



FLAG FOOTBALL (2026)

ENTRY FEE - \$250 PER TEAM

<u>DIVISION</u>	<u>BIRTHDATE MUST BE ON OR AFTER</u>
PEE WEE	1/1/16
NOVICE	1/1/15
BANTAM	1/1/14
ROOKIE	1/1/13
INTERMEDIATE	1/1/12
GIRLS BANTAM	1/1/14* (PILOT PROGRAM)

<u>DIVISION</u>	<u>OFFICIALS FEE</u>	<u>#OFFICIALS</u>
PEE WEE	\$50 each team	2
NOVICE	\$50 each team	2
BANTAM (BOYS & GIRLS)	\$50 each team	2
ROOKIE	\$50 each team	2
INTERMEDIATE	\$50 each team	2

OFFICIAL TEAM

- Only players listed on official team roster that meet the eligibility rules are approved to participate
- **Peewee – Bantam (Boys & Girls):** An official game will consist of 6 players on the field. A game may begin or finished with 5 players.
- **Rookie – Intermediate:** An official Game will consist of 5 players on the field. A game may begin or finish with 4 players for all regular season games. **For all playoff games teams must start with 5 players**
- Rosters Due March 17, 2025– No additions after 3rd Scheduled Game unless approved by CYO office.

OFFICIALS

- Two officials will be used for all regular season games
- Officials have the authority to call or suspend a game if conditions warrant
- The head coach & team captain are the only persons who should speak to an official before and during a game

EQUIPMENT & UNIFORMS

- A. Game Ball
 - Peewee – Peewee Size 6
 - Novice – Peewee Size 6
 - Bantam (Boys & Girls) – Junior Size 7
 - Rookie/Intermediate – Youth Size 8
- B. Uniforms
 - All players are required to wear team uniforms.
 - Numbers on the jersey are MANDATORY. A number shall be printed on the front and back of each jersey. Parish name must be prominently displayed on the front of the jersey.
 - All jerseys must be tucked in.
 - The flags must be worn on the hips and be free of obstruction.
 - **Flags Must be of a Velcro Type. No Pop Flag Belts allowed. The use of Pop Belts will result in an automatic forfeit loss.**
 - Flag Belts cannot be attached to the shirts
 - Belts must be a different color from the players shorts/pants and contrast with the uniform jersey.
 - Cleats are allowed (No Metal cleats or spikes)
 - **Mouth guards must be worn at all times.**
 - All teams must carry a set of contrasting pinnies to their jerseys in case of color conflict.

COACHES RESPONSIBILITIES

- All Coaches must be Virtus Certified.
- Coaches are responsible for the supervision of their team before, during and after the game.
- At each game, coaches are to have in their possession: an official team roster and Emergency Medical first aid kit.
- Bench personnel are limited to:
 1. Players listed on the eligibility roster, two (2) coaches (head coach, and assistant coach/trainer)
- The bench will be from the twenty (20) yard line to the opposite twenty (20) yard line
- Defensive Coach is permitted on the field when setting up their defense. Once the Referee has issued the play clock to be down to 10 seconds (remaining on the play clock) the Referee will tell the coach to move off the field to his sideline.
- Offensive coach is permitted on the field with the offense, once the offense breaks the huddle the coach must back off 5 yards and remain behind the quarterback.

FIELD OF PLAY

- The field shall be 70 yards long and 30 yards wide with two – ten (10) yard deep end zones

RULES OF COMPETITION

1. Game

1. The Visiting team makes the call on the coin toss.
2. The winning team of the coin toss has the choice of taking the ball in the First Half of the Game or the Second Half of the Game. If winning the toss and choosing to play defense you will let the official know what goal you will defend. Teams will automatically switch sides in the second half. You can no longer Defer as a choice!
3. Offensive team will take possession at the five (5) Yard line and has three (3) downs to cross midfield. Once the team crosses midfield, they have 3 additional downs to score a touchdown.
4. If the offense fails to score or cross midfield, the ball changes possession

and the new offense starts from its own five (5) yard line.

5. All possession changes other than interceptions start on the offensive teams own five (5) yard line. Interceptions are spotted where the play is concluded, except after an extra point.

2. Timing and Overtime

1. All games will consist of two (2) twenty-five minute halves (running time) with a five (5) minute intermission between halves.
2. The Clock stops for:

A.) Timeouts

- a.) Each team will be allowed two (2) thirty (30) second timeouts per half.
- b.) Unused timeouts do not carry over to the second half.
- c.) A coach or a player on the field may call a timeout.
- d.) If a timeout is taken after a touchdown, the clock does not run during the extra point. It will start at the next offensive possession.

