

Cornwall - Goshen-Highland - Kingston - Marlboro - Middletown - Minisink Valley - Monroe
Newburgh - Pine Bush - Port Jervis - Valley Central - Wallkill - Warwick- Washingtonville



OCYFL Mighty Mites Rules – 2025

MM Philosophy

The Mighty Mite program is designed to teach the fundamentals of football while emphasizing sportsmanship, teamwork, commitment, and self-confidence. Coaches must lead by example. Patience and positive encouragement are required. Profanity and negative behavior from players, coaches, or spectators will not be tolerated.

MM Age & Weight

- Age: 6 & 7 years old on or before 11/1
- Weight Limit: 120 lbs (123.9 max with digital scale)
- No play downs from Division 1 allowed

MM Pre-Game Weigh In

- Occurs at halftime of prior game or 30 min before 1st game
- Rosters must be exchanged; no roster = forfeit (scrimmage still played)
- Players allowed 3 lbs for gear
- One weigh-in attempt (players can remove gear for re-weigh on site)
- Late arrivals pre-coin toss may weigh in and play 1st half
- Late after coin toss = may weigh in at half and play 2nd half

MM Playing Time

- 30+ players: 6 plays
- 25–29: 8 plays
- 19–24: 10 plays
- 18 or fewer: 12 plays
- Non-compliance = 1 game coach suspension and possible forfeiture

- Players refusing to play must remove helmet

MM Special Rules

- Controlled scrimmage format
- 2 certified refs are required
- Coin toss to decide first possession (winner chooses)
- 48 total plays (12 per side, 2x each)
- Ball starts on 50-yard line; no first downs
- 3 scores per series = sub QB & RBs (interior line only afterward)
- Coaches must be 10 yards from the ball before snap
- 2 coaches allowed on field per team

MM Offense

- Run any offense with 2 TEs, QB, and one wide out or up to 3 backs
- One RB must be in the tackle box, 3+ yards deep
- No QB sneaks, rollouts, bootlegs, or backfield motion
- Only QB can handoff or pass
- Fumbled snap or handoff = dead play, counts
- Huddles: 1 minute max (1st warning, 2nd = loss of down)
- No blocking below the knees

MM Defense

- Standard 4-4-3 alignment only
- 4 down linemen (2 guards, 2 DEs)
- 4 standing LBs (2 inside head-up on tackles, 2 outside 1 yd outside TEs)
- 2 CBs and 1 safety
- Head-on alignment required — no slants/gaps/loops
- No blitzing
- LB, CB, safety must align at 3, 5, or 7 yards (no more, no less)

MM Penalties

Offense:

- False start (if advantage): replay down
- Holding/block in back (if affects play): spot reset, play counts
- Facemask or below-knee block: spot reset, play counts

Defense:

- Offsides (if advantage): dead play, replay down
- Facemask: play counts, replay that numbered play

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OCYFL Division 1 Rules – 2025

D1 Age & Weight

- Age: 8 and 9 years old on or before 11/1 of the current calendar year
- Weight Limit: 125 lbs + 3lbs for pants (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 digital scale
- Every player must be weighed
- Rosters must be exchanged at weigh-in — no roster = forfeit (game played as scrimmage)
- Players are allowed 3 lbs for pants (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

- Formations and plays must conform to local high school rules.
- No unbalanced lines are allowed.
- The offensive team must huddle before going to the line of scrimmage.
- The defense must be allowed time to set before the ball is snapped.
- Mandatory splits for offensive linemen are fingertip to fingertip or less.
- All offensive backs (excluding the quarterback) must line up at least 3 yards behind the line of scrimmage when positioned on or between the tackles.
- The only exception is a back in motion at the snap of the ball.
- After one warning, any violation results in a 5-yard penalty for each occurrence thereafter.
- No blocking of any type is allowed at or below the knees of a defensive player.
- Penalty for low blocking is 15 yards.

D1 Defense

- Defense must use a six-man line.
- Defensive linemen alignment:
Must be head up on the offensive linemen:
Guard on guard Tackle on tackle
Must be in a 3- or 4-point stance.
Any defender on or inside the tackle must line up head up on the man across from them.
- Defensive Ends:
May line up head up or any distance further out toward the sideline.
If the offensive end is tight (within fingertip-to-fingertip of the tackle): Defensive end must be head up or further out.
- If the offensive end is split out: Defensive end must line up at least 1 yard outside the offensive tackle or further out.
- No defensive lineman may line up over the center.
- Any defender over the center must be at least 3 yards off the ball.

