

Utah Youth Football Policies and Procedures



Right of Refusal

The UYFC reserves the right to refuse service or participation to any individual, team, coach or district.

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Conference Responsibilities

Organizational Structure

The UYFC is a non-profit 501(c)3 organization governed by an executive board and district presidents (board of trustees). The conference president presides over conference meetings, and with the executive board, manages the affairs of the conference. Each district president (or district representative) has one vote at conference meetings.

The executive board reserves the right to budget for any needed contractual work. All contractual work shall be approved by the full conference board.

The conference shall establish a Rules Committee, comprised of selected district presidents and at least 1 executive board member, to review rules, address rule violations and implement sanctions, as necessary.

Safety Protocols



The UYFC will publish a concussion protocol that will be followed by coaches, parents, and players.

The UYFC requires districts to perform background checks for all head coaches, and two assistant coaches for each team. Any coach who may be alone with players is required to have passed a criminal background check. It is each district's responsibility to coordinate, pay for and review background checks for their coaches.

Financial Management

The conference will estimate annual costs for insurance, referees, field rentals, field equipment, championship medals or t-shirts, field fees, field supervisor fees, equipment needs and will charge a per player fee to each district to cover these costs. The conference shall review the budget and contract with an accountant for reporting purposes.

Event Management

The conference is responsible for the following:

1. Scheduling regular season and play-off games.
2. Scheduling and paying for referees.
3. Providing field markers and chain sets.
4. Defining field supervisor responsibilities and duties.
5. Reimbursing districts post-season for field supervisor fees (supervisor fee structure is determined by conference board).
6. Providing online access to a minimum play and score sheet that will be downloaded, printed, and used by each team at every game for grades 1st through 8th.
7. Scheduling, coordinating logistics and managing the conference weigh in.
8. Providing district presidents with access to view weigh in rosters.
9. Maintaining the conference website - with schedules, results, and standings.

Communication

The conference will communicate with district presidents. Anyone who reaches out to the conference directly with questions or concerns will be redirected back to their home district president.

The conference will communicate with head coaches, as needed.

Districts shall submit full contact lists annually, so that the conference is able to share information directly with registered families, as necessary.



Training and Development

The conference shall provide required training meetings and resources for coaches that may include:

1. Mandatory Coach meeting, coordinated and run by the conference official's liaison, and official's arbiter.
2. Online access to coach training for safety from abuse, concussion protocol, bullying and hazing and any other topics as needed.

District Responsibilities

General District Requirements

1. Each District will ensure adherence to conference policies and rules at the district level.
2. Each District shall be a not-for-profit or non-profit entity.
3. Each District will have a board that consists of at least 3 members.
4. Each District is responsible for providing a representative to serve on the Conference Board if the district president is not available.
5. Each District is responsible for coordinating and conducting background checks for all head coaches and two main assistant coaches for each team. Districts are responsible for covering the cost of these background checks.

Field Preparation

1. Districts are responsible for scheduling, reserving, and paying for their home fields and will arrange for their scheduled fields to be marked.
2. Districts will provide a field supervisor at each of their home game locations for games.
3. Districts may submit reimbursement requests to the conference for field expenses at the end of the season.
4. Districts with higher-than-average field costs may not be fully reimbursed.
5. Districts should have a district representative at all play-off games in which they have a team playing.

Player Registration

Districts are responsible for:



1. Determining registration fees to cover district and conference expenses.
2. Advertising.
3. Procedures for player registration.
4. Waivers - Ensure all players sign a waiver that includes items required by the insurance company.
5. Verifying the eligibility of each player, grade and that home address is within applicable boundary of the district.
6. All other aspects for managing their home youth football programs.
7. No district is allowed to close registration prior to July 13th.

Recruiting and Selecting Coaches

1. Districts shall ensure each of their teams has a head coach. Head coaches should only be head coach for 1 team. Teams who share the same head coach will not be given any schedule considerations.
2. Districts are responsible for monitoring their coaches and teams to ensure compliance with UYFC Conference rules.
3. Districts will enforce any suspensions of coaches and ensure all coaches pass background checks prior to commencement of tryouts/practices.
4. Districts are responsible for vetting of individual coaches and shall keep a signed Code of Conduct for each coach on file in the case of a dispute.

Team Formation

Districts will ensure their teams are formed as outlined in conference rules. Districts will provide the conference board with final number of teams by mid-July. Districts will ensure each of their teams brings a printed team roster to the official conference weigh in event, with all required information. Districts with 9th grade teams shall provide team rosters to the conference executive board the same day as weigh-ins. Although 9th grade teams are not required to weigh in, they are required to provide official team rosters to the conference.

Equipment

Districts shall adhere to their high school team colors or conference approved district color combinations. Districts will provide the following to each player:

1. Shoulder Pads
2. Helmet (NOCSAE certified)
3. Game Pants
4. Game Jersey
5. Helmet decal (district discretion)
6. Each district will own, store, and maintain district equipment



7. Concussion caps are allowed in games

Local Dispute Resolution

Districts shall determine their own process for handling local disputes or complaints.

Community Engagement

Districts are encouraged to engage with their local community for support and growth.

Conference Rules

Team Formation

Teams are formed by the players' grade in the fall of current school year. Players may be allowed to play one grade up according to their own district guidelines.

Districts may provide teams in the following divisions:

- 1st/2nd Grade
- 3rd Grade
- 4th Grade
- 5th Grade
- 6th Grade
- 7th Grade
- 8th Grade
- 9th Grade

Each team, including 9th grade, must submit an official roster to the conference at weigh ins. Only eligible players on a team's roster may play for that team and only in eligible positions. Use of an ineligible player is subject to penalties found in rule violation section or at the UYFC Board's discretion.

Ineligible player includes:

- A player playing for the wrong district.
- A player playing in the wrong grade.
- X man (based on weigh-ins and official roster) who plays in violation of the X man rules.
- A player playing for a team who is not listed on that team's official roster.



Districts are responsible for ensuring only eligible players play and are responsible for investigating and reporting to the conference all allegations of ineligible player use.

Team Organization

1st - 3rd Grade Team Organization

The following rules apply for 1st-3rd grade divisions:

Districts with more than 1 team must split the teams so that both teams are competitive. Team splits can either be done by draft, or by elementary school boundaries. District rules in how to split teams do not supersede conference rules.

If a district with two teams in a grade has one team that clearly dominates and the other team is getting destroyed each week, the district may be asked to redivide their teams, or the conference may decide that the dominating team be excluded from playoffs. A/B team splits are not allowed in 1st through 3rd grade divisions therefore, teams need to be split equitably.

4th – 8th Grade Team Organization

The following rules apply for 4th through 8th grade divisions:

All districts 1st teams must play in the A division. 4th grade teams with a combination of 3rd and 4th graders will play in a separate division.

