

# Utah Youth Football Conference, Inc.

## Policies and Procedures

### UYFC DUTIES AND RESPONSIBILITIES

The Utah County Football Conference, Inc. dba Utah Youth Football Conference (“UYFC”) is responsible for the following:

1. The UYFC will provide liability and secondary medical insurance for all players, coaches and the board members
2. The UYFC will provide D & O liability insurance for UYFC Administrative Board Members and UYFC Board of Directors
3. Provide field markers and chain sets
4. Schedule regular season and play-off games
5. Schedule and pay for referees
6. Define field representative responsibilities and duties. Reimburse districts for field representative fees
7. The conference will estimate annual costs for insurance, referees, championship medals and t-shirts, field fees, field rep fees, equipment needs and will charge a per player fee to each district to cover these costs
8. Provide a minimum play sheet that will be used and completed by each coach in grades 1-8
9. Manage the conference weigh in and publish a list of X men for each team (last name and jersey number only)
10. Maintain conference website - with schedules, results and standings
11. Review complaints and protests. Decisions will be made after review by a simple majority vote
12. Publish a concussion protocol that will be followed by coaches, parents and players.

### DISTRICT DUTIES AND RESPONSIBILITIES

1. **Advertising**
2. **Registering players**
3. **Waivers** - Ensure all players sign a waiver that includes items required by the insurance company.
  - a. Verify the eligibility of each player, grade and that address is within

- applicable boundary of the district
  - b. Districts will provide all registered player's required information in the required format for upload into the conference database for verification purposes
- 4. **Recruiting / selecting coaches** - coaches will be provided for all teams
- 5. **Team Creation**
  - a. Provide estimated number of teams to the conference by mid-July
  - b. Provide printed team rosters at the official conference Weigh In event.  
**Rosters must include:**
    - i. Player Photo
    - ii. Full name
    - iii. Date of birth
    - iv. Grade
    - v. Jersey number
    - vi. 'Older but Lighter', Z-Down or Flex Player designation if applicable
  - c. Teams are formed by the players' grade in the fall of current school year
  - d. Players may be allowed to play one grade up according to their own district guidelines
  - e. Districts may provide teams in the following divisions
    - i. 1st/2nd Grade
    - ii. 3rd Grade
    - iii. 4th Grade
    - iv. 5th Grade
    - v. 6th Grade
    - vi. 7th Grade
    - vii. 8th Grade
    - viii. 9th Grade
  - f. If multiple teams are provided in grades 1st - 4th, the district will create equally skilled teams unless determined otherwise by the full conference board
- 6. **Equipment** - District will provide the following to each player:
  - a. Shoulder Pads
  - b. Helmet (NOCSAE certified)
  - c. Game pants - color must be approved by the conference
  - d. Game Jersey - color must be approved by the Conference to ensure districts do not use similar colored jerseys.
  - e. Helmet decal (district discretion)

7. The District calculates and charges a fee to the players that cover district costs and fees
8. The District is responsible for monitoring coaches and teams to ensure compliance with UYFC Conference rules
9. The District will enforce any suspensions of coaches for minimum play violations, behavioral violations - and ensure all coaches pass background checks prior to commencement of tryouts/practices
10. The District will own, store and maintain district equipment
11. Each District will elect a board that consists of at least 3 members. Each District will also be responsible for providing at least 1 person to serve on the Conference Board.
12. Field preparation - each District will arrange for their scheduled fields to be marked and provide a field rep at each location during game times.
13. Districts must have a district representative at all play-off games in which they have a team playing.
14. Each District shall be a not-for-profit or non-profit entity.
15. 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.

### **DISTRICT BOUNDARIES - UPDATED for 2022 Season**

Districts will be organized by High School boundaries. Players in 1st-8th grades must play for the high school district where they reside. 9th grade is open enrollment.

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.

Any other group/district joining the conference will be required to abide by the high school boundary requirements unless the Board creates a temporary exception to enable growth.

1. If a player does not have a team in their home district, they must play in an adjoining district geographically or receive approval from the Board of Directors to play in a non-adjoining district. This is to prevent the formation of super teams.

