

Utah County Football Conference

By Laws

ARTICLE I: Statement of Principles

Conference Purpose – The conference is established to benefit the players. The goal is for all players to (1) learn how to play football, develop basic football skills (2) learn the value of team work, (3) have appositve experience that encourages them to play football again the next year

ARTICLE II: Conference Duties and Responsibilities

1. The Utah County Football Conference (UCFC) board will be made up of the following positions
 - a. Conference Commissioner –
 - i. Elected by the UCFC Board
 - ii. To serve a term of 2 years
 - b. Treasurer / Secretary
 - i. Responsible for keeping all financial records – an annual income statement will be posted on the UCFC web site at the end of the season
 - ii. Responsible for keeping minutes of all conference meetings, minutes will be posted on the UCFC web site
 - iii. Is a non-voting member.
 - c. One representative from each district (these may fill one of the positions listed above)
 - i. Responsible for attending conference meetings and voting on conference issues
 - ii. Will lead the rules committee, fields committee, etc
 - iii. Districts at inception: Lehi, Pleasant Grove, American Fork and Lone Peak
 - iv. New districts can be added to the board – they will not have a vote in conference decisions until they bring at least 4 teams into the conference from four different divisions
2. Each member of the UCFC board will have one vote when decisions are made
 - a. More then half the UCFC board must be present to make decision. All board members must have been notified of the meeting.
 - b. Simple majority decides issues
 - c. Conference Commissioner is non-voting unless there is a tie
3. The Utah County Football Conference (UCFC) is responsible for the following
 - a. Insurance for all players and the conference
 - v. Working with districts to secure playing fields.
 - vi. Providing field markers and chain sets if required
 - b. Scheduling – regular season and playoffs
 - c. Referees – contracting with and paying referees

- d. The UCFC will annually estimate the costs (for the above) and charge either a per player or per team fee to each district
- d. UCFC is responsible for assigning field representatives that will attend each game
 - i. If a district does not fulfill its field rep assignment the district will be fined \$25 per missed game

ARTICLE III: District Duties and Responsibilities

Each District is responsible for the following

1. Advertising
2. Registering players
3. Recruiting / selecting coaches
4. Creating teams – The district will
 - a. Providing number of teams to the conference by July 31st
 - b. Provide completed rosters before the first scheduled game
 - i. Rosters must include, name, date of birth, grade, resident address, guardian name and resident address, weight, jersey number
 - ii. Districts must also provide rosters of players by grade prior to the weigh ins.
 - c. Teams are formed by players grade in the current year
 - d. Players will be allowed to play with older grades – requires board approval
 - e. Districts will provide teams in the following divisions
 - i. 1st / 2nd grade
 - ii. 3rd grade
 - iii. 4th grade
 - iv. 5th grade (A/B Split)
 - v. 6th grade (A/B split)
 - vi. 7th grade (A/B split)
 - vii. 8th grade (A/B split)
 - g. No all star teams in 1st – 4th grade. Teams in grades 1-4 will be organized based on elementary school boundaries. If multiple teams are provided in grades 1st – 4th , the district will work to create equal teams.
5. Districts will provide the following to each player:
 - a. Shoulder Pads
 - b. Helmet
 - c. Pants (up to district to determine if they provide practice and game pants or just one pair pf pants) – Game pant color must be approved by the conference.
 - d. Pads for pants (hip pads, tail pad, thigh pads, knee pads)

- e. Game Jersey (name on jersey – district discretion) - Jersey color must be approved by the conference to insure districts do not use similar colored jerseys.
 - f. Helmet decal (district discretion)
6. The District owns calculating and charging a fee to the players that covers the following costs
 - a. Per player fee paid to conference
 - b. Equipment listed in above
 - c. Equipment replacement (as needed)
 7. The District owns Monitoring coaches and teams to insure compliance with Conference rules (number of practices etc)
 8. The Districts own monitoring the minimum play rule – they are responsible for investigating complaints, and working with coaches to insure compliance with minimum play rules
 - a. Minimum play sheets will be picked up by field reps after each game
 - b. Minimum play sheets will be maintained by districts
 9. The Districts will own, store and maintain their equipment
 - a. Helmets will be noecse certified
 10. 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 at the conference level
 11. Each district will maintain UCFC approved by-laws
 12. Field preparation - each district will be responsible for marking fields in their boundary.
 13. Districts must have a district representative at all play off games in which they have a team playing.