A Divisions

Districts with the most players in a grade will play in the upper A division. A second A division (D2) may be created for districts with smaller numbers in a grade. The A-D1 division must have at least 7 teams before a second A division (A-D2) is created. The conference may consider 6A/5A school classifications for A division placements, but there must be enough teams in AD1 before this is considered.

Districts with 4 teams in any given grade will have two A teams in the upper A division. Districts cannot select to have an upper A team and a lower A team.

B Divisions

Districts with two B teams in a grade will divide their B teams equally by draft and both shall play in the B-D1 division. Districts with only one B team shall play



in the B-D2 division. The conference reserves the right to adjust B team division assignments.

Districts with more players in a grade will play in AD1		7 team minimum in AD1 before adding teams to AD2
Districts with less players in a grade will play in AD2		
Districts with only 1 team in a grade will play in an A division.		
Districts with 2 teams in a grade	1 A team	1 B team
Districts with 3 teams in a grade	1 A team	2 B teams - both will play in the same division
Districts with 4 teams in a grade	2 A teams - both will play in division A1	2 B teams – both will play in the same division
Districts with 3 teams in a grade may choose to split teams with two A teams who will play in A1 division and their B team will play in division B2	Districts who choose this option will be given additional consideration to schedule more home games for those teams	

In the rare case a team needs to be moved to the next lower division, their district president may petition the conference. If a team is approved to move down after the season has started, they are not eligible to be in the playoffs.

Consideration to move a team down a division may only happen if the move does not leave the division with less than 7 teams.

The following criteria must be met before their district president can bring the issue to the full conference board for a vote:

- Have an established record with no scores during 1 season or no wins for 2 consecutive seasons.
- and 80% of the players with said record are still part of this team.
- Teams with several new players is not a reason to be moved to a lower division.

Ideal Team Size Recommendations

Player Count	Team Count	A-Team Player Count	B-Team Player Count
76+	4 Teams	2 Teams of 18	2 Teams of 20
58+	3 Teams	2 Teams of 18	1 Teams of 22
39+	2 Teams	1 Team of 18	1 Team of 21



Each team should have no more than 26 players. At the district's discretion, they can choose to add additional players above 26 to a team, however, the minimum play rule applies regardless of team size.

9th Grade Team Organization

The following rules apply for 9th grade:

- Districts with more than one 9th grade team may not flex any players.
- All 9th grade teams must provide official rosters to the conference.
- Any 8th graders playing up to 9th grade may only play for their home district 9th grade team.

Tryouts

Teams may not hold tryouts or begin practicing prior to July 25th each year. For the 2025 season only, tryouts may be held July 21st through July 23rd. Not tryouts or practices may be held July 24th through July 27th.

A/B team selection for grades 4th through 8th - all players in each grade will have an opportunity to try out for an A team. These grades will practice together for at least 3 days before selecting the A team.

Team selection for grades 1st through 3rd with more than one team in a grade will practice together for at least 3 days before teams are equally divided.

X Men

Players are deemed to be an X Man for the season, if they weigh in at or above the designated X Man weight for their grade. Players who are just under the X Man weight (within 5 pounds under the X weight) are required to attend the mid-season weigh in. Players at or over the X Man weight at the mid-season weigh in are then designated as an X Man for the remainder of the season. X Men may not re-weigh at the mid-season weigh in. Players who miss the initial preseason weigh-in will automatically be deemed as an X Man.

X Man Weights

Grade	X Man Weight
1 st /2 nd	75 lbs.
3 rd	85 lbs.
4 th	95 lbs.
5 th	105 lbs.
6 th	120 lbs.



7 th	135 lbs.
8 th	165 lbs.
9 th	No X Weight

The following rules apply for all X-men:

1. X Men can only play the following positions on offense - center, guard, tackle. They cannot line up in a position where they are eligible receivers and must be covered on the line.
2. X Men can play any position on Defense and are allowed to advance both fumbles and interceptions.
3. On special teams, X-men must be on the front two lines or line of scrimmage.
4. X Men can be a punter or kicker. They may not fake punt.
5. Offensive teams may only have 5 total X men on the field at one time.
6. Plays that the officiating crew feel are designed to get the ball to a X man will be blown dead.

Flex Players

Flex Players are conference approved players that are placed on two teams in the same grade and district. Teams can use the Flex Rule when there are more than 26 and less than 32 players to facilitate functioning teams. Flex players will be designated before the season starts.

Rules for Utilizing Flex Players:

1. Generally, this option is used to assist teams that have 15 or less players and/or are short on linemen.
2. Flexing a B level lineman up to the A level can provide additional depth of linemen for a district and a grade.
3. Flex players are B level players being added to A teams and not A players being added to B teams.
4. Flex players are generally linemen.
5. If there is a special circumstance for a skills position player to flex, said player must be approved by the Board: Example: B team quarterback being placed on the A team as a receiver.
6. Flex players must be clearly identified on both teams' Weigh In rosters as flex players.
7. 10 play minimum rule is in effect for flex players per game.
8. When a district flexes a player and places him on two teams, the conference player fee is required for specified player for both teams. Districts have discretion to charge flex players any additional fees to cover these costs.
9. Teams with Flex players can have no more than 18 players total per team.



Z Down Players

This rule allows smaller players with less experience to play down a grade. This is not meant for kids to play down to be the stars of the teams. Player must be below the Z-DOWN weight limit. All Z-DOWN players must be approved by the UYFC Board. Z-Down players must be designated on their team weigh in rosters.

Rules for Z-Down:

1. Must meet Z-Down weight criteria.
2. Absolutely no Z-Downs to an A team.
3. Player must be behind in physical development from their age group.
4. Player must first practice with his/her actual age group to be evaluated by the coach.
5. Coaches will recommend to their home district any player(s) that might benefit from Z-ing down to the lower grade.
6. Districts must receive conference approval for all Z-down players.
7. Player will be moved back to their actual age group at any time if deemed to be an inappropriate Z-Down by the conference board.
8. Player must go through ALL these steps to be considered.
9. A player will be able to Z-down to play only in the B team in the grade below their current grade if they weigh 20 pounds less than the X Man limit for the lower grade.
10. No players may Z-down to a combined division. For example, if a district has a combined 3rd/4th grade team, 5th graders will not be able to Z-down to this division.
11. Z-downs must be approved by the district, approved by the conference and indicated on the official team weigh-in roster.

