

# *Orange County Youth Football League*

## *Rules & Regulations*

Chester - Cornwall - Goshen – Highland - Highland Falls – Kingston – Marlboro - Middletown - Minisink Valley  
Monroe – Monticello – New Paltz – Newburgh – Newburgh (City) - Pine Bush - Port Jervis - Valley Central - Wallkill  
Warwick - Washingtonville

### **2017 Rules and Regulations – ratified at January's meeting**

1. **Primary Rules:** The Orange County Youth Football League will follow National Federation of High Schools and Section 9 football rules. The following rules are only modifications or exceptions to these rules.

2. **Age:**

All players must be at least 8 years old on or before Nov. 30th, but not 14 before August 1st of the current season.

Division 1: 8 or 9 years old on or before 11/30

Division 2: 10 or 11 years old on or before 11/30

Division 3: 12 or 13 years old on or before 11/30 and 14 year olds who turn 14 on or after August 1st

The date for Division placement is on or before 11/30

3. **Maximum Grade:**

No player shall enter into the ninth grade during the season

4. **Weight:**

The weight limits for each division are as follows:

Division 1: 120

Division 2: 135

Division 3: 161

Players must weigh within 10 pounds of the maximum weight for each division in order to start contact practice at the beginning of the season.

5. **In Season Weigh-In:**

All towns must have a medical scale to conduct weigh-ins.

All players will be weighed in before each game. Any player not making weight will be ineligible to play for that entire game. A player may remove clothes from the waist up, as well as socks and shoes only, to make the required weight. An allowance of 3 pounds will be given for pants, kneepads, hip pads, thigh pads, jock and underwear.

Coaches from each team must be present at weigh-ins with a completed and OCYFL Board approved official OCYFL team roster. If a player arrives at the field before the start of the game he will be weighed in before the game begins. If a player arrives after the start of the game, he will be weighed in at halftime. A player will be officially weighed in once before a game.

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All towns must have books with rosters for each team in their Town handed into the OCYFL Board before scrimmage day at a time and place to be determined by the Board. The Board of Director's must be notified of any changes to a team's roster. All participants' Medical release must be in by August 1st for the current year. Any player without a Medical release may not participate in any practice, contact or non-contact. There will not be any exceptions.

Players who will be ineligible for a game must be indicated to the opposing coach at or prior to weigh-ins (i.e. required practices not met, medical excuse, over weight, not properly equipped). Ineligible players are allowed on the sidelines only if helmet and shoulder pads are removed.

### **6. Roster Size:**

There is no limit to the maximum number of players a team can have. To begin a game each team must have 11 eligible players ready to play and begin the game. It is up to the discretion of The Board of Directors to set the roster size of teams.

### **Roster Balancing:**

In divisions 1, 2 and 3 the number of players on each team for each age group must be equal. A maximum discrepancy of 2 player's difference will be allowed per approved roster.

Each team must present an OCYFL Official approved roster prior to weigh-in or that team will forfeit the game. Games will be played anyway. Rosters will not be modified after September 1st except a player moving up due to weight, said player must have been on an approved roster of that Town on or before Sept. 1st. There will be no moves after the second week of the season.

ANY TOWN PRESIDENT WHO HAS A PLAYER SIGN UP TO PLAY THAT DOES NOT LIVE IN THEIR SCHOOL DISTRICT MUST CONTACT THE TOWN PRESIDENT WHICH SCHOOL DISTRICT THEY ARE FROM AND ASK FOR PERMISSION (IN WRITING OR E-MAIL) TO REGISTER SAID PLAYER. THIS MUST BE DONE AS SOON AS POSSIBLE TO AVOID A LATER CONFLICT, IF AGREEMENT BETWEEN TOWNS CAN NOT BE REACHED, THE OCYFL EXECUTIVE BOARD WILL HAVE DICIPLINE AND ADMINISTATIVE AUTHORITY OVER RESOLUTION OF THE DISPUTE.

### **7. Transfers:**

Any player that has been assigned to a team must stay with that team for the duration of that players' eligibility in that Division. The only exceptions are: 1-Parent/Guardian, 2-Transportation, 3-Parent concern. In the event that a town adds or drops a team in a division the town may redraft or assign players to teams to make the remaining teams equal.

Any and all exceptions must be brought in front of the OCYFL Board of Directors

Players must play for the town in which school district they live in. Players may play for another town if the two vice-presidents agree to allow it. If they cannot agree an appeal can be made by the player's parents. The appeal will be made to the Board of Directors. The decision of the Board is final.

