



OAKLAND – MACOMB YOUTH FOOTBALL ASSOCIATION
2025 RULES
(Approved March 3, 2025)

PURPOSE

To promote citizenship, good sportsmanship, fellowship, participation and physical development among the boys and girls of the Oakland – Macomb Youth Football Association.

RULES AND DEFINITIONS

- A. Oakland – Macomb Youth Football Association (“OMYFA”) consists of the following franchises:

Anchor Bay (New Baltimore boundaries), Berkley, Birmingham, Chesterfield, Clawson, Madison Heights, North Farmington/West Bloomfield, Romeo, Roseville, Royal Oak, Shelby, St. Clair Shores, Troy, and Waterford.
- B. **FRANCHISE** - A franchise shall consist of four (4) teams: Varsity, Junior Varsity, Freshman, and Flag team.
- C. **MEETINGS** – Are open to the public, however, permission to speak will be at the discretion of this Board.
- D. **CHEER** – All cheerleading decisions as they pertain to the OMYFA are at the leagues discretion, however, discussions and decisions therein pertaining to cheerleading will only be valid when the Director of Cheerleading and/or her representative(s) is present.
- E. **LEAGUE DUES** – Three Hundred Fifty (\$350.00) Dollars per franchise – Must be paid before April 1. If not paid on time your voting privileges are suspended until paid.
- F. **OFFICIAL DUES (Head Referee Fee)** – Two Hundred (\$200.00) Dollars per franchise – Must be paid before April 1.

OMYFA CODE OF CONDUCT

All coaches, football, cheerleading and team Officials, referee officials whether with or without realization of the facts, are looked upon as potential role models by the participants. Coaches are the ambassadors of the Association and in many cases will be the only contact that the participants or parents will have with the Association. Coaches create the opinions that participants and parents will perceive of the OMYFA, either positively or negatively and can have a great impact on the future success of this organization.

Therefore, all coaches, football, cheerleading and team officials will abide by the Code of Conduct and Rules which follow. If any rules or codes of conduct should be broken, the OMYFA Executive Board of Directors shall have the authority to impose a penalty. The penalty shall be determined by the Executive Board of Directors depending on the violation and the severity of its impact.

League takes over the Code of Conduct and publishes it to all franchises.

COACHES SHALL:

1. Follow the rules as prescribed for coaches in the Michigan High School Athletic Association rules and those of the OMYFA. These rules shall be the governing rules of the OMYFA. The rules listed below shall also apply if they are not already within the rules and guidelines of the above-mentioned Association. OMYFA league rules will supersede high school rules.
2. No alcohol, drugs, smoking and/or use of smokeless tobacco on the field or in the presence of participants they are coaching.
3. Criticize only in constructive manner, with the intent to benefit and never to humiliate a participant. Coaches should look for ways to compliment and always offer positive reinforcement where possible.
4. Accept decisions of the game Officials on the field as being fair and called to the best of said Officials.
5. Refrain from making negative comments regarding fellow coaches of the OMYFA coaching staff in front of the participants, other coaches, and parents while on the practice field, games, or Association sponsored events. If it is felt that mistakes are being made by fellow coaches, offer assistance by means of communicating your observations to the GM. The GM will determine if your observation warrants further action.
6. Do not criticize an opposing team, participants, coaches, or fans by word of mouth or by gesture.
7. Strive to make every football/cheerleading activity serve as a training ground for life and as a basis for good mental and physical health.
8. Emphasize that winning a game or competition is the result of good TEAMWORK.
9. Using abusive and profane language at any time is prohibited.
10. Treat all participants the same. There shall not be any favoritism shown or special privileges given to one participant that cannot be given to another.
11. When scores are such that leads are commanding, refrain from “piling it on,” but use this as a teaching tool.

12. Do not deliberately incite unsportsmanlike conduct.
13. Control the fans along with team Officials. Any fan who becomes a nuisance and is out of control will be asked to leave. Remember, as a team coach, you are responsible for your team and fan reaction will usually be in step with your reaction.
14. Uphold all rules and regulations adopted by the OMYFA.
15. Ensure all equipment be cared for properly and is not allowed to be used in an abusive or destructive fashion.
16. GMs, Head Official and a minimum of three (3) senior officials must attend the league rules meetings. Meeting is mandatory – Meeting will be held on the 1st Monday in the month of June.
17. All Coaches/Board Members of the OMYFA will refrain from negative comments to the OMYFA on social media (Executive Board will discuss if action is required).
18. Coaches listed on the League Roster shall not be paid. (excluding registration discounts)

SECTION A – TO THE BOARD OF DIRECTORS

1. Make certain that all the coaches and Board members have a copy of these rules. Be sure they are thoroughly familiar with them, understand them and understand the OMYFA philosophy.
2. Each franchise in the OMYFA must have at least one (1) representative present for League meetings, which shall be held on the dates established by the executive board, with 10 days' notice to all clubs. During the offseason meetings may be designated by the Executive Board as Virtual Meetings and will be conducted through phone and/or video. A fine of \$25.00 will be levied against the city for each meeting where a representative is absent. Maximum of two (2) votes.

SECTION B – TO THE FRANCHISES AND OFFICIALS

1. Make certain that all people in your organization who are active in the presentation of our games have a copy of these rules and understand them. Also, please be aware of the age criteria of the participants and the philosophy of our program.
2. We want officials to feel that they are part of our instructional staff, both as to the technical and the sportsmanship aspects of the game.
3. Please report unpleasant incidents and examples of improper coaching to the General Manager of the team involved and to the Chief Official.
4. All officials must be certified to the MHSAA or a member equivalent organization. A complete list of officials with certification dates will be available at the July Board Meeting.
5. A representative from the official's organization must attend all league meetings, however, can be asked to step away at the discretion of the Executive Board.
6. The Executive Board has the final approval of Official's roster of League games. A majority vote will be taken at League Meetings regarding suspension of an official from duties at OMYFA games. OMYFA hires the officials. OMYFA expects complete, joint satisfaction.