Z Down weight requirements

Player's Current Grade	Z Down Grade	Player's weight must be less than:
1 st /2 nd	n/a	
3 rd	n/a	No Z downs allowed to 1 st /2 nd
4 th	3 rd	65 lbs.
5 th	4 th	75 lbs.
6 th	5 th	85 lbs.
7 th	6 th	100 lbs.
8 th	7 th	115 lbs.
9 th	n/a	No Z downs allowed to 8 th grade

Mandatory Pre-Season Weigh-In



The conference will facilitate one weigh-in opportunity before the beginning of the season. The weigh-in date will be determined and published by July 15th each year. All players across the conference are required to weigh in during that time otherwise they will be designated as an X man for the season. 9th grade does not weigh in.

Each district must provide a printed copy of each team roster before a team can be weighed. Conference representatives will weigh in teams, record player weights, and keep the recorded roster as official weigh-in record for that team.

Team rosters must include:

1. District Name (i.e. Lone Peak Youth Football)
2. Division/Grade (i.e. 5A)
3. Coach's Name
4. Individual player information that includes:
 - a. Current Photo
 - b. Full name
 - c. Date of birth
 - d. Jersey #
 - e. Z-Down or Flex designation, if applicable

Conference representatives will manage the weigh-in event.

Weigh in Rules:

1. The UYFC discourages players from trying to cut weight.
2. Teams, coaches, players, and parents must follow conference representatives' instructions.
3. Only 1 coach is allowed into the weigh in area with their team. No other adults are allowed.
4. Players must weigh in wearing a minimum of shorts and a shirt.
5. Each player will be allowed one chance to weigh in only.
6. Players who miss the weigh-in event shall be designated as X-men.
7. A makeup weigh-in may be scheduled but is not guaranteed and will not be for players trying to cut weight.
8. If a player was marked as an X-man because they missed the first weigh-in, the X designation may be removed if they weigh in well under the X weight at a makeup weigh-in. A player weighing in at an X-man weight MAY NOT thereafter have that designation removed at any time during the season regardless of weight loss.
9. Any player, designated as a mid-season weigh-in player, who fails to report for the mid-season weigh-in will automatically be considered an X man thereafter.
10. X men are required to have an X sticker on the back of their helmet in a contrasting color to the helmet. If the UYFC does not provide an X sticker, the player must use tape or some other method in a contrasting color from their helmet.



District Boundaries

The following boundary rules apply for all districts:

1. Districts will be organized by high school boundaries. Players in 1st through 8th grade must play for the high school district where they reside. 8th graders playing up to 9th grade may only play for their home district 9th grade team.
2. All players affiliated with a charter school district must be enrolled at the charter school they represent if they reside in a UYFC district boundary.
3. Any other group/district wishing to join the conference will be required to abide by the high school boundary requirements unless the Board creates a temporary exception to enable growth.
4. Any District representative or coach who is found to be recruiting out-of-boundary players will be suspended for the season. Repeat offenders will be dismissed from the UYFC. This is to prevent the formation of super teams.
5. If a player does not have a team in their home district, they must play in a geographically adjoining district or receive approval from the Board of Directors to play in a non-adjoining district. This is to prevent the formation of super teams.
6. Teams found to have out of boundary players that have not been reported and approved will have their head coach suspended from games and practices for the remainder of the season. The player(s) in question may not participate for the remainder of the year.
7. A player must play in the district where they live according to their high school boundaries. If high school district boundaries change, there may be some leeway for the affected districts to be managed through the UYFC Board of Directors.
8. The UYFC Executive Board reserves the right to request proof of residence which may include current school registration.
9. All districts must participate in the enforcement of boundary rules. The rest of the districts expect to play on the same level of roster and team formation.
10. No District President or District Representative can make changes or approvals to boundary rules. Only the UYFC Board of Directors can make boundary approvals. Horse-trading (swapping players between teams) between districts or teams is not allowed.
11. Each district, including district presidents, representatives, coaches, team moms and parents are required to enforce boundary rules at the time of registration, not once practices have started. This is to prevent the disruption of team formation once practices have started when an ineligible player is discovered and returned to their home district.
12. Out-of-boundary players who have not been approved by the conference are deemed ineligible to play. Any games they played in as an ineligible player are subject to forfeit.

Exceptions to the Out-of-Boundary Rule



1. An established (at least one year) high school coach, assistant coach, or HS staff member will be allowed to have their children play at the high school district where they work.
2. Any player that has their high school boundaries changed for their residence by the school district may choose to play between the two districts in question. This is a one- time designation per boundary change.
3. Families that have had multiple (more than 1) children matriculate through a high school will be given consideration for younger siblings to play in that district. This exception requires conference approval.

The UYFC Board of Directors must vote on all boundary exceptions and out-of-boundary requests each year. All out-of-boundary players for which an exception applies must be reported immediately in writing to the UYFC Secretary. Only district presidents can bring out-of-boundary requests to the conference for a vote. Parents may not petition the conference for an out of boundary request. It is at the discretion of each district whether to consider a request from a family (in their district or out) to bring to the conference an out-of-boundary vote.

Coaches/Adult Volunteers

The following are prerequisites for adult participation in UYFC:

1. The head coach must be 21 years of age or older. A 21-year-old or older coach or assistant must be present at all practices and games.
2. All team staff members shall adhere to the following coaching ethics during all practices and games.
 - a. Will conduct themselves according to good sportsmanship and fair play.
 - b. Will not use abusive or profane language, to players, officials, or fans.
 - c. Will not be under the influence of alcohol or drugs.
 - d. Will not use tobacco at practices or games.
 - e. Must pass a criminal background check.
3. An adult may be barred from further participation in the UYFC for any of the following violations:
 - a. By striking any other coach, official, player, spectator, or other participant
 - b. Any sufficient cause such as unsportsmanlike conduct or profane language.
 - c. Knowingly permitting a player to re-enter a game once he is injured, thus jeopardizing the player's health, or permitting a previously injured player to practice or play.
 - d. Attempting to discourage, run-off or cut less-desirable players.
 - e. Is under the influence of alcohol or drugs at games or practices.
 - f. Refusing to agree to abide by the UYFC code of conduct.



The UYFC Board of Directors reserves the right to ban individuals from coaching in the conference for these, or any other behaviors, that threaten to undermine the stability of the conference and/or participating districts.

If any coach in the UYFC leaves to coach in another conference and recruits any players from the UYFC, that coach is automatically banned from any future coaching in the UYFC.

Minimum Play Rule and Requirements

Each player shall be afforded the maximum opportunity to participate in each game. The minimum play rule applies to all regular season and play-off games. Each player will be guaranteed a minimum of 10 plays during each game. Plays on special teams count towards the minimum play rule. Players who miss practice are not subject to the minimum play requirement for the game that week.

9th Grade plays according to high school rules, there are no minimum play requirements for 9th grade.

Minimum Play/score sheets are available for download on the Conference website. It is the head coach's responsibility to ensure they have a minimum play sheet at each game.

