

OYA Flag Football Rules of Play

1. A team may carry a maximum of 14 players. Rosters must be submitted "Opening Night" and may not be changed after the third game.
2. 7 players on offense/defense and teams must have 5 players to begin and/or continue a game.
3. No Metal Tipped cleated shoes. All other cleats are fine.
4. No jewelry. (Necklaces, watches, bracelets, or hooped earrings)
5. No spitting on the field. (5 yard penalty)
6. The playing field consists of four 15 yard zones. Offenses must advance to the next zone to gain a first down. (Penalty exceptions)
7. Two 22 minute running halves. The clock will stop on incomplete passes, out of bounds, penalties, scores, and first downs in the last 2 minutes of the second half only. The clock will resume when the referee signals ready-for-play after first downs.
8. Two time-outs per half.
9. Offense must have at least 4 players on the line of scrimmage when the ball is snapped.
10. No direct snaps. The QB must be at least 2 yards from the center when receiving the snap.
11. A punt is simulated play, and will take 10 seconds off the play clock
12. Has been Omitted
13. There are no fumbles. A dropped ball is dead where it hits the ground. This includes snaps from center.
14. No diving. A player may not dive to advance the ball. (10 yard penalty)
15. Defensive players are allowed to "chuck" a receiver within 5 yards of the line of scrimmage.
16. Pass Interference is a 10 yard penalty assessed from the line of scrimmage. (Not a spot foul)
17. Ball carriers must attempt to avoid contact and may not stiff-arm defenders. (10 yards, loss of down)
18. Mercy Rules: 25 points with 5 minutes remaining or 17 points at the 2-minute warning
19. Verbal abuse of game officials and/or Oakland Yard management will not be tolerated and will result in offenders being ejected from the game.
20. 2 Unsportsmanlike Conduct penalties will result in automatic ejection and a one game suspension.
21. A player, or coach, that is ejected (for any reason) is automatically suspended for the team's next scheduled game.
22. Fighting will result in multiple game suspensions and possible permanent suspension for each player involved. Any player leaving the sideline area during an altercation will be suspended one game.
23. No drinking alcoholic beverages before, or during, games. Players seen consuming alcohol prior to a game will be prohibited from playing.
24. Teams with less than 5 players are allowed a 5 minute grace period from the scheduled game time before forfeiting the game.
25. Basic game rules will be enforced in accordance with USFTL Rules.

Oakland Yard is a family-friendly facility. Loud profanity, belligerent and/or disrupting behavior is not acceptable. Offenders will be ejected from the game and told to leave the building immediately. Failure to do so in a timely manner will result in that player's team forfeiting the game.

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