7. Chain gang, down-markers, and spotters – The Officials will explain the rules prior to each game to them. No coaching/no cellular phones, and no swearing is allowed on the sidelines. Must be at least a minimum age of 16 years old.
8. Official's evaluation forms and scores must be emailed to the Vice Chair, Head Official and Webmaster by 12 pm the Monday following the game. Include all overweight players in email. There will be a Twenty-Five (\$25.00) Dollar fine for not turning in the evaluation forms/scores.

SECTION C – FINES & DISCIPLINARY ACTION

1. All fines must be paid by the next scheduled meeting following the time they were assessed. Failure to comply will result in suspension of a city's voting privileges until paid. Fines levied and collected from a city throughout the year will be put into the OMYFA's Bank Account, and may be used for payment of insurance deductibles, subject to the Executive Board approval.
2. The OMYFA Executive Board will enforce any administrative violation/fine and hear appeals to the Executive Board.
3. Discipline or corrective actions handed down by the Executive Board need to be reported to the entire OMYFA board at the next league meeting and entered into the minutes.

RULES

RULE 1 – COMMERCIALIZATION

1. Exploitation of the OMYFA will not be condoned. The sole aim of any contributor both in time and money should be to assist youth to make their community a better place in which to live.
2. No sponsorship will be worn on apparel.

RULE 2 – SCOUTING

1. The use of headsets by coaches is allowed on the playing field. (except for the spotters)
2. Videotaping is allowed only at scheduled games and at your own practices and your own scrimmages.

RULE 3 – PLAYING RULES

1. The rules of the Michigan High School Athletic Association shall apply except as herein noted. All the rules of the OMYFA will be binding on all members with no exceptions. It is the responsibility of the OMYFA to provide the above-mentioned rules to their Board of Directors, which is made up of representatives from each city.
2. No game shall start unless it is administered by at least two (2) registered Officials approved by the OMYFA.
3. Goal line markers shall be used on the Goal Line.
4. Footballs for Flag and Freshman shall be Wilson K-2, or equivalent. Footballs can be leather or rubber. Junior Varsity shall use a TDJ or equivalent and Varsity shall use TDY or equivalent.

5. Block numerals at least six (6) inches high in back and front of jerseys shall be required. The entire body of the number (the continuous horizontal bars and vertical strokes) shall be a single solid color that clearly contrasts with the body color of the jersey.
6. No exposed metal cleats can be worn. Any Participant in violation of this rule will be removed from the game until properly equipped. The team will receive a fifteen (15) yard penalty. Must comply with MHSAA rules.
7. Each game shall be played in four (4) quarters of twelve (12) minutes each. There will be a minimum of twelve (12) minute intermission at the half. Subsequent games will start as soon as the prior game is completed when possible. GM's will communicate game times the week prior. Time will be kept by Officials on the field of play and in the announcing booth. Periods and intermission may be shortened by the General Managers (GM's). (GM's must discuss this with their head coaches during intermission.)
8. After an injury requiring an official time out (as soon as the clock is stopped) a participant will sit out for four (4) consecutive plays. This injury rule will be waived at half time as approved by the medic. If a participant is sent off the field by an Official, he/she will sit out one (1) play until the medical person determines the injury. (GM's) will be held responsible for the enforcement of this rule.
 - a. Injured players team medic is in charge on the field of the play. No Coach will pick up injured players regardless of field location until medic arrives and advises. Only the medic or GM can assist in removing the player from the field.
 - b. Coaches will be suspended for being on game field during an injury without medic approval. Suspension determination will be made by Executive Board at the next meeting of OMYFA Members. (i.e., League Meeting, Playoff Meeting, etc.)
9. Each franchise shall provide a medical aid, EMT person who shall have complete authority of the continued play of an injured participant in the absence of a licensed physician. (Medical aid, EMT person shall be a doctor, licensed nurse, paramedic, physician's assistant, or certified athletic trainer.) If a franchise is short of a medical person, that team will be required to make compensation to the medical representative that is present. GM's and the medical aid/EMT person must have an agreement before the start of the game.
10. No parent, coach, GM, or Association Official may overrule the decision of medical personnel. Game will forfeit if an attempt is made to overrule medical personnel.
11. No headsets will be allowed by the spotters.
12. Four (4) minutes before the end of each half, the referees will stop the clock to check player participation with GM's.
13. The game shall be played on a regulation football field three hundred (300) feet x one hundred sixty (160) feet. Any exemption must be by mutual consent of both GM's.
14. All coaches and participants must remain between the twenty-five (25) yard lines when on opposing sides of the field. When both benches are on the same side of the field, coaches may move from the forty-five (45) yard line to the twenty (20) yard line in front of their own bench. This includes everyone on the sidelines.
15. Two (2) points will be awarded for a kick or forward pass after a touchdown and one (1) will be allowed for a run.

