



**2020 YMCA Youth Football
Division Rule Book
Parent Expectations
Handbook**

Dear Coaches and Parents/Guardians,

Welcome to what should serve as a positive and exciting experience for your son/daughter! We, the staff of the YMCA Football Program, have put together an expectations package for you in the hopes of helping you to better understand the program with which your child is involved. Our goal is to produce fine people first and good football players second, as football is an excellent tool for teaching fundamental and important life skills. This handbook is a look into what the YMCA football staff deems to be the important facets of our football program. Youth football should be a positive, memorable experience for all involved.

Coaches' goals are to provide players the opportunity to be the best football player they can be. We intend to teach the game of football, instill discipline, encourage classroom success, prepare players through proper technique, conditioning, and build UNITY through hard work and commitment to a common goal of a successful football season. In order to be successful, everyone involved should realize that a positive attitude is a must. Very few things in life worthwhile come easily. Hard times require a positive outlook and attitude to continue striving to improve. Our motto revolves around everyone making a great effort to get better every day for the good of the TEAM. A player's level of improvement is directly related to the amount of effort put forth in each activity the team undertakes. You, as coaches, parents/guardians, expect players to give great effort in everything you instruct the players to do. While expecting great effort from players, coaches, parents/guardians expect great effort from each other as well. It would be unfair for you to expect more of a player than you are willing to give yourself.

In order for all to understand their role, everyone involved should realize the concept of "**Team Before Self**". Coaches, parents/guardians will show a genuine interest in the well-being and concerns of each player as an individual, however; coaches, players, parents/guardians cannot put their interests before the teams' best interest. As staff, we will emphasize the importance of player accountability. It is expected that players will be individually responsible for their actions and day-to-day choices. Everyone should remember, "Playing football is a privilege, not a right". There is no room for special privileges on a team. Everyone is expected to abide by the same standards and serve the same punishment when they do not. In the event an individual player becomes a hindrance to the teams' goals, that player will be removed.

The YMCA Youth Football Program demands a lot of time from our volunteer coaches and we do not tolerate absences or lateness for practices and/or games. The coach puts in the time and effort and the YMCA will stand by the coaches' decision to sit a player for unexcused absences. Please have common courtesy and notify the coach if you are going to miss a practice and/or game. There is a lot to learn in a relatively short amount of time so good attendance helps both the player and the team. We need you to support us in this effort and make sure that your son/daughter is available for the scheduled practices and games. Thank you for allowing your son/daughter to be a part of our program.

Together we will have a lot of fun while working hard towards our goals.



Program Purpose and Objectives:

The purpose and objective of YMCA Youth Sports is to develop physical fitness, sportsmanship and personal character while utilizing teamwork and growth in the game of football. The program is designed to help youngsters LEARN the basic fundamentals of the game, to PARTICIPATE in team play under supervision and to have FUN.

Program Philosophy

As Vince Lombardi said, "Winning isn't everything, but striving to win is". This is the foundation of the YMCA Youth Football philosophy. Football is demanding. It is a sport of discipline and will, requiring commitment and hard work. It takes a dedicated athlete. Football is not for everyone. However, playing football will give back to you far more than it will demand.

Football provides a tremendous sense of accomplishment and pride. It fosters confidence, courage, and cultivates lifelong friendships. Being a football player is a state of mind, and it is an honor that only a few share. Although winning is always an objective and is important, we believe in, and work toward, what Vince Lombardi said, "The harder you work, the harder it is to surrender". At the beginning of each season, players should make a commitment to strive for victory.

"How can I make the team better?" should be the question regularly asked throughout the season. Hard work, discipline, commitment, and sportsmanship are imperative. They are how we define a successful season and football program.

Being a committed member of the YMCA Youth Football program translates directly to behaving as a responsible member of your school and the community. We must always remember whom we represent. Each coach must sign the rulebook acknowledgment form, created by the YMCA Youth Football program, located at the back of this handbook.

YMCA and San Angelo Pride

It is a privilege to be a member of this football program. The time, effort, and energy we all spend in making our program a success is based on a strong conviction that football and an education will provide some of your son/daughters greatest values and most rewarding moments. Take pride in everything you and your player do as part of our program, for in football as in life, the success you enjoy will result from the effort you are willing to give to be a winner. YMCA Youth Football has committed to PRIDE and EXCELLENCE. Remember the players who came before you every time you walk onto a practice field, weight room, step on the field, or wear your team's uniform. Remember you are setting the example for those who will follow in your footsteps.