ARTICLE IV: District Boundaries / Team Organization

District boundaries

Districts will be organized by High School boundaries, teams are then organized by Jr high Boundaries. Players must play for the high school district where they reside.

1. Lone Peak
 - a. Timberline
 - b. Mountain Ridge
2. AF
 - a. AF
3. Lehi
 - a. Lehi
4. PG
 - a. PG
 - b. Oak Canyon (Lindon)

5. Juan Diego
 6. Westlake
 - a. Willow Creek
6. A/ B teams organized for 5th – 8th grades. - Each JR high will provide at least one A team and one or more B teams for 5th – 8th - board must approve exceptions
- a. A/B team selection – all players in each of the grades will practice together for at least three days and then the coaches will select the A and B teams either through consensus or by draft.
 - b. Districts will provide quality coaches for both A and B teams.
7. Boundary Exceptions – If a player played for a high school district in 2007 other than the one in which the player lives (home district) – that player will be allowed to play for that high school district in 2008 and 2009. That player does not have to play in the same district as 2007 – they may choose to play in their home district in 2008 or 2009. If they choose to play in their home district in 2008 – they must remain with that district in 2009. Beginning in 2010 – players can only play in their home districts. This exception does not apply to the Saratoga Springs / Eagle Mountain district – players living in this district must play in that district
8. Each district is responsible for verifying the address for each player
9. Additional high school districts can be added to the conference if a majority of districts vote to allow the additions
10. Team Colors – uniform colors for any new team / district must be approved by the existing conference board. Colors for each district are as follows:
- AF - Red helmets, red and black jerseys.
 - Lehi – Black helmets, purple / white jersey's, purple jerseys.
 - PG – Blue helmets, royal blue jerseys.
 - PG Linden – White helmet, blue jerseys.
 - Lone Peak – Maroon helmets, maroon jersey's / gold jersey's, white jerseys, maroon pants.
 - Juan Diego- Blue helmets, silver jerseys.
 - Westlake – White helmet., white jersey with forest green numbers (will change to High School colors once those are decided on – so long as they don't conflict with another district)
14. Recruiting – no coach will recruit players from outside his / her district boundaries to play for his/her district.

ARTICLE V: Player Eligibility / X Man Rules / Team Sizes

Weight Limits

- 1st / 2nd grade – 75lbs
- 3rd grade – 85 lbs
- 4th grade – 95 lbs
- 5th grade – 105 lbs
- 6th grade – 120 lbs
- 7th grade – 135lbs
- 8th grade – 165 lbs

Players are not allowed to play in a grade younger than their current grade.

“Older but lighter” rule –

Older players must weigh 10 pounds less than the X weight in order to not be a X man. Following are the dates and ages for each grade. Age is based on current year

- 1st – 2nd – If 8 before May 1st - older but lighter applies
- 3rd – If 9 before May 1st – older but lighter applies
- 4th – If 10 before May 1st – older but lighter applies
- 5th – if 11 before May 1st – older but lighter applies
- 6th – if 12 before May 1st – older but lighter applies
- 7th – If 13 before May 1st – older but lighter applies
- 8th – if 14 before May 1st – older but lighter applies

Each district is responsible for validating the players age and should keep a copy of the players birth certificate/

Player Weigh In:

Each district will provide two identical rosters listing all of their players. One scale will be set at the X limit and each player from each team must step on the scale. If the scale rises the player is marked with an X on the official roster.

Each player will have one opportunity to weigh in – they must wear at a minimum shorts and a T-shirt. One opportunity means the player can weigh in at any of the district weigh ins – but only step on the scale once. Players will not have the option of attending a second weigh in to remove an X designation.