16. Wearing mouthpieces, attached to the helmet or approved equivalent is mandatory. A five (5) yard Penalty will be assessed for noncompliance. If a player has no mouthpiece at all a fifteen (15) yard penalty will be assessed.
17. NOCSAE approved face masks are mandatory on all helmets. Only clear face shields are allowed. No tinted face shields or tinted eye protection unless prescribed by a doctor are allowed.
18. No one, other than coaches, uniformed participants, GM's Presidents, Vice Presidents, equipment managers and medical aids, EMT persons for the playing teams will be allowed on the playing field. ALL OTHER PERSONS ARE PROHIBITED. (Each city is to provide Field Passes for their personnel.)
19. All football and cheer head coaches must be at least eighteen (18) years of age.
20. After a twenty-four (24) point deficit, the team would receive the ball at the fifty (50) yard line and no blitzing by the team in the lead. Only applies if twenty-four (24) points or higher difference.
21. When any team has a thirty-two (32) point lead, the following guidelines will be adhered to in an attempt to hold down the score.
 - a. Thirty-two (32) points total is all that will be allowed to be scored by the winning team over the opponents score.
 - b. After the thirty-two (32) point differential, there will be no extra point attempt by the winning team.
 - c. After a thirty-two (32) point deficit, the losing team would receive the ball at the fifty (50) yard line. Once the thirty-two (32) point lead is reached, this will be the final score for the record book. The winning team must pull its best eleven (11) players and remove pads while maintaining a minimum of fifteen (15) players available for the game or a three hundred fifty (\$350.00) dollar fine will be levied. Each team will designate the best players on the team spotter sheet to be pulled.
 - d. Game will continue being played in a "regular game" format. (Starting at the 50-yard line.) The losing team has the option to have the game playing with a running clock.
 - e. No blitzing by either team
22. All mercy's can be subject to review for sportsmanship violation by the Executive Board.
23. Protective padding/medical apparatuses
 - a. Soft flexible foam rubber pads may be used on forearms, hands, and elbow pads. Arm and elbow pads cannot be football colored.
 - b. Special coverings for medical apparatuses must be inspected by the officials and a doctor's release secured. Release forms must be submitted to the officials before the start of the game.
 - c. In order for a child to play after an injury when a doctor has prohibited play, they are required to have a doctor's release that is current which shall include an expiration date.
24. Any player or coach ejected from the playing field during a game must sit out the rest of the game, plus the whole next game with coaches to include practice. The following conditions

were imposed under this rule at the October 1983 and December 1995 League meetings: Player must remove pads and be under the supervision of that city's GM or its delegate.

- Punching.
 - Targeting is subject to the officials to be assessed as an unsportsmanlike penalty or ejection. A 2nd targeting call is automatic ejection.
 - Two Unsportsmanlike penalties on a player (player is ejected).
 - If a taunting penalty/Unsportsmanlike is assessed against a player:
 1. The player must be removed from the game for the next play. A fifteen (15) yard penalty shall be assessed, and a warning given to the players' Coach.
 2. The second time a player is penalized during the same game, he or she will be ejected from the game and a fifteen (15) yard penalty will be assessed. A team time out must be taken if a coach wants to discuss the ejection.
 3. If more than one player on a team is assessed a penalty for taunting/Unsportsmanlike in a game the Officials shall in addition to the yardage penalty, charge the offending Team with a loss of a time out, and issue a warning to the Head Coach of that Team.
 4. If another violation occurs by any player on that Team, the Head Coach shall be ejected from that game, along with any player who may also be required to be ejected under the rule, the infraction will be reported to the OMYFA Executive Board by the General Managers of that game.
 5. If any Team is assessed a taunting/Unsportsmanlike penalty after the Head Coach has been ejected under this rule, the Officials shall terminate play and the game shall be forfeited by the offending Team.
- In the event any penalty under this rule is called during a point after attempt or any other play resulting in a change of possession, the yardage penalty shall be assessed on the ensuing kick-off or change of possession.
- Disrespectful manner against a coach, Official, etc. – penalty is fifteen (15) yards and/or the participant is ejected from the game at the Officials discretion. Officials must notify both GM's.
 - If a spectator swears toward the field, GM will be contacted, the GM will warn the violator with a possible ejection from the game/field.
 - Coaches or Assistants caught swearing will be ejected from competition, for the rest of the game and the next scheduled game.
 - Any adult ejected MUST be made to leave the playing field/facility.
 - If the Official stops the game or game has to be stopped for an unruly spectator, it is an automatic ejection from the stadium.

25. If a player, coach, or GM gets ejected from a game, he/she will sit out the remainder of the current game day, the following week's practices, and entire next scheduled game day (all four games, i.e., Flag, Freshman, Junior Varsity, and Varsity). General Manager may handle administrative duties at the practice field. Coach is allowed in the stands on game day but cannot coach from stands or use any cell phone or device to contact coaching staff.

26. FRESHMAN ONLY – Defensive line needs to be in a three (3) or four (4) point stance, tackle to tackle. Linebackers need to be a minimum of four (4) yards back behind the line of scrimmage, in order to be in a two (2) point stance at the time of the snap. Any offense will be a five (5) yard penalty. If play is inside the opponent's four (4) yard line up to goal line, linebackers must be one (1) yard from line of scrimmage before snap if in two (2) point stance otherwise can be on the line of scrimmage if in three (3) or four (4) point stance.

27. Personal foul face mask penalty will be fifteen (15) yards and automatic first down. Incidental face mask penalty is a five (5) yard penalty.

DEFINITIONS OF THE BLOCKS:

All of the blocks below are defined by the initial block of offensive linemen in the blocking zone (tackle to tackle, three (3) yards on each side of the line of scrimmage):

CUT BLOCK: Offensive player blocking defensive player below the knees and in front of the player. (Legal in the blocking zone in high school, college, and pros.) OMYFA does not use this block anymore.

CHOP BLOCK: The cut block from the sides, or back, or anywhere below the waist when a teammate is already engaged in block above the waist (a high block followed by a teammate's low block). Illegal at all levels.

BLOCK BELOW THE WAIST: A player engages a block which begins below the waist. Legal in the blocking zone at all levels. (Both the blocker and the player being blocked must be in the blocking zone at the snap.) Illegal in the blocking zone if the block is not the initial block of offensive linemen. Illegal anywhere else on the field.

HORSE COLLAR: Grab the inside back or side collar, or the name plate area (directly below the back collar) of either the shoulder pads or the jersey of the runner and subsequently pull (backward or sideward) that opponent to the ground (Horse-collar), even if possession is lost. The Horse-collar foul is enforced as a live-ball foul.

