



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING SKILLS DEVELOPING CHARACTER

YOUTH FLAG FOOTBALL RULEBOOK
K-6TH GRADE

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YMCA STAFF

YMCA personnel shall be present and visible at all games. If you encounter any problems or have suggestions, please contact the Sports Director or Site Supervisor. They can be found wearing a Blue or Red Sports Supervisor shirt. If you have a question or suggestion concerning the game or league, please present it before or after the game, not during the game. Sports Director or Site Supervisors have the final decision at all sites.

Welcome to YMCA Youth Sports

YMCA MISSION

“To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.”

THE YMCA PHILOSOPHY OF YOUTH SPORTS

YMCA Youth Sports is not just another sports program. We have a mission, and that mission is stated in our Seven Pillars of YMCA Sports.

Pillar One–Everyone Plays. We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Sports. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and equal playing time.

Pillar Two–Safety First. Although kids may get hurt playing sports, we do all we can to prevent injuries. We have modified each sport to make it safer and more enjoyable to play. Coaches make sure the equipment and facilities are safe, and constantly supervise their players and stop any unsafe activities.

Pillar Three–Fair Play. Fair play is about playing by the rules–and more. It is about coaches and players showing respect for all involved in YMCA Youth Sports. It is about coaches being role models of good sporting behavior and guiding their players to do the same.

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 players before winning the contest. Learning to compete is important for youngsters and learning to cooperate in a competitive world is an essential lesson of life.

Pillar Five–Family Involvement. YMCA Youth Sports encourages parents to be involved appropriately in their child’s participation in our sports 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 sports program. We offer programs to all youngsters 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 kids and their parents to do the same.

Pillar Seven–Sport for Fun. Sports are naturally fun for most kids. Sometimes when adults become involved in children’s sporting activities they over organize and dominate the activities to the point that it destroys kids’ enjoyment of them. If we take the fun out of sports for young athletes, we are in danger of the young athletes taking themselves out of sports.

YMCA CHARACTER DEVELOPMENT

The YMCA believes that character development, focusing on the values of caring, honesty, respect, and responsibility is an essential element of all its programs.

CARING

Demonstrate a sincere concern for all others, for their needs and wellbeing.

HONESTY

Have integrity, make sure that one's actions match one's values through participation in sports.

RESPECT

Treat others as I would want them to treat me, value the worth of every person, including oneself, one's teammates, opponents, coaches, and officials.

RESPONSIBILITY

Do what is right, be accountable for my choices of behavior and obligations.

OUR COMMITMENT TO SAFETY

All Coaches are required to:

1. Create a Playerspace account online where they will be required to:
 - a. Complete a full background check every two years.
2. Complete the Coaches' Agreement and Code of Conduct Form yearly
3. Complete Child Abuse and Prevention training.
4. Attend the Coaches Meeting held in the YMCA Meeting Room each season.
5. Report suspected abuse of any form (new federal law that makes our sports volunteers mandated reporters)

In addition, the Salina Family YMCA:

1. Screens all coaches and volunteers and our database for registered sex offenders.
2. Observes practices and games.
3. Responds quickly to any potential concerns regarding coaches and team volunteers.
4. Has Child Abuse and Prevention Policies and Procedures in Place for all Coaches.
5. Coaches are not permitted to:
 - a. Be one on one with a child (unless it is their own). Parents should stay and observe practices & games.
 - b. Provide rides to children that are not their own**
6. Have any social media contact with children. This includes texting or calling. All communication should be done with the parent.

Connecting With Parents

FIRST CONTACT WITH TEAM PARENTS

This is a very important interaction because it will set the tone for the entire season. Make sure your contact is reciprocated! Make sure they have your name, team name and grade, and your contact information! What follows are most of the points that you will want to make in the first call to the parents:

1. Introduce yourself as the child's volunteer coach from the YMCA. Welcome the player and family to be on your team. Give them your contact information.
 - a. Coach's First and Last Name
 - b. Phone Number
 - c. Division
2. Verify the parents' names, the player's name, and contact information.
3. Tell them when and where the first Parent & Coach meeting will take place.
4. **Inform them about Playerspace.** Make sure they create their account as soon as possible if they have not already. Provide them with the instructions.
5. If you must leave a message, be sure to give them your name and contact information and **ask them to call you back to verify that they received your message!**
6. If you do not receive a call back within 48 hours, please call our Sports department so that we can check the contact information right away!

