

UNIVERSAL FOOTBALL LEAGUE XTREME



2026 RULEBOOK

Official Release – October 2025

Final Version- January 2026,Revision February 2026

Table of Contents

1. Introduction
 2. League Philosophy
 3. League Structure
 4. Authority of Rules
 5. Team Requirements
 6. Field and Equipment Standards for Gameday
 7. Player Requirements
 8. Game Rules
 9. League Conduct
 10. Uniform Rules
 11. Concussion Protocol
- League Staff

Important Dates

- January 24, 2026 – Jamboree
- January 31, 2026 – Kick Off Classic
- February 7, 2026 – Regular Season Starts
- February 22, 2026 – Rosters Lock 11:59pm
- March 7,2026- Universal Conference Bye Week
- March 14,2026- Xtreme Conference Bye Week
- April 5,2026- League Wide Bye Week (Easter Weekend)
- May 9,2026- League Wide Bye Week during playoffs (Mother’s Day Weekend)

June 12,2026-Universal Bowl VII Media Day

June 13,2026- All Star Game/ Universal Bowl VII

1. Introduction

The Universal Football League Xtreme (UFLX) is an adult amateur tackle football league committed to providing a safe, competitive, and community-oriented environment for players, coaches, and fans. This rulebook establishes the regulations and guidelines under which all UFLX games and league operations will be conducted.

2. League Philosophy

The UFLX strives to:

- Promote fair play and sportsmanship
- Provide opportunities for adult athletes to showcase their skills
- Foster community involvement and respect
- Uphold safety standards and integrity of the sport

3. League Structure

1. Each team must elect one representative to serve on the UFLX Board of Representatives.
2. The Board of Representatives may propose rule changes or amendments to league procedures.
3. Proposed changes will be decided by a majority vote of the Board of Representatives.
4. The Commissioner retains veto power on Board decisions if necessary to maintain the safety, fairness, or operations of the league.
5. The League Commissioner has the final authority on all decisions involving league operations, rule enforcement, and disciplinary matters.

4. Authority of Rules

All UFLX games and league operations shall be governed by this rulebook. The League Commissioner reserves the right to interpret or amend these rules when circumstances require, in consultation with the Board of Representatives.

5. Team Requirements

1. Each team must pay a **\$1,000 league fee** prior to the start of the season.
2. Season will be (10) game regular season, playoffs and Universal Bowl VII
3. Teams are responsible for providing contact information for at least one team official (e.g., owner, general manager, head coach) for league communications.
4. Each team must secure a proper home field that meets UFLX field standards
5. Teams are responsible for providing valid proof of field permits and insurance coverage for their home field.
6. All teams must maintain a roster of no more than 63 players, with all players properly registered through the league website.
7. If a team falls below a threshold of 25 players on roster, league will open their roster to enable to them to get back to at least 25 players
8. Any team caught using players not on official roster will forfeit all games ineligible players played in.
9. Teams must play in matching uniforms- helmets, jerseys, and pants.
10. Each team is required to have a designated head coach and at least one assistant coach registered with the league, with no more than 10 rostered coaches in total. All other support staff must be registered on team to be on the field. (Exception: ball boy, water boy, & chain crew)
11. Teams are responsible for providing sideline staff for chain crew and ball retrieval during home games.
12. Teams must have an active team representative on the UFLX Board of Representatives
13. All games must be filmed and/or livestreamed. VSN will handle all livestream broadcasts for UFLX teams in 2026 season.

