games will consist of two 25-minute halves with a three-minute half time. Timing will be continuous for both halves. Only team and official time-outs can stop the clock. There is NO 2-minute warning.

4. Game Rules

- Field dimensions vary by age and available space, yard markings every 10 or 20 yards.
- The ball will be placed on the 10- or 20-yard line depending on age at the start of the game and after every touchdown.
- A team shall have four consecutive downs to advance to the next zone line to gain a first down.



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- The zone line to gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain.
- A new series of downs will be awarded when a team moves the ball into the next zone.
- Flag Belt Removal
 - When the flag belt is taken from the runner, the down shall end and the ball is declared dead. The spot of the ball is determined at the point where the clip of the flag belt becomes detached, not where the belt falls to the ground.
 - If a flag belt inadvertently falls off, it will automatically be ruled down.
 - A player may leave their feet to remove a flag.
 - The ball becomes dead when:
 - A legal de-flagging occurs.
 - The ball carrier touches the ground with any part of their body other than the hands or feet.
 - A fumble hits the ground.
 - A snap from the center touches the ground. Official's discretion on the call.
- Each member of the offensive team is eligible to receive a pass unless the player voluntarily goes out of bounds during the play.
- The center, after assuming the position for the snap and adjusting the ball, may not move nor change the position of the ball in a manner simulating the beginning of a play. The ball must be snapped in one continuous motion, not necessarily between the center's legs, from the spot designated by the ball marker. The ball may be moved with approval by the official due to poor field conditions. The player receiving the snap must be 2 yards from the line of scrimmage during a scrimmage play. Penalty: Illegal procedure.
- Before the snap, all offensive players must come to a complete stop for at least 1 full second. Only one offensive player may be in motion, and may not be moving towards the opponent's goal line at the time of the snap. If two or more players go in motion before the snap, then this is considered a shift and all players must come set for one full second prior to the snap.
- For a legal catch, a pass receiver must come down with at least one foot in bounds.
- Fumbles
 - Fumbles are dead when the ball touches the ground.
 - The ball is put into play at the point where the ball first touched the ground.
 - Any passed or fumbled ball that does not touch the ground may be advanced by any player catching the ball.
 - A ball fumbled into the offensive team's end zone will result in a safety. If the ball is fumbled into the opponent's end zone the result is a touchback (opponent's ball on their 15-yard line).
- **The ball is placed on the 10-yard line after a safety. The team receiving the 2 points for the safety will put the ball into play with a series of downs.**
- The ball is placed on the 10-yard line after a touchback. The team puts the ball into play with a series of downs.
- A touchdown results in a score of six points.
- **Extra Point Attempts - A try for three points will be taken from the 20-yard line. A try for two points will be taken from the 10-yard line. A try for one point will be taken from the 5-yard line. If the defense should intercept a pass, they may return it for two points.**
- Tie score at the end will result in NO overtime periods being played.
- **If a team is leading by 42 points at any point in the game, the mercy rule will be put into effect and the ball game will be over.**

5. Screening

- **Blocking, as in regulation tackle football, is PROHIBITED! A screen block shall take place WITHOUT CONTACT. The screen blocker may have his or her hands out from his or her sides as a defensive posture. However, any use of the hands, arms, elbows, legs, or body to initiate contact during a screen block is ILLEGAL!!!! A blocker may use his or her hand or arm to break a fall or retain his or her balance. A player must be on his or her feet before, during, and after screen blocking. Penalty-personal foul, 10 yards.**



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6. Flag Belt Removal

- **In an attempt to remove the flag belt from the ball carrier, defensive players may contact the body of an opponent with his or her hands. A defensive player may not hold, push or knock the ball carrier down in an attempt to remove the flag.**
- No player shall attempt to steal the ball, trip an opponent, contact an opponent who is on the ground, make unnecessary contact with an opponent, deliberately dive or run into an opponent or tackle the ball carrier. Penalty: personal foul, 10 yards (flagrant offenders will be ejected from the game and possibly suspended for the remainder of the season).

