



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH SPORTS PARENT MANUAL

JACKIE ROBINSON FAMILY YMCA



What it means to be a YMCA Youth Sports Parent!

www.jackierobinson.ymca.org

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MISSION STATEMENT

The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.

OUR PHILOSOPHY

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.

SAFETY FIRST. Although 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.

FAMILY INVOLVEMENT. YMCA Youth Sports is a family program! Parents are encouraged to volunteer their time as a coach, team parent, scorekeeper, administration work, or help out in our snack shack! We encourage you to be at games to support your child's participation.

SPORT FOR FUN. Sports are 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 sports, they over-organize and dominate the activity to the point that it destroys children's enjoyment of the sport. If we take the fun out of sports for our children, we are in danger of kids taking themselves out of sports.

Remember the sports are for the kids; let them have fun!

YOUTH SPORTS RECREATIONAL PHILOSOPHY

The Jackie Robinson Family YMCA Youth Sports Program is dedicated to serving youth and their families by providing affordable sports programs in a noncompetitive environment, improving children's athletic skills while emphasizing fun, sportsmanship, teamwork and the development of positive self-esteem.

As a youth sports team member, you will help us to ensure that the following standards are met for all participants.

- Fitness: regular cardiovascular exercise is important in leading a healthy lifestyle.
- Teamwork: focus on cooperation, not competition.
- Everyone plays
- Safety first.
- Family involvement: Youth Sports is a family program!
- Sport for all.
- Sport for fun: focusing on learning and having fun are the main priorities and objectives before winning. An enjoyable experience will encourage kids to continue with sports.

CHARACTER DEVELOPMENT

What is Character Development?

Character can be defined as "the ethical traits marking a person; attributes; held values." Therefore, character development is challenging people to accept and demonstrate positive values. Whatever the current condition of one's character, there is always the potential to improve in both attitude and action.

What are the benefits of YMCA Character Development?

The YMCA is committed to a positive approach to improving our community. Challenging people to accept and demonstrate positive values is as effective as treating problems. YMCA Character Development can also help differentiate us from organizations that exist only to provide recreation, sports, etc. The YMCA of San Diego County has adopted the following character development values: Caring, Honesty, Respect and Responsibility.

Caring - demonstrates compassion; forgiveness; generosity; and kindness.

Honesty - demonstrates integrity; trustworthiness; and fairness.

Respect - demonstrates acceptance; empathy; self-respect; and tolerance.

Responsibility - demonstrates commitment; courage; health; and service.

It is our responsibility to incorporate these values in everything we do from the way we behave and conduct ourselves to the quality we provide in our programs.

Character does count!

YOUTH SPORTS PROGRAMS

YOUTH LEAGUES

Our youth leagues are governed by a noncompetitive philosophy. Equal play time and officials that interact with the players are essential to ensuring that environment. The officials in our youth sports program strive to not only blow a whistle during games, but to use game time as an opportunity to teach the players rules and fundamentals of the sport. Our staff tries to make teams that reflect an even balance between age, height, gender and skill level to ensure a league where children can walk into every game situation feeling that they have an equal chance on the court or field. Every participant is guaranteed equal play time, as well as the opportunity to try any position regardless of their skill ability or experience.

SKILLS ASSESSMENTS

These are a mandatory procedure where players go through various drills and scrimmages, while staff and volunteers rate the children on their skill level. Each player is given a rating from 1 to 5: 1 being the highest and most skilled and 5 being the lowest and least skilled. Based on the children's skill level and other criteria mentioned above, players are drafted on to teams. Player, coach, and practice requests can only be made at the time of your skill assessment or when you register for the program. However, **we cannot guarantee requests as the balance of the league is our priority.** We will try our best to meet your practice needs.

Youth leagues are offered year-round with four 10-week seasons per year, for children between the ages of 4 and 17. Practices are held for one hour; at least once a week (practice days and times are determined by the coach's availability) and games are typically played for one hour on Saturdays. All players receive a jersey and an end of season award. All coaches are volunteers and must have successfully completed the volunteer application process, online child abuse training, background check and coaches training prior to coaching. Coaches must agree to adhere to the Coaches Code of Ethics, which incorporates the Youth Sports Philosophy, and be able to fulfill their commitment as a coach by consistently attending practices and games during the season.