- Linebackers and defensive backs must be a minimum of 3 yards off the line of scrimmage.
- No blitzing off the line of scrimmage.
- Linebackers and defensive ends may rush after the snap.
- All interior defensive linemen (guards and tackles) must be head up on the offensive lineman across from them at the snap.
- **Penalties:**
- After 2 warnings for improper alignment or blitzing, a 5-yard penalty will be assessed for each additional infraction.

D1 Special Teams – PAT and Field Goals

- Run or Pass PAT: Line of scrimmage is the 3-yard line.
- Kick PAT: Line of scrimmage is the goal line.
- Kick PAT or Field Goal:
 - Ball is placed on a tee 7 yards behind the line of scrimmage.
 - Referee confirms both teams are ready, then blows the whistle to start the play.
 - At the whistle, the kicker kicks and the defense may rush to attempt a block.
- No fake kicks are allowed.

D1 Special Teams – Punt

- Teams may choose to punt or advance the ball without punting.
- For a punt, teams line up in formation and the referee hands the ball to the punter.
- The referee blows the whistle to signal the start of the play.
- At the whistle, the defense may rush to block the punt.
- No fake punts are allowed.

D1 Special Teams – Non Punt Option

- 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 line or the 20-yard line, whichever is higher.

D1 Mercy Rules

- Activated when a team leads by 18+ points.
- The coaches of both teams will request an official time out to notify the referee.
- No running clock to allow teams to get all players mandatory plays.
- Trailing team gets ball at 50-yard line (35 in playoffs) after scores and 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.
- Starting defensive players on the high score team may remain, but should rotate out as much as possible.
- One extra timeout given to high score team to make substitutions.
- Punting/kicking are offensive plays: no starting backfield involvement (includes holding, kicking, punting).
- Failure to comply: loss of next home game + ref fees + coach suspension (1+ games).
- Penalties apply to following season or playoffs depending on game timing.
- Town president must file official report with OCYFL board.

D1 Overtime

- There will be a 3-minute intermission.
- Coin toss: away team calls.
- Winner may choose: offense/defense first OR which end of field.
- Loser takes remaining option.
- Same field end used for both possessions.
- Penalties carry over from last play of regulation.
- Each team gets 1 timeout per overtime period.
- Most points in overtime wins.
- Start at 1st & 10 from opponent's 20-yard line (or carryover spot).
- 4 downs to score or earn first down.
- If earned: continue as 1st & 10 or goal (if inside 10).
- Drive ends on score or change of possession.
- If touchdown: entitled to PAT unless irrelevant.
- Field goals permitted on any down.
- Defensive possession = drive ends immediately.
- If defense scores (TD/safety): game over.
- If tied, repeat from 10-yard line until winner.
- Coin toss loser gets 2nd OT choice. Alternate thereafter.

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 (clear only); modifications require OCYFL approval

D1 Coaching Rules

- First 4 weeks: 1 coach per team allowed on field for coaching only.
- Coach must stay 10 yards behind last offensive player and 15 yards behind last defensive player.
- After week 4: no coaches allowed on the field regardless of game count.
- Head coach responsible for assistant coaches' actions.
- Up to 10 credentialed staff allowed on sideline.
- Staff must wear ID and coach shirt.
- 2 coaches allowed on field during timeouts.
- Ineligible coach on field = 15-yard misconduct.
- Ejected coaches = automatic 1-game suspension (subject to board review).
- Injury reports must be submitted by next day.

D1 Referees

- Each town must supply 2 referees.
- No refs within 30 minutes = forfeit + scrimmage.
- Only 1 ref = 30-min delay. If no second, game = scrimmage.
- All games must be played — protests are reviewed by OCYFL Executive Board.

