



YMCA OF HIGH POINT YOUTH SPORTS HANDBOOK



The YMCA of High Point's mission for youth sports is to build strong kids, families, and communities by teaching sportsmanship, healthy attitudes, and technical skills.

For a better us.®

YMCA of High Point

Youth Sports

“To put Christian principles into practice through programs that build healthy spirit, mind and body for all.”

PURPOSE

At the Y, we teach young athletes more than just the fundamentals of sports. We pride ourselves on teaching each and every child character values such as honesty, caring, respect, responsibility, and faith. Our supportive VOLUNTEER coaches focus on the fundamentals and basics of each sport we offer — all within a fun, safe, family-friendly environment.

SPORTS STAFF

Our Sports Staff takes the safety and well/being of your children very seriously. To ensure quality program experience for you and your family, all our staff are first-aid and CPR certified and go through various training courses provided by the YMCA.

CODE OF CONDUCT

As part of our registration process for all our sports participants and coaches, we require a Code of Conduct to be signed by the parent or guardian of the athlete, and by all our coaches. The Code of Conduct is listed in our registrations as follows:

Code of Conduct: Zero Tolerance Policy

“In the best interest of our athletes, we have implemented a Zero Tolerance Policy throughout our sports programs. Families, coaches, participants, and spectators are expected to conduct themselves in a respectable, responsible, honest, and caring manner. The YMCA has a Zero Tolerance Policy for behavior that is disrespectful, disruptive, or non-supportive. The YMCA of High Point reserves the right to ask an individual(s) to leave the gymnasiums and/or facilities for inappropriate behavior.

Facility Supervisors and officials have the authority to ask any spectator or coach who does not display conduct consistent with the YMCA's Mission and Youth Sports Philosophy, to leave the game and/or practice area.

Families

We value the time that our officials and volunteers give to our programs. With respect to them, we ask that you allow them to fulfill their responsibilities without interruption.

- Families should support their players by being positive and encouraging before, during, and after any team event such as practices, games, and celebrations.
- Families shall ensure that their players are fully prepared before practices or games (i.e. maintaining mental and physical health, having the necessary equipment such as shin guards, cleats, etc.)
- Families are required to have the fees paid in full upon registration.
- Families should participate in team events to the best of their ability: volunteering and supporting all of the players on the team. If issues arise for your child, please contact the Sports Director.
- Adult supervision is always required for children under the age of 12.
- It is the responsibility of the parents/guardians to communicate positively with coaches regarding absences, lateness, injuries, etc.
- Upon registration, participants are committed to their team for the full season. If unforeseen difficulties occur, the player will inform the coach and Sport Director as soon as possible.
- Players shall always compose themselves and interact with respect toward their teammates, coaches, officials, spectators, and opponents.
- Players shall come to practices and games ready to play, well-fed, rested, hydrated, with the proper equipment and a good attitude.
- Players will commit to working hard, striving to improve their game, and having fun.

Parent/Guardian Pledge:

_____ I will encourage good sportsmanship by demonstrating positive support for all at every game, practice, and other youth sports events.

_____ I will place the emotional and physical well-being of my child ahead of my desire to win.

_____ I will assist in providing a safe and healthy environment for all participants.

_____ I will support coaches and officials working with my child, to encourage a positive and enjoyable experience for all.

_____ I will uphold a sports environment for my child that is free from controlled substances, tobacco, and alcohol and will refrain from the use at all youth sports events.

_____ I will remember that the program is for our youth participants.

_____ I will ensure that my child treats other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability."

REGISTRATIONS

How to Register

Registration is available online for all our sports offerings. Full payment is expected at the time of registration. Early registrations, as well as YMCA of High Point members, receive a discounted rate. Financial assistance is available for families who qualify. To apply for financial assistance, you must bring in your most up to day 1040 Tax Form to the YMCA of High Point branch you wish to sign up with and their Member Services Staff will determine whether you qualify or not. We only accept in-person registrations from families who qualify for Financial Assistance. Otherwise, you will need to register online at hpymca.org.

Age of Participants

Your child's age on the first day of their first practice dictates the default division in which he/she will fall. In other words, do not base it on the age your child is at registration, but on the age, they will be when the season you are registering for begins. The "age-by-date" will be listed in the registration for each sport.

If your child is an exceptional athlete or is taller for their age, you may prefer that they “play up” an age division. This is acceptable, but you must reach out to your local Sports Director or branch leader to make this change or make this request on your registration. Children are not allowed to “play down” in an age division. If you believe you have a special circumstance, please contact your local sports program branch leader.

Coach/Buddy Requests

On your registration, you will have the opportunity to request a specific coach and/or friend to be on the same team as the participant. These requests **ARE NOT GUARANTEED**. We do our best to meet all accommodations, but there are many circumstances in which we can only meet some requests, not all of them. We will only attempt to meet coach/buddy requests if the request is listed specifically on the registration, not by word of mouth or any other form of communication.

Refunds

We understand that plans can change. Families may request to cancel or change their registration up until the first scheduled game. Any cancellations made prior to the first practice are eligible for full refund, transfer to another program, or account credit. After the first practice has occurred, you may request a partial refund. After the first game has occurred, no refunds will be issued. However, exceptions may be considered on a case-by-case basis for circumstances such as medical issues or family relocation. These requests should be submitted to your local YMCA Sports Director or program branch leader.

Refunds will not be assessed for the following reasons: unhappy with team selection/assignment, weather cancellations, requests not honored (such as coach or buddy), among others.

PRE-SEASON INFORMATION

Jerseys & Equipment

All athletes will receive a jersey, which will be handed out by the 1st game of each season. Everyone should be dressed in comfortable athletic or play attire and should bring a water bottle to stay hydrated and cool. We also recommend you bring your own ball to practice only. All personal items need to be clearly labeled with the child’s first and last name, in the event it is

lost or forgotten. Please check with the membership desk first when looking for lost or forgotten items. All necessary practice equipment (extra balls, cones, etc) will be provided on the field or court at the time of practice.

Equipment Recommended for Each Sport (not included in registration):

Basketball: comfortable indoor athletic shoes

Flag Football: mouth guard and cleats

Soccer: shin guards, socks that cover the shin guards, and cleats

Volleyball: comfortable indoor athletic shoes, knee pads

Cheerleading: comfortable white indoor athletic shoes (preferably cheer shoes).

Lost Items

If a personal item becomes misplaced, a sports employee will take it inside to the membership desk where it will be placed in the lost and found. Please go inside the Y and visit the Member Services Desk to inquire about your specific item. Please provide as much detail as possible if it is not labeled.

Playing Time

We strive to ensure all athletes play at least 50% of the game, regardless of personal ability. If you believe that your coach is not adhering to this policy, please let your coach know or come to a member of the sports staff after the game. Mistakes do happen, and we will work with you to be sure that they do not become a regular part of your sport experience.

VOLUNTEER COACHES

We need volunteers like you. By giving a couple of hours each week, you can positively impact a child's life. Coaching is a unique opportunity to instill positive values and help kids develop healthy habits that extend far beyond the playing field. Our coaches provide a safe, healthy atmosphere, teach fundamentals of the game, and promote the benefits of physical activity and teamwork.