Guidelines and Regulations for YMCA Tackle Football

I. Player Eligibility and Registration:

The rules listed below are to help maintain a fair playing environment that follows the standards set by the YMCA.

- A. Participants must be in the 3rd thru 6th grades. Participants have four years of eligibility. Participants may not repeat a division that they have already played in due to non-advancement of a grade.
- B. No player may play down a division or level.
- C. All fees must be paid by the first game, unless cleared by the director.
- D. Parents: Each child must have a signed authorization form from a parent or guardian.
- E. Registration is completed when the participant has paid the proper fees before the stated deadline.
- F. Team Rosters:

- a. Depending on players registered per division. Teams will have a minimum of 14 players and a maximum of 22 players on their roster unless approved by the Sports Director. Each team will be limited to the first 22 players on their roster. Late registrants are NOT guaranteed to play for their previous team and will be placed according to need.

G. Divisions and Weight Requirements:

- a. PEE WEE (3rd graders)
Minimum weight of 55 lbs.
Maximum weight of 125 lbs.
Max weight of 105 lbs. for those who play in a ball carrier position
- b. JUNIOR PEE WEE (4th graders)
Minimum weight of 60 lbs.
Maximum weight of 145 lbs.
Max weight of 115 lbs. for those who play in a ball carrier position
- c. LIGHTWEIGHT (5th graders)
Minimum weight of 65 lbs.
Maximum weight of 160 lbs.
Max weight of 130 lbs. for those who play in a ball carrier position
- d. HEAVYWEIGHT (6th graders)
Minimum weight of 70 lbs.
NO Max weight
Max weight of 145 lbs. for those who play in a ball carrier position

Note: Ball carrying weight limits are also in effect in regards to any defensive player in a linebacker or a defensive back position.

- e. A player must meet the WEIGHT REQUIREMENTS to be in that division. The YMCA determines weight prior to the completion of rosters being set prior to the season starting. There will only be 1 weigh in and that will be the official weigh for the entire season.

II. Player Placement:

Players are placed on teams in the following ways:

- A. Grandfather Clause: Returning players are placed on the same team as the previous year, unless otherwise requested by the player.
- B. Players are placed on teams according to city they reside in then based on school attended. If a player lives in a city out of the city limits, they may be placed on the closest city's team.
- C. Players are placed on teams based on space on the team and the formation of other teams.

III. Volunteer Coaches (Job Descriptions):

The YMCA uses volunteer coaches to work and mentor our league players. The following requirements are asked and expected of our volunteer coaches.

- A. Each team shall have a volunteer adult as a head coach, who is at least 18 years of age and has passed a background check based on information provided.
- B. There shall be a total of **4 coaches** allowed on the game field at one time, 1 head coach and 3 assistant coaches. Coaches will be required to provide proper identification upon request by the YMCA at every game and will be listed as an approved coach within the YMCA Volunteer program. If a coach is not listed as an approved coach before game time they will not be allowed on the sidelines. (NO EXCEPTIONS)
- C. The hiring of a coach is prohibited. YMCA is an organization that requires coaches to be volunteers only.
- D. All coaches and assistant coaches are required to complete a volunteer application and sign and comply with the YMCA Coaches Code of Ethics each year. Non-compliance will result in some form of discipline decided by the Youth Sports Committee.
- E. All coaches and assistants will be required to watch the videos Preventing Bullying and Abuse/Risk Management.

