



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**THE SALINA FAMILY YMCA
FLAG FOOTBALL
June 17, 2020**

OUR MISSION – to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

OUR VALUES – In our youth sports programs, please keep in mind that the YMCA is all about values and character development for our children. Caring, Respect, Honesty and Responsibility are the four core values of the YMCA.

SPORTSMANSHIP – The Salina Family YMCA Youth Sports Program is not only dedicated to teaching sports fundamentals, but also good sportsmanship. Everyone involved in the sports program has a role to play in teaching youth good sportsmanship. Good sportsmanship is synonymous with respect. The most important way we teach others is by being a good role model.

Coaches are encouraged to enforce discipline. Teach your players to honor the officials call. Coaches are expected to serve as an example for their players and maintain the goals and high standards of the YMCA. Coaches are responsible for team members and spectators supporting their team, before, during, and after the game.

The referee will call the game as he/she sees it and according to their best judgement; his/her decision is final. The referee will warn any coach or player displaying unsportsmanlike conduct. Any abusive language or inappropriate behavior by a player, coach, or spectator will result in the disqualification of a player, coach, or team. The Salina Family YMCA Sports Staff will be notified of any disqualifications and a conference with the Sports Staff will be held before further participation.

TEAM ASSIGNMENT POLICIES:

Teams–The Sports Staff will form all team rosters. No player shall switch teams without the approval of the YMCA Sports Staff and affected coaches.

Coaches–All Coaches must complete the online application, background check documentation, and sign the Coaches Agreement/Practice Request Form before they may receive a team roster. Coaches will receive a YMCA Coach shirt which must be worn at the games. Only a documented coach wearing a YMCA Coach shirt may be allowed to coach at the games. Coaches should contact the YMCA Sports Staff if they need another parent to substitute for them in order for our staff to make the necessary accommodations.

PRACTICES – There may be one scheduled practice each week per team. Parents are encouraged to notify their child’s coach prior to being absent from games and practices. Coaches should keep parents updated on practice times, days, and any cancellations. Parents are encouraged to attend practices and help the coach when needed. Coaches, please let the Sports Staff know of any cancellations you may have.

**SALINA FAMILY YMCA
FLAG FOOTBALL RULES
K-6TH GRADES**

June 17, 2020

Players and Coaches on the Field

K	6 v 6	2 Coaches allowed on the field
1st	7 v 7	2 Coaches allowed on the field
2nd Grade	8 v 8	1 Coach allowed on the field
3rd Grade	8 v 8	
4 th – 6 th Grade	8 v 8	

All division player amounts can be adjusted based on enrollment by the Sports Staff.

Divisions & Specifications

K, 1 st , & 2 nd Grade	Pee Wee Size Ball	60yd X 30yd Field	(4) 10 min. qtrs.	2 min. halftime
3 rd , 4 th – 6 th Grade	Junior Size Ball	60yd X 30yd Field	(4) 10 min. qtrs.	2 min. halftime

Equipment

- The YMCA will furnish team t-shirts to be worn as the manufacturers intended. Shirt must be tucked in.
- Tennis shoes or shoes with rubber cleats may be worn.
- Shoelaces should be double-knotted.
- **A mouth guard is required for practices and games.**
- The YMCA will furnish flags and balls for each practice held at the YMCA.
- **All players must wear the game flags furnished by the YMCA.**
- **No jewelry is allowed.** Players should remove all jewelry (earrings, necklaces, bracelets, etc.) before warming up or playing. This is for the child's safety and the safety of the other players.

Practices and Games

There should be one scheduled practice each week per team. Players are encouraged to notify their coaches prior to being absent from games and practices. Coaches should keep parents updated on any schedule changes or cancellations. Coaches please contact the sports staff for approval of any changes you need to make regarding your practices. Games are to be played according to the Saturday Game schedule. If a Head Coach has a conflict, the Assistant Coach can proceed with the game.

General Rules

1. The coach should make sure no player participates with any kind of injury.
2. All players will play at least 2 quarters; playing 1 quarter of offense and 1 quarter of defense. Playing time should be as equal as possible.
3. All players must start 3 games.
4. Coaches are asked to encourage and to allow all youth to play all positions throughout practices and games throughout the season.
5. Substitutions may be made at any time.
6. The coach should not pressure any player with a highly competitive situation.
7. The coach should instruct the players on basic concepts of football. Please see that each player knows the violations and how to avoid them.
8. Officials will keep a running clock.
9. 1 timeout per half is allowed with no carry over.
10. Timeouts are 45 seconds.
11. No three-point stance allowed on defense or offense teams. Players start with hands on knees or on their thighs. The exception is the Center hiking the ball. K-2 may hike the ball from the side. 3rd – 6th grade division must hike the ball between their legs.