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OCYFL Division 2 Rules – 2025

D2 Age & Weight

- Age: 10 and 11 years old on or before 11/1 of the current calendar year
- Weight Limit: 142 lbs (145.9 max with digital scale / 145.0 on medical scale)
- Only players on the OCYFL board-approved roster who make weight are eligible to play

D2 Pre-Game Weigh In

- Weigh-ins at halftime of the prior game or 30 mins before first game
- Each town must provide a medical scale; digital scale max = 145.9 lbs
- 3 lb allowance for equipment: pants w/ pads + athletic cup only
- Players weighed once; may remove gear at weigh-in area immediately if over
- Late arrivals: may weigh in pre-coin toss and play first half; after = halftime weigh-in
- Roster must be exchanged and kept by opposing team. No roster = forfeit (scrimmage played)
- Ineligible players (e.g. overweight, missing gear, etc.) must be identified and remove helmet/pads

D2 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
- Refusing to play: coach must consult guardian, player removes helmet
- Penalty for non-compliance: 1-game suspension + possible game forfeiture (OCYFL board review)

D2 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 (followed by ball at scoring team's 40-yard line)
- Kick PAT – 2 points
- Run/Pass PAT – 1 point

D2 Offense

- Formations and plays must conform to high school rules
- Mandatory splits: fingertip to fingertip or less
- All backs (except QB) must line up at least 3 yards behind LOS when between tackles
- 1 warning for improper alignment; 5-yard penalties for further infractions
- No blocking below knees — 15-yard penalty
- No restrictions on jersey numbers; eligibility based on position, not number

D2 Defense

- Max six-man defensive line
- Interior linemen must be head-up in 3- or 4-point stance
- Ends may line up head up on tackle or further outside
- No defender may line up directly over center unless 3 yards off ball
- All linebackers and DBs must be 3+ yards off the LOS
- No blitzing off the line; may rush after snap
- After 2 warnings for alignment/blitzing, 5-yard penalties apply

D2 Special Teams

- Kickoffs: None. Ball placed at 35-yard line after scores and at start of each half
- PAT: LOS = 3-yard line for run/pass; Kick from tee 7 yards back
- Field Goals: Kick from tee 7 yards behind LOS; ball must reach 10-yard line
- Defense may rush on ref whistle. No fake kicks allowed
- Punts: Follow high school rules

D2 Mercy Rules

- Must be enforced when a team leads by 18+ points
- The coaches of both teams will request an official time out to give the referee notification that the mercy rule has been reached. The official will warn the high scoring team's head coach regarding player substitution requirements as follows
- No running clock to allow teams to get all players mandatory plays
- 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
- Starting defensive players on the high score team may remain in the game, but team should substitute in non-starting players as much as possible. One extra timeout will be given to the high score team to make these changes
- Punting or kicking are considered offensive plays. As such, starting backfield may not be in the backfield for these. This includes holding, kicking or punting. This rule applies to Kick offs, punts, field goals and PAT's (except for the initial PAT after the touchdown which puts the 18-point difference
- Failure to comply = loss of next home game(With the penalized team responsible for paying the opponents referee fees) + coach suspension (1+ games)
- If it is the team last game of the season, the loss of home game will apply to the following season. If it is the last game of the regular season, the coach suspension will apply to playoffs if the team makes them. If team does not make playoffs, suspension will apply to first game(s) of the following season
- Town president must file official report with OCYFL board

D2 Overtime

- Follows NYSHSAA 20-yard line format
- 3-minute intermission → Coin toss (away team calls)
- Winner chooses offense/defense or field side; loser takes remaining option
- Each team starts 1st and 10 from opponent's 20-yard line
- 4 downs to score or gain first down
- Field goals allowed on any down
- If defense gains possession, play is dead
- If tied after both possessions, continue from 10-yard line; alternate choices, no new coin toss

D2 Fields & Equipment

- Field must be regulation high school size with full markings
- Chains on home sideline, operated by home team volunteers
- Required Equipment:
- Helmet: NOCSAE-certified

- Shoulder pads
- Thigh, knee, tail, and hip pads
- Pants and jersey
- Rubber cleats only (no screw-ins or metal)
- Athletic cup
- Mouthpiece with strap
- No tinted visors (clear only)

D2 Coaching Rules

- 10 credentialed sideline staff per team (coach, asst, trainer, team mom, etc.)
- Must wear town-issued photo ID and coach shirt
- 2 coaches allowed on field during timeouts (more during injuries)
- Ineligible coach on field = 15-yard misconduct penalty
- Coach ejections = automatic 1-game suspension (may increase after board review)
- Coaches must file injury reports by next day

