



Kadena Youth Sports and Fitness



TO: All Coaches, Parents, and Youth Programs Staff

FROM: Youth Sports & Fitness

SUBJECT: Youth 5-6 Division Flag Football By-Laws

MEMO: The Youth Flag Football Season will abide by the NFL Flag Official Rules with the following adaptations.

Remember that the intent of this league is to provide each player with an opportunity to learn all aspects of the game of Football. The guiding philosophy of each team should be to have fun! These rules have been set forth to provide a framework within which to work, but if we as coaches, officials and administrators do our job properly and in the correct spirit, we will not have to refer to this document very often. It's not about winning or losing; it's about the kids having fun.

For clarification or concerns pertaining to these by-laws or the current season, contact the Youth Sports & Fitness Staff at 634-1384.

PLAYERS

- A. The age used to determine which division a child will play in is based on the child's age as of the first official practice.
- B. Players assigned to a team will attend at least one practice before playing in a game. All players must be on the official roster held at Youth Sports & Fitness to be eligible to practice or play.
- C. Only the coach and his/her first assistant coach may have their child assigned to their team.
- D. Youth Sports & Fitness will assign new players. It is the coach's responsibility to inform Youth Sports & Fitness if a team is short of players.
- E. Players from the waiting list will be assigned to teams with the lowest number of players first; (players that have been assigned to any team must be physically dropped from the roster by their parents before any other player is assigned to any team). Players must have a physical prior to participation.
- F. No child will be added to a team after 3rd game unless the team falls below the minimum number of participants to play.
- G. All games will be played even sided. Should one team be unable to field a full team, the opposing team will play with an equal number of players or opposing team players can switch and play with the opposite team to have a game. **NO FORFEITS.**

PLAYERS EQUIPMENT

- A. YSF will provide the uniforms that must be worn. **Uniforms may not be altered. Nicknames are not allowed to be embroidered on jerseys – First Name, Last Name or shorten (i.e. Cassie) names only.**
- B. Football Cleats – soft-cleated football shoes are highly recommended. Proper shoes reduce ankle, knee, leg and lower back injuries. Failure to wear required equipment will cause the player to be ineligible for that day's activities. Soccer and baseball cleats as well as tennis shoes are allowed. No metal cleats are permitted.
- C. During practice or a game, articles that may constitute a danger to the wearer or any other player must be removed, (i.e. jewelry, earrings, tongue/belly rings, watches, barrettes, chains, belts, pants or shorts with pockets, etc.).
- D. Players with plaster casts or hard splints even if padded are not allowed to play, even with the permission of a parent or medical approval.
- E. Players may not wear shorts or pants with any pockets or belt loops. Players may not wear jackets, hooded shirts or sweatshirts
- F. **Prior to each game, officials will inspect personal protective equipment.** No hard material will be used for protective equipment that an Official feels is dangerous.

PLAYING TIME REQUIREMENT: Each participant is guaranteed equal playing time. While our intention is not to force a child to play more than he/she is willing, we do want to provide each child equal playing time.

A. Players Playing Time Requirement:

- **Each player must play one half (50%) of each game scheduled.**

B. Ideally, all players will have equal playing time. Failure to comply will result in a one game suspension of the Head Coach. If the situation continues the Head Coach will be removed from his/her coaching duties. Documentation must be provided to Youth Sports & Fitness PRIOR to enforcing disciplinary actions.

Reasons for disciplinary action:

- Unexcused absence from practice.
- Has not attended any practices the week prior to game.
- Disciplinary action requested by the parents. (grades, in trouble @ home or school)
- Unsportsmanlike conduct (fighting, taunting, etc.) at a practice or game

C. Prior to the Start of the Game - Coaches must notify Youth Sports & Fitness Staff and opposing coaches of any medical problem a player may have which would preclude he/she from playing their mandatory time.

SCORING

A. We believe that participants can learn from both winning and losing if winning is placed in a healthy perspective. Staff, parents, and volunteers should teach players that winning is not the primary goal, and that losing a game or event is not a reflection on their own self-worth. Staff, parents, and volunteers should inform participants that success is not solely defined as winning but is related to effort and is found in striving for the best they can do.

B. No scores or standings are kept.

C. RUNAWAY GAMES: For the sake of the children, a coach knows when he has control of the game. Embarrassment and humiliation will not be tolerated. Swift action will be taken against any violation of this rule.

EJECTION OF PLAYERS, COACHES AND PARENTS

The league will enforce a ZERO tolerance for inappropriate behavior and will exercise its power to the fullest. We expect all sponsors, players, coaches, cheerleaders, parents and fans to exhibit a high standard of sportsmanship and to observe all published rules and regulations

A. PLAYER EJECTIONS: Immediate removal from the game will result for any player demonstrating unsportsmanlike like behavior such as purposely shoving or pushing another player. Verbal insults to referees, coaches, league officials or other players is considered unsportsmanlike like behavior and will result in suspension for the next game.

B. Players ejected from a game can be substituted. The ejected player must leave out of sight and sound of the playing area within 1 minute of the ejection. Failure to do so will be valid grounds for a forfeiture of the game. If the player's parent is not at the game, the player will be escorted to a phone to make verbal contact with the player's guardian. The player will sit with a staff member until the parent returns to pick the child up.

