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FOR HEALTHY LIVING  
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# 2020 YMCA FLAG FOOTBALL SEASON GUIDELINES

**UPDATED 08/21/2020**

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>

## GENERAL INFORMATION

The YMCA Flag Football website will be updated with any changes to any new or updated guidelines by the Y-USA, CDC or County Health Department

- Upon arrival to the fields all players, fans and coaches must:
  - Enter the fields in specified area only
  - check in with a YMCA Staff member
  - have their temperature taken before entering the playing area
- Disinfecting Equipment
  - Footballs will be disinfected by coach after each change of possession.
  - Teams will not share footballs.
  - Common areas will be sanitized throughout the day.
- Teams will provide their own towels for wet footballs for each team.
  - Towels must be washed after the completion of each game.
- Games will have staggered kickoff times to avoid an overcrowded site.
- Players, parents, and fans are to stay at home if they are sick or not feeling well.
- Face masks will be required for coaches, officials, and fans when they are not following social distancing guidelines.
  - Face masks will not necessary for babies, infants under the age of 2.
- Players, staff, and fans are encouraged to bring their own water bottle.
  - Water bottles must not be shared at any time.
- Fans must be 3 yards from the field to watch the game.
  - There will be a painted line around the field where fans will have to sit behind.

- Social distancing guidelines for all fans can be found on this link:  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>.
- The port-a-jon will be sanitized throughout the day.
- Players may have a limited number of fans attend each game.
- Any playground equipment or structure will not be sanitized by the YMCA.
- YMCA will provide signs at the site for social distancing guidelines.
- Contact will be avoided during the season due to the no blocking rule.
- Teams will have a smaller number of players than previous seasons
  - 5 vs. 5 during games
  - Max 8 players per team
- Bi-weekly Zoom meetings will be held for parents who have questions and to provide updates on Flag Football guidelines.
- Staff/Referees will be trained to help with all guidelines for the Flag Football Season.
- There will be weekly virtual meetings with staff to assure that correct practices are in place and actively followed.

## **INFORMATION FOR PLAYERS**

- Players will maintain social distancing while off the field of play.
- Players are required to wear a facemask, PPE, when they are within 6 feet of players, coaches, referees or fans.
- Instead of fist bumping, high fives, and chest bumping, players will be encouraged to do a 2-3 second player celebration.
- Defensive bumping to offensive players will not be allowed.
- Hand washing will be required after leaving the field of play.
- Spitting will not be allowed.
- Players are encouraged to wear athletic gloves during games and practices.
- Players will need to have storage for their mouth pieces at practices and games.
  - Mouthpieces must be in a mouthpiece case or air tight container.
- If a player removes their mouthpiece, they must leave the field for one play, and sanitize their hands.

## **INFORMATION FOR COACHES**

- All coaches will have hand sanitizer for the players and coaches for their team.
- A YMCA employee will disinfect flags after each practice and game.
- There will be weekly meetings, virtually if needed, with coaches to assure the correct practices are in place and the practices are being followed through.
- Coaches will assure that there is social distancing during practices.