

Westchester United Football

2018 Quick Rules - 7th & 8th Grade

Last Updated: July 17, 2018 ***FINAL***

Player Position Restrictions

- “X” Offense: C, OG, OT Defense: DG, DT
- “XX” Offense: OT Defense: DT, DE (DE can only play in a 4-4 & must be in a down position)

Offense

- Receivers cannot be more than 10 yards from the widest man on the line of scrimmage.
- NO Empty backfield allowed.
- You must have a balanced offensive line: T-G-C-G-T.
- Trips Formation is NOT allowed. Trips is defined as 3 eligible receivers outside the tackle.
- Motion is allowed and NOT restricted EXCEPT you cannot motion into Trips. Ball would need to be snapped before motion man gets to the playside Tackle to avoid Trips. You cannot motion a player more than 10 yards from widest man on line of scrimmage.
- No “crack-back” blocks
- “Cut-block” only allowed in the “box” (between the tackles) – the ball must also be in the box.

Defense

- Allowed Formations: 7-1, 6-2, 5-3, 4-4, 3-4, 3-5
- Nose Guard can line up on the Center
- Each team can play 2 “XX”s at a time at LT & RT (6-2 or 5-3) or DE (4-4 in a down position – can shade either in or out but must be on the shoulder)

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 the ball is placed on the 50 yard line.
- Live Punts - Full Rush on Snap and punting team has option to run a fake. Only skilled player may punt.
- Live PAT / FG – Full Rush on Snap and kicking team has option to run a fake.
 - Cannot line up on center and cannot shoot the “A-gap”
 - No direct contact with holder (same penalty as running into / roughing the kicker). However, incidental contact with holder while attempting to block the kick is acceptable.
 - Holder must be skilled player (in case of fake)
 - Kicker can be “X” or “XX” but cannot be involved in fake and touch the ball.
 - FG: 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 being that there is a live rush.
- 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
- FG Scoring: 3 points – Full Rush on Snap and kicking team has option to run a fake.

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 “5th Quarter”. OT will be played by “college rules”. Ball placed on the 10 yard line.

Misc

- If a team is winning by 18 or more points ALL plays MUST be running plays in-between the tackles