



2024 Youth Sports Foundation Principles and Policies

Coed Flag Football

MISSION STATEMENT: The Youth Sports Foundation was created to help provide the opportunity and means by which any child at the 3rd-7th grade school age can actively participate in an organized sport that values personal integrity, team and leadership skills, in a fun and healthy environment.

WINNING IS NOT OUR NUMBER ONE PRIORITY: The Youth Sports Foundation focuses on personal and team growth and development.

Mindful of these principles, the Youth Sports Foundation sets forth the following policies/safety guidelines:

Recommended Team Size:

- 10 players per team

Practices:

- Players will not be allowed to practice if the YSF office does not have the player's registration form, signed waiver, and payment.
- Practice Times:

Flag Football Practice: Begins week of August 12th (or later if you wish)

Week 1: 6-hours maximum per week, with 1 1/2 hours maximum per day. 4 days the first week.

Week 2 until end of season: 2 times per week for maximum 1 ½ hours per practice or 3 hours maximum per week.

- **Games: Are played on Saturdays; September 7th, 14th, 21st, 28th, and October 5th, and 12th.**
- Practices should be scheduled around religious and school training.
- Water must be available at all practices (and games). Players may get a drink as needed.
- Regional Directors, or the YSF office may cancel all practices at any given time due to weather conditions.

Coaches:

- There will be one head coach designated for each community in the YSF Flag program. This head coach will become YSF Certified. The YSF pays the fee for each head coach from every community to become YSF Certified. Each YSF Flag team in each community may have up to 3 coaches (no more) per team.
Example: Town A has 5 teams; Town A will have 1 (one) head coach for the whole program, and may have up to 3 coaches per team or a total of 15 coaches for all 5 teams.

Games:

- The YSF requires that you have 2 officials (referees) on the field at all times. Every YSF official must know all current YSF Flag rules. It will be up to the coordinator to make sure these rules are available to all officials at least one week before the games begin. The coordinator should also have a copy of the current rules at every game.
- All players must start on either offense or defense, and play on both sides of the ball throughout the game.

Weather/Cancellations:

- All coaches and parents should watch the weather situation. Practices and games are cancelled when lightning is spotted. Other conditions may also warrant practice or game cancellation. Coaches and coordinator must use good judgment. Visiting coordinators should check with the home team coordinator for weather situations.
- Half time is considered a completed game; in bad weather situations a game may be called at half and count as a completed game.
- In the event of rain, special game or other circumstances beyond our control, the game will be moved to either the practice field, another suitable field, or even cancelled. If a game is cancelled it may be rescheduled. All rescheduled games will be the responsibility of the home town coordinator and the coaches of each team to their approval and discretion; YSF is not responsible for the rescheduling. All rescheduled games should be arranged within a week of the cancelled game. Any rescheduled games must be completed before the final game. Dates should be reported to the YSF office the Monday following the game played.

Equipment/Gear:

- Each player must wear a soft shell, protective helmet supplied by the YSF during practices and games.
- Hooded sweatshirts are not allowed under the jersey. All clothing worn under the uniform must not show except at the arms.
- All players must have a fitted mouthpiece to be eligible to play.
- Metal cleats are not allowed; players may wear rubber or hard plastic screw-in cleats. If the screw-in cleats become worn to where the metal is showing, the cleats must be replaced or the shoes changed.
- No jewelry can be worn during practices or games.
- All standard equipment worn by a player must be YSF approved.

Post-season Tournaments:

- Contact your Regional Director or the YSF office for the policy regarding post-season tournaments.