

CYS Middle School Flag Football Rule Addendums*

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

Eligibility level – Only middle school students (grade 6-8) may participate.

Ball Size – Youth football.

Mouth Guard – All players must wear mouth guard when on the field. (10 yard penalty)

Play Time - Every player should play in a regular season game.*

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

Field Size – 60-80 yards long by 40-50 yards wide depending on venue. End zones must be 10 yards.

Team Box – 20 yards in each direction from the center of the field.

Punt – Blocking of punt not permitted. (10 yard penalty)

Rush Line – The player(s) rushing the quarter must be at least five yards from the line of scrimmage. Officials shall mark the rush line. (5 yard penalty)

Uniform – Shirt must have number on the back. All players must wear same color/style shirt. No pockets permitted on shirt or shorts/pants.

Coach on field – One coach for each team is 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 over time 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 or the nature of the game. 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.**