2. 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.

3. 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.
4. The UYFC Executive Board reserves the right to request proof of residence which may include current school registration.
5. 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.
6. 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.
7. Any out of boundary players that fall within the parameters of the approved exception list, must be reported in writing to the Conference Secretary **before the players are allowed to participate on a team**. Any additional requests that do not fall under the Exception List, must be approved by the UYFC Board of Directors.
8. 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.
9. EXCEPTIONS:
  - (a) 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.
  - (b) 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.
  - (c) 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.
10. The UYFC Board of Directors must approve 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.

## **TEAM ORGANIZATION**

1. A/B Teams will be organized for 5th - 9th grades.
  - a. The number of A/B teams per grade depends on the number of teams in

each grade. A District can petition the Conference for a different number of A and B teams

- i. 1 team - one A
  - ii. 2 teams - one A and one B
  - iii. 3 teams - one A and two B
  - iv. 4 teams - two A and two B
  - v. 5 teams - two A and three B
2. A/B team selection - all players in each grade will have an opportunity to try out for an A team. Grades will practice together for at least three days before selecting the A team. If more than one A-team - the district will create equal teams through a draft or other selection process.
  3. Team size - each team should consist of a maximum of 26 players. At the coach's discretion, he/she can choose to add additional players. The minimum play rule applies regardless of team size.
  4. Team Colors - Districts shall adhere to their high school team colors where possible or approved district color combinations.

## **X MAN RULES / Z DOWN RULE / FLEX PLAYERS / WEIGH IN EVENTS**

### **X-Man Rule**

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.

X-men can play any position on Defense and are allowed to advance both fumbles and interceptions.

On Special teams, X-men must be on the front two lines or line of scrimmage.

### **Weight Limits for X Man Determination**

1st & 2nd Grade -	75 lbs.
3rd Grade -	85 lbs.
4th Grade -	95 lbs.
5th Grade -	105 lbs.
6th Grade -	120 lbs.
7th Grade -	135 lbs.
8th Grade -	165 lbs.
9th Grade -	No X Weight

### **Z-Down Rule**

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. You must fall below the Z-DOWN weight limit. All Z-DOWN players must be approved by the UYFC Board. NO EXCEPTIONS! Z-Down players must be designated on their team weigh in rosters.

Criteria for Z-Down

- Must meet weight limits
- Absolutely no Z-Downs to an A team
- Player must be behind in physical development from their age group.
- Player must practice with his/her actual age group to be evaluated by the coach.
- Coaches will recommend to district reps to take to the board if they see a legitimate need to Z-Down.
- Player will be moved back to their actual age group at any time if deemed to be an inappropriate Z-Down by board.
- Player must go through ALL these steps to be considered.

A player will be able to Z-down to play only in the grade below their current grade if they weigh 20 pounds less than the X limit for the lower grade. For example:

- 9th grader, NO Z-DOWN to 8th grade.
- 8th grader to 7th division, 115 lbs. and below.
- 7th grader to 6th division, 100 lbs. and below.
- 6th grader to 5th division, 85 lbs. and below.
- 5th grader to 4th division, 75 lbs. and below.
- 4th grader to 3rd division, 65 lbs. and below.
- 3rd grader, NO Z-DOWN to 1st/2nd grade\*\*
- 1st/2nd graders, NO Z-DOWN

\*\* There is no Z-DOWN to 1/2 grade. There will be no Z-DOWN to a combined division. For example...if we combine a 3/4 grade team, 5th graders will not be able to Z-DOWN to this division.

Z-downs must be approved by the district, indicated on the official team roster, and submitted to the Conference.

