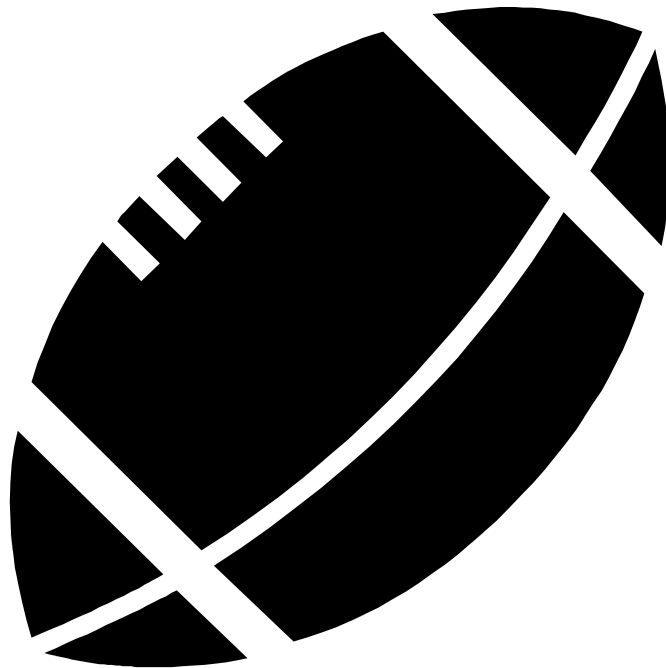


# PARK CITIES

# YSPORTS™

We build strong kids, strong families, strong communities.



## 2009 FLAG FOOTBALL RULE BOOK

Revised 8-17-09

## Park Cities YMCA

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## Sports Department

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## **YMCA Mission Statement:**

**To put Christian values into practice through programs that build healthy spirit, mind, and body for all.**

## **YMCA Philosophy:**

YMCA youth sports are based on the concept that fair play is the very essence of competition. Everybody should have an equal opportunity to compete and a fair chance to participate.

Fair play implies respect for oneself, one's opponent, and others involved in conducting the competition. Players, coaches, officials, and spectators share a responsibility for fair play. Fair play sets the child above the game. The YMCA believes that its youth sports programs provide an excellent environment for developing sound spirit, mind, and body. As these virtues grow, they will influence behavior in everyday life.

The YMCA also believes that its youth sports program will help families and individuals to grow personally, clarify values, improve relationships, appreciate diversity, develop leadership skills, and have fun. It is for the development of such virtues that the YMCA promotes its youth sports programs. At the YMCA, "Everyone is a Winner."

## **YMCA Coaches' Code of Conduct:**

The YMCA believes that sports should offer competitive fun in a learning and healthy environment. All coaches should read and abide by this Code of Conduct. Following the Code of Conduct will make the games more enjoyable for all and help teach children that competition can take place in a friendly and fun atmosphere.

- 1. I will remember that I am a youth sports coach and that the youth sports experience should be enjoyable for the players and their families, spectators, officials, and all others concerned.**
- 2. I will place the emotional and physical well being of my players ahead of a personal desire to win.**
- 3. I will not engage in negative discussions with any game official, player, parent, coach, spectator, committee member or YMCA employee.**
- 4. I will do my best to teach the six pillars of character values (trustworthiness, respect, responsibility, caring, fairness & citizenship) to my players, with my words and my actions.**
- 5. I will be knowledgeable of the rules and the fundamentals of the game and do my best to teach them to my players.**
- 6. I will abide by all the rules and regulations of the YMCA.**

## **YMCA Coaches' Code of Conduct Continued:**

- 7. I will assure that my players and I recite the sports pledge before each game and shake hands with the opposing team after each game.**

- 8. I will see that any disputes are handled calmly and by the proper procedures and proper authorities.**
- 9. I will not allow my team's parents to act in a way that demonstrates disrespect for the game officials or any member of the opposing team's players, coaches, parents, or spectators.**

**At no time shall the following be used as a form of discipline by coaches, staff, or other volunteers in youth sports programs:**

- Restriction of water.**
- Restriction of use of bathroom.**
- Physical exercise.**
- Harsh demeaning or negative yelling, or Physical force (including shaking or striking).**

