

OAHE FAMILY YMCA

Tackle Football Handbook 2024

Welcome to another season of Tackle Football with the Oahe Family YMCA! Time has flown by quickly since last year's Friday Night Lights. I am excited to see everyone return to the Softball Fields this September. The enthusiasm program participants have for the program is wonderful to see.

The YMCA's Tackle Football has a history of providing strong foundations for future players. It is my goal to continue this legacy this season and the rest. An integral part of our success. The Oahe Family YMCA asks participants to donate their time and talents to each season. People can volunteer to coach, referee, handle equipment, and more!

I look forward to seeing all of you on the field soon. Let's make this season fun, educational, and inspiring for this year's players!

Josh Dutt, Program Director

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DATES TO REMEMBER

August 12: Equipment Checkout (Grades 3 and 4) 6 pm to 8 pm, Oahe Family YMCA, Gym 2

August 15: Equipment Checkout (Grades 5 and 6) 6 pm to 8 pm, Oahe Family YMCA, Gym 2

August 30: Coaches Meeting, 6 pm to 7 pm, Oahe Family YMCA, Multipurpose Room

September 12: Practice Begins (review season schedule at oaheymca.org), Oahe Softball Complex

October 25: Friday Night Lights, 5:30 pm to 9:30 pm, Hollister Field

November 11: Equipment Check-In, 6 pm to 8 pm, Oahe Family YMCA, Gym 2

COMMUNICATIONS

All communications for the 2024 Tackle Football Program will be done through the Remind app. It is the responsibility of the parents and guardians to use Remind for updates and important announcements. Invitations to Remind will be sent via text and email.

FACILITY USE

Both the Oahe Family YMCA and the Oahe Softball Complex are to be kept clean. Please make sure your area is clean and picked up after practice. Trash cans are on site at both locations for disposal of garbage.

WEATHER

Practices and games will be canceled in the case of severe weather conditions. Notifications of weather-related cancellations will be sent via Remind and posted on the Oahe Family YMCA Facebook page. Makeup games and practice will be held to accommodate any cancellations.

SAFETY

All Oahe Family YMCA programs will be in the presence of YMCA staff. First aid items will be with staff in the YMCA van.

FOOTBALL EQUIPMENT

Each player is required to wear a helmet, mouth guard, shoulder pads, padded pants, shoes (no metal

cleats). Helmets should fit snugly on the player's head. There should be a finger width of space above the player's eyebrows. The helmet should fit well enough to allow free and unrestricted movement of the head and neck in all directions. The chin strap should fit well enough to be snug and allow "give" to absorb contact.

Shoulder pads must fit over the top of the shoulder and upper arms. The neck opening of a player's shoulder pads is to be large enough to prevent chafing or skin pinching during play. Front laces and arm straps are to be snug to prevent shoulder pads from rotating.

Padded Pants will fit snugly on the player's waist and legs. Pads should be secure inside the pants, so they do not move out of place.

Players are required to provide their own footwear and mouthguards. Metal cleats are not allowed on the field at time. Mouth guards should be able to attach to the face shield of the player's helmet. Any player who fails to wear equipment, appropriate footwear, or mouthguard will not be allowed on the field.

All football equipment is to be cleaned before being returned to the YMCA. Jerseys are to be removed from shoulder pads and washed with pants. Helmets must have name tags removed as well. Items may be refused until they are properly cleaned.

A thirty-dollar late fee will be charged to accounts on football equipment turned in after November 11. Participants will be charged a \$30 late fee each month after December first. Over thirty bags of football equipment were returned late last season – some after the new year. Please follow the YMCA's core values of responsibility and respect by turning in equipment on time. Any lost equipment is to be charged to your YMCA member account. All football related late fees must be reconciled before registering for future YMCA programs.

CODE OF CONDUCT

The Oahe Family YMCA's core values are caring, honesty, respect and responsibility are expected on and off the fields. Parents, guardians, and players who do not behave accordingly will be suspended or removed from the program without reimbursement. This expectation applies to players involved in other Oahe Family YMCA programs.

