

# OKLAHOMA METRO FOOTBALL LEAGUE (OMFL) 2025 RULES & REGULATIONS

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## I. ADMINISTATIVE ORGANIZATION:

All administrative and policy making functions of the Oklahoma Metro Football League (OMFL) shall be under the supervision of a ruling body known as the commission.

The commission shall consist of two representatives from each of the following organizations:  
COFL, OUFL, MYFAC.

It shall be the role of the league President to designate the duties and responsibilities of the other members and officers of the commission. Other Commission officers include the Vice-President, Secretary, and Treasure.

## II. DUTIES OF THE COMMISION:

It shall be the duty of the Commission to:

- A. Approve the admission of teams and coaches into the OMFL.
- B. Establish and enforce the rules of sportsmanship and ethical conduct of coaches and players.
- C. Establish and enforce game rules and regulations and establish rules pertaining to player eligibility.
- D. Provide and maintain game fields for all scheduled league games.
- E. Provide officials and chain sets for scheduled league games. Three officials, a referee, linesman and umpire will be provided, no game can be played with less than two of these officials present.
- F. Develop league play brackets in cases where the number of teams requires more than one bracket within an Age Group. Schedule all league games, including postponed games if necessary.
- G. Serve as the judicial body of the OMFL. The Commission shall have the authority to suspend or permanently remove from league play any team, coach, or player who shall, in the opinion of the Commission, be guilty of conduct prejudicial to the aims and purposes of the Commission and the OMFL. Unsportsmanlike conduct of coaches, players or spectators before, during or after any game will be cause for ejection from the park and possible suspension of the offenders from the league. Reinstatement will be approved by a majority vote of the commission. If a spectator is kicked out of a park, the head coach of said team and player affiliated with spectator will also be ejected. Any ejected coach is suspended until sitting out 1 additional game with the team ejection occurred. (Cannot coach another age or team)
- H. Provide each coach with a means of completing all required documentation and the required due dates for these documents which includes:
  - 1) Roster
  - 2) Concussion Awareness Training
  - 3) Background Check / Status Form

It is the responsibility of each coach to complete all documents in the time frame required by the Commission.

- I. Provide each coach, prior to his/her team's first game, a schedule showing the date, time and field location for games to be played in the league competition.

## **II. DUTIES OF THE COMMISSION - Continued**

- J. The Commission will be responsible for providing player sheet or ID and coach ID Cards (coaches must provide head shot pictures at the required time). 5 coaches and 1 team mom will receive ID Card. 2 cheer cards allowed per team.
- K. Provide each representative of the Commission with weekly team standings within the OMFL during the playing season.
- L. Provide suitable placement awards in all age divisions. Individual awards will be awarded by the OMFL for first, second, and third places in each division
- M. It shall be the responsibility of the Commission to take such action to these rules and regulations as the Commission deems necessary.

## **III. LEAGUE ORGANIZATION, AFFILIATION & PLAYER ELIGIBILITY**

- A. LEAGUE ORGANIZATION: The OMFL shall consist of 6 leagues divided into age groups as follows:
- B. 5U Flag – Cannot be 6 before May 1<sup>st</sup> of the current year.  
6 & Under – Cannot be 7 before May 1<sup>st</sup> of the current year.  
7 & Under – Cannot be 8 before May 1<sup>st</sup> of the current year.  
8 & Under – Cannot be 9 before May 1<sup>st</sup> of the current year.  
9 & Under – Cannot be 10 before May 1<sup>st</sup> of the current year.  
10 & Under – Cannot be 11 before May 1<sup>st</sup> of the current year.  
11 & Under – Cannot be 12 before May 1<sup>st</sup> of the current year.  
\*\*In the 11 & Under only – Players that will be 12 years old between September 1<sup>st</sup> Of past year and April 30<sup>th</sup> of the current year, and in the 6<sup>th</sup> grade, shall be allowed to play on 11-year-old teams. Each of these age exemptions shall be approved, individually, by the OMFL board for team assignment. Proof of grade and age shall be Birth Certificate and 6<sup>th</sup> grade enrollment, shall be presented to OMFL board review. No single team can have more than 5 exceptions.
- B. PLAYER ELIGIBILITY: Player(s) age eligibility will be based on their age as of April 30<sup>th</sup> of the current year. Players cannot play for more than one (1) team in any other Oklahoma league (exception being school football). Participation in other leagues shall result in automatic suspension from the OMFL.
- C. No player shall be allowed to play up more than one (1) year of his or her age group.

