FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARENTS HANDBOOK

FLAG FOOTBALL

YMCA OF Greater Dayton

www.daytonymca.org/sports

Flag Football

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Letter to Parents

Dear Parents,

The YMCA of Greater Dayton welcomes you and your child to the Youth Sports Program! A goal of the YMCA of Greater Dayton is for all youth sports participants, both parents and children, to have an enjoyable sporting experience. The YMCA uses sports as a tool to develop each participant physically, mentally, and spiritually. Our programs emphasize teaching the values of good sportsmanship, teamwork, goal setting and skill development in a fun, esteem-promoting atmosphere. Our participants will learn the basic fundamentals while learning the rules of the sport. Of course, a FUN and friendly environment are characteristics of all YMCA programs.

It is our goal to provide a safe and fun program for all. Achieving this goal begins with ensuring all our volunteers are adequately screened and prepared for the season. Youth Sports programs are possible by the dedication of volunteer workers. Many volunteers put in several hours of work to make the YMCA programs a success. Thank you to all of the YMCA volunteers who invest time and energy into the lives of young people today. If you are interested in future volunteer opportunities, please let us know.

Thank you for volunteering your time to participate in our youth sports leagues! By participating, you are clearly aware of how important the role of sports is to the development of important personal characteristics to children in these programs.

Thank you, and enjoy the season!

Sincerely,

YMCA of Greater Dayton
Sports Department

Parent Code of Conduct

1. Remain in the spectator area during competitions
2. Let coaches coach
3. Keep comments positive to players, parents, officials, and coaches of either teams
4. Come to games sober and refrain from drinking alcohol or smoking at contests
5. No pets allowed at practices/games unless they are service animals
6. Cheer for your team
7. Show interest, enthusiasm, and support for your child
8. Be in control of your emotions
9. Help when you're asked to by a coach or an official
10. Thank the coaches, officials, and other volunteers who conducted the event

PARKING REGULATIONS

ABSOLUTELY NO PARKING on the driveways or in any grassy area.

All cars are to be parked in designated parking spots.

Speed Limit on YMCA property or designated game/practice facilities is 5 miles per hour.

BE INVOLVED, BUT NOT *TOO* INVOLVED

YMCA Youth Sports needs enthusiastic involvement from parents to be successful. Volunteering your time not only helps the program; it's also an enjoyable way to meet other adults and make new friends. Here are just a few ways to become involved:

- Be a coach or an assistant coach
- Be an official or umpire
- Keep time or score
- Maintain equipment or facilities
- Coordinate refreshments
- Become part of a car pool

A healthy involvement will usually be welcomed by both the coach and your child. However, no coach wants to be – or should be – second-guessed by parents on strategy moves or other coaching decisions. Signs of parents being too closely involved include these:

- You are overly concerned with the outcome of the game
- You spend a lot of time talking with the coach about the game plan, player skill levels, and the way the coach conducts practices and coaches games
- Your child has stopped enjoying the sport or has asked you to stop coming to games or practices
- You require your child to take extra practice

Be involved, show interest, help the coach where they need help, encourage your child, and enjoy the sport yourself!

Help Your Child Enjoy Sports

You can help your child enjoy sports by doing the following:

- Developing a winning perspective
- Building your child's self-esteem
- Emphasizing fun, skill development, and striving to win
- Helping your child set performance goals

DEVELOPING A WINNING PERSPECTIVE

Every decision parents make in guiding their children should be based first on what's best for the child, and then second on what may help the child win. Stated in another way, this perspective places **Athletes First, Winning Second**. We're not saying winning is unimportant. Winning, or striving to win, is essential to enjoyable competition. Pursuing victory and achieving goals are sweet rewards of sport participation. But they can turn sour if, through losing, you or your child lose the proper perspective also. An obsession with winning often produces a fear of failure, resulting in below average performances and upset children.