6. Field and Equipment Standards for Game Day

14. Field Dimensions:

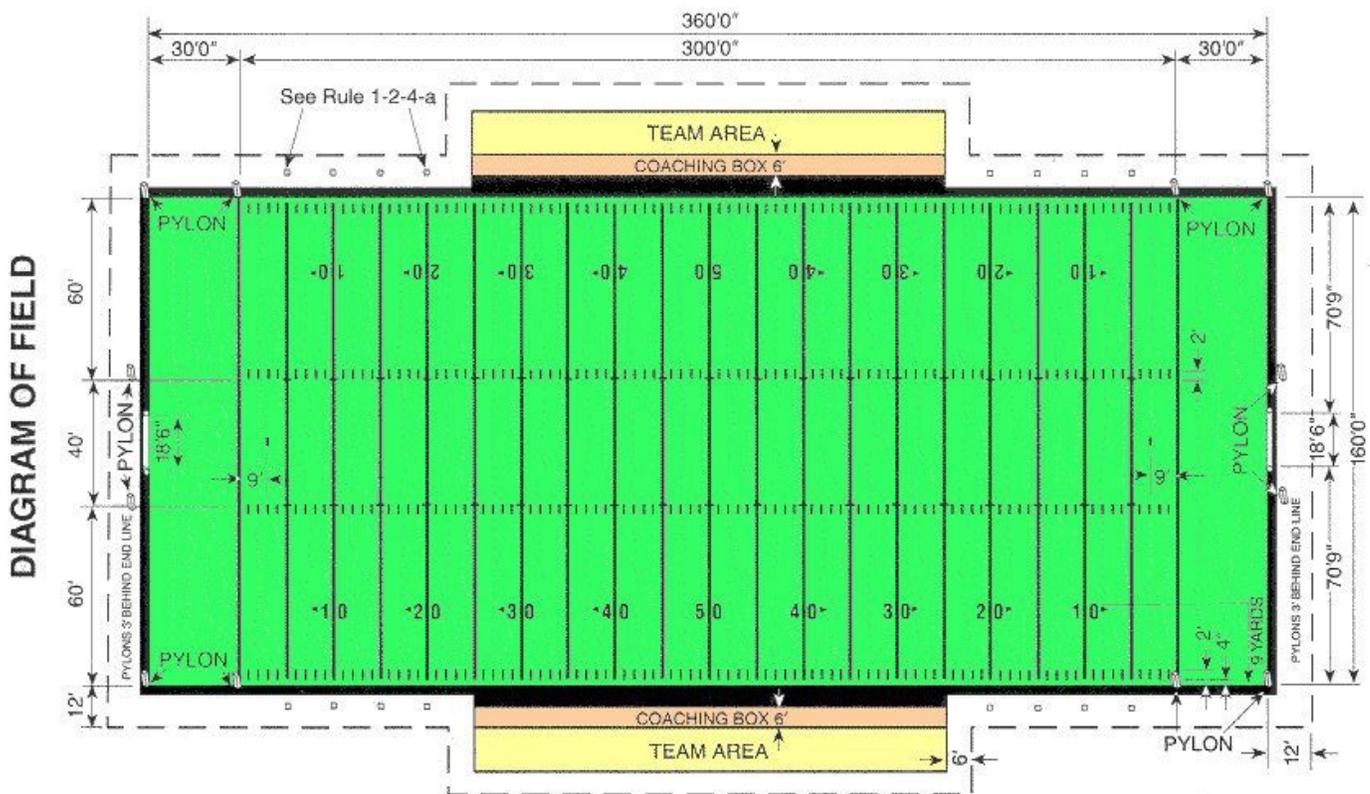
14.1.1.1. **Length:** 120 yards total (100 yards between goal lines + 10-yard end zones)

14.1.2. **Width:** 53 1/3 yards (160 feet)

15. All fields must be approved by the UFLX prior to use to ensure they meet safety and quality standards.

Each team is required to provide proper field equipment, including:

- 15.1. Yard markers
 - 15.2. Pylons for the end zones
 - 15.3. Chains and down box
 - 15.4. Fields must have visible lines
 - 15.5. Operating scoreboard
16. All goalposts must be properly padded with protective goalpost covers to reduce risk of injury.
 17. Fields must have either permanent stands for spectators or adequate space for fans to set up their own chairs in a safe viewing area.
 18. The home team is required to have either a police detail or licensed (1) armed & (1) unarmed security provided by a licensed security agency present during games.
 19. The League reserves the right to inspect fields before any scheduled game and may refuse play on fields that do not meet safety standards.