A player may move up divisions because of age, weight or ability. Any such moves must be done prior to the third game of the season. Quitting players may not return for the current season.

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### **8. Registration:**

A player cannot play in a game or participate in practice until he or she has a signed parental consent form, shown proof of age, shown proof of a current medical release form, dated after Jan 1st of the current year, and has a signed Parent Code of Conduct and Ethics. No exceptions.

No uniform will be issued without any of the before mentioned form's turned in. A player must weigh no more than 10 pounds over his or her division requirements to receive a uniform.

### **9. Playing Fields:**

Must be regulation size for high school and contain full markings as far as yardage, yard lines and goal lines. The bench should be marked between the 25-yard lines. Chains will be kept on the home sidelines.

### **10. Game Balls:**

Each team must supply its own game ball.

Game balls must be of good grade leather or composite leather and be official youth size.

Division 1: pee wee or junior size ball

Division 2: junior or youth size ball

Division 3: youth size ball

### **11. Equipment:**

All players must wear the following equipment in order to be eligible to play.

- Helmet only league issued bearing NOCSAE seal of certification.
- Shoulder pads
- Thigh, Knee, Tail and Hip pads
- Pants and Jersey
- Sneakers or Rubber cleats (not provided by league) Screw in cleats are allowed, no metal.
- Athletic supporter and Cup (not provided by league)
- Mouthpiece
- Rib pads are optional

At no time is any piece of league equipment to be altered or modified in any manner.

### **12. Length of Periods:**

Quarters will be 12 minutes in length.

### **13. Intermission:**

There will be an 8-minute break between the second and third quarters.

### **14. Scoring:**

Scoring will be as follows for all divisions:

- Touchdown = 6 points
- Field Goal = 3 points
- Safety = 2 points
- Kick PAT = 2 points
- Run PAT = 1 point

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### 15. Run-Up Score Substitution Rule:

Any time a team goes ahead by 18 points in Division 1, 2 and 3, the following shall be instituted: The team with the low score in Division 1, 2, and 3 will receive the ball on the 50-yard line. **If a team is down by 18 points or more at half time they are to receive the ball for the 1<sup>st</sup> offensive series of the 2<sup>nd</sup> half regardless of who received the 1<sup>st</sup> offensive series of the game.**

Division 1, 2 and 3: The coaches of both teams will first request an official time out to give the referee notification that the mercy rule has been reached. The official will warn the high score team's head coach regarding player substitution requirements as follows:

**The high score team must remove the starting quarterback, backfield and receivers from the game on the next offensive possession (they are allowed to remain in game for completion of the extra point) after the high score is reached.** They may re-enter the game on offense as interior lineman (guard, tackle, center) only if the number of eligible players on the team is below 17. If roster has 17 or more players, those starting backfield players may not re-enter the game on offense until the point difference is below set limits. Starting defensive players on the high score team may remain in the game but teams should substitute non-starting players as much as possible. One extra time-out will be given to the high score team making the changes.

**The penalty for failing to substitute or illegal player re-entry into game will result in that teams final home game of the season moved to that opponents field (with the penalized team responsible to pay the opponents referee fees) and the high score team's head coach suspended for a minimum of one game subject to multiple game suspension at the discretion of the OCYFL Executive Board. If the offending team has played their last home game of the season then that teams 1<sup>st</sup> home game the following season moved to opponents home field and the offending team will be scheduled just 3 home games.**

After the official's warning has been given, the referee is to be notified of any infraction of the substitution rule for which the referee will then issue a forfeit of game. The head coach of the team awarded the forfeit will notify his town vice-president that same day and the vice-president will then notify then commissioner who will suspend the head coach of the team with the rule infraction.

The high score team may run any offense as long as they do not use a hurry up style, and the quarterback is the only one who passes or hands off. No trickery allowed.

Punting and Kicking are considered offensive plays. As such starting backfield players may not be in the backfield for these plays either. This includes holding, punting, and kicking. This rule applies to Field Goals, Extra Points (**except for initial extra point at time 18 points or more are achieved**), and Kick-offs & Punts". Often in the past the wording of this section was miss-applied.

A copy of the rules and regulations must be in every concession stand.

