



# **OAHE FAMILY YMCA**

## **TACKLE FOOTBALL HANDBOOK**

# YMCA Core Values and Mission

The Oahe Family YMCA works to strengthen the community by connecting people to their potential, purpose, and each other. We have the presence and partnerships not only to promise but to deliver positive change.

The Oahe Family YMCA is a nonprofit organization with a mission to put Christian principles into practice through programs that build healthy spirit, mind, and body for all. Guided by our core values of caring, honesty, respect, and responsibility, the Y is dedicated to giving people of all ages, backgrounds, and walks of life the opportunity to reach their full potential with dignity.

**Caring** - To put others before yourself, to love others, to be sensitive to the well-being of others, to help others.

**Honesty** - To tell the truth, to act in such a way that you are worthy of trust, to have integrity, and to make sure your choices match up with your values.

**Respect** - To treat others as you would have them treat you, to value the worth of every person including yourself, and to be cordial even if you disagree with someone.

**Responsibility** - To do what you should, to do what is right, to be accountable for your behavior and obligations.

**Faith** - To develop your relationship with your higher power, to be a seeker of truth, to be sure of what you hope for and certain of what you do not see.

When you enroll and participate in an Oahe YMCA program you agree to act in accordance with our mission and core values as listed above. By signing below, you agree to practice showing caring, honesty, respect, responsibility, and faith. To do otherwise may result in temporary or permanent suspension of the participant(s) from this program without refund. Further action may take place.





## Contact Information

Joshua Dutt, Program Director: 605-224-1683 or [joshd@oaheymca.org](mailto:joshd@oaheymca.org)

## Things to Remember

Aug. 31st - Coaches Meeting  
Sept. 1st - Team Assignments Announced  
Sept. 11th - Tackle Football Practice Begins  
Sept. 27th - Pizza Ranch Fundraiser  
Oct. 20th - Friday Night Lights  
Nov. 1st - Tackle Football Equipment Return

## Food and Drinks

Thank you for helping keep our facilities clean. We are grateful to the City of Pierre for letting us use the softball fields. Please make sure your area is clean and picked up after practice or games.

## Safety

All sporting events will be in the presence of YMCA staff. First Aid items are available at the YMCA van parked near the fields.

## Weather Information/Cancellations

For severe weather conditions, coaches will be contacted by the YMCA. Information will also be broadcast over local radio stations. Canceled games will be made up if the schedule allows. Coaches will be responsible for relaying cancellation and makeup information to all players/parents on their team.

# Youth Sports Philosophy:

**Building Winners for Life! It is the program that develops kids' skills, fitness, and character – for today and for life.**

## YMCA Youth Sports: 7 Pillars

1. 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 an equal time every game.

2. Safety first. Although some 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. We ask you to take time to check that the equipment and facilities are safe and to teach the sport as we've prescribed, so that the skills taught are appropriate for children's developmental level. We also ask you to develop your players' fitness levels gradually so they are conditioned for the sport. And we ask you to constantly supervise your young players so that you can stop any unsafe activities.

3. Fair play. Fair play is about more than playing by the rules. It's about you and your players showing respect for all who are involved in YMCA Sports. It's about you being a role model of good sportsmanship and guiding your players to do the same. Remember, we're more interested in developing children's character through sport than in developing a few highly skilled players.

4. Positive competition. We believe competition is a positive process when the pursuit of victory is kept in the right perspective. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson of life. The "right perspective" means adults make decisions that put the best interests of the children above winning the contest. These are the lessons we want to teach through YMCA Sports.

5. Family involvement. The YMCA encourages parents to be involved appropriately along with their child participating in our sport programs. In addition to parents being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation.

6. Sport for all. YMCA Sports is an inclusive sport program. That means that children who differ in various characteristics are to be included rather than excluded from participation. We offer programs to all children regardless of race, gender, religion or ability. We ask our adult leaders to support and appreciate the diversity of children in our society and to encourage the children and their parents to do the same.

7. 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 sport, they over-organize and dominate the activity to the point of spoiling children's enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember, that these sports are for the kids; make sure the kids are having fun.

