

YMCA Flag Football
General Information (FAQ)

Here at the YMCA, we believe in having fun and fun is the #1 goal for all Y programs.

7 out of 10 players quit organized sports by the age of 13. The #1 reason....no longer fun.

Under no circumstances should coaches, players and/or parents vocally criticize any player, coach or official. Issues should be addressed to the Director of the program. Remember we are here to have fun!

Site officials will manage the games.

Every player in our recreational league, regardless of skill level or ability, will play a minimum of half of every game. The only exception is due to a player's injury or behavior.

Players are not allowed to wear jewelry of any kind, except for medical alerts.

Parents will need to bring water.

Practices are led by volunteer coaches at local fields. Practice begins two weeks before the first game (practice time may be delayed if the team does not have a volunteer coach).

If your team does not have a volunteer coach, we will be actively looking for a volunteer coach from the parents of the team, along with other outlets.

Games are played at your local middle schools or church fields. Specific locations will be posted closer to the start of practice.

See rules for specific information on gameplay.

YMCA jersey order August 17th.

Divisions broken up by 1 – 2 grade, 3 – 4 grade & 5 - 6 grade

Coaches meeting is late August (typically last week)

Volunteer Coaches

We're seeking volunteers interested in coaching youth sports. Our coaches make YMCA youth sports possible and create a lifelong impact on children by encouraging participation and emphasizing sportsmanship and strong character. When you become a volunteer, the Y will introduce you to coaching and provide resources specific to the sport you coach. If you have questions about being a volunteer coach, please contact our Sports Executive, [Mike Williams](#), [509 777 9622](tel:5097779622) x 4140.