

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



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 June 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