



call: 1-727-433-UYFL

2026 Tournament rules
And
Conference guidelines



The United Youth Football and Cheer Rulebook and all of its Rules and Regulations have been created and are enforced/administered with the following philosophy: Provide an all-inclusive, fair, and safe environment where any child can learn and participate in the sport of football/cheer/dance/step without overbearing unrealistic un-enforceable restrictions.

The United Youth Football – Cheer – Dance Rulebook has been written with the minimum requirements allowing each conference, association, team to strengthen and govern as they see fit customizing to the community they serve. All Rules and Regulations should be reviewed with Common Sense and understanding of the intent of each rule. The intent will be to create a fair and consistent team formation and opportunity for all participants/teams across the country. Any and all recommendations/changes/clarifications are welcome and may be submitted through your conference directors. *Reproductions and/or posting this document online in whole or in part, without written permission from United Youth Football and Cheer, Inc. is strictly prohibited.*

**United Youth Football and Cheer holds all Games
and competitions under NFHS rules with the
following addendums:**

Membership Requirements

All applications for membership must include, at a minimum, the following information:

- 1) Conference/Association/Team Name (organization)
- 2) Organization Address
- 3) Organization Web Site Address
- 4) President Name, Daytime Phone, Email
- 5) Football Director Name, Daytime Phone, Email
- 6) All current teams in conference
- 7) All teams will pay a \$25 team fee to UYFL
- 8) Associations are not allowed to transfer to another UYFL conference

1) Insurance Requirement

All teams must furnish proof of General Liability and Accident Insurance prior to participation in any United Youth Football sanctioned event.

Additionally United Youth Football and Cheer, Inc. must be named as an additional insured. All members, not covered under the UYFL endorsed insurance policy are required to deliver, via Email (taitalica@gmail.com) a certificate of insurance prior to conducting any games or practices.

Background Check

Associations are required to perform Background Checks on all of their Coaches and any and all volunteers deemed to have repeated contact with the participants, each year. Conferences are required to obtain an Affidavit that all background checks have been completed from their member associations. Conferences who have teams that will travel to any UYFL sanctioned event must submit respective Affidavits to the UYFL National Office at check-in or through 3rd party certification. United Youth Football and Cheer, Inc. has no control over the selection of volunteers, each Association shall be required to indemnify and hold harmless United Youth Football and Cheer, Inc. against all legal actions based upon allegations arising from a failure to enforce all or part of this regulation and or the decision making process used in volunteer selection.



Paperwork Notice

Any and All Paperwork/Form/Document/Contract should be reviewed by your local council to insure compliance with any local and/or state statutes. United Youth Football and Cheer, Inc. provides no legal advice, makes no representation nor warrantee that any Paperwork, Form, Document, or Contract provided by United Youth Football and Cheer, Inc. will provide you the proper protection, coverage and/or will comply with any statute.

United Youth Football and Cheer, Inc. recommends that all Paperwork/Form/Document/Contracts be kept in a safe and secure place where the information that may be contained in the documents is released (1) with Parent/Guardian permission, (2) on a limited “need to know” basis, (3) in compliance with any and all statute(s). United Youth Football and Cheer, Inc.

DUAL PARTICIPATION

At no time beyond the certification deadline set forth by each individual conference, will any player or team be allowed to actively participate with any other team or conference. Players who sign up for any league outside of UYFL or appear on 2 different organization rosters MUST commit to the UYFL team only, by their UYFL leagues final add player deadline, or said player will be deemed ineligible for any UYFL event. The only exception to this rule will be middle school participation, and requires complete review by UYFL to assess if a waiver will be issued. This is due to, and allowed to allow a child to play with his schoolmates and represent his school as long as it does not interfere with UYFL, and all other roster and certification rules are followed. Each situation will be approved on a case by case basis to assure no team advantage is being created.

AGE DETERMINATION

For determining the Participants Age and/or Protected Age, the term “On or Before” and the term “As Of” is intended to have the same definition (Age Cut Off Date): An age cutoff date of (on or before/as of 7/31) July 31st of the current season is as follows: 14 year old on July 31st, turns 15 years old on August 1st, the participant is registered as a 14 year old. If the participant has a birthday on July 31st in which they turn 15 they would be considered 15 for registration and/or division placement purposes.

UYFL Zero Tolerance / Compliance Policy

Coaches this is a youth event, you are at all times expected to set the highest example you can for your young athletes. Remember you are here representing your team, community and the UYFL, you are the best of the best, act like it at all times!

Please read the following compliance policy and sign.