As a coach, you become part of the Y family. You build a sense of community and spirit within your squad. Prior experience is helpful, but the only requirement is to lead the youth as their mentor. We provide the

training, equipment, and resources to help you prepare and succeed as a Y coach.

Your coach is just like you; a parent or caring member of the community who wants to help children thrive and enjoy the game. We ask that our coaches serve not just as a coach, but as a leader and mentor for their team. We entrust them to lead by example and build good character.

Parent & Community Volunteers

Our coaches are parents and community volunteers. This means they are not paid. We are always in need of coaches. If you would like to learn more about what it means to be a coach or would like to apply to be a coach, please visit your local YMCA of High Point branch or go online at hpymca.org.

SEASON LOGISTICS AND DETAILS

Practice and Game Locations

Practice and game locations will be provided by the Sports Director or branch leader. Locations for the facilities is located below:

Hartley Drive Family YMCA

150 W Hartley Dr, High Point, NC 27265

Carl and Linda Grubb Family YMCA

609 Trindale Rd, Archdale, NC 27263

Grubb Soccer Complex

7194 Turnpike Rd, Archdale, NC 27263

Carl Chavis Memorial YMCA

2757 Granville St, High Point, NC 27263

Game Days

Please arrive 10-15 minutes early to allow ample time for parking, finding the correct field or court and seeing any last-minute needs prior to the beginning of the game.

Inclement Weather and Cancellations

Our goal is always to hold every practice and game as scheduled. However, the safety and well-being of our participants, volunteers, staff, and officials is our top priority. Field conditions are also a key factor in our inclement weather decisions. We will communicate any cancellations through multiple channels to ensure the message reaches you. Cancelled practices will not be rescheduled.

Please note: Any game that reaches halftime will be considered a full game and will not be rescheduled.

Parental Oversight

It is our expectation that you will stay on campus during both practice and games. No one is able to take on the individual responsibility of your child, so for their safety and well-being, please stay nearby. You are permitted to have another adult chaperone for your child. This can be a sibling or other relative as well as caregivers over the age of 16.

YOUTH SPORTS FAQ's

1. What is the age cut off for registration?

- a. Your child must be of eligible age by the start of the season (the first week of practice). Cut-off dates for each division are listed on the registration form.
- b. A child may play up to a higher age-division if their skill level exceeds their peers.

2. Can my child play on multiple teams within the same sport?

- a. Your registration and fee cover **ONE** spot on a team, so if your child wishes to play up and, on another team, you must fill out an additional registration form and pay an additional fee to have them added to another team roster.
- b. Your child may **NOT** play down an age division.
- c. Your child may **NOT** play on multiple teams within the same age division.
- d. If your child is caught playing on multiple teams and they are not on all the team rosters, they are subject to permanent removal from the league.

3. **When and where are practices and games?**
 - a. All practices and games are held between Monday and Saturday. Specific times/dates are announced closer to each season. All weekday practices and games occur between 6pm and 9pm. All Saturday practices and games can take place between 8am and 6pm.
 - i. Younger age groups get priority to earlier practice and game time slots.
 - b. Practice locations for each team will be communicated by the sports director or branch leader.

4. **Do you honor special requests on registrations such as coach requests and/or buddy requests?**
 - a. While we try to meet all requests, coach and buddy requests are not guaranteed. The only requests that are guaranteed, are sibling requests to be on the same team in the same division.
 - b. Requests will only be considered if they are specifically stated on the participants' registration form.

5. **How are teams created?**
 - a. Teams are created by the Sports Director or local branch leader(s).
 - b. When creating teams, we take into consideration: team size, siblings, coach availability, participant availability, coach/buddy requests, and gender breakdown.

6. **When will I hear about my child's team placement, practice, and game schedules?**
 - a. You can expect to receive your child's roster, coach information, and practice schedule 1 week before practice begins. This information will be communicated via email and through an app called Team Sideline.
 - b. Game schedules will be available through Team Sideline after the first week of practices. We will also email this information as well to make sure everyone receives it.

7. **Can my child participate in multiple sports in the same season?**
 - a. Absolutely! As long as practice and game schedules do not conflict, participants can compete in as many sports opportunities as they would like.

8. **How long is each season?**
 - a. Practices will begin 2 weeks prior to games for each season.
 - b. Each team will have 7-8 regular season games
 - c. In age groups 9+, there will be a single-elimination postseason tournament after the regular season games end.

9. **Will my child receive an award at the end of the season?**
 - a. All participants will receive a medal at the end of each season.

10. **How do I register my child for youth sports?**
 - a. All registrations are now digital. Please go to hpymca.org or come to your local YMCA branch to obtain assistance with online registration.
 - b. Paper registrations will only be accepted if financial assistance is required.

11. **Do you offer scholarships for youth sports?**
 - a. Yes! Due to thoughtful donations and contributions from the community, financial assistance is available to those who qualify. Please visit your local YMCA of High Point branch and bring your most up to date 1040 Tax Form. The Member Services Staff will be able to assist you with checking to see if you qualify.

12. **Can my child still register after the deadline has passed?**
 - a. Contact the Sports Director or branch director directly for availability. No registrations will be accepted after the first week of games.

Thank you for participating in our youth sports programs!

Basketball Rules

YMCA of High Point - Youth Sports

YMCA of High Point Mission Statement

The YMCA of High Point's mission for its youth sports programs is to build strong kids, families, and communities by:

- Promoting healthy attitudes and sportsmanship
- Teaching technical skills
- Emphasizing healthy lifestyles
- Fostering friendships
- Teaching values like caring, honesty, respect, and responsibility

League Game & Practice Structure

- Practices last 55 minutes and take place in the gymnasium located in the branch at which you registered.
- Teams must have at least 4 athletes in attendance to participate in games or tournaments. 5 athletes are expected to play on the court at a time but if only 4 are in attendance, we will overlook the absence of 1 player. 3 athletes and under will result in a forfeit.
- Only athletes on your team roster may play in games or tournaments. If a team does not have enough athletes to play, they must automatically forfeit the game. If a team is caught with an athlete playing on their team that is NOT on their roster, that team will be forced to forfeit and the athlete is subject to removal from the league.
- Winter Basketball Specific:
 - Practice will take place one weekday of the volunteer coach's choice, as well as Saturday mornings prior to the first game of the season.
 - Once games start, all teams will have one week-day practice and one Friday night or Saturday game per week.
- Summer Basketball Specific:
 - Due to summer basketball being an accelerated season, practice will take place one weekday of the volunteer coach's choice, as well as Saturday mornings until the first game of the season.
 - Once games start, there will no longer be practice and teams will play two games a week.

- Please ensure that all children are under your supervision. Do not leave the practice area while your child is on YMCA property.

Equipment

The YMCA will furnish game equipment, along with cones and basketballs for practices.

Uniform

- Basketball participants will be given a YMCA jersey for games with an assigned number. These may not be switched around with other teammates and must be worn for every game.
- Players will wear their own athletic shorts and clean indoor tennis shoes for games and practices.
- For the safety of all players, no jewelry of any kind may be worn. Hair accessories or headwear must not have any hard sections that could potentially cause injury. Players with hard-casts or rigid braces also cannot play for the same reasons.

