

Westchester United Football

2018 Quick Rules – 5th/6th Grade

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

Player Position Restrictions

- “X” Offense: C, OG, OT, P, PK Defense: DG, DT
- “XX” Offense: OT, P, PK Defense: DT
- “EX” Offense: OT (only 1 unless both teams have 2) Defense: Not Eligible

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.
- Motion is allowed but cannot motion past center
- TRIPS (3 eligible receivers on same side of field) not allowed. You cannot motion into TRIPS.
- QB Sneaks NOT allowed if QB is under Center unless play is broken. QB Sneak from shotgun is allowed.
- XX – Offense dictates side 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” and 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”.
- 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.

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. After a Safety the ball is placed on the 50 yard line.
- Punting is allowed. 25 yard walk-off also allowed but the deepest you can pin your opponent is the 25 yard line. Team must declare - NO fakes punts are allowed.
- There is NO live rush on the punt. The snapper must snap the ball between their legs. 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.
- An X or XX can punt the ball. An EX cannot punt as he becomes a defensive player once punted.
- PAT / FG – NO Rush and No Fakes
 - PAT Kick: Ball placed on 3 yard line (LOS)
 - FG: Kicking team can move ball to center of field. Failed FG – ball placed at line of scrimmage.
 - On a kicked PAT / FG attempt the snap may hit the ground
- 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

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

- Mandatory Player Substitution if team winning by 18 points or more points. Also, ALL plays MUST be running plays in-between the tackles.