- F. Coaches and instructors are required to attend all scheduled meetings of the Coaches Training Program and familiarize themselves with the changes in the official NCAA and YMCA rules.
- G. We strongly encourage all coaches to be HEADS UP Football Certified before the start of the season.
- H. Responsibilities of Coaches
 - a. Teach and support the objectives and purpose of the YMCA Youth Program by teaching sportsmanship, physical fitness, personal development and skills.
 - b. Select a Team/Parent Representative and provide contact information to YMCA
 - c. Contact players to notify them of membership, practice, games, etc.
 - d. Obtain team money for uniforms and team needs through sponsorship in the community.
 - e. Schedule practices. Notify all team members and parents of your practice schedule and practice site.
 - i. Coaches are required to give practice times/dates and locations to the YMCA Sports Department.
 - ii. Coaches will adhere to the practice limitations and durations stated by the YMCA. Non-compliance will result in a 1 game suspension.
 - f. Have the team at the game site at least 20 minutes before the starting time.
 - g. Keep YMCA informed of players dropping out, not attending, injuries; including injuries obtained off the field and disciplinary issues. Contact the YMCA sports director of above issues.
 - h. Attend all coaches and parents meeting so as to be as well informed as possible about the program in which the team is participating.
 - i. Update coaching staff on any NCAA rule changes as well as YMCA rules.
 - j. Coaches are responsible for informing the parents of proper conduct and sportsmanship on the sideline during games. **THE USE OF PROFANITY WILL NOT BE TOLERATED!** Officials will follow the following steps when parents/spectators are mouthing or acting inappropriately on the sidelines...
 - i. A warning will be given to the offending party
 - ii. A 15 yard penalty will be enforced to the team and the offending party will be escorted off the premises by the field supervisor
 - iii. If the conduct continues the team will forfeit the game and all play will stop
 - iv. *Coaches are responsible for parent's actions and comments during the game.*
 - k. Throughout the season, the Sports Department will be conducting roster checks before their scheduled game. Only those on the roster (that have been registered through the YMCA) will be allowed to play.
 - i. If we find that a suited up player is not on the roster, the head coach will be suspended from that game and the following game.
 - l. Coaches are responsible for hydration of players during practices and game time.
- I. Parent and Team Representatives
 - a. Defined: An interested team parent who can relieve the coach of some duties of team business. The person communicates with players and other parents, such as:
 - i. Practice schedules
 - ii. Notifies all parents of meeting and all other gatherings
 - iii. Monitors spectators behavior before, during and following all games and practices
 - iv. Communicates with YMCA, being a contact person if the coach is not available
 - v. Helps in uniform process
 - vi. Makes arrangements for pictures, meetings, parties, etc.
 - vii. Assists in operation of chain and down markers
 - viii. Assists in transportation means if necessary
 - ix. Assists coach in any other matter that will provide them with the maximum time allowable in working with the team
 - b. Team representative will be agreed upon by the head coach and the sports director.
 - c. This does not count them as one of the assistant coaches and are **NOT** allowed on the team sidelines for games.
 - d. ALL parent/team representatives must submit a volunteer form to the YMCA.

Expectations of Our Coaching Staff

Be a positive role model. Carry yourself in a professional manner at all times, on the field and in the community. Players and community members are always watching, as a representative of the program your actions will reflect on everyone, not just yourself. Make sure your interactions on the field reflect how you would want your own child to be treated.

Coach every player. They won't care how much you know until they know how much you care. You will coach players to help prepare them to achieve their greatest potential. Each player is putting in the time and effort to make the team better and it is the responsibility of the coach to help him improve his/her skills.

Communicate. A football program consists of many parts, it is important that everyone works hard to stay on the same page. All coaches should make sure to work together to stay informed of what is going on with players, scheme, and the program in general. Coaches should also strive to ensure the players understand the material being presented in practice and be approachable if a player wants to talk.

Commitment. We ask our players to invest a lot of time into our program and therefore the same commitment is needed from each coach. In turn, the program will try to place a priority on using time wisely during meetings, practices, and team activities.

IV. Practice Requirements and Guidelines:

The following regulations are set to allow all those involved with the sport remain in a safe, proper learning environment. A practice consists of meeting of the coaches, assistant coaches or another team representative with three or more players.

- A. Prior to the beginning of the Youth Football League, there shall not be any team meetings, practices, or any organized team activity with football equipment or play structuring without the approval from the Youth Sports Office. Failure to comply with this will result in forfeiture of the first game and head coach may be suspended for one or multiple games.
- B. Practices may begin once the head coach has received his or her roster from the YMCA and after attending the coaches meeting to kick-off the season.
- C. Practices will be limited to *NO MORE than 3 times per week*. The practices will not be longer than 2 hours.
- D. Practicing in or out of pads will be at the discretion of the coach.
- E. There will be NO practice games (scrimmages), AT ANY TIME, between teams from different weight divisions.
- F. For the health and safety of the players, it is not recommended to practice in wet weather or for extended periods of time in extreme heat conditions. The Youth Sports Department defines extreme heat as temperatures exceeding 100 degrees.
- G. The head coach must conduct a parent meeting at the first practice to ensure parents understand the team rules and the guidelines that will be enforced by the YMCA. Coaches will fill the attached sign in roster and parents will sign to acknowledge that they understand and agree with the rules of the team and the YMCA.

V. Rules and Regulations

1. Equipment

The goal of the YMCA is to have equipment available for every athlete who participates. When the YMCA equipment runs out, parents will be required to furnish their child's equipment. Equipment will be available through the YMCA for a rental fee. Issuing of equipment will be on a first pay, first come service.

