



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2020 YMCA FLAG FOOTBALL SEASON GUIDELINES

UPDATED 09/22/2020

<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
 - **SPLL field 1**
 - Enter through the first base fence
 - Exit through the 3rd base fence
 - **SPLL field 2**
 - Enter through 3rd base fence
 - Exit through 1st base fence
 - **NPLL**
 - Enter through 3rd base fence
 - Exit through 3rd base fence
 - check in with a YMCA Staff member
 - have their temperature taken before entering the playing area
 - anyone attending the games must be inside the baseball field
- Disinfecting Equipment
 - **Footballs will be disinfected by coach at the end of each half.**
 - Teams will not share footballs.
 - Common areas will be sanitized throughout the day.

- Teams will provide their own towels for wet footballs
 - Towels must be washed after the completion of each game.
- 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.
 - **If a family is sitting by themselves, masks are not required if they are social distancing from others.**
 - 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>.
- ~~Each game will have to have no more than 50 people per field~~
 - ~~Each team is to have no more than 23 people at their game. This will include:~~
- Each player is allowed no more than 2 fans to their game
- Each coach is allowed no more than 2 fans to their game
 - Fans: parents, children, grandparents, family friends, family members, brothers, sisters
- 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~~ 2 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.
 - **If a player is social distancing, more than 6 feet away from others, they may lower their mask from their nose and mouth**
- 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 fields will have hand sanitizer ~~for the players and coaches for their team.~~
- A YMCA employee will disinfect flags after each practice and game.
 - Teams will only wear YMCA flags during their game
- There will be ~~weekly~~ **2 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.