



2026

Bylaws & Rulebook

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- I. The name of the league shall be United Youth Football of Alabama. (UYFA) Established January 7, 2018.
- II. The articles contained in this document establish guidelines for managing the business operations and financial resources of UYFA and the rules governing the members.
- III. These bylaws will outline the organizational structure, goals, objectives and basic requirements of UYFA along with rules of play.
- IV. This league shall have the power to make and enforce rules and regulations to govern itself, and the UYFA reserves the right to overrule any attempt to circumvent the intention of these bylaws, through semantics or any alternative interpretation of the written word of these bylaws.
- V. Members consist of: Fultondale, Hillcrest, Hueytown, Irondale, McAdory, Park West

- a. Probation teams for 2026: A.G. Gaston,
Centerpoint, Clay, East Alabama, Pleasant Grove,
Northside

Purpose

To provide separate youth football associations a governing body to organize play between the separate groups.

Organization and Membership

- I. UYFA is an organization of separate associations each with the same goals for youth football and cheerleading
- II. All UYFA Associations will be designated as either a Probationary Association or a Permanent Association. All newly admitted Associations are designated as Probationary until they have completed at least one (1) season with UYFA, met all UYFA requirements, and been approved for Permanent Association status.
- III. Each Association is responsible for its own organization. Mandatory security at all home games must be

provided by Birmingham Police Department, Jefferson County Sheriff's Department, or the local police department that has jurisdiction over your respective area. If there is no security this will result in a \$500 fine for the park.

- IV. For an Association to keep permanent status all dues must be paid by June 1st. For probationary status all dues must be paid within 5 days of receipt of the acceptance letter.
- V. Associations requesting admission to UYFA must apply on or before April 1st and be accepted on or before June 1st of the year they wish to be admitted.
- VI. Associations accepted into the league are required to pay a \$1000 league fee payable to UYFA within the allotted time frame or acceptance will be forfeited.
- VII. Permanent Associations may be re-designated as Probationary Associations or removed entirely from UYFA membership by a vote of the UYFA eligible voter for reasons seen fit.

- VIII. Any team or organization not abiding by the rules set forth by UYFA will be removed by a majority vote of the UYFA Executive Board.
- IX. A majority vote by member Associations will be required to re-enter UYFA after an association pulls out. An Association that exits UYFA will be designated a Probationary Association for the current and following season.
- X. Parks must attend 75% of league meetings, work UYFA Championship games, and weigh-in to receive profit sharing.
- XI. Probationary teams will not receive profit sharing their first year in the league.
- XII. Championship host was drawn. The order is set in rotation. Any association voted in will become number (#) twelve (12) and so on. The drawn order is as follows:
 - a. Hueytown
 - b. Irondale
 - c. McAdory
 - d. Fultondale
 - e. Hillcrest

- f. Centerpoint
- g. Park West
- h. Pleasant Grove
- i. A.G. Gaston
- j. Clay
- k. East Alabama
- l. Northside

Executive Board

- I. UYFA will consist of a Board of Directors (BOD) made up of one (1) member from each UYFA Association and an Executive Board (EB) comprised of the UYFA elected officers.
- II. Executive Board
 - a. President
 - i. The president shall preside at all meetings of the league and carry out policies set by the board, appoint all committees and supervise their activities.

- ii. See that the league adheres to the rules, regulations, and policies of UYFA
- iii. Supervise and assist with, if necessary, the duties of all of the UYFA Executive Board Officers

b. Vice-President

- i. Assume the additional responsibilities of the President in his/her absence from any UYFA meeting
- ii. Shall carry out assignments of duties as delegated by the president.
- iii. May assign duties, to be performed during an absence, to another member of the Executive Board.

c. Secretary

- i. Record, maintain and disseminate (in a timely manner) minutes of all UYFA regular and special meetings.
- ii. Maintain and disseminate an up-to-date contact list for all UYFA members and officers

- iii.** Coordinate maintenance of the UYFA media keeping all information accurate and current.
- iv.** Compile all approved changes to the UYFA bylaws and forward all to the president or vice president for updating documents.
- v.** Coordinate and communicate all final, approved versions of UYFA bylaws, forms, documents and schedules to all UYFA members and to the UYFA media as applicable.
- vi.** Assume the additional responsibilities of the BOD.

d. Treasurer

- i.** Manage banking account for UYFA.
- ii.** Present the UYFA financial report and status at each regular board meeting.
- iii.** Ensure that all UYFA bills are paid and revenues collected in a timely manner
- iv.** Maintain all UYFA insurance policies
- v.** Assume the additional responsibilities of the BOD.

- e. Sgt. At Arms
 - i. Maintain order and security
 - ii. Enforce rules
 - iii. Assisting with protocol
 - iv. Assume the additional responsibilities of the BOD.
- III. The BOD shall be the governing body to the league and may rule on matters not specifically covered by these laws.
- IV. The BOD shall have the authority to designate and delegate necessary authority to the officers of the organization to accomplish the goals and purposes of the league.

Meetings & Voting

I. Meetings

- a. UYFA will meet monthly throughout the year.
- b. Regularly scheduled meetings will be held at a time and location to be determined by the Executive Board.
- c. Timely and sufficient reminders of all meetings will be sent to all UYFA Associations and Officers.