The player's uniform shall conform to the following:

- A. Headgear:
 - a. Helmet should fit snug and include a face mask, chin strap and mouthpiece.
 - b. Face mask must be of non-breakable, molded plastic with round edges or rubber wire.
 - c. Single bar or tubular face guards are prohibited.

- d. Team logo decals WILL be allowed on helmets. They must be made of 20mm vinyl, **no paper decals**, otherwise you will be asked to remove your decals during week 1 of play.
 - e. No individual spirit decals or numbers are allowed on helmets.
 - f. Helmets must be turned in to YMCA staff without decals on them. Failure to do so will result in a charge to be placed on the participant's account. No participation will be allowed in ANY other YMCA program until the amount is paid in full. Please make your parents aware of this prior to returning helmets at the end of the season.
- B. Padding
- a. The uniform shall include soft knee pads, approved shoulder pads, hip pads, thigh pads and tail pads.
 - b. Players are allowed to have additional padding at the discretion of the player.
- C. Uniform
- a. Numbers shall be displayed on both front and back of the jersey.
 - b. Numerals shall be of single color, sharp contrast, and be 4 to 6 inches in height on both front and back. The jersey must have clearly visible numbers! The number must be of a color that it is clearly in distinct contrast with the color of the jersey, irrespective of any border around the number.
 - c. The width of the numerals shall be at least one inch.
 - d. All coaches should notify officials of any change in eligible receivers with non-conforming numbers.
 - e. The jersey should also include the YMCA logo, which should be no smaller than 3 inches.
 - f. No team/spirit decals will be allowed on the jersey at any time.
 - g. Colored pants are allowed upon approval by the team coach.
- D. Footwear
- a. Shoes with rubber-molded cleats may be worn.
 - b. Screw or metal cleats are PROHIBITED.
- E. Mouth Piece
- a. A mouth piece must be worn at all times during practice and games. This includes the quarterback.
 - i. 1st Violation – play is stopped and a warning is issued to the players
 - ii. 2nd Violation – a 5 yard penalty is charged to the offending team
 - iii. 3rd Violation – a time out is taken from the offending team
- F. Glasses
- a. All players wearing glasses must wear protective rubber plastic goggles or shatterproof lenses with an elastic headband, to better ensure their safety. It is the coach's responsibility to see that this is carried out.
 - b. Visors will be allowed to be worn according to NCAA rules. They have to be clear! Our YMCA helmets cannot be altered in any way. If a shield is put on our helmets it must be taken off before they are checked back in (if not a charge of \$20.00 will be applied and sent to the parents of the child)
 - c. If our helmets are ruined by any changes to it, the parent of that child will pay the full price of a replacement helmet to the YMCA.
- G. Football Size
- a. 3rd and 4th grade will use TDJ Footballs
 - b. 5th and 6th grade will use TDY Footballs
 - c. During games, each team will use the game ball provided by the YMCA.
 - **If agreed upon by both coaching sides, you may use your own game ball.** If a team ball is going to be used, it must be done prior to the start of the game and presented for both teams to see at the Captain's Meeting to start the game. Coaches are responsible for getting the ball on and off the field.*

2. Minimum Play Rule

- A. All players must play 2 full quarters of each complete game.
- B. The minimum play privilege shall not be abridged except for the following reasons:
 - a. The player is absent for more than half of the scheduled practices in a week
 - b. The player is consistently tardy.

c. The player is injured or ill and cannot compete.

d. Parental request

*On Wednesday practices, keep in mind that families go to church when scheduling.

****Problems with RULES a or b should be taken up with the player's parent and reported to the YMCA.**

- C. The player may stand on sideline in uniform, without shoulder pads, if he or she is held out of the game for any of the above reasons. The coach must inform the YMCA Youth Sports Director and have discussed the issue with the parent of the player before the game.
- D. Any player not playing, for whatever reason, must be reported to the opposing team's head coach, head official, and field supervisor before the start of the game. The field supervisor will document this.
- E. It will be the **HEAD** Coach's responsibility to be certain every player on his team plays at least the minimum of time.
 - a. If the coach does not comply with this, the head coach will be suspended for one game. Second offense will result in a 2 game suspension and must plea his case to the Youth Sports Committee in order to be reinstated.

3. Positions

The San Angelo YMCA looks to teach the game of football and its positions in a manner that is in the best interest of the youth and their abilities.

