

CENTRAL UTAH FOOTBALL LEAGUE

Association Rules

UPDATED 9/17/2020

This League is governed by the High School Federation Rules; Exceptions per the following rules.

LEAGUE FEES:

Rosters and League fees should be mailed to Sherri Christensen or given to the league representative at weigh ins. Fees for the year 2020 will be \$400 and \$5 for each participant over 75 from each community. Checks can be sent to Sherri Christensen at Richfield City. Mailing address is PO Box 250, Richfield, Utah 84701. Administrative expenses are: League President \$400, the Officials Arbiter is \$400 and the Secretary \$300 per year.

Referees fees for the regular season are: These fees are paid by the host community, the CUFL League pays for all the playoffs and finals.
\$50.00 per official for a three game schedule
\$55.00 per official for a two game schedule
\$60.00 per official for a one game schedule

OFFICIALS

Skeeter Stermer will be assigning the officials for the league games and for the playoffs and championships. If you have any questions please call him at 435-896-4271 (work), 435-201-2021 (cell).

PROBLEM RESOLUTION

Each community representative will take the first actions in trying to resolve problems that arise. If the president is contacted directly by someone they will be referred back to their community representative to see if it can be resolved there first. ***This was voted on again this year and will be enforced. Each community rep will be the first contact with issues.***

COACHES

The number of coaches on the field will be determined by each community.

TRAINING AND MANAGING PEOPLE INVOLVED IN CENTRAL UTAH FOOTBALL LEAGUE

Players, Coaches and Spectators, field help—i.e. Chain gang, will be the responsibility of each community. Game management will be the responsibility of the home team community representative.

WEIGHT LIMIT

QBS, RBS, Receivers, kick returners and tight ends must not exceed the weight limit. Those who exceed the weight limit will be designated as X men and will have a league sticker put on the front and back of their helmets. This means that a player with a sticker exceeds the weight limit and may not carry the ball. (Fumbles and interceptions are excluded).

The Weight limits are as follows:

Ball Size:

6th Grade-115 pounds

TDJ or JUNIOR (Brand does not matter)

7th Grade-125 pounds
8th Grade-135 pounds

*TDY or YOUTH (Brand does not matter)
TDY or YOUTH (Brand does not matter)*

WEIGH-INS/ROSTERS

All players will be weighed in at a designated time and place before the season starts. **If a player doesn't make the required weigh in for his grade, he can't carry the ball for the season.** If a player doesn't weigh in at the assigned time he will have a league sticker placed on his helmet. He will be an X man all season and through the playoffs.

A second weigh-in will take place before each game of the playoffs and a 5 lbs growth weight allowance will be added to each grades weight limit.

Those who exceed the weight limit and the 5 lb allowance will become an X Man and have a league sticker on the back and front of his helmet. Please make sure all players bring their helmets for the weigh in.

Each team must have **TWO** up to date rosters with game jersey numbers and their helmets at the time of their weigh in, this roster must be typed on the Template emailed to each league representative. Please use this template so that information can be uploaded on the **CUFL.NET** website. One roster will remain with the coach at weigh-ins and the second will be kept by the CUFL league rep conducting the weigh-in. If you have kids that sign up after the weigh-ins or the season begins contact your league president for further instruction on how to get them weighed in.

CENTRAL UTAH FOOTBALL LEAGUE GAME RULES:

This League is governed by the High School Federation Rules; Exceptions per the following rules.

QUARTERS

All quarters for all games will be 8 minutes' regulation clock with a 5 minute half time and a hustle rule after Touchdowns.

Once the ball is marked for play you only have **40** seconds in the 6th grade, 30 seconds in the 7th grade and 25 seconds in the 8th grade to get the play off.

OVERTIME:

Teams will start at the 10 yard line and follow the same format as the USHAA football overtime procedure.

MERCY RULE: If a team is leading by 25 points at half time, the clock will run continuously for the second half, **if they get back within** 14 points we go back to the regular play clock.

There's been some confusion regarding the Mercy Rule clock management and the rule we added regarding blitzing. So, with regards to the Mercy Rule, if a team gets up by 25 points or more by half time the clock will be managed by the Mercy Rule and will run continually unless stopped by an official. The Mercy Rule is in effect only after the half. If the team that is down brings the score back to within 14 points the clock resumes normal management. So to be clear, the Mercy Rule clock only applies to the 3rd and 4th quarters.

*With regards to the blitzing rules. When a team gets up by 25 points or more, regardless of the quarter they are in, the blitzing rule is in effect—**neither team can blitz.** At **any time** during the game, if the score is back under **14** points the blitzing rule is lifted and normal play resumes. **A team can only have five down linemen and they are the only ones that can rush. 15 yard penalty.***

OFFENSE

Only non X men can carry or advance the ball.

X men must be in the box, tackle to tackle. Any X men in the wrong position will mean a penalty on the team of **5 yards before the snap. False Start, Play will be blown dead.**

DEFENSE

X men can lineup in any position on Defense, a discussion was had on putting all x men within arm's reach of the box (Tackle to Tackle) this was not motioned or voted on and will be discussed further for next season. X men can recover and advance any fumble or interception.

KICK OFF RETURN

X men must be on the front line. If the ball comes to them they CAN advance the ball.