PRACTICE AND TEAM REQUESTS

Parents may request practice days and times, coaches or a team that they would like their child to be on. Only requests received at Assessments or before the second team practice will be considered. We will try our best to honor all requests, **BUT NO REQUEST IS GUARANTEED**. Our first priority is on making balanced divisions for every sport.

TEAM ROSTERS AND GAME SCHEDULES

All team rosters will be created and emailed out to coaches and participants before the first week of practices. The rosters include the team's practice days and times, team name, player and coach contact information and jersey color.

Game schedules will be finalized and emailed out at least 5 days prior to the first game. Some divisions will require travel for games. Please make note of the game location on the schedule. All addresses for game locations will be listed on the bottom of the game schedule. You can also find a link for MapQuest directions on our website, under the sports page.

Rosters and Game Schedules are also available for viewing on our website!

<http://www.jackierobinson.ymca.org/sports-schedules-.html>

FINANCIAL ASSISTANCE

Financial assistance is available for all youth sports programs. We are dedicated to fulfilling our promise of not turning a child away because of an inability to pay. If you are in need of financial assistance, please complete Jackie Robinson Family YMCA's Financial Assistance application, which can be obtained at the Front Desk. Please complete the application thoroughly and turn it in with proof of income to the Front Desk. All completed financial assistance applications take 3 business days to be approved. Please ensure that you are submitting the application in advance, to allow time for the paperwork to be approved prior to the start date of the season.

VIP DAY

VIP Day is a special day that we do every season to recognize those parents, family members and even coaches, who give up their time and put in the effort, to get our participants in the game! On this day, our participants honor someone that they look up to, admire and or recognize as an individual and that is a VIP in their eyes. A Certificate of Appreciation is filled out by a player, at practice, to be handed out the next game day. At half time, we allow them to have a moment, center stage, with their VIP! It is a great time to embrace those who make a difference to our youth and something that all who participates in will always remember! The date of our special VIP day will be indicated on your game schedule.

PICTURE DAY

Picture Day is a chance to capture a great moment in life for a child and create memories that will last as long as one can remember. A week before Picture Day, coaches will hand out order forms to their team to be reviewed, filled out and brought back to turn in on Picture Day with your form of payment. About two weeks after, pictures should be picked up from the Sports Department or the front desk.

REFUND REQUESTS

- If you request to cancel your enrollment in a program before the start date of the program, you will receive a 100-percent Y-Voucher or refund (minus any deposit or uniform fees, if applicable).
- A refund or Y-Voucher will NOT be given if you request to cancel your enrollment in a program after start date of the program. Unless you have a documented medical excuse.
- Y-Vouchers do not expire and may be transferred to another member of your family or donated to the Community Outreach Campaign.

INCLEMENT WEATHER

In the event of a rainy day, programs that take place in an outdoor setting will “wait it out” up to one half-hour before the scheduled game, class or clinic. Canceled youth league practices will not be made up.

YOUR RESPONSIBILITIES AS A YMCA YOUTH SPORTS PARENT

All parents want their kids to do well and have fun in the activities they pursue. We want you to be actively involved in a positive way with your child’s sport experiences at the YMCA. To do that, you need to first understand your responsibilities as a parent of a child in YMCA Youth Sports:

1. Encourage your child to play sports, but don’t pressure them. Let your child choose to play — and to quit — if he or she wants.
2. Understand what your child wants from sports and provide a supportive atmosphere for achieving these goals.
3. Set limits on your child’s participation. Don’t make sports everything in your child’s life; make it a part of life.
4. Keep winning in perspective, and help your child do the same.
5. Help your child set challenging but realistic performance goals rather than focusing only on “winning the game.”
6. Help your child understand the valuable lessons sports can teach.
7. Help your child meet responsibilities to the team and to the coach.
8. Turn your child over to the coach at practices and games — don’t meddle or coach from the sidelines.
9. Supply the coach and Sports Coordinators with information on your child’s allergies or special health conditions. Make sure your child brings any necessary medications to practices and games.
10. Make every effort to have your child at their practices and games, as it not only helps the team, but more importantly teaches them responsibility, good sportsmanship and teamwork.

