



YMCA OF GREATER OKLAHOMA CITY

FALL SPORTS

2026

YMCA YOUTH SPORTS EVENTS



**YMCA Night with UCO
Women's Volleyball
September 25, 2026**

**YMCA Night with UCO
Women's Soccer
September 27, 2026**

**YMCA Night with UCO Football
October 10, 2026**

YMCA players are admitted free in their
YMCA All Sports Jerseys





YMCA OKC

Offers valid 8/7/2026 - 8/10/2026

YMCA OKC

Valid 8/7/2026 - 8/10/2026

Valid at our HOS OKC, Moore, OK & Oklahoma City Westgate locations.

20% OFF YOUR ENTIRE PURCHASE 

**NEED AN ITEM NOT
AVAILABLE IN-STORE?**

Ask a Store Associate about ordering an item(s) through our ScoreMORE kiosk, located inside the store. Receive a 20% discount, plus free shipping, valid on the date(s) listed above. Some exclusions apply.

VALID IN-STORE ONLY. Limit one coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at [DICKS.com/Exclusions](https://www.dicks.com/Exclusions). Cannot be combined with other offers. No reproductions or rain checks accepted. Valid at DICK'S Sporting Goods and DICK'S House of Sport locations.



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YMCA OKC

Offers valid 8/21/2026 - 8/24/2026

YMCA OKC

Valid 8/21/2026 - 8/24/2026

Valid at our HOS OKC, Moore, OK & Oklahoma City Westgate locations.

20% OFF YOUR ENTIRE PURCHASE 

**NEED AN ITEM NOT
AVAILABLE IN-STORE?**

Ask a Store Associate about ordering an item(s) through our ScoreMORE kiosk, located inside the store. Receive a 20% discount, plus free shipping, valid on the date(s) listed above. Some exclusions apply.

VALID IN-STORE ONLY. Limit one coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at [DICKS.com/Exclusions](https://www.dicks.com/Exclusions). Cannot be combined with other offers. No reproductions or rain checks accepted. Valid at DICK'S Sporting Goods and DICK'S House of Sport locations.



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GET THE MOST OUT OF THIS SEASON WITH OUR NEW MOBILE SPORTS APP

Search for Y OKC Sports in the app store.





YOUTH SPORTS 2026-2027

Save up to
\$35
when you
register early!

WINTER 2026-2027

Winter Sports

Registration

- › YMCA Thunder Basketball Leagues
 - › Developmental
 - › Spirit
 - › Champions

Early

Sept. 15 - Oct. 18

Regular

Oct. 19 - Oct. 25

Late*

Oct. 26 - Nov. 1

SPRING 2027

Spring Sports

Registration

- › Flag Football
- › Lil' Tykes Golf
- › Pickleball
- › Soccer
- › Track & Field
- › Volleyball

Early

Jan. 5 - Feb. 21

Regular

Feb. 22 - Feb. 28

Late*

March 1 - March 7

SUMMER 2027

Summer Sports

Registration

- › Baseball
- › Softball
- › T-ball
- › YMCA Thunder Basketball Leagues

Early

March 9 - April 18

Regular

April 19 - April 25

Late*

April 26 - May 2

FALL 2027

Fall Sports

Registration

- › Cross Country
- › Flag Football
- › Lil' Tykes Golf
- › Pickleball
- › Soccer
- › Volleyball

Early

June 8 - July 18

Regular

July 19 - July 25

Late*

July 26 - Aug. 1



ymcaokc.org/sports

*Late registration is based on availability.
Space is limited and not guaranteed once teams are full.

Sports listed may not be offered at all locations. Additional fees apply during regular and late registration. Seasons typically begin 2-3 weeks after late registration closes.





ALL ABOUT
NOW
PHOTOGRAPHY

PICTURE DAY IS AROUND THE CORNER!



WHEN YOU ARRIVE

Show up 45 minutes before your game to the photo location fully dressed with proper uniform and equipment.

TAKE YOUR PHOTOS

Each athlete will take 3-4 photos that will be sent directly to their guardians phone for previewing and ordering.

ORDER ONLINE

Pick your favorite photos, add a background, and order your athletes photos and they will shipped directly to you!



FOR MORE INFO:

EMAIL

contact@allaboutnowphoto.com

PHONE

(405)925-2267

YMCA PLEDGE

**WIN OR LOSE,
I PLEDGE BEFORE GOD
TO PLAY THE GAME
AS WELL AS I KNOW HOW;
TO OBEY ALL THE RULES,
TO BE A GOOD SPORT AT ALL TIMES,
AND TO IMPROVE MYSELF
IN SPIRIT, MIND, AND BODY.**





FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

PLAYING FOOTBALL AT THE YMCA

- Schedules, Rules, Contact Info, Maps, Etc.
 - www.quickscores.com/ymcaokc
- Download the YMCA OKC Sports App
- Equipment Needed
 - All Age Divisions - Green and Gray All Sport Uniform
 - Cleats or Athletic Shoes
 - Mouth Pieces are Required
 - Players are encouraged to purchase their own ball
- If you have not heard from a coach by August 20, please contact your local YMCA Sports Department after 2pm.
- Coaches will have their individual practice nights, times, & locations.
- Practices will begin by Aug 31 & Sept 7.
- Game Schedules will be posted by September 2 at 6pm.
- Games begin the weekends of September 12 & 19
- For specific game locations, please see your schedule and visit the locations tab on QuickScores.
- All About Now Photography is the official photographer for the YMCA Sports Programs. Times will be scheduled by each team coach. A portion of each sale goes back to the YMCA Annual Campaign making sure no one is turned away from the YMCA.
- All Players will receive an end of season medal. Coaches will pass these out after the final game.



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PLAYING SOCCER AT THE YMCA

- Schedules, Rules, Contact Info, Maps, Etc.
 - www.quickscores.com/ymcaokc
- Download the YMCA OKC Sports App
- Equipment Needed
 - All Age Divisions - Green and Gray All Sport Uniform
 - Shin guards are required for all ages.
 - Football Cleats, Baseball Cleats, Track Cleats, etc. will not be permitted in this league.
 - Players are encouraged to purchase their own ball
- If you have not heard from a coach by August 20, please contact your local YMCA Sports Department after 2pm.
- Coaches will have their individual practice nights, times, & locations.
- Practices will begin the week of Aug 31 & Sept 7.
- Game Schedules will be posted by September 2 at 6pm.
- Games begin the weekend of September 12 & 19.
- For specific game locations, please see your schedule and visit the locations tab on QuickScores.
- All About Now Photography is the official photographer for the YMCA Sports Programs. Times will be scheduled by each team coach. A portion of each sale goes back to the YMCA Annual Campaign making sure no one is turned away from the YMCA.
- All Players will receive an end of season medal. Coaches will pass these out after the final game.



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PLAYING VOLLEYBALL AT THE YMCA

- Schedules, Rules, Contact Info, Maps, Etc.
 - www.quickscores.com/ymcaokc
- Download the YMCA OKC Sports App
- Equipment Needed
 - All Age Divisions - Green and Gray All Sport Uniform
 - Athletic Non-Marking Shoes
 - Knee Pads Required, Elbow pads are optional.
 - Players are encouraged to purchase their own ball (see rules for sizes)
- If you have not heard from a coach by August 20, please contact your local YMCA Sports Department after 2pm.
- Coaches will have their individual practice nights, times, & locations.
- Practices will begin the week of Aug 31 & Sept 7.
- Game Schedules will be posted by September 2 by 6pm.
- Games begin the weekends of September 12 & 19.
- For specific game locations, please see your schedule and visit the locations tab on QuickScores.
- All About Now Photography is the official photographer for the YMCA Sports Programs. Times will be scheduled by each team coach. A portion of each sale goes back to the YMCA Annual Campaign making sure no one is turned away from the YMCA.
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RUNNING CROSS COUNTRY AT THE YMCA

- Contact Info, Maps, Etc.
 - www.quickscores.com/ymcaokc
- Download the YMCA OKC Sports App
- Equipment Needed
 - YMCA Uniform Top/Jersey (All Sports Jersey, Basketball Jersey or YMCA Shirt)
 - Athletic Shoes (no spikes)
 - Water Bottle
- If you have not heard from a coach by September 8, please contact your local YMCA Sports Department after 2pm.
- Coaches will have their individual practice nights, times, & locations.
- Practices will begin by September 14
- Fall 2026 Cross Country Meet Schedule
 - Bethany/Rockwell Plaza YMCA –September 27
 - Earlywine Park YMCA– October 4
 - North Side YMCA – October 11
 - Edmond YMCA – October 25
- Distances & Order of Events at Meets
 - 2PM First Event Call
 - Kindergarten, First & Second Grade -.5 mile race
 - Third & Fourth Grade - 1 mile race
 - Fifth & Sixth Grade 1.5 mile race
 - Seventh & Eighth Grade - 2 mile race
- An email will be sent out the week prior to each event with check in time by age group, exact meet location, course map, and individual location specifics.
- All spectators must remain outside of the competition area. Only the athletes and event personnel will be allowed inside the event/field area. All running events will meet at the starting line when called to be placed into their heats.
- All Players will receive an end of season medal. Coaches will pass these out after the final meet.



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COACHING AT THE YMCA

- Fill out Coach Application and Consent for Criminal Background Check Form
 - Submit to the YMCA Sports Department by registration deadline of sport you are planning to coach. All documents can be found on www.quickscores.com/ymcaokc
- Complete assigned online coach's trainings in Volunteer Matters with the Application.
- Review YMCA Online Coaches available on QuickScores.
- Submit coach's training course completion certificates to your local YMCA Sports Department
- Attend Coaches Meeting
- Receive Roster (after clear CBC and Concussion Training)
- Schedule team practices
- Go to www.quickscores.com/ymcaokc to register as a coach
- Download the YMCA OKC Sports App
- Contact your team
 - Introduce yourself
 - Inform team of practice/game schedule and required uniform
 - Take volunteers for assistant coaches, snack list, etc.
 - Trainings, Coach Application and Consent for Criminal Background Check Form required for Assistant Coaches
- Attend team pictures as scheduled by Official YMCA Photographer and the YMCA Sports Department
- Check Weather Hotline in the event of inclement weather for status on games
- Attend weekly practice(s) and game(s)
- Pick up end of season participation medals from the Sports Department Office
- Distribute medals to players at last game or schedule end of season celebration
- Questions? Contact your local YMCA Sports Department

*Yes,
Coach!*



What is Yes, Coach!™

Yes, Coach! is a national movement dedicated to equipping coaches with the tools to mentor young people both on and off the field.