- d. Meetings may be cancelled or rescheduled by the UYFA Executive Board.
- e. During regular season play, UYFA will meet every Sunday
- f. Designated week one (1) of January as closing week for the previous season along with nominations for new officers.
- g. Designated week two (2) of January as voting of new officers

II. Voting

- a. Only permanent members shall vote in meetings; probationary members shall not vote.
- b. No rule or bylaw will be voted or changed without prior notification of all permanent member associations.
- c. Any matter for voting shall be discussed, tabled and voted on at the next regular scheduled meeting.
- d. A majority vote of permanent members will be required to change a rule already in effect.

- e. These bylaws may be amended, supplemented, or modified by a majority vote of permanent members.
- f. All recommendations for bylaw or rule changes must be submitted by April 1st.
- g. No bylaw or rule may be changed after June 1st.
- h. Any member may give their proxy on any voting issue to any other member in writing before any vote. Written proxies also include email and text messages to all Executive Board Members. A proxy must be obtained for each specific issue to be voted upon at a specific meeting and will be confirmed by the Executive Board prior to any vote.
- i. Proxy voting must be received 24 hours before the meeting start time.
- j. Association presidents may appoint another member of that Association Board of Directors to represent their Association at any UYFA scheduled meeting.
- k. Bylaws or rules will be effective immediately after being approved by proper voting procedure.

- I. No quorum will be necessary for any vote to take place at any regular scheduled UYFA board meeting. All issues require a simple majority of those members present at the meeting plus all certified proxies.

Finances

- I. All financial records shall be kept by, but not limited to, the treasurer.
- II. Permanent Associations yearly renewal fees to cover all expenses shall be **\$800.00**, due on or before **June 1st**.
- III. Probationary teams **will not** be eligible for profit sharing during their probation.
- IV. Gate admission will be decided by the BOD and will be the same league wide.
- V. Regular season and Jamboree gate fee
 - a. Ages 0-5: free
 - b. Ages 6-12: \$5.00
 - c. Ages 13 & up: \$10.00
- VI. Playoff and championship gate fee
 - a. Ages 0-5: free
 - b. Ages 6 & up: \$10.00

- VII.** Home teams will keep all concessions and gate during the regular season games.
- VIII.** Home team is responsible for compensation of officials and security.
- IX.** Each hosting team will pay one-third (1/3) of gate receipts from UYFA jamborees, playoff, and championship games to assist with all cost. These fees also assist with any administrative supplies (registration or otherwise)
- X.** The one-third (1/3) payment shall come after compensation of the officials.

Insurance

UYFA will provide excess medical and liability insurance coverage for all participants, if injury happens at one of the UYFA approved locations.

Player & Team

I. Registration

- a. Participants may be both males and females, between the ages of 4 to 12 years old based upon age on July 1st of the current season.

- b. Each association is required to provide the **original** birth certificate and signed parental consent form on each player registering to play in UYFA on the day of registration/weigh in.
- c. All birth certificates are to be approved by the Executive Board and /or two of its members.
- d. If a birth certificate is not available for a player, for any reason, notarized legal documents are required. The board of directors must be informed of this before weigh-in for review.
- e. There is no weight limit on participants, only positional restrictions.

II. Weigh-in

- a. Weight per class
 - i. 6u: 75-75.9 pounds
 - ii. 8u: 105-105.9 pounds
 - iii. 10u: 130-130.9 pounds
 - iv. 12u: 155-155.9 pounds
- b. All players over the designated weight of their participating class will be classified overweight.

- c. All overweight players will be considered DOT players which will be signified by a four (4) inch dot placed on the back of the helmet.
- d. Once a participant goes across the scales, there will be no more attempts to reweigh allowed.
- e. Championship host will also host weigh-in, unless the board votes to change weigh-in location.
- f. A player cannot be rostered on two (2) teams during the same year. Including but not limited to same park and same affiliation.
- g. Players can move up with approval of the BOD.
- h. No player may move down a weight class after weigh-in.
- i. No player can change uniform numbers unless approved by the Board of Directors. Exceptions to this rule include complications in acquisition of jersey but still must be made aware to the board. When numbers are changed, the registration record must also be changed to reflect said change. Two (2) board members must then sign off

on change in the registration books and must not be affiliated with the affected association.

- j. NO player may resign from one roster to join another without approval from the BOD. This includes but is not limited to: same or different associations, leagues, parks etc.
- k. If registration credentials are not in order at the weigh-in the Head Coach will be fined \$100.00 payable to the league the Sunday after the 1st game. Each game will count as a forfeit until the fine is paid.

III. Late Weigh-in

- a. Rosters are locked after the 1st weigh-in. All late weigh-in players must be listed on the original roster unless the roster has been granted approval by the BOD.
- b. All late weigh-in players will have a \$25.00 fee.
- c. Once late weigh-ins are completed, players cannot be added for any reason.

IV. Roster books and check in cards

- a. Each association is responsible for their books that will include copies of all rosters, birth certificates, and pictures.
- b. Each book will have roster, birth certificate, and consent form in that order. Each association will be granted access to an online registry of each player legally weighed in and rostered to play.
- c. Each association will be given player cards. The following information must be present on each card.
 - i. Clear photo of the player
 - ii. Date of Birth
 - iii. Pound and dot (if applicable)
 - iv. UYFA stamp

V. Teams

- a. UYFA is set in a four (4) weight class format (75#, 105#, 130#, 155#)
- b. UYFA will mandate parks discretion to split a weight class if that roster has 45 or more registrants. 44 kids and under would not be

required to split. If a weight class splits, they will be allowed to rejoin as one team if the roster does not exceed 44 prior to the preparation of the 1st scheduled game.

