



OAKLAND-MACOMB YOUTH FOOTBALL ASSOCIATION
2009 RULES
(APPROVED 2/23/09)

PURPOSE

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

RULES AND DEFINITIONS

A. **OMYFA** - Oakland-Macomb Youth Football Association of the following franchise:

Berkley, Clawson, Hazel Park, Madison Heights, North Farmington-West Bloomfield, Roseville, Royal Oak Chargers, Royal Oak Chiefs, Shelby and Troy

B. **FRANCHISE** - A franchise shall consist of four (4) or more teams, maximum, consisting of a Varsity, Junior Varsity, Freshman and a Flag team.

C. **VOTING** - Each franchise will have a maximum of two (2) votes at all League meetings.

C. **MEETINGS** - Are open to the public, however, permission to speak will be at the discretion of this Board.

RECOMMENDATIONS

SECTION A - TO THE BOARD OF DIRECTORS

1. Make certain that all of 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 a least one (1) representative present for League meetings, which shall be the forth (4th) Monday of each month. A fine of \$25.00 will be levied against a city for each meeting a representative is absent.

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 also to the Chief Official.
4. All officials must be certified to the MHSAA or a member of equivalent organization. A complete list of officials with certification dates will be available at the July board meeting.
5. A representative from the officials organization must attend all League meetings, however, can be asked to step away at the discretion of the Board.
6. The 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 - The Officials will explain the rules prior to each game to them. No coaching/no cell phones and no swearing. Home team must provide chain crew.
8. Official's evaluation forms must be turned in at the next meeting after the games. There will be a \$25.00 fine for not turning in the evaluation forms.

SECTION C - FINES & DISCIPLINARY ACTION

1. All fines must be paid by the next schedule 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 a fund or savings account to be used for payment of insurance deductibles subject to Board approval. Any and all disciplinary actions shall be left to the vote of the Board of Directors.
2. OMYFA Executive Board will enforce any administrative violation/fine.
3. OMYFA Executive Board will have the option of bringing administrative ineligible infractions before league for decision of forfeiture.
4. Repeated offender will appear before the Board.

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. No use of electronic communication is allowed on the playing field except facility and administration purposes.
2. Video taping is allowed only at schedule games. It is not permitted at scrimmages or practices.

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 furnish 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, Freshman shall be Wilson K-2 or equivalent. Footballs can be leather or rubber. Junior Varsity shall use a TDJ or equivalent and Varsity will use TDY or equivalent.
5. Block numerals at least six (6) inches high in back and front of jerseys shall be required.
6. No metal cleats can be worn. One piece rubber sole cleats must be worn. Participant in violation of this rule will be removed from the game until properly equipped. The team will receive a fifteen (15) yard penalty.
7. Each game shall be played in four (4) quarters of twelve (12) minutes each. There will be a minimum of twelve (12) minutes intermission at the half. Subsequent games will start as soon as the prior game is completed when possible. Time will be kept by officials on the field of play and in the announcing booth. We do not use a running clock. Periods and intermission may be shortened by the GM'S. (GM'S must discuss this with their head coaches during intermission).
8. After an injury requiring an official time out a participant will sit out four (4) consecutive plays. This injury rule will be waived at half time as approved by medic. If a participant is sent off the field by an official he will sit out one (1) play until the medical person determines the injury. General Managers will be held responsible for the enforcement of this rule.

- a. Injured player team medic is in charge on the field of the player. Only the medic or GM can assist in removing the player from the field.
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 a 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, or GM or Association Official may overrule the decision of a medical personnel. Game will forfeit if an attempt is made to overrule a medical personnel.
11. Four (4) minutes before the end of each half, the referees must call an official time out and notify the Head coaches of the time remaining. The game shall be played on a regulation football field three hundred (300) feet x one hundred sixty (160) feet. Mutual consent by the GM's is for any exception.
12. 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.
13. Two (2) points will be awarded for a kick or forward pass after a touch-down and one (1) will be allowed for a run.
14. Wearing of mouthpieces, attached to the helmet or approved equivalent is mandatory. Penalty for noncompliance will be five (5) yards and must be assessed.
15. NOCSAE approved face masks are mandatory on the helmets. No shaded face shields allowed; only clear face shield allowed.
16. No one, other than the coaches, uniformed participants, GM's, Presidents, Vice Presidents, equipment managers and medical aid, EMT persons for the playing teams, will be allowed on the playing field without proper identification. **ALL OTHER PERSONS ARE PROHIBITED.** (Each city is to provide identification for their personnel). League passes will be allocated by the League.
17. All football head coaches must be at least eighteen (18) years of age.
18. 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.
 - c. Defense can score at any time.
 - d. Punts can be returned for score at any time.
 - e. After a twenty-four (24) point deficit, the losing team would receive the ball at the fifty (50) yard line and no blitzing by the defense after any score by the winning team.