Launched by the **U.S. Soccer Foundation and Stand Together Foundation**, the campaign aims to train 100,000 coach-mentors by 2030, impacting over 3 million youth nationwide.

Through free, self-paced online training, coaches learn practical skills, youth development techniques, and strategies for creating safe, supportive environments.

Whether you're a sports coach, community leader, or simply someone passionate about helping kids thrive, **Yes, Coach!** empowers you to become the role model every child deserves.

Transforming lives, building confidence, and impacting communities.





YMCA of Greater Oklahoma City Parents Code of Ethics

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.

I will place the emotional and physical well being of each child ahead of a personal desire to win.

I will support the implementation of the YMCA's four character development values-caring, honesty, respect and responsibility.

I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

I will attend all practices and games for my child, or make appropriate arrangements for an adult to be present.

I will demand a sports environment for my child that is free of drugs, tobacco (all forms) and alcohol, and will refrain from their use at all YMCA youth sports events.

I will remember the game is for youths – not for adults.

I will do my very best to make the youth sports experience for my child.

I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching or character development or providing transportation.

I will treat other players, coaches, fans, and officials with respect regardless of race, sex, creed or ability.



YMCA of Greater Oklahoma City Coaches Creed

I pledge myself to uphold the high standards of the YMCA in all my associations with team members, coaches, spectators, staff, volunteers, and opposing teams.

I will exemplify all the principles of good sportsmanship and instill them in the youth under my care. I will not permit any unsportsmanlike conduct from players or spectators representing the team I am coaching.

I will, by personal example, display the qualities of leadership that will inspire youths to strive toward the goal of good leadership and sportsmanship.

In accordance with the YMCA principles, I shall make fair play and good sportsmanship the primary objective of all competition. I will follow the YMCA rules on playing time and provide equal opportunities to all.

My primary aim as a YMCA coach shall be the development of youth, spiritually, mentally, and physically.

I will abide by and uphold the rules and regulations governing athletic contests, as established by the YMCA. I will follow the YMCA practice plan and implement the fitness concepts & character concepts.

I will, before any athletic contest is started, line up all my team players and coaches together with the officials and recite the YMCA Pledge or a prayer.

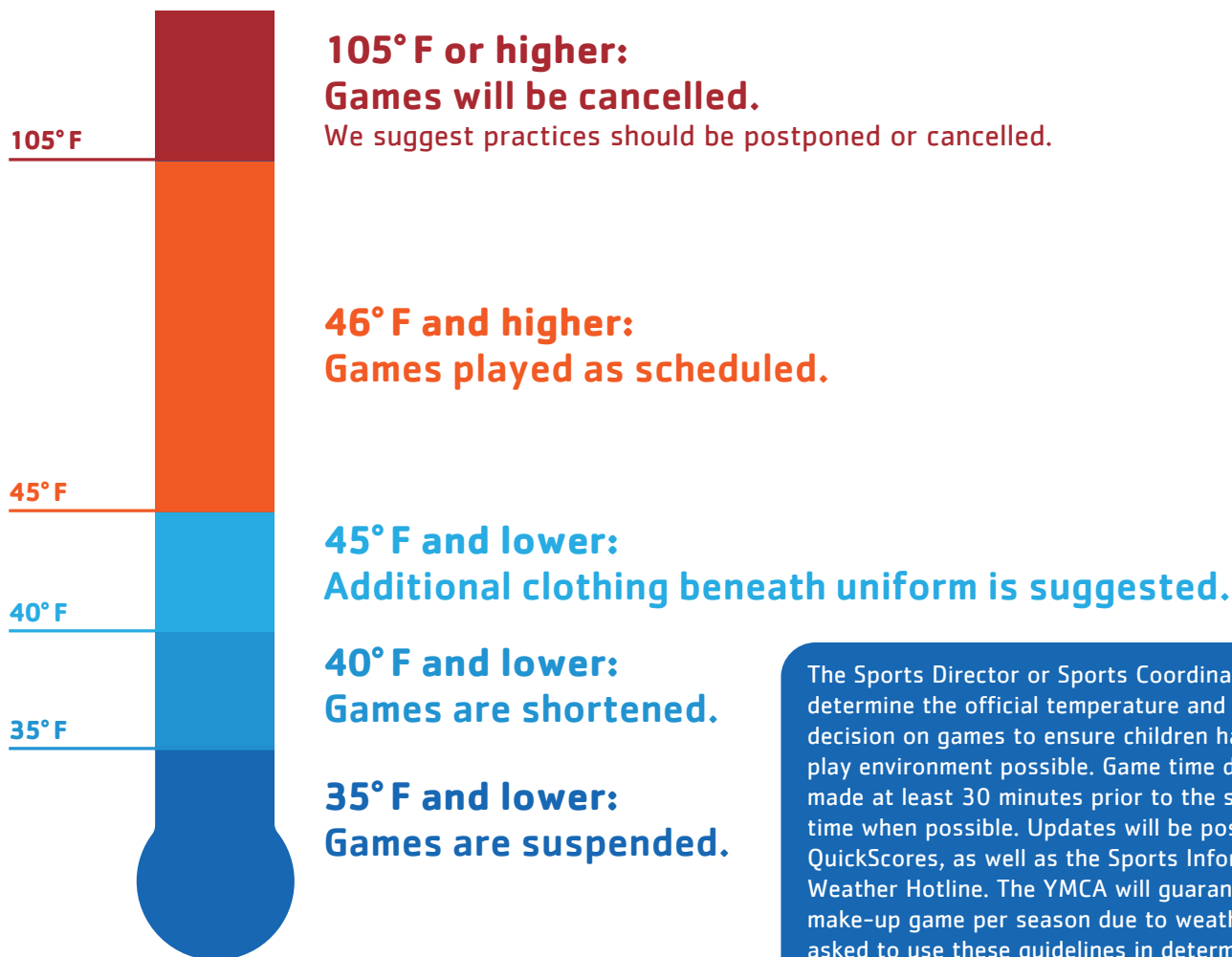
I will, after any athletic contest is completed, line up my team facing our opposition and lead them in shaking hands or some form of non contact recognition, with the opposing team.

I have read the Coaches Creed and fully agree with the conditions of the creed. I fully understand the team I am coaching is not my team, but as a YMCA team, and I understand that I will be relieved of my duties as a coach if found guilty of any major violation.



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OUTDOOR SPORTS WEATHER GUIDELINES



The Sports Director or Sports Coordinator will determine the official temperature and will make a decision on games to ensure children have the safest play environment possible. Game time decisions will be made at least 30 minutes prior to the scheduled game time when possible. Updates will be posted on QuickScores, as well as the Sports Information and Weather Hotline. The YMCA will guarantee one make-up game per season due to weather. Coaches are asked to use these guidelines in determining practice conditions/cancellations. Please contact your sports director with any other questions that you may have.

Thunder and Lightning

- If thunder is heard or lightning is seen, the area will be cleared.
- All participants and spectators will be evacuated from the location. They will need to move indoors or to their vehicles.
- Activities will resume a minimum of 30 minutes from the last observed thunder or lightning.
- YMCA Staff will monitor weather at game sites and make the final determination on return to play.



For additional weather tips, guidelines and policies, visit quickscores.com/ymcaokc

Sport Snack Game Plan

When it's your turn to bring snacks for the team, it can be tough to decide which options are the best and healthiest. Here are a few tips to help you find tasty and healthy snacks the whole team can enjoy.

SNACK & DRINK SUGGESTIONS

Fruit and water are always the best snack choices for kids on the move. Try these popular options:

- >> Orange & apple wedges
- >> Fresh peaches, pears, watermelon or other seasonal fruit
- >> Dried fruit and Raisins
- >> Bananas, grapes & strawberries
- >> Fruit cups (packed in juice) or sugar-free applesauce
- >> Ice cold water - no need for sugar packed sport drinks

GRAB & GO - THE PRICE IS RIGHT!

- >> Not only is grabbing fresh fruit and water fast and easy, it's cost effective too. Check out this price comparison for a team of 12.

Healthy Snack -

- > Fresh bananas/oranges/apples - \$3 to \$4 a bag
- > 16 oz. natural spring water bottles (15 pack) - \$3.29

Total = \$7.29

Typical Snack -

- > Mini bags of cookies (12 pack) - \$4
- > Two boxes of 7 oz. Capri Sun drink pouches (10 packs in each) - \$6.25 each

Total = \$10.25



www.advocatesforhealthinaction.org



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YMCA of Greater Oklahoma City

Youth Sports Concussion Policy

Purpose Statement

The YMCA recognizes that concussions, a type of traumatic brain injury (TBI), are serious injuries with negative outcomes that can affect an individual physically, emotionally, behaviorally, and/or cognitively, with the potential for long-term impacts on brain development. While concussions have many causes, these brain injuries are commonly sustained by youth participating in athletics or other recreational activities. The purpose of this policy is to maximize safety with respect to sports, and recreation-related concussions, by educating staff, team and game officials, athletes, and parents/guardians about concussions; providing guidance on how to prevent and manage concussions; and supporting youth returning to activities after a concussion in accordance with Oklahoma state law (70 O.S. § 24-155). This policy will be reviewed on an annual basis. The YMCA will be responsible for reviewing requirements of state law against this concussion policy and for seeking any technical assistance needed for policy review and revision. The YMCA will be responsible for implementation of the policy.

Education

On an annual basis, the YMCA will provide athletes and their parents/guardians concussion information on the nature and risk of the injury, including the risk of continuing to play after a concussion. This information will be made available on the YMCA sports website. Athletes and parents/guardians must complete, annually, an acknowledgment form affirming receipt and understanding of the provided concussion information. These acknowledgment forms must be submitted digitally to the YMCA prior to participation in practice or competition. The YMCA will be responsible for verifying receipt of a completed acknowledgment prior to athletics participation. Staff, including volunteers, who knowingly allow an athlete to participate in practice or competition prior to receipt of the completed acknowledgment form will be subject to league discipline.