Minimum Play/score sheets are required for both teams at all games, regardless if all players start or not and the following rules apply:

1. Each player will be guaranteed a minimum of 10 plays during each game. Plays on special teams count towards the minimum play rule.
2. Increase in minimum play requirements:
 - a. If the leading team is ahead by 21 or more points at the end of the 1st quarter - all players on that team are guaranteed at least 16 plays during the game.
 - b. If the leading team is ahead by 21 or more points at the end of the 2nd quarter - all players on that team are guaranteed at least 13 plays during the game.
 - c. If the leading team is ahead by 21 or more points at the end of the 3rd quarter - all players on that team are guaranteed at least 12 plays during the game.
3. Minimum plays are tracked for non-starters only. However, the minimum play rule applies to starters as well. Teams found starting kids who subsequently do not receive the minimum plays will forfeit the game and the head coach will be subject to suspension.



4. Head Coaches are responsible for ensuring all players play the minimum required plays and for submitting a completed Minimum Play Sheet to the field supervisor after each game.
5. Minimum play sheets must be maintained throughout the game.
6. The field supervisor will check the play sheet at half time and collect the play sheet at the end of the game.
7. Any coach caught filling out the player participation portion of the play sheet at half-time or at the end of the game will be given a warning. A second violation will result in a one game suspension for the head coach and can result in a loss of that game.
8. Players who have missed practice for any reason during the week are not guaranteed their minimum plays for the next game. Additional film nights/walk throughs are not considered mandatory, and players may not be penalized for missing these.

Scheduling

The conference will provide a schedule for all games. The game schedule will be posted on the conference website. The conference will work with the official's arbiter to ensure enough referee crews are available for games.

Most games will be scheduled on Saturday's. Some divisions will have their games scheduled on weeknights. This may change year to year, depending on referee and field availability. The conference board shall determine which divisions play on what specific days during the season.

Game Participation

Teams are required to show up and participate in all scheduled games. Teams who fail to show up to scheduled games (regular season, playoffs, or consolation) are subject to coach suspensions and/or team dismissal from the conference for subsequent years. Additionally, districts with teams who fail to show up to a scheduled game are subject to a fine that, at a minimum, covers field rental, referees, and field supervisor costs.

Scoring

Home team coaches are responsible for entering the game score into Team Sideline. Home team coaches will receive an automated email after each game to complete this. Home team coaches who repeatedly fail to enter scores may be subject to sanctions.

Game Fields and Spectator Requirements at Games

Players, coaches, parents, and spectators are required to abide by the following rules at all UYFC game fields, in addition to following the UYFC Spectator's Code of Conduct:



1. The home district is responsible for setting up field markers for that day's games.
2. Each team is responsible for cleaning up their sideline area after their game, as well as their respective spectator areas.
 - a. Teams not picking up after themselves will be reported to the conference, warned after the first offense, a second offense will result in a one game suspension for the head coach.
3. Fans and spectators must stay on their team's side of the field before, during and after the game.
4. Fans/Spectators should not be in the endzone.
5. All spectators at high school fields must always be in the stands, on their team's side of the field, before, during and after all games.
6. No dogs or any other animals/pets are allowed at any UYFC game (turf or grass fields) except for certified service animals (emotional support animals do not fall in this category and must be left at home). Field supervisors have the authority to immediately dismiss spectators with dogs (or other animals) from the field and surrounding property.
7. Chain Crew - The team opposite the film crew, or the visiting team if no film crew is present, will provide 3 people to man the chain crew for each game. Volunteers must be at least 14 years old.
8. Additional rules for artificial turf fields and high school fields
 - a. All spectators must remain in the stands before, during and after the game, on their team's side.
 - b. Only coaches with badges and players for the current game may be on the sideline. 1 approved photographer is allowed per team to be on the sideline but must remain quiet or they will be required to move to the stands.
 - c. Absolutely no sunflower seeds or chewing gum on turf fields.
 - d. No propane heaters are allowed on turf fields or surrounding track.
9. Teams whose fans/spectators berate, harass or make physical contact with any official or field supervisor, whether before, during or after a game will be penalized, which may include being excluded from participating in the playoffs. Any individual who makes physical contact with an official or field supervisor or who follows an official or field supervisor after a game will be referred to law enforcement and banned from all UYFC events.
 - a. Teams with 2 or more egregious sideline behavior issues during the season (fans, players or coaches) will be excluded from playoffs.
 - b. Head coaches with 2 or more game ejections shall be banned from coaching in any capacity for any UYFC district for the remainder of the season. The rules committee shall review all ejections and appeals. During a single game, unsportsmanlike conducts count toward the head coach. Upon the second unsportsmanlike, the head coach is ejected, regardless of who the call was made against (another coach or player).

Anyone found in violation of any of these rules are subject to sanctions, including dismissal from the conference, along with their player(s).



Chain Crew/Visiting Team

The side of the field with the camera is the home side. The home team goes where the camera is, except at a high school field where home side is already designated. The chains must be opposite the camera. The visiting team runs chains. Home and visiting teams are listed on the schedule. Visiting team volunteers run the chains and are not allowed to be vocal in any way (cheering, yelling or trying to communicate with officials is not allowed – this is a high school rule that will be enforced).

Team Standings and Playoffs

Team Standings will be determined at the end of regular season play, based on the following:

1. Win/Loss record.
2. If still tied, then: Win/Loss record in head-to-head competition.
3. If still tied, then: record against common opponents.
4. If still tied, then: Coin toss.
5. In the event two teams have a different number of games played, the higher seed will be the team with the higher overall win/loss percentage.

Playoffs include quarterfinal, semi-final, and championship games.

Divisions with an even number of teams, the top 8 teams go to playoffs and will be seeded as follows:

- 1 vs 8,
- 2 vs 7
- 3 vs 6
- 4 vs 5
- seeds 9 and lower will be scheduled a consolation game.

Divisions with an odd number of teams, the top 7 teams go to the playoffs and will be seeded as follows:

- Seed 1 will have a bye the first round.
- 2 vs 7
- 3 vs 6
- Seeds 8 and lower will be scheduled a consolation game.



The Conference reserves the right to change the playoff rules depending on the size of a division or other extenuating circumstances.

Scouting/Game Film

Videotaping your own team for instructional purposes is allowed. There will be no scouting of other teams' practices or scrimmages. Coaches are allowed to film other teams' games. Coaches are also allowed to purchase film on opposing teams. Individual districts and their teams can choose to contract with a person or company for filming games and are responsible for any affiliated costs with this service.