### 16. Mandatory Cuts:

Mandatory cuts will be made for the following reasons:

- A: Parents or Players cannot fulfill registration requirements
- B: There is an extreme discipline problem

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C: Player is playing on another league, high school or modified team

D: Parents or Player refuses to abide by league rules

### **17. Use of Ineligible Players:**

If an ineligible player is used, the league vice-presidents to determine if the player was indeed ineligible will review the coach's actions.

Teams found guilty of using ineligible players during the season will forfeit all games in which the ineligible player played. The commissioner, upon the recommendation of the League Executive committee, will suspend the head coach. The team that had the ineligible player is still eligible for post-season play if there updated record allows

### **18. Practices:**

Practice may begin on August 1st.

The first 3 practices will be Non-Contact.

There will be a minimum of three non-contact and six contact practices for every player in each division before they can play in a game.

Before school starts there is no limit to the number of days a team may practice. While school is in session, there will be a maximum of three practices a week for division 1 and four practices a week for divisions 2 and 3.

In warm weather, practices will be scheduled for early evening.

There will be several water breaks at every practice with water being available.

Practice should not exceed two hours.

### **ADENDUM!!**

18.2. No full speed head-on blocking or tackling drills in which the players line up more than 3 yards apart are permitted. (Having two linemen in stances immediately across the line of scrimmage from each other and having full-speed drills where the players approach each other at an angle, but not straight ahead in to each other are both permitted.)

However, there should be no intentional head-to-head contact!

18.3. The amount of contact (DRILLS OR LIVE SCRIMMAGE) at each practice will be reduced to a maximum of 1/3 of practice time (either 40 minutes total of each practice or 1/3 of total weekly practice time). In this context, "contact" means any drill or scrimmage in which drills; down line vs. down line full-speed drills; and scrimmages where tackling occurs.

### **19. Games:**

Mandatory playing time rule will be determined by the approved roster and total number of eligible size at the start of game time.

Roster of 25 or more: minimum of eight (8) plays per player per game

Roster of 19-24: minimum of ten (10) plays per player per game

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Roster of 18 or less: minimum of twelve (12) plays per player per game  
Roster with 30 or more players a minimum of 6 plays per game per player.

The penalty for not meeting the minimum playing time for players will be a one game suspension for that team's head coach and forfeiture of that game. Coach's actions are to be reviewed by League Executive Committee and Commissioner.

Teams must be ready to take the field immediately at the conclusion of the preceding game or a 10-yard penalty will be imposed.

***Division 1: No coaches will be allowed on field after 4<sup>th</sup> game of season is played and or at direction of the OCYFL Executive Board.***

### **20. Kick-offs, Field Goals and Pat's by Kick:**

#### *Kick-Offs*

Division 1 and 2: There will be no kick-offs. At the beginning of each half and following each touchdown or field goal, the ball will be placed on the 35-yard line. Divisions 3 will conform to normal high school rules.

#### *Punts*

Division 1: Teams will line up in formation and the referee will hand the ball to the punter and blow the whistle to signal play. The defense can rush at the whistle. No fake punts allowed. Division 1 teams also have the option of advancing the ball down the field without a punt. Fourth down will be given up and the ball will be placed 25 yards down the field. From the 50-yard line and inside, the ball will move half the distance to the goal or the 20-yard line, whichever is higher.

Divisions 2 and 3 will conform to normal high school rules.

#### *Field goals and PAT's by kick:*

Kicking for field goals and PAT's will be permitted.

#### *Field Goal or PAT*

Divisions 1 and 2: line of scrimmage shall be the 3 yard line for PAT; the kicker will set up to kick at least 7 yards behind the line of scrimmage. (The ball must be on or behind the 10-yard line for a PAT.) The ball will be placed on a tee or kicking block and maybe held. After the referee checks that both teams are ready, he will blow the whistle to begin play. At the whistle the kicker will kick the ball and the defense may rush to attempt to block the kick.

Divisions 3 will conform to normal high school rules.

#### *Fake Kicks*

Fake kicks are not allowed for PAT's or field goals in divisions 1 and 2.

### **21. Defense:**

There may be any defensive formation with a maximum of a six-man line. In division 1, any player over the center must be 3 yards off the ball, regardless if in the up or down position.

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Division 1 must run a six-man line with defensive lineman heads up guard on guard, tackle on tackle. In Divisions 1 and 2 the interior defensive linemen must be heads up and in a 3 or 4 point stance. Any defender on the line of scrimmage and on the tackle, or inside the tackle, must line head up on the man across from him. Defensive ends can line up head up or any distance further out to the sideline.

