LEAGUE HANDBOOK

I. Rules
II. Policies
III. Bylaws

Edited by

Lincoln Youth Football League, Inc.

Board of Directors

Revised, Approved

January 19, 2021

DEFINITIONS **7**

RULES **9**

DIVISIONS 9
LEAGUE-WIDE AGE, GRADE, AND WEIGHT LIMITS 9
LEVEL/DIVISION OF PLAY WAIVER 9
PLAYER ELIGIBILITY - MISCONDUCT 10
REGISTRATION 10
DISTRICTS 11
PLAYERS IN DISTRICT 11
BOUNDARY VIOLATIONS 11
PRACTICES 12
COACHES, ATHLETIC DIRECTORS, SPONSOR REPS, AND VIDEO OPERATORS 12
PARTICIPATION 12
LINE-TO-GAIN CREW 12
GAME BALL & BALL PERSON 12
MOUTHGUARDS, MOUTHPIECES, AND TEETH PROTECTORS 13
ROSTERS 13
NUMBERING OF PLAYERS 13
WEIGH-INS 13
DOTTED LINEMAN RULE 14
GAME CLOCK 14
OVERTIME RULE 15
TIME KEEPING OFFICIAL 15
LEAGUE STANDINGS AND PLAYOFFS 16
BALL SIZES 16
UNSPORTSMANLIKE CONDUCT PENALTY - COACH 16
ADDITIONAL "B" RULES 16
ADDITIONAL "C" RULES 16
ADDITIONAL "D" RULES 17
ADDITIONAL "ROOKIE" RULES 19
ADDITIONAL "FLEX FOOTBALL" RULES 21

POLICIES **23**

PURPOSE AND PHILOSOPHY 23
SPORTSMANSHIP 23
COACHES AND STAFF MEMBERS 24
BACKGROUND CHECKS 25
COACHING CERTIFICATIONS 25
GAME DAY 25
REGISTRATION OR GATE PASS REFUNDS 25
SCHOLARSHIPS 26
WEATHER- OR OTHER-RELATED GAME OR PRACTICE CANCELLATIONS 26
CANCELLATION MAKE-UP GAMES 26
E-MAIL NONDISCLOSURE 26
NEPOTISM 26
TOBACCO, ALCOHOL, CONTROLLED SUBSTANCES, AND PROFANE LANGUAGE 28
CONCEALED WEAPONS 28
MISCONDUCT 28
COMPLAINTS, INVESTIGATIONS, DISCIPLINE, AND SANCTIONS 29
TEAM SPONSOR DISMISSAL OF COACHES AND/OR STAFF MEMBERS 30
TEAM EQUIPMENT 31

First Aid and Injuries 31
Game Day First Aid and Injury Responses 33
Insurance 33

BYLAWS 35

ARTICLE I – GENERAL PROVISIONS 35
ARTICLE II – TEAM SPONSORS 35
ARTICLE III - BOARD OF DIRECTORS 36
ARTICLE V – EXECUTIVE COUNCIL 39
ARTICLE XIII - AMENDMENT TO BYLAWS 41

MAJOR EDITORIAL CHANGES FOR RULES AND/OR POLICIES 44

SCHEDULE / CALENDAR OF EVENTS 46

COMPLAINT FORM 47

7 ON 7 RULES 49

A. Practice times and locations are at the discretion of each team/district. 49
B. All games will be played at the ***Runza Sports Complex, 225 South St, Lincoln NE*** 49
C. Inclement Weather Policy: In the event weather does not allow for games to be played, Lincoln Youth Football League will make every attempt to accommodate games on alternate days/evenings for makeup games, to the furthest extent possible. Teams may not coordinate makeup games independently of LYF. 49
D. Refunds are only available via Registration Insurance, purchased at the time of player registration 49

II. FIELD DIMENSIONS 49

A. Field length shall be 50 yards in overall length, 40 yards with a 10-yard endzone. 49
B. First downs will be at the 25- and 10-yard lines, marked with pylons/cones. 49
C. Two games may be played at the same time, on one field, space permitting. 49