Official Game Balls

Teams are responsible to provide their own regulation ball for their offensive series. The official game ball for each grade is as follows:

- 1st & 2nd Grade - Pee Wee
- 3rd Grade - Pee Wee
- 4th Grade – Pee Wee
- 5th Grade – Junior
- 6th Grade – Junior
- 7th Grade – Youth
- 8th Grade – Youth
- 9th Grade - Official size

Field Length

1. 1st through 7th grade play on an 80-yard field.
2. 8th and 9th grade play on a 100-yard field.

Practice Rules

1. Teams may not be formed, nor may they practice prior to July 25th. Teams formed prior to this date may be deemed ineligible for the playoffs and head coaches suspended.
2. Coaches may not practice with any players prior to July 25th and may not teach offensive or defensive schemes prior to this date.
3. Tryouts/practices for teams may be held after July 24th.
4. Practices must be open and advertised to all registered players within a district for each grade.
5. Practice dates/times and locations must be provided by coaches to each district.
6. Districts are responsible for securing and assigning their own practice fields.



7. Teams can practice 5 days a week for 2 hours each practice up until the week Alpine, Provo and Nebo School District classes start.
8. Once school begins, practices will be limited to 2 hours a day, 3 days a week.
9. Teams are allowed 3 practices between games.
10. An additional option of team game film or a team walk-through are allowed. Practice and one of these two options must not exceed a count of more than 4 days a week.
11. Full pads can be worn beginning the first day of practice.
12. Coaches found in violation of practice rules are subject to disciplinary procedures from both their home districts and the conference board. Penalties may include loss of practice time, suspension, forfeitures, or dismissal from conference participation.
13. Districts are responsible for ensuring unauthorized practices are not held.

Conditioning Camps

Conditioning camps may be held prior to July 25th, with the following stipulations:

1. Players may participate in camps run by high schools, Universities, or community groups.
2. Any camp run by individual coaches must be a conditioning camp and must be pre-approved by the coach's district board. Any coach who violates this rule will be suspended for the fall season.
3. Conditioning Camps must be an instructional non-contact/non-team clinic and must be open to all youth who want to participate (camp must be advertised to all eligible participants). Eligible participants include all players registered for fall football in any given grade in a district.
4. Approved conditioning camp dates, times and locations must be provided to the district board.
5. Conditioning camp activities allowed include fundamental skills (passing, receiving, stances, technique, etc.), speed, agility, conditioning activities.
6. Players are not required to attend conditioning camps and may not be penalized in the fall season by not participating.
7. 9th Grade teams are subject to High School rules regarding conditioning camps.
8. All conditioning must be open to the entire grade in a district. This is to help the entire grade develop. Conditioning camps for individual teams are prohibited.

Field Supervisors

Home field districts are responsible for providing and scheduling the field supervisors. Field supervisors will be hired and trained by districts prior to the season start.



Field supervisor responsibilities:

1. Introduce themselves to the officiating crew and assist referees with any issues, as needed.
2. Introduce themselves to coaches before each game and ensure that coaches have brought their own minimum play/score sheets.
3. Review minimum play/score sheets at half time.
4. Collecting the minimum play/score sheets at the end of each game from both teams.
5. Turn collected minimum play/score sheets into their district.
6. Report to their district president any coach who has not filled in a minimum play/score sheet or is caught rapidly filling in the play sheet at half time or at the end of the game.
7. Report to their district president any issues with coaches, players, or spectators.
8. Remind coaches to have their players and spectators clean up all trash and belongings after games.
9. Report teams not cleaning up after games to district president.

It is the responsibility of District Presidents to forward applicable issues to the Conference.

Officials

There shall be a minimum of two (2) officials for each 1st through 3rd grade game, a minimum of three (3) officials for each 4th through 7th grade game, and a minimum of four (4) officials for each 8th and 9th grade game.

If there are not enough available officials, the conference reserves the right to require coaches (head coaches and assistants) to help officiate at games. Districts are encouraged to recruit and find adults willing to officiate.

Player Safety

Any player that is suspected of having a concussion will be removed from the game. This comes from the player's coaching staff or the officiating crew. Once removed, the said player cannot return without a medical professional giving clearance.

Player Equipment

All players must have all pant pads in their pants. Knee pads must cover the knee. No streamers or tails are allowed on any uniform. Eye black is limited to one solid line under the



eye. Jerseys without an elastic hem must be tucked in. No tinted face shields are allowed. Players eyes must be visible.

Game Rules

The conference may provide a rules-at-a-glance sheet (rules cheat sheet) for quick reference for coaches and officials. Coaches are responsible for understanding all game rules. Coaches with rule questions should contact their district presidents.

All UYFC games will follow NFHSS high school rules (not college rules, not NFL rules) with additional conference specific rules. UYFC additional rules will supersede high school rules.

Audio Devices in Helmet (Conference Rule)

No player may have communication equipment, ear buds or mic in their helmet or on the playing field. Coaches are not allowed to communicate with players through electronic means. Coaches that violate this rule will be removed from coaching for the season.

Automatic 1st Downs (HS Rule)

The only penalties that result in an automatic first down are “Roughing” penalties. Roughing of the kicker, passer, snapper, or holder.

Blind Side Blocks (HS Rule)

No player may hit an opposing player with a blind side hit. The following must happen for the block to be legal:

1. The hit must start with contact from the hands.
2. Contact must be made on the front side of the defender.
3. At no time may the blocker lead with his head.

Blitzing

1st through 4th grade cannot blitz the A gap. 5th through 9th grade is allowed to blitz.

Coaching/Sideline

The following rules apply to all teams:



1. 1st through 8th grade teams may have up to 6 coaches total on the sideline. This includes the head coach.
2. 9th grade may have more than 6 coaches, but all must have badges.
3. All coaches (grades 1st through 9th) are required to wear the conference provided coach bag at all games to be on the sideline.
4. Coaches are responsible for the cost to replace any lost badges.
5. Communication with officials will only be made by the head coach.
6. Coaches are to support and assist field supervisors in enforcement of league rules and policies. The field supervisor is part of the team that makes this league move forward. Coaches will work with supervisor requests.
7. One team photographer will be allowed on the sideline. No ladders or scaffolding will be allowed for those taking video or photos. Photographer must remain silent on the sidelines, if they are not, they will be sent back to the stands.
8. Team Location - teams will be on opposite sidelines with either a rope or line marked at least 6' from the sideline running from back of end zone to back of end zone parallel with the sideline.
9. Spectators must remain on their team's side of the field.
10. Spectators on grass fields must be seated at least 6 feet away from the playing field. Spectators who place chairs close to the playing field risk injury to themselves and players.
11. Anyone who violate these rules are subject to both district and conference disciplinary procedures, including being dismissed, along with their player(s) from the conference.
12. Cheerleading squads must be at the back of either end zone on grass fields or on the track at high school fields. They are not allowed inside the rope of the sideline.