YMCA Staff

YMCA personnel will be present and visible at all games and practices. If any problems occur during practices or games, please find a staff member to assist. If you have any questions during games, DO NOT go to the scoring table as this could result in removal from the gymnasium. This can not only distract the scorekeepers but also players, coaches, and referees.

COACHES

- The YMCA relies on volunteer coaches to successfully run our youth sports programs. If you are interested in coaching, please reach out to the sports director for more information.
- Each team may have (1) Head Coach and (1) Assistant Coach.
- Head Coaches are the only ones allowed to address officials before, during, or after the game.
- To manage sight lines, only one coach is allowed to stand during the game. No parents are allowed on the same side of the court as the players' benches.
- In no situation should any coach confer with a player or coach from the opposite team unexpectedly or negatively.
- Remember, your energy is contagious! Let's keep the league fun!

Basketball Specific Rules and Regulations

The following rules are based off the National Federation of State High School Association. These rules will be the official playing rules for all divisions of YMCA Basketball, should a dispute occur.

Court & Equipment

Age Divisions	Ball Size	Goal Height	Free Throw
3-4 Family Hoops	22 (Mini)	6 ft.	No free throws
5-6 Co-Ed	27.5 (Junior)	8 ft.	8 ft.
7-8 Co-Ed	27.5 (Junior)	8.5 ft.	12 ft.
9-10 Co-Ed	28.5 (Women's)	10 ft.	Regulation (14ft)
11-12 Co-Ed	29.5 (Men's)	10 ft.	Regulation (14ft)
13-15 Co-Ed	29.5 (Men's)	10 ft.	Regulation (14ft)

PRACTICE/GAME TIME, HALFTIME, SUBSTITUTIONS

Age Group	Practice	Game Time	Halftime	Substitutions
3-4 Family Hoops	45 Minutes	(2) 5-minute halves	None	Anytime
5-6 Co-Ed	55 Minutes	(4) 6-minute quarters	3 minutes	3-minute mark each quarter
7-8 Co-Ed	55 Minutes	(4) 8-minute quarters	3 minutes	4-minute mark each quarter
9-10 Co-Ed	55 Minutes	(4) 8-minute quarters	3 minutes	4-minute mark each quarter
11-12 Co-Ed	55 Minutes	(4) 8-minute quarters	3 minutes	4-minute mark each quarter
13-15 Co-Ed	55 Minutes	(4) 8-minute quarters	3 minutes	4-minute mark each quarter

*Free substitutions will be allowed in the 4th quarter given everyone has played the correct amount of required time.

FAIR PLAY RULE

Every player is required to play at least half of the game. Allowances can be made if the coach brings concerns to the Sports Director, such as poor sportsmanship from practice or during a game

RESPECT RULE – 20 Point Rule

- If a team is leading by more than 20 points in any game, the respect rule will be put into place. The respect rule will encompass the following:
- The scoreboard will not show more than a 20-point lead; the actual score will be kept on paper and reflect on the league standings.
- The game will switch to a continuous clock.
- Full court press will not be allowed.
- The leading team's coach is encouraged to change their game plan to allow more success for all players.

TIMEOUTS

Each team will receive (2) 30 second timeouts per half. Any timeout not used in the first half will not carry over into the second half.

OVERTIME

Ages 5-6 will not play overtime. (Games can end in ties)

Ages 7-15 will play a 3-minute overtime period.

Free Throws

Ages 9-15 only... No free throws for ages 5-6 or 7-8

- 6 players may be on the lane during free throws.
- Players may release on the shot; the shooter is allowed to cross the free throw line when the ball hits the rim.
- Players lining up outside of the free throw lane must be behind the 3-point arc; players may release to rebound when the ball hits the rim on the final free throw shot.

Team Fouls

The YMCA will follow the current NFHS Basketball rule:

- Bonus: The "bonus" for fouls is triggered by the fifth team foul in any quarter.

- Free throws: Once in the bonus, all common fouls result in two free throws being awarded, eliminating the one-and-one free throw system.
- Reset: The team foul count resets to zero at the end of each quarter, rather than at halftime, which improves game flow.

Player Fouls

Players, ages 7-15, who accumulate 5 fouls will foul out of the game. (Fouls will not be recorded for 5-6 Co-Ed.)

Technical Fouls

Player

- A Player's 2nd technical foul in a single game will result in ejection from the game and being suspended from the following game.
- If a player receives 3 technical fouls throughout the season, that player will be removed from the league with no refund.

Coach

- 1st technical foul, of the game coaches will be required to sit for the remainder of the game.
- 2nd technical foul of the game, coaches will be removed from the game and the site.
- If a coach accumulates 3 technical fouls throughout the season, the coach will be removed and replaced by the league.

VIOLATIONS

- A player has 5 seconds to inbound the ball.
- There will be no backcourt violations or 10 second violations due to the size of the courts as well as lack of half-court markings.
- Lane violations for ages 7-10 will be called at 5 seconds.
- Lane violations for ages 11-15 will be called at 3 seconds.

Division Specific Rules

3-4-Year-Old Family Hoops

- This division is an introduction to the sport for preschool children.
- Rather than a season with games and practices, participants will have a series of (7) 45-minute weekly basketball sessions.

- Sessions will consist of 30 minutes of skills and drills, followed by a 10-minute scrimmage at the end.
- A coach will be in charge and run the practice with both the parents and children. Parents are asked to be with their child on the court at all times.

5-6-Year-Old Co-Ed

- There will be one official at every game.
- No full court press is allowed.
- Defense will be played inside the arc. Only man to man defense is allowed. Double teaming and zone defense is not allowed.
- No Steal Rule:
 - When players are outside the paint: Players may not steal the ball if the opponent is dribbling or holding the basketball. They may only steal the ball if the opponent passes the ball to another teammate.
 - They CAN steal once the player enters the paint.
- Traveling and double dribbling will not be called in this age group.

7-8-Year-Old Co-Ed

- There will be two officials at every game.
- Half-court defense is allowed - No full court press is allowed.
- Only man to man defense is allowed in this age group. Double teaming and zone defense is not allowed.
- Lane violations for ages 7-8 will be called at 5 seconds.
- No Steal Rule:
 - When players are outside the paint: Players may not steal the ball if the opponent is dribbling or holding the basketball. They may only steal the ball if the opponent passes the ball to another teammate.
 - They CAN steal once the player enters the paint.
- First two weeks of play:
 - Traveling and double dribbling will be called loosely for the first two weeks of play.
 - The referee will blow their whistle and instruct the player on what they did wrong, then return the ball to that team.
- Starting in week 3:

- Traveling and double dribbles will be called strictly. The referee will blow their whistle to let the player know what they did wrong and then the possession of the ball will change.
- Traveling: More than 4 steps
- Double Dribble: Dribble and pick up the ball more than twice.

9-10-Year-Old Co-Ed

- There will be two officials at every game.
- No full court press is allowed.
- Any kind of half-court defense is allowed.
- Lane violations for ages 9-10 will be called at 5 seconds.

11-12-Year-Old Co-Ed and 13-15-Year-Old Co-ed

- Two officials will be at every game.
- Lane violations will be called at 3 seconds.
- Any type of half-court defense is allowed.
- Full court press is allowed (until a 20-point margin has been reached)

OFFICIALS AND THEIR DUTIES

- Third-Party Officials will be assigned to ages 5-15.
- The referee has jurisdiction from the time they enter the area of play until signaling the end of the game. The referee's decisions are final.
- The referee has the ability to end the game early if he/she sees fit, or if there are conflicts between players, coaches or spectators.
- The referee can caution a player and eject any player for violent conduct, use of foul or abusive language, or persistent infringement of the playing rules.