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YMCA Youth Sports Concussion Plan

Players

- Educate regarding signs and symptoms of concussion, as well as misguided information.
- Provide educational materials via YMCA sports website
- Require mouth pieces for Flag Football and Tackle Football.
- Recommend mouth pieces for all sports.
- A player receiving any type of head impact regardless of source, will be removed from the game and will be unable to return.

Parents/Guardians

- Educate regarding signs and symptoms of concussion, as well as misguided information.
- Offer CDC Heads Up Concussion Training
- Provide educational materials via YMCA sports website
- Encourage support of coaches or officials decisions to remove players from practices/games if a concussion is suspected.
- Provide medical clearance documentation to YMCA & coach prior to allowing player to return.
- Follow the 3 R's, recognize, respond, return to play, in the event of a suspected concussion.

Coaches/Assistant Coaches

- Educate regarding signs and symptoms of concussion, as well as misguided information.
- Require NFHS or CDC Heads Up Concussion Training
- Provide educational materials via YMCA sports website
- Provide parents with concussion symptoms document in the event of a suspected concussion.
- Provide or confirm medical clearance documentation to YMCA Program Director prior to allowing player to return.
- Follow the 3 R's, recognize, respond, return to play, in the event of a suspected concussion.

Officials

- Educate regarding signs and symptoms of concussion, as well as misguided information.
- Require NFHS or CDC Heads Up Concussion Training
- Provide educational materials via YMCA sports website
- Any team or game official who becomes aware or suspects that a child has sustained a concussion should immediately remove the child from the practice or game. Child should be removed from play when:
 - A child has taken, or is suspected to have taken, a blow or impact to the head or body with potential to cause a concussion.
 - A team or game official becomes aware or suspects that a child is exhibiting signs, symptoms, or behaviors consistent with sustaining a concussion.
- The game official will be responsible for documenting the circumstances of the injury, notifying the athlete's parents/guardians, coach and YMCA Leadership and, when appropriate, enacting the emergency action plan.



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Penalties

Per Oklahoma Concussion Policies, Youth Sports Organizations must include in concussion policies predetermined penalties for team and game officials who do not remove an athlete from play upon a suspected concussion. Oklahoma's concussion law sets minimum penalty standards and also prohibits assessing monetary fines as penalties. Organizational leadership may establish more severe penalties than these minimums, but all penalties should be established in policy before enforcement. The following are the minimum penalties required by state law:

First violation: Required completion of additional concussion recognition and management education as predetermined by the governing board. Additional training must be documented, with record of completion readily available upon request.

Second violation: Suspension from the sport or activity until an appearance in front of the governing board. The appearance before the governing board may involve a determination as to whether the individual will continue in their role with the organization.

The YMCA Sports Committee will serve in the role of the governing board for YMCA Youth Sports League.

The 3 R's

Recognize

- Learn what a concussion is and how it affects an individual.
- Learn the symptoms and warning signs of a concussion.
- Follow the Respond steps in the event of a suspected injury.

Respond

- Remove child from game/practice.
 - Children who have been removed from practice or competition because of a suspected concussion will not be allowed to return to play the same day.
- Notify parents and league officials.
- Seek medical attention.
- Record detailed information regarding incident or past history.
- Keep child out of play until medically cleared.

Return to Play

- Child should have returned to all activities of daily living and be symptom-free for at least 24 hours before starting the Return to Play protocol.
- Obtain medical clearance from child's physician.
- Secure new program waiver signed by parent/guardian.
- Encourage parent/guardian to follow and document child's progress using the "Getting Back in the Game Program".
 - Perform light aerobic exercise (No weightlifting, jumping, hard running).
 - Gradually add activities that increase an athlete's heart rate and incorporate limited body or head movement.
 - Gradually increase activity to include a heavy non-contact physical activity.
 - Reintegrate child into practices.
 - Place child back into play, while monitoring for returning symptoms.

Adopted 1.1.2021

Concussion Facts

Coaches



What is a concussion?

When an athlete gets their “bell rung” or gets “lit up” they have suffered a concussion. A concussion is a type of *traumatic brain injury (TBI)* caused by a bump, blow, hit, or jolt to the head or body that moves the head and brain rapidly back and forth. This sudden movement can cause the brain to bounce or twist inside the skull, sometimes stretching and damaging brain cells and creating chemical changes in the brain. The effects of a concussion can be serious and should be treated as such. The brain continues to grow and develop into the mid-twenties; disruptions to that development from a TBI in childhood or adolescence can have long-term consequences on the brain’s functioning.



When an athlete takes a hit

If you suspect an athlete has sustained a concussion, **immediately** remove them from play. Do **not** allow the athlete to return to play on the same day as the injury (unless the athlete is evaluated by a licensed health care provider who provides *written* clearance allowing same-day return to play). Record the time and circumstances of the injury, along with any concussion signs/symptoms you observe or the athlete reports to you, and provide this information to the medical team.



WHEN IN DOUBT, SIT THEM OUT

The brain needs time to heal after a concussion. An athlete who continues to play or who returns to play too soon – before the brain has finished healing – has a greater chance of getting another concussion. **A repeat concussion that occurs while the brain is still healing can be very serious and can affect an athlete for a lifetime. It can even be fatal.**



MYTH: A concussion always causes you to lose consciousness (pass out).

FACT: Most concussions don’t cause you to pass out. In fact, concussion **symptoms may not appear for hours or days after the hit.**



SIGNS AND SYMPTOMS

There are many signs and symptoms of a concussion. **Concussion symptoms may appear minutes, hours, or days after the initial injury.** Symptoms may be physical, emotional, behavioral, or cognitive (affect thinking). You may observe these signs in an athlete or the athlete may report symptoms to you.

Physical

- Headache or pressure in the head
- Dizziness, balance problems
- Nausea or vomiting
- Sensitivity to noise, ringing in ears
- Sensitivity to light, blurry or double vision
- Feels tired
- Tingling
- Does not “feel right”
- Seems dazed, stunned

Emotional/Behavioral

- Becomes irritable
- Becomes sad or depressed
- More emotional than usual
- Anxious or nervous
- Personality or behavioral changes, such as becoming impulsive

Cognitive

- Trouble thinking clearly
- Trouble concentrating
- Trouble remembering, can’t recall events before or after the hit
- Feels sluggish, hazy, foggy, or groggy
- Feels “slowed down”
- Repeats questions or answers questions more slowly
- Confusion
- Forgets routine things

DANGER SIGNS

If one or more of these signs emerges after a hit to the head or body, **IMMEDIATELY** call 911 or tell the parent/guardian to take the athlete to the nearest emergency room.

- One pupil larger than the other
- Drowsy or cannot wake up
- Headache that gets worse and does not go away
- Slurred speech, weakness, numbness
- Decreased coordination
- Loss of consciousness
- Repeated vomiting or ongoing nausea
- Shaking or twitching (convulsions or seizures)
- Unusual behavior, increased confusion, restlessness, or agitation

Learn more: concussion.health.ok.gov | 405.426.8440

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OKLAHOMA
State Department
of Health



OKLAHOMA
Education



Concussion Facts

Parents & Guardians



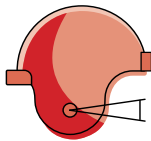
What is a concussion?

When an athlete gets their “bell rung” or gets “lit up” they have suffered a concussion. Concussions are a type of *traumatic brain injury (TBI)*. When a child or adolescent sustains a concussion, their brain may bounce or twist inside the skull, sometimes stretching or damaging brain cells and causing chemical changes within the brain. This movement interrupts the brain’s functioning and can impact your child physically, emotionally, cognitively, and behaviorally.



How do concussions happen?

Concussions are caused by a bump, blow, hit, or jolt to the head or body that moves the head and brain rapidly back and forth. Common causes are falls and being hit against or by another person or object. Your child’s head does not have to be struck to cause a concussion — a body-to-body hit has the potential to cause a concussion.



Can concussion risk be reduced?

YES! There are ways to reduce your child’s risk of a concussion. Talk to your child about practicing good sportsmanship and following coaches’ instructions for safe game play. Make sure bicycle, athletic, and ATV helmets fit properly and are worn consistently. While a helmet doesn’t prevent a concussion, it does protect your child’s head from more severe head injuries. Make sure your child’s school and sports organizations have established concussion policies and protocols; they should have procedures in place for coach training and returning to learn and play after a concussion.



Can my child keep playing after a concussion?

The brain needs time to heal after a concussion. An athlete who *continues to play* or who *returns to play too soon* — before the brain has finished healing — has a greater chance of getting another concussion. **A repeat concussion that occurs while the brain is still healing can be very serious and can affect a child for a lifetime. It can even be fatal.** If you suspect your child has sustained a concussion during a practice or a game, make sure they are **immediately** removed from play. Do **not** allow your child to return to play on the same day as the injury.



SIGNS AND SYMPTOMS

There are many signs and symptoms of a concussion. **Concussion symptoms may appear minutes, hours, or days after the initial injury.** Symptoms may be physical, emotional, behavioral, or cognitive (affect thinking). You may observe these signs in your child or your child may report symptoms to you.

Physical

- Headache or pressure in the head
- Dizziness, balance problems
- Nausea or vomiting
- Sensitivity to noise, ringing in ears
- Sensitivity to light, blurry or double vision
- Feels tired
- Tingling
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- Confusion
- Forgets routine things

DANGER SIGNS

If one or more of these signs emerges after a hit to the head or body, **IMMEDIATELY** call 911 or take your child to the nearest emergency room.

- One pupil larger than the other
- Drowsy or cannot wake up
- Headache that gets worse and does not go away
- Slurred speech, weakness, numbness
- Decreased coordination
- Loss of consciousness
- Repeated vomiting or ongoing nausea
- Shaking or twitching (convulsions or seizures)
- Unusual behavior, increased confusion, restlessness, or agitation

Learn more: concussion.health.ok.gov | 405.426.8440

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OKLAHOMA
State Department
of Health



OKLAHOMA
Education



Concussion Facts

Youth Athletes



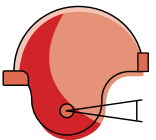
What is a concussion?