III. GAME LENGTH 49

A. 25-minute, running clock. 49
B. Game clock will start running at the ***first ready for play*** whistle. 49
C. Referee will declare time remaining at the 10, 5 and 2-minute marks. 49
D. Each game will maintain its own clock. 49
E. Referee will declare ***"One More Play"*** where time will expire during play. 49
F. No timeouts 49
G. In the event of an injury, play/clock will stop until injured player(s) are safely removed from the field of play. Clock will start upon referees ***ready for play*** whistle. 49
H. Game may not end on a defensive penalty, unless declined by the offense 49
I. Overtime may occur as needed 49

IV. START OF GAME 49

A. Home team will take the west sideline team box; Away team will take the east sideline team box 49
B. 5-Minutes prior to game start, team captains will meet with Referee for one match of Rock-Paper-Scissors. Winner will be awarded option of first offensive possession. 49
C. Ball will be spotted and whistled ready for play on time; each team is responsible to be ready at scheduled game time. 50
D. Teams not ready for play 10-minutes after scheduled start time will forfeit the game. 50

V. POINT VALUES 50

A. Offensive TD = 6 points 50
B. Offensive PAT 50
C. Safety (Tackle behind the +40-yard line) = 2 points 50

D. Defensive Interception = 2 points 50
E. Defensive PAT interception = 0 points, PAT no good 50
F. Tie Breaker Victory = 1 point 50

VI. TIE BREAKER PROCEDURE 50

A. Rock-Paper-Scissors to decide possession. Winner has first option of possession. 50
B. Each team will have one (1) offensive play from the +40-yard line, with choice of hash. 50
C. No running plays allowed during tie breaker. 50
D. Team with the most yards gained in their single play will be awarded one (1) point. 50
E. If neither team out gains the other, Tie Breaker procedure will repeat, alternating initial possession, until a winner is determined 50

VII. TEAMS 50

A. Teams will be composed of athletes from the same geographic districts as set forth by Lincoln Youth Football League 50
B. Team Size 50
C. Division are determined by rising grade (Fall 2021) 50

VIII. ELIGIBILITY 51

A. Any student going into 3rd to 9th grades (Fall 2021) is eligible to participate in appropriate divisions. 51
B. Players may opt to play up one (1) division 51
C. No player may play down a division. 51
D. Players must follow Nebraska state age/grade guidelines and participate in the appropriate division or up one division. 51
E. Any player or parent found falsifying an athletes' grade, will be banned from play for one (1) year, forfeiting all registration fees 51
F. Coaches are required to verify athletes' grades 51

IX. EQUIPMENT 51

A. Teams must wear matching, numbered jerseys. 51
B. Mouthguard must be worn at all times. 51
C. Hard shell helmets and shoulder pads are not permitted 51
D. Soft shell helmets and shoulder pads are not required, but are optional. 51
E. Footwear may not include metal cleats. 51
F. Teams must provide their own footballs 51

X. COACHING 51

A. Sportsmanship is a requirement of everyone involved, no exceptions 51
B. One (1) offensive coach is permitted in the offensive huddle 51
C. After the huddle breaks, the coach must remain positioned 10 yards behind the LOS 51
D. All remaining coaches must be on the sideline and off the field. 52
E. Coach challenges are not permitted 52
F. No defensive coaches allowed on the field. 52
G. Teams will be given one (1) sideline warning during game play. Second sideline infraction will result in a 10 yard/half the distance penalty. Third sideline infraction will result in coach(s) ejection. 52
H. Maximum of five (5) coaches per team. 52
I. Coaches are responsible for both players and parents 52

XI. OFFENSE 52

A. Offensive possession will start on the +40-yard line, with choice of hash. Middle is default. 52
B. Offense must begin play before expiration of play clock. 52
C. Offense is responsible for retrieving and returning the ball to the LOS. Failure to do so in a timely fashion will result in a delay of game penalty 52

D. Lateral motion (away from or parallel to LOS) is allowed by one (1) backfield player. 52
E. Offensive shifts are allowed. 52

XII. SNAPPING THE BALL 52

A. Offenses must provide a center at all times. The center is not an eligible receiver. Center can be a player or coach. 52
B. The snap must come from the LOS each play 52