BUILDING YOUR CHILD'S SELF-ESTEEM

Building self-esteem in your child is one of your most important parenting duties. It's not easy, and it's made even more difficult in sport by the prevailing attitude of "winning is everything." Athletes who find their self-worth through winning will go through tough times when they lose. Building self-esteem in your child takes more than encouragement. You need to show your child unconditional approval and love. Don't praise dishonestly; children can see through that. No matter the amount of mistakes your child may make, show the same amount of love and approval for them that you showed before the game.

EMPHASIZING FUN, SKILL DEVELOPMENT, AND STRIVING TO WIN

The reason you should emphasize fun is quite simple: without it, your child may not want to keep playing. Kids don't have fun when they stand around in practice or sit on the bench during games, when they feel pressure to win and don't improve or learn new skills. Conversely, they do have fun when practices are well organized, they get to play in games, they develop new skills, and the focus is on striving to win.

HELPING YOUR CHILD SET PERFORMANCE GOALS

Performance goals - which emphasize individual skill improvement - are much better than the outcome of the goal of winning for two reasons:

1. Performance goals are in the athlete's control.
2. Performance goals help the athlete improve.

Performance goals should be specific, and they should be challenging but not too difficult to achieve. You (and your child's coach) should help your young athlete set such goals. Help your child focus on performance goals before a game; this focus will help sports be an enjoyable learning experience for your child.

About the YMCA

YMCA of Greater Dayton Mission Statement:

The YMCA of Greater Dayton, based on Christian principles, is a charitable organization with an inclusive environment driven to enrich the quality of family, spiritual, social, mental and physical well-being for all.

Four Core Values of Character Development:

- Caring
- Honesty
- Respect
- Responsibility

Youth Sports Philosophy:

The YMCA's philosophy is "Athletes First, winning second, everyone's is a winner." Please do everything you can do to de-emphasize the score.

YMCA Sports: 7 Pillars

1. **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 plays at least half of every game.

2. **Safety first.** Although some children may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. We ask you to take time to check that the equipment and facilities are safe and to teach the sport as we've prescribed, so that the skills taught are appropriate for children's developmental level. We also ask you to develop your players' fitness levels gradually so they are conditioned for the sport. And we ask you to constantly supervise your young players so that you can stop any unsafe activities.

3. **Fair play.** Fair play is about more than playing by the rules. It's about you and your players showing respect for all who are involved in YMCA Youth Sports. It's about you being a role model of good sportsmanship and guiding your players to do the same. Remember, we're more interested in developing children's character through sport than in developing a few highly skilled players.

4. **Positive competition.** We believe competition is a positive process when the pursuit of victory is kept in the right perspective. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson of life. The "right perspective" means adults make decisions that put the best interests of the children above winning the contest. These are the lessons we want to teach through YMCA Youth Sports.

5. Family involvement. YMCA Youth Sports encourages parents to be involved appropriately along with their child participating in our sport 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.

6. Sport for all. YMCA Youth Sports is an inclusive sport program. That means that children who differ in various characteristics are to be included rather than excluded from participation. We offer sport programs for children who differ in physical abilities by matching them with children of similar abilities and modifying their sport. We offer programs to all children regardless of race, gender, religion or ability. We ask our adult leaders to support and appreciate the diversity of children in our society and to encourage the children and their parents to do the same. We do not forfeit games; instead, we share players and proceed with planned games.

7. Sport for fun. Sport is naturally fun for most children. They love the challenge of mastering the skills of the game, playing with their friends, and competing with their peers. Sometimes when adults become involved in children's sport, they over-organize and dominate the activity to the point of spoiling children's enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember, that these sports are for the kids; make sure the kids are having fun.

Things to Remember

Players not able to make your team scheduled practice times and games: We understand not all parents may be able to make scheduled practice times or games each week. If you are unable to make the practice time, please let your coach know in advance if possible.

Parents be available for help: To make the coach's job easier, offer your assistance at practice. Come together to assign a parent be a Team-Mom or Team-Dad. Assistant Coaches are always welcome.

Awards: Coaches will not need to purchase awards for their teams. The YMCA will have awards available for each team at your last game.

End of Season Party: The end of season party is voluntary. If a coach/team decides to have an end of season party, try to plan it ahead of time.