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 a basketball, soccer or flag football referee.
- Keep time or score (we welcome parents help with score keeping the games).
- Become a team parent and assist the coach with the team snack schedule.

Please remember that this league experience is for the children and only positive comments will be allowed. Pressuring your child to win or perform in no way motivates them! Our focus at the YMCA is to have fun, provide equal playtime and enhance skill development.

PARENT'S AT PRACTICE

Parents, we ask that you stay at our facility for the duration of practices. Since your child is a minor, it is MANDATORY to have a parent or guardian present during practices and games. This will also show interest, enthusiasm and support for your child. Please follow these guidelines for parent presence at practice:

- **For our young athletes ages 4-6:** Parents are required to stay out at the practice location for the entire duration of the practice.
- **For our young athletes ages 7-12:** Parents are required to stay on the facility grounds for the duration of practice, but do not have to stay at the practice location. Our members are more than welcome to go workout or take a fitness class!
- **For our athletes ages 13-17:** Parents can drop off their child *ONLY* if you are current members of the YMCA. All other parents must stay at the facility during practice.

A YMCA YOUTH SPORTS PARENT'S CODE OF CONDUCT

1. Remain in the spectator area during competition.
2. Let coaches coach.
3. Keep comments positive to players, parents, officials and coaches of either team.
4. Cheer for your team.
5. Show interest, enthusiasm and support for your child.
6. Be in control of your emotions.
7. Help when you are asked to be a coach or an official.
8. Thank the coaches, officials and other volunteers who conducted the event.

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 she or he conducts practices and coaches games.
- Your son or daughter 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, and help the coach where he or she needs help, encourage your child — and enjoy the sport yourself! If you have any concerns about your coach, feel free to contact one of the following staff:

Kayla Timmons
Sports Coordinator
619-264-0144 ext. 122
ktimmons@ymca.org

Annmarie Clifford
Sports Coordinator
619-264-0144 ext. 122
aclifford@ymca.org

Delaney Alomar
Sports Coordinator
619-264-0144
dalomar@ymca.org

RULES OF THE GAME

SPORTS DEPARTMENT DISCLAIMER

Any rule not included in these books, but that is passed on to all teams either through email or from meetings between team representatives and league officials will also be followed and is understood that these amendments are for the benefit of the league, the participants, and the league officials.

SPECTATOR AND PLAYER CODE OF CONDUCT

- Spectators will remain positive role models for the participants, encouraging sportsmanship by showing respect, courtesy and by demonstrating positive support for all players, coaches, officials, staff and spectators at all time.
- At no time can spectators or bench players enter the field of play during an altercation.
- Officials and YMCA staff will not be questioned or confronted during or after the game.
- Participants are to play by the rules and to resolve conflicts without resorting to hostility or violence.
- Participants and spectators are to treat other players, coaches, officials and spectators with respect – Discrimination will not be tolerated. By registering to participate in any Jackie Robinson Family YMCA program you agree that if you fail to abide by the code of conduct, you may be subject to disciplinary action that could include, but not limited to verbal or written warning, game suspension, season suspension or overall league suspension. Furthermore, authorities may be contacted.

GENERAL BASKETBALL COURT RULES

- No foul language.
- Absolutely no open-toe shoes and shirts are required at all times.
- No food or drinks; water is allowed.
- Please observe basketball court schedule for days and times of court availability.
- No violence or implied threats of any kind.
- All players must abide by the YMCA Code of Conduct.
- Teams are required to clean up their area/benches after their game.
- No jewelry or watches on while playing in the basketball game.