## **IV. COACHES' AND PARENTS' CODE OF ETHICS**

- A. In order to coach in the OMFL, any coach must support the purposes of the OMFL and must abide by the rules of the Commission. Coaches and Parents are required to read and sign page two (2) of the OMFL roster and abide by these guidelines. Players are not eligible until roster is signed and certified.

## **V. TEAM & INDIVIDUAL PLAYER RULES**

### **A. Team Rosters:**

- 1) No team shall have a roster of more than 30 players but must maintain a minimum of fifteen (15) players. Their team roster must be completely filled out before a team or player will be certified for league play. All exceptions go through board for approval.
- 2) Any change(s) to an approved roster, after the league season starts, must be approved by the individual league representative and presented to the OMFL Commission prior to the teams' next game.
- 3) A player transferring from one team to another must have the consent of all Head Coaches involved and the approval of the Commission. Once round robin starts players are locked to that team.
- 4) Participation of illegal or ineligible players will result in automatic forfeit of all affected games and could result in probation or suspension of the Coach and/or Player from the OMFL.
- 5) Final Rosters are due by the date scheduled for the Pre-Season Round Robin each year. Each coach shall provide seven (7) copies of the two (2) page roster to their representative.
- 6) Players may be added on to rosters until deadline of rosters due. After the season starts, rosters are locked. A player may be added after the season starts with board approval for the following reasons:
  - a. The team drops below the 15 player minimum.
  - b. A player moves into the area.
  - c. No additions after week 5.

B. No one but players and coaches (maximum of five (5) coaches) are allowed on the sidelines. All coaches must wear ID Cards in plain sight during all games.

C. Coaches ID Cards will be checked at the beginning of Game along with the players.

## **V. SCHOLASTIC EMPHASIS**

A. Players shall be encouraged to maintain, at a minimum, an average scholastic record it will be the coach's responsibility to see that this policy is communicated to parents and is an important factor.

## **VI. COACH(S) RESPONSIBILITIES**

**All coaches must be 18 years of age or older.**

### **A. SPORTSMANSHIP AND GAME CONDUCT:**

A recommended coaches meeting will be held prior to each season. Each team should have a representative at that meeting. Information covered at the meeting is important to all teams, clarification to rules and other items may be covered.

### **B. EJECTION FROM A GAME:**

- 1) Any coach or player ejected from a game or OMFL event shall serve a one game suspension. The coach must turn the coach/player OMFL card over to a game official immediately at the time of the ejection. Ejection requires the coach/player to leave the playing complex. Failure to turn over OMFL card, or failure to leave the complex will result in immediate forfeiture of the game in progress. Coaches under suspension may be requested to appear before the Commission prior to reinstatement.

- 2) Any coach/player ejected for the second time from league play, in the same season will be suspended for the remainder of the season. Only a vote of the Commission can reinstate the said coach/player.
  - 3) It is the Head Coaches responsibility to have player cards or sheet in their possession at all times during a game.
- C. **TEAM EJECTIONS:**  
Any team suspended or removed from any organization will not be allowed to play in the league without approval of the Commission.
- D. **SIDELINE WARNINGS**  
Teams will receive team sideline warnings for the first offense of a coach not properly displaying a coaches badge and for having too many people on the team sidelines. Any combination of a second sideline violation will result in the following:
- A second sideline violation of failure to properly display a coaches pass will result in the offending coach being removed from the facility for the remainder of the game.
- If the second violation is a result of having too many people on the sideline, the head coach will be removed from the facility for the remainder of that game