Division 2 and 3 may run any defense with a maximum of a six-man line. When teams are lined up to kick, either to punt or kick a PAT or field goal, any man lined up on the center must be 3 yards off of the ball.

Linebackers must be 3 yards off the ball.

There is no blitzing off the line of scrimmage; however, linebackers and defensive backs may rush after the ball is snapped. All interior defensive linemen (guards, nose guard, tackles) must be lined up head on with the offensive lineman across from him at the time of snap. After 2 warnings for heads up alignment or blitzing the Defensive Team is subject to a 5 yard penalty every time after.

Divisions 3 ONLY: D-Lineman may line up in the gaps same as High School

### 22. **Offense:**

Formations and plays should conform to the local high school

Division 1 only, no unbalanced line allowed. In Division 1 the offensive team must huddle before going to the line of scrimmage to run a play and the defense must be set before the ball can be snapped. Mandatory Splits for Offense Linemen are Finger Tips to Finger Tips or less.

In D1 and D2 all offensive backs excluding the quarterback cannot line up less than 3 yards off the ball while they are between the interior line. Tackle to tackle. The only exception is a back in motion at the snap of the ball. After one warning for less than 3 yards behind the line of scrimmage the offensive team is subject to a 5 yard penalty every time after that.

The OCYFL does not conform to High School Rule's in reference to jersey numbers. The position of the player dictate's his or her eligibility for that particular play. (ie. 62 can be an offensive end, 54 can be a running back.)

### 23. **Safeties:**

Divisions 1 and 2: In the event of a safety, the ball will be placed on the 40-yard line of the team that suffers the safety.

Divisions 3 will conform to normal high school rules.

### **Coaching:**

Division 1 only will be allowed to have one coach on the field during the game (***No coaches will be allowed on field after 4<sup>th</sup> game of season is played and or at direction of the OCYFL Executive Board***) for the purpose of coaching only. After instructing his team, he is to remove himself from the area of play and then observe the play quietly and without interfering with the play, players or officials. Coaches are not allowed to follow the play. The division 1 coaches on the field must remain 10- yards behind the last offensive player and 15 yards behind the last defensive player.

The coaching staff is under the direction of the head coach who will assume responsibility for the actions of any

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and all assistants. Only 1 head coach, 5 assistant coaches, and 1 trainer are allowed on the sidelines during a game. All the Coaches Must be Adults over the age of 18. All coaches must have photo identification attached to lanyard as well as be attired in town's coaching shirt.

Two coaches are allowed on the field during a time out, except in the case of an injury. Any ineligible coach on the field at any time will receive a 15-yard penalty for misconduct. In the case of injury, the coach is to help clear the field so medical vehicles and personnel may get to the injured player.

Coaches are responsible for completing accident report forms for every injury that occurs during practice or games.

If a coach is ejected from a game he will serve a minimum **(the OCYFL Executive Board will reserve the right to extend additional penalty's/suspensions at their discretion)** of a one game suspension. (That is an additional game to the one he was removed from)

#### **24. Coaches code of conduct:**

- No smoking on school grounds or around players or at league activities.
- No criticizing players in front of spectators
- Accept decisions of the officials as being fair.
- Emphasize that winning is only possible as a result of teamwork.
- Strive to make every football activity serve as a training ground for life and good mental and physical health.
- Emphasize that good athletes strive to be good students.
- Refrain from excessive sideline coaching.
- Together with game officials, be responsible for the conduct and control of fans and spectators, any fan that is out of control will be asked to leave, and you team may be penalized.
- Abusive and profane language is prohibited.
- Coaches do not receive any monetary payment for coaching.
- Direct involvement of encouragement of sweat down or harsh dieting to enable a player to make weight is prohibited.
- Do not allow an ineligible player to play
- Do not incite or allow un-sportsmanlike behavior to occur.
- Alcohol is prohibited on practice or playing fields or at any league activity.
- Remove from the game or practice any player if you are in doubt of his or her health.
- Coaches are expected to uphold all league rules and regulations

#### **25. Schedules:**

Town vice presidents will be responsible for adopting the game schedule and any post-season schedule as presented by the league president each year. After adoption of the league schedule, if any changes are to be made to the schedule, the two Town's Vice Presidents and the OCYFL President must agree to these changes.

Super Bowl games will be played at a site of the League's choice.