GENERAL ARENA RULES

- Metal spike/ stud cleats are not allowed on the playing field
- Remove cleats before entering inside the JRFYMCA facility; wearing cleats inside the building is not permitted
- During games, **ONLY players and coaches will be allowed on the west side of the arena** (next to the baseball field). All parents and spectators are asked to watch from the east side of the arena (next to the freeway).
- Only players, coaches and officials are allowed on the playing field
- Please use the arena door(s) for arena access; jumping the arena walls is not permitted
- Spitting is not permitted on premises
- Please pick up all trash in your surrounding area
- No Food (including sunflower seeds) or drinks (other than water) are allowed on the turf field. In particular, no chewing gum is allowed

BASKETBALL RULEBOOK

Age Divisions

- 5-7 Year Olds - Coed
- 8-9 Year Olds - Coed
- 10-12 Year Olds - Girls & Boys
- 13-17 Year Olds - Girls & Boys

*Boys and girls divisions will be combined if there are not enough participants.

*Beginning at age 13-17 we will host playoffs (single elimination) on the final week.

*Player age must match the specific division the 1st game

Team Rosters

- Week 4 is the final week to add registrations.
- Players may NOT play on more than 1 team in the same division.
 - In the event a team is short players they may borrow only up to 5 player's total. If players show up late the borrowed players should not continue playing.

Players

- Each team will consist of no more than 5 players and no less than 4 at the start of play.
- **Everyone** on each team will play. Everyone will play a minimum of half of the game.
- It is the role of the coach to help ensure that every child plays and has a positive experience.

Coaches and Spectators

- **Referees:** The referees are in charge of the game and their decisions are FINAL; right or wrong.
- Please cooperate with the Youth Sports staff in creating and maintaining an environment in which each participant may have fun, learn the game and be a good sport. The referees may occasionally stop play for instructional purposes when necessary, and will subjectively make allowances (as discussed and set up by each league) based on ability, for violations. **We encourage parents and coaches to focus on the children and not the referees.**
- Coaches agree to support and influence good sportsmanship, high moral standards and are responsible for the conduct of their players and spectators. This includes, but is not limited to, unsportsmanlike disagreements with officials or insubordinate acts against supervisory staff.
- YMCA Staff reserves the right and WILL send home anyone (this includes coaches, players, spectators) who are in violation of the rules and regulations set by the program for the health, safety, and welfare of all participants.

Time

- 5-9 Year old division: four 8 minute running quarters are played
- 10-17 Year old division and up: two 20 minute halves are played; last two minutes are stopped clock if the score is within 15 points.
- One minute between quarters (if time permits).
- 3 minutes between halves (if time permits).

- Timeouts:
 - 2 timeouts per game
 - 2 timeouts per half
 - 1 timeout per overtime
 - Timeouts may be called by the coach of the offensive team while the ball is in play.
 - Any team may call a timeout during a dead ball situation.
- Overtime:
 - 2 minute overtime, stop clock last minute
 - Team fouls carry over
 - 1 timeout per team in overtime
 - If still tied after 2 over times game is determined by Sudden Death (exception for playoff games-overtimes will continue)

Ball Size and Rim Height

- 5-7 Year Old Division
 - Ball Size: 27.5
 - Rim Height: 10ft
- 8-9 Year Old Division
 - Ball Size: 28.5
 - Rim Height: 10ft
- 10+ Year Old Divisions
 - Ball Size: 29.5
 - Rim Height: 10ft

Start of the Game

A jump ball will start the game.

- To start quarters and halves the ball will be put into play with a throw in under the alternating possession procedure.
- All other jump balls will be alternating possessions.
 - Jump balls occur when two opponents have one or both hands firmly on the basketball.
- Teams will change baskets at the end of the first half.

Scoring

- Scoring: field goal 2 points, free throws 1 point, 3 pointers will count if shot behind the three point line.
- **Scoreboard will stop scoring and clear out when one team is up by 20+ points** but will be kept in the score book. Scoring will resume on the scoreboard if the gap closes to within 10 points. This applies to ALL divisions.
- **Score is not kept for the 5-7 yr old division**
- No individual scoring is kept

Pressing

- No press in 5-7 year old division.
- 8-9 year old division can only press in the 2nd half, and only if the score is within 15 points.
- Ages 10+ can press both halves but not if the point spread is greater than 15 points.