B.) Clock will stop after one minute remaining on the game clock during each half for:

- a.) Incomplete pass (including QB spike)
 - b.) All penalties (except for intentional penalties that are intended to stop the clock)
 - c.) Out of bounds.
 - d.) Change of possession
 - e.) Extra Point
 - f.) First Downs – after converting a first down, the clock will stop to spot the ball and will resume running on the Referee's ready whistle.
 - g.) Referees discretion including all injuries.
3. Each time the ball is spotted, a team has 25 seconds to snap the ball. Teams will receive one warning before they receive a delay of game penalty.

4. There will be no Overtime during the regular season. Tie games at the end of regulation time will be deemed a tie.

3. Scoring

1. Touchdown = 6 points
 - a.) Both player's feet, the ball and two flags must be in the end zone and over the goal line for it to be a touchdown.
 - b.) Exception to above: a player who catches a ball in any part of the end zone only needs one foot to come down in the field of play to maintain control of the ball. This applies only to the side and back lines.
 - c.) A team that scores a touchdown must declare whether it is going for a 1 or 2 point PAT. Once the ball is spotted the decision cannot be changed without the use of a timeout.
2. PAT (Point After Attempt) = 1 point from 5 Yard line or 2 points from 12 Yard line.
 - a.) Intercepted PAT's cannot be returned. The ball is dead and will be spotted as a change of possession.
3. Safety = 2 points
 - A.) A safety is determined when:
 - a.) The offensive player's flag is pulled (or falls out) in his own end zone.
 - b.) When the offensive player goes out of bound in his own end zone.
 - c.) A Penalty is taken within their own end zone.
4. **Live Ball/Dead Ball**
 1. The ball remains live from the snap until the official blows the whistle.
 2. The official will mark the line of scrimmage. Any player that crosses the line of scrimmage before the snap will be called for an off sides. Referees will give

both teams one courtesy neutral zone warning to allow players to move back onside before the snap.

3. A player that gains possession in the air is in bounds as long as one foot comes down in the field of play and he maintains control of the ball. This applies to catching the ball in any part of the end zone.
 - a.) If either foot is out of bounds prior to the catch, the pass is incomplete.
4. A player is considered out of bounds once any part of him touches a sideline or backline.
 - a.) Once a player is out of bounds, they become ineligible to receive the ball for the duration of the play.
5. Substitutions may be made only after change of possession.
 - a.) Except in the case of injury
 - b.) Or at the discretion of the referee
 - c.) All player substitutions MUST be Announced by the coach to the referee(s) prior to subbing the player in
6. Play is ruled ended when:
 1. The ball hits the ground
 2. When the ball carrier's flag is pulled.
 3. The ball carrier's knee or elbow hits the ground.
 4. The receiver catches the ball with one or no flags.
 - a.) Reception is good and ball is marked at the spot of the catch
 - b.) If this happens in the end zone, it is a TD.
 - c.) The seven (Peewee, Novice & Bantam) or five second play clock (Rookie & Intermediate) expires after the ref reaches "7" or "5" and the ball has not passed the line of scrimmage.

5. An inadvertent whistle is blown. In the case of an inadvertent whistle the offense has 2 choices.
 - a.) Take the ball at the spot when the whistle blew or
 - b.) Replay the down.

5. **Running**

1. The ball is spotted where the runner's feet are when the flag is pulled. Not where the ball carrier has the ball.
2. Both feet, the ball and both flags must be in the end zone and over the goal line for it to be a TD or a First Down at midfield
3. A QB cannot directly run with the ball even if he catches a battered ball from his own pass
4. A QB may handoff or pitch BEHIND the line of scrimmage. The ball must be thrown underhand and behind. Multiple handoffs and option plays are permitted.
5. Once the QB hands off or laterals the ball, he is then eligible to receive and run with the ball.
6. **No run zone is located 5 yards before each end zone and the midfield first down. Teams are not allowed to run from these zones.**
7. Any player who receives the ball behind the Line of scrimmage can only pass behind the Line of Scrimmage
8. Once the ball has been handed off, all defensive players can rush.
9. Spinning is allowed but a player may not leave his feet to avoid a flag pull.
10. No blocking or screening is permitted.
11. Fumbles are spotted at the spot where the ball hits the ground, or where the players front foot is if he fumbles forward.
12. If a ball is fumbled in the end zone, it is a safety.

