

CONNECTICUT ASSOCIATION OF SCHOOLS
CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410
2nd ANNUAL CAS/CSAC Flag Football TOURNAMENT 2026

To: CAS/CIAC Member Schools From: CAS/CIAC Office

Re: CAS/CIAC/CSAC Flag Football State Championships

The Connecticut Student Activities Conference under the authority of the Connecticut Association of Schools will, for the 2nd time, conduct a Flag Football competition.

The information in this packet covers in detail the 2026 CAS/CIAC/CSAC Flag Football Championships.

The competition that is planned will be as follows:

A. State Championship –

a. Early/Preliminary Rounds - May 14-17th , 2026

b. Second/Final Rounds – May 30-31 , 2026

B. Sites – Early rounds will be played either at regional/pod locations, or higher seed (TBD). The format and the locations for these early rounds will be determined by the number of teams that register. Finals to be hosted by Windsor High School. Other host locations can be considered.

C. NFHS Rules will be followed with some notable exceptions. (Rulebooks will be distributed to all participating schools). See Item 10.

D. Appropriate awards similar to CIAC awards will be presented to the champion and first runner-up teams in each championship game.

E. ENTRY FEE/ENTRY FORM: Each Flag Football team entering the Tournament will be assessed an entry fee of \$100, which must be mailed to the CAS Office – 30 Realty Dr., Cheshire CT, 06410 by April 3, 2026. The fee must be in the CAS office by 4pm on April 3, 2026. Entry forms are to be submitted via the CAS website by 4pm on April 3 2026. Tournament rosters are to be submitted via the CAS website by April 30, 2026.

F. LATE ENTRY POLICY No Tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control. Corrections requested by a school to an

Entry Form that was submitted by the established deadline, but prior to the seeding/pairing data published on the website, will be assessed a fee of \$50 per.

Questions or concerns may be addressed to the CAS office (203) 250-1111 or fax (203) 250-1345.

Please share this information with your Flag Football coach.

1. Authority -- The decisions of the CAS/CSAC Flag Football Committee and/or Site Directors relative to the operation of the competition shall be final.
2. Awards – In each class a plaque will be awarded to each of the champions and a 1st runner-up team.
3. Date of Competition / Site / Starting Times
 - a. Date: State Championship – May 30-31
 - b. Site: Windsor High School
 - c. State Championship Schedule: TBA
 - d. Qualifying Schedule: TBA

*Awards will be handed out at the conclusion of each title's competition

 - e. The CAS/CSAC Flag Football Committee will determine the starting time for each game competing and a follow-up email will be sent to each school.
4. Only member schools of CAS-CIAC may enter these championships.
5. Corey Plasky is the Tournament Official Coordinator. (Cplasky@casciac.org)
6. All competitors must be grade 9, 10, 11 or 12.
7. Flag Football coaches are expected to maintain discipline among the competitors and make certain that good sportsmanship prevails in both winning and defeat. Schools will be held liable for actions of their competitors which may include but is not limited to property damage or assault.
8. Traveling Expenses – Competing schools must provide their own transportation at their expense.
9. Equipment - All equipment, including both player and field equipment, will follow the

NFHS Flag Football Rules Book with some notable exceptions.

- a. Schools will not be required to have numbers on the front of their jerseys, but must have numbers on the back, and cannot have two players on the field at the same time with the same number.
- b. 2 flags will be used and must be uniform in design and color for all players on the same team. Flags must be popper-style flags.

10. Team Composition and Roster Requirements

a. Team Size

- i. Each team shall field 7 players on the field at a time.
- ii. A minimum of 5 players is required to continue a game.

b. Roster Size

- i. Each school must submit an official roster prior to the start of the tournament (date).
- ii. 30 medals will be distributed to the runnerup team and championship winning team.

c. Cooperative (Co-Op) Teams - A maximum of two Schools may enter into a co-op agreement with no more than 12 students per school. Both principals, athletic directors, and coaches of each school must sign the roster form. The roster form will also indicate which school each athlete attends.