28. Flag, Freshman, Junior Varsity, and Varsity – 2nd and 3rd string can only have one (1) quarterback sneak per half (any direct snap taken directly underneath the center). After second game if quarterback keeps it has to be outside the shoulder of tackle. Five (5) yard penalty, loss of down (Shot gun snaps are not considered a quarterback sneak.)
29. Offensive play of taking a knee and spiking a ball by quarterback does not count as a play but counts as a defensive play.
30. The fine and disciplinary action for a coach not playing a player his plays is as follows: (It must be the same team, i.e., Flag, Freshman, Junior Varsity, or Varsity.)

FIRST OFFENSE:

- COACH SUSPENDED FOR 3 GAMES
- GM SUSPENDED FOR 1 GAME
- CITY FINED \$350.00

If committed during Playoffs, Coach will be suspended for the rest of Playoff/Superbowl events, next season's first three games, and all practices during that time period.

GM would be suspended next game day or game day of next season if applicable.

SECOND OFFENSE:

- COACH SUSPENDED FOR SEASON
- GM SUSPENDED FOR SEASON

-CITY FINED \$700.00
-TEAM (i.e., Flag, Freshman, Junior Varsity, or Varsity)
WILL NOT BE ALLOWED TO PARTICIPATE IN THE
PLAYOFFS

If Second Offense occurs during Playoff/Superbowl that
city will forfeit the game and the opposing team moves
onto the next round.

31. The fine and disciplinary action for a coach putting a player back in before his four (4) outs after an injury is as follows: (It must be the same team, i.e., Flag, Freshman, Junior Varsity, or Varsity.)

FIRST OFFENSE: -COACH SUSPENDED FOR THREE (3) GAMES AND
PRACTICES
-GM SUSPENDED FOR ONE (1) GAME
-CITY FINED \$350.00

SECOND OFFENSE: -COACH SUSPENDED FOR SEASON
-GM SUSPENDED FOR SEASON
-CITY FINED \$700.00
-TEAM (i.e., FLAG, FRESHMAN, JUNIOR VARSITY,
or VARSITY) WILL NOT BE ALLOWED TO
PARTICIPATE IN THE PLAYOFFS

32. Cheating with equipment:

FIRST OFFENSE: -COACH IS SUSPENDED FROM PRACTICE FOR
ONE (1) WEEK, AND THAT WEEKS' GAME.

SECOND OFFENSE: -COACH REMOVED FOR SEASON
-GM SUSPENDED FROM PRACTICE FOR ONE (1)
WEEK, AND THAT WEEKS GAME

RULE 4 – PARTICIPANTS

1. Coaches and/or participants violating the rules set forth by the OMYFA are subject to dismissal or other disciplinary action by the OMYFA.
2. Head coaches/designated person will be responsible for the conduct and actions of Assistant Coaches and participants while on the practice field and/or at the game.
3. Kick-off and point after touchdown plays do count as plays. If fifteen (15) and under players physically participating in game, this rule does not apply. If fifteen (15) and under participants, they will play six (6) plays in and sit zero (0) plays out per half. All special teams count as a play. This rule applies to Flag, Freshman, Junior Varsity and Varsity.
4. Coaches violating the rules and principles set forth by OMYFA are subject to dismissal or other disciplinary action by the OMYFA.
5. Rule violations must be reported to League Officers. It is the Chairman, Vice Chair, Director of Cheerleading, Field Monitor duty to notify all cities to discuss if an emergency meeting is needed.

6. Violations will be openly discussed by OMYFA Board Members.
7. Violators may be asked to speak before the OMYFA Board, for more information or on their own behalf.
8. The Executive Board may ask for written information videos, etc., to be made available before any action is taken.
9. Whatever disciplinary action is voted and agreed upon by the OMYFA Executive Board will be enforced by the individual city.

RULE 5 – ELIGIBILITY AND WEIGHTS

SECTION A – AGE

1. Eligibility date for 5 to 13 years old will be determined as of 8-1-2025 (no date change is allowed until 2029). It is not mandatory to take 5 years old but at franchises discretion, teams may do so.
2. There will be no high school students (9th grade), or 14 years old allowed.
3. There will be no Junior High/Middle School football participants playing in both the Association and school games, or other organized football teams during the OMYFA season.
4. Any OMYFA League franchise caught playing an ineligible participant will result in game forfeiture. Disciplinary action can be taken against the team coach and/or the GM. It will be brought before the league for discussion. A majority vote of OMYFA Executive Board on any action will rule.
5. Each franchise will police their own teams.
6. Please refer to OMYFA Cheer leading rules regarding age criteria for cheerleaders.

SECTION B – WEIGHT

1. The maximum weight referred to hereinafter shall be the weight of the participant (with full uniform, game shoes, pads, no helmet). Each participant must present his/her jersey for identification purposes at weigh in. Players have the option of a dry weigh-in (less 5lbs overall). Early weigh-ins are to be conducted at a time agreed to by both GMs of the game of the day.
2. Weight limits by age for each squad are: (no changes to weight until 2029)

FLAG	AGE	WEIGHT
1	5 & 6	
2	7	
FRESHMAN	AGE	WEIGHT
3	8	130
4	9	130
JUNIOR VARSITY	AGE	WEIGHT
5	10	150
6	11	150
VARSITY	AGE	WEIGHT

7	12	180
8	13	180

3. The aforementioned weights shall be verified once prior to each regularly scheduled game by actual weight-in in the presence of the duly appointed officials, other than coaching personnel. Coaching personnel are prohibited from participating in the weigh-in ceremonies. Two (2) representatives for each team must be present at weigh-in.
4. No coaches or parents are allowed within fifty (50) feet of the scales at weigh-in time.
5. There will be no waivers granted regarding the weight of a participant as far as the inter-squad movement.
6. No physical contact by any player to another player that does not make weight during practice. Weight will need to be checked before any contact.
7. Association rules contained herein are to apply to the Playoffs and Super Bowl. All rostered players must weigh in and be in attendance in five (5) of eight (8) games or four (4) of seven (7) games and make weight in at least one regular season game to participate in the Playoffs and Super Bowl. Opposing teams must put on referee sheet who did not make weight or was absent. Each team will have one (1) weigh-in sheet for the whole season per squad to keep a running tab. All players must make weight to play, including the post season games.
8. Teams must have a twenty-five (25) or fifty (50) pound weight (metal) to verify scales at weigh-ins and the scales must be in good working order. Scales and weights must be certified after June 15th of each year before the first game.