7. Player Requirements

1. All players must be 18 years or older before start of the season. Any minors found to have played in any games, team will forfeit all games player was used.
2. Once registered players are only to play in the UFLX, any players found to be playing in multiple leagues concurrently will be suspended for the season in the UFLX.

3. Players are responsible for the team fees associated with playing for a member team, equipment and any other costs associated with playing, the UFLX is NOT responsible for these costs.
4. The UFLX is an adult amateur league and being so all players, coaches, owners will not receive any compensation from the UFLX for their participation.
5. The UFLX does not provide medical insurance for owners, coaches, players or staff, it is advised that all participants have their own medical insurance.
6. All players must register with their legal name
7. All players will have their picture on team roster via league website for book checks, any player without a picture will be ineligible to play.
8. All players must register themselves on league website; Team owners, coaches, staff or players may NOT register another player.
9. Players registered to multiple teams will remain on first roster registered for and removed from all other rosters & given a 2-game suspension.
10. No players may register if they are currently registered to a roster in another league. Any player found in violation of rule, team will be subject to investigation and penalty from the league. There will be NO "rental" of players for teams

Double Numbers Rule

Double jersey numbers are permitted under the following conditions:

- One player may wear the number on offense, and one may wear it on defense.
- Both players cannot be on the field at the same time.
- Players with duplicate numbers cannot switch sides of the ball for the season.

Violation of this rule may result in bench penalties or further league discipline.

Numbers Rules:

00 is NOT permitted in the UFLX.

X is not permitted as a number in the UFLX

8. Game Rules

The UFLX will operate with NFL rules except for the Dynamic kick off..

The NFL Rulebook can be found at <https://operations.nfl.com/the-rules/nfl-rulebook/>

Important Rules to Remember:

Down By Contact- a player is active until he is tackled or forced down by a member of the opposing team.

Pass Interference- Automatic first down at the spot of the foul

Defensive Holding- 5-yard penalty, automatic first down

Receiver must have 2 feet in bounds for a completed pass, same goes for defensive player with Interception.

PAT- the ball is placed at the 15-yard line for an extra point

Coaches Challenges- There will be no coaches' challenges in the UFLX

Instant Replay- There will be no instant replay in the UFLX

Blocking Rules

Cut Blocks and Chop Blocks: Strictly prohibited. 15-yard penalty and potential league discipline.

Crackback Blocks: Automatic 15-yard penalty. Repeated or intentional violations may result in ejection or suspension.

Targeting Rule

Any player flagged for targeting will be ejected and face a minimum one-game suspension. The UFLX League Office may review film to determine if additional disciplinary action is warranted.

Game Kickoff Times

- All UFLX games may kick off between 5:00 PM – 7:00 PM.
- A game may be scheduled between 1:00 PM – 4:00 PM only if both the home and away team mutually agree.
- Any alternate kickoff time must be communicated to the League Office no later than 72 hours prior.

Minimum Players Required to Start

- A minimum of 22 players must be present for a team to begin a game.
- Failure to meet this requirement at kickoff may result in a forfeit and possible league fines.
- Once the game begins, play may continue below 22 players if safety is not compromised.



