
2026 SPRING SEASON COACHES MEETING FLAG FOOTBALL



YMCA Moody Sports

INTRODUCTIONS

- Ty Langston – Director of Sports
- Jessica "JT" Torres– Director of Sports
- Jake Lamb– Regional Director



JERSEYS/EQUIPMENT (TEAM PROVIDES)

- Please come prepared with Jersey colors, team name, and sizes
- 4-5 Day Turn around

GENERAL INFORMATION

- Games Start Feb 23rd
- First Practice Week will be week prior

Locations:

- Flag Football: Fairfax Park, Caruth
 - Mondays: Kinder
 - Wednesdays: 3rd/4th
 - Thursdays: 1st
 - Fridays: 2nd
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PHOTOS (AUTUMN LEAVES PHOTOGRAPHY)

- Once we receive the game schedule from the Y, we create a picture day schedule, typically set at your game locations for convenience. We'll email you a SignUpGenius link to sign up for a photo slot for your team, or you can always find picture days scheduled here <https://www.autumnleavesphotography.com/Team-Picture-Signup>
 - **Scheduling:** Reserve your team's slot using the SignUpGenius link in your email. If your game changes, adjust online or email me at info@autumnleavesphotography.com—I've got you covered!
 - **Photo Day:** Bring your team to the location you signed up for, arriving 10 minutes before your appointment time. We'll start with individual pictures, followed by team shots—wrapping up in about 15-20 minutes. Parents can fill out a pre-order form on-site if they'd like to purchase photos for their kids.
 - **Coach Perk:** The head coach and assistant head coach each receive a complimentary 5x7 Coach/Child picture with a pre-order purchase. Be sure to pose with your child during the session to claim it!
 - **Team Bonus:** If every player's family pre-orders, Autumn Leaves Photography provides a free team digital photo as a thank-you.
 - Secure your slot soon—times fill up quickly! For questions, text or call me at 469-759-0766 or email info@autumnleavesphotography.com. I'm excited to capture your team's story this season!
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LISTEN 360 SURVEYS

- Surveys are sent out randomly the last two weeks of the season.
- Please help us learn about what we are doing well or how we can improve.
- All surveys are read and responded to by myself or Ty.
- Moody NPS score is a part of employee reviews.

ROSTER DEADLINES AND REMINDERS (TY)

- Late Registration ends 2/11
 - Please check your rosters to make sure they are correct
 - Any registrations after the deadline: an email with parent & coach must be sent to a sports director. - This is a process (opening the portal etc) an email with all parties help communication & registration go smoothly.
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COACH COMPLIANCE

- Volunteer Matters
 - Athlete Protection
 - CBC
 - These are required
 - EVERY YEAR
 - Returning coaches: Please make sure you add your name to the sport need & check that credentials are up to date. New coaches: follow the guide & email May for any questions or help.
 - These need to be done by tonight!
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COACH EXPECTATIONS

Dos

- Provide a safe playing environment for all kids
- Be a positive role model
- Treat all players, parents, and YMCA staff members with respect

Donts

- Subject any child to verbal, mental, physical, or sexual abuse
 - Alcohol, Tobacco, profanity during games
 - Leave any players unsupervised
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FLAG FOOTBALL RULES OVERVIEW (DE'VANTE)

Game Ball

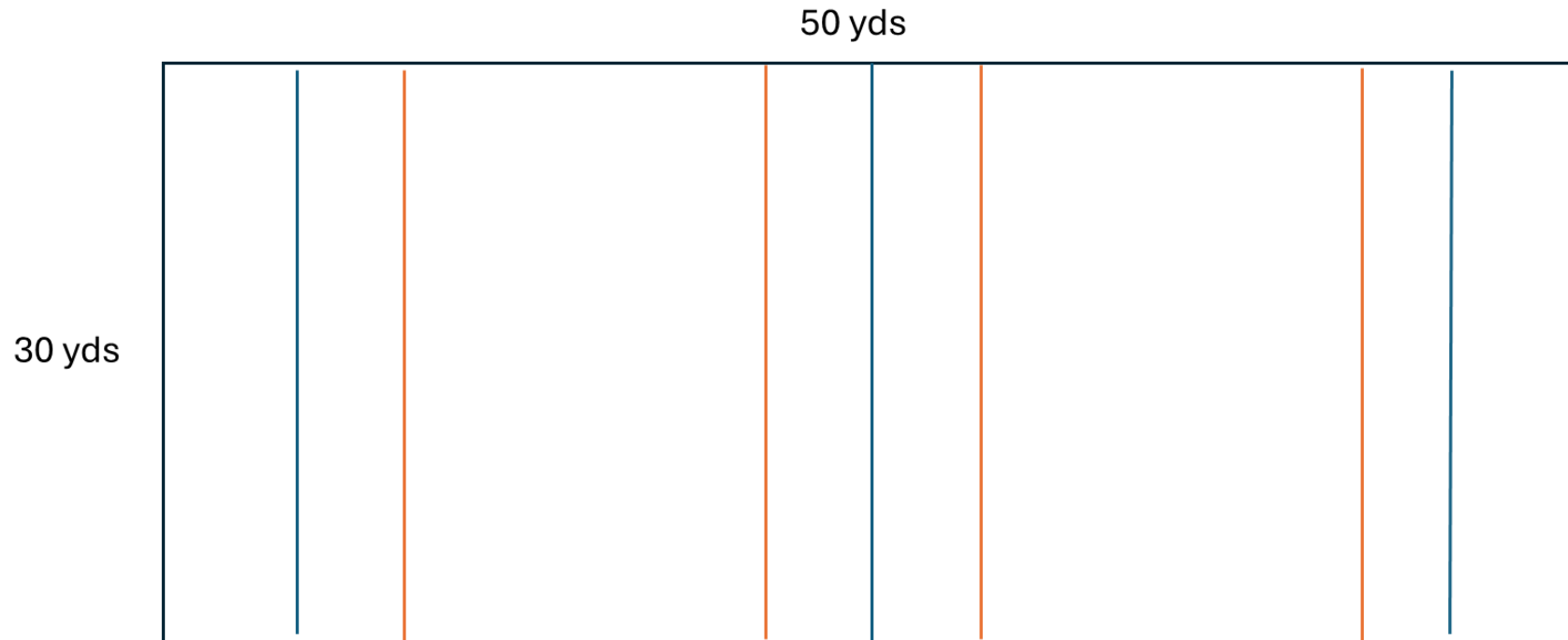
- Kindergarten: Nerf Ball or Pee Wee
- 1st/2nd Grade: Pee Wee
- 3rd Grade: Wilson K2

