

Introduction – The Utah Girls Tackle Football League (“UGTFL”) is the first all-girl tackle football league in the United States. UGTFL believes that girls desire to play tackle football and that girls are more likely to play in an all-girls league because the girls will have a more enjoyable and fulfilling experience playing with other girls.

Philosophy and League Functions – The league is an informal organization and operates with a minimum of rules, regulations, policies and procedures. The purpose of the league is to provide girls with the opportunity to play tackle football and to increase girls’ overall participation in the sport. The policy of creating an enjoyable experience for girls overrides any and all rules, regulations, policies, and procedures and the President has the discretion of making any ad hoc decisions, regardless of whether those decisions conflict with these rules, that he determines appropriate to carry out the purposes of the league.

The basic operating functions of the league are summarized as follows:

- Provide a simple and functional framework that allows girls to play on an all-girls tackle football team that competes with other teams composed of only girls.
- Establish a uniform set of playing rules for games.
- Develop and maintain game schedules.
- Purchase and maintain safe equipment for the girls.
- Identify, evaluate, and assign coaches to teams.
- Provide fields for games and practices.
- Establish registration deadlines and collect dues.

Organization Bylaws – Operation of the UGTFL is governed by the following rules:

Commissioner – The Board of Directors will elect a Commissioner. The Commissioner is responsible for coordinating and running meetings, maintaining league records, initiating the scheduling process, revising and distributing league rules, monitoring the registration process, and acting as the final arbiter of any disputes that may arise.

Meetings – UGTFL will conduct two (2) preseason meetings of the Board of Directors each year and one (1) postseason meeting each year. The Commissioner shall determine meeting dates, times and places. The Commissioner may call special meetings as needed. Notice of all meetings will be sent via e-mail or in other written form.

Votes – Any formal proposal to amend league policies, procedures, bylaws or playing rules, or to sanction a player, coach, or team must be approved by a majority vote of the Board of Directors present at the meeting at which the vote is taken. In the event of a tie vote, the president will vote to break the tie.

UGTFL PLAYING RULES

Composition of Divisions and Teams – The league will have four(4) grade divisions: 3rd - 4th 5th - 6th grade, 7th and 8th grade and 9th-12th grade. The weight Commissioner has the discretion to allow girls to play in a division that the Commissioner deems is appropriate given her circumstances.

Weight Restrictions – weight will be checked at the fittings. X Player is not limited on defense X Player may not line up in the backfield on offense. An X player is defined as someone over the limit. See New rules below for more info. The board can make exceptions.

155 max weight for Elementary (League discretion mandatory Y up)

195 max weight for Jr. High (League discretion mandatory Y up)

95 lb. X weight for Elementary 3-4

105 lb. X weight for Elementary 5-6

140 lb. X weight for Jr. High

180 lb. X weight for High School

75 lb. Z down weight for Elementary 3-4

90 lb. Z down weight for Elementary 5-6

105 lb. Z down weight for Jr. High

Game Administration – The following procedures apply to the administration of league games: The team designated as the “home team” is responsible for providing three volunteers to administer the chains.

- **All fans of a team** must occupy the same sideline as their team.
- **Coaches are responsible for the behavior** of their respective players, coaches and fans. Fans are prohibited from communicating to a referee. Fans are also prohibited from communicating with opposing team players. Coaches and fans are prohibited from smoking during games or practices, and alcohol consumption by coaches, officials and spectators is prohibited at games or practices.
- **Unsportsmanlike or abusive behavior will not be tolerated.** The UGTFL reserves the right to suspend or ban players, coaches, and spectators who exhibit unsportsmanlike or abusive behavior. Game officials have the authority to order an ejected player or coach, or any spectator exhibiting unsportsmanlike or abusive behavior, from the game premises. Failure to abide by such an order will result in immediate forfeit of the game by the offending team.

Modifications to Playing Rules – In general, National Federation rules apply to all high school, JR High and Elementary school aged UGTFL games. The following modifications will apply to all ages.

Playing Field – for all 8 v 8 the playing field is 60 yards long and 40 yards wide. For all 11 v 11 playing fields are 80 yards long and 53 yards wide.

No Kickoffs or Punts – The game will begin with a coin toss and the team that wins the coin toss will elect to begin on offense, defense, or defer until the second half. After a touchdown there will be an extra point. If going for 1 point the ball is placed at the 1.5-yard line. If going for 2 points the ball is placed at the 5-yard line. Then the ball will be placed at the 15-yard line to begin play for the offense. On fourth down, the offense can elect to go for the first down or advance the ball 25 yards for 60-yard fields or 30 yards for 80 yard fields, If the team is past mid field they can advance it half the distance to the goal or whichever is less, and turn the ball over to the opposing team.

Coach on Field – Each team in the 3th-6th grade divisions may have one (1) coach on the field and in the huddle and two (2) coaches on the field during timeouts.

Other Modifications to Penalties – All major penalties are ten (10) yards instead of fifteen (15) yards. All other penalties will be penalized per National Federation book rule.

