

CYS Middle School Flag Football Rule Addendums*

Version 2025-2026

The Middle School program follows standard FHSAA Flag Football rules **except as noted below**. These modifications are intended to ensure a safe, fair, and positive experience for our young athletes.

Eligibility

- Only middle school students (grades 6–8) may participate.
- Players who miss more than two regular-season games are ineligible for postseason play.

Roster

- Only players listed on the official team roster may participate in games or practices.

Equipment

- **Ball:** Junior football.
- **Flags:** All players must wear a **Triple Threat Flag®** provided by CYS. Flags must be worn on both hips and the tailbone.
 - Failure to have a flag belt legally attached at the snap: 5-yard penalty from previous spot.
 - If a flag belt falls off inadvertently, the player may continue until touched by the opposing team.
- **Mouth Guard:** **ALWAYS** required on the field. Removal during play results in a 10-yard penalty.

Gameplay

- **Players on Field:** 7v7
- **Play Time:** Every player should participate in each regular-season game.
- **Game Clock:** Four 10-minute quarters (running clock). Pro-clock is used in the last 2 minutes of the 2nd and 4th quarters. Officials shall announce time remaining after each play during these periods.
- **Field Size:** 80 yards long, 40 yards wide, with 10-yard end zones (total length 100 yards).
- **Team Box:** 20 yards in each direction from the field center.
- **Punt:** No punts allowed. If a team elects to “punt” on 4th down, the ball is placed at the opponent’s 14-yard line.
- **Rush Line:** Players rushing the quarterback must be at least 7 yards from the line of scrimmage. Officials will mark the rush line. Violation: 5-yard penalty.
- **Dead Ball:** Play ends if any part of the runner’s body other than feet touches the ground or if the ball is dropped.
- **Start of Game:** Teams MUST have at least 5 players to begin game, otherwise it’s a forfeit
- **Uniforms:** Shirts must have numbers on the back, be tucked in, and all players must wear the same color/style shirts and shorts. No pockets allowed on shirts or shorts/pants.

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- **Time Outs:** (same as FHSAA) Each team is entitled to (3) timeouts per half. Each time out should be 1 minute in length. There shall be a warning whistle 15 seconds prior to the expiration of the 1-minute time out. Teams shall be ready to play by the end of the 1-minute timeout.
- **Interception of Extra Points:** FHSAA rules do not allow teams to run back interceptions of extra points. Once a team controls an interception of an extra point, the ball is dead immediately.
- **Forfeits:** If a team forfeits a game, the opposing team will be awarded 6 points, which will be recorded as the official score.

Coaches on Field

- One coach per team may be on the field during active play.
- Coaches must not impede play or communicate with players during live action.
- Coaches must wear a contrasting shirt/pinnie color.
- Violations may result in a 10-yard unsportsmanlike penalty.
- Coaches Boxes - the FHSAA rule is that a team is allowed to move on their side of the field from the 20-yard line to the 40-yard line (mid-field).

Scoring & Overtime (Updated 2022-23)

- Officials will inform coaches of the score at the end of each quarter; home team posts the score.
- **Overtime** is only used during tournaments. Procedures:
 1. All players and coaches meet at midfield for tie-breaker explanation before the coin toss.
 2. Captains remain for the toss; visiting captain calls it. One flip per OT; subsequent OTs alternate choices.
 3. Winner of toss chooses offense, defense, or direction; loser selects from remaining options. All OT periods toward same goal line.
 4. Each team starts 1st & goal from the 10-yard line (unless moved by penalty).
 5. Each OT series = 4 downs per team, objective: touchdown.
 6. If first team scores, the opponent still has a chance. Teams must attempt 2- or 3-point conversions.
 7. Ball dead when defense secures possession; series ends, ball placed at 10-yard line for next team.
 8. Each team allowed 1 time-out per overtime. Play continues until a winner is determined.

Code of Conduct & Sportsmanship

- CYS coaches represent Catholic values and act as **sport ministers**

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- Coaches must avoid running up the score and may adjust playtime based on discipline, team commitment, or game context.
- Violations of the League's Code of Conduct may result in disciplinary action by the school or league.
- Ejected coaches must leave the facility immediately and are suspended a minimum of one game.
- Coaches are expected to apply the **Golden Rule** in all practices and games.