SECTION C – TEAM REQUIREMENTS

1. Each team shall have a first aid kit on hand at all practices and games.
2. Uniforms may be waived for two (2) games until new uniforms have arrived.

RULE 6 – REGISTRATION AND PHYSICAL EXAMINATIONS

SECTION A – PHYSICAL EXAMINATIONS

1. Each participant must have a valid physical of good health signed by a licensed Physician or medical Physician's Assistant and countersigned by his/her parents/guardians prior to the first day of practice. If all registration forms (picture, birth certificate, physical forms signed by parents) are not on file by the due date, participants will not be eligible to participate in practices or in games.
2. Physicals are to be dated on or after April 15th of the current calendar year.
3. No registration and/or paid player shall be forced to quit based on ability.

SECTION B – REGISTRAR

1. Each team shall have a registrar who is responsible (to submit to the OMYFA Registrar) for its team's registration and physical examination forms before the establish roster turn in date. All city registrars must attend the pre-roster check registrar's meeting held on June 2, 2025.

2. Each team shall have a master roster as the first page, per squad, which shall be uniform in appearance to facilitate proper identification.
 - A. List by League age, then by uniform numbers in numerical sequence.
 - B. All last names of participants will be listed first.
 - C. Address, phone numbers.
 - D. Birthday.
 - E. All listed weights shall show total weight of participants.
 - F. First roster turn in does not have to have uniform numbers.
3. Rosters, Birth Certificates, physicals, and pictures, (within the school year) will be available at weigh-in for every game. It is mandatory that access to all records be available at playing fields by GMs for all games.
4. The Master Roster, complete with Birth Certificate, current picture, and Physical form must be completed by the date set by the League. Any roster turned in late will result in a \$25.00 fine. Any subsequent roster change must be approved by the league board. Any roster turned in to the Secretary incorrectly will result in a \$25.00 fine per squad (not to exceed \$200).
5. Registrations complete by final registration turn in or fines assessed. Additional players can be added in accordance with rules and must be turned in complete. Any participation without complete paperwork turned into the league will result in fines and forfeiture of game an illegal participant played in.
6. Last day to sign new players will be the Sunday of the 2nd game. Additions to rosters cannot be made unless the roster falls below twenty (20) participants during the season.
7. Roster information (i.e., Master Roster, Birth Certificates, Physical Forms will be turned in as follows:
 - a. First turn in due at review meeting held on the Monday prior to start of season (July 28, 2025). (A 3 Ring Binder with roster and paperwork to be brought to meeting for review. Initial rosters to be turned in to the league)
 - b. Second turn in due at the review meeting held on the 2nd Monday of the Season (August 11, 2025). (3 Ring Binder to be brought for review and turned in to the league at this meeting).
 - c. Final turn in due at review meeting held on August 22, 2025. (Only new and missing paperwork to be turned into league with an updated roster).
8. Registration information does not have to be on the practice field any longer but must be accessible at all games. There is a Three Hundred (\$300.00) Dollar fine for not having at the game.
9. The penalty for not having a player's paperwork or name on the final roster is Two Hundred Fifty (\$250.00) Dollar fine.
10. Players on the practice field without having the paperwork in and/or on the roster will be levied a Two Hundred Fifty (\$250.00) Dollar fine per squad (i.e., Flag, Freshman, Junior Varsity, and Varsity) and a forfeit of the game.

SECTION C – INSURANCE

1. Each team must make certain that all participants have adequate insurance to protect their families against the cost of injuries to the extent established by the OMYFA each year. A \$250.00 fine will be assessed to any city not having paid their insurance fee to the League by June 15, 2025.

SECTION D - BACKGROUND CHECKS/CONCUSSION CERTIFICATES/LEAGUE PAPERWORK

Mandatory background checks and Concussion Certificates must be completed by each franchise, Officials, etc. Background checks will be kept by the Executive Board until the end of season and either destroyed or returned to the City at their preference.

1. Each City is responsible for providing current Background checks for all their Coaches and persons who have day to day contact with participants in their program. (For 18 years old and older only). Each City must provide a spreadsheet listing coach's name, and what team (i.e., Flag, Freshman, Junior Varsity, or Varsity) they coach. Each city must also provide a spreadsheet listing Board Members and/or any other persons who have day-to-day contact with participants such as, but not limited to (trainers, choreographers, team helpers, Committee Chairs, etc.).
2. If coaches or persons having day-to-day contact with participants of their program are under the age of 18 years old. City should provide a permission slip from a parent or guardian.
3. Each City is responsible for providing Concussion Certification for each of their Coaches/trainers, etc. Certificates can be obtained from the Centers for Disease Control (CDC), or the National Federation of State High School Association (NFHS).
 - If coach is returning from the year previous a new Certificate does not need to be obtained. However, you are responsible for getting a copy of the years previous Certificate to the League. (It is Mandatory that new Certificates be acquired at least every three (3) years.
 - No Certificate will be accepted unless the name of the coach is embossed on the Certificate. If the name is not on the Certificate due to error by the (CDC), or (NFHS) website; the confirmation e-mail must be attached to the Certificate.
 - Background Checks, Concussion Certificates and Permission slips are due at the same time as the first roster turn-in. No coach, trainer, parent helper, etc., is eligible to coach without a Background Check or Concussion Certificate (when applicable) on file with the league. The result of non-compliance will be a \$250.00 fine per offense.