## **Boys and Girls Sports Committees:**

1. The Boys and Girls Sports Committees (the “Committee”) oversee the boys & girls sports programs for the Park Cities YMCA (“PCYMCA”). Duties of the Committee include:
  - (a) Set rules for each sport.
  - (b) Scout and evaluate teams for placement in appropriate divisions.
  - (c) Monitor conduct of coaches, players, parents and fans at games and practices.
  - (d) Listen to and act on any concerns or complaints expressed to the PCYMCA Sports Department.
  - (e) Attend monthly meetings.
  - (f) Intervene at games if issues arise.
  - (g) Attend team formations.
  - (h) Communicate with school coordinators (where applicable).
  - (i) Nominate and approve new committee members.
  - (j) Serve on subcommittees.
2. The Committee shall be made up of the following:
  - (a) Chairman
  - (b) Vice-chairman
  - (c) School representatives
  - (d) At-large members
3. Requirements to become a Committee member include:
  - (a) Complete a volunteer application.
  - (b) Submit to an annual background check.
  - (c) Serve a one-year term.
  - (d) Never been removed as a coach or volunteer in any YMCA program.
  - (e) Work on our Annual Partners Campaign
  - (f) Work special events for the Park Cities YMCA (i.e. track meet, scouting for football & basketball)
  - (g) Attendance to meetings is required

## **YMCA PLEDGE:**

**WIN OR LOSE,  
I PLEDGE BEFORE GOD,  
TO PLAY THE GAME AS WELL AS I KNOW HOW,  
TO OBEY THE RULES,  
TO BE A GOOD SPORT AT ALL TIMES,  
AND TO IMPROVE MYSELF  
IN SPIRIT, MIND AND BODY.**

## **PLAYER REGISTRATION:**

- (a) A player must be a program or family member in good standing of the PC YMCA, must be registered on a YMCA Sports Registration Card (parent signature required) and must have paid the registration fee prior to any participation in practices or games.
- (b) LATE REGISTRATION – If a player registers after the registration deadline, the player will be placed on a waiting list and you are not guaranteed to be on any team. If you are taken off the waiting list, the registration fee plus a nonrefundable late fee of \$50.00 must be paid in order for the child to play.
- (c) Coaches may not recruit or promise players a specific team assignment. Team assignment is solely the responsibility of the Committee. Coaches who allow players to play on their teams who were not placed on the team through the team formation process and/or who are not registered at the PC YMCA will be suspended.

**SPECIAL REQUESTS** - All special requests must be submitted in writing at the PC YMCA front desk. The Committee reviews special requests at periodic meetings. The Committee's decision will be communicated to the requester as timely as possible. The Committee's decision is final. Special request forms are available at the PC YMCA front desk. **NOTE:** the PC YMCA Sports Department staff may not grant any special requests.

**NOTE:** Anyone involved in the PC YMCA Sports program (e.g., coach, referee, parent, player, spectator, Committee member, or Sports Department staff) may file a complaint. All complaints must be in writing and submitted to the PC YMCA Sports Department. If a complaint is submitted to the Sports Department, it will be reported immediately to the Committee Chairman. These situations will be handled case by case, depending on the circumstances of the incident. The Committee will resolve all complaints and the Committee's decision is final

## **RULES FOR TEAMS & PLAYERS:**

1. Each player must be a member in good standing of the YMCA, must be registered on a YMCA Sports Registration Card (parent signature required), and must have paid the sports fee.
2. Each player must attend a scheduled weekly practice in order to be eligible to play the required amount in that week's game, or have an approved absence. If a coach intends to not allow a player to participate in a game or to limit the players' participation, due to a failure to attend practice the coach must notify both the YMCA Sports Staff, along with the players' parents in advance prior to the start of the next game. Absences must be communicated with the **coach** and must involve circumstances wherein the conflict with practice could not have been avoided. During weeks when multiple practices are allowed, players may not miss more than one practice without an approved absence.
3. Every player must play in the grade in which he or she is enrolled in school.

## **RULES FOR COACHES:**

1. Each team will have at least one adult coach who will be responsible for the team at games. If the head coach is absent it is his/her responsibility to provide a replacement (Asst) to carry out the duties of head coach.
2. The YMCA prohibits the hiring of coaches. Coaching in the YMCA Sports Program is strictly a volunteer position designed to give parents or other interested parties the opportunity to serve the children of our community.
3. Coaches are required to distribute a copy of this rulebook to all team parents. ***Coaches are responsible for the behavior of the parents and fans of their team.*** Coaches are recommended to have a parents' meeting prior to beginning practices. During this meeting the following information should be conveyed:
  - The YMCA Coaches' Code of Conduct also applies to parents and players.
  - No alcoholic beverages or illegal drugs will be allowed at any team practice, game, meeting or other function.
  - Parents are expected to conduct themselves in an adult manner at all times and to set an example of good citizenship and sportsmanship.
  - Game and practice information.
  - Explain team discipline (e.g., if a player is late for or misses a practice or game). Discipline must be consistent for every team member.
  - Describe any rules of play that are unique to the PCYMCA.
  - Make sure parents know their views are welcome after a game or practice.

