

Utah County Football Conference follows Utah High School Football rules with the following exceptions:

- **Game Length / rules**
 - 1st – 7th grade 16 minute running clock per quarter. Referees keep the clock.
 - 8th – 9b grade – 20 minute running clock per quarter. Referees keep the clock.
 - Stop clock the last 2 minutes of the 2nd and 4th quarters – follow high school clock rules
 - 9a – high school rules – but clock runs on change of possession
 - Time outs – 3 per half – referee will stop clock for 30 seconds for each time out, referee will start clock after 30 seconds
 - 1st – 6th grade – 30 seconds after ball is set to snap the ball
 - 7th – 9th grade – 25 seconds after ball is set to snap the ball
- **Conversion Scoring**
 - 1 point – set ball at 1.5 yards
 - 2 point – set ball at 3 yards
 - If on a field with Goal posts, teams can attempt a one point conversion kick
- **Kick offs / Punts**
 - Kick Offs – on 80 yard field – kick off from the 30, 100 yard field kick off from the 40.
 - 1st / 2nd grade – no kick off – on 80 yard field – Offense will start with the ball on the 20, 100 yard field offense will start with the ball on the 30
 - Punts - 1st – 5th grade – freeze punt – no movement until the punt
- **Tie Games**
 - No tie games – Each team will get equal opportunities to score
 - 1st – 6th grade will start with the ball on the 10 yard line – if neither team scores ball will be moved to 5 yard line, 2 yard line on the third and future attempts
 - 7th – 9th grade will start on the 20 yard line (can get a first down), if neither team scores ball will be moved to 10 yard line, 5 yard line on the third and future attempts.
- **Protect the Center**
 - For grades 1-3 teams can not cover the center – no nose guard or Linebacker lined up at the line of scrimmage. Players can line up in the A gaps. Violation of this rule will be treated as a dead ball procedure foul.
- **Coaches on Field**
 - One coach from each team can be on the field for 1st – 5th grade teams. As soon as the quarterback is in position to receive the snap, the coaches on the field must be back at least fifteen (15) yards and they cannot communicate with the players until the play is over. Violation of the rule will result in a warning for the first offense, an unsportsmanlike penalty for each additional offense.
- **Chain Crew**
 - Visiting team will provide 3 people to man the chain crew
- **X Man**
 - X men cannot line up as an eligible receiver – they must be covered. Violation will be treated as a procedure penalty.
- **Video**
 - No ladders or scaffolding allowed on sidelines for video.