## **As a PARENT, please...**

1. Read and use all printed material provided by the YMCA.
2. Make sure your player arrives on time to all practices and games.
3. Ensure the player is properly equipped with shoes, shorts/sweats and team jersey.
4. Stay at practices and games whenever possible and support your player and team.
5. Volunteer to help the coach whenever possible, perhaps assisting in practice and sitting on the bench with players.
6. Inform the coach if the player is unable to attend practice or game.
7. Encourage your child and team; but not insult or discourage the other team. Encourage good sportsmanship.
8. Encourage your child to treat others with respect regardless of race, sex, creed or ability.
9. Spend time at home practicing with your child on his/her skill development.
10. Acknowledge the other team's accomplishments.
11. Support and not criticize the coach.
12. Support and not criticize the referees.
13. Be positive at all times!
14. Enjoy the games and have fun!
15. Be drug, tobacco and alcohol-free during all team events.
16. Be aware of the Youth Sports Philosophy and support it!

## **As a PLAYER, please...**

1. Be ready to practice and play!
2. Perform up to your potential and have fun learning youth sports!
3. Arrive at practice and games on time.
4. Show respect for your coach, adult volunteers and other players at all times. Ask questions when appropriate.
5. Show respect to the other team and officials.
6. Have lots of fun!!

## **Parent Code of Conduct**

1. I hereby pledge to provide positive support, care, and encouragement for my child participating in YMCA Youth Sports.
2. I will remember that the game is for youth – not for adults.
3. I will encourage good sportsmanship by demonstrating positive support for all players, instructors, coaches, and officials at every game, practice, or other youth sports event.
4. I will place the emotional and physical well-being of my child ahead of a personal desire to win.
5. I will insist that my child play in a safe and healthy environment.
6. I will support the Program Director, coaches, instructors, and officials working with my child, in order to encourage a positive and enjoyable experience for all.
7. I will demand a sports environment for my child that is free of drugs, tobacco, and alcohol and will refrain from their use at all YMCA Youth Sports events.
8. I will do my very best to make youth sports fun for my child.
9. I will ask my child to treat other players, coaches, instructors, fans, and officials with respect regardless of race, sex, creed or ability.
10. I promise to help my child enjoy the youth sports experience by doing whatever I can, such as being a respectable fan or assisting with coaching if needed.
11. I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach fulfills his/her responsibilities.

12. I will strive to fulfill the mission of the YMCA and demonstrate and adhere to the YMCA Youth Sports philosophy.

### **General Youth Sports Information:**

1. All siblings can be placed on the same team, provided they are in the same age grouping. Please indicate this request on the youth sports registration form.
2. Player and coach requests are accepted; however, no guarantees are made. Please indicate this request on the youth sports registration form.
3. Games may canceled due to severe weather. A decision to games status will be made as quickly as possible. If a cancellation occurs, makeups will be scheduled at the end of the season (if possible).
4. Schedules will be available to pick-up at the first practice and at the YMCA.
5. Jerseys will be handed out before the first game. These jerseys must be turned back in once the season is completed.
6. All children in youth sports should wear comfortable athletic clothing.
7. We ask parents to provide snacks for post-game treats which are usually coordinated by the team parents. The coach should assist in assigning the team snack, if help is needed.
8. For some of our youth sports programs, we use "off-site" facilities. We ask that you would be respectful to the property. Please do not smoke on the premises. If a mess of any kind is made, please clean it up prior to leaving. Some locations do not have trash containers available, so please bring trash bags if you are in charge of team snacks.

### **Equipment:**

Each player shall be required to wear a helmet and shoulder pads of adequate quality.

•Helmets: Should fit snugly so that they cannot turn on the head. A loose helmet is apt to expose areas that are vulnerable to injury. The helmet should fit down about one finger's width above the eyebrows. The ears of the shell should protect the temple and jaw areas as much as possible. The center of the ear openings in the shell should be directly opposite the player's ear opening. The helmet should fit low enough on the back of the head to cover as much of the base of the skull and neck vertebrae as possible while still allowing free and unrestricted movement of the neck and head in all directions. The chin strap should fit snugly at all times but should have enough "give" to absorb part of the blow against the face bar or helmet. The face bar should be securely attached with the top of the bar on a horizontal plane just below the top of the nose and should fit reasonably close to the face. There should be effective padding for the skull or suspension-type helmets to protect the top of the skull.

