

United Football League (UFL) announces innovative rules for 2024 to deliver fast-paced experience for fans

ARLINGTON, TX – February 13, 2024 – The United Football League (UFL) will continue to build on the innovation of both the XFL and USFL with its rules for the 2024 season.

The UFL has adopted several innovative rules from both previous leagues to deliver an exciting, fast-paced game with plenty of action.

The UFL has adopted the XFL's points after-touchdown options. Kickoffs will resemble the USFL's more traditional-style

Slight modifications have been made to the rules that overlapped, including alternate possession options in the fourth quarter. Both leagues implemented opportunities in 2023 for teams that are trailing or if the scores are tied. In 2024, the UFL will offer a 4th-and-12 from the 28-yard line.

play, with a modification moving the kickoff line back to the 20-yard line.

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2024 UFL RULES HIGHLIGHTS

Points After Touchdown

Teams will have three scrimmage play (run/pass) options following a touchdown.

- 2-yard line = 1 point for a successful try
- 5-yard line = 2 points for a successful try
- 10-yard line = 3 points for a successful try

Kickoffs

Kickoffs will look like more traditional college/NFL kickoffs but will take place from the 20-yard

line of the kicking team. A kick-off out of bounds will give possession to the receiving team 30 yards from the spot of the kickoff or at the spot where the ball went out of bounds. A kickoff that is untouched by the receiving team may only be recovered by the kicking team up to 20 yards from the spot of the kick.

Other Kicking/Touchback Rules

All touchbacks on kicks (punts or kickoffs) will be placed at the receiving team's 25-yard line. Any punt that goes out of bounds inside the receiving team's 25-yard line will be considered a touchback and placed at the 25-yard line. Non-kicking touchbacks will also be placed at the 25-yard line.

Alternate Possession Option

While onside kicks are allowed at any time during the game, teams will have an alternate op-

tion to retain possession in the fourth quarter. If a team is tied or behind during the fourth quarter, it may elect to retain possession after a score with a 4th-and-12 from its own 28-yard line.

Two Forward Passes

Teams will be allowed, as they were in both leagues last season, to throw two forward passes on one play. The ball cannot cross the line of scrimmage at any time prior to the second forward pass being thrown.

Catch Definition

A completed catch or interception is defined as a player securing control of the ball prior to the ball touching the ground; and touching the ground inbounds with both feet or with any part of his body other than his hands.

Defensive Pass Interference

Defensive pass interference will result in a 15-yard penalty or a spot foul if the foul occurred less than 15 yards downfield. Inten-

tional defensive pass interference will result in a spot foul if it is beyond 15 yards downfield.

Replay Reviews

Designated members of the officiating department may stop a game at any time before the ball is next legally put in play to review a play if the play is reviewable, there is reasonable evidence to believe an error was made in the initial ruling and it would have a direct, competitive impact on the game. These reviews will be made from a secure location separate from the site of the game. Any call or non-call related to player safety is also subject to review at any point during the game, as well as any officiating ruling in the last five minutes of the fourth quarter or overtime that is obviously incorrect and will have a significant impact on the outcome of the game.

Coach Challenges

Each coach may challenge any ruling, including fouls or potential fouls, one time during the

course of a contest, provided the team has a timeout remaining. A successful challenge will not result in a loss of a timeout, while the timeout is lost if the challenge is unsuccessful.

Overtime

Overtime will consist of alternating attempts to score from the opponent's 5-yard line with no kicks allowed. It will be a best-of-three format or until a winner has been determined.

The rules are available for download in PDF format: UFL Rules 2024. Visit TheUFL.com

About the United Football League

The United Football League (UFL) is set to launch as the premier spring football platform, formed by the merging of the XFL and USFL in 2024. The UFL has eight teams in Arlington (TX), Birmingham (AL), Detroit (MI), Houston (TX), San Antonio (TX), Memphis (TN), St. Louis (MO), and Washington D.C.

February is
Black History Month

Grizzlies sign GG Jackson to multi-year contract

Grizzlies Waive Chimezie Metu

MEMPHIS, Tenn. – The Memphis Grizzlies announced the team signed forward GG Jackson II to a multi-year contract. Per team policy, terms of the deal were not disclosed. In a related move, the Grizzlies waived forward Chimezie Metu.

Jackson II (6-9, 215) has appeared in 20 games (one start) as a rookie for the Grizzlies this season and has averaged 9.9 points and 3.5 rebounds in 18.3 minutes since he was selected by Memphis with the 45th overall pick in the 2023 NBA Draft and signed a two-way contract with the team on August 31.

The NBA's youngest player this season, the 19-year-old became the youngest player in franchise history to appear in a game when he made his NBA debut (at 18 years, 317 days) on October 30. The South Carolina native, who scored a career-high 27 points on February 8 vs. Chicago, has averaged 16.8 points, 5.7 rebounds and 1.0 blocks while shooting 46.0 percent from the field and 39.7 percent from 3-point range in 10 games this season where he has played at least 20 minutes.

Metu (6-9, 225) was acquired by Memphis from the Phoenix Suns in a three-team trade also involving the Brooklyn Nets on February 8. The 26-year-old has appeared in 246 games (31 starts) in six seasons with the San Antonio Spurs, Sacramento Kings and Suns since he was selected 49th overall in the 2018 NBA Draft.