## **VII. SEASON / OSSAA RULES / EQUIPMENT RULES / PLAYING RULES**

- A. **SEASON**
- 1) League schedule will consist of a minimum of 8 games. The season will run from Mid – August to Early November.
  - 2) A mandatory Round Robin will be played for all teams. Failure to play in the Round Robin will result in the team not being scheduled in league play. Will be 2 weeks before season.
- B. **NFHS Rules**
- 1) Rules regarding footwear apply to the OMFL.
  - 2) Numbering rules for offensive players is waived.
  - 3) Mouthpieces must be worn during all play.
  - 4) Playing Fields for COFL and MYFAC will be approximately 240' long by 120' wide with appropriate end zones. Fields will be marked in eight (8) yard intervals.
  - 5) Playing fields at Woodson and Edwards will approximately 300' long by 150' wide with appropriate end zones. Fields will be marked in ten (10) yard intervals.
  - 6) Playing fields at MYFA will be various size from 80 yards to 100 yards. Fields will be marked appropriately.
- C. **EQUIPMENT RULES**
- 1) **Game Balls**
    - a) Flag, 6's, 7's, 8's & 9's will use the Wilson K2 or the Nike Spiral 1000 **Pee Wee** or UA 395
    - b) 10 & 11's will use the Wilson TDJ or the Nike Spiral 1000 **Jr** or UA 495
    - c) The team on offense will provide the game ball as specified above.
    - d) No other sizes or brands will be allowed. Should there be any discrepancy on the ball being presented for use, by either team, the field will provide a game ball.
  - 2) **Chains**
    - a) First down chains will be eight (8) and ten (10) yards in length.
- D. **PLAYING RULES**
- 1) Penalties will be 4 yards, 8 yards and 12 yards on 80 yard fields and 5 yards, 10 yards, and 15 yards for 100 yard fields.
  - 2) Extra points will be one (1) for run, two (2) for pass and kick through field goal (3).
  - 3) Game times Approximately 6:30pm and 8:00pm

- a) All ages play 8 minute quarters.
- b) No running clock unless both teams agree.
- c) Point Deficit Rule: If at any time, during the 3<sup>rd</sup> quarter a deficit of 40pts is reached, the game is over. At this time the losing coach has the option to continue the game. When the forty (40) point deficit is reached rule VIII.D.3 may be used (running clock to complete the 3th quarter).
- d) Overtime – 10 yard overtime procedure will be used. If the score is still tied after two (2) of these procedures the ball will be placed on the 50 yard line. Each team will be given a series of 4 downs. The game will be decided first (1<sup>st</sup>) by score, or second (2<sup>nd</sup>) by yards advanced. 4 plays must be ran by each team unless a turnover occurs. Turnover yardage counts as a negative to offense.
- e) Half times will be 7 minutes, the final 2 minutes of halftime is intended to be used as a warm up period.

#### **E. AGE SPECIFIC RULES**

- 1) Automatic Punt for Flag, 6, 7 & 8 year olds. Upon notification to the official an un-timed down for the purpose of an automatic punt will be allowed. Ball advancement will be (or 3 first downs) 24 yards on 80 yard fields and 30 yards on 100 yard fields or half the distance to the goal line with change of possession. This is Optional, punt is live.
- 2) Blitzing for 6, 7 & 8 year olds. A defensive player cannot blitz (shoot) between the offensive guards from a standing position on the line. Penalty will be 12 or 15 yards and automatic first down.
- 3) On Field Coaching for Flag, 6 and 7 year olds. One coach will be allowed in the huddle with his or her team, offense and defense. Once the huddle is broken and QB addresses center, the coach must remain a minimum of 10 yards from scrimmage and stay quiet. Penalty will be a 4 or 5 yard delay of game. For 8u 1 coach will be allowed at the hash mark.
- 4) Time Between Plays will be 30 seconds for delay of game penalty.
- 5) Kick and Kick Returns for 7 year olds. More than one (1) coach will be allowed on the field to aid in the alignment of players for the kick. Once the ball is whistled in play only one coach should be on the field for each team.
- 6) There will NO kickoffs for 6's. Play will start from the Opposing teams 30 yard line after all scores, beginning of the game and after the half.
- 7) Age 6, 7 and 8 there is NO A gap blitzing, meaning no linebacker walking to A gap and going as ball is snapped. Must be 1 to 2 yards back of line of scrimmage and have a 1 count before coming. No defensive lineman is allowed to be over the center if offense is in shotgun.
- 8) Age 9, 10, and 11 can line up over a center that is in shotgun, however may not make contact until the centers head is fully recovered.