Each city is responsible for making copies of all Background Checks and Concussion Certificates to keep on file with their City.

Each Franchise must provide the League Secretary updated By-Laws by April 1, 2025.

RULE 7 – PRACTICE RULES

SECTION A – OPENING RULES

1. No formal or informal supervised OMYFA team practices to be held by members of the cities of the OMYFA shall be held prior to August 4, 2025 unless authorized by the Executive Board of the OMYFA.

SECTION B – BODY CONTACT

1. There shall be no hitting of bags or bodies prior to the players 3rd day of practice. It is mandatory that players wear a helmet, mouthpiece, and cup (female participants are not required to wear a cup/athletic supporter or its female equivalent.) from 1st day of practice. The players first five days of practice will be: Day 1 & 2 will be helmet, mouthpiece, and cup. Day 3 & 4 will be helmet, shoulder pads, hitting of pads/bags only. Day 5 will be full contact. Follow new MHSAA guidelines as incorporated in 2014. Refer to the official MHSAA guidelines for the current year/season.

SECTION C – PROHIBITED PRACTICE

1. There shall be no practice on two (2) definite days of the week after the opening game for each unit. One of these days shall be Sunday. The selection of the other day is a choice for each unit to make, but it must remain the same day of the week throughout the season after the choice is made. A practice session will be no more than three (3) consecutive hours.
2. These days shall be on file with the OMYFA and open for inspection at all times.
3. There shall be no regular practices or scrimmages between teams Varsity, Junior Varsity vs. Freshman, etc., within own franchise or other cities in or out of our league. Coaches may be disciplined if inter-squad playing occurs.
4. Chalkboard sessions may be scheduled on one of the regular days off.
5. Must maintain the same day off unless you have a problem, which you will notify the OMYFA Executive Board.

SECTION D – PRACTICE TERMINATION

- a. All practice shall terminate at times set by cities.
- b. Halloween will be a practice day off every year.

SECTION E – CLINICS/CAMPS/DEAD PERIOD

1. Dead Period is from December 1st through December 31st.
2. Strength & Conditioning Clinics can be held January 1st through one week prior to start of season. Clinics must be voluntary. Clinics can not include football specific equipment nor drills. Clinics cannot exceed more than 2 hours a week. Clinics need to be supervised by city officials. (Please see cheer rules for their specifics)
3. Camps can be held beginning on June 1st until one week prior to start of season with a thirty (30) day notice to the league of date, time, and hosting city/person. Each franchise will be allowed to have a maximum of twelve (12) hours of summer camps over a maximum of six (6) days with each day not exceeding three (3) hours for football and cheer each. Camps must have a generic lesson plan. There will be no body contact between players at any summer camp. Blocking devices may be used for technique purposes only. Players are not allowed to wear any equipment. Coaches are not allowed to do chalkboard teaching sessions, on how they

run their plays, blocking assignments, etc. Camps must be open to all cities. Send information out to webmaster, all cities, and cc: Executive Board. Camps need to be supervised by city officials.

RULE 8 – SCHEDULING RULES

SECTION A – OPENING OF THE SCHEDULE.

1. The Chairperson of the OMYFA Executive Board along with an appointee(s) will prepare the schedule of all games.
2. Cross Over Format for three (3) schedule games will be:
 - a. Year 1 – 1, 3, 5
 - b. Year 2 – 2, 4, 6
3. Schedule will be adjusted on the even years when new rankings come out.

SECTION B – LENGTH OF SCHEDULE

1. No games or practice scrimmages may be scheduled with teams outside of the OMYFA unless sanctioned by the OMYFA Executive Board. There shall be only one controlled practice scrimmage per week during the season. Must provide at least 24-hour notice.
2. All cities must notify the OMYFA of all scrimmages.
3. All scrimmages outside of the OMYFA need a 72-hour notice. Scrimmages outside the league must adhere to the MHSAA scrimmage rules. Email scrimmage information to all franchises and Executive Board.
4. A scrimmage may not be an official game by either side. Any team playing in an unauthorized game will forfeit that week's game, head coaches and GMs will be suspended three (3) games, and the city will be fined \$500.

SECTION C – PARTICIPANT RELEASES

1. An OMYFA franchise may prevent a participant's from gaining a release if:
 - The participant's primary residence is within that franchise approved city borders of OMYFA approved territory. **EXCEPTION** – A participant's that is registering for the first time in the OMYFA may choose which franchise to play for. The chosen team will provide a waiver to the participant's residence franchise to be approved/signed for the registration books.
 - The participants not currently registered with any other OMYFA franchise upon relocation of primary residence within that franchise's borders.
 - The returning participants, who upon relocation of primary residence to another OMYFA city, declares a favor of maintaining form team affiliation. **EXCEPTION:** No release is necessary if a participant declares in favor of the new OMYFA franchise where they now hold primary resident.
 - The returning participants who upon relocation of primary residence to an open or non-league city declares in favor of maintaining former team affiliation. **EXCEPTION:** A returnee who has relocated his or her primary residence to an open territory city is officially released from all prior obligations or affiliations. Specifically, they are free to re-sign with their former team or they may choose a new OMYFA team depending on their personal preference, logistics or circumstances. However, once they have

declared a team affiliation, all rules governing that formal commitment then apply. This applies to not only city/city, but franchise to franchise.