- c. If a weight class is split, the association can split to the style of their choosing, either by age or draft.
 - i. Age- the said weight class would be split according to age. For example, the 105# weight class is a combination of the seven (7) and eight (8) year olds. To draft the coaches would select an 8 year old in the first round, followed by a 7 year old in the second round.
 - ii. Draft- the said weight class would be split evenly by drafting players of both ages for the said class. For example, the 105# weight class is a combination of the seven (7) and eight (8) year olds. To draft the coaches would select an 8 year old in the first round, followed by a 7 year old in the second round.
 - iii. If splitting by age, a 7 year old may not play with the 8 year old team; and neither may an 8

year old play on the 7 year old team. No exceptions.

- iv. If splitting by draft, rosters must be drafted evenly and fairly; and have an equal number of each age group associated with the weight class being split. Rosters may be uneven due to an odd number of participants.

“Stacking” a team is prohibited.

- v. UYFA reserves the right to overturn any draft if there is compelling evidence the directors and/or coaches of an Association conspired to create a “stacked” team at the expense of the other team(s) of that association.

VI. Equipment & Uniforms

a. Equipment

- i. All players must wear equipment that meets or exceeds qualifications set forth by Alabama High School Athletic Association (AHSAA).
- ii. Standard equipment includes: helmet with chin strap, shoulder pads, hip pads, coccyx

pad (butt pad), thigh pads, knee pads, mouth piece

- iii. Any additional equipment may be used with the approval of the participants association. Visors, back pads, rib protectors, etc.
- iv. The BOD may intervene if they find alternative equipment not suitable for use.

b. Uniforms

- i. Each player is required to wear a uniform or jersey that displays or represents a player number on the front and back.
- ii. The number on the jersey must be visible to the officials.
- iii. No two uniforms or jersey shall have the same player number.
- iv. Roman numerals are allowed. (V, X)
- v. All uniforms must be tucked in at all times.

VII. Coaches/Sideline/Personnel

- a. All coaches must be certified each year as well as submit to and pass a background check through their Association.
- b. Eight (8) coaches are allowed on each sideline. One (1) head coach and (7) assistant coaches/team mom
- c. Gate passes will be issues to all coaches to include a photo and age group coached. Coaches must have this pass in order to enter games without paying.
- d. Park representatives (President, VP or AD) have the right, whether home or away, to be on the sideline with their association' s teams. This means the single person in charge of their association. This does not mean any association board member.
- e. Head coaches/home teams are responsible for chain crews. Visiting team may provide if home team agrees. CHAINS WILL BE LOCATED ON THE OPPOSITE SIDE OF THE PRESS BOX. AHSAA RULE.

- f. Two (2) coaches on the field with 75# team (6u team).
- g. No coaches on the field with 105# team (8u team).
- h. The head coach is responsible for his sideline. This includes the fans.
- i. Verbal/physical abuse on the sidelines will result in automatic suspension of that game and the following game, and to be reviewed by the Executive Board.
- j. Any coach who knowingly plays an illegal player or players will be banned from coaching and forfeiture of all games that illegal players participated in and is subject to possible association expulsion from the league.
- k. No electronic or other communications devices shall be allowed on either sideline for any purpose. These shall include, but are not limited to, 2-way radios, walkie-talkies, cell phones or any other such device intended for or capable of transmissions or communications from one point to another.
- l. Associations must present a coach' s list before the day of the game. Coaches will be checked off

as they enter. If they are not on the list, they will be required to pay and will not be allowed on the sideline.

VIII. Practice & Games

a. Practice

- i. Official practice starts the first Monday after the 4th of July of the current year.
 - 1. Football may be used all year round.
 - 2. No equipment except helmets is allowed.
 - 3. Full contact practice starts the last full week of July of the current year.
 - 4. Conditioning without the use of equipment is allowed any time during the year.

b. Games

- i. Home team is responsible for calling rain outs.
- ii. If a team does not show for a game, they will be responsible for the cost of officials for that game and a fine of \$250. The BOD will decide if there is just cause for additional fine to be removed.

- iii. If a team forfeits a game, for any reason, that, team will be responsible for paying the officials. Any additional fines will be set forth by the BOD.
- iv. Check-in is to be conducted 15 minutes prior to the start of the 75lb game and the fourth quarter for each of the following games. A player may check-in late at the quarter break up until halftime. If a player who was not checked in plays, the head coach will face ejection, forfeiture of the game and a 1 game suspension.
- v. Teams not ready to play 15 minutes after scheduled time will forfeit unless an agreement can be reached by both parks and referees.
- vi. If a previous game ends early, no team can be forced to participation in their game until the designated time.
- vii. If there is a thirty-two (32) point spread in a game after halftime a hot clock will start.

There will be no reversals once this decision is made.