PARENT & COACH MEETING

It is important that you set up a Parent & Coach Meeting before you begin your practices. You can set your meeting for the same day, time, and location that you will be having your practices. Make sure you cover all the following information and any additional information that you want to cover to begin your season:

1. Welcome and Introductions!
2. Invite parents to come to every practice and help with supervision, organizing the players, setting up and helping with drills, etc.
3. **Timeline for Season (practice schedules, first game, etc.)**
4. YMCA Mission, The YMCA Philosophy of Youth Sports, & YMCA Character Development
5. **Playerspace Account Set-Up:**
 - a. All Games and Practice Schedules will be located here.
 - b. This is where all Weather Information/Cancellations will be communicated.
6. **Tobacco Free Campus (this includes E-Cigarettes)**
7. **Only Labeled Service Dogs are allowed on our Campus.**
8. Our Commitment to Safety
9. Parent Information (Code of Conduct, Rules, Snack and Drink Sign Up, etc.)
10. Uniforms (All players are required to purchase a YMCA reversible jersey from the Front Desk.)

Parent Code of Conduct

1. I hereby pledge to provide positive support, care and encouragement for my child participating in YMCA Youth Sports.
2. I will encourage good sportsmanship by demonstrating positive support for all players, instructors, coaches and officials at every game, practice, or other youth sports event.
3. I will support the Sports Staff, coaches, instructors, and officials working with my child, to encourage a positive and enjoyable experience for all.
4. I understand the Salina Family YMCA campus is a drug, tobacco, and alcohol-free environment for my child and I will refrain from there use at all YMCA Youth Sports events.
5. I will ask my child to treat players, coaches, officials, and fans with respect.
6. I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectable fan or assisting the coach.
7. I will strive to fulfill the mission of the YMCA and demonstrate and adhere to the YMCA Youth Sports philosophy.

Important Information:

RULES, SCHEDULES, AND NOTIFICATIONS

All rules and schedules can be found online at [Salina Family YMCA Sports Salina Family YMCA Sports Homepage \(playerspace.com\)](http://Salina Family YMCA Sports Salina Family YMCA Sports Homepage (playerspace.com)).

All-important updates, changes, and notifications from the YMCA Sports Staff will be sent out through playerspace and posted on the Salina Family YMCA Sports Facebook page.

WEATHER UPDATES, GAME & PRACTICE CANCELLATIONS

In case of severe weather conditions, cancellations will be made through Playerspace.

1. It is the responsibility of the coach to notify the Sports Department and all their team families if they are cancelling a practice. Please do so by email or playerspace!
2. Cancelled practices may be made up at another time if the practice schedule allows. If making up a cancelled practice, Coaches must contact the Youth Sports Department first to see what is available.
3. Games will only be cancelled by the YMCA staff for inclement weather or extenuating circumstances. To best serve most of our participants please adhere to our game schedule.

2022 FALL SEASON TIMELINE

COACHES MEETING:

All Coaches are required to attend the Coaches Meeting held in the YMCA Meeting Room. Those who cannot attend this meeting are required to meet with the Sports Staff 1:1 prior to receiving any season information such as Rosters, Practice Times etc.

FOOTBALL COACHES MEETING: August 11TH @ 6PM at the YMCA

FIRST PARENT CONTACT MUST BE COMPLETE BY: End of Day August 19TH

FIRST WEEK OF PRACTICES: Week of August 29TH

***NO PRACTICES WILL BE HELD OVER LABOR DAY!**

GAME SCHEDULES WILL BE POSTED BY:

September 2ND [Salina Family YMCA Sports All Sports Programs \(playerspace.com\)](http://Salina Family YMCA Sports All Sports Programs (playerspace.com))

FIRST SATURDAY GAME DAY: September 17TH

LAST SATURDAY GAME DAY: October 22ND

ALL DIVISIONS GENERAL RULES

Sportsmanship/Officials:

- ❖ The Salina Family YMCA Youth Sports Program is not only dedicated to teaching sports fundamentals but also good sportsmanship. The most important way we teach is by being a good role model.
- ❖ Coaches are encouraged to enforce discipline. Teach your players to honor the officials call.
- ❖ Coaches are responsible for team members and spectators supporting their team, before, during, and after the game.
- ❖ 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/Fans Location:

1. Home team will be wearing WHITE. Away will be wearing BLACK. Players will be located on the South Side of the football field behind the orange line.
2. ALL Fans will be sitting BEHIND the orange line on the OPPOSITE side of the field from the players. No fans will be allowed to sit behind the ENDZONE, unless they are located behind the orange lines.