SPORTSMANSHIP

- If YMCA staff or officials witness any acts of unsportsmanlike conduct such as tackling, unnecessary actions from emotion, slurs or cursing, the game will stop, and the player will be ejected from the game.
- If a player is ejected, a one game suspension will be enacted. During the suspension, the player must attend the next game and support the team from the bench for the one game suspension to be lifted.

COACH/PARENT/FAN CODE OF CONDUCT

- Encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game and practice.
- Place the physical and emotional wellbeing of all players before your personal desires to win.
- Be a positive role model for your child and their team. YOUR ENERGY IS CONTAGIOUS.
- No use of profanity or vulgar language will be tolerated.
- Always keep off the court unless you are a coach or player.
- Do not coach your child or other children from the sidelines..
- No taunting, heckling, arguing with any coach, official, player, or employee during the season.
- Parents/coaches are not allowed to approach the score tables at any time during the game. If there is a problem with the scores, please find the sports coordinator or sports director to address these issues.

POLICY ENFORCMENT

- Individuals may be given a warning for inappropriate behavior.
- Individuals may be asked to leave the game(s) and may be asked not to return to other youth sports activities.
- Other sanctions deemed necessary by the YMCA may be enforced.

Cheerleading Rules

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- Emphasizing healthy lifestyles
- Fostering friendships
- Teaching values like caring, honesty, respect, and responsibility

League Game & Practice Structure

- Practices last 55 minutes and take place at the branch at which you registered.
- Teams must have at least 4 athletes in attendance to participate in games or tournaments. 5 athletes are expected to play on the court at a time but if only 4 are in attendance, we will overlook the absence of 1 player. 3 athletes and under will result in a forfeit.
- Only athletes on your team roster may cheer games or showcases.
- Practice will take place one weekday of the volunteer coach's choice, as well as Saturday mornings prior to the first game of the season.
- Once games start, all teams will have one week-day practice and one Friday night or Saturday game per week.
- Please ensure that all children are under your supervision. Do not leave the practice area while your child is on YMCA property.

Equipment

The YMCA will furnish tumble mats for practice and a blue tooth speaker system for games.

Uniform

- Cheerleaders will receive a cheer uniform consisting of a shell (top), cheer skirt, cheer bow, and pompoms.

- Cheerleaders will be responsible for providing their own black tumble shorts and white cheer shoes.
- Measurements will be taken at the first practice for the correct sizing of the cheer shell and skirt.
- For the safety of all players, no jewelry of any kind may be worn. Hair accessories or headwear must not have any hard sections that could potentially cause injury.

YMCA Staff

YMCA personnel will be present and visible at all games and practices. If any problems occur during practices or games, please find a staff member to assist. If you have any questions during games, DO NOT go to the scoring table as this could result in removal from the gymnasium. This can not only distract the scorekeepers but also players, coaches, and referees.

COACHES

- The YMCA relies on volunteer coaches to successfully run our youth sports programs. If you are interested in coaching, please reach out to the sports director for more information.
- Each team may have (1) Head Coach and (1) Assistant Coach.
- In no situation should any coach confer with a player or coach from the opposite team unexpectedly or negatively.
- Remember, your energy is contagious! Let's keep the league fun!

Cheerleading Specific Rules and Regulations

- Uniform fit must be appropriate for youth rec cheerleading. When standing at attention, apparel must cover the midriff.
- Fingernails, including artificial nails, must be kept short, near the end of the fingers.
- Hair must be worn in a manner that is appropriate for the activity involved. Hair devices and accessories must be secure. In general, hair should be pulled back away from the face and secured.
- Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed but must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.
- Participants must not chew gum or have candy in their mouths during practice or performance.
- During game play, cheerleaders will stand on the sidelines to cheer. Participants are not allowed to be in the area directly beneath and

behind the basketball goal called the "free throw lane extended. Cheerleaders must remain outside of the playing area during a 30-second or less time-out during a basketball game.

- Participants must not stunt or tumble when the ball is in play, including during free throws in basketball.
- The only props allowed to be used are megaphones, poms, signs and flags. The only props allowed to be used while in stunts are poms or signs in use by the top person only. A top can hand a sign to a base or spotter with the intent of immediately releasing it to the ground if the top is not extended.

Skills Specific Rules:

- All skills considered legal for sideline cheering can be performed on artificial/live grass, rubberized track, indoor basketball court or a matted surface.
- No skills are allowed on asphalt, concrete or any other similar surface.
- Jumps: All jumps and jump combinations are allowed
- Tumbling: Forward and backward rolls, forward and backward walkovers, roundoffs, cartwheels, and back handsprings are allowed.
- Stunts: Allowed prep level and below
 - A standing stunt at prep level must be double based and standing on both feet.
 - A spotter is required for all stunts.
 - Non-twisting cradle dismounts allowed if the skill level is high
 - No spinning/twisting.
 - Baskets are never allowed

SPORTSMANSHIP

- Cheerleaders are there to support their team, but never to be negative or disrespectful to the players of the opposing team.
- If YMCA staff or officials witness any acts of unsportsmanlike conduct such as tackling, unnecessary actions from emotion, slurs or cursing, the game will stop, and the cheerleader will be ejected from the game.

COACH/PARENT/FAN CODE OF CONDUCT

- Encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game and practice.
- Place the physical and emotional wellbeing of all players before your personal desires to win.
- Be a positive role model for your child and their team. YOUR ENERGY IS CONTAGIOUS.
- No use of profanity or vulgar language will be tolerated.

- Always keep off the court unless you are a coach or player.
- Do not coach your child or other children from the sidelines..
- No taunting, heckling, arguing with any coach, official, player, or employee during the season.
- Parents/coaches are not allowed to approach the score tables at any time during the game. If there is a problem with the scores, please find the sports coordinator or sports director to address these issues.

POLICY ENFORCMENT

- Individuals may be given a warning for inappropriate behavior.
- Individuals may be asked to leave the game(s) and may be asked not to return to other youth sports activities.
- Other sanctions deemed necessary by the YMCA may be enforced.

Soccer Rules

YMCA of High Point - Youth Sports

YMCA of High Point Mission Statement

The YMCA of High Point's mission for its youth sports programs is to build strong kids, families, and communities by:

- Promoting healthy attitudes and sportsmanship
- Teaching technical skills
- Emphasizing healthy lifestyles
- Fostering friendships
- Teaching values like caring, honesty, respect, and responsibility

League Game & Practice Structure

- Prior to each game, coaches and players will meet in the middle of the field for a prayer.
- Team sizes depend on the age division. During games and tournaments, we will overlook the absence of 2 players on the field. Missing 3 athletes or more will result in a forfeit.
- Only athletes on your team roster may play in games or tournaments. If a team does not have enough athletes to play, they must automatically forfeit the game. If a team is caught with an athlete playing on their team that is NOT on their roster, that team will be forced to forfeit and the athlete is subject to removal from the league.
- Practices last 55 minutes and take place on the fields located at the branch at which you registered.
- Practices will take place one weekday of the volunteer coach's choice, as well as Saturday mornings prior to the first game of the season. Once games start, all teams will have one week-day practice and one Friday night or Saturday game per week.
- Please ensure that all children are under your supervision. Do not leave the practice area while your child is on YMCA property.