- viii. Game times for regular season will be 9:00 am, 10:30 am, 12:00 pm, and 1:30 pm. And will run in order of 75lb-105lb-130lb-155lb.
- ix. All games will have 8 minute quarters.
- x. All games will have 8 minute halftimes
- xi. Overtime
 - 1. Possession of the ball will be handled in a snaking style (team who has offense first for the first OT session will be on defense first for the second.
 - 2. The team winning the coin flip has choice of offense or defense first.
 - 3. The ball will be places on the 20 yard line; each team will get a possession (a first down can be achieved at the 10 yard line). If the score is still tied after 2 overtime possessions, the ball will be place on the 10 yard. line. If the score is still tied after another 2 possessions, then the ball will

be moved to the 5 yard line. The game will continue from there until there is a winner.

xii. Playoffs

1. Playoff highest seed is home team
2. Game times for 1st and 2nd rounds will be 9:00-10:30-12:00-1:30. And will run in order of 75lb-105lb-130lb-155lb
3. Game times for the Championship games will be 9:00-11:00-1:00-3:00. And will run in order of 75lb-105lb-130lb-155lb.
4. If subsidiary weight classes are in effect for that year, game times will be subject to change.

c. Rules

- i. The rules set forth, are rules developed by the BOD.
- ii. The rules have been agreed upon by all parties, and any dispute of these rules should be brought before the BOD.

- iii. The officials, association, representatives, and head coaches have copies of these rules.
- iv. The head coach shall be the ONLY coach to speak to any official; this should be controlled by the head coach. Assistant coaches are not allowed on the playing field during a conference with the officials.
- v. An official conference shall consist of both commissioners and the head official.
- vi. If an official does not abide by these rules during the game, the proper procedure to contest the rule should go as:
 - 1. Head coach calls a time out.
 - 2. Head coach has rule book in hand, with rule location found.
 - 3. Head coach calls for the head official
 - 4. Head coach discusses interpretation with head official
 - 5. If resolution cannot be made, association representative should be found.

6. During a time out, half time, or end of quarter the rule in question should be discussed with the head official.
7. If no resolution has been made by this time, the officials' name should be recorded, and the head coach should report his name to the BOD as soon as possible so arrangements can be made to discuss at the league meeting on Sunday.
- vii. All DOT players must have DOT for the 1st game and all throughout the season or the park will be fined, and player will sit for one game.
- viii. Game recording must be on a camera not a phone.
- ix. There will be a \$100 fine when there are more than 8 coaches on the field. This fine is for the team not the park.

Check in is mandatory

75lb-15 minutes before scheduled game time.

105# to 155#- At beginning of the 4th quarter.

If a player arrives late, they are ineligible until checked in with the opposing coach during the next quarter break up until the kick off of the third quarter. Once check in is completed, no player can leave the field (plan restroom breaks accordingly.) If a player plays without being checked in, the head coach will face; ejection, 1 game suspension, and forfeiture of the game.

75lb Playing Rules

1. Ages are 5&6 years old, if a player does not turn (7) until after July 1st. Any player regardless of age weighing over 75.9 lbs is considered a "dot" player and must play from tackle to tackle and will wear a 4-inch contrasting yellow circle on the rear of their helmet.
2. Approved ball type: Wilson K2 or equivalent

3. High school rules will apply with the following exceptions:
 - a. 8 minute quarters. Normal game stoppages apply
 - b. Field length may be either 80 or 100 yards
4. 10 yard first downs
5. Penalties will be 5, 10, or 15 yards
6. NO kick offs,
7. ball will be placed on the offensive teams 35-yard line on a 100-yard field, and the 30-yard line on the 80-yard field.
8. NO punts, if the offensive coach opts to punt, the ball will be moved forward 20 yards. (NOTE: You cannot pin your opponent any deeper than the 20-yard line)
9. 2 coaches are allowed on the field, but this optional. If 2 coaches are used, you are required to huddle with 1 coach is required to be no closer than 10 yards behind the last player, and the other coach is to move outside of the hash marks. **NO** talking to players or coaching **once huddle breaks**, results in a 15-yard penalty.
10. Extra Point Attempts: play by high school rules from the 3-yard line.

11. Defensive tackles **are not** allowed to line up on the inside shoulder of the offensive guards (A-gap). NO NOSE GUARD. Defensive line must be in three (3) or four (4) point stance and linebackers must be 3 yards of the ball when the center snaps the ball.
12. The center is allowed to turn the ball for the snap at this age.
13. NO QB sneak from under center.
14. After a safety is scored, the ball will be placed on the offensive team's 40 yard line on a 100 yard field, and the offensive team's 35 yard line on an 80 yard field.
15. "Dot" players may advance fumbles or interceptions. Only 5 DOT players are allowed on the field per team at one time.
16. Any "DOT" player that plays in the wrong position will result in a 10-yard penalty and a loss of down. **NOTE:NO WARNINGS!**
17. If a DOT player is lined up outside the tackle box or the player is not in a 3-point stance when ball is

snapped should be a dead ball foul with penalty of 10 yards and automatic first down, if against defense.

105lb Playing Rules

1. Ages are 8 years old (if player does not turn 9 years of age old until after July 1st) Any player playing on the 105.9lb weighing over the weight limit is considered a "DOT" player and must play from tackle to tackle and wear a four-inch contrasting circle on the rear of their helmet.
2. Approved ball type: Wilson K2 or equivalent
3. High School rules apply with the following exceptions:
 - a. 8-minute quarters normal clock
 - b. Field length may be 80 or 100 yards
4. 10 yard first downs
5. Penalties will be 5, 10, or 15 yards
6. Kickoffs will be from mid-field
7. The center is allowed to turn the ball for the snap but is not mandatory. The officials must be notified before the start of the game.