13. Two players cannot run together with both touching the ball.

6. **Passing**

1. All passes must be from behind the Line of Scrimmage, thrown forward and received beyond the Line of scrimmage.
2. The QB has Seven (7) seconds to pass the ball or the whistle will blow the play dead and the ball will be returned to the Line of Scrimmage.
3. If the QB is in his own end zone when the 7-second whistle is blown, the ball will be returned to the Line of Scrimmage and it is NOT a safety or a penalty.
4. The ball must be snapped between the legs. Shotgun formation is permitted.
5. No direct handoffs from the QB to the Center. All handoffs must be behind the Line of Scrimmage
6. If the QB muffs the center snap, he can still pick up the ball and complete the play. He cannot however reach over the Line of Scrimmage and retrieve the ball.
7. No deliberate hard or soft snap counts with intent to deceive the defense. One warning will be given and further attempts will result in a Loss of Down penalty.
8. The Ball must be snapped to the QB standing directly behind the Center.
9. Two forward passes on the same play are not permitted.
10. Spiking to stop the clock is allowed only in the last minute of play only.
11. There will be no intentionally grounding if the ball passes the line of scrimmage.

7. **Receiving**

1. All players are eligible to receive a pass from another player.
2. Only one player is allowed in motion at a time. All motion must be parallel to the Line of

- scrimmage and not permitted towards the Line of Scrimmage.
3. A player must have at least one foot in bounds for a reception including the end zone.
 4. Simultaneous possession goes to the offense.
 5. All interceptions may be returned.
8. **Defensive Rush**
1. The Defense cannot rush on a pass play until:
 - a.) A hand off, lateral, toss or reverse has occurred.
 - b.) The defense may rush once the ball has left the QB's hand.
9. **Flag Pulling**
1. A legal flag pull occurs only when the ball carrier has full possession of the ball.
 2. No ball stripping at anytime.
 3. Defenders may not Dive, tackle, hold or run through the ball carrier.
 4. If a flag inadvertently comes out, the ball is marked at the spot of possession. If a flag inadvertently comes out during a run, the ball is spotted where the flag fell out.
 5. A defensive player may not intentionally pull the flag of any player who does not have possession of the ball.
 6. Flag guarding is not permitted. (An attempt to obstruct the defenders access to the flag by stiff arming or covering the flag in any way.)

is more than half the distance to the goal.

5. 7-Second play clock remains in effect until the ball crosses the line of scrimmage.
2. **All Defensive penalties result in an automatic first down except off sides.**
 3. **All offensive penalties result in the loss of down except off sides.**
 4. **5 Yard Penalties:**
 1. Illegal equipment
 2. Off sides (No automatic 1st Down or loss of down)
 3. Hard or soft counts deliberately used to draw off sides
 4. Illegal motion
 5. Illegal forward pass
 6. Offensive Pass Interference
 7. Delay of Game
 8. Defense illegal contact (holding)
 9. Offensive illegal contact (holding)
 10. Defense illegal flag pull (before the player has the ball)
 11. Defense illegal pass rush
 5. **10 Yard Penalties**
 1. Roughing the passer (Contact with QB before pass)
 2. Taunting
 3. Defensive Pass Interference
 6. **Spot Fouls**
 1. Flag guarding – 10 yards & loss of down
 2. Charging – 10 yards & loss of down
 3. Stripping – 10 yards & First Down
 4. Offensive Unnecessary Roughness – 10 yard & loss of down
 5. Screening/blocking – 5 yards & loss of down
 6. Defensive Unnecessary Roughness – 10 yards & First Down
 7. Intentional Grounding – Spot of the grounding and loss of down or safety if in end zone
 8. Intentional push out of bounds.
 7. **Unsportsmanlike Conduct will result in:**
 1. 15 yard penalty

PENALTIES

1. **General**
 1. The referee will call all penalties,
 2. All penalties will be assessed from the Line of Scrimmage, except noted spot fouls.
 3. Games cannot end on a penalty, unless declined.
 4. Penalties will be assessed half the distance to the goal when the penalty

2. Possible ejection at discretion of referee

CAUTION AND DISQUALIFICATION

- A. Teams are expected to conduct themselves in a manner that the game officials and CYO administration feel shows respect and dignity towards its opponent.
- B. A player ejected from a game for any reason shall be suspended for the next two (2) scheduled games.
- C. Any player, coach or other person who receives two (2) ejections during the course of the season will be suspended for the remainder of the season and may be subject to additional disciplinary action.
- D. Refer to CYO Rules & Regulations for suspensions of Coach & Spectator