- If it has been determined that a competing OMYFA franchise has attempted to register new participant from another franchise's territory without their knowledge or permission.
- Any child outside of a participating team's city may have a choice of which city to play for. Once that child picks a team he must play for that city unless waived. If the child chooses to change teams and not waived, they must sit out one (1) year to be free to choose team without release.
- Any team that has maxed out their team quota shall release any and all additional players for the maxed-out team.
- A returning participant release request cannot be denied unless the teams squad has less than twenty (20) participants.

2. League notification of release request:

- All release requests must be sponsored by an OMYFA franchise in writing on a completed OMYFA release form. All release request correspondence should be addressed to the President or GM of a franchise. The franchise receiving the release request is responsible for judging the matter and will decide whether to grant or reject the release request.
- Franchise officials requesting releases must bring all release requests to the attention of the League Chairperson within forty (48) hours of sending/delivering written requests to a franchise.
- If a franchise does not grant a release and the requesting franchise believes the decision rendered does not conform to the OMYFA rules, the requesting franchise may ask for a hearing before the OMYFA executive board to clarify the matter.
- The OMYFA will issue all final decisions regarding disputed release requests in writing to all concerned parties.

3. If a team is suspended from the OMYFA league their players do not need a waiver to play with another city.

SECTION D – POST SEASON GAMES

1. No post season competition shall be conducted unless informed by OMYFA Board.

SECTION E – NIGHT GAMES

1. Night games can be scheduled on Friday and Saturday nights only. Labor Day weekend night games can be scheduled on Thursday, Friday, or Saturday.

SECTION F – SUNDAY GAMES

1. Sunday games may be scheduled. No Sunday night games with the exception of playoffs.

SECTION G – LABOR DAY WEEKEND

1. Labor Day weekend games will be scheduled on Thursday, Friday, or Saturday ONLY.

RULE 9 – WEATHER RULES

SECTION A – TO PLAY OR NOT TO PLAY

1. The decision as to whether or not a game should be played in inclement weather shall be solely in the hands of the Head Official and two (2) GMs with a wait of no less than ½ hour. (Thunder and lightning)
2. Games stand final after the second quarter. Games called before half-time will resume from point of interruption unless both organizations agree to start from the beginning. Games will be delayed for no more than 2 hours total. If a game is unable to resume the game will be rescheduled if possible.
3. Once the decision is rendered, it shall be considered final and received in the spirit of good sportsmanship.

SECTION B – RE-SCHEDULING OF CALLED GAMES.

1. Any called game may be rescheduled if it complies with Rule No. 9 A, 1.

RULE 10 – FIELD RULES

1. The home team must provide distinctive marking for three (3) officials on line markers and down box. Down line officials cannot coach from the side line. Penalty for violation is:

FIRST OFFENSE: A warning by officials

SECOND OFFENSE: Removal by officials.

2. Officials shall be at games at least ten (10) minutes before starting time. Officials will be fined Fifty (\$50.00) if not on the field by kick off.
3. All ties will be played with two (2) maximum overtimes.
4. The top four (4) teams in each division go on to participate in post season games. Consideration is overall standings. In case of a tie for competing in any post season games the first consideration will be the outcome of head-to-head competition between tied teams; second consideration will be head-to-head competition with the least amount of points scored against (amongst the tied teams in your division), third consideration will be divisional record: fourth consideration will be by a deck of cards with aces low, card to be drawn by tied teams. Reseeding after 1st round of playoffs for divisional championship games.
5. Post Season games shall not end in a tie. High School rules will apply.
6. The host team is responsible for the field and all preparation of the field and the equipment.
7. The OMYFA will set post season schedule for hosting cities.
8. Flagbowl and Tackle games must be played on opposite days.
9. Playoffs/Divisional Championships must be played on turf fields. Super Bowl has the option.

10. A team shall have a minimum of nine (9) players to begin play. If a team has eight (8) players or less for any reason, that team shall forfeit. It shall be determined by the general manager if play is continued and what squad assignments shall be.

RULE 11 – SPOTTERS

1. Spotters are required to start the game. The GM of the opposing team must be notified before the start of the game as to who the spotters will be.
2. Spotters will be on both sides of the field for all games. If you do not have two (2) spotters, the city will receive a fine of \$50.00 per game.
3. Spotters are required to stand next to the opposing teams' spotter during each half.
4. Use of headsets/handheld equipment, radios, walkie-talkies, etc. prohibited by spotters.
5. Spotters and GM's must sign the spotter's sheets after each game.
6. Must have jersey numbers on spotter sheets or a fine of \$50.00 a game.
7. Flag, Freshman, Junior Varsity and Varsity players uniformed for a game must play at least four (4) offensive and/or defensive plays in and sit out four (4) plays each half. Post snap penalties that result in penalized yards and/or a loss of a down count towards players ins and outs. (I.e., Holding, Pass Interference, 2 QB Sneaks, etc.). All dead ball fouls do not count as a play excluding after the play has been run. Participants ineligible to play must remove shoulder pads, unless the thirty-two (32) Point Rule applies. Must mark In's and Out's on a dedicated Spotters Sheet. For Flag teams please see rule (I) under Flag Rules – Player Requirements regarding mercy rule.
8. Kick-off and point after touchdown plays do count as plays. If fifteen (15) and under players physically participating in game, this rule does not apply. If fifteen (15) and under participants, they will play six (6) plays in and sit zero (0) plays out per half. All special teams count as a play. This rule applies to Flag, Freshman, Junior Varsity and Varsity.
9. It is the duty of each GM or designated official to see that coaches are giving participants proper opportunities to participate in practice and games.