8. No punts, if the offensive coach opts to punt, the ball will be moved forward 20 yards. (NOTE: you cannot pin your opponent any deeper than the 20-yard line)
9. No coach is allowed on the field
10. Extra point attempts: play by high school rules from the 3-yard line.
11. After a safety the ball will be kicked off from the 35 yard line
12. Defensive line must be in three (3) or four (4) point stance and linebackers must be 3 yards of the ball when the center snaps the ball.
13. "DOT" players may play in the front line of the kickoff and receiving teams. No more than 5 "DOT" players on the field per team at one time. "DOT" players may advance fumbles, onside kicks, and interceptions.
14. Any "DOT" player who plays in the wrong position will result in a 10-yard penalty and a loss of down. **NOTE: NO WARNINGS.**
15. If a "DOT" player is lined up outside the tackle box or the player is not in a 3-point stance when ball is

snapped should be a dead ball foul with penalty of 10 yards and automatic first down, if against defense.

130lb Playing Rules

1. Ages are 10 (if a player does not turn 11 years of age until after July 1st). Any player, regardless of age, weighing over 130.9lbs will be considered a "DOT" player and must play from tackle to tackle and will wear a 4-inch contrasting yellow circle on the rear of their helmet.
2. Approved ball type: Wilson TDJ or equivalent
3. High School rules apply with the following exceptions
 - a. 8-minute quarters normal clock
 - b. Field length may be 80 or 100 yards
4. 10 yard first downs
5. Penalties will be 5,10, or 15 yards
6. No punts, if the offensive coach opts to punt, the ball will be moved forward 20 yards. (NOTE: you cannot pin your opponent any deeper than the 20 yard line) 10 second clock run off.
7. Extra point attempts: play by high school rules from the 3-yard line. Any mishandled snap is a loss of down. If

the placeholder has to leave his position to retrieve the snap the play is ruled dead.

8. Defensive line must be in three (3) or four (4) point stance and 12u rules apply for blitzing linebackers.
9. "DOT" players may play on the front line of kickoff and receiving teams. No more than 5 "DOT" players are allowed on the field per team at one time. "DOT" players may advance all fumbles, onside kicks, and interceptions.
10. Any "DOT" player who plays in the wrong position will result in a 10 yard penalty and a loss of down. **NOTE: NO WARNINGS**
11. "DOT" players may also kick and punt the ball.
12. If a "DOT" player is lined up outside the tackle box or the player is not in a 3 point stance when ball is snapped should be a dead ball foul with penalty of 10 yards and automatic first down, if against defense.
13. Extra points, if kicked, and field goals will not be rushed, but defense is allowed to jump in an attempt to block the kick.

155lb Playing Rules

1. Ages are 11 & 12 years old (if a player does not turn 13 years old until after July 1st). Any player, regardless of age, weighing over 155.9lbs will be considered a “DOT” player and must play from tackle to tackle and will wear a four inch contrasting circle sticker on the rear of their helmet.
2. Approved ball type: Wilson TDJ or equivalent
3. High School Rules will apply with the following exceptions
 - a. 8 minute quarters normal clock
 - b. Field length may be 80 or 100 yards
4. 10 yard first downs
5. Penalties will be 5, 10, or 15 yards
6. Option to punt. Ball is live at the snap, but “DOT” players must still be down at line of scrimmage. Live return. If choice is to walk off, the ball will advance 20 yards with a 10 second clock run off. The ball cannot be placed beyond the 20 yard line.
7. Extra point attempts: play by high school rules. All extra point attempts from the 3 yard line. Ball is live from the

snap. No one can line up over center. Mishandled snap is dead ball. If the place holder has to leave his position to retrieve the snap the play is ruled dead.

8. "DOT" players may play on the front line of the kickoff and kick return teams. No more than 5 "DOT" players per team are allowed on the field at one time.
"DOT" players may advance all fumbles, onside kicks, and interceptions.
9. Any "DOT" player who plays in the wrong position will result in a 10-yard penalty and a loss of down.
NOTE: NO WARNINGS.
10. "DOT" players may also kickoff to punt.
11. If a "DOT" player is lined up outside the tackle box or the player is not in a 3-point stance when ball is snapped should be a dead ball foul with penalty of 10 yards and automatic first down, if against defense.
12. Defensive players between the tackles do not have to be in a three (3) or four (4) point stance.
13. Offensive linemen may be in two (2) point stance as long as their hands are not above the knee.

NOTE: For any playing rules not covered refer to the Alabama High School Athletic Association Playing Rules.

Conduct

1. Each Association is responsible for providing a safe, pleasant and trouble-free environment for visitors and teams.
2. It may become necessary to take appropriate action if people violate rules, common sense, or the law. UYFA reserves the right to ban any person or persons who endanger the safety of others participating in the program, or anyone that participates in behavior that is deemed otherwise inappropriate or detrimental to any UYFA association.
3. Any person guilty of assault is subject of automatic, immediate and indefinite suspension.
4. UYFA has the authority to request assistance of law enforcement organization of the courts, if necessary, to promote a safe environment.
5. Two (2) ejections, upheld on appeal, in a season by a player, coach or spectator will result in the suspension of that player, coach or spectator for the remainder of

the season. Further action may also be taken at the discretion of the UYFA Executive Board.