Violations

- 3 seconds in the key will be called for all divisions except 5-7 year olds
- Backcourt will be called for all divisions except 5-7 year olds if court size permits
- No trapping or double teaming is allowed in 5-7 year old division
- Teams have 5 second to inbound the ball

Shooting Fouls/Free Throws

- Fouls: Unnecessary contact of players constitutes a personal foul and equals teams foul.
 - If a foul occurs while shooting, the player that was fouled will be awarded 2 free throws. Violating player is given a personal foul and a team foul.
 - If a foul occurs in the course of play, the ball is awarded to the other team out of bounds. Violating player is given a personal foul and a team foul.
- 5-7 year old division: Individual and team fouls are not kept track of. Ball will go out of bounds and referee will instruct players on the violation situation in order to educate the players on the violation that occurred. Blatant and obvious fouls will be called. Shooting fouls will be called, and free throw is taken 3 steps in front of free throw line.
- Individual fouls are kept so players CAN foul out of a game.
- 5 Individual fouls are given before the player is FOULED out. If fouls cause a team to be less than 5 players available, any extra foul committed by the last person to foul out will result in a technical.
- Team fouls are kept for 10-12 age divisions and up.
- 8-9 year old division and up will be awarded the ball (on non-shooting violations) and free throws on shooting fouls.
- During a free throw, players may enter the lane when the ball hits the rim (7-12 years of age). Ages 13 years and up may enter the lane off the release of the shooter.
- Bonus: 1 + 1 is shot after the 7th team foul, double bonus begins after 10 team fouls are committed
- Technical Fouls: Technical fouls will be called for any taunting, profanity, or unsportsmanlike conduct. A technical foul will be called after the first warning has been given.
 - **Any technical resulting from unsportsmanlike conduct will result in the player or coach sitting for the remainder of the game.**
 - **Offender must meet with the League Director prior to returning to competition.**
 - If the player or coach's behavior continues the future of their participation in to program may be in jeopardy.

Coaches Conduct

- Coaches can only travel within the assigned areas. Coaches should not ever step on the court during play. (Exception in 2nd grade and younger for teaching purposes)
- Any comments made to the referees or the staff should be made before the game, at half time, and/or after the conclusion of the game.
- If a coach is asked by an official or YMCA staff person to sit down and refuses the coach will be asked to leave the facility.

ARENA SOCCER RULEBOOK

Players Equipment

- All field players of a team must wear the same color jersey or bib (NO #'s REQUIRED). The goalkeeper will wear a jersey color that distinguishes him/her from all other field players and the referee. The home team changes in case of color conflict.
- **Shin guards are MANDATORY.** Shin guards must be an appropriate size for the player. No jewelry or watches allowed.
- Players must wear shoes designed for the playing surface
- No hats allowed except for goalkeepers or referees. Other non-dangerous headwear must be approved by the referee.
- Knee braces must be inspected and approved by the referee prior to the start of the game. Players with a cast will not be allowed to play for their own safety and the safety of the other players.
- The referee can order a player to remove any unauthorized or dangerous equipment.

Playing Rules

Balls

- The facility will furnish soccer balls for league games and warm ups.
 - Size 5 for 10+ year olds
 - Size 4 for 6-9 year olds
 - Size 3 for 4-5 year olds

Goalkeeper

- A team must have one designated goalkeeper on the field at all times.
- A goalkeeper may play the ball with his/her hands, if the ball is not intentionally passed to him by a teammate, if the ball is deflected off a teammate, or if the teammate plays the ball with another part of the body, e.g.; head, chest or knee.
- If a player from the opposing team impedes the progress of the goalkeeper or prevents him from releasing the ball into play, the offending player receives a blue card penalty for unsportsmanlike behavior.
- The goalkeeper has 5 seconds to throw the ball, and may not play the ball again until it is touched by another player. If an infraction by the defensive team occurs inside the arc, a penalty kick will be awarded to the offensive team.
- The goalkeeper cannot bring the ball in the arc and pick it up.
- Goalkeepers are the only players allowed to slide and it must be within the penalty box. If the momentum of the slide carries the goalkeeper out of the box, the play is legal. (This is a subjective call and is ultimately up to the referee's discretion)

Substitutions

- During the game unlimited substitution of players may be made

Game Length

- 4-9 year olds - Four 8 minute quarters.
- 10+ year olds - Two 20 minutes halves

The Kickoff

- There will be a coin toss to determine which goal, the winner of the coin toss, wants to attack the first half. The other team will kick off first.
- The visiting team calls head or tails.

