

# Westchester United Football

## 2023 Rules – 3<sup>rd</sup>/4<sup>th</sup> and 5<sup>th</sup>/6<sup>th</sup> Grade Division

*Last Updated: September 2024 - FINAL*

### Overview of Weight Limitations & Playing Position Restrictions

Division	Class	Max Weight	Offensive Positions	Defensive Positions
<b>3/4 Grade</b>	Skilled Player	95	QB, RB, TE, SE, P, PK (all positions)	LB, DE, CB, S (all positions)
	X	96-130	C, OG, OT, P, PK	DG, DT
	XX	131-140	OT, P, PK	DT
	EX	141 and above	OT (only 1 on field at a time unless both teams have 2)	Not Allowed
<b>5/6 Grade</b>	Skilled Player	<b>120</b>	QB, RB, TE, SE, P, PK (all positions)	LB, DE, CB, S (all positions)
	X	<b>121-150</b>	C, OG, OT, P, PK	DG, DT
	XX	<b>151-169</b>	OT, P, PK	DT
	EX	<b>170 and above</b>	OT (only 1 on field at a time unless both teams have 2)	Not Allowed

#### \*\*PRE-GAME:

There will be a pre-game exchange of rosters between the Head Coaches PLUS a Roster Check to ensure all players are eligible and within their required weight determinations (X, XX, EX). If a child is not on the roster they are not allowed to play in the game.

#### ON FIELD COACHES @3/4 LEVEL:

1. DO NOT SCREAM OR YELL TO PLAYERS FROM BEHIND HUDDLE ONCE HUDDLE IS BROKEN
2. COACHES WILL NOT BE ALLOWED TO MOVE PLAYERS TO CORRECT POSITION AFTER COLUMBUS DAY WEEKEND

#### Offense

- Receivers cannot be more than 10 yards from the widest man on the line of scrimmage.
- NO Empty backfield allowed. We
- You must have a balanced offensive line: T-G-C-G-T.
- TRIP FORMATIONS (3 eligible receivers on same side of field) are not allowed. You cannot motion past the Center into TRIPS. **If a player does come in motion past the center he must be in a set position in the backfield inside of the tackle before the ball is snapped for a full second.**
- Shotgun is allowed.
- QB Sneaks are NOT allowed if QB is under Center unless it is a broken play. QB Sneak from shotgun is allowed.
- XX – Offense dictates side (left or right) meaning offense selects LOT or ROT and defense must line up against them on that side. This only applies if each team has just one “XX” on the field at the same time.
- EX – only allowed to play OT. Not allowed to play defense.
- No “crack-back” blocks
- “Cut-block” only allowed in the “box” (between the tackles) – the ball must also be in the box.

## Defense

- Only 6-2 Defense Allowed (DEs can be up to 5 yards off the DT).
- LB/CB/S must line up at least 2 yards off line of scrimmage.
- LB must NOT be lined up in "A-gap".
- 3/4 Division:
  - Defensive Line must be lined head-up on the offensive player.
  - The defensive player must first "engage" (contact with arm AND shoulder) the offensive player before going through a gap.
- 5/6 Division:
  - Defensive Line can be lined head-up OR shade on outside shoulder of offensive player.
  - The defensive player may "shoot the gap" without engaging the offensive player.
  - **6-2 and 4-4 defense allowed**
  - **XX are not allowed to line up over the tight end, only the OT**

## Fumbles/Interceptions

- Only skilled position players may advance a fumble or interception. If recovered by a "non-skilled player", the play will be whistled dead and the ball will be placed at the spot of the recovery.