6. Any coach, player, or official that has been asked to leave the sidelines for reasons of misconduct by a referee, league, and/or park official will be suspended for the next game. He/She cannot return to the sidelines nor have any other action taken until the case has been reviewed by the UYFA Executive Board. All parties involved will be asked to attend the next scheduled UYFA meeting. Any misconduct by a coach, player, or official at any UYFA function will be reviewed by the UYFA Executive Board and action will be taken.
7. Fines that may occur, if not fulfilled, will result in cease of UYFA event participation.
8. Appeals will be discussed and ruled by the Executive board on the Sunday following the game the situation occurred.
9. For a valid appeal the parties involved must be present.

Zero Tolerance Classification and Penalties

All Administrative Personnel, Coaches, Volunteers, and Participants are subject to disciplinary actions including, but not limited to, Permanent Suspension or Non-Renewal of Membership for violation of the Rules and Regulations and Terms of Service.

Class 1	Inappropriate verbal or nonverbal disrespectful behavior not covered in Class 2 or Class 3	Warning issued depending on severity	None
Class 2	Open disputing or arguing with the decision of an official, coach, administrator, spectator, or players. Obscene or vulgar language or the use of a physical act which is vulgar or obscene.	1 st Violation Minimum suspension 1 game. 2 games for those in official capacity (Board member, Coach, Referee, etc...)	\$100
	Visual or verbal sign(s) of dissatisfaction with any official coach, or administrator' s decision. Encouraging disrespectful or unsportsmanlike behavior in any player, coach, official, administrator or spectator taunting or ridiculing of officials, coaches, players, administrators, or spectators.	2 nd Violation Suspension 2 games. Removal of (Board member, coach, referee, etc.) from organization	\$200
	Throwing of any object directed at a person, in the playing area (including the sideline bench area), as to create a potential safety hazard. Not stopping Zero Tolerance conduct once advised to do so.		\$300

		3 rd Violation Minimum 30 day suspension	
Class 3	Complete loss of physical self-control. Physical violence, fighting, or physical contact Threats of any nature Any actions that require the use of third parties to control the situation.		1 year minimum suspension

2026 UYFA PARENTAL CONSENT FORM

PLEASE PRINT:

CHILD'S NAME _____

DOB _____

SCHOOL _____

GRADE LEVEL _____ TEAM NAME _____

CIRCLE ONE: (6U) (8U) (10U) (12U)

PARENT/GAURDIAN NAME _____

I, _____ attest that the above information is accurate and true. I also agree that in the instance of discrepancy, UYFA Executive Board member(s) have permission to verify the information provided above. I understand that I may be held accountable for damages for any false or misleading information.

I hereby acknowledge and confirm that my son/daughter participation in the sports events and activities carries with it inherent and serious risks, including but not limited to property damage, bone fractures, slight and serious physical injuries, and body sores. I further agree that my son/daughter participation in the sports events and activities is voluntary, and I assume all risks and responsibilities arising from their participation.

I understand and consent to be bound by the rules and policies explained by the **United Youth Football of Alabama Association** in its Bylaws. In any case that the **United Youth Football of Alabama Association** receives competent proof of my violation of its Bylaws, negligently or intentionally, it has the right to expel and disqualify my son/daughter from participating in the sports events and activities.

I discharge **United Youth Football of Alabama Association**, their officers, volunteers, other participants, and authorized agents ("Releasees"), with respect to any injury, illness, disability, death, and loss to person or property arising from my participation, whether arising from the negligence of the Releasees or others.

I agree to not file lawsuit and indemnify the Releasees from any liabilities arising out of my participation, whether arising from the negligence of the Releasees or others.

I have read this Sports Waiver, fully understand its terms, and that by signing it, I have given up substantial rights, and sign it freely and voluntarily.

SIGNATURE _____

DATE _____

UYFA EXECUTIVE BOARD MEMBERS

PRESIDENT – LaDareus Young

SECRETARY- Rosemary Allen

V. PRESIDENT – Trey Williams

TREASURER- Fran Zinnerman

Sgt at Arms-Stephen Cunningham

UNITED YOUTH FOOTBALL OF
ALABAMA
**CHEERLEADING RULES AND
REGULATIONS**



Executive Board Members

Kimber Williams-President
Marian Scott-Vice President
Kurtrese Perry-Secretary
Nicole Bolden-Event Liaison
Sophia Brown-Treasurer

Purpose

QUESTIONS/CONCERNS SHOULD BE EMAILED TO: unitedwecheer1@gmail.com

RULES – DISTINCTIONS: This Model Rule Book (“Rule Book”) is provided to UYFA Cheer members as a resource that may be used in connection with the operation of their individual organizations. Within this Rule Book are model rules, competition eligibility requirements, recommendation guidelines and best practices.

This Rule Book is not all-inclusive and should be used in conjunction with other external resources, meaning resources which are beyond what is provided to you by UYFA Cheerleading. United Youth Football/Cheerleading recommends that its members individually and collectively actively seek resources from governmental entities such as the U.S. Centers for Disease Control, relating to health and safety, including but not limited to dehydration, concussions, COVID-19 safety measures and other medical related items, as well as non-governmental entities, including but not limited to medical boards, such as the American Academy of Pediatrics.

Members should adopt, implement, and document risk management plans addressing the following suggested issues: facilities; equipment; supervision; instruction through properly trained coaches; sports injury prevention and care including emergency response and return to play; weather related modification, postponement, and cancellation due to heat and lightning; and mitigating auto risks. Recommendations, suggestions and best practices in addition to reasonable standards of care and industry norms are important, they protect your participants, our communities, and the sport of cheerleading and as such it is reasonable to expect that local member organizations should seek to ensure reasonable compliance with the aforementioned.