Weather Information/Cancellations

Games are played outside; therefore, the weather can determine if a game/practice is cancelled. Please note field conditions may also determine if a game/practice is cancelled. If this occurs, YMCA Staff will contact all parents and coaches via PlayerSpace email and text.

Practice cancellation is up to the coach, unless the YMCA Sports Director cancels in advance. If the coach cancels, the coach must contact all parents.

24 Hour Policy

- The YMCA of Greater Dayton Sports Department does NOT permit any individual to confront a referee or YMCA Sports Official/Employee at any time. If a situation arises in which a referee's actions create a problem, give the situation 24 hours to cool down.
- After the 24 hours have passed, if you still feel strongly that something should be done, please contact the Sports Director.

Injuries

You are playing at your own risk. You will encounter physical contact in this game. It will be the intent of the officials and staff assigned to your game, to provide a safe level of competition; however, injuries may occur. Teaching children the proper techniques and how to play the game correctly will minimize injuries. In the event of a severe injury, the YMCA will follow up with all parties. Please make sure to communicate with us. We will assist to the best of our ability.

Concussions:

Please use the CDC website below for further information about concussions:

https://www.cdc.gov/headsup/resources/index.html

Procedure for Head Injuries during YMCA Sports Programs:

1. Assess the athlete and determine if they need removed from play.

2. If a spinal injury is suspected then DO NOT move the athlete and call EMS immediately. If the athlete goes unconscious at ANY time (even for just a few seconds), EMS should be called.

3. Ensure the athlete is evaluated as soon as possible by an appropriate health care professional. If a Certified Athletic Trainer is on site, allow them to do the evaluation.

4. Accident report should be filled out by either staff or volunteer and given to the Sports Director the same day.

5. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.

6. If a concussion is suspected or the athlete is showing any concussion-like symptoms, the athlete should not return to competition until symptom free and cleared by a healthcare professional including a Physician or Certified Athletic Trainer.

Sudden Cardiac Arrest and Lindsay's Law:

Refer to Parent/Athlete Information Sheet on the following pages.

Sudden Cardiac Arrest and Lindsay's Law

Information for the Youth Athlete and Parent/Guardian

- Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. This law went into effect in 2017. SCA is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately.

- "Youth" covered under Lindsay's Law are all athletes 19 years of age or younger that wish to practice for or compete in athletic activities organized by a school or youth sports organization.

- Lindsay's Law applies to all public and private schools and all youth sports organizations for athletes aged 19 years or younger whether or not they pay a fee to participate or are sponsored by a business or nonprofit. This includes:
    1) All athletic activities including interscholastic athletics, any athletic contest or competition sponsored by or associated with a school
    2) All cheerleading, club sports and school affiliated organizations including noncompetitive cheerleading
    3) All practices, interschool practices and scrimmages

- Any of these things may cause SCA:
    1) Structural heart disease. This may or may not be present from birth
    2) Electrical heart disease. This is a problem with the heart's electrical system that controls the heartbeat
    3) Situational causes. These may be people with completely normal hearts who are either are hit in the chest or develop a heart infection

- Warning signs in your family that you or your youth athlete may be at high risk of SCA:
    - A blood relative who suddenly and unexpectedly dies before age 50
    - Any of the following conditions: cardiomyopathy, long QT syndrome, Marfan syndrome, or other rhythm problems of the heart

- Warning signs of SCA. If any of these things happen with exercise, see your health care professional:
    - Chest pain/discomfort
    - Unexplained fainting/near fainting or dizziness
    - Unexplained tiredness, shortness of breath or difficulty breathing
    - Unusually fast or racing heart beats

- The youth athlete who faints or passes out before, during, or after an athletic activity MUST be removed from the activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.

- If the youth athlete's biological parent, sibling or child has had a SCA, then the youth athlete must be removed from activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.

- Any young athlete with any of these warning signs cannot participate in practices, interschool practices, scrimmages or competition until cleared by a health care professional.

- Other reasons to be seen by a healthcare professional would be a heart murmur, high blood pressure, or prior heart evaluation by a physician.