When an athlete gets their “bell rung” or gets “lit up” they have suffered a concussion. Concussions are a type of *traumatic brain injury (TBI)*. Concussions are caused by a bump, blow, hit, or jolt to the head or body that moves the head and brain rapidly back and forth. Falling or being hit against or by another person or object are common causes of concussions. Your head doesn’t have to be struck to cause a concussion; for example, a body-to-body hit has the potential to cause a concussion.



What does a concussion do to my brain?

When you experience a concussion, your brain may bounce or twist inside your skull, sometimes stretching or damaging brain cells and causing chemical changes within the brain. A concussion interrupts your brain’s functioning. When your brain is injured by a concussion, the injury can affect you physically, emotionally, behaviorally, and/or cognitively (how you think).



Can concussion risk be reduced?

YES! There are ways to reduce your risk of a concussion. Practice good sportsmanship and follow your coach’s instructions for safe game play. If you play contact sports, learn the fundamentals and appropriate techniques. Make sure bicycle, athletic, and ATV helmets fit properly and are worn consistently. While a helmet doesn’t prevent a concussion, it does protect your head from more severe injuries.



Can I keep playing after a concussion?

Your brain needs time to heal after a concussion. If you *continue to play* or *return to play too soon*—before your brain has finished healing—you have a greater chance of getting another concussion. **A repeat concussion that occurs while your brain is still healing can be very serious and can affect you for a lifetime. It can even be fatal.** If you think you may have sustained a concussion during a practice or game, **immediately** talk to your coach, game official, athletic trainer, or parent/guardian and **remove yourself from play**. Do **not** return to play on the same day as the injury. You need to see a health care provider to be evaluated for a concussion and given written clearance to return to play.



SIGNS AND SYMPTOMS

There are many signs and symptoms of a concussion. **Concussion symptoms may appear minutes, hours, or days after the initial injury.** Symptoms may be physical, emotional, behavioral, or cognitive (affect thinking). You may notice these symptoms yourself or someone else may observe them. If you experience any of these symptoms after a blow to the head or body, tell someone immediately.

Physical

- Headache or pressure in the head
- Dizziness, balance problems
- Nausea or vomiting
- Sensitivity to noise, ringing in ears
- Sensitivity to light, blurry or double vision
- Feel tired
- Tingling
- Do not "feel right"
- Feel dazed, stunned

Emotional/Behavioral

- Become irritable
- Become sad or depressed
- More emotional than usual
- Anxious or nervous
- Personality or behavioral changes such as becoming impulsive

Cognitive

- Trouble thinking clearly
- Trouble concentrating
- Trouble remembering, can't recall events before or after the hit
- Feel sluggish, hazy, foggy, or groggy
- Feel "slowed down"
- Repeat questions or answer questions more slowly
- Confusion
- Forget routine things

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Education



ABCs of Working with Kids

A is for Active You have to be active. If you sit out of every activity, the kids won't think you care about them.

B is for Belonging. Children want to belong, you have the ability to help them feel as they do belong.

C is for Cheerful Be cheerful. Even if you're in a bad mood, be sure to keep a smile on your face. A bad day for you is a bad day for the kids.

D is for Desire You have to have the desire to give kids a fun program.

E is for Everyone Interact with everyone and get everyone involved! If you notice one of the kids in your group is shy, be sure to get him/her involved with the other kids even more.

F is for Funny Kids don't want an adult who's serious all of the time. Make jokes, have a good time.

G is for Guide It's your job to guide your children in the right direction of their life.

H is for Happy This is a given. You have to be happy. Don't be angry all of the time.

I is for Independence Teach children to become more independent than they are.

J is for Join in Don't sit on the side lines. Participate and have fun with the kids. Even if it means running around a playground or going down a slide. Do it.

K is for Kids This could have two meanings. The first means that you have to be good with kids to be a successful. The second is to let the kid inside of yourself come out. You may not be the most active or creative person outside of this program, but here that doesn't matter. Even if you aren't the best at drawing, draw anyway.

L is for Laugh You should always laugh. If one of the kids tells you a story or joke that they find funny but you don't, laugh anyway. Of course, remember to laugh at appropriate times. If a kid trips on a rock and falls, that's not the time to laugh (even though you may want to). If a kid draws a bad picture, don't laugh at it.

M is for Make Friends Make friends with the kids. Obviously this will probably happen, but make sure it does. Never ignore one child. Also, have kids make friends with each other.

N is for No Yelling You should never yell. You might scare them or make a bad situation worse. Or if you yell enough, they might actually get used to it and yelling won't be a threat to them.

O is for Options Give options. They'll have to learn sometime to choose and make decisions. Why not help them out. Sometimes they might not like the options, but they'll have to choose.

P is for Patience Have patience. This is pretty self-explanatory.

Q is for Questions Instead of punishing two kids for fighting right away, ask questions. Ask why they were fighting, what started it, who started it, was there a better way to solve the problem.

R is for Relationships Build relationships with the children.

S is for Sanity Be sure to keep your sanity, no matter how stressful times can get. Talk to other adults for suggestions.

T is for Teach Teach the ways of life. Teach them to try and become the best person they can be.

U is for Understanding We are all understanding people. If a child is upset, sit down and talk with them and listen to what they have to say.

V is for Vigilance We are in charge of making sure things are safe in our program.

W is for Wisdom Share your wisdom with the kids and watch them grow as the weeks go on.

X is for eXcellence You have a limited amount of time to give to the kids. Give it your all 100% of the time and be excellent.

Y is for Yes I Can This is not only a place for kids to learn new things and explore outside of their comfort zone; we can do this too!

Z is for Zzz Let's face it: get all the sleep you need to be well-rested for Wednesday afternoons!

Top Ten Tips for Working with Kids

1. Get to know each one individually.

Take time to get to know some of the interests, talents, and qualities of each child. Until your children feel they are building a relationship with you, that is the point where they start to feel secure and connected.

2. Get into routines right away.

For most children, routines provide security because they are predictable, and they help to know what is expected of them. For example, try using the "five-minute warning" routinely before the end of every activity period. Announce to kids, "Okay, we have five minutes before we have to clean up!" Transitions are hard for children because they involve a small loss of what they have just invested their pride and energy into doing. Using the five-minute warning consistently in other words, doing it routinely, helps children master those transitions.

3. Keep your directions simple!

Giving too many things to do at once is confusing and often results in not too much getting done! Especially for younger children who have shorter attention spans and for children who are easily distracted, try the following routine:

Step 1: Tell a child one thing to do. ("Get your homework out of your bag")

Step 2 : Ask them to repeat back to you what you have just asked them to do. ("So what are you going to do right now?")

Step 3: Instruct the child to come back and tell you when they've finished.

Step 4: Praise them for getting it done!

Step 5: Repeat the process with a new task for the child.

4. Get on their train before you try to get them on yours.

There's an expression called "getting on a train." When a child is doing something other than what she should be—rather than get into a struggle with her, experts suggest that you take a minute or two and join in whatever she is doing. In other words, take a moment to look at the pay attention to what they are doing before coaxing them away from it and onto the task at hand. Entering that child's world on her terms is a great way to develop influence with that child — which is a more powerful and lasting way of motivating children than using threats or force.

5. The human brain can't hold a negative.

When you tell a child at the swimming pool, "Don't run!" what his brain hears is "Run!" When you tell a child, "Don't talk while I'm talking!" his brain hears, "Talk while I'm talking!" It is impossible to tell someone not to do something without suggesting they do the very thing you don't want them to do. What is more effective is telling them what we want them to do. For example, at the pool, say, "Walk!" In a meeting say, "Listen while I'm speaking. You can have a turn when I am finished". Turning negatives into positives is more than just a subtle rephrasing of words. Children today are visual learners, meaning they get a picture in their brains of what behavior we are suggesting when we talk. Giving them a clear picture of what we want, rather than what we don't want helps steer their behavior in a more constructive direction. "Keep your hands to yourself," or, "Use your words when you are upset," are examples of telling children what we want from them that help them behave more appropriately.

6. Sarcasm has no place here!

I once heard an adult shouting at children who were late to line-up: "Come on, ladies! My old grandmother moves faster than you guys!" Sarcasm may be said with a hint of affection or humor, but this subtlety is lost on children younger than fourteen — the age at which the human brain "gets" sarcasm. Not that children won't mimic the sarcasm they witness... they will. But, what younger children "repeat" is simply hostility — any hint of affection or good-natured humor that one might embed in a sarcastic remark to a friend is lost on younger children.

7. Drop the rope!

If you have ever heard a child say to an adult, "You're not the boss of me! I don't have to listen to you!" then you have witnessed an example of how American children have been encouraged to "speak up" and assert themselves.

Unfortunately, many children today confuse rudeness with assertiveness. When a child says something provocative, like, "This is a free country! I can do what I want!" or, "My parents don't make me do that, you clean up!" rather than get into an argument — which I call picking up the emotional rope — use the following four-step response:

Step 1: Stay calm and let go of the provocation (in other words, drop the emotional rope!).

Step 2: Make children "right" about what they are "right" about. For example, "You're right. I'm not your parent!"

Or, "You're right — it is a free country! Isn't that great!"

Step 3: Pause and then simply say ". . . and . . . everybody knows that her, part of being responsible is cleaning up. And

you can do this — it's no big deal!"

Step 4 : Then stop talking and move on! One of the biggest mistakes adults make with children is we talk too much! Less is

more!

When it is clear that you are not going to pick up the bait and get into an argument, you throw that child off balance. Second, using the word "and" as opposed to the word "but" helps kids stay with you. Third, state simply and calmly what everybody knows which helps you maintain the upper hand emotionally and signals to the child your confidence. When you detach and move on you are essentially taking the high road. Children would much rather argue with you than do what they are supposed to do. Detaching takes that option away. Picking up the "emotional rope" is the single greatest mistake adults make with children.

8. Try using the "triple play" with children who are having a hard time fitting in.

One of the challenges facing adults I hear about most frequently is the child who is a little socially awkward or shy. This is where a technique I call the "triple play" comes in. Try pairing that child with one other child (preferably one he helps choose) and do a fun activity together. When children play together they get to know one another more easily and introduce them to others too.

9. Teach children how to share and have gratitude.

You may actually have to teach how to share or have a sense of gratitude. Teaching them how to share and have gratitude will help them work together. Try gathering the kids for a few minutes at the end of the day and have them raise their hands when they have an example to share with the group of something that happened that day that they are grateful for or something that someone has shared with them that day, like friendship or a toy or their time and help during clean-up. Encouraging gratitude helps create an environment where friendship and respect flourish.

