

CYS Grade School Flag Football Rule Addendums*

Version 2025-2026

The program follows normal FHSAA Flag Football rules except for the items noted below. These changes are for the benefit of our young athletes.

Eligibility and format – Grade K – 5 school students may participate in program. Formats may be 5v5 or 7v7 based on registered participants and declared teams by each school.

Ball Size – Pee Wee football.

Flags – All teams must wear yellow Triple Threat Flag®, flags to be displayed on both hips and tailbone.

Mouth Guard – All players must wear mouth guard when on the field and cannot remove while on field. (10 yard penalty)

Play Time – **Every player should play in at least 50% of every game. ***

Game Clock –

- K-3 - Four 10-minute quarters running clock.
- 4-5 - Four 10-minute quarters running clock.

Pro-clock last 2-minutes of 2nd and 4th Quarter. If a team leads by 19 points or more, the game will end with 2 minutes left in the 4th quarter. The score will only be kept by the refs. It will not be displayed anywhere.

Field Size –

- 5v5 - 40 yards long x 25 yards wide – Total Field Size – 60 yards
- 7v7 - 50 yards long x 40 yards wide – Total Field Size – 70 yards
- End zones must be 10 yards
- Length of field may vary based on venue.

Time Outs – 2 timeouts per team per half

Team Box –

- 20 yards in each direction from the center of the field.
- Everyone on same side of field.

Punt – No punts. If team elects to “punt” on 4th down ball shall be placed on opposing side 14-yard mark.

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Rushing –

- No rushing the QB (blitzing) K-5th grade
- No QB running
- Refs will give an audible 4 seconds for the QB to throw the ball.
 - If the QB does not throw in 4 seconds, it will be considered a sack at the place where the QB stands.
- The offense can have a running game
 - If the QB hands the ball off, then the ball is given back to the QB, he/she can then run

Dead ball – If any part of the runner's body other than the feet touches the ground, the ball shall be dead at the spot. If the flag falls off the runner, the play shall be dead, and the ball placed at the spot where the flag touched the ground.

Uniform – All players on team must wear same CYS color shirt and CYS black shorts. No pockets permitted on shirt or shorts/pants. Players not in proper uniform cannot participate in game.

Coach on field – One coach for each team is permitted on the field during active play but shall not impede active play. Coach must wear shirt/pinnie color that contrasts both teams. Any impediment at the official's discretion shall result in an unsportsmanlike penalty. (10-yard penalty)

Coaches on the sideline – Each team can have up to three (3) coaches at a game. During the game, there will be two (2) coaches on the sideline and one (1) on the field per the "Coach on field" rule above. All three (3) coaches must have a blue CYS lanyard with corresponding badge.

Game clock – Game officials must announce time remaining before snap during last 10-seconds.

CYS Coaches' Responsibilities

CYS coaches represent Catholic values and act as sport-ministers. They must teach:

- Teamwork
- Desire to win the right way
- Commitment
- Compassion
- Dedication

Coaches must adjust their game to avoid running up the score. Coaches are expected to use the **Golden Rule** in every practice and game.