- Lindsay's Law lists the health care professionals who may evaluate and clear youth athletes. They are a physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist or certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth and family to another health care provider for further evaluation. Clearance must be provided in writing to the school or sports official before the athlete can return to the activity.

- Despite everyone's best efforts, sometimes a young athlete will experience SCA. If you have had CPR training, you may know the term "Chain of Survival." The Chain of Survival helps anyone survive SCA.

- Using an Automated External Defibrillator (AED) can save the life of a child with SCA. Depending on where a young athlete is during an activity, there may or may not be an AED close by. Many, but not all, schools have AEDs. The AEDs may be near the athletic facilities, or they may be close to the school office. Look around at a sporting event to see if you see one. If you are involved in community sports, look around to see if there is an AED nearby.

- If you witness a person experiencing a SCA: First, remain calm. Follow the links in the **Chain of Survival:**
  - ❖ Link 1: Early recognition
    - Assess child for responsiveness. Does the child answer if you call his/her name?
    - If no, then attempt to assess pulse. If no pulse is felt or if you are unsure, call for help "someone dial 911"
  - ❖ Link 2: Early CPR
    - Begin CPR immediately
  - ❖ Link 3: Early defibrillation (which is the use of an AED)
    - If an AED is available, send someone to get it immediately. Turn it on, attach it to the child and follow the instructions
    - If an AED is not available, continue CPR until EMS arrives
  - ❖ Link 4: Early advanced life support and cardiovascular care
    - Continue CPR until EMS arrives

- Lindsay's Law requires both the youth athlete and parent/guardian to acknowledge receipt of information about Sudden Cardiac Arrest by signing a form.

Best Practices for Teams

During Practices

- Everyone should arrive early and prepared for practice
- Players should dress to participate
- Everyone should focus on being a positive teacher and participant

During Games

- Everyone should arrive early and prepared for games
- Everyone should encourage all children who are playing
- Remember: Children are here to have FUN

Communication

- PlayerSpace Website: this is our main form of communication
- Parent and Coach communication is extremely important
- Check your emails and text messages for information regarding practices and games from the Sports Department
- The Sports Director is always available to answer questions and address any concerns.

Rules of Play - Flag Football

All Divisions (Ages 5-12)

The "Y" believes in its philosophy of "Athletes first, winning second." Our Youth Sports Program is designed for all participants to grow in the areas of sportsmanship and physical fitness, as well as self-control, team effort, and skill development. It is a fun, instructional league where everyone plays and everyone wins! The following rules incorporate our philosophy into our Youth Flag Football Program.

LEAGUE RULES

1. The score will be kept for all divisions, but should not be emphasized.
2. League standings will not be kept for 6u.
3. Any concerns about the league by coaches or parents should be discussed with the Sports Director.

GENERAL GAME RULES

1. Every player MUST play at least half the game unless there are issues with a player's attendance or attitude.
2. Games must be played 5-on-5 or even sided.
3. The "Away" team will have possession first.
4. Game clock is a running clock.
5. 6U Age Division Game Time: 30 minutes (15 minutes per half) with a 2 minute halftime.
6. 9U and 12U Age Division Game Time: 40 minutes (20 minutes per half) with a 2 minute halftime.
7. Each team will be permitted two (2) time-outs per half; one 60-second, one 30-second.
8. The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once a team crosses midfield, they have three (3) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard start line.
9. If the offensive teams fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
10. All possession changes, except interceptions, start on the offensive's 5-yard line.
11. Interceptions may be returned.
12. 6U Offensive and Defensive Coaches can be on the field to help direct players before the play, but can not interfere with the play.
13. For 9U, only Offensive Coaches can be on the field to help direct players before the play, but can not interfere with the play. Defensive must coach from the sideline.
14. For 12u, Coaches must remain on the sideline.

ATTIRE

1. Cleats are allowed, except for metal spikes. Inspections must be made.
2. All players must wear a protective mouthpiece.
3. Official FLAGS jerseys must be worn during play.

TIMING/OVERTIME

1. Games are played up to 45 minutes running time including a 5 minute half.
2. If the score is tied at the end of the game, teams move directly into overtime. The first team to score wins.
3. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before delay-of-game penalty is enforced.
4. Officials can stop the clock at their discretion.