- The player kicking the ball may not touch the ball a second time until it is touched by another player. Players may not cross the mid line until the ball is kicked (offside). The kickoff does not have to go forward. A goal may be scored directly from a kickoff.
- If offside or double kick is called the opposing team is awarded a free kick at the mid line center spot
- After each goal, the game is restarted with a kickoff by the team just scored upon, except when a goal is scored at the end of the half.
- The teams change defensive goals after the first half.

Ball in Play

- The ball is still in play:
 - When it rebounds from the goalpost, crossbar or wall and remains in the field.
 - When it rebounds off a referee on the field.
 - In the event of a supposed violation, until stoppage is ordered by the referee.

Ball out of Play

- The ball is out of play when it crosses the goal line, or when the game is stopped by the referee's whistle. A ball out of play is restarted with a kick off, free kick, or a goalkeeper throw.

Ball out of Bounds

- The ball is out of bounds when it goes over the perimeter wall or touches the netting above the wall. The restart will be taken at the point where it crossed the perimeter wall or hit the netting.

Three Line Pass

- A ball kicked or thrown over all three lines in the air towards the opponent's goal without touching another player, the perimeter wall, or the referee is an illegal three line pass.
- The ball will be brought back to the center spot of the first line crossed, and a free kick awarded to the other team.

Restarts

- All restarts are direct kicks and require a referee's whistle to continue play. Once whistle is blown, player has 5 seconds to put the ball in play.
- Teams must stand 5 yards (15 feet) away from the ball on all restarts.
- There are no goal kicks. Soccer balls that are kicked into the net above the goal, by the opposing team, will restart with a goalkeeper throw in.
- Corner kicks are awarded when the defending team is last to touch the ball before going out of play above their goal. Corner kicks must be taken from the Corner Kick dot.

Penalty Kick

- During a penalty kick, the shooter must start from the top of the arc. The goalkeeper must start with both feet on the goal line. All other field players must be behind the 1/3. If a goalkeeper commits a foul the penalty shootout will be taken again, if the goalkeeper commits a second foul, the goal will be awarded
- A penalty kick shall be awarded for any of the following fouls committed by a defending player in his defensive half of the field:
 - A foul within his defensive arc or inside the goal for which a time penalty is issued.
 - Any foul where a player is the last player on his team between an attacking player with the ball and the goal.
 - A penalty kick is awarded when one team has accumulated six fouls (for the MS leagues only).

Fouls and Penalties

A player who commits any of the following offenses shall be penalized by the referee awarding a direct free kick to be taken by the opposing team from the point of infraction:

- Sliding, tripping, charging, pushing, playing the ball while on the ground and holding are not allowed.
- Dangerous Play: Playing in such a manner as to be out of control. Kicks where both feet leave the floor at an inappropriate height will not be allowed; this includes bicycle kicks.
- Hand Ball: Intentionally plays the ball with the hand and gains control or an advantage from the handball. The goalkeeper may not pick up the ball with their hands outside of the arc

Blue Card

- 1st Blue Card = player is penalized 2 minutes.
- 2nd Blue Card = player is penalized 4 minutes, and is recorded as being a yellow card.
- 3rd Blue Card = player is recorded as red card status and removed from arena, team is penalized 5 minutes.

Yellow Card

- 1st Yellow Card = player is penalized 4 minutes and is recorded at yellow card status.
- 2nd Yellow Card = player is recorded at red card status and team is penalized 5 minutes.

Red Card

- If a player, coach or spectator receives a red card, that person is ejected from the premises for at least the remainder of the game and team is penalized for 5 minutes.
- A player, coach or spectator who is issued a red card is ejected for a minimum of the remainder of that game and that teams next game. The length of a red card suspension is determined by the YMCA Sports Department.
- The referee or management has the right to eject a player, coach, or spectator before, during or after the game. That person must leave the premises immediately. If an ejected player(s) fails to leave the premises, the game will be terminated and victory awarded to the opposing team.