C. The ejected player will be automatically suspended for the next game. This includes all practices leading up to that game. This will also be documented in writing and placed in the coaching folder.

D. COACH OR PARENT EJECTION: Any Coach or parent that has received 1 official warning by an Official or Youth Sports & Fitness staff member, will be suspended from all practices for the next week and the next official game. The coach will be required to meet with the Youth Sports & Fitness Director prior to resuming his/her position as coach. This will be documented in the permanent-coaching folder.

E. Automatic ejection is in effect for fighting (swinging of hands even without contact is considered fighting), rough, unruly, or flagrant conduct, physical contact with an official, or being present at a fight on the court (coaches or players from the bench who come onto the court where a fight is occurring makes them present at a fight on the field and therefore are subject to an automatic ejection).

- F. With the exception of responding to a communication initiated by the official (umpire or referee) or pointing out an emergency safety issue, parents and spectators should refrain from any communication, which in anyway, convey any criticism of the official. Infractions on this policy will be dealt with in the following manner:
1. First Infraction: The YSF Staff will ask the coach responsible for the team to quiet the offending spectator or will ask the spectator to refrain from the behavior.
 2. Second Infraction: The YSF Staff will instruct the spectator to leave the facility. If the spectator does not leave the facility, the game will be abandoned.

COACHING RESPONSIBILITY

- A. Coaches will be responsible for all equipment issued from Youth Sports & Fitness. All equipment must be cleaned and returned during the required time in order to receive your coaching voucher or coupon.
- B. Coaches are responsible for the conduct of their teams, coaching staff and their parents. Phrases such as "KILL-EM", taunting, or showboating in any matter will not be tolerated. Derogatory statements from the stands will not be tolerated.
- C. Coaches and players will remain on their respective team benches. No parents or spectators are allowed on any team's sidelines or behind the goals/end lines.
- D. Coaches are allowed on the playing field during games to assist their players.

MISCELLANEOUS INFORMATION:

- A. **Accident Reporting Procedures** – An injury/incident report (AF Form 1187) must be completed by the coach whenever an injury occurs that requires first aid (band aides, ice packs, etc.) or where the participant must be removed from the game/practice. Forms are to be sent to the O'Connor Gym within 24 hours. Follow ups must be conducted.
- B. Each team is responsible for the clean up of their bench & sideline area after each game. Post game meetings with the teams should be held away from the bench area in order for the next team to set up.

CANCELLED OR TERMINATED GAMES OR PRACTICES:

- A. Inclement Weather Policy: TC-2 automatically cancels practices and games.
- B. Any unsportsmanlike conduct by a team or spectator that threatens the safety of the players may result in cancellation of the game by the Referee or the Youth Sports & Fitness staff.
- C. Coaches cannot cancel or reschedule any game.
- D. YS&F staff will determine if games or practices are canceled due to unsafe weather or field conditions. For weeknight games or practices YS&F staff will notify coaches by 1600 if games or practices are cancelled. For weekend games YS&F staff will notify coaches by 0800 if games are cancelled. It is the coach's responsibility to contact the players on his or her team. After 1600 on weekdays and 0800 on weekend it is the coach's or officials decision to cancel practices if unsafe weather or field conditions occur.
- E. Cancellations will be recorded on the YS&F info line (632-0286) and will also be posted on the YS&F website bulletin board at www.kadenaservices.com/youthsports.html

PRACTICES AND GAMES

- A. Each team will be assigned a practice time during the week. Practices are to be conducted only during your assigned time frames and in your assigned locations.
- B. Coaches are required to conduct practices within the standards set forth by KYSF. These are limited by the Air Force Guidelines and resources available within the program.
- C. If a practice is canceled, YSF must be notified to ensure the facility is secured at the appropriate time.
- D. Participants must attend a minimum of 1 practice in order to participate in the game.



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- E. No player will remove his or her jersey until after the game is over and hands have been shaken.
- F. All teams should arrive to the facility 20-30 minutes prior to game/practice time and stretch BEFORE your scheduled field time. This allows full usage of your floor time.

HEALTH AND SAFETY: The youth staff, league administrators, team coaches, officials, parents, and players must share the responsibility for safe play.

- A. Alcohol, smoking, dipping, chewing tobacco, or any substance will not be allowed within sight of any child, youth or within the vicinity of any Youth Sports & Fitness event or activity. Failure to adhere to these guidelines may result in the removal of the individual from the playing area.
- B. Profane language or inappropriate behavior will not be tolerated. Failure to adhere to these guidelines may result in the removal of individuals from the playing area.

DIVISION SPECIFIC RULES:

TIMING

1. Games are played on a 32 minute continuous clock (16 minute halves) except for the final 2 minutes of each half. For the last two minutes of each half the clock will stop for incomplete passes, ball carrier running out of bounds, timeouts, administration of penalties and resetting the pucks after change of possession or a made first down (clock will restart on the Referee's ready for play whistle when yard markers are change, and will start on the snap if player goes out of bounds).
2. Halftime is five minutes long.
3. Each team has three 60-second time-out per half. Unused 1st half time-outs will not carry over to the second half.
4. Officials can stop the clock at their discretion.
5. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.

FIELD DIMENSIONS: Field dimensions for the 5-6 Year Division will be 50 x 30 yards

BALL SIZE: Pee Wee