



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA NFL Flag Football Clarifications

Section 1 Players

1.1 Any disrespect toward the referee, staff, opponents or coaches will not be tolerated. Players are asked to display the YMCA 5 core values at all times: RESPECT, RESPONSIBILITY, HONESTY, CARING, AND FAITH.

1.2 Any disrespect towards the referee, staff, opponents or coaches will result in either termination of the player from the program or possible suspension for a certain number of games. Please consult the youth sports director for exact player conduct terms.

1.3 Each team shall play with five players on the field.

1.4 Home team players will wear the dark side of their jerseys, and the away team will wear the light side of their jerseys.

Section 2 Coaches

2.1 Only background approved coaches with YMCA coach shirt are allowed on team bench. All coaches must stand or sit near their team bench. Coaches are only allowed to stand near their team bench.

2.2 Coaches will uphold the authority of the officials who are assigned to the contests in which they involved, and will assist them in every way to conduct a fair and impartial contest.

2.3 Coaches will ensure that all their able players present at the game will play at least 50% of the total game.

2.4 Coaches will understand that if they fail to uphold the philosophy and/or practice of the youth sports program that they will be removed from coaching.

Section 3 Spectators

3.1 Spectators shall sit on the opposite side of the team benches. No spectators are allowed on the same side as the team bench.

3.2 Spectators will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game.

Section 4 The Game

4.1 If the game ends in a tie, no overtime period will be conducted. The game will end in a tie.

4.2 The game will be postponed for 30 minutes if Thunder or Lightning is heard or seen. If the game is cancelled due to inclement weather, a make-up will only be scheduled if the game was cancelled during the first half of play.

Section 5 Equipment - Ball Sizes

All Ages: Mouth guards are required for players and must be worn on the field of play during practices and games.

Ages 6-9: Pee wee footballs (NFL blue balls)

Ages 10 and up: Junior footballs (NFL brown balls)

Updated 02/19/2020