Westchester United Football
2026 Rules - 3rd/4th and 5th/6th Grade Division
Last Updated: October 2026 - FINAL

Overview of Weight Limitations & Playing Position Restrictions

Division	Class	Max Weight	Offensive Positions	Defensive Positions
3/4 Grade	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 (count must be equal for both teams - see below)	Not Allowed
5/6 Grade	Skilled Player	120	QB, RB, TE, SE, P, PK (all positions)	LB, DE, CB, S (all positions)
	X	121-150	C, OG, OT, P, PK	DG, DT
	XX	151-169	OT, P, PK	DT, or DE in a 4-4 (down position)
	EX	170 and above	OT (count must be equal for both teams - see below)	Not Allowed

X / XX / EX at a Glance

Class	Offensive Positions	Defensive Positions	Max on Field at Once	Kicking Game
Skilled	All positions	All positions	No limit	May kick, hold, and punt (5/6)
X	C, OG, OT	DG, DT	No limit at allowed positions	May kick, hold, and punt (5/6)
XX	OT only	DT only (5/6: or DE in a 4-4 in a down position)	2 per team	May kick, hold, and punt (5/6)
EX	OT only	Not allowed	Must be equal for both teams; floor of 1; cap of 2	No kicking-game roles

- XX on offense: If each team has one XX on the field, the offense selects which side (LOT or ROT) its XX lines up on and the defense must line up against him on that side.
- XX on defense at 5/6: DT, or DE in a down position in a 4-4. May only line up over the OT, not the tight end.
- EX count: The number of EX players on the field at one time must be the same for both teams, capped at 2. A team with at least one EX may always play one, even if the opponent has none. If one team has two EX and the other has one, both teams are limited to one.
- EX may not play defense and may not kick, hold, or punt.

****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.
- 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

- 3/4 Division: Only 6-2 Defense allowed. 5/6 Division: 6-2 and 4-4 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.
  - 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 40 yard line to start each possession following a score and to start each half.
- 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: In place of an onside kick, a team that has just scored may elect to attempt to retain possession with a single play from its own 40 yard line, treated as 4th and 10.**
  - Declaration: The head coach must declare the attempt to the officials before the ball is spotted. Once declared and the ball is spotted, the attempt is used regardless of the outcome.
  - Offensive penalties: Any penalty committed by the offense, whether dead-ball (such as a false start or illegal formation) or live-ball (such as holding), results in a FAILED attempt. The play is nullified, the defense takes possession at the 40 yard line, and the offense receives no additional attempt that game. As with any penalty, the defense may decline and take the result of the play, for example a turnover returned for a touchdown.
  - Defensive penalties: A penalty committed by the defense does NOT consume the attempt; normal penalty enforcement applies and the offense retains its one attempt. The defense cannot nullify the onside by committing a penalty.
  - The play is LIVE and governed by all normal rules of play. A touchdown scored by the offense on the play counts. An interception or fumble recovery by the defense counts, and the defense may advance and score, subject to the existing rule that only skilled position players may advance a fumble or interception.
  - Success: If the offense gains 10 or more yards, or scores, it retains possession and the drive continues from the dead-ball spot.
  - Failure: If the offense does not gain 10 yards, the defense takes possession at the dead-ball spot.
  - Limit: ONE attempt per team per game.
  - Score restriction: A team leading by 9 or more points at the time of the attempt may NOT use the onside, since a subsequent score would create a three-score lead.
  - Timing: Available after any touchdown or field goal, following the try, at any point in regulation. Not available after a safety, to start a half, or in overtime.

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
- 5th Quarter: A 5th quarter is not standard. It may be played by agreement of both head coaches when a team has a large number of first-year players or qualifies based on 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.
- 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. 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

- Season Structure: The Westchester United season follows the New York high school fall season start date. A scrimmage is generally held after the first three weeks of practice, followed by a 6-game regular season and two post-season games. The annual Senior Bowl for 8th graders is held the week following the completion of the post-season and is not counted as a post-season game.
- No player is allowed to play on another tackle football team during the Westchester United Season as defined above.
- 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.
  - EXCEPTION: In any division the league has split into A and B, a program with two teams in that division may designate one team to A and one to B. The balanced-roster requirement above applies only when both of a program's teams compete in the same A or B pool.
- 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 2nd grader can play-up on the 3/4 grade team
    - A 4th 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 the league deadline will not have a 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.