The following rules apply to 1st through 4th grade teams:

1. One coach from each team can be on the field for 1st through 4th grade teams.
2. The coach on the field can communicate offensive and defensive plays only in the huddle and must stay back 15 yards back from the line of scrimmage.
3. Once the teams come to the line of scrimmage the field coach may not call out run, pass or play calls or communicate with players in any way. Coaches on the field need to remain silent until the play is over.
4. Coaches calling plays from wristbands (no huddle) need to do so from the sideline.
5. Coach changes can only be made during time-outs or changes in possession.
6. Violation of this rule will result in a warning for the first offense, and an unsportsmanlike penalty for additional offenses.
7. In case of a hurry up offense, the last two minutes of the half, the officials will hold off the snap for 30 seconds, when needed.



All coaches are responsible for their sidelines, including keeping their fans under control.

Conversion Scoring

A team will receive 1 point for conversion from the 1.5-yard line, 2 points for conversion from the 3-yard line.

Play is dead for failed conversion scoring attempts. Ball may not be retrieved and advanced by the opposing team during conversion scoring attempts.

If a 5th through 9th grade team is playing on a field with goalposts, they will have the opportunity to kick a PAT from the standard distance (3 yard line). A kicked PAT is worth 1 point. A botched kicked that is run into the endzone is worth 2 points.

Defensive Offsides (HS Rule)

Once a player breaks the plane, it is offsides. There is not getting back. This is a dead ball.

Field Goals

Field goals are limited to 9th grade teams only.

Game Length/Game Clock

Game length for each division will be as follows:

1. 1st through 8th grade (16 minute running clock quarters).
2. 9th grade (12-minute quarters with HS stoppage). Clock will start on the ready-for-play after a possession change.
3. The clock will stop in all leagues the last 2 minutes of each half, as per HS rules.
4. If a game clock is not available at the field, then time will be kept on the field by the White Hat.
5. Each team has three 30-second time-outs per half. Clock runs during time outs except during the last 2 minutes of each half.
6. 1st through 6th grade divisions will have 30 seconds to snap the ball.
7. 7th through 9th grade divisions will have 25 seconds to snap the ball.
8. Teams will be penalized for delay of game if they take longer than the allocated time to snap the ball.

Game Penalties



Penalties in the conference will be per Utah High School Football playing rules. The official rulebook for conducting all games shall be the NFHSS rule book. In the case of rule conflicts (HS vs. UYFC specific rules), UYFC rules will be controlling.

Game Penalty Distance

80-yard fields will limit penalty distances to 10 yards. 100-yard fields may have 15-yard penalties.

Holding (HS Rule)

1. It is never ok to grab a defender by his jersey.
2. An offense player may not hug or hold a defender and limit their movement.
3. An offense player may block with an open hand or closed hand while blocking.
4. Use of hands when blocking should take place inside the body cage of an offensive player.
5. New in 2023, penalties behind the line of scrimmage committed by the offense will be enforced from the previous spot (line of scrimmage). For example: Offensive holding.

Horse Collar Tackle (HS Rule)

Horse-collar tackle:

1. 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.
2. To be a penalty, a horse collar tackle must involve a backwards/sideward motion pulling while tackling.
3. To be clear, a high tackle is not a horse-collar. The player must be taken to the ground backward or sideways.

Intentional Grounding (HS Rule 2022)

1. Once out of the pocket the QB may throw the ball away without penalty. This is a safety rule to protect the QB.
2. The QB must be out of the pocket.
3. The ball must pass the line of scrimmage.
4. The ball may be thrown out of bounds.
5. A receiver does not have to be present for the QB to dump the ball.
6. Only the player that receives the initial snap has this option.



Kick Offs

High school kick-off rules:

1. No pop-up kickoffs. This is a kick that is driven immediately into the ground and goes into the air in a manner of a ball kicked directly off the tee.
2. Kangaroo kicks, 2 or more bounces are legal.
3. The kicking team must have at least 4 players on each side of the kicker at the time of the kickoff.

Additional conference kick-off rules:

1. 80-yard field – kickoff from the 30-yard line.
2. 100-yard field – kickoff from the 40-yard line.
3. 1st - 2nd grade - no kickoffs, offense will start with the ball on the 20-yard line.
4. X men are eligible to kickoff.

Mercy Rule

Clock will not stop at all in the second half if one team is ahead by 26 or more points. This includes the last two minutes - clock will run.

Offensive Formation (HS Rule)

The offense must have at least five players on the line of scrimmage and no more than four players in the backfield. The offense may run a play with less than 7 on the line. This would only be allowed due to having less than 11 players on the field.

Pass Inference

There is no 5-yard bump zone in HS rules. Once a receiver is presented as a receiver and not a blocker, contact must be eliminated. There is no such thing as an uncatchable ball in HS rules. Face guarding is not illegal in HS rules. A receiver pushed out of bounds may reenter and catch a pass. Offensive PI is not a loss of down.

Protect the Center- Grades 1st – 4th Defensive Rush



For grades 1st through 4th, the defense cannot cover the center at any time and the following rules apply:

1. Defensive lineman may line up head up on the offensive guard, but never the center.
2. Linebackers cannot blitz the A-gap.
3. Linebackers must start 3 yards off the ball.
4. Defensive linemen must start in a 3- or 4-point stance.
5. The defensive lineman over the guard may rush the A or B gap.
6. Violation of this rule will result in a dead ball foul and a 5-yard penalty with a replay of the down.
7. Officials will flag defensive line man that line up in the A gap.

Punting

Punting rules for 1st through 4th grades:

1. Team must declare intentions to punt, regardless of down
2. Offense is allowed a free kick if electing to punt
3. No rushing the punter
4. All players remain still until the ball is punted.
5. A botched snap can be gathered and kicked.

5th through 9th grade will follow High School Federation punting rules

X men are eligible to punt but are allowed to punt only. X men are not allowed to advance the ball or throw a pass if the snap is mishandled. X men can fall on the ball only in the case of a bad snap.

Punt Return – First Touching (HS rule)

The kicking team touches a punt and assumes it is dead. The offense may pick up a touched punt and return it. The ball is live until the official blows it dead. If this return results in a fumble, the ball will remain with the return team at the spot of the original first touched spot.

Return a Muffed Kick (HS Rule)

Free-kick (Kick-off) – Scrimmage-kick (Punt, PAT, or FG)

1. The Kicking team cannot return a kick of a free- kick or scrimmage-kick.
2. Free kick: They may gain possession if recovered after the ball goes 10 yards and touches the ground (or touched first by the receiving team).



3. They may recover a scrimmage kick (punt or FG) if muffed (touched) by the receiving team).
4. If the receiving team gains possession and then subsequently fumbles the ball, the kicking team may recover and advance the ball.