Equipment:

1. All players are required to wear the YMCA reversible jersey for games.
 - a. Jersey must be TUCKED in at all times. **No Jersey, No PLAY!**
2. Players should wear shorts, socks, and running shoes or cleats.
 - a. No metal or screw in cleats allowed.
3. Mouth guards are **REQUIRED**.
4. 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 other players.
5. The YMCA will furnish flags, practice/game balls and cones for practices and games held at the YMCA fields.
6. Any coach on the field is required to wear their YMCA designated coach's shirt unless arrangements with Sports staff have been made.

Game Play Rules Per Division:

Division	Number of Players on the Field	Number of Coaches Allowed on the Field	Size of Football	Length of Quarters	Time Outs
Kindergarten	5 v 5	2 Coaches	Pee Wee Size Ball	4- 8 min. quarters	1 per half
1 st Grade	6 v 6	2 Coaches	Pee Wee Size Ball	4- 8 min. quarters	1 per half
2 nd Grade	6 v 6	1 Coach	Pee Wee Size Ball	4- 8 min. quarters	1 per half
3 rd -5 th Grade	7 v 7	No Coaches	Junior Size Ball	4- 10 min. quarters	1 per half

**All division player amounts may be adjusted by the Sports staff based on enrollment numbers.

General Play Rules:

1. All players will play at least 2 quarters of play. Playing time should be as equal as possible. A min. of 4 players is required to start a game. All players should have the opportunity to play both offense and defense positions.
2. Coaches should focus on the fundamentals of football when teaching the game.
3. All games will be a running clock. Clock will only stop for time-outs & injuries. No overtime play.
4. No score or standings will be kept.
5. Substitutions may take place during halftime, timeouts, or dead ball situations.
6. Each game will start with teams lining up at half field to go over rules, equipment, and the YMCA pledge.
 - a. "Win or lose, I pledge before God, to do my best to be a team player; to respect my teammates, opponents, coaches, parents, and officials; and to improve myself in Spirit, Mind and Body."
7. The away team will start with the possession of the ball first. The home team will determine which direction they would like to go toward in the 1st half. After halftime possession will start with the home team going the opposite way of the 1st half.
8. Each team will have 4 downs to make the next 1st down zone or End Zone.
 - a. 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 re-enter that same zone for another first down.

Prior to the Snap:

1. All divisions will have a 45 second play clock. (Clock will stop with a loss of 10 yds & automatic 1st down).
2. No 3-point stance will be allowed on defense or offense. Players should start with their hands on their knees or thighs. The only exception to this is the Center, hiking the ball.
 - a. K-2nd grade may hike the ball from between their legs or off to the side. 3rd grade and up will be required to hike the ball between their legs.
3. All players must be set prior to the snap.
4. Teams must use, "Down, Set, Hike" as their cadence.
 - a. K-2nd grade must hike on one.
 - b. 3rd grade and up may go on any cadence.
5. All offensive players are eligible to receive a forward pass.
6. Only 3 players are ALLOWED in the backfield.
7. No MOTION is allowed for K-2nd. For grades 3-5th, ONE player may be in motion.
8. A SHIFT is allowed for division 3rd-5th.
 - a. A shift is described as a change in formation where players become set prior to the ball being set.
9. The halfback must be lined up 5 yards deep in the backfield prior to the snap.

Line of Scrimmage:

1. At least 1 player must be on both sides of the center.
2. Linemen in the tackle box including the center must be one arm length away from each other and 1 yard behind the line of scrimmage.
3. Any other player to be considered a lineman must be one arm length of another lineman.
4. The offensive line may not hold or make any contact outside the shoulder area when blocking. All blocking must be done between the shoulders and waist area.