X men behind the front line are illegal and the team **will be penalized, 5 yards before the snap.**

PUNT

X men can punt **but cannot run, pass or advance** the ball beyond the line of scrimmage. Penalty will be play blown dead, change of possession. The team that was on the defense will have the ball placed on the line of scrimmage of the last play going in the opposite direction.

PUNT RETURN

X Men CANNOT return punts unless the ball is Blocked or tipped. If they do for any other reason the play will be whistled dead.

FIELD GOALS AND KICKED PAT'S

Field goals are worth 3 points. Blocked field goals can be advanced.

Kicked PAT's are worth 1 point. Blocked PAT's cannot be advanced.

6th Grade kicked PAT provision: If a 6th grade team chooses to kick a PAT, they must announce it. There will be no rush by the defense and there will be no fake by the offense. If the ball is snapped and missed by the holder, the holder can get the ball, set it up and the kicker can then attempt the kick.

Other 6th Grade Provisions

For the 6th Grade one coach is allowed to be on the field for offense and one coach is allowed on the field for defense ***for the first two games of the season. After that no coach is allowed on the field during play.***

After the huddle breaks, the coach must move back 15 yards from the line of scrimmage, remain silent and cause no interference. Any late coaching will result in a 5 yard penalty.

No coaches will be allowed on the field during the playoffs.

PARTICIPANT ELIGIBILITY

If you have less than 22 players on a team you may bring a player from the grade below to play, at which time they will play the whole season with that team. **NO GOING BACK AND FORTH BETWEEN TEAMS AT ANY DIVISION.**

5th Graders are allowed to play up on the 6th grade teams if players are needed to fill that team.

No 4th graders or younger will be allowed in this league. If a 4th grader is discovered on a team, that team will forfeit the right to play in the playoffs and will be removed from the schedule and placed on a one year's probationary period.

Once the illegal player is removed the team the said team will be reinstated to game play status.

A player held back a grade will play and move up with the grade he attends in school.

No player can play more than 4 years in the Central Utah Football League. If a student is held back after his 4th year in the CUFL League a letter of explanation will be required by the league and a vote will be taken in order for said player to be allowed to play.

EMTS

With the growing shortage of EMT Personnel we as a league require an on-site supervisor who can make the necessary calls for Emergency personnel to attend to injured players.

UNIFORMS

If two teams have the same color uniform (jersey) it is the home teams responsibility to wear different color jerseys. Pennies are acceptable to differentiate the two teams.

SIDELINE

Only players and coaches of the team playing the immediate game are to be on the sidelines and must be in the player box from the 25-yard line to the 25-yard line. All spectators, fans, teams waiting and teams who have already played must remain on the outside of the fences, in the stands or beyond the track area.

ALL COACHES AND PLAYERS MUST BE IN THE BOX, which is from the 25-yard line to 25-yard line.

If any of the above mentioned personnel are down by the football field causing problems for the officials, players or coaches during a game, the Head Official (the white hat) will stop the game and have the on-site supervisor handle the situation before the game can resume.

If the problem continues a penalty will be charged to the head coach of the team the offender is involved with and the penalty will mean a loss of down for the team and the person will be ejected from the ball park. If the person who is causing the problem doesn't leave the playing field, the game could result in a FORFEIT.

FORFEITS

In an effort to discourage forfeits, any team that fails to show up for a scheduled game will be given two losses in the league standings. Only under extreme circumstances will we consider rescheduling games, and this will only be done through the league president. All scheduling issues will be run directly through the league president.

If a team forfeits/cancels a game(s), they will pay the official fees for that schedule game(s) and receive probation as a community. Under special circumstances a pre-arranged cancellation might be permitted but must be approved by the CUFL League President.

Options to avoid a cancelled game:

- a. Have 2nd/3rd string kids from larger teams play the smaller teams.***
- b. Play the game in an 8 on 8 format.***

PLAYOFFS

This year, 2020 there will be TWO BRACKETS.

The A tournament will be the top 4 teams from league play.

The B Tournament will be the 5th-8th place teams from league play.

Seeding criteria is as follows. #1 season record, #2 Head to head if we have ties then a coin toss will determine the remaining seeds.

Host schools may charge \$2.00 admission for the semi-final and championship games, this is for everyone over the age of 12. ½ of the gate proceeds go to the host and ½ go to the league.

No Contest Guidelines

A coach may request a “No Contest” game when they have a team they feel cannot compete and want to work with the other team to design a game where their players can learn with reduced risk of injury.

Purpose: Help those teams who are struggling to have a good experience and learn more about the game of football. It also gives coaches the option of a scrimmage game where they can teach and help their team develop.

Guidelines:

- 1) The program league representative must call and discuss the situation with the opposing teams league representative. If it is agreed that the game will be a “No Contest” game by the representatives they will inform the League President, Arbiter, Secretary, and Scott McDonald, the web site manager. The League President or Secretary will then inform all other programs in the league so everyone is aware.
- 2) The agreed upon guidelines for the game must be written out and sent to the League Arbiter. For example, if it is decided that the starters for one team are going to sit and 2nd and 3rd string players are going to play or if one team is going to sit their QB and running backs, whatever the agreed upon terms are, they needs to written out in detail and emailed to the League Arbiter so he can inform his officials of the changes in the game.
- 3) The team requesting the “No Contest” game will take one loss on the standings.
- 4) The request for the “No Contest” game must be made and agreed upon by start of practice on Monday so the coaches can organize their practices to adjust for the changes in the coming game.