D2 Referees

- Each town supplies 2 referees for their home games
- No referees within 30 mins = forfeit (game played as controlled scrimmage)
- If only 1 ref arrives, game delayed up to 30 mins; if no second ref, forfeit + scrimmage
- All games must be played. OCYFL Executive Board will review any protests

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OCYFL Division 3 Rules – 2025

D3 Age & Weight

- Age: 12 and 13 years old on or before 11/1 of the current calendar year
- Players turning 14 on or after August 1st of the current season are eligible
- No player shall enter the 9th grade during the season
- Weight Limit: unlimited

D3 Pre-Game Procedure

- Roster must be exchanged and kept by opposing team. No roster = forfeit (scrimmage played)
- Ineligible players (e.g. unapproved, etc.) must be identified and remove helmet/pads

D3 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
- Refusing to play: coach must consult guardian, player removes helmet
- Penalty: 1-game coach suspension + possible game forfeiture (OCYFL board review)

D3 Time & Scoring

- Four 12-minute quarters
- 8-minute halftime (away cheerleaders perform first)
- Touchdown – 6 points
- Field Goal – 3 points
- Safety – 2 points
- Kick PAT – 2 points
- Run/Pass PAT – 1 point

D3 Offense

- Conforms to high school rules
- No blocking at or below knees — 15-yard penalty
- Jersey numbers do not dictate eligibility; position does

D3 Defense

- Follows NY State HS rules
- During punts, PATs, or field goals — defenders over center must be 3 yards off ball

D3 Special Teams

- Kickoffs: Follow High School Rules
- PATs & Field Goals: Follow High School Rules
- Punts: Follow High School Rules

D3 Mercy Rules

- Activated when a team leads by 18+ points
- The coaches of both teams will request an official time out to give the referee notification that the mercy rule has been reached. The official will warn the high scoring team's head coach regarding player substitution requirements
- No running clock to allow teams to get all players mandatory plays
- 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
- Starting defensive players on the high score team may remain in the game, but team should substitute in non-starting players as much as possible. One extra timeout will be given to the high score team to make these changes

- Punting or kicking are considered offensive plays. Starting backfield may not be in the backfield. This includes holding, kicking, or punting. Applies to Kickoffs, punts, field goals and PAT's (except for the initial PAT after the touchdown which puts the 18-point difference)
- Failure to comply = loss of next home game (team must pay opponent's ref fees) + coach suspension (1+ games)
- If it is the team's last game of the season, the loss of home game applies to next season. If last regular season game, coach suspension applies to playoffs or to next season
- Town president must file official report with OCYFL board

D3 Overtime

- Follows NYSHSAA 20-yard line procedure
- 3-minute intermission → Coin toss (away calls)
- Winner chooses offense/defense or field side; loser takes remaining option
- Each team starts 1st and 10 at opponent's 20-yard line
- 4 downs to score or gain first down; field goals allowed on any down
- Defense gaining possession ends the drive immediately
- If tied after both possessions, restart from 10-yard line with alternating options

D3 Fields & Equipment

- Field must be regulation size with all markings
- Chains on home sideline, run by home volunteers

Required Equipment

- Helmet with NOCSAE seal
- Shoulder pads
- Thigh, knee, tail, and hip pads
- Pants and jersey
- Rubber cleats only (no screw-ins/metal)
- Athletic supporter/cup
- Mouthpiece with strap
- Clear visors only — no tinted visors

D3 Coaching Rules

- 10 credentialed sideline members per team (coach, assistants, trainer, team mom, etc.)
- Must wear town-issued photo ID and town coach shirt

- 2 coaches allowed on field during timeouts (except during injury response)
- Ineligible coach on field = 15-yard misconduct
- Coach ejection = automatic 1-game suspension (subject to increase by board)
- Injury reports must be filed by next day

D3 Referees

- Each town must provide 2 referees per home game
- No refs in 30 mins = forfeit + controlled scrimmage
- Only 1 ref = delay for 30 mins. If no 2nd ref shows, game = forfeit + scrimmage
- All games must be played. OCYFL Board will review any protests