XIII. FIRST DOWNS 52

A. Offense has three (3) downs to achieve the line to gain or a touchdown. 52
B. First Downs/Line to Gain will be marked with pylons/cones at the +25- and +10-yard lines. 52

XIV. PASSING 53

A. Whoever receives the snap from the center is the QB. 53
B. QB must release the ball prior to the 4.50-second mark. 53
C. If the 4.50-second clock expires prior to the QB releasing the ball, the Referee will declare a sack, resulting in a loss of down and ball being placed at the previous spot. 53
D. 4.50-second clock violation on 3rd down will result in a turnover on downs. 53
E. All passes must be legal NFHS attempts. 53
F. Laterals after a forward pass are not permitted. 53

XV. RUNNING 53

A. Player who receives the snap is the QB and is not eligible to rush the ball. 53
B. The offense may run the ball at any time EXCEPT inside the ***No Rush Zone***. 53
C. No Rush Zone is defined as the portion of the field from the +10-yard line to the goal line. 53

XVI. BLOCKING 53

A. Blocking is permitted within the designated Contact Zone. 53
B. Blocks must be initiated with and maintained with the hands. 53
C. Blocking beyond the Contact Zone will result in an Illegal Block penalty, enforced from the previous spot. 53
D. Holding penalty will be enforced from the previous spot. 53

XVII. DOWNING THE BALL CARRIER 53

A. Ball carrier is ruled down when touched below the neck with one hand by any defensive player after having possession of the ball. 54
B. Excessive force by shoving, pushing or striking, by defensive player while making a stop team will result in an Unnecessary Roughness penalty. 54
C. Any stop behind the +40-yard line will result in a safety (2 points). 54
D. Responsibility to avoid contact is with the defensive player. 54

XVIII. DEFENSIVE FORMATIONS 54

A. Defenses may not have 8+ players in formation at any time 54

XIX. BLITZING 54

A. Defensive players may not cross the LOS until the QB executes an exchange to an eligible RB/WR/TE 54
B. Blitzing, on any down, is not allowed and will result in an Illegal Procedure penalty from the end of the play. 54

XX. DEFENSIVE COVERAGE 54

A. Coverage will be at the discretion of the defense 54
B. Press/Bump coverage is allowed. Contact may only occur within the Contact Zone. Once the offensive player has left the Contact Zone, defensive players may not hinder/impede the progression of the receiver. 54
C. Face guarding is legal, but contact may not be made. 54

D. INTERCEPTIONS MAY NOT BE ADVANCED BY THE DEFENSE, WILL BE WHISTLED DEAD IMMEDIATELY, WITH 2 POINTS AWARDED TO THE INTERCEPTING TEAM AND CHANGE OF POSSESSION AT THE +40-YARD LINE. 54

XXI. SUBSTITUTIONS 54

B. DEFENSE 56
C. PENALTY ENFORCEMENT NEAR +40-YARD LINE 56

INSURANCE CLAIM FORM 58

DEFINITIONS

LYF: *Lincoln Youth Football League*, Inc, also known as *the LYF League* or *the League*, is a 501(c)(3) non-profit corporation organized in the state of Nebraska. The LYF League is governed by its bylaws (Section III).

Players: Boys and girls within and including the ages of 6 to 14 years old in Lincoln, Nebraska and the surrounding communities who's parent(s) or guardian(s) register them to play in the LYF League.

Families: May include players, parents, guardians, or other family members of the players who are somehow connected to the LYF League. The League defines the primary caregiver(s) of the player(s) as the adult(s) who can lawfully demonstrate legal guardianship of the player(s) and who's contact information is listed in the League's player registration database.

Team Sponsors: For-profit or nonprofit companies or organizations who execute a written agreement with the LYF League based on mutually-beneficial terms established by the League Board of Directors. Each Team Sponsor is assigned a district in or around Lincoln with specific boundaries within which that Sponsor's players/families reside. There are a finite number of Team Sponsors representing regional districts in Lincoln.

League Sponsors: For-profit or nonprofit companies or organizations who execute a written agreement with the LYF League based on mutually-beneficial terms conceptualized by the League Board of Directors. There may be an infinite number of League sponsors, since this type of sponsorship is not limited by regional districts in Lincoln.