- f. After a thirty-two (32) point deficit, the losing team would receive the ball at the fifty (50) yard line. Once the 32 point lead is reached, this will be the final score for the record book. The winning team must pull its first string, offense and defense.
 - g. Game will continue being played as a regular football game with losing team having the option of having a running clock. Losing team has a choice of offense, defense or a regular game.
19.
 - a. Soft, flexible foam rubber pads may be used on forearms, hands and elbow pads for elbows. Arm and elbow pads cannot be football color.
 - b. Special coverings for medical apprentices must be inspected by the officials and a doctors release secured. Release must be submitted to the officials before the start of the game.
 - c. In order for a child to play they are required to have a doctors release that is current which shall include an expiration date.
 20. 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:
 - Punching or spearing player is to be ejected.
 - 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. Official 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 rest of game and the following game.
 - Any adult ejected MUST be made to leave the playing field.
 21. If a player or coach get ejected from a game, he/she will sit out the remainder of the current game and the entire next scheduled game.
 22. All Association rules contained herein are to apply to the Playoffs and Super Bowl. A participant must be an active participant during the season (weigh-in at least five (5) games) to participate in the playoffs and Super Bowl.
 23. All scores must be called into the League scorekeeper by Monday, by noon, by each General Manager. Failure to do so will result in a \$10.00 fine.
 24. Teams must have a twenty-five (25) or fifty (50) pound weight (metal) to verify scales at weigh-ins
 25. FRESHMAN ONLY - Defensive line needs to be outside shoulder three (3) or four (4) point stance, tackle to tackle. Line backers need to be one (1) yard back behind the defensive lineman in order to be in a two (2) point stance at the time of the snap. First offense will be a warning, to the head coach, second offense will be a five (5) yard penalty.
 26. Personal foul face mask penalty will be 15 yards and automatic first down. Incidental face mask penalty is a 5 yard penalty.

27. No chop blocking.

DEFINITIONS OF THE BLOCKS

All of the blocks below are defined by the initial block of the offensive linemen in the blocking zone (Tackle to tackle, 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.

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 lineman. Illegal anywhere else on the field.

28. Flag, Freshman and JV - 2nd and 3rd string can only have 1 quarter back sneak per series, after the second game.

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 squad):

FIRST OFFENSE - COACH SUSPENDED FOR 3 GAMES

- GM SUSPENDED FOR 1 GAME
- CITY FINED \$350.00

SECOND OFFENSE - COACH SUSPENDED FOR SEASON

- GM SUSPENDED FOR SEASON
- CITY FINED \$700.00
- SQUAD WILL NOT BE ALLOWED TO PARTICIPATE IN THE PLAYOFFS

31. The fine and disciplinary action for a coach putting a player back in before his 4 outs after an injury is as follows (It must be the same squad):