Modifications to Timing Rules – Games will consist of four (4) quarters of fourteen minutes (14) with a continuous running clock except for the last two (2) minutes of each half which will run according to the National Federation book rule stop time. The referee may stop the clock for injuries or other appropriate reasons.

Offense – For 8 v 8 games. Must have at least 5 on the LS this counts WR. Everyone is eligible but the center and two guards. Regardless if they are covered or not. For all 11 v 11 games per National Federation book rule.

Halftime shall be seven (7) minutes.

Timeouts: Each team will have 3-timeouts per half. There is no carryover of time outs. The clock starts after timeouts when the next play begins. Timeouts will be 1 minute long, after 1 minute, the play clock will start.

In instances of extremely warm weather, the officials have the discretion to lengthen play stoppages for time outs and halftime breaks for the purpose of allowing players extra time for hydration. Officials may, at their discretion, also stop play mid-half for an extra hydration break. Coaches are encouraged to discuss this issue with officials before the game starts on extremely warm days.

Officials will use reason and common sense - on delay of game penalties for snaps at all levels. Coaches should expect that the delay of game penalty will be more strictly enforced at the end of close games.

Size of Footballs – For 3-6 grade we will use a “peewee” size football the 7th and 8th grade will use a “Junior” size football for 9-12 grade we will use a “Youth” size football.

Rope on Sideline to Keep Fans Back - There will be a rope or painted line on the sideline to keep the families back. It should be placed 3-5 yards back from the field.

Line Painted 1 Yard Off Field - There will be a line painted 1 yard off the field, so the referee has room to run up and down the field.

Playing Time – Teams participating in the UGTFL with 8 v 8 shall attempt to play, to the extent possible, all players for at least one-half (1/2) of each game. All teams with 11 v 11 shall attempt to play, to the extent possible, all players for at least 10 plays of each game. For High School age teams all players must play for at least ½ plays of each game.

Overtime – In the event of a tie game at the end of regulation time, only one (1) overtime period shall be played. If the game remains a tie after one (1) overtime period, it shall be recorded as a tie game, unless the game is a playoff game. Playoff games shall be played out until one team wins. National Federation rules govern overtime play except that the teams shall not switch ends of the field at the end of each series and no extra points are allowed.

Restrictions on Defenses – This is for 8 V 8 Only. In 2022 we do not believe we will have any ages using the 8 V 8 any more. The following restrictions apply to defenses. Defenses who do not comply with these restrictions will receive one warning. Subsequent infractions will result in a delayed dead ball five-yard penalty, with the offense having the option of taking the play or the penalty. Defenses may have as many defensive linemen on the line at the snap as the offense has players on the line within five yards of each side of the center. All other defensive players must, at the snap, be at least three yards off the line of scrimmage. No player other than the defensive linemen may cross the line of scrimmage during a play until the ball has traveled outside the box. These restrictions do not apply when the offense has the ball within ten yards of the goal line. Any defensive lineman who lines up in front of or inside an offensive lineman must be in a three or four-point stance. The defensive unit cannot shout, yell, or clap their hands in order to disrupt the cadence of the offense.

Restrictions on Defenses for 11v 11 Any defensive lineman who lines up in front of or inside an offensive lineman must be in a three or four-point stance. The defensive unit cannot shout, yell, or clap their hands in order to disrupt the cadence of the offense.

Restrictions on Offenses for 8 V 8 Only. In 2024 we do not believe we will have any ages using the 8 V 8 any more. – All offensive formations are required to have five players on the line of scrimmage and one guard on the line of scrimmage on each side of the center.

Restrictions on Offenses for all grades No blocking below the waist in any circumstances. No crack blocks are allowed ("Blind side" blocks to the back in the box). After each play, the ball will be spotted in the middle of the field. Offensive guards are not required to line up in a three or four-point stance. There may be no more than a 3-foot split between the center and guards.

Safety – The league teaches a HeadsUp style of play. Our coaches and board members train on how to avoid concussions or any other serious injuries. Fun and safety is a huge priority. All Head and Assistant coaches must pass a background check. Only badged coaches will be allowed on game sidelines.

NEW RULES:

We will have X weights now. Any player that is over the weight limit will not be able to carry the ball. They will not be allowed to line up in the back field. (example quarterback and running back). They will be able to play wide receivers and TE if they go downfield for a pass. The pass must be 3 yards past the line of scrimmage. So, no reverses or quick passes to the flat. They can play any position on defense.

- If parents get kicked off the field the head coach can be suspended. The Board will give one warning to the Head Coach to control the Sideline after that there will be a suspension.
- If a coach swears at a player or ref they will be suspended.
- Players' nails must be cut, or gloves worn.
- No jewelry. Including earrings, nose rings etc. If you can't take it out, then you need to cover it up with a band-aid or something. No bracelets.
- Defensive line must be in a 3 or 4-point stance when lined up inside the tackle box. If outside, then they can be in a 2-point stance.
- You may practice three (3) times a week for two (2) hours each practice. Anyone found to be practicing more than allowed will have the head coach suspended. The board will decide how long of a suspension depends on the severity.