**All coaches are required to fill out and turn in the YMCA Coaches Application packet, which will include a background check, BEFORE he/she coaches a practice or game.**

## General Rules for 3rd Grade Flag Football

### 1. Medical Conditions

Any player with a medical condition that affects the player's safety must have a treating physician's medical release on file in the PC YMCA Sports Department office prior to participation in any PC YMCA event and/or practice.

### 2. Required Equipment (players may not practice or play a game without the required equipment):

- A protective mouthpiece. The mouthpiece must have been properly pre-fitted to the player's mouth according to the manufacturer's instructions prior to any use in practice or games.
- **A PC YMCA football jersey. The jersey may not be altered in any way. A player wearing an altered jersey is subject to ejection from the game.**
- Shoes with rubber soles either molded rubber cleats or flat bottomed.

**NOTE: Players may not wear or have affixed a rigid splint and/or solid cast, regardless of composition.**

### 3. Team Formation

- (a) 3<sup>rd</sup> grade flag football teams are formed by blind draw by school.
- (b) The blind draw (the "Draw") is conducted and monitored by the Sports Department staff and the Sports Committee. Coaches are not present at the Draw.
- (c) The recommended team size for a PC YMCA flag football team is a **minimum of 7 players and a maximum of 9 players.**
- (d) The coach of a PC YMCA football team may or may not be a parent. Each team is limited to a maximum of 2 parent coaches. The children of the parent coaches are guaranteed roster spots on the team. No other players will have a guaranteed place on that team. All other players will be placed on the team through the Draw process.
- (e) The Draw is final. Player reassignment requires Committee approval. Any player who participates in a practice or game for a team other than the player's assigned team will be subject to suspension from PC YMCA sports. Any coach who allows a player to play on his/her team other than the players assigned to his/her team through the Draw will be suspended from coaching PC YMCA sports teams.
- (f) Only players enrolled in the 3<sup>rd</sup> grade are allowed to play in the PCYMCA flag football league.

#### 4. Coaches' Responsibilities, Requirements and Recommendations

- (a) Each team will have at least one coach who will be responsible for the team at games and practices. If both coaches will be absent, it is the responsibility of the coaches to arrange for an adult, substitute coach to carry out the duties of coach.
- (b) YMCA of Metropolitan of Dallas Coaching Requirements
  - Fill out a volunteer application; must list 3 references and phone numbers.
  - Sign consent for criminal background check.
  - Attend coaches' orientation and watch the Metropolitan YMCA Sports video.
- (c) The PC YMCA prohibits the hiring of coaches. Coaching in the PC YMCA Sports program is designed to give parents or other interested parties the opportunity to serve the children of the community.
- (d) Player safety is a top priority. Prior to all practices and games coaches are encouraged to inspect/ask if their players' equipment is complete and in good condition.
- (e) **Coaches are recommended to distribute a copy of this rulebook to all team parents. Coaches are responsible for the behavior of the parents and fans of their team.**
- (f) Coaches are recommended to have a parents' meeting prior to beginning practices. During this meeting the following information should be conveyed:
  - The YMCA Coaches' Code of Conduct (see 5.) also applies to players, parents and spectators.
  - No alcoholic beverages or illegal drugs will be allowed at any team practice, game, meeting or other function.
  - Parents are expected to conduct themselves in an adult manner at all times and to set an example of good citizenship and sportsmanship.
  - Game and practice information.
  - Explain team discipline (e.g., consequences if a player is late for or misses a practice or game). Discipline must be consistent for every team member.
  - Describe rules of play that are unique to the PC YMCA.
  - Make sure parents know their views are welcome at times outside of games or practices.

## 5. Zero Tolerance Policy

The PC YMCA requires coaches, parents and spectators to abide by the Zero Tolerance Policy.

(a) The following actions will not be tolerated before, during, or after practices or games:

- Verbal/physical abuse of referees, players, coaches, or spectators;
- Charging onto the field;
- Arguing with referees, coaches, or spectators;
- Profanity or derogatory names or comments; and
- Any comments (other than encouraging or complimentary) or taunting directed at opposing players, coaches or fans.