10. Listen, Laugh and Enjoy!



Additional Communication Tips

Communicating with children:

- Always give directions using positive statements (ex. "inside voices please").
- Listen to children and respect individual differences. When you take time to listen, you show a child that he/she is important.
- Have eye contact- kids know you are listening when you are making eye contact. Lean for a teen, squat for a tot.
- Avoid talking down to children.
- Be clear in your expectations.
- Discuss with the children the activities for the day.
- Use motivating words.
- Praise and Reinforce good behavior.
- Flexibility and adaptability are essential.
- Have empathy, realize that some children may be dealing with less than ideal situations unbeknown to you.
- Always intervene when you hear children putting each other down.
- Use a sense of humor, an easy-going attitude, patience and creativity
- Always end the day on a positive note. Ask questions like "What was your favorite part of the day?". You will be amazed what matters to the children.

HOW TO HAVE FUN

- This program about relationships and connections between kids and volunteers. Don't be lazy! Interact with children. Don't just tell them how to do things--do it too! Play UNO, , play in the soccer game. It makes the day so much more fun for you too!
- You are a role model, so act like it. The children will do what you do. Think of how you want the kids to behave and act that way. Be professional in front of the children.
- Be friends but do not let them get away with things. Treat kids who get on your nerves like you do your favorite. Basically, don't play favorites!
- Break up cliques early. It is unavoidable that there will be cliques. Make sure that you make them mingle as much as possible.
- Be proactive rather than reactive. Anticipate what is going to happen and then plan accordingly.
- Grin and bear it. You may be tired, hungry or have 100 other things that you need to get done at work. People who work with kids need to be some of the best actors in the world at times.
- Try to spend a few minutes of face time with each new child. They will like you more if they feel that they are the center of attention, and it will allow you to understand them better. We can tag team as a group.
- **Prepare.** Prepare for each day and whatever it may throw at you. If you prepare yourself, you can prepare the kids. They will have less anxiety about the day and have something to look forward to.
- Ask questions, start conversations and play games that help the kids get to know each other.



HOW TO PICK TEAMS

Have you or someone you know ever been the last person selected to be on a team? If this has happened, then you are aware of the damage it causes to one's self esteem. Making teams by using team captains who select players, one by one, from the group has severe consequences.

Consequences:

1. Child loses self confidence
2. Child may become a behavioral problem
3. Child does not want to participate
4. Child does not want to return to the program

Creative Ways to Make Teams

- Have children line up and count off using numbers, objects, animals (tigers and bears), etc.
- Have everyone take off one shoe and put it in a pile. Volunteer randomly throws shoes to his/her left and right. Children go to the left or right to pick up their shoe. Two teams are made of the right/left throw.
- Make teams according to birth month, birth dates, or birth season.
- Draw names from a hat (use name cards).
- Have children pair off and each pair find another pair to form four and each foursome find another foursome...go until you have the correct teams designed.
- Play a game or icebreaker that results in formed groups.
- Have children group according to material items, NOT physical characteristics (all who are wearing a watch vs. those who aren't; those with white shirts, those with other colors)
- Volunteers randomly select teams (not too exciting, use as a last resort).
- Mingle, Mingle, Mingle—group mingles around, leader calls out random numbers, the group has to get in groups of that many, play multiple rounds.
- Toe to Toe - Have the kids stand toe to toe with someone their height. One of the kids is skittles one is starburst. Send one to one side, one to the other. Keep dividing until you get desired group size.
- Come up with a few ways of your own!



GAMES

Play with the kids . Kids will be most likely to play a game if you are actively participating. Enjoy yourself and be part of the group, but be cautious not to play at skill levels above the kids that make the game unfair or dangerous.

Facilitate equal playing action for all participants. Be very mindful of how many times a kid has (ie) received the soccer ball. Quite often, less active kids are left on the sidelines while more athletic or outgoing children dominate the game. If you are playing any activity, find a way to keep activities moving and changing to give everyone equal quality playing time. This same principle applies to sports-minded children who may be uncomfortable playing dramatic games.

Keeping score is not always important! You'll quickly find that by simply not keeping score, many games become more fun. Whenever possible, try to limit the focus on "winning" or "losing" and concentrate more on having fun, and staying active. This is not to say that you should never keep score – it's simply not always important.

Re-invent any activity by changing the rules .Any game can be adapted to make it more interesting. Here are several adaptations of kickball as an example: Run the bases backwards, run them in reverse order, give all infielders water balloons to use to throw players out instead of the ball, hit the ball with a bat, use a beach ball or have entire sides kick before rotating instead of having traditional outs.

Learn games at all physical activity levels. Every group is different, and every day is different as well. Good volunteers have a bag a tricks for the various personalities or weather conditions that they come across.

Always, Always, Always encourage teamwork, fair play, and sportsmanship! Set the tone right away – games are meant to be fun and should reflect the values of the Y. Set ground rules for physical or less active games alike, such as, "Only positive comments," or "No name-calling."

Always stop the game while you're still having fun. Children will always want to return to a game that was stopped that they were enjoying. If you play a game until everyone is dropping out or arguing, that's how they will remember it.

Let children lead games. Give children an opportunity to be the group leader, explain the rules, choose captains, set boundaries, and arbitrate arguments. It helps build leadership skills, independence, and self-esteem.



CHILD ABUSE REPORTING PROCEDURES and POLICIES

A foundational commitment of the Y is to provide a healthy atmosphere for the growth and development of children. Thus, child abuse in any form is a primary concern to the Y. Child abuse is the mistreatment or neglect of a child resulting in injury or harm.

- Any staff or volunteer who has reasonable cause to suspect that a child participating in one of our programs has been abused or neglected, or having reason to suspect that a child has been threatened with injury and that abuse will occur, must report to the proper authorities.
- Volunteers are trained to recognize, prevent, and report child abuse.
- Under no circumstances should a staff/volunteer member interrogate the child or cause them to feel responsible for the abuse/neglect. The staff/volunteer person's responsibility is to report and cooperate with the agency's investigation.
- Confidentiality is of utmost importance.
- Parents/guardians or children involved in the case should not be contacted by a YMCA staff/volunteer person.

Oklahoma Child Abuse and Neglect Hotline: 1-800-522-3511

In order to avoid allegations regarding child abuse, the following policies must be adhered to:

- Staff/ Volunteers will not use verbal or emotional abuse when disciplining.
- Staff/ Volunteers will not discipline by use of physical punishment or by failing to provide the necessities of care such as food or shelter.
- Staff/ Volunteers should at no time be alone with a single child unobserved by other Staff/ Volunteers.
- Staff/ Volunteers to child contact should be on the hand, shoulder, or upper back. Staff and volunteers will respect children's rights not to be touched in ways that make them feel uncomfortable and will understand that touch should be done only in view of others.
- Staff/ Volunteers shall be alert to the physical and emotional state of children each time they report for a program.
- Staff/ Volunteers will refrain from intimate displays of affection toward others in the presence of children, parents, and staff.
- Profanity, inappropriate jokes, sharing intimate details of one's personal life in the presence of children and/or parents is prohibited.
- Contact should never be against a child's will (unless in the case of clear and present danger of the child).
- Contact should never be against a child's discomfort, whether expressed verbally or non-verbally.
- Contact should never be used when it would have the effect of over-stimulating the child.
- Contact should never take place in a place on a child's body that is normally covered by a bathing suit, unless for a clear medical necessity, and then only with supervision from another adult.

<i>Appropriate Physical Interactions</i>	<i>Inappropriate Physical Interactions</i>
• Side hugs • Shoulder-to-shoulder or "temple" hugs • Pats on the shoulder or back • Handshakes • High-fives and hand slapping • Verbal praise • Pats on the head when culturally appropriate • Touching hands, shoulders, and arms • Arms around shoulders • Holding hands (with young children in escorting situations)	• Full-frontal hugs • Kisses • Showing affection in isolated area • Lap sitting • Wrestling • Piggyback rides • Tickling • Allowing a youth to cling to an employee's or volunteer's leg • Any type of massage given by or to a youth • Any form of affection that is unwanted • Compliments relating to physique or body development • Touching bottom, chest, or genital areas
<i>Appropriate Verbal Interactions</i>	<i>Inappropriate Verbal Interactions</i>
• Positive reinforcement • Appropriate jokes • Encouragement • Praise	• Name-calling • Discussing sexual encounters or in any way involving youth in the personal problems or issues of staff and volunteers • Secrets • Cursing • Off-color or sexual jokes • Shaming or Belittling • Derogatory remarks • Harsh language that may frighten, threaten or humiliate youth • Derogatory remarks about the youth or his/her family

FLAG FOOTBALL RULEBOOK

YMCA OF GREATER OKLAHOMA CITY



I. PLAYERS/TIME OF GAME

- A. All ages will play 6 players per side (6v6) & all players must play at least half of the game.
- B. All Teams must have a minimum of 5 players to begin a game. A 10-minute forfeit period will be allowed from the scheduled start of the game.
- C. Games will consist of 4 ten-minute quarters with a running clock. Officials can stop the clock at their discretion. A 3-minute half-time will separate the first and second halves. Teams change sides of the field after halftime. When there are 2 minutes remaining in the half, the official will inform both coaches that there are 3 plays remaining in the half. Extra points will not count as a play.
- D. Each team is allowed 2 time-outs per half. Time-outs last 1 minute and do not carry over from the first to the second half.
- E. For 10U & above, if the score is tied at the end of the game, the game is over and declared a tie. League records and standings will be available online at QuickScores.
- F. Based on age groups, coaches may be allowed on the field and present in the huddle on offense or defense. They should be at least 10-yards behind or in front the line of scrimmage (based on their teams possession) at the snap. They should make every effort to avoid the movement of all players.
 - 6U - Up to 2 Coaches Allowed
 - 8U / 10U - 1 Coach Allowed
 - 12U & Above - No Coaches Allowed on Field

II. EQUIPMENT/SIDELINES

- A. The YMCA requires that all participants wear a YMCA All Sport Jersey (Green and Gray). The YMCA will provide game balls and flag belts for all games.
- B. Cleats are allowed, except for metal spikes. Cleats must be molded rubber.
- C. Mouthpieces are required.
- D. The sizes of the game balls are as follows:
 - 6U/8U/10U - Pee Wee
 - 12U - Junior
- E. Teams are required to occupy opposite sidelines as follows:
 - North-South fields, the home team will occupy the East sideline; The visiting team will occupy West sideline. This includes fans and spectators.
 - East-West fields, the home team will occupy the North sideline; The visiting team will occupy South sideline. This includes fans and spectators.