- A. If a player **exceeds the ball carrying weight**, he/she must play the following position:
 - a. Offense: Center, Guard, Tackle
 - b. Defense: Front Line
 - c. Special Teams: Kick-off team, kick-off return – front line and the punter do not have to be ball carriers. However, they cannot advance the ball. Only the ball carriers can run the ball. If a punt is attempted and the punter does not have a ball carrier number then there cannot be a fake attempt. The opposing team will take the ball from the original spot of the ball plus 10 yards if this takes place.
- B. There will be a strict **10 yard penalty** to the team that positions a player, not within the ball carrier limit, in an offensive ball-carrier position or upright defensive position.
 - a. The rule is for the player to be in a down line position and assume a 3 or 4 point stance.
 - b. **Players of a non-ball carrier weight will be distinguished by wearing jersey #50-#79.**
 - c. Any discrepancies on weight requirements must be reported to the officials by the Head Coach **ONLY PRIOR** to the start of the game. At that time the player in question will be weighed by a field supervisor. If the player weighs in over the ball carrying limit, his helmet and/or jersey will be marked with removable tape. The decision by the supervisor will be the official ruling. The official weight at prior to the season start will be the weight we go by throughout the season.
 - d. **IF YOU HAVE ANY PLAYER THAT DOES NOT EXCEED THE BALL CARRIER WEIGHT, DO NOT GIVE THEM A NON-BALL CARRIER NUMBER!**
- C. If we have to play 8 man football, teams will be required to have 5 on the line of scrimmage.

4. Game Operation Procedures

The NCAA football rules will govern the YMCA Tackle Football League EXCEPT for rules adapted to the 3rd and 4th grade divisions to provide a better playing environment for our tackle football program and the players involved. Do not try and manipulate any rule interpretation or try to change the rules that are put forth by the YMCA. If you have any questions or need a clarification on a ruling, please contact the YMCA Youth Sports Office.

- A. The fields are 100 yards long and 53 yards wide.
- B. Ten (10) yards in four downs for a first down.
- C. Kick-offs will be made from the 40 yard line, 10 yards from the 50 yard line. The receiving team's front line will be at least 10 yards beyond that point. All kicks, including on-side kicks, must travel 10 yards. Any players over the weight limit for ball carriers that attempts to advance a kick-off, interception, fumble, etc. is down at the point of possession.
 - a. **3rd & 4th grade – We will have no kickoffs or punts to help the coaches focus more on fundamental football and drills in practice.**

- i. Kickoffs – once the coin toss has occurred, the winning team can decide whether to start on offense or defense. The offensive team will start with the ball on their 35 yard line.
 - ii. Punts – there will be no punts in this division
 - D. A free kick will occur from the 20 yard line in case of a safety. During a free kick, at least five players of the receiving team must be within 5 yards of their restraining line or between the 25 and 30 yard lines.
 - a. 3rd/4th grade division – following a safety the opposing team will get the ball on their own 35 yard line.
 - E. If a team is up by 3 or more scores **NO** onside kicks will be allowed by the winning team. The ball must travel a minimum of 10 yards. The receiving team will automatically receive the ball regardless of which team recovers the ball.
 - F. 4th down procedures
 - a. 3rd and 4th grade divisions – the offense will have to vocally inform the official of what their option will be. Once the option is voiced to the official a time out must be called to change the option. Options are as follows:
 - i. Go for it
 - ii. No punt, official will mark off 25 yards from spot and the opposing team will take over possession.
 - b. 5th and 6th grade division – regular NCAA rules are in effect, two options: to go for it or punt. Teams will NOT have to tell the official their choice.
 - i. Regular football rules will apply.
 - G. A-Gap Regulations
 - a. 3rd and 4th grade
 - i. A-gap protection is in effect
 - ii. The defensive tackle must line up (heads up) or to the outside shoulder of the offensive guards, and make contact with the offensive guard before entering the A-Gap with a forward step to initiate contact.
 - iii. Middle linebacker may blitz, but must start 5 yards off the line of scrimmage
 - iv. No restrictions on offensive play will be addressed concerning the center-guard gaps in 3rd and 4th grade.
 - v. Quarterbacks:
 - 1. If a quarterback lines up under the center, he/she is not eligible to run through the A-Gap or over the center.
 - 2. If the quarterback lines up in the shotgun formation, he/she is then eligible to run through the A-Gap.
 - b. 5th and 6th grade
 - i. Teams may use a defensive nose guard at any time.
 - ii. Middle linebackers may now blitz or stunt over the center (A-Gap) at any time.
 - iii. Quarterbacks may run sneak plays up the middle and shoot or stunt over center defensively.
 - iv. Offensive linemen may utilize a 2 point stance.
 - H. Defensive Rushing Stance:
 - a. 3rd & 4th Grade:
 - i. YMCA Rules, if you are on the line you have to be in a 3 or 4 point stance
 - ii. If the player is a ball carrier and he/she is a defensive player, he/she will have to be outside the last player on the line of scrimmage (3 yards outside x 0 yards off the line of scrimmage)
 - iii. The penalty for this is not a dead ball foul – the play will continue and after the play the 5 yards will be marked off against the defense.
 - b. 5th & 6th grade:
 - i. A defensive player may utilize a 2 point stance regardless of number/position.
 - ii. This is live football at this level.
 - I. Conversion points after a touchdown applies to all divisions:
 - a. Field goals will be 1 point, and will be kicked from the 3 yard line.
 - b. Run/Pass play will be 1 point when attempted from the 3 yard line.