Volunteers: May include Coaches (Head, Associates, Assistants, Coordinators, or other Coaching Staff members), Video staff, Booster Club members, Sponsor/District Representatives, Alternate Sponsor/District Representatives, Sponsor or Team Coordinators, members of the Board of Directors, the LYF League President, or any other individual or group of individuals who volunteer their time or personal resources to the LYF League with no expectation of monetary or in-kind valuation or compensation for their time or personal resources.

Employees: May include hourly, salary, and contract laborers who have received compensation from the LYF League for their services to the League. All employees are hired by and report to the LYF League Commissioner or Commissioners designee, and the Commissioner reports to the LYF President.

Rules: A set of explicit or understood regulations or principles governing the conduct and play of the game of football within the LYF League. League rules are generally regarded as on-the-field rules of football. Section I below.

Policies: Courses or principles of action proposed and adopted by the LYF Board of Directors. League policies are generally regarded as off-the-field rules. Section II below.

Bylaws: Rules established by the nonprofit League corporation to govern the actions of its Board of Directors to best serve the League and its community. Section III below.

LYF League: When rules, policies, or bylaws refer to decisions or actions that have been or shall be made by the “League” or “LYF” or the “LYF League” or “League Officials” this refers to the LYF League Commissioner. See Bylaws for further definition.

Executive Council: When rules, policies, or bylaws refer to decisions or actions that have been or shall be made by the “Executive Council,” this refers to the President, Vice President, and Secretary of the LYF Board of Directors. See Bylaws for further definition.

Board of Directors: When rules, policies, or bylaws refer to decisions or actions that have been or shall be made by the “Board” or “Board of Directors,” this refers to the 9-member LYF Board of Directors, including 8 Team Sponsor Representatives and 1 unaffiliated President. See Bylaws for further definition.

RULES

All LYF games are governed by the National Federation of State High School Association (NFHS) rules, unless otherwise noted below.

DIVISIONS

The LYF League offers youth football at 6 different divisions based on skill level, age, and weight:

1. **A division (A)**: Full contact, ≤ 14 years old, no weight restrictions, NFHS rules, playoff-eligible
2. **B division (B)**: Full contact, ⩽ 14 years old, unrestricted, NFHS rules, playoff-eligible
3. **C division (C)**: Full contact; ⩽ 13 years old; ⩽ 140 lbs unrestricted, > 140 lbs dot-restricted, modified rules, playoff-eligible
4. **D division (D)**: Full contact; ⩽ 12 years old; ⩽ 125 lbs unrestricted, > 125 lbs dot-restricted, modified rules, no playoffs
5. **Rookie division (R)**: Full contact; ≥ 8, but ≤ 11 years old; ≥ 50 lbs, ≤ 110 lbs; modified rules, no win-loss standings, no playoffs
6. **Flex Football division (Flex)**: Limited contact; soft-shell helmets and shoulder pads; ≥ 6, but ≤ 8 years old; modified rules, no win-loss standings, no playoffs

LEAGUE-WIDE AGE, GRADE, AND WEIGHT LIMITS

- **Age** – Players must be ≥ 6 years old as of October 15 of the current season. Players must be ≤ 14 years old as of October 15 of the current season.
- **Grade** – No 9th grade students (or older) are eligible to participate.
- **Weight** – See specific rules for C, D, and Rookie divisions. There are no maximum or minimum weight rules for A division players.

LEVEL/DIVISION OF PLAY WAIVER

Rules pertaining to which level/division of play (i.e., B, C, D, Rookie, or Flex) a participant is assigned by the Sponsor may be waived on a case-by-case basis. A revocable waiver will be granted by the LYF League at the request of the Sponsor based upon the overall ability of the player to compete at the level/division of play by rule. Prior to the first game, the LYF League will provide each Sponsor a list of all Sponsors' rosters for each team including player number, age, and weight. A Head Coach through the Sponsor Representative and Athletic Director may petition the League to revoke a player's waiver. A waiver may be revoked at any time.