Memphis Showboats 2024 UFL Schedule



Date Opponent Time (CT) TV

March 31 at Houston Roughnecks 2 p.m. ESPN
April 6 vs. San Antonio Brahmas 11 a.m. ESPN
April 13 at Birmingham Stallions 6 p.m. FOX
April 20 at St. Louis Battlehawks 11:30 p.m. ABC
April 28 vs. Michigan Panthers 2 p.m. FOX
May 4 vs. Birmingham Stallions 11 a.m. ABC
May 11 at Arlington Renegades Noon ESPN
May 18 at Michigan Panthers 3 p.m. FOX
May 26 vs. D.C. Defenders 1:30 p.m. FOX
June 2 vs. Houston Roughnecks 6 p.m. FOX

Will Dibo named AAC Men's Co-Field Athlete of the Week



Will Dibo

MEMPHIS, Tenn. – University of Memphis Track & Field sophomore Will Dibo was named American Athletic Conference (AAC) Men's Co-Field Athlete

Dibo, a Vienna, Austria native, earned the honor after launching a lifetime-best mark of 21.82 meters (71'7.25") to finish runner up at the Bulldog Invite on Feb. 9 and improve his No. 2 all-time in the event at Memphis.

of the Week, the conference announced Tuesday afternoon.

Dibo, a Vienna, Austria native, earned the honor after launching a lifetime-best mark of 21.82 meters (71'7.25") to finish

runner up at the Bulldog Invite on Feb. 9 and improve his No. 2 all-time in the event at Memphis. Dibo's mark leads The American, is third in the NCAA South Region and No. 18 in the NCAA this season. He came back on Saturday (Feb. 10) and threw 21.25 meters (69'8.75") to again finish as runner-up in a stacked field at the Bulldog Open.

A season ago, Dibo was silver medalist in the weight throw at the 2023 AAC Indoor Championships. He and the Tigers will have one more weekend of regular-season competition to prepare for the 2024 AAC Indoor Championships scheduled for Feb. 23 and 24 at The CrossPlex in Birmingham, Alabama.

The Tigers head to Cape Girardeau, Mo., on Friday, Feb. 16 to compete at the Redhawks Open, hosted by Southeast Missouri State.

For complete information on Memphis Tiger Track & Field, visit www.GoTigersGo.com and follow the team's social media channels on Twitter, Instagram and Facebook.

F.Y.H. = For Your Health

NFL and UNLV medical leaders convene for Health and Safety Super Bowl Medical Summit

LAS VEGAS — February 12, 2024 — Medical leaders from the National Football League and Kirk Kerkorian School of Medicine at UNLV, in partnership with UNLV Health, hosted the NFL Health and Safety Super Bowl Medical Summit on Friday, February 9, 2024, ahead of Super Bowl LVIII at Allegiant Stadium.

The day-long conference was led by top medical experts from the NFL and the Las Vegas medical community, who presented and discussed a number of im-

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portant sports medicine topics, including concussion protocol and management, innovations in protective equipment, injury reduction, emergency medical management, enhanced training practices, and supporting the next generation of talent in sports medicine.

"We're grateful to have the opportunity to gather with our sports medicine colleagues to discuss the latest research, innovations and practice enhancements as another tremendous NFL season comes to a close," said NFL Chief Medical Officer

Williams Jr. (6-6, 205) has appeared in 40 games (21 starts) with the Grizzlies this season and has averaged 9.3 points, 5.5 rebounds and 2.6 assists in 26.0 minutes. The second-year standout has averaged 16.7 points, 6.4 rebounds, 4.3 assists and 1.4 steals in 34.6 minutes while shooting 47.4 percent from the field and 42.3 percent from 3-point range in his last 13 games...The 23-year-old Toledo native is the 21st player in franchise history to be named to the Rising Stars game.

47.4 percent from the field and 42.3 percent from 3-point range in his last 13 games.

Selected by Memphis with the 47th overall pick in the 2022 NBA Draft out of VCU, Williams Jr. initially signed a two-way contract with the Grizzlies before signing a multi-year contract on Jan. 10, 2024.

The 23-year-old Toledo native is the 21st player in franchise history to be named to the Rising Stars game.

The 2024 Panini Rising Stars will feature select NBA rookies and sophomores and NBA G League players competing in a four-team mini-tournament with three games, each played to a Final Target Score.

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Do You Know This About Black History?

- The U.S. Supreme Court hands down the ruling of "Nixon vs. Herndon" which said that it is unconstitutional for states to not allow African Americans to vote in primary elections. The ruling was handed down in 1927.
- In 1955, 14-year-old Emmett Till from Chicago is murdered in Money, Mississippi.
- Anheuser-Busch Breweries and Teamsters Union allow African Americans to apply for union jobs at Anheuser-Busch in 1958.

- The Dred Scott decision was handed down on March 6, 1857, essentially declaring that Black slaves could be returned to their former owners, even if the slaves had managed to escape to free soil.
- On August 8, 1965, the Voting Rights bill becomes law.
- In 1941, the Atlanta Urban League won the right for Black women to be addressed as "Mrs." in predominantly white newspapers.