Z-Down To:

- |                         |  |
|-------------------------|--|
| 3rd Grade -             | Z-down Weight less than 65 lbs.            |
| 4th Grade -             | Z-down Weight less than 75 lbs.            |
| 5th Grade -             | Z-down Weight less than 85 lbs.            |
| 6th Grade -             | Z-down Weight less than 100 lbs.           |
| 7th Grade -             | Z-down Weight less than 115 lbs.           |
| 8 <sup>th</sup> Grade - | 9 <sup>th</sup> Grade cannot Z-Down to 8th |

**NEW FOR 2022 - 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.

Reasoning for Flex Players: Generally, this option is used to assist teams that are short on linemen. Flexing a B level lineman up to the A level can provide additional depth of linemen for a district and a grade. Flex players should be B level players being added to A teams and not A players being added to B teams. Flex players are generally linemen. If there is a special circumstance for a skills position player, said player must be approved by the Board: Example: B team quarterback being placed on the A team as a receiver. Flex players must be clearly identified on both teams' Weigh In rosters as flex players (similar to Z down players). 10 play minimum rule is in effect for flex players per game.

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.

## **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 will weigh in during that time. **9th grade does not weigh in.**

- Each district must provide 2 copies of each team roster before a team can be weighed. The rosters shall include:
  - Player Photo
  - Full name
  - Date of birth
  - Grade
  - Jersey number
  - 'Older but Lighter', Z-Down or Flex Player designation if applicable
- Conference representatives will manage the weigh-in event.
- Players must weigh in wearing a **minimum of shorts and a shirt.**
- Each player will be allowed one chance to weigh in only.

Players not present at the weigh-in event shall be designated as an X-man. An X-man must have a visible X 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.

A makeup weigh-in may be scheduled. 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 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.

## **Weight Limits for X Man Determination**

1st & 2nd Grade -	75 lbs.
3rd Grade -	85 lbs.
4th Grade -	95 lbs.
5th Grade -	105 lbs.
6th Grade -	120 lbs.
7th Grade -	135 lbs.
8th Grade -	165 lbs.
9th Grade -	No X Weight

## **MID-SEASON WEIGH-IN**

Players not designated as X men at the pre-season conference weigh in but are weighing in within 5 pounds under of the grade X weight limit will be required to attend a mid-season weigh-in. Any player weighing over the X limit at the mid-season weigh-in will be designated as an X man for the balance of the season. 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. X men are required to have an X sticker on their helmet in a contrasting color to the helmet.

## **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.

An adult may be barred from further participation in the UYFC for any of the following violations:

1. By striking any other coach, official, player, spectator, or other participant
2. Any sufficient cause such as unsportsmanlike conduct or profane language.
3. 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.



4. Attempting to discourage, run-off or cut less-desirable players.
5. Is under the influence of alcohol or drugs at games or practices.

### **UYFC EJECTION POLICY**

The UYFC is committed to a positive and competitive environment for young athletes. 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. 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. Players of parents (not a credentialed coach) 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. The UYFC board reserves the right to further bar any coach, player or parent for unsportsmanlike conduct for any period of time.

The UYFC board holds its district presidents/representatives to a high 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, including developing and maintaining positive relationships with officials, coaches and other district representatives. 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 above.

Minimum Play Violation - Failure to fill out a UYFC required minimum play sheet will result in a warning; a second violation will result in a one-week suspension and can result in a loss of that game.

### **EQUIPMENT AND FIELD LENGTH**

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

1<sup>st</sup> – 7<sup>th</sup> Grades play on an 80-yard field.  
8<sup>th</sup> and 9<sup>th</sup> Grades play on a 100-yard field.

## **CONDITIONING AND PRACTICES**

### Practice Rules:

1. Players may participate in camps run by high schools, Universities or community groups. Any camp run by individual coaches must be a conditioning camp and be pre-approved by the coach's district board. Any coach who violates this rule will be suspended for the fall season. 9th Grade teams are subject to High School rules.
2. 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)
  - a. Must be open to entire grade(s),
  - b. Must be advertised to all registered players within the district in those grades
  - c. Date, times and locations must be provided to the district
  - d. Activities allowed include fundamental skills (passing, receiving, stances, technique, etc.), speed, agility, conditioning activities.
  - e. Not allowed - breaking into teams that will exist during the season and teaching offensive / defensive plays.
3. Teams can practice 5 days a week for 2 hours each practice up until the week Alpine, Provo and Nebo School District classes start.
4. Once school begins, practices will be limited to 2 hours a day; teams are allowed 3 practices between games.
5. Full pads can be worn beginning the first day of practice.
6. Teams are allowed to gather outside of practice for film sessions.
7. All districts will start tryouts and practices on the same date. The start date will be decided on and published by the Conference before the season begins.