General Cheer Rules

- All Cheer directors and Head Coaches must attend a pre-season meeting or have a designated representative present.
- Cheer squads must have a minimum of 5 individuals.
- Cheer squads will be formed based on the same age/grade criteria as UYFA football teams. • If an association does not have enough cheerleaders to support separate squads, combined age groups are allowed for regular season games.
- All regular season rules are to be followed. Any park not following any of the outlined rules will be given up to 2 warnings then park rep and/or coach's pass will be suspended. • All rules violated will be reviewed by the UYFA Cheer Board Committee.

Cheer Coach Rules

- All cheerleading coaches shall be prohibited from using any form of tobacco, alcohol, or illegal drugs, as well as, any form of profanity while on the playing field or practice field, or at any time while in contact with children.
- Absolutely NO profanity, obscene gestures, negative cheering, or aggressive physical contact such as shoving or hitting will be allowed by any member. This also includes any profanity or negative talk with any other cheer coaches/assistant coaches or park representatives on social media. Misbehavior from any member will result in 1st Offense – Ejected from game, 2nd Offense – Ejected from park (cannot return that season).
- Coaches/Assistant Coaches should be dressed appropriately (shorts at an appropriate length, leggings should be full coverage material and shirts should provide appropriate coverage). Team colors are encouraged for easy recognition.
 - Coaches shall be familiar with cheerleading techniques, stunts and jumps. • Coaches shall always set a positive example for their squads and communities. • Coaches shall always represent good sportsmanship, whether at games or practices. • Coaches shall treat all cheerleaders, parents, and other coaches fairly and with respect. • Each cheer squad may have 2 coaches and 1 team mom.
 - **Coaching cards are required at each game for entry.**

Game Day Protocol

- A cheer squad must be present for each game (**there will be a \$100 fine for any park that does not show up on game days**)
- Each squad must have at least one Head coach or assistant coach in attendance during each game for guidance and safety of their cheerleaders.
- **Cheerleaders must remain on the sideline for all four quarters of the game. Squads are allowed to use 3rd quarter for break, however, the squad must return to cheer by the 4th quarter.**
- Half-time cheers, dances, or stunts are **required** and shall be limited to four (4) minutes per squad. **For half time, the visiting team performs FIRST facing their team stands.** The only exception will be for Homecoming activities for the home team, in which visiting team will only perform if time permits.
- It is the responsibility of the performing squad to provide the game announcer with a list of the names and/or instructions regarding music, if necessary, for the performance.
- Music must be appropriate, any music with suggestive lyrics or profanity will not be played **(clean/radio version required)**.
- All cheers and chants shall be free of vulgar words, phrases, and motions. No type of derogatory cheers will be allowed.
 - Each squad shall be accompanied by at least one (1) rostered coach on game day.
 - All participants must be in uniform. A uniform may be as simple as a tee-shirt, but all members of the squad must dress accordingly and have matching uniforms.
 - Please adhere to CDC recommended COVID -19 Safety protocols during game times.

UYFA General Cheer Competition Guidelines/Rules:

Entry Fee: \$100 per squad

Each Association must have at least one cheer squad represented during cheer competition. Failure to meet this requirement will result in a \$200 fine.

No teams under any circumstance will be allowed to enter the competition area prior to competition time. Results will be disqualification.

SQUAD PERFORMANCE GUIDELINES

Squads participating in competition will be broken down into the following divisions:

- Junior Division I – Pre-K-1st Grade

- Junior Division II – 2nd Grade
- Junior Division III – 3rd Grade
- Senior Division I – 4th Grade
- Senior Division II – 5th Grade
- Senior Division III – 6th – 7th Grade

1. All squads will perform a cheer/dance combination. This combo may be an original cheer or combination of chants/cheers along with dance. Coaches are responsible for music. Music must be emailed to uyfa25cheer@gmail.com. Deadline for music submissions will be provided by the League Cheer President.

- Junior Divisions I, II, and III will be required at least one (1) jump and one (1) formation change
- Senior Divisions I, II, and III will be required at least two (2) jumps and two (2) formation changes

2. Each routine shall not exceed 2 minutes and 30 seconds (5 sec window of forgiveness). Up to 1 minute and 15 seconds may be performed to music (5 sec window of forgiveness). Timing will begin with the first sound of music or recognized word. Squads will not enter the floor until timekeeper indicates judges are prepared. The timekeeper will wave a pom to indicate the judges are ready for next squad to take the floor and begin their routine

3. Participants must enter the floor in an orderly and timely manner with no entrance cheers or tumbling. Squads will exit when routine is finished.

4. The following props will be allowed: poms, megaphones and signs (no larger than 3'x3'). Absolutely no tear away or removable clothing!

5. Coaches/Trainers/Sponsors are to remain in the DJ area for the duration of their squad's performance (lining up through exit). There will be NO coaching from sidelines! Any spectator caught performing routine will be asked to exit and may result in squad's disqualification!

6. No flowers or balloons may be taken onto competition floor.

7. Coaches may not approach or speak to judges at any time.

8. There will be no tape, bandages, or braces permitted on any cheerleader participating in competition without prior board approval, a doctor's release and a notarized written consent of parent releasing UYFA from all liability.

9. No tripods are allowed in stands or in front of stands

10. There will be an original copy of score sheets made on competition day. Directors from each park will receive a copy of original before leaving.