Flag Position & Guarding:

1. All players must have flags positioned with the buckle in the front allowing for one flag to be on each hip and one flag on the back. Jerseys MUST be tucked in to prevent "hiding" of flags.
2. Flag belts may not be rolled. It is a 15-yard penalty if any player has rolled their flags underneath their belt.
3. No player may hold or guard their flags with their hands or the ball. This is a judgement call by the official.
4. If a ball carrier's flag falls off without being touched or pulled, play will be called dead at the spot of the flags or where the ball is caught.

Offensive Rules:

1. All forward passes must be made from behind the line of scrimmage. Only 1 forward pass per down.
2. Quarterback must complete a pass within a 7 second "pass clock" time frame.
 - a. Any pass not completed in that 7 second window will be called dead and result in a loss of down.
3. No quarterback sneaks. All run plays involving the quarterback must be ran outside of the tackle box.
4. All handoff's must be behind the line of scrimmage.
5. NO player may leave their feet to avoid the defense.
6. Ball is spotted where the ball carrier's feet are once his/her flag is pulled. Not where the ball is located.
7. No moving screens are allowed. If an offensive player moves toward and obstructs a defensive player from making a play the play will result in a 5-yard penalty.
8. ALL Blocks must be stationary.
9. All players are eligible to receive a forward pass.
 - a. If a ball is handed off, the quarterback must pass the line of scrimmage to become an eligible receiver.
10. All players must have 1 foot in bounds when receiving a pass.

Defensive Rules:

1. Absolutely NO tackling is allowed. No defensive player may leave their feet in attempt to pull flags.
2. Defense must have minimum of 3 or 4 players (equal to the offense) on the line of scrimmage. If the offense puts more than 5 linemen on the line, the defense does NOT have to match them.
3. No defender may be placed directly over the center. *See diagram on page 12 for reference.*
4. All linemen must be head-to-head with their offensive lineman and 1 yd behind the line of scrimmage.
5. When pulled, the flag must be placed above your head to signal the referee when the ball carrier is down.
6. No tripping or diving of any kind is allowed. Both will result in a 15-yard penalty.
7. Safety will result in the defensive team receiving the ball on their 15-yard line.

Rushing the Quarterback Rules:

1. No blitzing will be allowed while the QB is in the pocket.
2. All players that are rushing the QB must be a minimum of 7 yards behind the line of scrimmage prior to the ball being hiked.
 - a. 7 yards is marked with a cone for player reference.
 - b. The 7-yard rule is no longer in effect once the ball is handed off by the quarterback.
3. A player not rushing is allowed to defend the line of scrimmage.
4. A player may jump up and down or side to side to block a pass if no contact with the QB or another player is made.
 - a. If a player makes, contact with any offensive player while jumping or landing a penalty flag will be thrown.
5. Once the ball has left the QB's hands, any defensive player may cross the line of scrimmage to stop the ball.
6. Players are only allowed to block at the line of scrimmage. Player's arms are required to be tucked flat against opposing player's upper chest. If the block goes past the line of scrimmage, blocking action should stop because the offensive player is now a permitted receiver.

Age Specific Rules:

K-2nd Grade:

1. Interceptions are not allowed to be returned.
2. Ball must be past the line of scrimmage before rushing.

3rd-5th Grade:

1. 7-yard cone rule is in effect. (Any defensive player equal or behind the cone may rush at the snap.)

Penalties:



5 Yards

1. _Shirt not tucked in
2. Flags not on hips
3. Offsides
4. Illegal Motion
5. Moving Screen
6. Delay of game; 45 second play clock
7. Guarding or holding the flag on offense (Flag Guarding)
 - a. Loss of down
8. Stiff arm above the shoulder
 - a. Loss of down
9. False Start
10. Illegal Contact/Roughing the Passer
11. Illegal Flag Pull (pulling the flag an opponent without the ball)

10 Yards

1. _Illegal Blitzing
2. Holding
3. Blocking above the shoulders or below the waist
4. Pass interference
5. Illegal forward pass

15 Yards

1. _Diving
2. Tackling
3. Tripping
4. Clipping
5. Rolling up the flag
6. Unsportsmanlike Conduct

EXAMPLES OF LINE POSITIONING