## **MINIMUM PLAY RULES**

**Minimum Play Rule:** 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. 9th Grade plays according to high school rules, **there are no minimum play requirements for 9th grade.**

Each player will be guaranteed a minimum of 10 plays during each game. Plays on special teams count towards the minimum play rule.

Increase in minimum play requirements:

1. 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.
2. 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.
3. 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.

Minimum plays are tracked for non-starters only. Head Coaches are responsible for ensuring all players play the minimum required plays and for submitting a completed Minimum Play Sheet to the field representatives after each game.

Minimum play sheets must be maintained throughout the game. The field representative will check the play sheet at half time and collect the play sheet at the end of the game. 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.

Players who have missed practice for any reason during the week are not guaranteed their minimum plays.

## **GAME LENGTH**

Game length for each division will be as follows:

1st & 2nd Grade -	(16 min running clock quarters)
3rd Grade -	(16 min running clock quarters)
4th Grade -	(16 min running clock quarters)
5th Grade -	(16 min running clock quarters)
6th Grade -	(16 min running clock quarters)
7th Grade -	(16 min running clock quarters)
8th Grade -	(20 min running quarters)
9th Grade -	High School Rules

## **COACHING HELP**

1. **1st - 4th Grade** - One coach from each team can be on the field for 1st - 4th Grade teams. Coaches can call offensive and defensive plays in the huddle but must stay back out of the way after huddle breaks. As soon as the quarterback is

in position to receive the snap, the coaches on the field must be back at least fifteen (15) yards and they cannot communicate with the players until the play is over. Coach changes can only be made during time-outs or changes in possession.

- a. Violation of the rule will result in a warning for the first offense, an unsportsmanlike penalty for additional offenses.
2. Number of Coaches - No more than **6** coaches are allowed on the sideline during a game (this includes a person/coach tracking the minimum plays)
  - a. One photographer/videographer will be allowed on the sideline. NO ladders or scaffolding will be allowed for those taking video or photos.

### **MISCELLANEOUS ITEMS**

**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.

**Cheerleaders** - The cheerleading squads must be at the back of either end zone. They are not allowed inside the rope of the sideline.

**Similar Jerseys** - If two teams have the same or similar jersey's pennies or scrimmage caps will be worn to differentiate between teams. The home team will wear the pennies or scrimmage caps for the entire game. The home team is responsible for providing the pennies or scrimmage caps.

**Time Outs** - Each team has 3 time-outs per half that will stop the clock for 30 seconds when called.

**Clock Management** – The clock will stop the last 2 minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarters after every dead ball play.

**Delay of Game - Snap** - The 1st - 6th Grade division will have 30 seconds to snap the ball. The 7th & 8th Grade divisions will have 25 seconds to snap the ball.

**Protect the Center - Grades 1-4** - For grades 1-4, teams cannot cover the center - no nose guard or linebacker lined up at the line of scrimmage. Linebackers cannot blitz the A-gap. Violation of this rule will be treated as a dead ball procedure foul.

**Penalties** - Penalties in the conference will be per Utah High School Football playing rules.

**Rule Book** - The official rulebook for conducting all games shall be the High School Rule Book This shall be superseded by written rules of the UYFC which are in conflict with it. In these

cases, UYFC rules will be controlling.

### **Kick Offs –**

1st - 2nd grade - No Kickoffs.

80-yard field - Offense will start with the ball on the 20-yard line.

All other grades will kick off on an 80-yard field from the 30-yard line and on a 100-yard field from the 40-yard line.

X men are eligible to kickoff.

Field goals are limited to 9A teams only.

**Conversion scoring** - A team will receive one (1) point for conversion from the 1.5-yard line and two (2) points for conversion from the 3-yard line.

If a 5<sup>th</sup> – 9<sup>th</sup> grade team is playing on a field with goalposts, they will have the opportunity to kick a PAT from the standard distance (1.5-yard line). 1-point maximum, live rush is allowed.