Tie Breaker/Overtime (Conference Rule)

In the event of a tie, a winner will be determined as follows:

1. Teams will flip a coin at the beginning of the overtime and the winning team can choose to play offense first or defense.
2. Each team will have equal possessions.
3. Regular rules (including the play clock rules) apply during the overtime.

1st to 6th grade:

- Will start at the 10-yard line (They will have four downs – unless a penalty gives them a new series).
- Second OT the ball will be placed on the five-yard line.
- Teams must attempt a two-point conversion in the second overtime.
- Any subsequent overtimes teams will only attempt a two-point conversion.

7th to 9th grade:

- Will start at the 20-yard line.
- A first down may be obtained.
- Second OT the ball will be placed on the 10-yard line.
- Teams must attempt a two-point conversion in the second overtime.
- Any subsequent overtimes teams will only attempt a two-point conversion.

Each team will have 1 timeout per overtime period.

Video Replay (Conference Rule)

Video is not allowed for review of plays or rulings.

X Men (Conference Rule)

1. X men must line up in an offensive line position.
2. X men cannot line up as a running back, fullback, receiver, tight end, or quarterback.
3. X men may return a fumble or interception.
4. X men must be on the front 2 lines of a kickoff return team.
5. X men can be a punter or kicker. They may not fake punt.



6. X men can play any position on defense.
7. Offensive teams may only have 5 total X men on the field at one time.
8. Plays that the officiating crew feel are designed to get the ball to a X man will be blown dead.

Code of Conduct

Parents/Players

Each player agrees to the following:

1. Players will arrive on time for practices and games.
2. Players agree to treat coaches, referees and other players on their team and opposing teams with respect.
3. Players will not use profane language at any UYFC event (including practice and games).
4. Players will pick up their sideline after each game.
5. Players will be respectful of game facilities and will not damage any facilities or property (including trees, buildings, fields (turf or grass))

Each Parent/Guardian agrees to the following:

1. Parents will demonstrate good sportsmanship.
2. Parents will watch the games from designated area.
3. Parents will not verbally abuse, threaten, belittle, or attempt to intimidate referees, coaches, players, and field supervisors.
4. Parents will supervise small children and not leave them unattended.
5. Parents are responsible for all property damage caused by members of their family or party.
6. Parents agree to abide by all UYFC policies, procedures, and rules.
7. Parents will remain on their team's sideline before, during and after games.
8. Parents are responsible for the behavior of family members and friends who attend games and understand that if they or a family member or friend are ejected from a game, their player is also automatically ejected.
9. Parents and spectators who do not adhere to the code of conduct before, during and after games as well as at team practices will be required to leave.
10. Parents are responsible for keeping players equipment in good condition.
11. Parents will refrain from smoking and being under the influence of alcohol or drugs at all games and practices. Violation of this rule may result in a season suspension.
12. Parents will follow the instruction of field supervisors.

Coaches



During all UYFC functions, which include all practices, games, team and conference events, head and assistant coaches agree to:

1. Conduct themselves in a professional manner and understand that profanity, obscenity, vulgar gestures, harassment, intimidation, verbal or physical abuse, and the use of alcohol, nicotine, or illegal drugs are strictly prohibited.
2. Respect the game officials and refrain from communicating with them in an abusive manner.
3. Encourage fans and parents to always conduct themselves with good sportsmanship while in attendance at UYFC functions and assist game officials in maintaining control of spectators during games.
4. Comply with the conference minimum play rule and maintain a minimum play/score sheet for each game.
5. Attend the Mandatory Conference Coaches Rules Clinic to be held prior to the first week of practice. At least 3 coaches from each team are required to attend this meeting, including the head coach. If, for any reason, the head coach is unable to attend, he/she must notify their District and arrange for an additional member of their coaching staff to attend.
6. Head coaches must be 21 years of age or older. Assistant coaches must be 18 years of age or older.
7. Head coaches will be suspended after their second team ejection (whether it's a player or coach that is ejected). To be clear, after the second person from the team is ejected sometime during the season, or the same person is ejected twice, the head coach will be suspended for at least 1 game. Head coaches are responsible for the behavior of all coaches and players on their sideline.
8. Head coaches with 2 or more game ejections shall be banned from coaching in any capacity for any UYFC district for the remainder of the season. The rules committee shall review all ejections and appeals. During a single game, unsportsmanlike conducts count toward the head coach. Upon the second unsportsmanlike, the head coach is ejected, regardless of who the call was made against (another coach or player).

Violation of any of these will result in disciplinary action up to and/or probation, suspension, and loss of coaching privileges.

Officials

Before, during and after UYFC games, officials shall:



1. Become familiar with specific conference game rules, particularly those rules outlined for 1st through 4th grade teams.
2. Officiate games according to high school rules except for specific conference rules.
3. Arrive on time to games, with full officiating gear (whistle, flag, referee shirt and hat).
4. Be respectful to players and coaches.
5. Be respectful to your officiating crew.
6. Provide positive guidance, support, and training for new officials.
7. Communicate directly with head coach to address concerns.
8. If a game clock is not available, fairly track game time and ensure time is not cut short.
9. Introduce yourself to the field supervisor.
10. Assist younger players with learning game rules.
11. Report any issues to the Officials Arbiter
12. Refrain from smoking and being under the influence of alcohol or drugs.
13. Officials in violation of this code of conduct will be addressed through the Officials' Arbiter and not the UYFC.

The UYFC appreciates our coaches, players, parents, and officiating crews who support maintaining a positive game environment for our teams.

Spectators

In addition to the parent, player, and coach Code of Conduct, The Utah Youth Football Conference (UYFC) has created an additional Spectator Code of Conduct to promote sportsmanship, respect, integrity, and fair play. We are committed to keep a high standard of sportsmanship in our youth football program. Players, officials, and field supervisors should be able to feel they are in a “safe” environment when they are participating or working. We desire that all parents, guardians, spectators, coaches, and participants be aware of our “Spectators Code of Conduct” before choosing to participate in our conference.

The UYFC has established the following “Spectators Code of Conduct” for everyone involved in our programs. All parents, guardians, coaches, and spectators are expected to know, promote, and adhere to the following standards of conduct:

1. Remember that participation in youth football is for the participants (players), not the spectators and coaches! Therefore, ALL participants deserve a right to fairness and being in a safe, non-threatening environment always.
2. Spectators must conduct themselves in a manner that would be an example and a role model to the youth participating (or in attendance) during all UYFC games.