(b) Steps the referees may take:

- Give the coach, player or spectator a warning.
- Immediate ejection of the coach, player or spectator. The referee is not required to give the offender a warning before ejection. If ejected, the offender must immediately leave the grounds of the school or park.
- Penalize the team (i.e., loss of yards, downs, time-outs).
- If the offending behavior causes the referee to feel threatened, the referee may “abandon the game”. If abandonment of the game occurs, the offender’s team will suffer a loss by forfeit of the game.

(c) Steps the Committee may take:

- Immediate suspension of the offender from participation in practices or games for an indeterminate length of time sufficient for the Committee to complete investigation of the offender’s behavior in question;
- Require the offender to appear before a disciplinary subcommittee; and
- Probation, suspension, or expulsion of the offender from participating in PC YMCA sports.

**NOTE:** Anyone involved in the PC YMCA Sports program (e.g., coach, referee, parent, player, spectator, Committee member, or Sports Department staff) may file a complaint. All complaints must be in writing and submitted to a Committee member or to the PC YMCA Sports Department. If a written complaint is submitted, it will be reported immediately to the Committee Chairman. These situations will be handled case by case, depending on the circumstances of the incident. The Committee will determine punishment. The Committee’s decision is final.

## 6. Practices

(a) Practices may begin after the Draw.

(b) **Maximum practices per week (a week is defined as Sunday to Saturday):**

<b>Prior to games</b>	<b>3</b>
<b>Regular season</b>	<b>1</b>

(c) **Practices are limited to one hour. Practice fields may only be reserved for one hour (60 minutes). Teams should not practice on Sunday prior to 2:00 PM.**

(d) **Scrimmages with other teams count against the weekly practice limit (see 8. (b)). The scrimmage may not exceed the practice time limit (see 8. (c)) for one team, not both teams combined.**

❖ **NOTE: Practices, scrimmages or games with non PC YMCA teams are prohibited.**

(e) There shall be no team assembly to conduct football or training activity other than games or practices. Team meetings to discuss football (e.g., discuss game strategy or watch game films) count against the weekly practice limit.

(f) Coaches may not offer “optional” practices that exceed the practice limit rule (see 8. (b))

(g) Each player must attend practices or have an approved absence (e.g., injured, sick or family emergency). Approved absences must be cleared with the coach in advance and must involve circumstances wherein the conflict with practice could not have been avoided. If a player misses a practice without an approved absence, the coach has the option of not allowing the player to play in that week’s game.

(h) **If a team has a bye, the team may conduct a practice instead of a game during the week of the bye.**

(i) Practice will not be permitted on game days. However, a pre-game warm-up period not to exceed 30 minutes is allowed.

## 7. Schedule Requests and Changes

Before and during the football season, requests for specific game days or times or for rescheduling games will not be granted

## 8. Game Films

Coaches, parents, and team representatives are prohibited from photographing or videotaping any team other than their own team at all practices and scrimmages. Sharing or trading games films is also prohibited. Game film violations will result in suspension of coaches.

## Game Rules for 3rd Grade Flag Football

NOTE: All rules must be followed as stated herein. No exceptions are allowed even if opposing coaches mutually agree to a rule change prior to a game. I.e., the rules are NOT negotiable.

### 1. YMCA Pledge

Before each game both teams will recite the YMCA pledge at midfield. Refer to Page 2.

### 2. Game Ball - Wilson K2

### 3. Required Players

(a) **A maximum of six players per team are allowed on the field for play. A minimum of five players per team must be present to start a game. A team with six or more players present is not required to play with less than six players on the field even if the opposing team only has the minimum of five players present.**

(b) **When a team's sixth player arrives during the game, the sixth player may enter the game at any time (including the 1<sup>st</sup> and 3<sup>rd</sup> quarters when substitution is not allowed – see 5. below; the insertion of the sixth player into the game upon his arrival is not considered a substitution).**

### 4. Jersey Color Conflicts

All players are required to wear the PC YMCA required game jersey. In case of jersey color conflicts of opposing teams (even if the color of the lettering is different), the Visiting team is responsible for wearing a different colored replacement jersey for that game. The replacement jersey does not need lettering. The PC YMCA will not supply replacement jerseys. Failure to comply will result in loss by forfeit. The game schedules will show the jersey colors for all teams.