7. Kicking the ball

- There is NO kicking the ball.
- The offensive team has the option of “punting” the ball with the referee placing the ball at the opposing team’s 20-yard line.
- **The ball is placed on the 10 or 20-yard line at the start of the game, to begin the second-half, and after each touchdown.**
- Extra points are played on the ground from the 20-, 10-, or 5-yard line, earning 3, 2, or 1 point for a score, respectively.

8. Clarifications

8.1 A defensive player may not remove an offensive player's flag when the offensive player does not have the ball. Similarly, the defensive player may not remove the quarterback's flag after the ball has been thrown. Penalty: Illegal flag belt removal, 10 yards.

8.2 A defensive player may not remove an offensive receiver's belt prior to the receiver touching the ball. Penalty: defensive pass interference, 10 yards and automatic first down.

8.3 A defensive player must avoid running into the quarterback behind the line of scrimmage. If a defender contacts the passer's hand or arm, whether or not he or she touches the ball, it is roughing the passer. Penalty: 10 yards and automatic first down.

8.4 A player may not fasten his or her flags to his or her uniform or belt other than prescribed in the rules. Penalty: 10 yards and automatic disqualification. The official will check the flags of each person who scores a touchdown or conversion. Following a touchdown or conversion, if a player removes their flag belt prior to being checked by the official the score will be nullified.

8.5 Pushing or shoving a receiver/defender is not allowed. Penalty: Illegal use of hands. 10 yards.

8.6 An offensive player may not dive or hurdle over, through or into an opponent who is on their feet. Penalty: Illegal use of the body. 10 yards.

8.7 Any dead-ball penalty occurring after a touchdown will be assessed on the extra point. Any dead ball penalty occurring after a conversion will be assessed on the next play from scrimmage at the 15-yard line.

8.8 An offensive player may not stiff arm or guard his or her flags by blocking them with their hands or the ball. Penalty: Illegal use of the hands. 10 yards.

8.9 When an inadvertent whistle is blown by an official, the ball is dead at the point when the whistle was blown. The team against which the inadvertent whistle was blown has the option of accepting the play or replaying the down.

8.10 All players on the field must wear flags. Failure to do so will result in a five-yard penalty, if noticed prior to the ball being snapped. If noticed after the ball has been snapped, then the player without a flag belt must be touched with one hand between the shoulders and the knees (after the ball has been snapped, a penalty cannot be assessed).



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8.11 The offensive team is responsible for retrieving the ball after a play and giving it to the referee for the spot.

8.12 The 20 second clock begins when the official signals "ready for play."

SUMMARY OF FOULS AND PENALTIES

Loss of 5 yards:

1. Required equipment worn illegally.
2. Delay of game.
3. Illegal Snap.
4. False start.
5. Encroachment.
6. Illegal Procedure.
7. Illegal forward pass (5 yards from point of pass and loss of down).
8. Intentional grounding (5 yards from point of pass and loss of down).
9. Helping the runner: the runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate.

Loss of 10 yards:

1. Delaying the start of either half.
2. Two or more consecutive encroachments during same interval between downs. The initial encroachment 5 yards.
3. Illegal participation.
4. Offensive pass interference. (Loss of down)
5. Defensive pass interference. (Automatic 1st down)
6. Illegally secured belt on touchdown. (Revoke touchdown and loss of down)
7. Unsportsmanlike Conduct.
8. Spiking the ball or not returning the ball to the official during the dead ball.
9. Attempt to steal the ball from the carrier. 2nd offense is unsportsmanlike conduct (disqualification).
10. Hurdling.



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11. Unnecessary contact of any sort.
12. Roughing the passer. (Automatic 1st Down)
13. Defensive use of hands.
14. Guarding the flag belt (and stiff arming).
15. Illegal batting.
16. Illegal flag belt removal.
17. Personal foul.
18. Flagrant unsportsmanlike conduct. (Disqualification)
19. Flagrant personal fouls. (Disqualification)
20. Intentionally tampering with flag belt. (Disqualification)
21. Illegal equipment.

**The Summerville YMCA promotes and encourages good sportsmanship. Unsportsmanlike conduct will not be tolerated in any form.