Equipment

- The YMCA will furnish all game equipment, along with cones and pennies for practices.
- Players should bring their own soccer balls (labeled with their name), shin guards, and soccer socks to games and practices.

Uniform

- Soccer participants will be given a YMCA jersey for games with an assigned number. These may not be switched around with other teammates and must be worn for every game.
- Players will wear their own athletic shorts, cleats, shin guards, and soccer socks, for games and practices
- For the safety of all players, no jewelry of any kind may be worn. Hair accessories or headwear must not have any hard sections that could potentially cause injury. Players with hard-casts or rigid braces also cannot play for the same reasons.

YMCA Staff

YMCA personnel will be present and visible at all games and practices. If any problems occur during practices or games, please find a staff member to assist. If you have any questions during games, DO NOT go to the referees. This can distract players, coaches, and referees.

COACHES

- The YMCA relies on volunteer coaches to successfully run our youth sports programs. If you are interested in coaching, please reach out to the sports director for more information.
- Each team may have (1) Head Coach and (1) Assistant Coach.
- Head Coaches are the only ones allowed to address officials before, during, or after the game.
- To manage sight lines, coaches may not stand on the field or pass midfield. No parents are allowed on the same side of the field as the players' benches.
- In no situation should any coach confer with a player or coach from the opposite team unexpectedly or negatively.
- Remember, your energy is contagious! Let's keep the league fun!

Ball Sizes

Age Divisions	Ball Size
3-4 Family Goals	Size 3
5-6 Co-Ed	Size 3
7-8 Co-Ed	Size 4
9-10 Co-Ed	Size 4
11-12 Co-Ed	Size 4
13-15 Co-Ed	Size 5

FIELD & GOAL SIZES

Age	Number of Players	Goalie	Field Size	Goal Size
3-4 Co-Ed	5v5	N/A	25x15 yards	4ftx6ft
5-6 Co-Ed	5v5	N/A	25x15 yards	4ftx6ft
7-8 Co-Ed	5v5	N/A	35x25 yards	4ftx6ft
9-10 Co-Ed	8v8	Includes Goalie	55x35 yards	6.5ftx12ft
11-12 Co-Ed	8v8	Includes Goalie	80x55 yards	7ftx21ft
13-15 Co-Ed	11v11	Includes Goalie	100x75 yards	8x24ft

PRACTICE/GAME TIME, HALFTIME, SUBSTITUTIONS

Age Group	Practice	Game Time	Halftime	Substitution
3-4 Family Goals	45 Minutes	2 (5-minute halves)	None	Anytime
5-6 Co-Ed	60 Minutes	4 (8-minute quarters)	3 minutes	Anytime
7-8 Co-Ed	60 Minutes	4 (8-minute quarters)	3 minutes	On any dead ball
9-10 Co-Ed	60 Minutes	2 (20-minute halves)	5 minutes	On any dead ball

11-12 Co-Ed	60 Minutes	2 (20-minute halves)	5 minutes	On a dead ball in your team's possession, excluding corners
13-15 Co-Ed	60 Minutes	2 (25-minute halves)	5 minutes	

FAIR PLAY RULE

Every player is required to play at least half of the game. Allowances can be made if the coach brings concerns to the Sports Director, such as poor sportsmanship from practice or during a game

TIMEOUTS

- There are no timeouts. Time will stop for injury. Time may be extended only for taking a penalty kick.

OVERTIME (tournaments only – 9 and up)

- No overtime will be played in the regular season.
- Once the playoffs begin, there will be a 5-minute golden goal.
 - **Golden Goal:** First team to score within the allotted timeframe wins.
- If no team scores in first 5-minute overtime period, a second overtime period will be played.
- If no team scores after (2) 5-minute Golden Goal periods. Each team will get 5 penalty kicks. The team who makes the most penalty kicks will win. In the event of a tie in penalty kicks, an additional 5 penalty kicks per team will be given. This format will continue until there is a clear winner.

Playing Rules

- A coin toss will determine the first possession; teams will switch possession at halftime.
- Once a goal is scored, the ball will be returned to the center of the field, and the opposite team kickoff.

- If a team does not have enough players to start a game, a 5-minute grace period will be given. A team could play down with 2 players if they choose.
- If the team does not have enough players after the 5-minute grace period, that team will forfeit the game. In the event of a forfeit, teams are encouraged to combine players and have a scrimmage for the athletes to still have a game.
- Teams will switch sides of the field at the completion of the half.

Scoring A Goal

- A goal is scored when the ball in its entirety crosses the goal line, under the crossbar, or between the uprights.

Out of Bounds

- The ball is out of bounds when it crosses the goal line, or the touchline, in its entirety, outside the goal posts whether it is in the air or on the ground.
 - The ball may touch a goal line or touchline without being deemed out of bounds.

Throw-ins

- When the ball crosses out of bounds on either side-line a throw-in will begin play.
- To complete a successful throw-in the player must:
 - Have part of each foot either on or behind the touchline.
 - Players must throw the ball with both hands.
 - The ball must be delivered from behind and over the head.
 - The player throwing the ball in will is not allowed to touch the ball again until after another player from either team touches the ball.
 - Players may not throw the ball directly into the goal without the ball touching a player.

Headers

- Ages 3-12 headers are not allowed due to the risk of concussions.
 - Any player that heads a ball on purpose will be given an immediate yellow card.
- Ages 13-15 headers are allowed.

Hand Balls

- A handball is deemed when the player intentionally touches the ball with their hands or arms.
- Anytime a player contacts the ball below the shoulder he will be deemed a handball unless they are protecting themselves.
- Players are allowed to use their shoulders to control the ball.

Slide-Tackling

- There will not be any slide tackling regardless of age group.
- Any player that slide-tackles on purpose will be given an immediate yellow card.

Offsides

- Ages 3-6: No offsides will be called.
- Ages 7-10: No offsides will be called, but cherry-picking will not be allowed.
- Ages 11-15: Offsides will be called.
 - A player is in an offside position when he/she has less than 2 defenders between themselves and the goal while a ball is played to them.
 - **Offsides will not be called during the following:**
 - The player is in his/her half of the field.
 - The ball is played backwards to them.
 - The ball is touched or was last played by the opponent.
 - The ball is received from a corner kick, goal kick, drop ball, or throw in.

- Offside will only be called if in the opinion of the referee the player in the offside position is interfering with play, an opponent or is gaining an advantage by being in that position.
- For an infraction of the offside rule, an indirect kick is awarded to the defending team at the point of infraction.

Goal Kicks

- Goal kicks are awarded to the defending team when the attacking team kicks or propels the ball over the goal line outside the goal posts.
- The ball can be placed anywhere on the goal area line.
- Ages 5-8: all players must be behind half field before a goal kick can take place.
- Goal kicks MUST exit the penalty box before being played by any players.

Corner Kicks

- A corner kick is awarded to the attacking team when the defending team kicks or propels the ball over the goal line outside the goal posts.
- A corner kick is taken within the quarter circle at the corner flag and is a direct free kick.
- The flag must not be removed when taking the corner kick.

