

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

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 yellow 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

- **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 4th quarter. Officials shall announce time remaining after each play during these periods.
- **Field Size:**
 - 80 yards long x 40 yards wide = Total Field Size – 100 yards
 - End Zones must be 10-yards
 - First downs can be achieved at the 20-, 40-, and 20-yard lines.
- **Team Box:** 20 yards in each direction from the field center.
- **Timeouts:**
 - Each team will have 2 timeouts per half.
 - These timeouts do not roll over into the second half or OT.

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- **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**

- 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 other team must touch the ball carrier. This could be a simple one hand touch or any other part of the body touching the ball carrier.
- 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).

- **Uniforms**

- Shirts must have numbers on the back, be tucked in, and all players must wear the same color/style.
- No pockets allowed on shirts or shorts/pants.

Coaches on Field

- No Coaches may be on the field during play.
- Timeouts, injuries, or a polite discussion with a referee are the primary reasons a coach might step on the field. Again, only when the ball is not in play.

Scoring & Overtime

- Officials will inform coaches of the score at the end of each quarter
- If either team is ahead in the fourth quarter by 19 points or more with 2:00 minutes remaining, the game is over.
- During regular game time, when a team scores a touchdown, they may attempt one of the following extra points:
 - 1 point- from the 3-yard line
 - 2 points- from the 10-yard line
 - 3 points- from the 20-yard line
- **OVERTIME** is only used during tournaments.
 - Procedures:
 - All players and coaches meet at midfield for tie-breaker explanation before the coin toss.

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- Captains remain for the toss; visiting captain calls it. One flip per OT; subsequent OTs alternate choices.
- Winner of toss chooses offense, defense, or direction; loser selects from remaining options. All OT periods toward same goal line.
- Each team gets 1 play from the 10-yard line for a two-point conversion.
- Ball dead when defense secures possession; series ends, ball placed at 10-yard line for next team.
- Each team allowed 1 time-out per overtime. Play continues until a winner is determined.

Playing Time

- All student-athletes must be given the opportunity to participate in every game during the regular and post season. Coaches are responsible for ensuring that every player receives playing time, regardless of skill level or athletic ability.

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.

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

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- 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.
- **Coaches are responsible for ensuring that every player receives playing time, regardless of skill level or athletic ability.** CYS emphasizes participation, player development, teamwork, and sportsmanship for all student-athletes
 - Playing time may be adjusted at the coach's discretion based on discipline, attendance, effort, team commitment, or game circumstances.
- 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.