The Referee

The referee's power to assess penalties and maintain control of the game includes violations committed during play, during stoppage and as the players and others proceed to and from the field. The referee has the power to:

- Warn/Penalize/Caution/Eject – From the time the referee enters the building he has the power to penalize any player, coach, or spectator for fouls or misconduct as stated in these rules to give warnings or time penalties, including blue, yellow, or red cards regardless of whether the ball is in play. A player can be given a yellow or a red card without receiving a blue card or warning.
- Declare an advantage – The referee allows play to continue when a foul is committed and offense could benefit from such an advantage.
- Stop, Suspend, or Terminate the Game – The referee has the discretionary power to stop the game for any violation and to suspend or terminate the game because of elements, interference by spectators, extreme misconduct, or other situation which deems unsafe or unacceptable. In the case of a terminated game, the outcome of the game and any necessary disciplinary actions will be determined by the Jackie Robinson Family YMCA Sports Department.
- Prohibit Entry on to Field – The referee ensures that no unauthorized person enters the field.

- Halt Play due to Injury – The referee may stop the game if a player has been injured and have the player removed from the field. If time is stopped for an injury, that player must be subbed out.

Referee's Decisions

- The Referee's decision is FINAL.

Roster Restrictions

- Team rosters are limited to a minimum of 7 players and a maximum of 14 players.
- No one may play on two teams in the same division.

Referee Fees

- Official's fees are included in the registration fee.

League Format

- Leagues usually run with 8 guaranteed games. Formats for a league may be changed from season to season, depending on the number of teams in a league. The home team is the first team listed on the league schedule.

Suspended Games

- Any game which is suspended at or after the half time is final. A game which is suspended before the end of the first half because of a rainout or blackout will be rescheduled.

FLAG FOOTBALL RULEBOOK

General Rules:

1. Teams will play 6 players on the field at a time, unless extenuating circumstances occur.
2. Little contact allowed when blocking, can only get in the way of an opposing player. Similar to basketball, players must keep arms in, no extending arms, pushing, or going at head. A penalty will result if not followed.
3. No kickoffs or punts. All teams will begin offensive possession at their own 5 yard line. Only exception is on an interception the team will get the ball where the interception took place.
4. The first down is at midfield. Teams begin their offensive possession at the 5 yard line have to get to mid field for a first down. If the offensive team fails to cross mid field the ball changes possession and the new offensive team takes over on its own 5 yard line. Once a team crosses mid field they need to score a touchdown. If the offensive team fails to score, the ball changes possession and the new offensive team takes over on its own 5 yard line.
5. All pass rushers must begin 7 yards back from line of scrimmage. Maximum of 1 blitz per play. The referee will designate where the 7 yards is from the line of scrimmage. All other defensive players must stay behind the line of scrimmage until quarterback hands off or throws pass.

6. Once the ball is handed off, the seven yard rule is no longer in effect and all defenders may go after the ball carrier.
7. QB is not eligible to run even when rushed.
8. Teams will huddle prior to running a play. Coaches are allowed on the field for first 3 weeks of season.
9. Ball is dead on all fumbles and offensive team retains possession.
10. All players on offense are eligible receivers.
11. After touchdowns, teams may go for a 1 point conversion from 5 yard line.

Timing:

- The game consists of 2 - 20 minute halves with running time.
- If the score is tied at the end of the game it will remain a tie, no overtime.
- Each time the ball is spotted a team has 30 seconds to snap the ball.
- Each team has one timeout per half.

Sportsmanship:

Trash talking is not allowed. Officials have the right to determine offensive language. (Trash talk is any form of communication that may be considered offensive to officials, opposing players, teams, or spectators.) If this occurs, the referee will give one warning, if it continues the players or players will be ejected from the game.

Coaches must show and be example of good sportsmanship at all times. Players look up to the coach and must be quality role models. If you have a question about a call please talk and ask referee respectfully.