•Shoulder pads: The neck opening of a shoulder pad should be large enough to prevent chafing or pinching in-game action. The shoulder caps must fit over the top of the shoulder and upper arms. Both halves of the pads should meet in midline so the laces will hold both the lower and upper halves of the body arches in direct opposition. The back extension straps must be tight enough to hold the pad in position and prevent rotation.

\*Shoes: Metal cleats will not be allowed.



**All South Dakota High School Football Association Rules will apply to Oahe Family YMCA Tackle Football with the exceptions listed in this document:**

## **Game Format**

Jamboree Style: Each team will get 15 minutes on offense and 15 minutes on defense per half. Teams will maintain possession after turnovers, scores, or 4th downs throughout the 14 minutes. In the event of a fumble, the play is whistled dead and the ball is reset at the 40-yard line. In the event of an interception, the play is live until the ball is returned passed the 40-yard line or the defender is tackled. No kickoffs, punts, FGs, or PATs. 5-minute half time. The team that started on defense in the 1st half will start on offense in the 2nd half of the game.

## **Offensive Exceptions**

### **Offensive Formations**

- For 9-man offensive formations, 5 players must be on the line of scrimmage. This should include a Center flanked by 2 Guards and 2 ends. For 11-man offensive formations, 7 players must be on the line of scrimmage. This should include a Center flanked by 2 Guards, flanked by 2 Tackles, and then 2 ends, either tight ends or split ends.
- Each Offensive Formation must consist of 5 Down Linemen including a Center flanked by 2 Guards and 2 ends (9-man) or 2 Tackles (11-man) all on the line of Scrimmage. The Offense (11-man) must also have on the line of scrimmage 2 ends, one on each end of the line of scrimmage, these can be tight ends or split ends.

## **Defensive Exceptions**

### **Defensive Formations**

- Each Defensive Formation must have 4 and only 4 down linemen on the line of scrimmage. All other Defensive players must be at least 3 yards behind the line of scrimmage. The defensive linemen must be lined head up over an offensive guard, or offensive tackle, or offensive tight end. No player may line up over the Center.
- The four down line ment must engage with the offensive player that they are across from at the snap of the ball
- Any Defensive player lined up between the offensive Guards must be at least 3 yards away from the line of scrimmage when the ball is snapped.

## **Field Exceptions**

### **The field**

- The field will be an 80-yard field with the Center being the 40-yard line.
- Penalties will be marked off as 5-yard penalties or any unsportsmanlike conduct will result in a 15-yard penalty.

## **The Game**

- Officials will have the option to call a un-sportsman penalty for 15 yards. Officials may flag Players, coaches, or parents for un-sportsman penalty. Any player flagged for an un-sportsman penalty must sit out for 3 plays. Any parent or coach flagged for a 2nd un-sportsman penalty may, at the discretion of the official and with the approval of the commissioner, be ejected from the game. The coach/parent will be given 5 minutes to leave the complex or their team will forfeit the game. (The Good Sportsmanship Rule)
- The timing of the game will be with a continuous clock that will stop only during a time-out. Halftime will consist of a 5-minute break. Before the game begins, the coaches may choose to agree on either jamboree or 4-down football (for 5 and 6 grades only)\
- Each team will get 2-time outs per half. Timeouts are not transferable from half to half.

## **Special**

### **Goal of the YMCA Tackle Football Program**

YMCA Tackle Football is not about winning or losing. It's about the kids having fun, learning the basic skills, learning the player positions/roles, learning to tackle, and learning to block while doing our best to provide an environment to minimize injuries.

### **The 3 Primary coaching Goals will be to teach;**

- Blocking while keeping the head up to see the defensive Player.
- Tackling while keeping the head up to see the ball carrier.
- Teaching the kids to love the game and have fun while playing football.