



**Cornwall - Goshen- Kingston - Marlboro - Middletown - Minisink Valley - 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: Weight Limit: 133lbs (133.9 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 must weigh in with football 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.