Drop Ball

- After a temporary suspension of play, the referee shall restart the game with a drop ball. (The ball must hit the ground before it can be played).
- A goal can be scored directly from a drop ball.
- If play was stopped in the penalty area, the game shall be restarted with a drop ball at the nearest point outside of the goalie box.

Fouls

- Fouls and misconduct are penalized by awarding free kicks to the opponent.
- The guilty player may also be cautioned or ejected even if a free kick is not awarded due to the application of advantage.

Direct Free Kicks

- Ages 3-8 There will be no direct kicks taken.
- Ages 9-15 Direct kicks may be awarded
- A direct kick is a place kick on which a goal can be scored directly without being touched by another player.
- Direct free kicks are awarded if a player intentionally:
 - Kicks or trips an opponent (or attempts to)
 - Charges an opponent.
 - Strikes, or attempts to strike an opponent.
 - Tackles an opponent to gain possession of the ball, contacting the opponent before touching the ball.
 - Holds an opponent.
 - Intentionally handles the ball with their hands or arm.
 - If a defensive player intentionally commits one of these violations in their penalty area, they shall be penalized with a penalty kick; otherwise, it is a direct free kick taken by the opposing team from the place the offense occurred.
 - On direct kicks taken within the penalty area by the defending team, all opponents must be outside the penalty area, and the ball must travel outside the penalty area before it is in play.
 - The kicker may not play the ball until another player touches it.
 - Any infraction against the defending team, which occurs within the penalty area and would normally result in a direct kick, becomes a penalty kick.

Penalty Kicks

- Penalty kicks will not be taken for ages 3-10.
- A penalty kick is taken from the penalty spot (12 yds. From the goal line).
- Only the goalie may defend against the penalty kick.
 - The goalie may not move his feet from the goal line until the ball is kicked.
- All other players must be outside the penalty area and 10yds. Away from the ball and may not move into the penalty area until the ball is kicked.
 - If the attacking team violates a rule while a penalty kick and a goal result, the kick will be taken again.
 - If the defending team violates a rule while a penalty kick is taken, the penalty kick shall be retaken unless a goal is the result.
- The ball must be kicked forward; the kicker cannot play the ball a second time until another player touches the ball, and the ball is in play when it is kicked and moves forward.
- If a kicker violates the rule, an indirect free kick is awarded to the defending team.

Indirect Free Kicks

- Ages 3-6: will not have indirect kicks.
 - The ball will be awarded to the other team, and play will resume as normal.
- Ages 7-8: All free kicks awarded will be indirect.
- Ages 9-15: Indirect free kicks will be awarded.
- An indirect kick is a place kick in which a goal cannot be scored directly without being touched by another player.
 - The ball must be stationary and on the ground.
 - Indirect kicks may be taken in any direction.
 - Indirect kicks are taken from the spot of the infraction.
- Indirect kicks are awarded to the opposing team if a player:
 - Is playing in a dangerous manner.

- Impedes the progress of the opponent, not playing the ball, intentionally obstructing an opponent, or covering the ball in an attempt not to have it played by an opponent.
- Prevents the goalkeeper from releasing the ball from their hands.
- Interferes with goalie when the latter has possession of the ball.
- Any of the following infractions from a goalkeeper:
 - Taking more than 6 seconds while controlling the ball with their hands before releasing it from their possession.
 - Touches the ball again with their hands after it has been released from their possession and has not touched any other player.
 - Touches the ball with their hands after it has been deliberately kicked to them by a teammate.
 - Touches the ball with their hands after they have received it directly from a throw in taken by a teammate.
 - Indulge in tactics, which by referee's discretion was designed to hold up the game, waste time and give an unfair advantage to their team.
- Or if a team has too many players on the field.

OFFICIALS AND THEIR DUTIES

- Third-Party Officials will be assigned to older age divisions.
- Coaches and/or YMCA Staff will serve as officials for younger players.
- The referee has jurisdiction from the time they enter the area of play until signaling the end of the game. The referee's decisions are final.
- The referee has the ability to end the game early if he/she sees fit, or if there are conflicts between players, coaches or spectators.
- The referee can caution a player, issue a yellow or red card, or eject any player for violent conduct, use of foul or abusive language, or persistent infringement of the playing rules.

SPORTSMANSHIP

- If YMCA staff or officials witness any acts of unsportsmanlike conduct such as tackling, unnecessary actions from emotion, slurs or cursing, the game will stop, and the player will be ejected from the game.

- If a player is ejected, a one game suspension will be enacted. During the suspension, the player must attend the next game and support the team from the bench for the one game suspension to be lifted.

COACH/PARENT/FAN CODE OF CONDUCT

- Encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game and practice.
- Place the physical and emotional wellbeing of all players before your personal desires to win.
- Be a positive role model for your child and their team. YOUR ENERGY IS CONTAGIOUS.
- No use of profanity or vulgar language will be tolerated.
- Always keep off the court unless you are a coach or player.
- Do not coach your child or other children from the sidelines.
- No taunting, heckling, arguing with any coach, official, player, or employee during the season.
- Parents/coaches are not allowed to approach the score tables at any time during the game. If there is a problem with the scores, please find the sports coordinator or sports director to address these issues.

POLICY ENFORCMENT

- Individuals may be given a warning for inappropriate behavior.
- Individuals may be asked to leave the game(s) and may be asked not to return to other youth sports activities.
- Other sanctions deemed necessary by the YMCA may be enforced.

Volleyball Rules

YMCA of High Point - Youth Sports

YMCA of High Point Mission Statement

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- Promoting healthy attitudes and sportsmanship
- Teaching technical skills
- Emphasizing healthy lifestyles
- Fostering friendships
- Teaching values like caring, honesty, respect, and responsibility

League Game & Practice Structure

- Practices last 55 minutes and take place in the gymnasium located in the branch at which you registered.
- Teams must have at least 5 athletes in attendance to participate in games or tournaments. 6 athletes are expected to play on the court at a time but if only 5 are in attendance, we will overlook the absence of 1 player. 4 athletes and under will result in a forfeit.
- Only athletes on your team roster may play in games or tournaments. If a team does not have enough athletes to play, they must automatically forfeit the game. If a team is caught with an athlete playing on their team that is NOT on their roster, that team will be forced to forfeit and the athlete is subject to removal from the league.
- Practices will take place on one weekday of the volunteer coach's choice, as well as Saturday mornings prior to the first game of the season. Once games start, all teams will have one Saturday practice per week.
- The games will be played on Tuesday and Thursday nights.
- Please ensure that all children are under your supervision. Do not leave the practice area while your child is on YMCA property.

Equipment

The YMCA will furnish game equipment, along with net and volleyballs for practices.

Uniform

- Volleyball participants will be given a YMCA jersey for games with an assigned number. These may not be switched around with other teammates and must be worn for every game.
- Players will wear their own athletic shorts, clean indoor tennis shoes, and knee pads for games and practices.
- For the safety of all players, no jewelry of any kind may be worn. Hair accessories or headwear must not have any hard sections that could potentially cause injury. Players with hard-casts or rigid braces also cannot play for the same reasons.

