



Spring Sports Parent's Handbook

Flag Football Leagues: 7-8, 9-10, & 11-12

Soccer Leagues: 3-4, 5-6, 7-9

YMCA of Greensboro mission is to put Judeo-Christian principles into practice through programs that build a healthy mind, spirit and body for all.

YMCA Philosophy

–The YMCA of Greensboro believes that youth and their families can benefit from participation in sports where emphasis is placed on fun, fitness, and fair play. Under the guidance of dedicated staff and volunteer leadership, the goal is to provide a quality experience that will not only develop individual athletic skill, also Christian values, self-esteem, and an understanding that there are many ways to win. All sports activities are open to boys and girls. We hope the program will provide a learning experience for all participants based on the practice of *athletes first, winning second*.

YMCA of Greensboro

YOUTH SPORTS PARENTAL CODE OF CONDUCT

YMCA Youth Sports Philosophy:

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Every decision you make and every behavior you display is based first on what you think is best for the athletes, and second, on what can be accomplished to have everyone become a winner.

I hereby pledge to provide positive support, care, and encouragement for my child participating in the Youth Sports Program by following this Parent Code of Conduct:

I will encourage good sportsmanship by demonstrating positive support for all participants, coaches, and officials.

I will do my best to make this program fun for my child.

I will keep winning in perspective. A child usually forgets the outcome of the game; it is the adults that have a tendency to stress the win/loss record.

I will ask my child to treat officials and coaches with respect. They are there to provide your child with a safe and healthy learning environment. Officials and coaches deserve the same type of environment from the parents and spectators.

I will strive to be a good role model for my child and the other children in the program. I will encourage my child to learn to lose with dignity and win with grace.

I will respect my child's coach and do my best to have my child at all practices and games on time. I will recognize the importance of volunteer coaches. I realize they are important to the development of my child and the program. I will communicate with them and support their decisions.

Parent's Signature

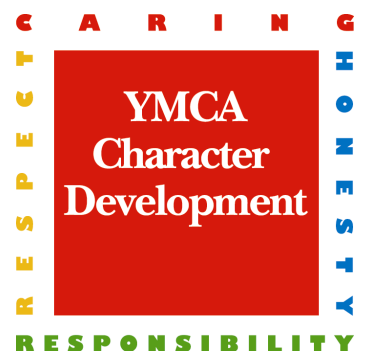
Date

Child's Name

Date

Seven Pillars of YMCA Sports

- Everyone Plays
- Safety First
- Fair Play
- Positive Competition
- Family Involvement
- Sport for All
- Sport for Fun



Field Rules

1. Children must be supervised by a parent, guardian or trusted adult at all games and/or practices.
2. No pets will be allowed, except for assistance for sight and hearing impaired.
3. Parking is first come, first serve no matter what sport.
4. Please do not drop children off as they need to be supervised.
5. Do not leave vehicles unattended after practices and games, gates are locked at the conclusion of each day's activities.
6. 5 MPH speed limit through parking lot
7. No alcoholic beverages or tobacco products
8. Please clean up after your team, including picking up all trash.
9. Do not enter wooded.
10. Bathrooms are located at the playground near the concession stand.

Support Our League By being a Sponsor

To place your ad in this handbook
Call Phil Tensley @
336-882-9622

Mary Perry Ragsdale
Family YMCA
900 Bonner Drive
Jamestown, NC 27282

Dear Players, Parents, Referees & Coaches;

Welcome to the Mary Perry Ragsdale Family YMCA Spring Flag Football and Soccer Programs. You are part of one of the many quality and mission driven sports programs around. Currently The Mary Perry Ragsdale Family YMCA has over 600 youth participating in our youth sports program.

We are proud of the uniqueness of our youth programs, but more importantly, we want the quality to be the finest around. This takes a team effort of parents, referees and coaches committed to conducting the program so that all youth involved have an opportunity to grow in spirit, mind, and body.

Spirit— Build self esteem, become dedicated to teamwork and respect for others, display positive attitudes, and realize there will be winning moments in every game regardless of which team scores the most points.

Mind— Learn new Baseball and soccer skills, drills and plays in order to compete at ones highest potential.

