

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.

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
- 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.
- Playing time may be adjusted at the coach's discretion based on discipline, attendance, effort, team commitment, or game circumstances.

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- 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.