Flag Belts

- Coaches are responsible for their own flag belts. Flag – A – Tag's Sonic Boom belts and flags are required
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FLAG FOOTBALL RULES OVERVIEW (DE'VANTE)

Field Dimensions



FLAG FOOTBALL RULES OVERVIEW (DE'VANTE)

Key Rules

- First 3 quarters are 10-minute running clock.
 - 4th quarter is 8-minutes with a running clock, followed by 7 offensive plays to end the game.
 - Extra points don't count towards the 7 plays.
 - 1 minute TO between quarters.
 - 3 minute TO for halftime.
 - Clock will stop during the last 2-minutes of the 2nd quarter for dead balls.
 - Each Team is allowed 2 (30 second) TO's per half. Players must play $\frac{1}{2}$ of each half and participate on both offense and defense during the game.
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FLAG FOOTBALL RULES OVERVIEW (DE'VANTE)

Key Rules

- QB can't cross LOS directly after receiving snap (No QB sneak).
 - All players are eligible to receive passes.
 - Ball carrier can't use arms and/or hands to protect flags.
 - QB has 6 second pass clock. No 6 second pass clock if defender crosses the LOS.
 - Play is blown dead if QB doesn't release ball after 6 seconds.
 - Interceptions may be returned.
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FLAG FOOTBALL RULES OVERVIEW (DE'VANTE)

Key Rules

Play is ruled “dead” when:

- Ball carrier’s flag is pulled.
 - Ball carrier’s flag falls off flag belt while running.
 - Ball carrier steps out of bounds.
 - TD or safety is scored.
 - Ball carrier’s knee or elbow hits ground.
 - Ball is snapped over QB’s head. Ball is returned to original LOS with a loss of down.
 - There are no fumbles, ball is spotted where the ball hits the ground.
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FLAG FOOTBALL RULES OVERVIEW (DE'VANTE)

Kindergarten & 1st Grade Rules

- Coach QB
 - 6 seconds to release ball
 - Coach may snap the ball without a center exchange
 - No rushing Coach QB
 - Ball must be visible at all times. No fake hand offs or passes.
 - Defense can't cross the LOS until handoff has happened.
 - 6 players on Offense and 6 players on defense
 - Players must play ½ of each half and participate on both offense and defense during the game.
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FLAG FOOTBALL RULES OVERVIEW (DE'VANTE)

2nd Grade Rules

- Kid QB, can only play ½ of game then must be replaced.
 - 7 players on Offense and 6 players on Defense.
 - 6 second pass clock, no pump fakes, and no QB sneaks.
 - Side snaps are allowed from Center to QB.
 - QB may pick up fumbled snap.
 - Defense can not blitz QB.
 - Players must play ½ of each half and participate on both offense and defense during the game.
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FLAG FOOTBALL RULES OVERVIEW (DE'VANTE)

3rd Grade Rules

- Kid QB
 - 7 vs 7 for Offense & Defense.
 - One player on the Defense is allowed to pass rush per play.
 - Pass rusher must be 10 yds off the LOS in order to blitz before the ball is thrown or handed off.
 - Once the ball is handed off, all defensive players may cross the LOS.
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FLAG FOOTBALL RULES OVERVIEW

Fall 25' Rule Book

[Flag Football Rule Book 2025 012225.1.docx](#)

TEAM SIDELINES

- Teamsidelines is where you can find:
- Schedules
- Rosters
- Rules
- Team Sites

Please make sure you have opted in to receive messages, as we utilize this site often.

RAINOUTS/RESCHEDULES/PRACTICE REQUESTS

Schedules

- Conflicts & Reschedules

If you know of a conflict during your season, let us know now! We can work the schedule to include it.

2 week notice for cancelations or conflicts for reschedules. Remember, this does not only affect your team, but your opponent & possibly other teams. We will do our best to accommodate for all conflicts & get games rescheduled.

Practices

If you want practice space on our fields, please fill out the practice field request form. (Sent out via email)

Typical weekend cancellations will be made by 7:15 am / weeknight cancellations will be made by 3:00 pm

- Field closings will also be communicated via our rainout hotline (972-738-9400)
 - Reschedules will be communicated within a 48-hour window of the cancelled game. If the rescheduled game time does not work for your team, please let us know ASAP
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QUESTIONS?