FIRST OFFENSE - COACH SUSPENDED FOR 3 GAMES

- GM SUSPENDED FOR 1 GAME
- CITY FINED \$350.00

SECOND OFFENSE - COACH SUSPENDED FOR SEASON

- GM SUSPENDED FOR SEASON
- CITY FINED \$700.00
- SQUAD WILL NOT BE ALLOWED TO PARTICIPATE IN THE PLAYOFFS

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 will be responsible for the conduct and actions of assistant coaches and participants while on the practice field and/or at the game.
3. Each participant must sit out four (4) plays and have four (4) plays in each half. Kick-off and point after touchdown plays do count as plays. If under 15 players physically participating in game, this rule does not apply. If 15 and under participants they will play 6 plays in and sit 0 per half.
4. Each participant uniformed for a game must play at least four (4) offensive and/or defensive plays in each half. 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 32 Point Rule applies.
5. 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.
6. Coaches violating the rules and principles set forth by OMYFA are subject to dismissal or other disciplinary action by the OMYFA. First offense of out of line coach will be restriction to the bench at the Head Referee discretion. Second offense the coach will be thrown out of the game by the Head Referee.
7. Rule violations must be reported to League Officers. It is the Chairman, Vice Chairman, Director of Cheerleading, Field Monitor duty to notify all cities to discuss if an emergency meeting is needed.
8. Violations will be openly discussed by Executive Board members.
9. Violators may be asked to speak before the Executive Board, for more information or on their own behalf.
10. The Executive Board may ask for written information videos, etc. to be made available before any action is taken.
11. Whatever disciplinary action is voted and agreed upon by the OMYFA Executive Board will be enforced by the individual city.
12. Spotting at the playoffs and Super Bowl will be done by a four (4) person committee at each game to be handled by the Chairperson or Vice Chairperson. The spotters will get with the GMs prior to the four (4) minute warning. All cities must use the OMYFA spotting sheets provided.

RULE 5 - ELIGIBILITY AGES AND WEIGHTS

SECTION A - AGE

1. All participants must be 6 years old by 11/1/09.
2. Eligibility date for 8-12 year olds will be determined as of 11/1/09. Eligibility date for 13 year olds will be 11/1/09. Franchises may add varsity players on a case by case basis with League Board approval.
3. There will be no high school students, 9th grade students, or 14 year olds allowed.

There will be no Junior High/Middle School football participants playing in both the Association and school games, or other organized football team.

4. Each franchise will police their own teams.
5. Any OMYFA League franchise caught with such a 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 meeting for discussion. Majority vote of OMYFA on any action will rule.

SECTION B - WEIGHT

1. The maximum weight referred to hereinafter shall be the weight of the participant (dry weight). Each participant must present his/her jersey for identification purposes at weigh in.
2. Weight limits by age for each squad are:

FLAG	AGE	WEIGHT
1	6	
2	7	
FRESHMAN	AGE	WEIGHT
3	8	115
4	9	115
JUNIOR VARSITY	AGE	WEIGHT
5	10	135
6	11	135
VARSIITY	AGE	WEIGHT
7	12	160
8	13	160

3. The aforementioned weights shall be verified at least once within one half (1/2) hour prior to each regularly scheduled game by actual weigh-in in the presence of the duly appointed officials, other than coaching personnel. Coaching personnel are prohibited from participating in the weigh-in ceremonies. No more than a maximum of two (2) representatives for each team.

4. A participant cannot weigh more than 160 lbs. At any level.
5. No coaches or parents are allowed within fifty (50 feet of the scales at weigh-in time.
6. There will be no waivers granted regarding the weight of a participant as far as the inter-squad movement.

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 2 games until new uniforms have arrived.

RULE 6 - REGISTRATION AND PHYSICAL EXAMINATIONS

SECTION A - PHYSICAL EXAMINATIONS

1. Each participant must have a physical of good health signed by a licensed physician or medical physicians assistant and countersigned by his/her parents/guardians prior to first day of practice. If all registration forms (picture, birth certificate, physical, forms signed by parents) are not on file by the due date they 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 Secretary) for its teams registration and physical examination forms before the establish roster turn in date. League secretary will keep a set of books during the season.
2. Each team shall have a master roster which shall be uniform in appearance to facilitate proper identification.
 - A. List uniform numbers in numerical sequence by age
 - 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
3. Birth certificates, pictures, within the school year and association registration forms, will be available at weigh-in for every game. Records will be kept at playing fields by General Managers for all games.
4. The roster, complete with birth certificate, picture registration form and physical form must be completed by date set by the league. Any roster turned in late will result in a \$25 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 fine per squad. A copy of the roster book will be left with OMYFA Secretary until end of year. Cheer books will go to the Director of Cheerleading.