- *Participants must stay in approved housing
- *All paperwork must be turned in on time
- *All rosters must be typed
- *If you are ejected from a game you may be ejected for the remainder of the tournament.
- *You are responsible for your sideline, parents and players at all times.
- *Any intimidation of an official by coach or sideline will result in head coach ejection.
- *Threatening an official is a felony, and you will be prosecuted to the fullest extent of the law, you will also be banned for life from any UYFL event.
- *Threatening any UYFL staff member may result in you or your team being removed from tournament, at your expense, and will be banned for life from any UYFL event.
- *Any fighting may result in your team being removed from tournament, at your expense.
- *Any team that leaves the sideline in a violent way to either intimidate or with the intention of fighting may be removed from tournament, at your expense.
- *Any team found of cheating or playing ineligible players will be removed from tournament, at your own expense.
- *Any time you request a conference to talk to a referee during the game, you will be charged a time out.
- *All decisions of the officials are final, without the right of appeal or protest.
- *Any violation of the above will result in forfeiture of compliance deposit

NAME:

DATE:

SIGNATURE: _____

National Division / UYFL Members Only

6 and under

7 and under

8 and under D1 & D2

9 and under When Available

10 and under D1 & D2

11 and under When Available

12 and under D1 & D2

13 and under

14 and under

OPEN DIVISION

7 and under
8 and under
9 and under
10 and under
11 and under
12 and under
13 and under
14 and under

No grade restrictions
Rosters not due till arrival

Game Clock Details

Only 10 minute quarters, will be utilized in all Divisions/Class of play within UYFL

Maximum half time allowed will be 15 minutes.

Three (3) timeouts per half in all UYFL games, Timeouts are not charged against a team for injuries or game officials' timeout. Head Coaches may request an Official for rule interpretation.

Coaching Communications

There will be no electronic devices from the press box, coaching box, sidelines, or any other position on the field that may be used to relay messages to the coaches or players at any time. Electronic devices include, but are not limited to, the use of a Cell Phone, Blackberry, PDA, Computer or other messaging device. All Bluetooth earpiece devices are not allowed within the field of play. A coach using a cell phone for emergency purposes must step outside the coach's box, off the playing field, (with an exception for on field emergency) and if it continues, may be asked to leave the field for the remainder of the game.

Tie-Breakers:

UYFL National Tournament/Championship Games will utilize the ten (10) yard Tie-Breaker System. As stated in the National Federation of State High School Association (NFHS) rule book. The NFHS Tie-Breaker rules amended to start from the 10 yard line. Conference standing tie-breaker used for establishing playoff brackets cannot use total points for or against as a tie-breaker. Also will apply to game seeding with UYFL discretion

FOOTBALL SIZE REQUIREMENTS

8 & Under	Wilson K2 or equal
10 & Under	Wilson TDJ or equal
12 & Under	Wilson TDJ or equal
14 & Under	Wilson TDJ or equal
Leather or Composites are allowed	

UNITED CHEER PROGRAM

Level 1 (Beginner)

Division	Age (as of July 31st)	Roster Size
United 6	6 & Under	Small or Large
United 8	8 & Under	Small or Large
United 10	10 & Under	Small or Large
United 12	12 & Under	Small -16 max participants

UNITED CHEER PROGRAM

Level 2 (Advanced)

Division	Age (as of July 31st)	Roster Size
United 12	12 & Under	Large – 36 max participants
United 14	14 & Under	Small or Large

Time for all cheer routines 2:30

UNITED CHEER ALLSTAR DIVISION Level 2 (Advanced)

Division	Age (as of July 31st)	Roster Size
United 14 Allstar Division	14 & Under	Maximum – 36 Participants

UNITED TRADITIONAL DANCE PROGRAM

Division	Age (as of July 31st)	Roster Size
United 10	10 & Under	Maximum – 36 Participants
United 14	14 & Under	Maximum – 36 Participants

*Individual conferences may apply for a variance if their programs accept 15 year old participants. Less than 5 participants in the 10U Division may move up to United 14U Division with Conference approval. Timing/Music of Routine not to exceed 3 minutes All Dance teams must follow the NFHS Rules for Dance Teams

Cheer

All ties will be broken at Regional/National competitions. Ties will be broken by using the Basic Fundamental scores on the score sheet.

Categories include:

Stunts, Pyramids, Tumbling, Jumps, and Dance/Motions. If it is necessary to break a second tie, the scores under Performance and Sportsmanship will be calculated along with the Fundamental score categories.

Dance

All Ties will remain ties; both teams will be awarded and allowed to advance. Trophies and/or Awards of any kind may have to be sent to team post event as ties will not be accounted for in any event/competition planning.

Judges' scores are final. All scoring decisions are made at the judges' discretion and are not subject to review or appeal.