FLAG FOOTBALL RULEBOOK

YMCA OF GREATER OKLAHOMA CITY

III. GENERAL RULES OF PLAY

- A. The home team will begin the game with possession. The visiting team will choose the direction of play. Teams will switch directions and possession at halftime.
- B. The offensive team will start with the ball on their 20 Yard Line.
- C. An offensive team gets a first down by moving the ball into the next zone within 4 downs.
- D. Each time the ball is spotted a team has 30 seconds to snap the ball. Teams will receive 1 warning before a delay of game penalty is enforced.
- E. Punts must be declared and the official will mark off 15 yards or half the distance to the goal.
- F. Each team must use at least 2 quarterbacks per game and no quarterback may play more than $\frac{3}{4}$ of the game.
- G. All players on the line of scrimmage must be within 7 yards off the ball laterally. If you wish to split a player out wider, they must be one of the backs and line up off the line of scrimmage.
- H. Maximum of three players in the backfield, including the quarterback.
- I. Center Sneaks are not allowed.

IV. RUNNING

- A. The quarterback can run with the ball. Once the quarterback leaves the "pocket", all defensive players are eligible to pursue the ball carrier (Official's discretion). The pocket is defined as 5 yards (laterally), on each side of the ball.
- B. Direct handoffs behind the line of scrimmage are permitted.
- C. Laterals or pitches of any kind are allowed. A dropped pitch or lateral will be a dead ball.
- D. No running zones are located 5-yards from each end zone and are designed to avoid short yardage, power-running situations. Only forward passes beyond the line of scrimmage are allowed.
- E. The player who takes the hand off or backwards pitch can throw the ball from behind the line of scrimmage.
- F. Once the ball has been handed off or pitched, all defensive players are eligible to rush the ball carrier.
- G. Spinning is allowed, but players cannot leave their feet to avoid a defensive player or to gain additional yardage (no diving).
- H. The player will be considered down when/where the player leaves his feet.
- I. It is the responsibility of the ball carrier to avoid contact.
- J. The ball is spotted where the ball carriers feet are when the flag is pulled, not where the ball is.
- K. The ball carrier may not protect his flag or swipe at the arms of a tackler. This will result in the ball carrier being declared down at the spot of the infraction.

V. PASSING / RECEIVING

- A. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- B. Only 1 player is allowed in motion at a time.
- C. A player must have at least 1 foot inbounds when making a reception.
- D. Shovel passes are allowed. If a fumble occurs, the ball is dead and a loss of down occurs.
- E. Interceptions can be returned.
- F. Once the quarterback leaves the "pocket", all defensive players are eligible to pursue the quarterback (Official's discretion).



FLAG FOOTBALL RULEBOOK

YMCA OF GREATER OKLAHOMA CITY

VI. DEFENSIVE RUSHING / OFFENSIVE BLOCKING

- A. Teams may rush the quarterback with one player, identified with a provided wristband.
- B. Two markers will be dropped prior to each play. The first is a marker, which will allow dropped passes to quickly move back to the original line of scrimmage. The second marker will be dropped five paces in front of the line of scrimmage on the defensive side of the ball. Anyone wishing to rush the quarterback must start from an area behind this marker and be identified with the wristband.
- C. Blockers must keep their hands in at their chest or belt with their elbows down and may not extend their arms while blocking.
- D. It is the responsibility of the rusher to avoid contact with the blocker.
- E. There is no active blocking down field.

VII. DEAD BALLS

- A. The ball must be snapped between the legs, not off to one side, to start play.
- B. Substitutions may be made on any dead ball.
- C. Play is ruled dead in the following situations:
 - Ball carrier flag is pulled
 - Ball carrier steps out of bounds
 - Touchdown or safety is scored
 - Ball carrier knee hits the ground
 - Ball carrier flag falls out
 - Dropped lateral or pitch
 - Fumble
 - If the ball is dropped while attempting a direct snap, under center, the play will be blown dead.
 - If the ball is dropped while attempting a shotgun snap, the play will not be blown dead and may be played. However, if the referee judges that there is danger of a collision between the players going for the loose ball it will be blown dead and placed at the spot where the ball was dropped.
 - A turnover during Extra Point Attempts

VIII. SCORING

- A. Touchdown: 6 points
- B. Extra Points: 1 point (from 5-yard line), 2 points (from 12-yard line)
- C. Safety: 2 points

IX. PENALTIES

- A. The following rules will be the official playing rules.
- B. There are no protests regarding official's calls.
- C. The Sports Director or Sports Coordinator(s) will have the final ruling in all matters.
- D. If a coach or a fan is ejected from the game, they will automatically be ineligible for the next game. Further penalty may be assessed if necessary.
- D. All penalties will be enforced by the official(s).



FLAG FOOTBALL RULEBOOK

YMCA OF GREATER OKLAHOMA CITY

A. Defensive penalties:

- Encroachment or if rushing player(s) are not identified with wristbands: 5 yards and repeat the down;
- Pass Interference: 5 yards and automatic first down;
- Illegal Contact (holding, blocking, etc.): 5 yards, automatic first down;
- Illegal Flag Pull (before player has ball): 5 yards, automatic first down.
- Tackling: 15 yards, automatic first down.

(Tackling is not allowed. This is a non-contact league designed to develop players' individual skills and build teamwork through structured athletic activity. Incidental contact resulting in the ball carrier going down will not be called, at the discretion of the official.)

B. Offensive penalties:

- Illegal Motion (more than 1 person moving, false start): 5 yards, repeat the down;
- Offensive Pass Interference: 5 yards, repeat the down;
- Stiff Arming: 5 yards (from line of scrimmage), loss of down;
- Delay of Game: clock stops, 5 yards, repeat the down;
- Illegal Blocking: 5 yard penalty, repeat the down
- Rough play will not be tolerated. The player will receive one warning and will be removed from the game (Official's Discretion).
- Un-sportsmanlike Conduct will be penalized 15 yards, loss of down.

X. YMCA MISSION STATEMENT

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



8 & UNDER SOCCER RULEBOOK

YMCA OF GREATER OKLAHOMA CITY



I. PLAYERS / COACHES / BALL SIZE / DURATION OF GAME

A. 3U

- Four (4) players per side, no goalies
- No more than 2 coaches per team on the field
- The game shall be divided into four (4) equal, six (6) minute quarters
- There shall be a halftime break of three (3) minutes
- Size 3 Ball

B. 4U

- Five (5) players per side, no goalies
- No More than 2 coaches per team on the field
- The game shall be divided into four (4) equal, eight (8) minute quarters
- There shall be a halftime break of three (3) minutes
- Size 3 Ball

C. 6U

- Five (5) players per side, no goalies
- No more than 1 coach per team on the field
- The game shall be divided into four (4) equal, eight (8) minute quarters
- There shall be a halftime break of three (3) minutes
- Size 3 Ball

D. 8U

- Six (6) players per side, including a goalie
- All Coaches must remain on the sideline during the games
- The game shall be divided into two (2) equal, twenty (20) minute halves
- There shall be a halftime break of three (3) minutes
- Size 4 Ball

F. Substitutions

- Unlimited and can take place regardless of ball possession.
- May occur during injuries or any other stoppages in play.
- Players cannot switch in during game play.
- All players must play the minimum of one half.

G. 6U & Below Park/Camp Out

- No player is allowed to "park", "camp out", or play as a goalkeeper on defense, while the ball is not in their half of the field of play. Players should be involved in active play at all times.

8 & UNDER SOCCER RULEBOOK

YMCA OF GREATER OKLAHOMA CITY

II. THE FIELD / EQUIPMENT

- A. Size
 - Length: Will vary by age group
 - Width: Will vary by age group
 - Field size may vary due to location
- B. Markings
 - Distinctive lines not more than five (5) inches wide.
 - A halfway line shall be marked out across the field.
 - A center circle with a five (5) yard radius.
 - Goal area: Three (3) yards from each goal post and three (3) yards into the field of play joined by a line drawn parallel with the goal line.
 - For 8U there will be a dual goal box to protect the goalie. A goal scored inside of the inner goal box will not be allowed, and a goal kick will be awarded to the defending team.
- C. Sidelines
 - Teams are required to occupy opposite sidelines as follows:
 - North-South fields, the home team will occupy the East sideline; The visiting team will occupy West sideline.
 - East-West fields, the home team will occupy the North sideline; The visiting team will occupy South sideline.
- D. Parents
 - Parents are not permitted behind goals and/or on the field of play during games. In the event you are needed on the field, such as a player injury, the officials will signal for you to come on to the field.
- E. Footwear/Uniforms/Shin guards
 - Tennis shoes or rubber molded soccer shoes. Soccer cleats only. No baseball, football, track cleats, etc.
 - All players are required to wear the official Green/Gray YMCA All Sport Jersey.
 - Shin guards are required for all ages
 - All 8U Goalies will wear identifiable target jerseys provided by the YMCA at games.

III. START/IN & OUT OF PLAY /SCORING

- A. The home team will begin the game with the kickoff. The away team will choose which side of the field to defend. Teams will switch sides at halftime, with the kickoff for the second half awarded to the away team.
- B. The game starts with a player taking a place kick into the opponents' half of the field of play. Every player shall be in their half of the field, and every player of the opposing team shall remain outside of the center circle until the ball is kicked.
- C. After a goal has been scored, the game shall be restarted in like manner by a player of the team losing the goal.
- D. The ball is out of play:(a) when it has crossed the goal line or touchline, whether on the ground or in the air; (b) when the game has been stopped by the referee.



8 & UNDER SOCCER RULEBOOK

YMCA OF GREATER OKLAHOMA CITY

E. The ball is in play at all other times from the start of the match to the finish.

F. A goal is scored when the whole ball crosses the goal line.

G. Standings will not be kept for 8 & Under Leagues.

IV. FREE KICK / GOAL KICK / CORNER KICK / THROW IN

A. A free kick occurs when a foul is called(to be taken from or near the spot of the foul)

B. All free kicks are indirect

- An indirect kick is a kick from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal.

