

CYS Grade School Flag Football Rule Addendums*

The grade school program follows normal NIRSA Flag & Touch Football rules except for the items noted below. These changes are for the benefit of our young athletes.

Ball Size – Pee Wee football.

Mouth Guard – All players must wear mouth guard without a strap when on the field. (10-yard penalty)

Play Time - Players should play in all games and play approximately half of each game. *

Game Clock – Four 10-minute quarters running clock. Pro-clock last 2-minutes of the 4th Quarter.

Time Outs – Each time will be permitted two 1-minute timeouts per half. Timeouts do not carryover.

Field Size – Grade 3-5 will be 50-65 yards long by 35-45 yards wide depending on venue. End zones must be 10 yards. Grade K-2 fields may be smaller depending on venue. (see field maps)

Team Box – 15 yards in each direction from the center of the field. Coaches must remain on their side of the team box.

No Punting – In lieu of punt on turnover of downs, the ball shall be placed on own 14-yard mark.

Rush Line – The player(s) rushing must be at least five yards from the line of scrimmage. Officials shall mark the rush line. None rushing players can be inside the five yards. (5-yard penalty).

Snap – The quarterback may be directly under center during the snap. The center may snap from a side stance.

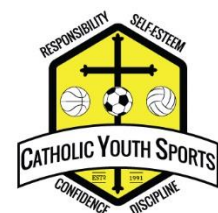
Uniform – All players must wear same color/style shirt. No pockets permitted on shirt or shorts/pants.

Coaches on field – Coaches permitted on the field during active play, but shall not impede active play. Any impediment at the official's discretion shall result in an unsportsmanlike penalty. (10-yard penalty)

Overtime period – Only used during tournament. 5-minute quarter will be played until a winner is declared. Each team will receive one (1) timeout per overtime period. Any unused timeouts cannot be carried over into the overtime period. All teams must attempt 2 points or 3 points after a touchdown.

NIRSA CoRec Rules – CoRec rules will not be used in CYS.

**CYS coaches represent our Catholic values, and as sport-ministers they are responsible for following the PLCT GROW approach. They must teach players about teamwork, desire to win the right way, commitment, compassion and dedication. CYS coaches must adjust their game to avoid running up the score against their opponents. Coaches are permitted to restrict play time of a player based on discipline or team commitment issues. A coach can be found in violation of the League's Code of Conduct for failure to adjust their game or game format, and can be subject to disciplinary action by the school and/or league. Coaches are expected to use the Golden Rule in every practice and game.*



Updated 1/19/2017

