

Catholic Youth Sports
Grade School Flag Football Rule Addendums*
Version 2026-2027

The Grade 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 and format –

- Grade K – 5 school students may participate in program.
- Format will be 5v5 for all grade school teams

Equipment -

- **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** – **ALWAYS required** on the field. All players must wear mouth guard when on the field and cannot remove while on field. (10 yard penalty)

Gameplay -

- **Play Time** – every player should have an equal amount of playing time
- **Game Clock** –
 - K-5 - Four 10-minute quarters running clock.

Field Size –

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

Time Outs – 1 timeout per team per half

Team Box –

- 10 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 10-yard line.

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Rushing –

- K – 5th grade
 - No rushing the QB (blitzing) K-5th grade
 - No QB running
- K-2- Refs will give an audible 7 seconds for the QB to throw the ball.
 - If the QB does not throw in 7 seconds, it will be considered a sack at the place where the QB stands.
- 3-5- Refs will give an audible 5 seconds for the QB to throw the ball.
 - If the QB does not throw in 5 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.
- If the ball hits the ground at any time, the ball shall be dead at the spot (other than a pass that hits 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 five (5) coaches on the Roster
- 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.

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- All three (3) coaches must have a blue CYS lanyard with CYS ID badge and a CYS coaches' shirt.

NO JEWELRY

- **Including earrings - NO BANDAIDS or TAPE over ears to cover earrings.**
- Except for Medic Alert Labels that must be worn inside the uniform, taped to body or under cloth wristband.

Noisemakers

- The use of artificial noise producing devices (air horns, megaphone, whistles, etc.) by teams or spectators prohibited at all games.

Coaches and Parents are expected to realize this is a developmental league and should treat all players and officials with respect and kindness.

CYS Coach Responsibility - Code of Conduct & Sportsmanship

- CYS coaches represent Catholic Youth Sports and serve as **sport ministers**, modeling Catholic values both on and off the field/court.
- Coaches are expected to teach and demonstrate:
 - Teamwork
 - Sportsmanship
 - Commitment
 - Compassion
 - Dedication
- Coaches must always place the physical, emotional, and spiritual well-being of their student-athletes above winning.
- Coaches are expected to treat all players, coaches, officials, parents, and spectators with respect and dignity.
- Coaches must avoid "running up the score" and always demonstrate good sportsmanship.
- Violations of the CYS Code of Conduct may result in disciplinary action by the school and/or Catholic Youth Sports Administration.
- Any coach who is ejected from a contest must leave the facility immediately. The Athletic Director/Site Administrator must notify CYS Administration immediately following the incident. Ejected coaches will serve a **minimum one-game suspension**, with additional disciplinary action determined following a review of the incident.
- Coaches are expected to live by the **Golden Rule** in all practices, games, & interactions.