### **VIII. PLAYER AND TEAM CERTIFICATION**

- A. Each team must have 7 copies of the final roster (front and back) with names in alphabetical order. Rosters shall be filled using the On-Line forms provided by the OMFL. Rosters are due the day of the Pre-Season Round Robin and should be turned into each teams individual Commissioner.
- B. Teams should provide a head shot picture of each player and coach. The OMFL will provide ID cards prior to the teams first scheduled game.
- C. Each team shall bring provide all player birth certificates to the OMFL.
- D. Player and team certification is complete when the team as meet the following:

- 1) Provided a Birth Certificate for each player.
- 2) Provided a head shot picture of each player and coach with the properly completed Form. Prior to the teams first game confirm that an ID Card has been received for each player and coach.
- 3) Turned in 7 copies of a properly completed roster, typed and signed by each parent and coach.

## **IX. PROTEST PROCEDURE**

- A. Protest on interpretation or violation of the OMFL rules can be made.
- B. Protest involving participation of illegal and/or ineligible players can be made.
- C. No protest of Officials' judgment or game schedules can be made.
- D. Coach must notify the Field Coordinator or Official of his protest before leaving that complex. With-in 24 hours a typed protest, along with a \$100 protest fee, must be turned in to the association coordinator.
- E. The association coordinator will notify the OMFL board.
- F. Notification of all parties involved will be handled by the OMFL.
- G. The board will call for an informational meeting within 7 days of the written protest.
- H. After review of all information, the protest fee will be returned if the protest is upheld. Should the protest be denied the protest fee is forfeited.
- I. No video allowed on referee calls, incidents can be reviewed.

## **X. MISCELLANEOUS**

- A. No heaters are allowed inside the complexes
- B. No personal cameras or recorders are allowed on the sidelines. Professionals with insurance, approved by the OMFL are allowed on the sidelines.
- C. No Ice Chests are allowed inside complex.
- D. No Boom Boxes are allowed during game play.
- E. Chain workers must be over age of 16 years old.
- F. No drink tumblers allowed in parks.
- G. No drones allowed in parks.

# **FLAG RULES**

## **GENERAL INFORMATION**

- A. No minimum or maximum roster size
- B. 9 players on the field during play, must have 7 to play and not forfeit.
- C. If opponent has less than 9 players you will match what is on field.
- D. No more than 4 players in the backfield on offense. (5 on the line)
- E. (2) 20 minute halves will be played, clock will run except for time outs.
- F. Each team is allowed 2 time outs per half.
- G. The ball will be placed at the 20 yard line at the beginning of the game, after halftime and after each score.
- H. No Kick-Offs
- I. If a players flag is removed when he does not have the ball, the defensive player and coach will be given a warning. If the player removes the flag from another player under the same conditions, a 8 yard penalty and automatic 1<sup>st</sup> down will be assessed.
- J. If a safety occurs, the ball will be placed at the far 20 yard line.
- K. 2 coaches allowed on the field per team.
- L. Coaches may not talk to players once quarterback starts a signal call, 4 yard penalty.
- M. Coaches must be 10 yards from line of scrimmage when ball is snapped. 40 seconds between plays.
- N. At the line of scrimmage, a player cannot line-up over the center, 4 yard penalty will be assessed.
- O. No penalty will exceed 8 yards.
- P. Extra points after a touchdown is scored will be, 1 point for run and 2 points for pass.