YMCA Staff

YMCA personnel will be present and visible at all games and practices. If any problems occur during practices or games, please find a staff member to assist. If you have any questions during games, DO NOT go to the scoring table as this could result in removal from the gymnasium. This can not only distract the scorekeepers but also players, coaches, and referees.

COACHES

- The YMCA relies on volunteer coaches to successfully run our youth sports programs. If you are interested in coaching, please reach out to the sports director for more information.
- Each team may have (1) Head Coach and (1) Assistant Coach.
- Head Coaches are the only ones allowed to address officials before, during, or after the game.
- In no situation should any coach confer with a player or coach from the opposite team unexpectedly or negatively.
- Remember, your energy is contagious! Let's keep the league fun!

Volleyball Specific Rules and Regulations Volleyball Specific Rules and Regulations

The following rules are based on the Carolina Region Volleyball rules and regulations. All questions or concerns regarding rules during the season will be referred back to the Carolina Region for all age groups.

COURT & EQUIPMENT

Age Divisions	Ball	Net Height
3 rd -5 th Grade	VolleyLite	6ft. 8in.
6 th -8 th Grade	Official Ball	7ft 0in.
9 th -12 th Grade	Official Ball	7ft. 4in.

PRACTICE, MATCH SETS, & SUBSTITUTIONS

Age Group	Practice Time	Sets	Substitutions
3 rd -5 th Grade	55 Minutes	Best of 3	None
6 th -8 th Grade	55 Minutes	Best of 3	None
9 th -12 th Grade	55 Minutes	Best of 3	None

TIMEOUTS

- Teams will get (2) timeouts for the first two sets and (1) in the third.
- All timeouts will last a duration of 30 seconds.
- Any timeout not used in the previous set will not carry over into the next set.

GAMEPLAY

- The beginning of the game will start with a player from each team playing rock paper scissors to determine the serve.
- The winning player will get to choose if they would like to serve.
 - If the player would like to choose a side instead the opposing team would start with the serve.
- At no time should a player or coach approach the opposing team with any issues. Be respectful to all parties.
- Every age division will play rotational volleyball.
 - Once a change of possession occurs, players will rotate clockwise. The new player will go to the serving position, while another rotates off the front line to the bench.
- Attacking on the Serve: front row players cannot jump to return a serve to the opposing side. Feet must remain on the ground.
- Boundaries will be called by officials only.
 - The boundaries are as follows:

- A ball is **IN** if any part of the ball is touching the line, or inside the line.
- A ball is **OUT** if the ball falls outside of the boundaries or crosses the net outside of the antennas.

Division Specific Rules

3rd-5th Grade Girls

- The first two sets will be played to 21.
 - If teams split winning sets, a third set will be played to 15.
 - Teams must win each set by a minimum of 2 points.
- Serving will take place at a marked point on the court with black tape (Full court basketball sideline)
 - Players will have two chances to get the ball over the net with their first serve.
 - Once a player has gotten the ball over the net, they will only have one chance for the remainder of their serving.
 - Once it is their turn to serve again, they will have two chances.
 - There will be a 10-serve limit for each player.
 - If a player serves the ball 10 times consecutively, the ball will be given to the next player and the team will rotate.
- This is a beginner group, the only foul calls that will be made in this group will be net calls as well as foot faults.
 - Net calls occur when a player contacts the net with any part of their body, they will also be called if a player's body part crosses the middle line at any point during the set.
 - Foot faults occur when a player steps on or over the serving line during their serve.
 - If any of these faults occur a point will be awarded to the other team.

6th-8th Grade Girls

- The first two sets will be played to 25.
 - If teams split winning sets, a third set will be played to 15.
 - Teams must win each set by a minimum of 2 points.
- Serving will take place at the endline of the volleyball court.

- Players will have two chances to get the ball over the net with their first serve.
- Once a player has gotten the ball over the net, they will only have one chance for the remainder of their serving.
- Once it is their turn to serve again, they will have two chances.
- There will be a 10-serve limit for each player.
- If a player serves the ball 10 times consecutively, the ball will be given to the next player and the team will rotate.
- All foul calls that will be made in this group. Ie: Net calls, foot faults, and lifts
 - Net calls occur when a player contacts the net with any part of their body; they will also be called if a player's body part crosses the middle line at any point during the set.
 - Foot faults occur when a player steps on or over the serving line during their serve.
 - A lift occurs when a player throws/shoves the ball over the net instead of hitting it or if a player lifts the ball up in the air.
 - If any of these faults occur a point will be awarded to the other team.
- Doubles will not be called in this age group per college volleyball rule.

9th-12th Grade Girls

- The first two sets will be played to 25.
 - If teams split winning sets, a third set will be played to 15.
 - Teams must win each set by a minimum of 2 points.
- Serving will take place at the endline of the volleyball court
 - Players will have one chance to serve the ball over the net
 - If a player does not get their server over the net, a point will be awarded to the other team.
 - There will be a 10-serve limit for each player.
 - If a player serves the ball 10 times consecutively, the ball will be given to the next player and the team will rotate.
- All foul calls that will be made in this group. Ie: Net calls, foot faults, and lifts
 - Net calls occur when a player contacts the net with any part of their body, they will also be called if a player's body part crosses the middle line at any point during the set.

- Foot faults occur when a player steps on or over the serving line during their serve.
- A lift occurs when a player throws/shoves the ball over the net instead of hitting it or if a player lifts the ball up in the air.
- If any of these faults occur a point will be awarded to the other team.
- Doubles will not be called in this age group per college volleyball rule.

OFFICIALS AND THEIR DUTIES

- Officials will be employed by the YMCA.
- The referee has jurisdiction from the time they enter the area of play until signaling the end of the game. The referee's decisions are final.
- The referee has the ability to end the game early if he/she sees fit, or if there are conflicts between players, coaches or spectators.
- The referee can caution a player and eject any player for violent conduct, use of foul or abusive language, or persistent infringement of the playing rules.

SPORTSMANSHIP

- If YMCA staff or officials witness any acts of unsportsmanlike conduct such as tackling, unnecessary actions from emotion, slurs or cursing, the game will stop, and the player will be ejected from the game.
- If a player is ejected, a one game suspension will be enacted. During the suspension, the player must attend the next game and support the team from the bench for the one game suspension to be lifted.

COACH/PARENT/FAN CODE OF CONDUCT

- Encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game and practice.
- Place the physical and emotional wellbeing of all players before your personal desires to win.
- Be a positive role model for your child and their team. YOUR ENERGY IS CONTAGIOUS.
- No use of profanity or vulgar language will be tolerated.
- Always keep off the court unless you are a coach or player.
- Do not coach your child or other children from the sidelines..

- No taunting, heckling, arguing with any coach, official, player, or employee during the season.
- Parents/coaches are not allowed to approach the score tables at any time during the game. If there is a problem with the scores, please find the sports coordinator or sports director to address these issues.