1
TOUCHDOWN, FIELD GOAL,
or SUCCESSFUL TRY
Both arms extended above head.



2
SAFETY
Palms together above head.



3
FIRST DOWN
Arms pointed toward defensive
team's goal.



4
CROWD NOISE, DEAD BALL, or
NEUTRAL ZONE ESTABLISHED
One arm above head with an open hand.
With fist closed: **Fourth Down.**

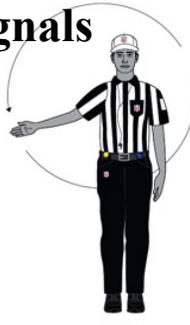


5
BALL ILLEGALLY
TOUCHED, KICKED,
OR BATTED
Fingertips tap both shoulders.



6
TIMEOUT
Hands crisscrossed above head. Same
signal followed by placing one hand on
top of cap: **Referee's Timeout.**
Same signal followed by arm swung at
side: **Touchback.**

Officials Signals



7
NO TIMEOUT or TIME
IN WITH WHISTLE
Full arm circled to simulate moving clock.



8
DELAY OF GAME
OFFENSE/DEFENSE or
EXCESS TIMEOUT
Folded arms.



9
FALSE START, ILLEGAL
FORMATION, FREE KICK OUT OF
BOUNDS OR NOT REACHING THE
LANDING ZONE, or KICKING TEAM
PLAYER VOLUNTARILY
OUT OF BOUNDS DURING A KICK
Forearms rotated over and over in front of body.



10
PERSONAL FOUL
One wrist striking the other above head.
Same signal followed by swinging leg:
Roughing Kicker.



11
HOLDING
Grasping one wrist, the fist clenched,
in front of chest.



12
ILLEGAL USE OF HANDS,
ARMS, OR BODY
Grasping one wrist, the hand open and
facing forward, in front of chest.

Same signal followed by raised arm
swinging forward: **Roughing Passer.**
Same signal followed by grasping
facemask: **Facemask.**



13

PENALTY REFUSED, INCOMPLETE PASS, PLAY OVER, or MISSED GOAL
Hands shifted in horizontal plane.



14

PASS BOBBLED INBOUNDS AND CAUGHT OUT OF BOUNDS
Hands up and down in front of chest (following incomplete pass signal).



15

ILLEGAL FORWARD PASS
One hand waved behind back followed by loss of down signal (23) when appropriate.



19

INELIGIBLE RECEIVER or INELIGIBLE MEMBER OF KICKING TEAM DOWNFIELD
Right hand touching top of cap.



20

ILLEGAL CONTACT
One open hand extended forward.



21

OFFSIDE, ENCROACHMENT, OR NEUTRAL ZONE INFRACTION
Hands on hips.



16

INTENTIONAL GROUNDING OF PASS
Parallel arms waved in a diagonal plane across body. Followed by loss of down signal (23).



17

INTERFERENCE WITH FORWARD PASS or FAIR CATCH
Hands open and extended forward from shoulders with hands vertical.



18

INVALID FAIR-CATCH SIGNAL
One hand waved above head.



22

ILLEGAL MOTION AT SNAP
Horizontal arc with one hand.



23

LOSS OF DOWN
Both hands held behind head.



24

INTERLOCKING INTERFERENCE, PUSHING, or HELPING RUNNER
Pushing movement of hands to front with arms downward.



25

TOUCHING A FORWARD PASS OR SCRIMMAGE KICK
Diagonal motion of one hand across another.



26

UNSPORTSMANLIKE CONDUCT
Arms outstretched, palms down.



27

ILLEGAL BLOCK BELOW THE WAIST, ILLEGAL CUT
Both hands striking front of thigh preceded by personal foul signal (10).

CHOP BLOCK

Both hands striking side of thighs preceded by personal foul signal (10).

CLIPPING

One hand striking back of calf preceded by personal foul signal (10).



31

UNCATCHABLE FORWARD PASS
Palm of right hand held parallel to ground above head and moved back and forth.



32

ILLEGAL SUBSTITUTION, 12 MEN IN OFFENSIVE HUDDLE, or TOO MANY MEN ON THE FIELD
Both hands on top of head.



33

FACEMASK
Grasping motion with one hand near face.



28

ILLEGAL CRACKBACK
Strike of an open right hand against the right mid thigh preceded by personal foul signal (10).



29

PLAYER DISQUALIFIED
Ejection signal.