- Q. Any player running the ball shall have their flags on the left and right side in the correct position, penalty of 4 yards will be assessed for not doing so.

## **FLAG EQUIPMENT**

- A. Strapless mouthpieces will be required to be worn by all flag players.
- B. Only LEAGUE approved flags will be allowed for use in games, Flags will be provided by the league. Any player wearing or unapproved flags will be ineligible to participate in the game.
- C. Flags will be attached to belt and will be secured around the players waist.
- D. Flags are not to be same color as pants.
- E. Flags cannot be altered.

## **DE-FLAGGING**

- A. The defensive player cannot hold or push the ball carrier to remove his/her flag. An additional touch of the body or shoulder while reaching for the flag shall not be considered a violation. 4 yard penalty.
- B. The player carrying or having possession of the ball is down when flag is removed from his/her waist(de-flagging). The defensive player shall hold the flag above their head and stand still.
- C. A defensive player may not run over, push down, or pull a blocker away from him/her. 4 yard penalty.
- D. Lowering the head and /or leading with the shoulder will not be allowed. This includes when trying to penetrate the line of scrimmage and when trying to shed a block. 4 yard penalty.
- E. A defensive player must go for the passer's flag. He/she cannot touch passer's arm. 4 yard penalty
- F. Stripping the ball from a ball carrier is not allowed. 4 yard penalty.
- G. A defensive player cannot push the ball carrier out of bounds.
- H. There shall be no tackling of the ball carrier or passer, Attempts must be made for the flag only. 8 yard penalty.
- I. No nose guard can be over center, Defensive players must be A gap and out. 4 yard penalty.
- J. BLITZING – No player will be allowed to stand in a 2 point stance on the line of scrimmage and blitz between the offensive tackles or box area. No restrictions on any players outside the box or at normal linebacker depth. (2 yards)

## **BLOCKING**

- A. A blocker must always be on his/her feet while blocking. All blocking will be required to be a "palms out" style of blocking.
- B. Both offensive and defensive linemen will be required to go palms out.
- C. Lowering the head and/or leading with the shoulders will not be allowed.
- D. Cross body and roll blocking are not allowed. 4 yard penalty.
- E. Butting, elbowing or knee blocking is not allowed. 4 yard penalty.
- F. Blocking a player from behind is not permitted. (clipping) 4 yard penalty.
- G. Defensive players may not hold any players. 4 yard penalty.

## **CARRYING THE BALL**

- A. Stiff arming is illegal. 4 yard penalty
- B. The ball carrier cannot lower his/her head or shoulder to drive or run into a defensive player. 4 yard penalty.
- C. If a players flag is inadvertently lost, he/she is ineligible to handle the ball.
- D. If a ball carriers flag is inadvertently lost, the play will be whistled dead and the ball will be placed at the spot the flag was lost.
- E. If the player carrying the ball touches a defensive player with their hands, this will be considered flag guarding and a 8 yard penalty and loss of down will be assessed.

## **RECEIVERS**

- A. Only players in eligible receiver positions are eligible to receive a forward pass. Running back is considered eligible receiving position.
- B. Should an offensive and defensive player catch a pass simultaneously and the officials cannot determine possession, the ball is declared dead at the spot of the catch and the passing team is awarded possession.

- C. If a receiver's flag is pulled off while attempting to catch a pass, pass interference will be called. Spot foul and automatic first down.
- D. Flag interception, if a pass is intercepted it can be advanced by defensive player.

### **DEAD BALLS**

- A. All balls touching the ground are immediately dead.

### **PUNTS**

- A. The offense has the option on 4<sup>th</sup> down to elect to punt by letting official know. This will be an untimed down and the ball will be advanced the distance of 3 first downs. 24 yards

### **OVERTIME**

- A. Same rules as tackle will be used for flag.