11. Squads must have at least five (5) cheerleaders to compete. Judging will be based on performance not squad size.

12. No jewelry of any kind will be permitted. All squads should be in complete matching uniforms, including top, skirt, bow and socks. Shoes should be same color.

13. Scoring for squads shall include the following categories: Voice, Dance, Timing, Jumps, Difficulty, Originality, Motions, Formations, Spirit/Showmanship and Overall Effect. Each category will be worth a possible ten (10) points from each judge.

14. A points deduction will be made by EACH JUDGE for the following: not meeting jump requirement for division (5pts per judge), not meeting formation requirement for division (5pts per judge), exceeding time limit (5pts per judge), wearing of any jewelry (5pts per judge), failure to wear matching uniforms, bows or socks (5pts per judge). Any coaching during performance will result in disqualification.

INDIVIDUAL COMPETITION GUIDELINES

There will be an individual cheer competition open to all cheerleaders who wish to participate. **Entry Fee: \$25**

1. Routine performed may not exceed 1 minute (5 sec forgiveness). Up to 30 seconds (5 sec forgiveness) may be performed to music. The routine may consist of any cheer/chant/dance/jump combination.

2. Poms, megaphones and signs allowed

3. Junior Division I, II, and III will be required at least one (1) jump, Senior Division I, II, and III will be required at least two (2) jumps

4. Trophies will be awarded to 1st, 2nd and 3rd places. Every individual performing will receive a participation award

5. Individual scoring will be based on the following: Voice, Jumps, Motion Execution, Dance, and Showmanship. Each category is worth a possible twenty (20) points per judge.

6. Deductions will be made, per judge, for the following: exceeding time limit (5pts per judge), any jewelry (5pts per judge), failure to meet jump requirement (5pts per judge).

7. Coaches and Trainers must stand with DJ during performance. Any coaching/prompting from sidelines will result in disqualification.

8. Coaches/trainers are responsible for all individual music. Music must be emailed to unitedwecheer1@gmail.com. Please list Park/Name/Squad.

STUNTING AND TUMBLING

1. Stunting and tumbling are OPTIONAL but will be scored accordingly (you will not be penalized for not incorporating the skills into your routine.)
2. If your stunt falls you will have points deducted from the SHOWMANSHIP category
3. NO BASKET TOSSES
4. ONLY STRAIGHT CRADLES ALLOWED (SWEEP AND POP CRADLES ALLOWED)
4. NO HELICOPTERS, LOG ROLLS, OR TWIST CRADLES
5. NO TUMBLING WITH POMS IN HANDS
6. NO SPOTTER NEEDED FOR SHOULDER SITS

ADDITIONAL RESTRICTIONS FOR AGE GROUPS:

Junior Division I and II

1. Allowed to build up to naval
2. Cannot cradle down from stunts
3. Any stunt above thigh must have a backspot
4. In pyramids and partner stunts tops must always have one foot in contact with bases.
5. Tumbling is allowed

Junior Division III

1. Can build up to chest level
2. Shoulder sits are allowed
3. No CRADLES allowed
4. Any stunt above thigh must have a backspot
5. One foot must be in contact with bases while building
6. No spotter needed for shoulder sits
7. Tumbling is allowed

Senior Division I and II

1. Can build up to an extension (over the head)
2. CRADLES are allowed
2. Can only cradle from chest level. Cannot cradle down from extension (if in an extension you must bring the flyer down to chest level before cradling)
3. Straight CRADLES only (pop CRADLES and sweep CRADLES are allowed)
- 4 No spotter needed for shoulder sits
5. Building must have proper spotting
6. Tumbling is allowed

Senior Division III

1. Can build up to an extension (an extension is over the head)
2. CRADLES are allowed
3. Can cradle from extended stunt (Can cradle from stunt over the head)
4. Straight CRADLES only (sweep and pop CRADLES are allowed)
5. Building must have proper spotting
6. No spotter needed for shoulder sit
7. Tumbling is allowed

PYRAMIDS AND PARTNER STUNTS:

1. One partner stunt or pyramid cannot move over, under, or through another pyramid or partner stunts while in the air.
2. Stunts and pyramids cannot rotate once in the air
3. Stunts and pyramids can move up or down. EXAMPLE - bases taking flyer from elevator to extension (moving from chest level to over the head or over the head to chest level)
4. Flyers in an extended (over the head) stunt cannot hold poms or signs in hands
5. Flyers in an elevator (chest level) can hold poms & signs. The flyer cannot have items in hand while going up into the stunt. The poms or signs must be handed to her from another person.
6. Flyer cannot hold items in hand while cradling.

SPOTTERS:

1. Each stunt over the thigh must have a backspot.
2. Spotters must not hold objects in their hands while spotting the flyer in a stunt
3. UYFA will provide additional spotters. They are added for safety and should stay out of the way at the back of the floor when not spotting stunts.
5. The additional spotters must not assist. They should only be used to prevent a fall
6. Squads should not attempt stunts or skills beyond their ability level.

STANDING AND RUNNING TUMBLING:

1. All squads can add standing or running tumbling to their routine if these rules are followed.
 - 2. No twists
 - 3. No flips with 2 rotations (double back flip...2 flips before feet hit the ground)
 - 4. No tumbling with poms in hand

I acknowledge that I have Read, Understand and will Adhere to all Cheer Rules and

Regulations: _____ Date _____