### 5. Player Participation/Substitution

(a) **The starting players for the 1<sup>st</sup> and the 3<sup>rd</sup> quarters on both teams must remain in the game without substitution during those quarters.**

(b) **No substitution will be allowed during the 1<sup>st</sup> or 3<sup>rd</sup> quarters except in case of injury.**

- (c) **Every player that did not play in the 1<sup>st</sup> or 3<sup>rd</sup> quarter must enter the game at the beginning of the succeeding quarter. Those players are “frozen” and must not be substituted for during the entire quarter except for injury.**
- (d) **Players that played in the 1<sup>st</sup> or 3<sup>rd</sup> quarters may be substituted for in the succeeding quarter, but only with players who also played in the 1<sup>st</sup> or 3<sup>rd</sup> quarters.**
- (e) **Every player in attendance must play a full quarter in both halves of the game (i.e., every player must play at least the entire 1<sup>st</sup> or 2<sup>nd</sup> quarter AND the entire 3<sup>rd</sup> or 4<sup>th</sup> quarter). Playing ½ of both quarters in a half does not meet the requirements of this rule.**
- (f) **If a touchdown is scored with no time left on the clock (at quarter, half or game end), the extra point must be executed by the players (offense and defense) on the field when the touchdown was scored.**

## **5. The Field**

- (a) **The field size is approximately 50 yards in length by 30 yards in width.**
- (b) **The end zones are 5 yards deep.**
- (c) **The fields are marked every eight yards on the interior.**

## **6. Timing of Game**

- (a) **Each game will begin with a coin toss. Visiting team will call “heads” or “tails.”**
- (b) **Winner of the coin toss will elect to start on offense or choose which end of the field they will defend first.**
- (c) **Teams will switch directions at halftime.**
- (d) **Four (4) ten-minute quarters with a running clock.**
- (e) **One-minute time-out between quarters, with a five-minute halftime.**
- (f) **The clock will stop during the last two minutes of the second and fourth quarters for dead balls. The clock will start once the ball is snapped.**
- (g) **Each team is allowed two timeouts per half.**
- (h) **No overtime period will be played. Games tied after four quarters will remain tied.**

## 7. Scoring

- (a) **Six points for a touchdown.**
- (b) **All extra points are run from the three-yard line. One point is awarded for a successful running try and two points for a successful throwing try.**
- (c) **Safeties are worth two points.**

## 8. Kickoffs

- (a) **No kickoffs will take place.** At the beginning of each half and after touchdowns and safeties, the ball will be placed on the “receiving team’s” 8-yard line.

## 9. Punts

- (a) **No punts will take place.** A punt is “declared” by the offensive team and the ball is advanced sixteen yards from the line of scrimmage. Possession is then awarded to the defensive team. No punt will be allowed to finish deeper than the opponent’s eight-yard line.
- (b) A punt must be declared in advance (i.e., in the huddle). No undeclared punts will be allowed. If the offensive team approaches the line of scrimmage with the appearance to run a play, they must, indeed, run a play.

## 10. Game Day Responsibilities

- (a) **Two coaches per team are allowed on the field. Players not in the game must be outside the field of play on the sidelines.**
- (b) **The Home team will provide a responsible person to run the First Down marker.**

## 11. Blocking

- (a) **Offensive players are allowed to block or screen.**
- (b) **Offensive blockers must place both hands behind their back.** The blocker player may not initiate contact with a defensive player. The blocker may hold his ground to impede a defensive player’s progress. The offensive player may move while blocking or screening; however, his movement must not create contact with a defensive player.
- (c) **Defensive players may not initiate contact with a blocking or screening offensive player. The defensive player must move around (not through) a block or screen.**
- (d) Offensive players may not block or screen two-on-one.

## 12. Ball Carrier

- (a) The ball carrier may not stiff arm defensive players.
- (b) The ball carrier may not deliberately run into/over a defensive player.
- (c) The ball carrier cannot lower his head in a spearing manner to prevent a defensive player from removing his flag.
- (d) The ball carrier may not use his arms and/or hands to protect the flag.
- (e) The ball carrier may not leave his feet in order to protect the flag.

## 13. Tackling (Removing the Flag)

- (a) **A ball carrier is considered tackled when any or all flags are removed from his belt. It does not matter who removes a flag.**
  - A ball carrier is considered down if he or another player on his team accidentally removes the flag.
  - A ball carrier is down if the flag falls out on its own.
  - A player who has a flag removed is considered down if he comes into possession of the ball by pass, interception or picking up a loose ball. He is considered down at the spot he got possession.
- (b) **A ball carrier is also considered down if he touches a knee to the ground. Accidental slips or tripping over own teammates are included.**
- (c) Defensive players may not hold onto a ball carrier in order to remove the flag.
- (d) Defensive players may not push a ball carrier down.
- (e) Defensive players may not touch or grab the ball carrier's face.
- (f) Defensive players may not block or push a ball carrier out of bounds.
- (g) All players must use the flags and belts provided by the PC YMCA. Before each snap every player must have all their belts fastened and all flags attached.
- (h) No alternative methods of securing flags to a player (i.e. taping or tucking) are permitted.