POLICY ENFORCMENT

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Flag Football Rules

YMCA of High Point - Youth Sports

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- Fostering friendships
- Teaching values like caring, honesty, respect, and responsibility

League Game & Practice Structure

- Prior to each game, coaches and players will meet in the middle of the field for a prayer.
- All age divisions will play 5v5.
- Teams must have at least 4 athletes in attendance to participate in games or tournaments. 5 athletes are expected to play on the court at a time but if only 4 are in attendance, we will overlook the absence of 1 player. 3 athletes and under will result in a forfeit.
- Only athletes on your team roster may play in games or tournaments. If a team does not have enough athletes to play, they must automatically forfeit the game. If a team is caught with an athlete playing on their team that is NOT on their roster, that team will be forced to forfeit and the athlete is subject to removal from the league.
- Practices last 55 minutes and take place on the fields located at the branch at which you registered.
- Practices will take place one weekday of the volunteer coach's choice, as well as Saturday mornings prior to the first game of the season. Once games start, all teams will have one week-day practice and one game per week.
- Please ensure that all children are under your supervision. Do not leave the practice area while your child is on YMCA property.

Equipment

- The YMCA will furnish all game equipment, including footballs and flag belts, along with cones and pennies for practices.

Uniform

- Soccer participants will be given a YMCA jersey for games with an assigned number. These may not be switched around with other teammates and must be worn for every game.
- Players will wear their own athletic shorts, cleats, and mouth guards for games and practices
- For the safety of all players, no jewelry of any kind may be worn. Hair accessories or headwear must not have any hard sections that could potentially cause injury. Players with hard-casts or rigid braces also cannot play for the same reasons.

YMCA Staff

YMCA personnel will be present and visible at all games and practices. If any problems occur during practices or games, please find a staff member to assist. If you have any questions during games, DO NOT go to the referees. This can distract players, coaches, and referees.

COACHES

- The YMCA relies on volunteer coaches to successfully run our youth sports programs. If you are interested in coaching, please reach out to the sports director for more information.
- Each team may have (1) Head Coach and (1) Assistant Coach.
- Head Coaches are the only ones allowed to address officials before, during, or after the game.
- To manage sight lines, coaches may not stand on the field or pass midfield. No parents are allowed on the same side of the field as the players' benches.
- In no situation should any coach confer with a player or coach from the opposite team unexpectedly or negatively.
- Remember, your energy is contagious! Let's keep the league fun!

FAIR PLAY RULE

Every player is required to play at least half of the game. Allowances can be made if the coach brings concerns to the Sports Director, such as poor sportsmanship from practice or during a game

PLAYING RULES

- Flag football is a no-contact sport. That includes tackling, diving, blocking, and screening.
- Players wear [flags](#) that hang along their sides by a belt. To “tackle” the person in possession of the ball, the opposing team needs to pull one or both of their flags off.
- All passes must be forward and received beyond the line of scrimmage.
- Direct handoffs as well as unlimited backward pitches and passes are allowed behind the line of scrimmage. No backwards passes or direct handoffs are allowed past the line of scrimmage.
- The quarterback has 7 seconds, from receiving the snap, to release the ball. Once a backwards handoff, pass or lateral occurs, the 7 second rule goes away and the offense has an unlimited amount of time to throw a forward pass.
- The player receiving the snap (QB) cannot run across the line of scrimmage with the ball. The QB can hand off or pitch/throw the ball backwards to a teammate and then catch a forward pass across the line of scrimmage.
- Offensive players must steer clear of the rusher and may not get in his/her way.
- A maximum of 2 designated defensive rushers may legally rush the quarterback. All designated rushers must identify themselves, with their hand raised until the snap, to legally rush from the 7 yard rush line. Designated rushers are not obligated to rush, but if they do, they must rush immediately upon the ball being snapped.
- Once the ball is handed off, pitched or thrown backwards by the offense, all defenders are eligible to rush across the line of scrimmage.
- Interceptions are returnable for 6 pts. during a scrimmage down or for 2 pts on any extra point attempt. A backwards pass intercepted in the air, behind the line of scrimmage, can also be advanced by the defense for a score.
- The ball is dead when it hits the ground, the offensive player’s flag is pulled from their belt, the ball-carrier steps out of bounds, or the ball-carrier’s body—outside of their hands or feet—touches the ground.
- All offensive flag football penalties result in a loss of down and yardage.

- All defensive flag football penalties result in an automatic first down and some are associated with yardage.

GAME STRUCTURE

- Every game begins with a coin toss to determine which team will start with the ball (there's no kickoff)
- Games are two 20-minute halves with a 2-minute halftime
- The clock only stops for injuries, half-time and timeouts
- Each team has one 60-second timeout per half
- The starting team begins on its own 5-yard line and has four downs (essentially four plays) to cross midfield for a first down.
 - If the offense fails to advance after three tries, they have two options: they can "punt," which means they turn the ball over to the opposing team who starts its drive from its own 5-yard line, or they can go for it.
 - But if they still fail to cross midfield, the opposing team takes over possession from the spot of the ball.
- If the offensive team crosses midfield, they have three downs to score a touchdown.

SCORING

- The rules of flag football differ slightly from tackle when it comes to scoring:
 - a touchdown is 6 points
 - a safety is 2 points
 - Points after Touchdown:
 - 1-point conversion from the 5-yard line (pass only)
 - 2-point conversion from the 10-yard line (pass or run)

OVERTIME

- 1st overtime:
 - Each team will get one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points.
 - Each team has the choice to go for 1 or 2 points in the first OVERTIME PERIOD ONLY.

- Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win. If the second team on offense in an overtime round fails to beat or match the team that went first, the game is over.
- Starting with the 2nd overtime, both teams must attempt a 2-point conversion from the 10-yard line.
- Starting with the 3rd overtime, each team will get 1 play from the 5-yard line going out from the endzone. The team with the most yards will be the winner and will be awarded 1 point added to their final score.

OFFICIALS AND THEIR DUTIES

- YMCA Staff will serve as officials.
- The referee has jurisdiction from the time they enter the area of play until signaling the end of the game. The referee's decisions are final.
- The referee has the ability to end the game early if he/she sees fit, or if there are conflicts between players, coaches or spectators.
- The referee can caution a player, issue a yellow or red card, or eject any player for violent conduct, use of foul or abusive language, or persistent infringement of the playing rules.

SPORTSMANSHIP

- If YMCA staff or officials witness any acts of unsportsmanlike conduct such as tackling, unnecessary actions from emotion, slurs or cursing, the game will stop, and the player will be ejected from the game.
- If a player is ejected, a one game suspension will be enacted. During the suspension, the player must attend the next game and support the team from the bench for the one game suspension to be lifted.

COACH/PARENT/FAN CODE OF CONDUCT

- Encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game and practice.
- Place the physical and emotional wellbeing of all players before your personal desires to win.

- Be a positive role model for your child and their team. YOUR ENERGY IS CONTAGIOUS.
- No use of profanity or vulgar language will be tolerated.
- Always keep off the court unless you are a coach or player.
- Do not coach your child or other children from the sidelines.
- No taunting, heckling, arguing with any coach, official, player, or employee during the season.
- Parents/coaches are not allowed to approach the score tables at any time during the game. If there is a problem with the scores, please find the sports coordinator or sports director to address these issues.

POLICY ENFORCEMENT

- Individuals may be given a warning for inappropriate behavior.
- Individuals may be asked to leave the game(s) and may be asked not to return to other youth sports activities.
- Other sanctions deemed necessary by the YMCA may be enforced.

The YMCA of High Point thanks every one of you for participating in our youth sports programs. With any questions or concerns regarding any of the rules, please contact the sports director via email.