

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



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