#### 14. Offense

- (a) **The offensive team must have a minimum of three players (including the center) on the line of scrimmage.**
- (b) The offensive center may snap the ball between his legs or in front of him while standing sideways.
- (c) The quarterback or any player who receives the snap may not advance the ball beyond the line of scrimmage directly after receiving the snap.
- (d) **All players are eligible for a pass or hand-off.**
- (e) The ball may be handed off or thrown in any direction behind the line of scrimmage.
- (f) Two or more exchanges must take place in order for the offense to run the ball beyond the line of scrimmage.
- (g) In order for the center to be eligible for a forward pass, he must advance one yard beyond the line of scrimmage.
- (h) A pass caught by the passer is dead and will be ruled incomplete.
- (i) A pass must be caught by a player who gains possession with at least one foot in bounds (and no foot touching out of bounds) to be ruled a completed pass.
- (j) The offense will have 25 seconds to snap the ball from the time the referee sets the ball.
- (k) Once the ball is set, no one (including the center) may pick up the ball other than to snap the ball to begin a play.
- (l) First downs are gained by advancing the ball to the next eight-yard zone line.
- (m) Teams will have four downs to gain a first down.
- (n) If a penalty or yardage loss forces a team behind an additional eight-yard zone line, the first down marker will remain at the original eight-yard zone line.

#### 15. Rushing

- (a) **The defensive team is allowed to pass-rush one player on every play.** The pass-rusher is the only defensive player that may cross the line of scrimmage into the offensive backfield before a second ball exchange (e.g., hand-off, pitch or pass) takes place.

- (b) **The pass-rusher must remain behind a line designated by the referee (approximately 8 yards from the line of scrimmage) before the ball is snapped.** The pass-rusher is free to rush as soon as the ball is snapped.
- (c) **Any and all defensive players may cross the line of scrimmage immediately after a second ball exchange takes place.**

#### **16. Fumbles and Interceptions**

- (a) All fumbled balls are considered dead balls and will be spotted at the point of contact with the ground.
- (b) A ball that is fumbled forward will be spotted back to the point the fumble occurred.
- (c) Offensive fumbles in their own end zone are safeties.
- (d) Intercepted balls can be advanced by the intercepting team.
- (e) An intercepting player must have at least one foot in bounds (and no foot touching out of bounds) when possession takes place.
- (f) A tipped or deflected pass is live and may be caught and advanced by the offensive team or intercepted and advanced by the defensive team.

#### **17. Penalties and Enforcement**

- (a) **Illegal blocking or screening by the offense – four yard penalty.**
- (b) **Illegal tackling by the defense – four yard penalty.**
- (c) **Illegal protection of the flag (“flag guarding”) – four yard penalty.**
- (d) **Illegal moving of the ball once it has been set by the referee – two yard penalty.**
- (e) **Pass Interference by the offense – loss of down.**
- (f) **Pass interference by the defense – four yard penalty.**
- (g) **Unsportsmanlike conduct – eight yard penalty.**
- (h) **Illegal forward pass – two yard penalty.**
- (i) **Offense runs ball across line of scrimmage without completing two exchanges – two yard penalty.**

(j) **False start – two yard penalty.**

(k) **Encroachment – two yard penalty.**

(l) **Illegal securing of flag(s) – two yard penalty.**

(m) **Any other typical five-yard penalties will be two-yard penalties, and typical ten and fifteen-yard penalties will be four yards.**

### **Common Questions**

**Q: May I buy other jerseys for my team?**

A: NO, you must wear the jerseys issued by the PC YMCA.

**Q: May I request that a player be placed on my team?**

A: NO.

**Q: Once the game schedule is out, can I re-schedule my game if my team or coach has a conflict?**

A: NO.

**Q: I cannot make it to the field draw. Can the PC YMCA staff draw for me?**

A: NO. You must send a representative from your team; otherwise, you can come to the PCYMCA at a later date and reserve a field.

**Q: Due to business, travel plans, etc., my assistant coach and I will not be able to attend all practices and games. May we recruit additional coaches and their sons to join our team?**

A: NO. Teams are allowed only two parent coaches. You may recruit parents of players on your roster to help.