30

TRIPPING
Repeated action of right foot in back of left heel.



34

ILLEGAL SHIFT
Horizontal arcs with two hands.



35

RESET PLAY CLOCK - 25 SECONDS
Pump one arm vertically.



36

RESET PLAY CLOCK - 40 SECONDS
Pump two arms vertically.

9. League Conduct

1. All member teams of the UFLX will conduct themselves in a professional manner; This includes team owners, coaches, team staff, and players.
2. **Absolutely no fighting will be tolerated** in the UFLX. Any player, coach, or staff member who engages in fighting will be immediately ejected from the game and face league discipline as follows:
 - 2.1. Suspended for remainder of the season.
 - 2.2. Video review will be used for all league investigations when available. If video is not available, the referee's official report will serve as the basis for disciplinary decisions.
 - 2.2.1. Additional zero-tolerance rules:
 - 2.2.1.1. Any player or coach who uses any object as a weapon (including but not limited to helmets, footballs, or cleats) will be permanently banned from the UFLX.
 - 2.2.1.2. Anyone caught spitting on another person will be permanently banned from the UFLX.
 - 2.2.1.3. Anyone threatening another person (including players, coaches, referees, or owners) during a game will be permanently banned from the UFLX.
3. Away team players caught vandalizing or stealing will be escorted off premises and banned from the UFLX.
4. The UFLX wants member teams, and all associated to maintain a clean social media presence, team owners will be responsible for their players and staff online behavior while on team roster.
 - 4.1.1.1. Owners, players, coaches, other staff that threatens another individual will be suspended by the UFLX for the remainder of the season with possibility of ban.
 - 4.1.1.2. Any player, coach, or staff member who engages in verbal abuse toward an owner, league official, or who bullies another individual online will receive a minimum three-game suspension.
5. Any ejection will carry a minimum one-game suspension. The League reserves the right to extend the suspension based on the severity of the conduct that led to the ejection.
6. Any unsportsmanlike conduct or penalties directed toward game officials may result in a suspension, with the length determined by the league board of directors.

7. Coaches, players, or staff members who repeatedly disrupt or delay the flow of the game may be suspended, with the suspension length determined by the league.
8. No drugs or alcohol of any kind are permitted at any UFLX event or game, including anywhere on the premises, such as parking lots.
9. No weapons of any kind are permitted at any UFLX event or game. Any player, coach, or team staff member found violating this rule will be suspended for the remainder of the season by the UFLX.
10. Players, Coaches, Staff and team owners will refrain from wearing clothing with vulgar messages to any UFLX event or game.
11. Team owners and coaches will conduct themselves in a professional manner during league meetings whether in person or online.
12. Any team owner or player grievances can be brought to any UFLX board member to be discussed by entirety of board.
13. Owners, players and coaches are to refrain from obscene language during games this includes excessive cussing.
14. Any team that forfeits will be subject to being fined, if less than 72 hours' notice is given of forfeit the team forfeiting will be fined \$1000 by the UFLX.

Grievance Policy / Steps

Step 1 – Team-Level Resolution: Player, coach, or owner must first report grievances to their Head Coach or Team Owner within 48 hours.

Step 2 – League Submission: If unresolved, grievance must be submitted in writing to the UFLX League Office within 72 hours.

Step 3 – League Review: The UFLX Board of Representatives will review within five business days.

Step 4 – Final Decision: The Board's decision is final. Repeated or frivolous grievances may lead to fines or suspension.

All grievances can be filed at www.uflxfootball.com/file-a-grievance

10. Uniform Rules

1. All team must have at least (2) sets of game jerseys and (1) game pant. Jerseys should be a light and a dark color as a home & away.
2. All helmets must match in color and have matching decals if decals are used (Exception: award decals for individual accolades.)
3. All players must wear matching jerseys and pants in game.
4. Undershirt Color- should be a team color
5. Wrist bands and other accessories are allowed as long as a part of team color palette
6. Visors are allowed, color is discretion of team owner/ coach to enforce a certain color.
7. Mouthpieces must be used in game by ALL players.
8. Team socks must be the same color during games (ex: all players wear black socks)

-NCAA sized leather footballs will be used for the 2026 season.