C. No kicks shall be taken by the offending team within the defending team's goal box.

D. There are no penalty kicks or direct kicks for ages 6 & Below.

E. A goal kick is taken when the ball crosses end line out of bounds by the attacking team.

F. Goal kick is taken from either corner of the goal box.

G. Defending players will line up at mid field line until the ball is in play so that the attacking team has a chance to advance up the field. Except and unless the defending team chooses to restart quickly, in which case the opposing team can stop their retreat and begin to attack the defending team.

H. Goalies (8U) will not be allowed to punt the ball. They must either roll the ball out, set the ball down to kick it or make a throw.

I. A corner kick is taken when the ball crosses end line out of bounds by the defending team.

J. Corner kicks are to be taken from the corner nearest to where the ball goes out of bounds. Opponents must be five (5) yards away from the ball

K. A throw-in occurs when the ball crosses either sideline out of bounds.

L. If a player is attempting a throw-in, the ball must be thrown from directly above the head with both feet remaining on the ground - a second throw-in will be allowed if a player commits a foul on initial attempt.

V. FOULS AND MISCONDUCT

A. A player who commits any of the following infractions will be charged with a foul: (a) kicking or attempting to kick an opponent, (b) tripping an opponent,(c) jumping at, charging, striking, or pushing an opponent, or (d) handling the ball deliberately (carries, strikes, or propels the ball with their hand or arm) - this does not apply to the goalie within his own goal box in 8U.



8 & UNDER SOCCER RULEBOOK

YMCA OF GREATER OKLAHOMA CITY

- B. Fouls outside of the goal box shall result in an indirect free kick with opponents five (5) yards away.
- C. For 6U & below, there are no penalty kicks or direct kicks.
- D. For 8U, fouls inside of the goal box will result in a penalty kick from the marked area.
- E. An indirect free kick is awarded to the opposing team if a goalkeeper, inside their own penalty area, commits any of the following offences: (a) controls the ball with their hands for more than six seconds before releasing it from their possession, (b) touches the ball again with their hands after they have released it from their possession and before it has touched another player, (c) touches the ball with their hands after it has been deliberately kicked to them by a team-mate, or (d) touches the ball with their hands after they have received it directly from a throw-in taken by a team-mate.
- F. The referee must explain infractions to the offending player.
- G. No slide tackling is allowed.
- H. No headers allowed.
- I. No offsides are to be called during these games.

VI. RULES & EXCEPTIONS

- A. The preceding rules shall be the official playing rules for YMCA Soccer. Should a dispute occur, we will refer to the following set of rules first and then to the current FIFA Laws of the Game.
- B. Exceptions to the Laws of the Game:
 - No injury time or extra-time
 - No Drop Balls
 - No Direct Kicks unless noted above
- C. If a coach or a fan is ejected from the game, they will automatically be ineligible for the next game. Further penalty may be assessed if necessary.
- D. The Sports Director, Sports Coordinator, or Field Supervisor will have the final ruling in all disputes.

VII. YMCA MISSION STATEMENT

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



10 & UNDER SOCCER RULEBOOK

YMCA OF GREATER OKLAHOMA CITY



Law 1 – The Field of Play

Dimensions:

- Length: Minimum 45 yards maximum 60 yards
- Width: Minimum 35 yards maximum 45 yards
- Field size may vary due to location

Field Markings: Distinctive lines not more than five (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of eight (8) yards is marked around it.

The Goal Area: Conform to FIFA.

The Penalty Area: A penalty area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, ten (10) yards from the inside of each goalpost. These lines extend into the field of play for a distance of ten (10) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a penalty mark is made eight (8) yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of eight (8) yards from each penalty mark is drawn outside the penalty area.

Flag posts: Conform to FIFA.

The Corner Arc: Conform to FIFA.

Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equal distance from the corner flag posts and joined at the top by a horizontal crossbar. The maximum distance between the posts is eighteen(18) feet and the maximum distance from the lower edge of the crossbar to the ground is six (6) feet. Goal size may vary due to location.

Law 2 – The Ball

Ball Size: four (4)

Law 3 – The Number of Players

A match is played by two teams, each consisting of not more than seven players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than five players.

Substitutions: At any stoppage and unlimited.



10 & UNDER SOCCER RULEBOOK

YMCA OF GREATER OKLAHOMA CITY

Playing time: Each player shall play a minimum of 50% of the total playing time.

Law 4 – The Players' Equipment

Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams. YMCA Players will be required to wear the official Green/Gray YMCA All Sport Jersey.

Law 5 – The Referee

All rule infringements shall be briefly explained to the offending player.

Law 6 –The Assistant Referee

Not required.

Law 7 – The Duration of the Match

The match being divided into two (2) equal halves of twenty-five (25) minutes each. There shall be a halftime interval of five (5) minutes.

Law 8 – The Start and Restart of Play

Conform to FIFA with the exception of the opponents of the team taking the kick-off are at least eight (8) yards from the ball until it is in play. The home team will begin the game with the kickoff. The away team will choose which side of the field to defend. Teams will switch sides at halftime, with the kickoff for the second half awarded to the away team.

Law 9 – The Ball In and Out of Play

Conform to FIFA.

Law 10 – The Method of Scoring

Conform to FIFA.

Law 11 – Offside

There are no offsides in YMCA 10U Soccer

Law 12 – Fouls and Misconduct

Conform to FIFA with the exception that an indirect free kick is awarded to the opposing team at the center spot on the halfway line if a goalkeeper punts or drop-kicks the ball in the air from their penalty area into the opponent's penalty area.

Law 13 – Free Kicks

Conform to FIFA with the exception that all opponents are at least eight (8) yards from the ball and addendum below.

Law 14 – The Penalty Kick

Conform to FIFA with the exception that the penalty mark is made eight (8) yards from the midpoint between the goalposts and equidistant to them.

Law 15 –The Throw-In

Conform to FIFA.



10 & UNDER SOCCER RULEBOOK

YMCA OF GREATER OKLAHOMA CITY

Law 16 – The Goal Kick

Conform to FIFA with the exception to addendum below.

Law 17 – The Corner Kick

Conform to FIFA with the exception that opponents remain at least eight (8) yards from the ball until it is in play.

Addendums

- **Build Out Line:** When the goalkeeper has the ball in their hands during play from the opponent or from a goal kick, the opposing team must retreat behind the build out line until the ball is put back in play, the opposing team must retreat to the build-out line before the ball is put in play is taken, except and unless the defending team chooses to restart quickly, in which case the opposing team can stop their retreat and begin to attack the defending team.
- The ball is in play when:
 - On a goal kick, after the ball has been set, when the ball is kicked and clearly moves.
 - After a save when the ball is released from the keeper's hand.
- **Punting/Drop Kicks:** Punting and drop kicks are not allowed in league play. A drop kick is defined as any ball not flat on the ground when struck allowing the keeper to gain an advantage. It can be rolling when struck. The first violation will be an official warning. Each subsequent violation by the warned team will result in the opposing team being awarded an indirect free kick from the drop kick location in the field.

Pre-Game Warm Up & Coaches on the Field

- No pregame warm-up in the penalty area or goal area before any match. This means no shooting on goals and/or goal keeper training in the goal area prior to the start of your game. The purpose of this rule is to protect the grass in the goal mouth from excessive foot traffic and the destruction of the grass from cleats. Coaches, trainers, parents, and players from both teams must ensure that teams preserve the grass in this area of the field by observing this pregame rule.
- Coaches are required to stay on their sideline, are not permitted behind goals, and may not enter the field of play. In the event you are needed on the field, such as a player injury, the officials will signal for you to come on to the field.

Sidelines / Parents

- Both teams will remain on the same sideline, positioned at opposite ends of the midfield line. Parents and spectators from both teams will sit on the opposite sideline from the players.
- Parents are not permitted in the bench area, behind goals and/or on the field of play during games. In the event you are needed on the field, such as a player injury, the officials will signal for you to come on to the field.



10 & UNDER SOCCER RULEBOOK

YMCA OF GREATER OKLAHOMA CITY

Standings

Standings will be kept for ages 10U & above using the below format:

- Teams will receive 3 points for a win
- Teams will receive 1 point for a tie
- Team will receive 0 points for a loss
- In the event of a tie in the final season standings, the following will be used to determine the higher seeding:

- (1)Winning Percentage
- (2)Head to Head
- (3)Strength of Schedule
- (4)Coin Flip

Rules Disputes

- The preceding rules shall be the official playing rules for YMCA Soccer. Should a dispute occur, we will refer to the following set of rules first and then to the current FIFA Laws of the Game.
- If a coach or a fan is ejected from the game, they will automatically be ineligible for the next game. Further penalty may be assessed if necessary.
- There are no rules protests regarding officials call or game challenges.
- The Sports Director, Sports Coordinator, or Field Supervisor will have the final ruling in all disputes.

YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



12U/14U SOCCER RULEBOOK

YMCA OF GREATER OKLAHOMA CITY



Law 1 – The Field of Play

Dimensions:

- Field size may vary due to location

Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equal distance from the corner flag posts and joined at the top by a horizontal crossbar. The maximum distance between the posts is eighteen(18) feet and the maximum distance from the lower edge of the crossbar to the ground is six (6) feet. Goal size may vary due to location.

Law 2 – The Ball

- 12U Ball Size: Four (4)
- 14U Ball Size: Five (5)

Law 3 – The Number of Players

12U - A match is played by two teams, each consisting of not more than nine (9) players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than seven (7) players.

14U - A match is played by two teams, each consisting of not more than seven (7) players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than five (5) players.

Substitutions: At any stoppage and unlimited.

Playing time: Each player shall play a minimum of 50% of the total playing time.

Law 4 – The Players' Equipment

Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams. YMCA Players will be required to wear the official Green/Gray YMCA All Sport Jersey.

Law 5 – The Referee

All rule infringements shall be briefly explained to the offending player.

Law 6 –The Assistant Referee

Not required

Law 7 – The Duration of the Match

The match being divided into two (2) equal halves of thirty (30) minutes each. There shall be a halftime interval of five (5) minutes.