SCORING

1. Touchdown: 6 points
2. Extra Point: 1 point (played from 5-yard line), 2 points (played from 12-yard line)
3. Safety: 2 points

DEADBALLS

1. The ball must be snapped between the legs, not off to one side, to start play.
2. Substitutions may be made on any dead ball.
3. Play is "dead" when:

    -Ball carrier's flag is pulled.

    -Ball carrier steps out of bounds.

    -Touchdown is scored.

    -Ball carrier's knee hits the ground.

    -Ball carrier's flag falls out.

Fumbles: Only on a snap can a fumble can be recovered. Otherwise, the ball is spotted where the ball hits the ground.

RUNNING

1. The quarterback cannot run with the ball.
2. Direct handoffs and pitches are permitted behind the line of scrimmage. Offense may use handoffs or pitches.
3. “No-running zones” are located five yards from each end zone and five yards on either side of midfield . These are designed to avoid short-yardage and power-running situations.
4. The player who takes the handoff or pitch can throw the ball from behind the line of scrimmage.
5. Once the ball has been handed off or pitched, all defensive players are eligible to rush.
6. Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
7. The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.

RECEIVING

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage.
2. As in the NFL, only one player is allowed in motion at a time.
3. A player must have at least one foot inbounds when making a reception.

PASSING

1. Shovel passes are allowed.
2. The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, the play is dead and loss of down. Once the ball is handed off, the seven-second rule no longer is in effect.
3. Interceptions may be returned.

RUSHING THE QUARTERBACK

1. 6U Age Division is the only age division where teams will not be allowed to rush the quarterback.
2. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
3. Once the ball is handed off, the seven-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven yards from the line of scrimmage. Remember, no blocking or tackling is allowed.

SPORTSMANSHIP/ROUGHING

1. If the field-monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. FOUL PLAY WILL NOT BE TOLERATED!
2. Trash Talking is illegal! Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators). If trash talking occurs, the referee will give one warning. If it continues, the coach or coaches and player or players will be ejected from the game.
3. YMCA CORE VALUES (Caring, Honesty, Respect, and Responsibility) should be evident at all times by all in attendance (players, parents, friends, family, coaches, and referees).

PENALTIES: All penalties will be called by the referee.

Defensive

1. Offsides: 5 yards and automatic first down
2. Interference: 10 yards and automatic first down
3. Illegal Contact (holding, blocking, etc.): 10 yards and automatic first down
4. Illegal FLAG Pull (before receiver has ball): 10 yards and automatic first down
5. Illegal Rushing (starting rush from inside 7-yard marker): 10 yards and automatic first down

Offensive

1. Illegal Motion (more than one person moving, false start, etc.): 5 yards and loss of down
2. Illegal Forward Pass (pass thrown beyond line of scrimmage): 5 yards and loss of down
3. Offensive Pass Interference (illegal pick play, pushing off/away defender): 10 yards and loss of down
4. FLAG Guarding: 10 yards (from line of scrimmage) and loss of down
5. Delay of Game: Clock Stops, 10 yards and loss of down

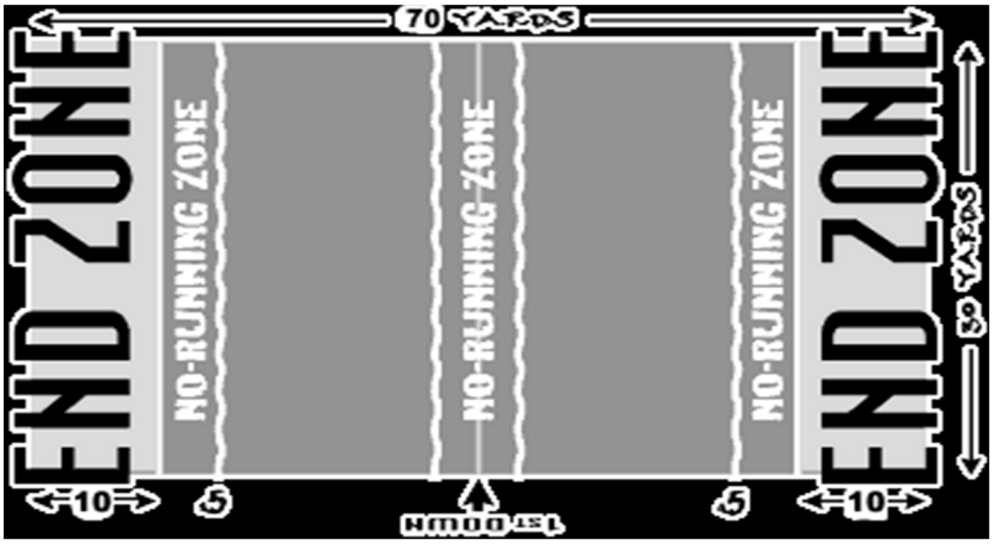
Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