Penalties:

All players are coached and corrected first to avoid constant penalization.

Defense-

- | | |
|---|----------------------------------|
| 1. Off sides | 5 yards |
| 2. Interference | 5 yards and automatic first down |
| 3. Illegal flag pull before the receiver has the ball | 5 yards and automatic first down |
| 4. Illegal rushing (starting from inside the 7 yard line) | 5 yards |

Offense-

- | | |
|--|---------------------------|
| 1. Illegal motion (More than one person moving, false start) | 5 yards |
| 2. Offensive pass interference | 5 yards and loss of down |
| 3. Flag tending | 5 yards and loss of down |
| 4. Holding/illegal block | 5 yards from spot of foul |

Referee calls all penalties and many times the referee will correct players before calling penalties especially for younger age division.

Playing regulations:

- All players get equal playing time
- Team shirts are provided
- Cleats and mouth guards are optional

Unsportsmanlike Conduct:

- Swearing, obscene language or unsportsmanlike behavior, etc. either on or off the playing field by the players, coaches or spectators, **WILL NOT BE TOLERATED**. No player may show baiting, taunting acts, or words which endangers ill will. Also, any delayed, excessive, or prolonged act, by which a player attempts to focus attention upon him or she, will face possible ejection from the game or league. Furthermore, should a team display any of the misconduct stated above, the entire team will be subject to ejection from the game or league.
- At the conclusion of every game, teams will congratulate each other by shaking hands. All coaches and officials will observe the conduct of the players at this time.
- Any player caught doing an unsportsmanlike act will be suspended from playing in the next scheduled game. If there is a second offence by the same player, they will be suspended for the next two games. If there is a third offence by the same player, they will be suspended for the remainder of the season.
- An unsportsmanlike act includes, but is not limited to:
 - Refusing to shake hands.
 - Spitting on their hands before shaking hands.
 - Spitting on the opposing team/officials.
 - Intentionally bumping players of the opposing team/officials.
 - Taunting, baiting, or confronting their opponent, officials, coaches, or fans.
 - Showboating, swearing, or using inappropriate gestures at their opponent, officials, coaches, or fans.
 - Taking a swing at an opponent/official or fighting.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Jackie Robinson Family YMCA Sports Survey

Get \$5.00 OFF next season!

Which Program season did your child participate in? (Please circle one)

Summer Fall Winter Spring

Which Program did your child participate in? (Please circle one or all that apply)

Pee Wee Basketball Soccer Middle School Sports Cheer Volleyball Sports Clinic

Prior to registration, how did you hear about sports at the Y?

Flyer Website Friend Current Member Other: _____

- | | | |
|---|-----|----|
| 1. Did your child enjoy playing sports at JRYMCA? | YES | NO |
| 2. Did the program quality meet your standards? | YES | NO |
| 3. Did your child learn new skills, concepts, strategies of the sport they participated in? | YES | NO |
| 4. Did your child's coach exhibit caring, honesty, respect and responsibility? | YES | NO |
| 5. Will your child return next season to play sports at JRYMCA? | YES | NO |
| Why or why not? _____ | | |
| 6. Was the program of value for the money paid? | YES | NO |
| 7. Did you receive ongoing and effective program communication? | YES | NO |
| 8. If we could improve one thing about sports for next season, what would you suggest? | | |
| _____ | | |

9. What did your child enjoy the most about participating in youth sports here at JRYMCA?

10. Would you recommend others to play sports here at the JRYMCA? YES NO

Why or why not? _____

Would you like to be contacted by sports staff to provide us with further information? (optional) YES NO

Parents Name: _____

Childs Name: _____

Current Phone Number: _____

Current Active Email: _____

Participants enrolled in a previous season may submit this survey to the front desk for a \$5.00 discount for the upcoming season (One discount per player). Form must be completely filled out to be eligible for discount!

Thank you for your child's participation in sports programs at the Jackie Robinson Family YMCA of San Diego County! This survey will be used by staff and coaches to develop more efficient programs. We look forward to better serving all families!

-JRYMCA SPORTS MANAGEMENT TEAM



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