

MEMORANDUM

To: UYFC District Presidents
From: UYFC Board of Directors
Date: July 14, 2026
Re: Combined Bylaws Update – Policies and Procedures

Utah Youth Football Conference — Policies and Procedures — Combined Bylaws Update

These changes have been voted on by the UYFC Board of Directors and reflect current policy.

Article I. Boundary and Residency Rules

Section 1. General Rule

Players are required to play in the district and boundary in which they live. This rule is not to be bent or used to socially engineer any player's life or perceived future.

Section 2. Exceptions to the Out-of-Boundary Rule

There are three criteria that are the reasons and exceptions as to why a player would be allowed to play in another district:

1. **Coach/Staff Exception.** An established (at least one year) high school head coach or other qualifying stipended coach, or high school staff member, will be allowed to have their children play at the high school district where they work.
2. **Boundary Change Exception.** Any player that has their high school boundary 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. Families that were granted one-time designations will continue to be honored as long as they remain in the elected district.
3. **Sibling Matriculation Exception.** Families that have had multiple (more than one) children matriculate through a high school will be given consideration for younger siblings to play in that district. This exception requires conference approval.

Section 3. Approval Process for Boundary Exceptions

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 for an out-of-boundary vote.

Section 4. Player Request Form

Players that seek to be considered to play out of their district should fill out the player request form and clearly explain which of the three criteria in Section 2 is the basis of their request. Players that do not meet the criteria will not be considered or approved.

Section 5. Board Discretion and Recordkeeping

The UYFC Board will have final discretion of player exceptions.

Section 6. Penalties for Unreported or Unapproved Players

- A. 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.
- B. Wins that have been gained while playing with a non-approved player will result in forfeiture of said victories.

Section 7. Players Out of District — General Provisions

- A. This is allowed when a district does not have a team in their district for players to play on.
- B. Players playing out of district must play at the nearest district to their residence.
- C. Players outside of the UYFC catchment area (Utah County) are not allowed to come into the league, to a Northern District.
- D. Districts are once again counseled to find ways to comply with league rules in place of finding ways to circumvent them.
- E. Out-of-boundary player exceptions should be rare. Districts having exceptions each season are missing the purpose of the rules.
- F. *(Added — March 29, 2026)* Timpanogos Boundary. Players wanting to stay at Mt. View, rather than play within their proper Timpanogos boundary, will not be approved.

Article II. Player Registration

Section 1. Address Verification

Each district is required to verify the address listed by all registered players. Verification requires proof of residence and an official municipal utility bill for verification and possibly school registration.

- A. It is the responsibility of the District President to verify any player that is in question pertaining to residency.

Article III. Grade Placement and Eligibility

Section 1. Grade-Based Team Placement

Teams are formed by the player's grade in the fall of the current school year. Players may be allowed to play one grade up according to their own district guidelines. Any player participating in the wrong grade shall be deemed an ineligible player.

Section 2. Repeated Grade Placement (6th Grade and Above)

UYFC divisions are set as to school-year grade. Any player that is held back in 6th grade or above will be required to play with their previous grade.

Section 3. Reclassification Policy

The UYFC discourages players from reclassifying for the purpose of youth sport and youth football, and specifically for the purpose of gaining a competitive advantage in youth football. For players in 6th grade and above, a player who is held back or reclassified in school shall not be permitted to repeat a UYFC grade division in which that player previously participated in tackle football, unless an exception is approved by the UYFC Board of Directors.

Section 4. One Season Per Grade Division

For players in 6th grade and above, a player may participate in each UYFC grade division only one time, unless an exception is approved by the UYFC Board of Directors. If a player is repeating a school grade but did not previously participate in tackle football in that same UYFC grade division, that player may still be eligible to participate in that grade division, subject to all other conference eligibility rules. This rule does not apply to a player who previously played up a grade division; such a player may participate in that same grade division again when the player reaches that grade naturally.

Section 5. Age Division and Roster Rule (2026) *(Added — March 29, 2026)*

Players must choose an age division and play only in that division. Playing in two age divisions to find more playing time or options is not legal or allowed. The flex rule applies only to the one grade a player is listed to play in; flex rules remain focused on allowing teams to have enough linemen.

Section 6. Uniforms and Jersey Numbers (2026) *(Added — March 29, 2026)*

Player jersey numbers must remain constant with what is submitted with the roster. Jerseys from previous years with different numbers are not a game-day option.

Article IV. District and Division Structure

Section 1. Four-Team Division Threshold

When a district has 70 or more players registered in an age group/grade, that age group/grade will be required to build a fourth team. Suggested A-level teams will have at least 18 players on the roster.

Section 2. Four-Team Division Stipulations (2026 — Voted 16-1) *(Added — March 29, 2026)*

- A. Districts with four teams will be structured as AD1, AD2, BD1, and BD1*.
- B. Smaller districts with three teams will have the option to select AD1 or AD2 status if they are not above 70 registered players in any given grade.
- C. AD1 will play however many teams qualify for AD1; other teams will not be forced to play up.
- D. Each individual grade will be evaluated year to year.
- E. The AD2 champion from a three-team district will be forced up to AD1 the following year.

Section 4. District Placement Priority (2026) *(Added — March 29, 2026)*

- A. Nephi, ALA, and Timpanogos will be given division placement priority in 2026 based on the past three years of playing records.
- B. This exception is not an open door for other 5A- and 6A-level high school districts. One bad year for a team from a district is not a reason to move their placement.
- C. Districts should work to improve coaching as the remedy for a team's win percentage rather than seeking a placement exception; placement of new players will help teams improve.

Section 5. Cottonwood Participation Conditions *(Added — March 29, 2026)*

Cottonwood will be allowed to play in the conference, provided the district fields two teams and maintains a functioning board.

Article V. Rules of Play — 2026 Changes

Section 1. X-Men Alignment on the Offensive Line

X-Men are allowed to be at the end of an O-line position on the offensive line of scrimmage.

X-Men will still remain ineligible to receive the ball when placed at the end of the line.

Section 2. Special Youth Football Rules

Special rules are written to address youth football. They are not the basis for protests.

Article VI. Cheer *(Added — March 29, 2026)*

Each district must mark and reserve sideline space for cheer teams. Each district is requested/required to give respect and field time to supporting cheer teams, including halftime shows and running through banners. Cheer is a byproduct program of the UYFC.

Article VII. League Fees

League fees per player in 2026 are \$110 per player.

Article VIII. General Authority

Section 1. Reservation of Rights

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

Appendix. 2026 Season Administrative Notes

1. Padded practice start date: August 3, 2026
2. Tryouts begin: July 27, 2026
3. Freshman full padded practice: July 27, 2026
4. Conditioning will allow helmets only prior to tryouts
5. Weigh-ins: August 11–12, 2026
6. Weekday games begin: August 18–19, 2026; Saturday games begin August 22, 2026
7. 2026 Mandatory Coaches Meetings. Head coaches and two additional coaches from each team are required to attend one of these training sessions: Monday, August 3, 2026 – 8:00 PM at Lehi High School, or Thursday, August 6, 2026 – 8:00 PM at Spanish Fork High School.
8. The following apps will be used to address weather-related concerns: Weatherbug (Lightning); PurpleAir (Air Quality).
9. Head coach and two assistant coaches (typically the Offensive Coordinator and Defensive Coordinator) are required to complete online training before tryouts. Training consists of

concussion protocol, bullying, and sexual harassment. The conference will provide the web address.