



**Cornwall – Goshen- Highland – Kingston – Marlboro – Middletown – Minisink Valley –
Monroe – Monticello – Newburgh – City of Newburgh – Pine Bush – Port Jervis –
Valley Central – Wallkill – Warwick – Washingtonville**

Division 1 Rules

D1 Age & Weight

Age: 8 and 9 years old on or before 11/1 of the current calendar year

Weight Limit: 125 lbs (128.9 max with digital scale)

Only players listed on the official, OCYFL board-approved roster are eligible to play

D1 Pre-Game Weigh In

Weigh-ins occur at halftime of the previous game or 30 minutes before the first game

Each town must provide a medical-grade scale

Rosters must be exchanged at weigh-in — no roster = forfeit (game played as scrimmage)

Players are allowed 3 lbs for equipment (helmet off, pads allowed to be removed at weigh-in)

Late players may weigh in pre-coin toss and play 1st half; after = halftime weigh-in only

Ineligible players must be identified and remove helmet/pads

D1 Playing Time

30+ players: minimum 6 plays per player

25–29 players: 8 plays

19–24 players: 10 plays

18 or fewer players: 12 plays

Players refusing to play must be reported and remove helmet

Non-compliance: coach suspended 1 game + possible game forfeiture (OCYFL board review)

D1 Time & Scoring

Four 12-minute quarters

8-minute halftime (cheerleaders may perform — away team goes first)

Touchdown – 6 points

Field Goal – 3 points

Safety – 2 points

Kick PAT – 2 points

Run/Pass PAT – 1 point

D1 Offense

Follow local high school formations; no unbalanced lines

OL splits must be fingertip-to-fingertip or less

All backs (except QB) must line up 3 yards off the ball unless in motion

No blocking below the knees — 15-yard penalty

Jersey number does not dictate player eligibility

D1 Defense

Follows NYS high school rules

During kicks: no player may line up over center — must be 3 yards off the ball

D1 Special Teams

No kickoffs. After scores and at half, ball placed at 35

PATs: run/pass from 3-yard line or kick from 7 yards back

No fake kicks allowed

Punts: either punt or spot ball 25 yards (inside 50 = half distance)

D1 Mercy Rules

Activated when a team leads by 18+ points

Trailing team gets ball at 50-yard line (35 in playoffs) after scores & to start 2nd half

High-scoring team must sub QB, RBs, WRs on next offensive series

Starters can return only as interior linemen if roster < 17

No trick plays, hurry-up offense, or fake kicks

Failure to comply = loss of next home game + coach suspension (1+ games)

Town president must file official report with OCYFL board

D1 Overtime

Follows NYSHSAA overtime rules

3-minute break, coin toss to determine order or field side

Each team starts at opponent's 20-yard line with 4 downs

If still tied, repeat from 10-yard line until winner is determined

1 timeout per team per OT round

Penalties carry over; turnovers end possession
If defense scores, game ends

D1 Fields & Equipment

Field must be regulation high school size and fully marked
Chains on home sideline, operated by home team volunteers
Required Equipment:

NOCSAE-certified helmet
Shoulder pads
Thigh, knee, tail, and hip pads
Rubber cleats only
Athletic cup
Mouthpiece with strap
No tinted visors or modified equipment

D1 Coaching Rules

Up to 10 credentialed staff allowed on sideline
Must wear ID and town coach shirt
2 coaches allowed on field during timeouts
Ineligible coach on field = 15-yard misconduct penalty
Ejected coaches = automatic 1-game suspension
Injury reports must be submitted by the following day

D1 Referees

Each town must supply 2 referees
If no refs show within 30 minutes = forfeit + scrimmage played
If only one ref arrives, game delayed 30 minutes; if no 2nd, game is scrimmage
All games must be played — protests are reviewed by OCYFL Executive Board