Start of Play

- The referees will conduct a coin toss. The team that wins the coin toss has the choice of goal or ball. There are no kickoffs. The ball will be placed at the first zone line.
- Each team is required to provide one volunteer to run the down marker for a half.

Offensive Rules

1. All players on offense must be set for at least one second prior to the center snap.
2. Teams must use, "down, set, hike" as their cadence. K-2nd must hike on one; 3rd-6th may go on any cadence.
3. The halfback must be 5 yards deep in the backfield before the ball is snapped.
4. First downs are made when the offensive team advances the ball to the next zone. Once the ball has entered a zone for a first down, the team cannot reenter that same zone for another first down.
5. A team has 4 downs to make the next first down zone or end zone.
6. All offensive players are eligible to receive a forward pass.
7. Only one forward pass per down.
8. All forward passes must be made from behind the line of scrimmage.
9. 3 players are allowed in the backfield.
10. A fumbled ball is dead where it hits the ground. The exception to this rule will be the hike. If the ball hits the ground on the hike before or after touching the quarterback's hands and can be easily picked up by the quarterback for the play to continue the official will allow this. The official will allow one replay per series due to a mishike which passes out of the reach of the quarterback.
11. The play is dead when the ball carrier's knee hits the ground, the ball hits the ground, or the flag is pulled.
12. No player can hold or guard their flags with their hands or the ball. This is a judgment call by the official.
13. No motion is allowed in any grade division.
14. At least one player must be on both sides of the center no more than one arm length from the center.
15. It is a 15-yard penalty if any player has rolled their flags underneath the belt.
16. Blocking must be done between the shoulders and the waist.
17. The offensive line must not hold or make any contact outside the shoulder area when blocking.
18. Linemen in the tackle box including the center must be no more than an arm length away from each other. Any other player to be considered a lineman must be within an arm length of another lineman.
19. No quarterback sneaks. Quarterbacks can run outside the tackle box.
20. No designed dives up the middle between the tackles, dives, center plunges, or stiff arms above the shoulders.
21. Interceptions are a dead ball; change of possession. Possession begins at the first zone line.
22. All grades will have a 45 second play clock.
23. The offense cannot dive for yardage. Any diving of any kind will result in a 15-yard penalty.
24. The ball carrier must attempt to avoid the tackler and is not permitted to run over or through the defensive player.

Defensive Rules

1. Defense must have minimum of 3 or 4 players (equivalent with offensive line) on the line of scrimmage. No man can be placed over the center. If the offense puts more than 5 linemen on the offensive line, the defense does not have to put more linemen over them.
2. All linemen must line up head-to-head.

A. X X X X
 O C O O O
 O

B. X X X
 O C O O O
 O O O

C. X X X
 O C O O O
 O
 O
 O

3. No blitzing will be allowed while the quarterback is in the pocket (linebackers, corners, and safety). Defensive linemen are allowed to "rush" the quarterback.
4. The tackler must hold the flag high above his head so the referee can stop the play.
5. The defense cannot deliberately push the ball carrier out of bounds.
6. No tripping of any kind is allowed. Tripping is a 15-yard penalty.
7. The defense cannot dive to pull a flag. Any diving of any kind will result in a 15-yard penalty. This is a judgment call by the official.
8. Safety will result in the offensive team receiving the ball on their 15-yard line.

MOST IMPORTANTLY: BE SAFE AND HAVE FUN!

PENALTIES

5 Yards

- Shirt not tucked in
- Flags not on hips
- Offsides
- Illegal Motion
- Delay of game; 45 second play clock
- Guarding or holding the flag on offense
Loss of down
- Stiff arm **above the shoulder**
Loss of down

10 Yards

- Illegal Blitzing
- Holding
- Blocking above the shoulders or below the waist

15 Yards

- Diving
- Tackling
- Tripping
- Pass interference
- Clipping
- Rolling up the flag
- Unsportsmanlike Conduct

Coaches are expected to teach and display good sportsmanship. When an official imposes a penalty or makes a decision, he/she is simply doing their duty as he/she sees fit. An official's call is final and will be accepted. Please teach the players to honor the call. A player or coach guilty of violent conduct, abusive language, or gestures may be suspended from further participation in the game. The Sports Staff will be notified for any follow-up action.