12U/14U SOCCER RULEBOOK

YMCA OF GREATER OKLAHOMA CITY

Law 8 – The Start and Restart of Play

Conform to FIFA with the exception of the opponents of the team taking the kick-off are at least eight (8) yards from the ball until it is in play. The home team will begin the game with the kickoff. The away team will choose which side of the field to defend. Teams will switch sides at halftime, with the kickoff for the second half awarded to the away team.

Law 9 – The Ball In and Out of Play

Conform to FIFA

Law 10 – The Method of Scoring

Conform to FIFA

Law 11 – Offside

Officials Discretion

Law 12 – Fouls and Misconduct

Conform to FIFA

Law 13 – Free Kicks

Conform to FIFA

Law 14 – The Penalty Kick

Conform to FIFA

Law 15 – The Throw-In

Conform to FIFA

Law 16 – The Goal Kick

Conform to FIFA

Law 17 – The Corner Kick

Conform to FIFA

Pre-Game Warm Up & Coaches on the Field

- No pregame warm-up in the penalty area or goal area before any match. This means no shooting on goals and/or goal keeper training in the goal area prior to the start of your game. The purpose of this rule is to protect the grass in the goal mouth from excessive foot traffic and the destruction of the grass from cleats. Coaches, trainers, parents, and players from both teams must ensure that teams preserve the grass in this area of the field by observing this pregame rule.
- Coaches are required to stay on their sideline, are not permitted behind goals, and may not enter the field of play. In the event you are needed on the field, such as a player injury, the officials will signal for you to come on to the field.



12U/14U SOCCER RULEBOOK

YMCA OF GREATER OKLAHOMA CITY

Standings

Standings will be kept for ages 10U & above using the below format:

- Teams will receive 3 points for a win
- Teams will receive 1 point for a tie
- Team will receive 0 points for a loss
- In the event of a tie in the final season standings, the following will be used to determine the higher seeding:

- (1)Winning Percentage
- (2)Head to Head
- (3)Strength of Schedule
- (4)Coin Flip

Sidelines / Parents

- Both teams will remain on the same sideline, positioned at opposite ends of the midfield line. Parents and spectators from both teams will sit on the opposite sideline from the players.
- Parents are not permitted in the bench area, behind goals and/or on the field of play during games. In the event you are needed on the field, such as a player injury, the officials will signal for you to come on to the field.

Rules Disputes

- The preceding rules shall be the official playing rules for YMCA Soccer. Should a dispute occur, we will refer to the following set of rules first and then to the current FIFA Laws of the Game.
- If a coach or a fan is ejected from the game, they will automatically be ineligible for the next game. Further penalty may be assessed if necessary.
- In the event of combined age groups, the younger division rules will be followed.
- There are no rules protests regarding officials call or game challenges.
- The Sports Director, Sports Coordinator, or Field Supervisor will have the final ruling in all disputes.

YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



YOUTH VOLLEYBALL RULEBOOK

YMCA OF GREATER OKLAHOMA CITY



Number of Players, Uniforms, Position, and Rotation

- A team consists of 6 players on the court and substitutes.
- A minimum of 4 players must be present before a forfeit is called for the 1st game of the match at 10 minutes past the scheduled game time. The team will have an additional 10 minutes before forfeiting the 2nd game of the match.
- All players are required to wear the Green/Gray All Sports Jersey.
- There will be 3 front line players and 3 back line players per side.
- The right back player will serve the ball. When the receiving team has gained the right to serve, its players must rotate 1 position clockwise, including substitutes.
- Teams must choose one spot on the court to rotate in their substitutions. This spot must remain the same every time a serve is won.
- All players must receive equal playing time.
- For 12U and above, please addendum at end of rules for using designated setter.

Playing Area, Net, and Ball

- A regulation size court will be used.
- Service Line:
 - 8U-9U: 15-foot service line.
 - 10U-11U: 20-foot service line.
 - 12U & Up: 30-foot service line.
- The service zone is the area within the sidelines (30 feet) and behind the service line for appropriate age league
- The height of the net will be 7'0" for all ages.
- Ball Size:
 - 8U: Volley-Trainer
 - 9U-11U: Volley-Lite
 - 12U & Up: Official Size Volleyball

The Service

- The service is the act of putting the ball into play. The service is executed by the right back line player, who hits the ball with one hand or arm from the service zone.
- The server may move freely within the service zone. At the moment of the service hit, the server must be completely in the service zone and not touching the court (end line included) or the playing service outside the zone. After the service, the player may step or land outside the zone, including inside the court.
- The server must contact the ball within 5 seconds after the referee whistles for service.
- A service executed before the referee's whistle is cancelled and repeated.
- If the service is considered to be "good":
 - The ball may not touch the ground outside the playing area in the receiving team's court;
 - The ball may not touch any object above the playing area;
- Home team serves first; first serve alternates each set.



YOUTH VOLLEYBALL RULEBOOK

YMCA OF GREATER OKLAHOMA CITY

- A maximum of 6 consecutive points may be scored by any one server. When this total accrues, the team serving shall retain the serve but one full rotation must take place. Teams must change possession after 12 consecutive points scored from serving.
- The ball may touch the net provided it lands in the receiving team's court.
- The players of the serving team must not screen the opponents from seeing the server or the path of the ball during the serve.

Hitting the Ball During Play

- After the service, the ball may be hit either with both hands, both arms, one hand, one arm, or with any part of the body.
- The ball must be played over the net after a maximum of 3 hits.
- The ball may not be contacted by the same player consecutively (exception: blocking). The ball may not be caught, pushed, carried, or held.
- The ball may not touch the ground of the playing team's court, or touch the ground outside the playing area after being contacted by a player of the same team.
- The ball remains playable if it hits an object above the playing team's court provided it has any of its 3 hits remaining, but it may not hit an object above the receiving team's court.
- In the event it hits an object on the receiving team's court, the play will be ruled dead.

Play at the Net

- The players may not touch the net when playing the ball including net cables or antennas. Insignificant contact with the net, such as a player's loose hair or the force of a ball hit by an opponent pushes the net or cables into the player, will not be called. They may step on but not completely over the centerline. However, they may step over the centerline outside the court if they do not interfere with opponents play.
- Players are permitted to penetrate the opponent's court beyond the center line with the hand or foot, provided some part of the hand or foot remains in contact with or directly above the center line. No other part of the body may go under the net at any time.
- The ball may touch the net. Players may reach over the net (blocking) only when defending their own court, only after the opponents 3rd hit.
- If 2 opponents touch the ball at the same time, the receiving team has the right to 3 hits.
- A back-row player is allowed freedom in moving about the court but may not jump and attack ("spike" or "kill" the ball) in front of the 10-footline. A back-row player may never block the ball. Players must be in legal positions until the ball is served.

Interruption of Play

- After the service, the ball is played until the referee blows the whistle (dead ball).
- Each team is allowed 2 timeouts per game. Each timeout will last one minute.
- Timeouts may only be made in dead ball situations.
- Substitutions may also take place during dead ball situations and must do so without delay of the game and must enter the game in the same service rotation i.e. center back.

Scoring

- All ages will play Rally Scoring.
- Matches will be best 2 of 3 sets.
- A set is won by the first team to reach 25 points, with a 2 point lead.
 - The 3rd set, if needed, will be first team to reach 15 points, with a 2 point lead.



YOUTH VOLLEYBALL RULEBOOK

YMCA OF GREATER OKLAHOMA CITY

Addendums

• Score Keeper Policy (All Ages)

- Home team must provide an adult volunteer to serve as score keeper. The game will not begin without the volunteer. Failure to provide a volunteer could lead to forfeit of the game.

• Side of Court

- Teams will remain on the same side of the court throughout the match unless a court advantage is determined prior to the start of play. If a court advantage is identified, teams will rotate sides after each set while remaining in their starting bench areas.

• 11U and Above Designated Setter Policy

- Teams may elect a designated setter for each set.
- An identifier will be placed on the setter chosen to help the recognize the player chosen.
- Setting or overhead passing, typically is the second shot in a three-shot sequence. The player will be able to stay in the whole game/will not have to sub out of rotation. The intent of this rule is to focus on passing to a setter, who can set other players to hit.
- The designated setter must start each serve in their appropriate rotation spot and cannot release until the ball is served.
 - Example: If the setter is in the left back, the setter must clearly position themselves behind left front and to the left of middle back.
- If a team chooses not to attempt a Pass/Set/Hit then the team must have every player share equal time by rotating out.
- A back row setter cannot block, attack the ball, or hit the ball at all above the net.
 - Example: The setter cannot jump up to hit the ball with their body elevated above the top of the net. Front row players on the opposing team could force the setter to illegally block the ball, by hitting the ball into the setter's hands while positioned above the net. Contacting the ball above the net constitutes an illegal block. If the setter touches the ball at the same time as a blocker on the opposing team, the setter has committed an illegal block.
- The back row player attacking a ball inside the front zone (area inside the 10 foot line), when at the moment of contact the ball is completely above the net, is an illegal attack.
- A front row setter may block and attack above the net.

• 8U Two- Serve Allowance

- A server is allowed a maximum of two consecutive serves during a single service attempt, under the following conditions:
 - The first serve does not result in the ball crossing over the net.
 - If the ball crosses over the net on the first serve (whether it lands in or out), the serve is considered complete, and a second serve is not permitted.
 - If the server has already completed one successful serve, they are no longer eligible for a second-serve allowance.
 - Any unsuccessful serve after a successful one — including failure to get the ball over the net or serving out of bounds — results in a change of possession.
- The two-serve allowance resets after all other players have served in the lineup, or after one full team rotation has occurred.
 - Example: A player who was previously denied a second serve due to a successful serve may be allowed two serves again the next time they rotate into the serving position, as long as they have not yet completed a successful serve during that new turn.



YOUTH VOLLEYBALL RULEBOOK

YMCA OF GREATER OKLAHOMA CITY

Rules Disputes

- The preceding rules shall be the official playing rules for YMCA Volleyball. Should a dispute occur, we will refer to the following set of rules first and then to the current NFHS Rules.
- If a coach or a fan is ejected from the game, they will automatically be ineligible for the next game. Further penalty may be assessed if necessary.
- There are no rules protests regarding officials call or game challenges.
- The Sports Director, Sports Coordinator, or Court Supervisor will have the final ruling in all disputes.

YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