LIGHTNING & INCLEMENT WEATHER

- A. When thunder is heard or a lightning bolt is seen at a practice or competition, the teams must suspend play and take shelter immediately. Once play is suspended, a period of 30minutes after the last thunder heard or lightning flash is witnessed must be honored prior to resuming play/practice.
- B. Contest or CYO officials assume authority for competitions when they arrive on the field. When the officials recognize inclement weather they are duty bound to suspend the game.
- C. Announcements related to the status of competitions will be posted on the CYO website.
- D. Contests that are suspended as a result of inclement weather and cannot be resumed within a reasonable time at the same site will be cancelled, unless deemed necessary to reschedule by the CYO Administration.

PLAYOFFS

- Playoff Overtime Rules (Peewee 4 through Intermediate)
 - 1. If a game ends in a tie after regulation, teams will flip for choice of who gets ball first.
 - a.) The Higher seeded team will call the coin toss.
 - b.) Coin toss winner will have the choice to receive or defend.
 - 2. Both teams will move in the same direction, decided by the referee
 - 3. Each team will get the ball at midfield and will get 3 downs to score.
 - 4. If offensive team scores on the first possession, defensive team will have the opportunity to match or win the game on the next possession.
 - 5. If games remain tied after first set of possessions, process will be repeated a second time.
 - 6. If game remains tied after second set of possessions, Winner will be determined by sudden victory (next team that scores will be declared the winner).
 - 7. An Interception TD on any possession ends the game.
 - a.) An interception that does not result in a Touchdown ends that offensive possession. The ball will be placed at midfield and the other team has the chance to score.
 - b.) A penalty committed by the offense after an interception will be assessed on the next possession.
 - One additional Time out will be awarded to each team for Overtime.
- Modified Playoff Overtime Rules (Peewee 3)
 - 1 - 4 Same as above
 - 5. If Game Remains tied after first set of possessions, ball will be placed on 12-yard line to begin the 2nd overtime and overtime process will continue.
 - 6. If game remains tied after second set of possessions, Winner will be determined by sudden Victory beginning from 12-yard line. (next team that scores will be declared the winner.)
 - 7. Same as above

Reminders – Memo from 5/1/25

CYO Flag Football - Flag Belts (CYO Fact sheet Clarifications)

1. Flag Belts must be of a Velcro type, with the Velcro facing the outside of the Belt. (Any flag attached to the inside of the belt is considered illegal)
2. Flags must be worn at the Hips and Free of Obstruction
3. Belts Must be a different color from the Players shorts/Pants and contrast with the uniform jersey.
4. Flag Belts cannot be attached to the shirt/jersey and must be attached on the OUTSIDE of the belt.

CYO Flag Football - Illegal Flag/Flag Belts rules modifications:

1. **Illegal Flag Placement** - Flags are not to be attached on the inside of the belt - Referees should catch this in Pregame Uniform Check. First offense during Game is 15-yard Unsportsmanlike Penalty - Second Offense in same game will result in an automatic change of possession
2. **Flag Wrapping (Wrapping Flag Around Belt to prevent it from being Pulled off)** - First offense during Game is 15-yard Unsportsmanlike Penalty - Second Offense in same game will result in an automatic change of possession
3. **Referee Discretion:** If a referee notices anything in question about a Flag Pull during the game (ex. Flag Pulled but does not come off), the Referee has the discretion to blow the play dead for review. If everything checks out, ball should be placed at Spot where the play was blown dead.

NOTES:

Referees - All referee crews are required to do a uniform/equipment check prior to the start of the game. This should be done immediately prior/after the CYO prayer. Mouthguards should be checked. Flag Belts should be checked to make sure the requirements above are met. Anyone with illegal equipment/no mouth guard will not be permitted to play until the proper adjustments are made.

Coaches: It is the Coaches responsibility to make sure players have the proper equipment/flag placement for their teams. Please make sure players are aware that the issues above will not be tolerated.

Equipment – The following Flag Belts or (equivalent type) are recommended by the CYO Office

https://gophersport.com/stickpro-flag-belt-system?queryID=2f7e3de00ff39927f4aa66a0e731986a&objectID=265889&indexName=gs_production_default_products