**Tie Game - Tie Breaker** - In the event of a tie, a winner will be determined using the Kansas overtime rule.

1. Teams will flip a coin at the beginning of the overtime and the winning team can choose to play offense first or defense. Each team will get equal opportunities to score.
  - a. Regular rules (including the play clock rules) apply during the overtime.
  - b. 1st - 6th will start with the ball on the 10-yard line. If neither team scores, the ball will be moved to the 5-yard line, then the 2-yard line for all future attempts.
  - c. 7th & 8th Grade will start on the 20-yard line (regular rules apply - teams can get a first down during overtime) if neither team scores, then the ball is moved to the 10-yard line for the next attempt and the 5-yard line for the next and future attempts.
  - d. Each team will have 1 timeout during overtime.

**Blitzing –** 1<sup>st</sup> – 4<sup>th</sup> grade cannot blitz the A gap.  
5<sup>th</sup>-9<sup>th</sup> grade – No blitzing restrictions.

### **Punting Rules**

1. Grades 1st - 4th - Team must declare intentions to punt, regardless of down
  - a. Offense is allowed a free kick if electing to punt - no rushing the punter

- b. All players remain still until the ball is punted.
- 2. Grades 5th - 8th will play regular High School rules
- 3. X men are eligible to punt but are allowed to punt only. They are not allowed to advance the ball or throw a pass if the snap is mishandled. They can fall on the ball only in the case of a bad snap. Ratified 2017.

### **TEAM STANDINGS AND PLAYOFFS**

At the end of regular season play, team standings will be determined by:

- 1. Win/Loss record.
  - a. If still tied, then: Win/Loss record in head-to-head competition.
  - b. If still tied, then: record against common opponents
  - c. If still tied, then: Coin toss
    - i. If teams are tied for the last playoff spot - rather than a coin toss, there will be a playoff game between the tied teams. The play-off game may be less than a full regulation game.
  - d. 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** - if the grade has even numbers of teams the top 8 teams go to playoffs ie. 1vs8, 2vs7 etc. in brackets. If the grade has odd numbers, the top 7 teams go to the playoffs with the first-place team having a bye in the first round. i.e., 2vs7, 3vs6 etc. The remaining teams will play each other for their 8th game i.e., 9vs10, 11vs12.

- 1. In the event of an age group with two divisions - the top two teams from each division will make the play-offs. Number 1 from division A will play number 2 from division B, number 1 from division B will play number 2 from division 1. Winners of those games will play for the championship.
- 2. The Conference reserves the right to change the play off rules depending on the size of a division - more than 4 teams may make the playoffs in the event of larger divisions.

### **FIELD REPRESENTATIVES AND DUTIES**

The UYFC will pay field reps per game. The home District is responsible for providing and scheduling the field reps.

- 1. Field reps will be hired and trained prior to the season start
- 2. Field reps should introduce themselves to coaches before the games begin.
- 3. Play/score sheets are available for download on the Conference website.
- 4. Field reps should explain they will be reviewing minimum play/score sheets at half time and collecting the play/score sheets at the end of each game.

5. Collected play/score sheets should be turned into the respective District. Each District is in charge of entering the scores of the games played on their fields each week.
6. The field rep should report to the District President any coach who has not filled in a play/score sheet - or is caught rapidly filling in the play sheet at half time or at the end of the game.
7. The field rep should also report to the District President any issues with coaches that are disrespectful or out of line.
8. The field rep is responsible for ensuring coaches and parents clean up after games - teams/parents not cleaning up after games will be reported to the District President.
9. It is the responsibility of the District President to forward applicable issues to the Conference.

### ADDITIONAL MISCELLANEOUS ITEMS

**Scouting** - 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; they are also allowed to purchase film on opposing teams.