A player must attend one of the district weigh in dates. If they don't there will be one make up date – any player weighing in at the make up date will be Xed for the first game.

A representative from another district will be assigned to attend the weigh in of another district. Both will fill out the roster and identify X players

The district owns publishing the completed list – the witness is responsible for reviewing and validating the districts published list. Rosters – by grade and team will be posted on the conference web site.

The published list will be used in the event of a dispute.

X Man Rule

X men can only play the following positions on offense – center, guard, tackle. They can not 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

X men are not allowed to line up on special teams in a position where they would receive the ball.

Each team should consist of a maximum of 26 players. At the coach's discretion, he /she can choose to add additional players. Minimum play rule applies regardless of team size.

ARTICLE IV: Coaches / Adult Volunteers

The following are prerequisites for adult participation in UCFC:

2. 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.
3. All members of teams staffs shall adhere to the following coaching ethics during all practices and games;
 - a. Will conduct himself 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 UCFC for any of the following violations:

1. By striking any other coach, official, player, spectator, or other participant in the UCFC.
2. Any sufficient cause such as unsportsmanlike conduct or profane language.
3. Knowingly permitting a player to re-enter a game once he is badly bruised or injured, thus jeopardizing the players health or permitting a previously injured player to practice or play without a written release from the doctor.
4. Attempting to discourage, run-off or cut less desirable players.
5. Is under the influence of alcohol or drugs at games or practices
6. Failure to fill out UCFC Required minimum play sheet.

ARTICLE V: Equipment

The official game ball for each grade is as follows: Wilson

1. 1st/2nd grade – K2
2. 3rd /4th grade – K2
3. 5th grade – TDJ
4. 6th Grade –TDJ
5. 7th Grade-TDY
6. 8th Grade –TDY

Nike, Spalding, or other brand footballs are allowed so long as the size is the same as the Wilson's listed above.

Teams will be allowed to substitute their own ball for their offensive series

ARTICLE VI: Conditioning and Practices

Practice rules

1. Players may participate in Camps run by high schools, local universities or community groups – Any camp run by individual coaches must be a conditioning camp and be approved by the conference board. Any district camp must be approved by the conference board. Any coach who violates this rule will be suspended for the fall season.
2. Conditioning Camps
 - a. Must be open to multiple grades,
 - b. Must be advertised to all registered players within the district in those grades
 - c. Dates, times and locations must be provided to the conference
 - d. Activities allowed include speed, agility, conditioning activities – not allowed – breaking into teams that will exist during the season to teach offensive and defensive plays
3. Any camp run by the district 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. Activities allowed include, fundamental skills (passing, receiving, stances, technique, etc), speed, agility, conditioning activities.
 - b. Not allowed – breaking into teams that will exist during the season and teaching offensive / defensive plays.
4. Teams can practice 6 days a week for 2 hours each practice up until the week of the first game.
5. Full pads can be worn beginning the first day of practice.
6. Once School begins practices will be limited to 2 hours a day, teams are allowed 3 practices between games -
7. Practice starts when team activities begin.

8. Teams are allowed to gather outside practice time for film sessions.

ARTICLE VII: Game Regulations

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.

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

Increase in minimum play requirement –

- If a team is ahead by 21 or more points at the end of the 1st quarter – all players are guaranteed at least 16 plays during the game.
- If a team is ahead by 21 or more points at the end of the 2nd quarter – all players are guaranteed at least 13 plays during the game
- If a team is ahead by 21 or more points at the end of the 3rd quarter – all players are guaranteed at least 12 plays during the game

Minimum plays are tracked for non-starters only. Head Coaches are responsible for insuring all players play the minimum required plays.

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 the play sheet out 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.