3. Promote good sportsmanship by not arguing with officials, coaches or participants or other spectators. This includes staying on your team's side of the field before, during and after games.
4. Adhere strictly to the rules of the game and not attempt to change or manipulate those rules to win or for personal benefit.
5. No smoking, drinking or being under the influence of alcohol or drugs will be allowed at any UYFC games, practices, and events.
6. Abuse and harassment of players, officials, field supervisors or other spectators in any form will not be tolerated.
7. Profanity of any kind will not be tolerated.
8. Field supervisors and district presidents reserve the right and have sole discretion to dismiss any spectator(s) not adhering to this "Code of Conduct" and engaging in any negative behavior from the game site immediately. Failure to leave when asked will result in police being involved in the removal as needed. The UYFC board and rules committee will further investigate and determine any further discipline which may include game suspensions up to complete dismissal from program participation for the spectator and their players.

Violation of Rules

All parents, players, coaches, and fans must abide by the UYFC Code of Conduct, in addition to following rules outlined in the UYFC policies and procedures. The UYFC has zero tolerance for abusive behavior.

The UYFC board holds its district presidents/representatives to the same standard of behavior and sportsmanship, whether as a coach, parent, or spectator. As representatives of the conference, district representatives shall adhere to the same sportsmanlike conduct, in addition to developing and maintaining positive relationships with officials, coaches and other district representatives.

Ejection Policy

The UYFC is committed to a positive and competitive environment for young athletes. Those who disrupt any game (before, during or after) may be ejected by the officials or field supervisor.

1. Any coach who is ejected from a game must immediately leave the field/park and will not be allowed to coach (or be a spectator) for the entirety of the next game.
2. Any parent who is ejected from a game must immediately leave the field/park and will not be allowed to be a spectator for the entirety of the next game.



3. Players of parents (including assistant coaches) who are ejected shall be ineligible for the remainder of the current game and are required to sit out the first half of the next scheduled game.
4. The UYFC board, through the Rules Committee, reserves the right to further bar any coach, player, parent, or spectator for unsportsmanlike conduct for any period of time.
5. Ejected coaches, parents or players who are found in attendance at barred games, may be dismissed from the conference. Parents and coaches who do not abide by these rules risk having their players barred from any future conference participation.
6. If a Head Coach is ejected and has a player on the team, his player will remain eligible for play and can stay in the game with no penalty for the next game. All other coaches and spectators are subject to the ejection policy as written.
7. Head coaches will be suspended after their second team ejection during the season (whether it's a player or coach that is ejected). To be clear, after the second person from the team is ejected sometime during the season, or the same person is ejected twice, the head coach will be suspended for at least 1 game. Head coaches are responsible for the behavior of all coaches and players on their sidelines.

Rule Violation Penalties

A violation of any rule contained herein may subject a district, team, or individual (player, coach, parent, spectator) to any of these penalties:

1. Suspension, expulsion, ineligibility, probation or dismissal of coaches and players.
2. Forfeiture of game or games.
3. Disqualification from competing or taking part in playoff or championship games.

The UYFC board reserves the right to adopt additional penalties for rules violations, through the Rules Committee, as necessary.

The UYFC board reserves the right to close games to all spectators (including parents) if rule violations persist.

Appeals

District presidents may bring appeals on behalf of players, parents, and coaches to the conference. Districts are not required to bring any requested appeals to the conference but may do so if they choose. Parents, players, and coaches are not allowed to appeal directly to the conference. All appeals must go through their home district programs.

UYFC Rules Committee



1. The Rules Committee (RC) will be comprised of three or four volunteer conference board members (district presidents or district conference representatives), with two alternates. All rules committee members must have served on the conference board for a minimum of 2 years, prior to being selected to serving on the rules committee. One RC member will be designated the lead committee member, responsible for ensuring the RC meets in a timely manner and RC decisions are submitted to the conference board. One member must be the official's liaison with the conference board.
2. The alternates will be used in cases of conflicts. It may be necessary for the lead RC member to designate an alternate lead for an issue in which they are conflicted.
3. If a RC member or alternate is not available for a meeting, then the lead RC shall coordinate with the conference president to appoint another district president as alternate.
4. A district president or representative may not vote on a matter that involves their district.
5. The RC will convene each week for the duration of the regular season and playoffs. If no disciplinary issues arise in a particular week, then a meeting is not necessary. Meeting virtually or on a conference call is acceptable.
6. In cases where a disciplinary sanction has already been established in UYFC policy no RC review is necessary. However, if a disciplined parent, coach, or player wishes to appeal the sanction, they must submit their request for an appeal to their district president/conference representative.
7. Appeals brought to the RC must be in writing and within 48 hours of the incident in question.
8. In cases of automatic sanction, the sanction is considered final and absolute if no request for appeal has been received. If an appeal is received, the sanction or RC's decision is final upon adjournment of the RC's meeting for the appeal. The appeals process is limited to one 48-hour window and one appeals meeting.
9. Each decision must be made with three committee members present and voting. Decisions do not have to be unanimous but are considered final if two of the three committee members vote a certain way. There is no abstaining, as conflicts should be removed using alternates.
10. Individual votes of RC members will not be disclosed to the public and will be kept confidential, within the conference board. The lead RC member will keep track of votes, but not for general dissemination.
11. RC decision shall be reported to the appealing district's president, who will then relay the decision to the coach or parent who appealed.
12. It is up to individual district presidents and their boards as to whether they bring the appeal to the RC.
13. RC discussions are considered confidential in nature. They shall not be shared with outside parties, with the exception being a review with the UYFC board.
14. Basic outline for RC meetings shall include discussing appeal/report received from a district president as well as information and context from the official's liaison.



15. An end-of-season report will be presented to the UYFC Board summarizing challenges, lessons learned, and recommendations for subsequent seasons. This report will also include the weekly minutes and the weekly officials report.
16. The Rules Committee follows the published UYFC Policies and Procedures to render decisions.
17. In the event of an extenuating circumstance, the RC serves at the discretion of the UYFC Board.
18. The RC shall operate with the ideals of sportsmanship, citizenship, and fair play in mind. Issues involving children should be handled delicately and fairly with compassion. The growth of the game of tackle football is top of mind.

Policy Updates and Rule Changes

These Policies and Procedures can be changed or amended at any time by the Conference Board for any reason and in accordance with the rules outlined in the UYFC bylaws. The UYFC Executive board reserves the right to update game rules as needed, to ensure updates are published in a timely manner. The conference board shall then ratify any executive board rule updates at the next regularly scheduled board meeting.

District presidents may bring rule change recommendations to the conference board. A majority vote can result in a rule change.

Appendices

Forms to be accessible for download on the conference website:

- Minimum Play/Score Sheet
- Coach Agreement
- Parent Consent to Play Release Form
- Field Supervisor Reporting Sheet
- Concussion Protocol
- Acceptance of Code of Conduct Signature Forms