- c. Run/Pass play will be 2 points when attempted from the 10 yard line.
- J. The offense must have at least 7 players on their line of scrimmage.
 - a. If we have to play 8 man football, the number will be 5 on the line of scrimmage.
- K. 5th & 6th grade division: The team whose goal line is involved shall put the ball in play by snapping on their 20-yard line after a touchback and by kick-off or punt on their 20-yard line after a safety.
- L. 3rd & 4th grade division: The team who caused the touchback or safety will get the ball at their 35 yard line.
- M. Time-Outs:
 - a. Each team is permitted 3 time outs per half. These are not cumulative into the second half.
 - b. Length of a time-out will be 1 minute.
 - c. 3rd and 4th grade division teams are allowed 1 coach on the field during time-outs to talk to the team.
 - i. One coach from each team will be allowed on the field in the 3rd and 4th grade divisions ONLY! Once play begins, the coach is to stay clear from play and is **NOT** able to give out any player commands or assistance during the play. **NO TALKING once the ball is snapped!**
 - d. **When a referee stops the clock for an injury, the team will be charged 1 time-out, if the injured player is not removed from the field for 1 play.**
 - i. Coaches are not allowed to coach other players on the field when an injury has occurred. All players should take a knee away from the injured player.
- N. Game Clock and Time
 - a. All games shall consist of 4 quarters
 - b. Each quarter will be 10 minutes long
 - c. Teams shall exchange ends of the fields at quarters
 - d. Clock management:
 - i. In the 1st and 3rd quarters, 10 minutes straight running clock.
 - ii. 2nd and 4th quarters, the first 8 minutes are a straight running clock, the final 2 minutes are regulation stoppage
 - e. There shall be a 2 minute warning in the 2nd and 4th quarters
 - f. The clock is stopped for official time-outs
 - g. Halftime will be 5 minutes long.
- O. The coach has the right to question any rule interpretation decision an official makes, but NOT on a judgement call.
 - a. A coach may respectfully question a rule interpretation decision by taking a time-out for this discussion. Any coach requesting a time-out for the discussion of a judgement call will be charged a time-out.
 - b. There will be zero tolerance when a coach is disrespecting an official. The official has the right to eject a coach or penalize a coach for disrespect. Ejection rules will apply.
- P. Each head coach and all assistants are required to conduct themselves and their players in an orderly and sportsman-like manner. Only the head coaches of both teams will be present during any discussion about unsportsmanlike conduct.
 - a. Any of the following actions will result in a 15 yard penalty for unsportsmanlike conduct:
 - i. Intentionally kicking, spiking or throwing the ball high in the air or away from field of play
 - ii. Coaches yelling at opposing coaches from across the field.
 - iii. Failure to place the ball on the ground or returning to the official immediately
 - iv. Use of profanity by any coach or player
 - v. Unsportsmanlike conduct directed at an opposing player, fan, official, coach or YMCA staff
 - b. Second offense will result in ejection from the game with possible suspension for the following game
 - c. All unsportsmanlike conduct calls are FINAL and cannot be appealed.
- Q. Coaches and players of both teams must stay within the 20 yard box during the games. They must stay inside the team box to ensure their safety.
 - a. Likewise, the parents/spectators of both teams must stay a safe distance away from the sideline. This is a safety issue for all concerned. YMCA staff and officials have the right to stop a game in action to enforce this safety rule, and may also penalize the team when the team, coaches, and/or

spectators continue to move onto the sidelines. No parents are allowed in the huddles during halftime.