## Kicking Game

- No kickoffs – ball is placed on the 35 yard line at start of possession.
- After a Safety ball will be placed on 50 yard line
- PAT Scoring:
  - 1 point – run or pass from the 3 yard line
  - 2 points – run or pass from the 6 yard line
  - 2 points – kick from the 3 yard line – NO RUSH. For 3/4 Division ONLY: PAT – ball will be placed on goal line and kick attempt will be from 5 yard line.
- FG Scoring
  - 3 points – NO RUSH. Kicking team has option to move ball to center of field for FG attempt.
  - Failed FG – ball placed at the line of scrimmage
- On a kicked PAT/FG attempt the snap may hit the ground. Holder picks it up and puts on block. For 5/6 Division ONLY: PAT - the snapper must snap the ball between their legs for a long snap but if the ball touches the ground the Holder picks it up and puts on block.
- On a PAT/FG attempt the defensive team should stand there with their hands up but they are NOT allowed to jump and NOT allowed to yell or scream.
- **ONSIDE RULE: Ball is placed on own 35 with a 4<sup>th</sup> and 10; if team makes it they keep drive going if not it goes to other team...ONE PER TEAM PER GAME**

## Punting

- 3/4 Grade
  - No Punts. Walk off 25 yards but the deepest you can pin your opponent is the 25 yard line
- 5/6 Grade
  - Punting is allowed. 25 yard walk-off is also allowed but the deepest you can pin your opponent is the 25 yard line.
  - Team must declare if they are punting. **No fake punts are allowed.**

- There is no live rush on the punt. The snapper must snap the ball between their legs for a long snap but if the ball touches the ground the Punter just picks it up and then punts it. Punter must be at least 5 yards behind the line of scrimmage when punting.
- Punting team cannot release down field until the ball is punted.
- Once the ball is punted the play is LIVE with full tackle coverage.
- An X or XX can punt the ball. An EX cannot punt the ball as he becomes a defensive player once he punts it.

### Time of Game

- 10 minute Stop time per quarter. 4 minute warning in 2Q & 4Q. Goal is to have 90 minute games.
- 3 Timeouts per half per team
- No “5<sup>th</sup> Quarter” \*\*\*\***THERE MAY BE A 5TH QUARTER IF THE TEAMS HAVE A LARGE # OF 1ST YEAR PLAYERS AND/OR TEAMS THAT QUALIFY DUE TO ROSTER SIZE**
- **1 Overtime Period: TEXAS SHOOTOUT; EACH TEAM GETS BALL ON 20 YARD LINE (NO Kicked X-TRA POINTS)**

### Misc

- All Teams must be prepared to play each week of the season from the first week through the last week which includes bowl games and/or Red Zone Tournament.
- All players must have the following minimum practice time before playing in their first game:
  - 2 hours uppers only; 4 hours full gear (no contact); 6 hours full gear with contact (total of 12 hours practice time)
- All players in “good standing” must play in each game
- Mandatory Player Substitution based on score:
  - 3/4 Grade: Team winning by 12 points or more
  - 5/6 Grade: Team winning by 18 points or more
  - **ALL plays MUST be running plays & NO TRICK PLAYS during the time period of point differential**
- Coaches on the Field: **SEE TOP OF RULES!**
  - **3/4 Grade: The coach on the field must be silent once the huddle breaks and must move back, away from the play.**
  - **5/6 Grade: NO Coaches allowed on field.**
- Maximum of 5 Coaches on the sidelines per team
- If a team wins a game by 25 points or more the Head Coach of that team will be “subject” to suspension for 1 game (the very next game).
- All footballs must be same size as:
  - 3/4 Grade: **Pee-Wee**
  - 5/6 Grade: **Junior**

- The home team is responsible for scheduling and paying the referee fees. Referee Fees at the Bowl game will be split between the 2 teams but the home team is still responsible for scheduling the refs. There must be 3 refs at each game.
- The home team must supply a “chain gang”. The chains will be kept on the HOME team side of the field. Chain gang MUST be silent. Point of emphasis for 2023 - keep the chains on the HOME side.
- All “X”, “XX” and “EX” players MUST have a large “X”, “XX” or “EX” clearly defined on both sides of the helmet or on the back if there is a decal on the side. League strongly suggests using the 2” reflective mailbox stickers from Home Depot (very cheap and easy to see).
- Home team’s head coach must supply the refs a paper copy of the **Quick Rules** before each game and review them along with the opposing team’s head coach. Specifically go over time of game; weight limits; positioning of X, XX, EX; kicking game....

