

Westchester United Football

2018 Rules - 7th/8th Grade

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

Overview of Weight Limitations & Playing Position Restrictions

Division	Class	Max Weight	Offensive Positions	Defensive Positions
7/8 Grade	Skilled Player	140	QB, RB, TE, SE, P, PK (all positions)	LB, DE, CB, S (all positions)
	X	141-160	C, OG, OT	DG, DT
	XX	161 and above	OT	DT * (DE in 4-4 in 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
- LB/CB/S must line up at least 2 yards off line of scrimmage.
- Nose Guard can line up on the Center

Defensive Player Restriction Notes *

- Players 161 lbs. and above are considered a “XX” and are restricted to playing DT only in a 6-2 or a 5-3 defense. However, they can play DE in a *down position* in a 4-4 defense. A Defensive “XX” MUST line up either head-up on the OT or shade in or out but must be on the shoulder.
- Each team can play 2 “XX”s at a time at DLT & DRT (6-2 or 5-3) or DE (4-4 down position)

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”
- If the game is tied at the end of regulation AND the refs are willing to stay AND the field is still free then a “college rules” OT will be played to determine the winner. Ball placed on the 10 yard line. Additional ref fees will be split by both teams.

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.
- 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)
- If a team is winning by 18 or more points ALL plays MUST be running plays in-between the tackles
- Maximum 5 coaches on the sidelines.
- 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 Nike Youth, Under Armour Youth, or Wilson TDY equivalent
- 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 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 2018 - keep the chains on the HOME side.

- All “X” and “XX” players MUST have a large “X” or “XX” 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; 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 36. Any exceptions must be approved by the commissioner.
- If a town has 2 teams in the same division the teams MUST be balanced and split 60/40 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.
- Rosters are to be finalized by the scrimmage or weigh-ins – whichever comes first. Any team wanting to add players to the roster after that must seek approval from the league. 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.
- After Week #1 there are no additions to the roster without permission 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.
- It is strongly suggested that all team have an EMT / Athletic Trainer on site for every home game. If this is not possible your coaching staff must be certified in First Aid, CPR, AED....
- 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....
- All players must be 13 years old or younger as of 12/1/2018. Anyone beyond this age must be submitted in writing and approved by the league. If the player is a skilled players (under 141 lbs) they must receive additional league approval to stay as a skilled player, otherwise they will become an “X”.
- If a team / program leaves Westchester United for another tackle football league there will be a year waiting period before you will be considered to come back to the league.

Conduct

- 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.

Senior Bowl

- Location of Senior Bowl will be determined each year and will be rotated between teams if possible. Senior bowl coaches will also be selected each year and rotated if possible. Senior Bowl location and coaches will be at the final discretion of the commissioner.
- Senior Bowl players must be 8th graders and must be “starters” or must have earned the right to be selected to the Senior Bowl based on leadership and attitude throughout the season.
- Only coaches who were at Senior Bowl practices may be on the sideline during the game.