- R. Team representatives and parent representatives are responsible in maintaining crowd control during the respective games. They are to bring any concerns regarding crowd control and play to the coach or YMCA staff member.
- S. Injuries (REMOVAL FROM PLAY AND RETURN TO PLAY POLICY):
 - a. The San Angelo YMCA and staff WILL NOT be liable for injury to players in any game.
 - b. In the event of an injury, supervisors will assess the player and decide about future play.
 - i. REMOVAL FROM PLAY – if the player shows any of the signs of a possible concussion when being evaluated (Heads Up Football), the player will be removed from play (the coaches and supervisors will have a list of signs and symptoms at the site for reference). They will be looking for anything out of the ordinary for the player. Supervisors will adhere to the following procedure:
 1. Remove player from play
 2. Get evaluated by a medical professional
 3. Inform parents of the situation
 4. Keep player out of play until a medical health care professional approves of return to play.
 - ii. RETURN TO PLAY – the player will have to obtain a medical release from a medical professional before they can return to play for the YMCA. It will have to be turned into the Youth Sports Department by Friday to play on Saturday. Please use the following guidelines when helping the player return to play.
 - c. If a supervisor has to come on the field or the helmet of the injured player comes off, the player will have to come off the field for at least one play before re-entering the game.
 - d. If a supervisor determines that the player is to not return to play, the decision is final.
- T. Injuries, disciplinary action or players quitting a team must be reported to the YMCA immediately.
- U. Scheduling of regular season play shall be the responsibility of the YMCA of San Angelo and the Youth Sports Committee. All games are subject to change or rescheduling.
- V. Chain Gangs: The home team is required to have 2 individuals to run the chains, while the visiting team will need one representative to run the down box. These representatives will need to be approved by the field supervisor or officials prior to the start of the game.
 - a. **Those volunteers running the chains may not coach from the sideline. Standard cheering is allowed.**

5. YMCA Tackle Football Additional Rules

- A. Overtime Management
 - a. Season:
 - i. Coin toss to determine who gets the ball
 - ii. 3rd and 4th Grade Division: 4 downs with no 1st down – start at the opponents 10 yard line
 - iii. 5th and 6th Grade Divisions: start at the opponents 25 yard line
 - iv. Either score or yardage
 1. If teams don't score whoever gets closest to the goal line wins
 2. If both teams score then it continue, but have to go for 2 points
 3. 2 times maximum for overtime attempts, if still tied, the game will end in a tie
 4. A team who has the ball last MUST complete entire series before game can be called
 - b. Super Bowl:
 - i. NCAA Rules
 1. Start at the 25 yard line
 2. You have to score to win (yardage will not count in Super Bowl situation)
 3. IF both teams score then it continues, but you have to go for 2 points
 4. There will be NO ties in the Super Bowl

6. Violations

- A. Violations of the rules pertaining to football may cause the coach or participating player to be ejected, suspended and/or reprimanded in other ways by the Youth Sports Committee
- B. **Absolutely NO bull horns or air horns!** This is considered unsportsmanlike and may result in a 15 yard penalty. Any other items must be approved by the Youth Sports Director or Committee.
- C. The YMCA Tackle Football League is a family-oriented site, so the use of profanity or disruptive behavior will be prohibited. Refer to Section III, G, and j to see the action that will be taken when this occurs or is observed by a field supervisor or official.

7. Bowl Games and Awards

- A. All players participating in the program will receive a YMCA season memorabilia given all other criteria are followed
- B. If there are any outstanding fees left unpaid, or if a player does not turn in his/her equipment at the scheduled time, that player will not receive their award until cleared.
- C. All teams participating in the program will have the opportunity to play a game in a high school stadium at the end of the season.
- D. The bowl game is considered the team's last game of the season. Bowl games will be decided on W-L record for the 3rd through 5th grade division, while playing within all of the above YMCA rules. These games are decided by the Youth Sports staff and are not arguable.
- E. The Heavyweight (6th grade) Bowl games will be decided on W-L record. The top two teams in the division or pool play (depending on number of teams participating) will play for the Super Bowl Championship.
 - a. If a 3-way tie occurs to decide a teams' position, a coin toss will occur on specified date given by the YMCA Sports Director. The YMCA Sports Committee will be in attendance as well as one representative from each team participating in the coin toss. Only one toss will occur for each match up and is not arguable.