-Deadline for players to be freely released is **November 1, after that date player will have to pay any team fees to be released at team owners' discretion.**

-If a player is released during season due to financial obligations not being met or for disciplinary reasons they will not be eligible to play in the UFLX for the remainder of the 2026 season.

11. Concussion Protocol

OFFICIAL CONCUSSION PROTOCOL & RETURN-TO-PLAY POLICY

1. Purpose

The Universal Football League Xtreme (UFLX) is committed to protecting the health, safety, and long-term well-being of all athletes. This protocol establishes mandatory procedures for concussion recognition, removal, evaluation, reporting, and return-to-play.

2. Definition

A concussion is a traumatic brain injury caused by a blow to the head or body resulting in rapid movement of the brain, with or without loss of consciousness.

3. Mandatory Removal From Play

Any player suspected of having a concussion must be removed immediately from play.

Signs requiring removal include:

- Loss of consciousness
- Confusion or disorientation
- Balance problems
- Headache or dizziness
- Memory impairment
- Visual disturbance
- Behavioral changes
- Nausea or vomiting

Removal may be initiated by officials, coaches, medical staff, spotters, or league representatives.

4. Sideline Evaluation & Red Flag Symptoms

Red Flag Symptoms (EMS Required):

If a player exhibits any of the following, Emergency Medical Services (911) must be activated immediately:

- Loss of consciousness
- Seizure activity
- Repeated vomiting
- Severe or worsening headache
- Slurred speech or confusion
- Unequal pupils
- Inability to stand or walk
- Neck pain or neurological weakness

The player is ruled out indefinitely until medically cleared and approved by the league.

5. No Same-Day Return

Any player suspected of having a concussion is prohibited from returning to the game or any UFLX activity on the same day unless the player is evaluated and formally cleared of a concussion by a licensed medical professional on the sideline.

If no certified medical professional is present, or if there is any doubt regarding the diagnosis, the player is automatically ruled out for the remainder of the day.

When in doubt — sit them out.

6. Mandatory Doctor Approval to Return to Play

Any UFLX player diagnosed with or suspected of sustaining a concussion is prohibited from participating in any UFLX activity until written medical clearance and approval to return to play is submitted by a licensed medical doctor.

Accepted medical providers:

- MD or DO
- Neurologist
- Sports Medicine Physician
- Licensed Concussion Specialist

Medical clearance must confirm the athlete:

1. Was evaluated for concussion
2. Has fully recovered
3. Is symptom-free
4. Is medically cleared for full-contact football

Clearance must be submitted to the Team Head Coach and the UFLX League Office.

League approval is required before the athlete may dress or participate.

7. Graduated Return-to-Play Progression (Minimum 24 hours per step)

1. Rest
2. Light aerobic activity
3. Non-contact football drills
4. Helmet-only practice
5. Full-contact practice (after medical clearance)
6. Return to competition

If symptoms return at any stage, the athlete must return to the previous step after 24 hours of rest.

8. Reporting Requirement

All suspected concussions must be reported to the UFLX League Office within 24 hours of the incident.

9. Violations & Enforcement

Teams found allowing players to participate without proper medical clearance or league approval will face player disqualification, team fines, game forfeiture, and additional league discipline.

UFLX SAFETY STANDARD

Protect the Player • Protect the Game

UFLX Board

Commissioner - Geon-Marteece McKinnis

President -Tom Green

VP (League Operations) -Mathis Jackson

VP (Football Operations)- Brent Bargerstock

Director of Team & League Affairs -Steve Korossy

Director of Strategic Partnerships- Henry Mitchell

Director of Marketing- Safari McElroy