Only the team coach may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.

Games cannot end on a defensive penalty, unless the offense declines it.

Rules are subject to change

Field of Play:



Parent Code of Conduct Agreement

This agreement and the Parent/Athlete Signature Form for Sudden Cardiac Arrest is to be completed and returned to your Sports Director. By signing this agreement, you agree to abide by the Parent Code of Conduct and follow the rules set forth by the Sports Department.

Print Participant(s) Name: _____

Youth Sport/Age Division: _____

Print Parent Name: _____

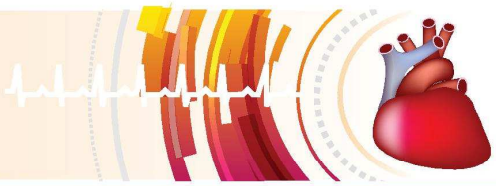
Parent Signature: _____

Date: _____

*If you have more than one child, you are welcome to list all your children on one page.

Sudden Cardiac Arrest and Lindsay's Law

Parent/Athlete Signature Form



What is Lindsay's Law? Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. It covers all athletes 19 years or younger who practice for or compete in athletic activities. Activities may be organized by a school or youth sports organization.

Which youth athletic activities are included in Lindsay's law?

- Athletics at all schools in Ohio (public and non-public)
- Any athletic contest or competition sponsored by or associated with a school
- All interscholastic athletics, including all practices, interschool practices and scrimmages
- All youth sports organizations
- All cheerleading and club sports, including noncompetitive cheerleading

What is SCA? SCA is when the heart stops beating suddenly and unexpectedly. This cuts off blood flow to the brain and other vital organs. People with SCA will die if not treated immediately. SCA can be caused by 1) a structural issue with the heart, OR 2) a heart electrical problem which controls the heartbeat, OR 3) a situation such as a person who is hit in the chest or a gets a heart infection.

What is a warning sign for SCA? If a family member died suddenly before age 50, or a family member has cardiomyopathy, long QT syndrome, Marfan syndrome or other rhythm problems of the heart.

What symptoms are a warning sign of SCA? A young athlete may have these things with exercise:

- Chest pain/discomfort
- Unexplained fainting/near fainting or dizziness
- Unexplained tiredness, shortness of breath or difficulty breathing
- Unusually fast or racing heart beats

What happens if an athlete experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play? The coach MUST remove the youth athlete from activity immediately. The youth athlete MUST be seen and cleared by a health care provider before returning to activity. This written clearance must be shared with a school or sports official.

What happens if an athlete experiences any other warning signs of SCA? The youth athlete should be seen by a health care professional.

Who can evaluate and clear youth athletes? A physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist, certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth to another health care provider for further evaluation.

What is needed for the youth athlete to return to the activity? There must be clearance from the health care provider in writing. This must be given to the coach and school or sports official before return to activity.

All youth athletes and their parents/guardians must view the Ohio Department of Health (ODH) video about Sudden Cardiac Arrest, review the ODH SCA handout and then sign and return this form.

_____	_____
Parent/Guardian Signature	Student Signature
_____	_____
Parent/Guardian Name (Print)	Student Name (Print)
_____	_____
Date	Date