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#### **26. Referees:**

Each town will supply at least two referees for all games at their site. If there are no referees then the home team will forfeit the game. If only one referee shows up then the game will be delayed one half hour from the official start time. If a second referee has not shown up by then, the home team forfeits. The game will then be played as a scrimmage. All games are to be played whether they are protested or they are controlled scrimmages. The Board of Directors will work out the details after the games are played. Any problems before the Games are to be reported to the OCYFL President., his cell phone and home phone number will be available to all Coaches

All referees must be certified for the current season and all towns must submit to the league a list of referees and their current certification.

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### **Appendix One**

#### **20-YARD LINE OVERTIME PROCEDURE**

If, at the end of the fourth quarter, the teams have identical scores, the tie will be resolved by the following method approved by the Orange County Youth Football League Board of Directors. All game rules will apply except:

- a. No try will be made if the winner of the game has been determined.
- b. If Team B scores a safety, the game is ended;
- c. If Team B gains possession, the down and series for Team A ends immediately.
- d. No free kick privileges are awarded following a fair catch or awarded fair catch.

When the score is tied at the end of the fourth quarter, the referee will instruct both teams to return to their respective team boxes. There will be a three-minute intermission during which both teams may confer with their coaches. All officials will assemble at the 50-yard line, review the procedure and determine the number of time-outs remaining for each team. The linesman will go to the team on the side of the field where the line-to-gain equipment is located, and the line judge will go to the other team, to inform the coaches of the number of time-outs each team has remaining and escort the respective team captains to the center of the field for the coin toss.

At the coin toss, the visiting team captain shall be given the privilege of calling the coin while it is in the air. The winner of the toss shall be given the choice of defense or offense, or of designating the end of the field at which the ball will be put in play. The referee will indicate the winner of the toss by placing a hand on his shoulder. To indicate which team will go on offense first, the referee will place a ball in the team captain's chest area while he is facing the goal toward which his team will advance and give the first down signal. The other team captain will face the offensive captain with his back toward the goal which he will defend.

Each team shall be permitted one additional time-out for each extra period plus any unused regulation game time-outs. The team scoring the greater number of points in the overtime shall be declared the winner. The final score shall be determined by totaling all points scored by each team during the regulation and overtime periods.

To start the overtime, the offensive team (Team A) shall put the ball in play, first and 10 on Team B's 20-yard line anywhere between the inbound lines. Team A shall have a series of four downs. The series shall be terminated by any score by Team A or, if Team B had possession, at the end of any down. Team A shall be awarded a new series when:

- a. The penalty for defensive pass interference is accepted.
- b. Team A recovers a scrimmage-kick (field goal attempt) between the goal lines after it has been touched first by Team B beyond the neutral zone.
- c. When Team B is guilty of roughing the kicker or place kicker holder or passer.

If Team A scores a touchdown, it is entitled to the opportunity to try for points, except when it is unnecessary to break the tie. A field goal attempt is permitted during any down. If the defensive team gains possession, the ball becomes dead immediately and Team A's series is ended.

After team A has completed its series, Team B will become the offensive team with the ball in its possession at the 20-yard line anywhere between the inbound lines. The same end of the field will be used for both possessions in

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order to insure equal game conditions and conserve time.

If the score remains tied after each team has been given one series, the ball will be placed at the 10yd line and shall be repeated until a winner is determined in all Division's. There will be an intermission of two minutes during which the loser of the coin toss will be given first choice of the options. If additional periods are required, first choice of options will be alternated.

### **Appendix 2**

Official Team Book

At the beginning of each season each team will turn in a book to the league which will be used to determine every player's eligibility for the current season. The final copy of the book will include a complete team roster, signed coach's codes of conducts for each coach on the coaching staff and a sleeve of information for each player on the roster. In each player's sleeve will be a registration form, birth certificate, signed parent's code of conduct, and a physical dated for the current year. All of the player's information will be placed in the sleeve so it is visible to anyone looking at the book. When books are turned in they must have 3 rosters with it. One roster will stay with the book, one roster will be returned to the team to be copied and turned over to each opposing team throughout the season, and the third copy will go to the league official responsible for keeping all of the rosters in one place.

### **Appendix 3**

Playoff tie break procedure for teams to qualify for playoffs

Tie Breakers are as follows

- 1 - Overall Record
- 2 - Head to Head
- 3 - Town Names will be listed on paper & randomly drawn (Playoff seeding only)