8. Completion of Games

- A. Teams will clear the field immediately after their game is completed in order to allow the following game to start on time.
- B. Teams leaving the field **MUST** clean up the area around their bench and sidelines before leaving the field.
- C. Post-game, team meetings must happen off the field away from the sidelines allowing other teams to move onto the field and prepare for their games.

Parent Expectations

Be positive with your athlete. Let them know you are proud they are part of the team. Focus on the benefits of teamwork and personal discipline.

Encourage your athlete to follow all training rules. Help the coaches build a commitment to the team. Set a good example in your personal lifestyle.

Allow your athlete to perform and progress at a level consistent with his/her ability. Athletes mature at different ages; some are more gifted than others.

Always support the coaching staff when controversial decisions are made. The coaches need your backing to keep good morale on the team. Address issues with the coach before contacting the YMCA. If my child develops a behavior-related problem that repeatedly disrupts practice and/or games, I promise to work with my child's coach to resolve the problem.

Insist on positive behavior in school and a high level of performance in the classroom. Numerous studies indicate extracurricular involvement helps enhance academic performance.

Stay calm in injury situations. Parents can help minimize the trauma by being in control and offering comfort. Allow the staff to perform their assessment of your son/daughter's injury. No parent is allowed on the field unless the training staff requests it. Staff will locate the parents after assessment.

Cheer for your team and players. Opponents, referees and staff deserve respect. Realize that players will make mistakes. Your support is needed during tough times. I will do my very best to make football fun for my child and his teammates. I will not engage in physical or verbal confrontations with players, coaches, officials or fans before, during or after practices or game competitions. I will refrain from the use of foul or offensive language.

Promote having fun and being a team player. Concentrate on what is best for the team. Preoccupation with statistics can be very distracting.

An athlete's self-confidence and self-image will be improved by support at home. Comparison to others is discouraged. Encourage the athlete to do their best regardless of family or friends who may have been outstanding players.

Winning is fun, but building positive team values is most important. The concept of working together to perform a task will have lasting benefits. Winning takes place when all the little things are done correctly. I will place the emotional and physical well-being of my child ahead of a personal desire to win. Winning should be the result of preparation, hard work and discipline.

It is highly encouraged that players attend all practices, games and team events. Stress the necessity to make a commitment to the team.

Emphasize the importance of well-balanced meals and regular sleep patterns. An athlete functions best when care is taken to consume nutritious food and obtain sufficient rest.

Persistence and being able to accept a role is extremely important for the team to be successful. Not everyone will be a starter, but everyone is important to the team. Some players may not develop until their senior season. Encourage them to be persistent.

Respect coaches, referees, and YMCA staff. Allow the coaches to coach your child and help them out with corrections. Parents are not allowed in the huddles or on the player sidelines at any time. Referees and YMCA staff reserve the right to have a parent/guardian and/or spectator removed from the premises due to behavior that is deemed inappropriate. I will NOT be a sideline coach or referee. I will limit my comments to positive reinforcement and encouragement to my child and his teammates. I will support the coaches and officials working with my son in order to encourage a positive

and enjoyable experience for all. I promise to treat other fans, coaches, players, and officials with respect, regardless of race, sex, or ability, and I will expect to be treated the same in return.

Respect teammates and opposing players. The players are all learning to play football, some learn faster than others; do not talk bad about a teammate or opposing players in front of other players or at home. I will lead by example in exhibiting sportsmanship and fair play at every practice and game competition. I will encourage this behavior from other coaches, players, officials, parents and supporters. I will provide encouragement to my child and teammates. I will refrain from making negative comments to my child or his teammates.

The YMCA and all those associated with its programs have the best interest of the youth of our community in minds. We look to provide the best and safest playing environment for the youth and all those involved. If there are any questions about this rule book, please get in touch with the Youth Sports Director at the San Angelo YMCA.



**2020 YMCA Youth Football
Division Rule Book**

I acknowledge that I have read and agree to uphold and abide by the rules as stated by the YMCA Youth Sports Department to the best of my ability. I will look to maintain the purpose and cause of the YMCA as I volunteer with its programs and community. I also acknowledge and understand that I have received and will abide by the YMCA Code of Ethics in all YMCA programs that I am associated with.

Print Name: _____

Signature: _____

Date: _____

YMCA Youth Football Parent Expectations Acknowledgment

Team _____ Division _____ Head Coach _____

Print Player Name

Print Parent/Guardian name

Signature

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