**Violations of Rules** - A violation of any rule contained herein may subject a Conference, team, or individual to any one or all of the following penalties: said penalties to be levied by the UYFC Board:

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

### **Specific Rule Violations**

1. Use of ineligible player – subject to penalties above or the UYFC Board discretion
  - a. Illegal player - player playing for the wrong district, player playing in the wrong grade, X man (based on weigh-ins and official roster) who plays in violation of the rules or playing for a team that player is not rostered on.
2. Districts are responsible for ensuring only eligible players play
  - a. Districts are responsible for investigating all allegations of illegal players and reporting the results to the entire Conference Board
  - b. Appeals - coaches / teams will have the opportunity to appeal penalties to the entire District Board. The District President may bring it to the Conference to appeal. A majority decision by the Conference Board stands

3. Practice Violations
  - a. If a team practices more than allowed or prior to communicated start dates, teams will lose double the amount of the additional practice time as a penalty. Example: if a team practices an extra 2 hours in week one, the team will lose 4 hours of practice time the following week.
  - b. Districts are responsible for ensuring unauthorized practices are not held.

**Officials** - There shall be a minimum of two (2) officials for each 1st - 3rd Grade games. There shall be a minimum of three (3) officials for each 4th - 7th Grade games. There shall be a minimum of four (4) officials for each 8th & 9th Grade games.

### **FIELD SETUP AND CLEANUP**

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 area.
  - 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. The teams that play the final game of the night are responsible for picking up field markers and for picking up trash from their side of the field as well as all spectator areas. A final inspection will be conducted by field reps.
4. On Artificial Turf fields - Absolutely NO Exceptions for:
  - a. Sunflower seeds
  - b. Chewing gum
  - c. Pets
  - d. Propane Heaters
  - e. Unauthorized personnel

**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.

**Coach's Code of Conduct** – Districts will be 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.

**Insurance** - The Conference will provide general liability insurance and secondary medical insurance. Secondary medical insurance covers players who do not have primary medical



insurance; it does not cover deductibles etc. due a player's primary medical insurer.

## **RIGHT OF REFUSAL**

**The UYFC reserves the right to refuse service or participation to any individual, team, coach or district who is found in violation of these Policies and Procedures.**

## **UYFC DISCIPLINARY COMMITTEE - Ratified 04/24/2022 by Unanimous Vote - New for 2022**

The guidelines of the Disciplinary Committee (DC) are as follows:

- The DC will be comprised of three volunteer conference board members (district presidents or district conference representatives), with two alternates. One DC member will be designated the lead committee member, responsible for ensuring the DC meets in a timely manner and DC decisions are submitted to the conference board. One member must be the official's liaison with the conference board.
- The alternates will be used in cases of conflicts. It may be necessary for the lead DC member to designate an alternate lead for an issue in which they are conflicted.
- If a DC member or alternate is not available for a meeting, then the lead DC shall coordinate with the conference president to appoint another district president as alternate.
- A district president or representative may not vote on a matter that involves their district.
- The DC 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.
- In cases where a disciplinary sanction has already been established in UYFC policy no DC 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. **It is up to individual district presidents and their boards as to whether they bring the appeal to the DC.** Appeals brought to the DC must be in writing and within 48 hours of the incident in question.
- 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 DC's decision is final upon adjournment of the DC's meeting for the appeal. The appeals process is limited to one 48-hour window and one appeals meeting.
- 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 by the use of alternates.
- Individual votes of DC members will not be disclosed to the public and will be kept confidential, within the conference board. The lead DC member will keep track of votes,

but not for general dissemination. DC decision shall be reported to the appealing district's president, who will then relay the decision to the coach or parent who appealed.

- DC discussions are considered confidential in nature. They shall not be shared with outside parties, with the exception being a review with the UYFC board.
- Basic outline for DC meetings shall include discussing appeal/report received from a district president as well as information and context from the official's liaison.
- 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.
- The Disciplinary Committee follows the published UYFC Policies and Procedures to render decisions.
- In the event of an extenuating circumstance, the DC serves at the discretion of the UYFC Board.
- The DC 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.

### **Rule Changes**

1. Rules may be changed by bringing an issue up to the Board of Directors. A majority vote can result in a rule change.
2. The Conference is responsible for clarifying rules and publishing these rules to coaches / parents and referees.
3. These Policies and Procedures can be changed or amended at any time by the Conference Board for any reason in accordance with the rules outlined in the bylaws.