RULE 12 – NOISE MAKERS

1. Air horns, Vuvuzela's, sirens, or any recording of such at the games are prohibited.

RULE 13 – RULE CHANGES

1. These rules shall be in effect for the season indicated. Once the rules are approved by the Franchises at the OMYFA Rules Meeting they may only be amended, altered, changed, or repealed for emergency purposes at properly noticed OMYFA meeting. Any proposed rule amendment, alteration, change, or repeal requires a three-fourths (3/4) majority vote of the OMYFA members in attendance to approve

OAKLAND – MACOMB YOUTH FOOTBALL ASSOCIATION 2025 FLAG RULES

FIELD RULES

- A. Franchise GM and officials have complete authority at all games.
- B. 40 Second delay of game clock will apply from ready to play whistle. (Officials)
- C. Clock will stop after kickoff and does not start until the snap of the ball of the first play of the game/half,
- D. 2 Coaches on the field per team. COACHES MUST BE 5 YARDS BEHIND THE LAST PLAYER ON OFFENSE/DEFENSE AT TIME OF SNAP.
- E. 5 Yard penalty if coaches are not five (5) yards behind deepest player after 2nd game.
- F. Coach is only allowed to talk to officials from the sidelines.
- G. Franchise must have roster on game fields.
- H. Depth of end zones must be marked.
- I. Mandatory switch at half.
- J. All teams will play on the same field for flag bowl unless the hosting city has a facility for the second field as the first, such as, concessions, rest rooms, etc.
- K. All scores are to be called into Vice Chairperson and webmaster for tracking.
- L. Penalties are the same as tackle unless specified in these rules.
- M. In the event of a safety the ball is placed on the 50-yard line.
- N. No defensive player can be heads up over the center or will be levied a five (5) yard penalty. Can be in the A or B gap.
- O. Coaches will not pick up an injured child on the field. They will remain behind the 5-yard rule.
- P. In lieu of punting, the referee will advance the ball twenty-five (25) yards and award possession to the other team. At no time can this result in a team receiving the ball inside its own 20-yard line. This does not count towards a players Ins and Outs.
- Q. Flag Playoff Bracket: 7v7, 6v6 4v4, 2v2, 5v5, 3v3, 1v1 for scheduling purposes.

EQUIPMENT

- A. Players must wear karate style helmet/mouthpiece must be visible and attached to helmet.
- B. Cup must be worn by all players. (Female participants are not required to wear a cup/athletic supporter or its female equivalent.)
- C. Plunger style flag with belt. Must be contrasting color with pants. Flag must be tipped out. No adult Shruumz flags allowed.
- D. All trophies and medals awarded equally to all teams at flag. They will be the same size.
- E. End of belts and shirts for all ball carriers must be tucked in. Play will be blown dead once the ball carrier has possession of the ball if they are not tucked in.

PLAYER REQUIREMENTS

- A. The game is to be played with no less than nine (9) players. (If one team has nine (9) players, the other team must also put nine (9) players on the field).
- B. Punt is a free kick. No "fake" punts. Defenders must have eight (8) players on the line of scrimmage.
- C. No field goals or extra points to be kicked.
- D. No overtimes. In case of tie after 4th quarter – game ends in a tie. Flag Bowl – Overtime will be four (4) downs from the five (5) yard line. Maximum of one (1) overtime.
- E. There are no fumbles. The ball is dead at the spot of possessing ball carriers' feet. (No sliding).
- F. Players may not strip the ball carrier (including QB) ball ruled dead.

- G. May not run back unsuccessful extra points.
- H. The defensive line needs to be in a three (3) or four (4) point stance, tackle to tackle. There can be no more than five (5) players maximum on the line of scrimmage. Linebackers need to be a minimum of four (4) yards back behind the line of scrimmage, in order to be in a two (2) point stance at the time of the snap. Any offense will be a five (5) yard penalty. If play is inside the opponents four (4) yard line up to goal line, linebackers must be one (1) yard from line of scrimmage before snap if in two (2) point stance otherwise can be on the line of scrimmage if in three (3) or four (4) point stance.
- I. OMYFA 24-point mercy will be in effect. (50-yard line, 1st down, or at discretion of GM's).
- J. All players must hold an offensive and/or defensive position.
- K. Long snap with no fumbles on punts.
- L. No rushing on punts.

PLAY TECHNIQUES

- A. Offense may block with open hands to the chest, but not to the face.
- B. There is to be no FLAGRANT TACKLING (Official's discretion). The penalty is ten (10) yards spot foul and an automatic 1st down.
- C. Blocking or pushing the ball carrier who is running near the sidelines, for the purpose of knocking him out of bounds and/or stopping his progress is a five (5) yard spot foul and an automatic first down.
- D. There is to be no "shushing" by the ball carrier to prevent his flag from being pulled. Play is then whistled dead and a five (5) yard plus the loss of down penalty is called from the spot of the foul.
- E. No stiff-arming by the ball carrier. Play is whistled dead and a five (5) yard plus the loss of down penalty from the spot of the foul.
- F. Ball carrier is not allowed to leave his feet to score or to avoid having his flag pulled. (Play is dead at spot of infraction, no penalty).
- G. Follow OMYFA and High School rules when not covered by Special Flag rules.
- H. Teams may practice five (5) days per week before 1st game. No more than four (4) days per week after 1st game.
- I. All GM's - Coaches - Players - Parents must follow and adhere to OMYFA code of conduct.
- J. Ball carriers no charging into defensive players. Intentional charge – a five (5) yard plus loss of down penalty.
- K. Let them spin.
- L. If flag equipment falls off the player with the ball, the ball is dead at that point.
- M. No more kick offs after scoring, start on their own 40-yard line.
- N. After a player has scored a touchdown, he must pull both his flags to show that they do come out. If they don't the ball goes back to previous line of scrimmage with a loss of down.
- O. No cut blocking.
- P. Each half will begin with a kickoff. There will be no onside kicks. Receiving team automatically receives possession.
- Q. Shot or gun snap goes over the quarter back's head, the ball will be placed on the line of scrimmage.
- R. There is no diving allowed by either the offensive or defensive player to take or avoid having flags taken. Play is whistled dead and a five (5) yard plus the loss of down penalty from the spot of the foul.