

CENTRAL UTAH FOOTBALL LEAGUE

Association Rules 2025 (UPDATED 8/3/2026)

Official League start date for pads is July 27th, 2026

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

LEAGUE FEES:

League fees should be mailed to Brady Edwards. Fees for the year **2026** will be **\$550** and \$5 for each participant over 75 from each community. Make checks payable to Tri County Little League Football. Mailing address is PO Box 250, Richfield, Utah 84701. Administrative expenses are: League President \$1200, Vice President/Treasurer/Secretary \$700 the Officials Arbiter is \$600.

Referees fees for the regular season are:

\$60.00 per official for a three game schedule

\$65.00 per official for a two game schedule

\$70.00 per official for a one game schedule

Mileage pay will be added to the long travel games of Kanab and Enterprise in the amount of \$80.00 for the driver and \$40.00 for passengers as long as they are officiating the Scheduled CUFL Game.

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 435-896-6408 (work), 435-201-2021 (cell).

ROSTER SHEETS

After each town has their weigh in, the roster must be typed or done in a spreadsheet. The league spreadsheet is included in the information sent by the President to each community. Please use this template so that information can be shared on the website. Rosters must be completed at weigh-ins within possession of the league by the first game. If you have kids that come to play after the weigh-ins or the season games begin, their names, jersey number and weight need to be reported to the President.

PROBLEM RESOLUTION

EACH COMMUNITY IS RESPONSIBLE TO STAFF AN ONSITE SUPERVISOR FOR ALL CUFL LEAGUE AND NON LEAGUE GAMES.

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—ie. Chain crew, will be the responsibility of each community. Game management will be the responsibility of the home team community representative. **On neutral sites, home team will supply the chain gang, and the visiting team will supply the score/clock operator.**

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.

40 SECOND PLAY CLOCK 2026 UPDATE

Basic Premise: The play clock will always start with 40 seconds unless there is an administrative stoppage. After an administrative stoppage, the play clock will then be started by the referee with 25 seconds. (see: 40/25 Play Clock Procedures PDF) This PDF can be given to your clock managers at home sites.

OVERTIME: AS PER HIGH SCHOOL RULES 2023

See attached document on the website.

MERCY RULE: If a team is leading by **24** 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.

BLITZING RULE: **(This rule was voted on and removed on August 29th 2024)**

WEIGHT LIMIT (New this season, we will only weigh in at the beginning of the year. The playoff weigh in has been eliminated).

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 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-120 pounds

TDJ (Or Junior Equivalent)

7th Grade-130 pounds

TDY (Or Youth Equivalent)

8th Grade-140 pounds

TDY (Or Youth Equivalent)

WEIGH-INS, UNIFORMS AND EQUIPMENT

Each Community must have all their equipment, game uniforms, helmets and rosters along with league payment and coaching contracts at the time of weight ins. Game jersey numbers will be recorded at weigh-in for each team.

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. The players who will be carrying the ball will be allowed 5 extra pounds for the playoffs.

Those who exceed the weight limit must have a league sticker on the back and front of his helmet. Please make sure all players bring their helmets for the weigh in. If stickers are unavailable a large black X will be used.

On offense 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.** THIS RULE HAS NOT CHANGED

8/11/2022

On defense X MEN will be allowed to play in any linebacker or DLINE position as long as they DO NOT start deeper than 5 yards from the line of scrimmage. NO XMAN will be allowed to play in any defensive back positions such as corner or safety. Any X men in the wrong position will mean a penalty on the team of 5 yards before the snap. Encroachment, play blown dead.

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. They cannot 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.

Blocked or tipped punt can be advanced by any player.

On defense, fumbles or interceptions can be recovered by any player and the ball can be advanced.

Coaches and officials, remember everyone is a learning player.

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: It was voted to allow rushing on 6th Grade PAT and F G this season.

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

YOU PLAY IN THE GRADE AND SCHOOL YOU ARE REGISTERED IN. IF A SAFETY ISSUE COMES INTO PLAY A LEAGUE DECISION WILL BE DISCUSSED IN ORDER TO MODIFY A PLAYER IN THIS CATEGORY.

NO GOING BACK AND FORTH BETWEEN TEAMS.

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.

A player held back a grade move up with the team the following year. Exception: if a 5th grade player plays with the 6th grade team he would play 6th grade ball for two seasons. No player can play more than 5 years in the Central Utah Football League.

Players must play for the school that they are currently enrolled in.

EMTS

If available Emt's are recommended to be on site. Due to the lack of volunteers in most counties Ambulances and Emt's are not available to site on site thus the 911 system is to be used for emergencies.

UNIFORMS

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

SIDELINE

All coaches will need a coaching pass on a neck lanyard in order to on the sidelines NO EXCEPTIONS. Each community will be given lanyards and passes at weigh ins.

All spectators need to be outside the fencing in the bleachers or on the berms.

NO ONE ALLOWED ON THE TRACKS OR FIELDS EXCEPT COACHES AND PLAYERS.

It is the host sites responsibility to keep your field/facility under control.

Only players and coaches of the team playing the immediate game are to be on the sidelines. SPECTATORS AND PLAYERS WAITING FOR THE NEXT GAME OR PLAYERS WHO HAVE ALREADY PLAYED NEED TO BE IN THE STANDS OR SOMEWHERE OTHER THAN THE FIELD. ALL COACHES AND PLAYERS MUST BE IN THE BOX, which is from the 25 yard line to 25 yard line.

If any PARENT that is down by the football field causes problems for the officials during a game, the Head Official (the white hat) will warn the head coach one time. If the problem continues a penalty will be charged to the head coach and the penalty will mean a loss of down for the team and the parent will be ejected from the ballpark. 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.

Options to avoid a cancelled game:

- a. Have 2nd/3rd string kids from larger teams play the smaller teams.***
- b. Play the game in a 9 on 9 format.***

SEASON END

NEW This year, 2025 there will be a bowl game format for both divisions. #1 vs #2, #3 vs #4, #5 vs #6. One day of BOWL GAMES only. No playoffs or Finals.

SEEDING TIEBREAKER PROCESS

Ties will be broken by head-to-head results. If more than two teams have the same record a coin flip will be used.

Host schools may charge \$3.00 admission for the semi-final and championship games, this is for everyone over the age of 12. \$1.00 of the gate proceeds go to the host program \$1.00 to the league and \$1.00 to the host site supervisor.

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. 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 need to be 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.

Game Scoring Management

Purpose: In order to have better control in games where there is a large point spread and to discourage running the score up.

Thank you and have a great season in the CUFL and always remember we are ultimately here to teach these young players this great game and good sportsmanship.