- **PARENT EXPECTATIONS**

- Read and use all print materials provided by the Oahe Family YMCA.
- Make sure your player(s) arrives on time for all practices and games.
- Ensure your player is properly equipped.
- Be present for your player(s) at practices and games.
- Volunteer to help wherever and whenever possible.
- Inform your coach or director if you are unable to attend practices or games.
- Encourage your child to treat others with respect regardless of race, sex, creed or ability.
- Support, not criticize, coaches, referees, and players.
- Be drug, tobacco, and alcohol-free during practices and games.

- **PLAYER EXPECTATIONS**

- Arrive at practice and games on time and ready to play.
- Perform up to your potential and have fun learning youth sports.
- Show respect for coaches, referees, players, and volunteers.
- Have fun!

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Tackle Football Rules and Regulations

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

ARTICLE 1. GAME FORMAT

Jamboree Style: For games, the team listed first is the "HOME" team, supplying 2 referees and a timer for the game. The team listed second is the "AWAY" team, supplying 1 referee and the chain gang. Timers, please use your smartphones for games.

Games will be two 30 minute halves, with a running clock. There is a 5-minute break for half time.

Games are to be played in 30 min halves. 2 Timeouts per game per team. 5 minutes break between half's.

Clock only stops on timeouts and injuries.

3rd/4th grade each team gets the ball for 15 minutes each half. Coin flip at the start of game to determine who gets ball first. Coaches can decide who gets ball after halftime.

5th grade can play the same as above or can play 4 down football.

6th grade will play 4 down football. Coin flip at the beginning of game to determine who gets the ball first.

Reminders:

Interceptions are live until the defender is tackled. If the player that intercepts the ball runs it back to the 40 yard line it is a defensive touchdown.

Fumbles are dead if they are recovered by the defense. The ball will then be returned to the 40 yard line. If the offense recovers the ball it will remain in their possession.

Unsportsmanlike conduct will not be tolerated by players or fans. Player or Fans may be asked to leave the game depending on the severity.

SECTION 1.01 - OFFENSIVE EXCEPTIONS

Offensive Formations

- (a) 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.
- (b) 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.
- (c) The offense must have at least 1 running back lined up behind the line of scrimmage and between the offensive tackles.

ARTICLE 2. DEFENSIVE EXCEPTIONS

Section 2.01 Defensive Formations

- (a) Each Defensive Formation must have 4 and only 4 down linemen on the line of scrimmage. All other Defensive players must be at least 2 yards behind the line of scrimmage. The 4 down line men must be lined head up over an offensive guard or offensive tackle. No player may line up over the Center.
- (b) 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.

ARTICLE 3. FIELD EXCEPTIONS

Section 3.01 - The field

- (a) The field will be an 80-yard field with the Center being the 40-yard line.
- (b) Penalties will be marked off as 4-yard penalties, 8-yard penalties and 12-yard penalties.

SECTION 3.02 - THE GAME

- (a) Officials will have the option to call a minor un-sportsman penalty for 4 yards or a major un-sportsman penalty for 12 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)

ARTICLE 4. SPECIAL

Section 4.01 Goal of the YMCA Tackle Football Program

- (a) 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.
- (b) 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.*

INFRACTION RULES

MAJOR INFRACTIONS

Major infractions change the outcome of play and will result in five-yard penalties.

- Pulling the facemask of the ball carrier.
- Holding that helps the ball carrier.
- Cursing on the field.
- Fighting on the field.
- Helmet to helmet hits.
- Blatant pass interference.

MINOR INFRACTIONS

Minor infractions do not change the outcome of play and will result in no penalties. If warranted, play can be redone to further educate players on proper play.

- Illegal motion.
- Movement in the backfield.
- Jumping offside.
- Holding away from the ball carrier.
- Linebacker blitzing.
- QB sneak not two yards back.
- Linemen not making contact first before shooting gap.
- Pass interference away from pass play.