## Administrative

- No player is allowed to play on another tackle football team during the Westchester United Season (8/13 – 11/11).
- Any rule not explicitly listed in this document will follow the NFHS Rules (National Federation of State High School Associations). <https://www.nfhs.org/activities-sports/football/>
- All programs must have an active registration with USA Football including a PSC (Player Safety Coach) who is actively involved in your program
- All coaches (head and assistants) must have an active certification in place with USA Football – Heads-Up Football; must wear a badge at all times on the field and must be registered with Westchester United.
- Each program must provide current proof of insurance at least 4 weeks prior to the scrimmage.
- **Minimum Roster size at the start of the season is 18 and maximum roster size is 40. Any exceptions must be approved by the commissioner. \*\*ORGANIZATIONS MUST MEET WITH COMMISSIONER 2 WEEKS PRIOR TO SEASON STARTING TO DISCUSS PLANS**
- **If a town has 2 teams in the same division the teams MUST be balanced and split 50/50 based on both talent and grade. The intent is to avoid an “A Team” and a “B Team”. Each program director has the responsibility to submit balanced rosters and make sure that if the 2 teams were to play each other 4 times that they would go 2-2 and that the games are close.**
- **Each team must submit an electronic roster with players full name, grade, date of birth, address, school attending, school district and jersey number at the weigh-in. An electronic template will be provided.**
- **Rosters are to be finalized before the first game. Any team wanting to add players to the roster after that must seek approval from the league.**

- Once registered with a team for a given year players cannot switch teams “in league” without written release of originating town and approval by the commissioner.
- **All Home teams MUST have an EMT / Athletic Trainer on site for every home game or the game will be forfeited.**
- Any “significant” injury that requires a doctor’s note in order for the player to return to the field MUST be reported to the league. Example injuries would be concussion, broken bone....
- If a team / program leaves Westchester United for another tackle football league there will be a one year waiting period before you will be considered to come back to the league.
- “Play-Up” Rule. There will be a maximum of 4 play-ups per individual team. All play-ups must have a waiver signed by their parents to be handed in at the weigh-in in order to be eligible.
  - A 2<sup>nd</sup> grader can play-up on the 3/4 grade team
  - A 4<sup>th</sup> grader can play-up on the 5/6 grade team ONLY IF that organization does not have a 3/4 grade team.
- **Home team pays referees fees**
- **Organizations that do not provide a current list of registered athletes at each level by 8/1/21 will not have team in that grade group and those families are allowed to move their athlete to another town team to play at no penalty**

## Conduct

### Sideline Penalties:

**1st Flag = Sideline Warning**

**2nd Flag = 5 Yard Penalty**

**3rd Flag = 15 Yard Penalty**

**4th Flag = Ejection**

### \*\*\*Cursing At Officials Will Not Be Tolerated

- It is imperative that all coaches & players conduct themselves in a positive manner & do not partake in any behavior that is negative or detrimental to the league. Such behavior will not be tolerated. Each team is responsible for the conduct of their coaches, players, parents & fans.
- If a player is ejected by an official for any reason that player will automatically be suspended the very next game. If this occurs on the last week of the season the player is ineligible for the very next game which would be the bowl game.
- If a coach is ejected by an official for any reason that coach will automatically be suspended the very next game. If this occurs on the last week of the season the coach is ineligible for the very next game which would be the bowl game. The coach will be allowed to attend the game but must sit in the stands on the opposite side of his team.
- Any player or coach who is ejected from 2 games will be suspended from the league permanently.
- All fans MUST be in the stands for insurance purposes. No fans are allowed on field or surrounding track.
- Unruly / disorderly fans will be removed from the field and must be reported to the league. They will be on probation the rest of the season.