Body—Improve physical fitness and become stronger through playing hard and practicing hard.

As you can see, there is much more to flag football and soccer than just playing the game. There is excitement, fun, new friends, skills, family, confidence building, health and fitness, most importantly its helping a young person reach their God-given potential, in spirit, mind, and body.

There are many volunteer coaches, referees, and YMCA staff working hard to make the Mary Perry Ragsdale Family YMCA sports programs the best it can be. We look forward to an exciting season. If we can be of help, give us a call (336) 882-9622.

Phil Tensley - Soccer/Flag Football
Senior Program Director
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Flag Football Rules

The Game: Basics

- A coin toss determines the first possession
- The clock will start when the ball is snapped.
- The offensive team takes possession of the ball at their 10yard line and has (4) plays to achieve a first down (10 yards).
- If the offensive team fails to gain 10 yards, possession of the ball goes to the opposing team, and they begin their drive from their 10yard line (no punts).
- All possession changes except interceptions start on the offense's 10-yard line.
- Teams will play 40 minutes (two 20 minute halves with a running clock). The clock only stops during time-outs, possession changes and during the last two minutes of each half. Officials will signal when the clock stops.
- The playing field is 50 yards in length, and 30 yards in width. (Dimensions do not include the two 10 yard end zones.)
- If a team is trailing by 24 points they will retain possession of the ball until the 24-point deficit is reduced.

Players

- Teams must field a minimum of 6 players at all times.
- After a 5-minute grace period, the game will be forfeited if either team does not have at least 6 players to begin the game.

Playing Requirements (Time)

- As long as every player plays equal time (as equal as possible) and preferably as close to ½ the game as possible, coaches may substitute as they see fit.

Timing/Overtime

- Games consist of two 20 minute halves with a **running clock**.
- If the score is tied at the end of 40 minutes, teams will get the ball on the 15 yard line with 4 downs to score and no first downs. Game is over when one team does not score. PATs are included.
- Each time the ball is spotted by an official, the team has **30** seconds to snap the ball. Teams will receive one warning before a delay of game penalty is enforced.
- Each team has two full time-outs and two 30 second time-outs per game.
- Officials may stop the clock at their discretion.
- There will be no score kept or overtime played in the 5&6 year old age group.

Scoring

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

RAGSDALE YMCA FLAG RULES CONTINUED

De-Flagging

- The player carrying or having possession of the ball is down when the flag is removed from the player's waist (de-flagging).
- The defensive player shall hold the flag above their head and stand still.
- The defensive players cannot hold or push the ball carrier to remove the flag. Accidental touching of the body or shoulder while reaching for the flag shall not be considered a violation; however, touching the head or face shall be considered a violation.

Dead Balls

- The 5&6 year-old players are not required to snap the ball to begin the play. Quarterback starts play from behind the center with the ball in his/her hands. In all other age groups, the ball must be snapped between the legs, not off to one side, to start play.
- Substitutions may be made on any dead ball; however, the 30-second rule is still in effect.
- Play is ruled dead when:
 - ball carrier's flag is pulled
 - ball carrier steps out of bounds
 - touchdown or safety is scored
 - ball carrier's knee hits the ground
 - ball carrier's flag falls out
 - the ball hits the ground

Note: There are no fumbles, the play is dead and ball is spotted where it hit the ground.

Running

- The player who takes the handoff may only throw the ball from behind the line of scrimmage.
- Spinning is **not** allowed and players cannot leave their feet to avoid a defensive player (no diving).
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
- The ball carrier cannot use their hands or arms to protect their flags.
- The ball carrier **CANNOT** lower his head to drive or run into a defensive player.
- Stiff-arming by the ball carrier is **not** allowed.
- Quarterback **CAN** run with the ball directly from the snap.
 - Offense must avoid defensive players (they may not rush directly at the defense).
 - Fumble-Ruskie" or "Center Sneak" plays are **not** allowed.

Blocking/ Tackling

- Offensive players may block defenders' path as long as no hands are used and no intentional contact is initiated (moving screens are allowed).
- Arms must either grasp their shirts with both fists with elbows out or arm be crossed across the body while blocking. Arms may not be extended.

Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time.
- Players must have at least one foot in bounds when making a catch.

Rushing the Quarterback

- **All** defensive players must line up at least **2** yards off the line of scrimmage, play inside the 5-yard line is 1-yard off the line of scrimmage.
- The defense is only allowed to move into the neutral zone or across the line of scrimmage once the ball is snapped, not when the quarterback or coach says, "hike"..

Attire

- Cleats are allowed, except for metal spikes. Inspections will be made. All players **must** wear a protective mouthpiece: there are no exceptions.

Penalties

- Only the referees will call penalties.
- Only the team captain or head coach may ask the referee about rule clarification and interpretations.
- Players or coaches cannot question judgment calls.
- Games cannot end on a defensive penalty, unless the offense declines it.
- The referees are the final authority on the field. Except for in extreme cases, YMCA staff **will not** overrule calls made on the field.
- Questions about specific calls or rules should be addressed by head coach, referees, and YMCA staff before the game, during timeouts, at half-time, or at the conclusion of the game. All such discussions should be conducted away from players and parents.

Defensive Penalties

- Offside 5-yards
- Pass Interference 10-yards and automatic first down
- Illegal Contact (holding, blocking, etc.) 10-yards and automatic first down.
- Illegal flag pull (before a player has the ball) 10-yard and automatic first down
- Lining up in the neutral zone (within 2yards of the line of scrimmage) 5-yards

Mary Perry Ragsdale Family YMCA

Soccer Rules

THE BALL

The 3-4 and 5-6 will use a size 3 soccer ball. The 7-9 year olds will use a size 4 soccer ball.

PLAYER UNIFORM

Player may not carry onto the field any objects (chains, bracelets, watches, etc.) which may cause injury to another player. Note: It is the coach's responsibility to check this before the game, even though the referee will check also. Proper shoe material of leather or canvas and/or rubber only is permitted.

THE REFEREES

The referee's decisions are final! The referee has the right to stop the game if the coach or crowd becomes too unruly. Spectators who display a philosophy inconsistent with league philosophy will be asked to leave the playing

DURATION OF THE GAME

- 3-4 year olds will play (4) - 6 minute quarters
- 5-6 year olds will play (4) - 7 minute quarters
- 7-9 year olds will play (4) - 8 minute quarters

GAME START

Note these points:

- The referee shall determine which team will receive the kick-off and possession shall then alternate each quarter.
- The ball must be kicked into the opponent's half of the field.
- Teams in the 3-4 and 5-6 year olds will NOT switch ends at the half of the game. All other groups will switch ends at the half.

BALL IN AND OUT OF PLAY

Note these points:

- The ball is in play until it completely crossed the out of bounds line or goal line. If any part of the ball is touching the line it is still in play.
- If the ball touches the referee while on the proper field of play the action continues.

SCORING A GOAL

A goal cannot be scored until the ball has completely crossed the goal line between the goal posts or breaks the plane.

ILLEGAL PLAYER ACTIONS AND PENALTIES

A. There are nine prohibited acts for which a referee can award a direct kick to the offended team:

- | | |
|---------------------------|-------------------------|
| 1. Kicking | 6. Holding |
| 2. Tripping | 7. Pushing |
| 3. Jumping at an opponent | 8. Handling |
| 4. Violent charging | 9. Charging from behind |
| 5. Striking an opponent | |

A. An indirect kick shall be awarded when these acts occur:

1. Dangerous play
2. Charging the goalkeeper
3. Charging away from the ball
4. Opponent obstruction

PLAYERS

For the 3-4 year olds and the 5-6 year olds there shall be eight (8) players, including the goalie on the field. Nine (9) players, including the goalie, shall be on the field for the 7-8 year olds, eleven (11) players, including the goalie, shall be on the field for the 9-10 and 11-12 year olds and eleven (11) players, including the goalie, shall be on the field for the 13-15 year olds. All children must be given the opportunity to play half the game. Any one child will not be permitted to play goalie for more than two (2) quarters per game.



**We build
strong kids,
strong families,
strong communities.**