5. Last day to sign new player will be the Sunday of the 2nd game. Rosters will be by August 3, 2009. Final rosters will be August 24, 2009. Additions to rosters cannot be made unless the roster falls below 15 participants.
6. Registration books do not have to be on the practice field any longer but must be at all games. There is a \$300 fine for not having them at the game.
7. Penalty for not having a players paperwork or name on the final roster is \$250.
8. Players on the practice field without having the paperwork in and/or on the roster is \$250 fine per squad and a forfeit of the next 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 \$25 fine will be assessed to any city not having paid their insurance fee to the League by the May meeting.

RULE 7 - PRACTICE RULES

SECTION A - OPENING RULES

1. No formal or informal supervised football practice of football conditioning or football clinics held by members of the cities of the OMYFA shall be held prior to August 10, 2009 unless authorized by the Board of the OMYFA.

SECTION B - BODY CONTACT

1. There shall be no hitting of bags or bodies prior to August 13, 2009. It is mandatory that players wear a helmet, mouthpiece and cup from 1st day of practice.

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 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. in 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 same day off unless you have a problem, which you will notify the OMYFA 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

1. Clinics can be held after June 15th until the week before practice starts with a 30 day notice to the league of date, time and hosting city/person. Must be open to all cities.

RULE 8 - SCHEDULING RULES

SECTION A - OPENING OF THE SCHEDULE

1. The Vice Chairperson of the Board of Directors along with an appointee(s) will prepare the schedule of all games.

SECTION B - LENGTH OF SCHEDULE

1. Games shall be scheduled for all units with all teams playing each conference team at least once.
2. No games or practice scrimmages may be scheduled with teams outside of the OMYFA unless sanctioned by the Board. There shall be only one controlled practice scrimmage per week during the season.
3. Teams that forfeit will take a 32-0 loss.
4. All cities must post their scrimmages on the OMYFA web site.

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's approved city borders of OMYFA approved territory.
 - The participant's 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 in favor of maintaining former team affiliation.
EXCEPTION: No release is necessary if a participant declares in favor of the new OMYFA franchise where they now hold primary residence.

- 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 official 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.
- 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 participating team city may have choice of 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 is not waived they must sit out 1 year to be free to choose team with a release. Any team that has maxed out their team quota shall release any and all additional players for the maxed out team.

2. League notification of release request:

- All release requests must be sponsored by an OMYFA franchise in writing. All release request correspondence should be addressed to the president or GM of a franchise. If a ruling is required, the individual franchise is responsible for judging the matter.
- All release requests must be brought to the attention of the League Chairperson by a franchise official within 48 hours of receiving the written request.
- A formal request for hearing may be brought before the League on behalf of the participants, if a release has not been granted and there is reason to believe the decision rendered at the franchise level does not conform to the rules as stated in the OMYFA by-laws.
- All final League decisions regarding a request for release will be issued formally in writing and sent by the OMYFA to the concerned parties.

SECTION D - POST SEASON GAMES

1. No post season competition shall be conducted unless sanctioned by participating League members.

SECTION E - NIGHT GAMES

1. Night games can be scheduled on Saturday nights only.

SECTION F - SUNDAY GAMES

1. Sunday afternoon games may be scheduled.

SECTION G - NIGHT GAMES EXCEPTION

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

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 2 GM's with a wait of no less than 1/2 hour. (Thunder and lightning)
2. Games stand final after the second quarter. Games called before half time, no contest, reschedule 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 #9-A-1

RULE 10 - FIELD RULES

1. Officials handling chains and down boxes during games must be qualified individuals; 18 years olds and over unless prior approval by Head Official.
2. 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
3. Officials shall be at games at least ten (10) minutes before starting time. Officials will be fined \$10 if not on the field by kick off.
4. All ties will be played with 2 maximum overtimes.
5. In case of a tie for competing in the Playoff game 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 teams), third consideration will be by a deck of cards with aces low, card to be drawn by tied teams.
6. Playoff and Super Bowl games shall not end in a tie. High School rules will apply.
7. The host team is responsible for the field and all preparation of the field and the equipment.
8. Due to adverse conditions of a game field site, the game should be played at the opposing field offered.