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

Game length : game length for each division will be as follows

1. 1st / 2nd grade – 90 min (16 min running clock quarters)
2. 3rd grade – 90 min (16 min running clock quarters)
3. 4th grade – 90 min (16 min running clock quarters)
4. 5th grade – 90 min (16 min running clock quarters)
5. 6th grade – 90 min (16 min running clock quarters)
6. 7th grade – 90 min (16 min running clock quarters)
7. 8th grade – 120 min (20 min running quarters)

Coaching help –

1. **1st-5th Grade** - One coach from each team can be on the field for 1st – 5th 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 10 yard illegal procedure penalty
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. each coach will be badged with a pictured sideline badge to be provided by the district . Any team with an unbadged parent on the sideline will be hit with a 10 yard unsportsmanlike conduct penalty.
 - b. one photographer/videographer will be allowed with a badge on the sideline.
 - c. Each district is responsible for doing a back ground check on each coach and assistant coach –

Team Location – teams will be on opposite sidelines with either a rope or a 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 or either end zone. They are not allowed inside the rope on the side line.

Similar Jersey’s – If two teams have the same or similar jersey’s pennies will be worn to differentiate between teams. The home team will wear the pennies during the first half and the visiting team will wear the jersey’s during the second half of the game. The home team is responsible for providing the pennies.

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

Ball 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 1-3 - For grades 1-3 teams can not cover the center – no nose guard or Linebacker lined up at the line of scrimmage.

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

Rule Book – The official rule book for conducting all games shall be the “High School Rule Book” This shall be superseded by written rules of the UCFC which are in conflict with it. In these cases, UCFC rules will be controlling.

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.

Tie Game – 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 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 – No restrictions

Punting rules

1. Grades 1-5 are allowed a free kick – no rushing the punter
 - a. Team must declare intentions to punt or run a play on 4th down
 - b. All players stay still until the ball is punted.
2. 6th – 8th will play regular high school rules

Team Standings and Play- Off Seeding: 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

Playoffs – the top 4 teams in each division will play for the championship. 1 versus 4, 2 versus 3, with the winners playing for the championship

- 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.
- 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 play offs in the event of larger divisions.

Field Rep Duties – Districts will provide field representatives at each game played on the Districts Field. One Field rep can be assigned to multiple fields.

- Filed representatives should introduce themselves to coaches before the games begin.

- Field representatives should explain they will be reviewing minimum play sheets at half time and collecting the play sheets at the end of each game.
- Collected play sheets should be turned into the respective district.
- The field rep should report to the district any coach who has not filled in a play sheet – or is caught rapidly filling in the play sheet at half time or at the end of the game.
- The field rep should also report to the district any issues with coaches that are disrespectful or out of line.

Scouting - Video taping 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 league, team, or individual to any one or all of the following penalties; said penalties to be levied by the UCFC board:

1. Suspension, expulsion, ineligibility, disbarment 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

- Use of an illegal player – forfeit games in which player played
 - Illegal player – player playing for the wrong district, player playing in the wrong grade, X man (based on weigh in's and official roster) who plays in violation of the rules
 - Districts are responsible for insuring only eligible players play
 - Districts are responsible for investigating all allegations of illegal players and reporting the results to the entire conference board
 - 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 board stands
- Practice Violations
 - If a team practices more then allowed or prior to communicated start dates – teams will loose practice time – 2 times the amount of practice time in violation. Example – if a team practices an extra 2 hours in week one – they will loose 4 hours of practice time the following week
 - Districts are responsible for insuring practices are not held.

Officials – There shall be a minimum of two (2) officials for each game.

Medical Personnel – There will be no paid medical personnel at the games. Officials will call for medical assistance if necessary.

Field set up and field Clean Up –

- The teams playing the first game at a field are responsible for setting up field markers etc.
- Each team is responsible for cleaning up their sideline area after their game.
- The teams that play the final game of the night are responsible 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 the Conference Official at the game and teams who leave assigned areas dirty will be subject to a fine of \$25.

Chain crew – The visiting team 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 – The executive committee will generate a form which will be approved by the board of directors which all head coaches must sign and adhere to, or not coach.

Insurance- The conference will provide insurance for each of the players.

Rule Changes –

- Rules may be changed by bringing an issue up to the conference. A Majority vote will result in a rule change.
- The conference is responsible for clarifying rules and publishing these rules to coaches / parents and referees