9. Playoffs must be played on turf fields. Super Bowl has the option.
10. A team shall have a minimum of 9 players to begin play. If a team has 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. The GM of the opposing team must be notified before the start of the game who the spotters will be.
2. Spotters will be on both sides of the field for all games.
3. All cities must provide 2 spotters during playoffs and super bowl.
4. Spotters and GM's must sign the spotters sheets after each game.

RULE 12 - VIDEO TAPING & NOISE MAKERS

1. Air horns, sirens or any recording of such at the games are prohibited.
2. See page 4, rule 2.

RULE 13 - RULE CHANGES

1. There will be no rule changes allowed after the February meeting.

RULE 14 - OMYFA CODE OF CONDUCT

All coaches, football, cheerleading and team officials, whether with or without realization of the fact, 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 parent 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 Board of Directors shall have the authority to impose a penalty. The penalty shall be determined by the Board of Directors depending on the violation and the severity of its impact.

League takes over the code of conduct and publishes 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 Oakland-Macomb Youth Football Association. These rules shall be 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 smoking and/or use of smokeless tobacco on the field in the presence of participants they are coaching.
3. Criticize only in a 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 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 an
12. Do not deliberately incite unsportsmanlike like conduct.
13. Control the fans along with team officials. Any fan who becomes a nuisance and 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. Insure all equipment be cared for properly and is not allowed to be used in an abusive or destructive fashion.
16. Head coaches must attend the league head coaches meetings.
17. Mandatory background checks through the franchises.

2009 OMYFA 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. 2 Coaches on the field per team. COACHES MUST BE 5 YARDS BEHIND THE LAST PLAYER ON OFFENSE/DEFENSE AT TIME OF SNAP.
- D. 5 Yard penalty if coaches are not 5 yards behind deepest player after 2nd game.
- E. Coach is only allowed to talk to officials from the sidelines
- F. Franchise must have roster on game and practice fields.
- G. Depth of end zones must be marked.
- H. Mandatory switch at half.
- I. All teams will play on the same field for flag bowl unless the hosting city has a facilities for the second field as the first, such as, concessions, rest rooms, etc.
- J. All scores are to be called into Jackie for tracking purposes but will not be published.
- K. Penalties are the same as tackle unless specified in these rules.

EQUIPMENT

- A. Player must wear karate style helmet/mouthpiece must be visible and attached to helmet.
- B. Cup must be worn by all players.
- C. Plunger style flag with belt (sonic double female-no alterations-must be contrasting color with pants). Flag must be tipped out.
- D. All trophy's will be the same size.

PLAYER REQUIREMENTS

- A. The game is to be played with no less than 9 players. (If one team has 9 players, the other team must also put 9 on the field).
- B. Punt is a free kick. No "fake" punts. Defenders must have 8 players on line of scrimmage.
- C. Kickoff out of bounds. The receiving team would receive the ball at their own 35 yard line.
- D. No field goals or extra points to be kicked.
- E. No overtimes. In case of tie after 4th quarter – game ends in a tie.
- F. There are no fumbles. The ball is dead at the spot of possessing ball carriers feet. (No sliding).
- G. NO ONSIDE KICKS!!! Note: Omit kickoff muffs.
- H. Player may not strip the ball carrier (including QB) ball ruled dead.
- I. May not run back unsuccessful extra points.
- J. Defensive lineman must be in a 3 or 4 point stance and linebackers in a 2 point stance/1yard behind defensive linemen at time of the snap.
- K. OMYFA 24 point mercy will be in effect. (50 yard line, 1st down, or at discretion of GM's).
- L. All players must hold an offensive and/or defensive position.
- M. Long snap with no fumbles on punts.
- N. 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 (officials discretion). The penalty is 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 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 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 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 5 days per week before 1st game. No more than 4 days per week after 1st game.
- I. All GM's - Coaches - Players - Parents must follow and adhere to OMYFA code of conduct (Rule #14 OMYFA Rules and Regulations).
- J. Ball carriers no charging into defensive players.
- K. Let them spin.
- L. Flag Bowl – Overtime will be 4 downs from the 5 yard line.
- M. If flag equipment falls off the player with the ball, the ball is dead at that point.