Sponsors must report to the LYF League all players who fall into any of the following exceptions:

Weight Limits:

Players at C or D divisions who exceed the “play any position weight” will be designated by a single helmet dot. A dot-restriction is given if the player is over the weight limit for his assigned division, but the player’s age or ability is not sufficient to play at a higher division. See “Dotted Lineman Rule.” The LYF League does not endorse any type of weight loss or gain program.

Age Limits:

Players at C, D, Rookie, and Flex have specific age restrictions. Sponsors must indicate on their rosters at the preseason weigh-in if the Sponsor assigned a player to a division where the player is an allowed exception.

The LYF Executive Council has the obligation to move a waived player to a level/division of play that is appropriate for the player’s weight, age, and skill level. The LYF Executive Council is granted special permission by the LYF Board of Directors in unique situations to waive any level/division of play rules on a case-by-case basis.

PLAYER ELIGIBILITY - MISCONDUCT

If, prior to kick-off or first play of a game or during any game, any player is claimed as eligible for a game by any means not within the rules (for example, changing jersey number), that player shall be ineligible to play that day or for the remainder of the game. If the incident is discovered after the game has been completed, the team with the ineligible player shall forfeit the game and the player shall be suspended from the League for one week (i.e., will not play the following Sunday). The suspension is immediate. It is within the discretion of the LYF Executive Council that the player and all coaches involved may be expelled from the LYF League permanently.

REGISTRATION

- All registrations and team assignments must be processed, approved and assigned through the LYF League office prior to any equipment being issued.
- All registrations must be completed online through the League registration software.
- No player may participate without all of the following:
    - Street address of the player’s parent/legal guardian.
    - Payment of registration fee in full or, if eligible for scholarship, payment in the unsubsidized amount set by the Board.
    - Parent/guardian’s consent and release to play,
    - Attestation that the player meets LYF’s age requirements,
    - Attestation that the player had a physical within the prescribed timeframe.
    - Though not required at time of registration, the player’s family must provide the certified birth certificate and/or physical form upon request by the LYF League.
    - Players participating in another contact football program cannot play in the LYF League.

DISTRICTS

Districts are set by the LYF Board of Directors**.**

PLAYERS IN DISTRICT

Each player shall play for the team in which district he or she legally resides.

1. **Exception:** A player may play for a Sponsor other than the Sponsor in whose district the player legally resides under only the following situations:
   a. If the player's parent coaches for an out-of-district Sponsor in the current year and that parent coached for that same out-of-district Sponsor the previous year, the player can play for that Sponsor in the current year.
   b. If the player had not registered to play in LYF prior to the current year and the parent is an active coach for an out-of-district Sponsor in the current year, the player may play for that Sponsor in the current year.
   c. If the player's parent served in an official administrative capacity for the out-of-district Sponsor the prior year and that parent serves in a substantive administrative capacity or as a coach in the current year, the player may play for that Sponsor in the current year.
   d. A player may be allowed to play out of district if the Sponsor Representatives of the residing district and the requested district both approve the request. The request must then be approved by the LYF Commissioner so that the player can be properly assigned within the registration system. The LYF Executive Council will have final approval of all out-of-district players.

2. **Definitions for these Exceptions** are:
   a. Coach – The parent must have specific responsibilities for coaching at least one of the Sponsor's teams during practices and at games.
   b. Substantive administrative capacity – The parent must have served and/or is serving in one or more of the following functions for the Sponsor.
      1) League Director
      2) Athletic Director
      3) Equipment manager or
      4) Booster/apparel director.

BOUNDARY VIOLATIONS

In the event that a player intentionally violates the rules of registration, so as to play for another Sponsor other than that to which he/she is assigned, the player will be barred from any involvement in LYF for the remainder of the season. Furthermore, should a Coach be involved in any player-district violation, the Coach will be dropped immediately from LYF and barred from any further involvement for the season.

PRACTICES

- Teams can conduct a maximum of 14 practices before the first game. A practice cannot exceed two hours. There will be no contact the first practice.
- After the first game a team may have six (6) total hours of practices and chalk talk/walk-thru. These practices and chalk talk cannot exceed two hours. The chalk talk will be conducted with no pads and no physical contact. If a practice starts and is cancelled, that practice time counts toward the six-hour limit.
- All practices will cease one-half hour before last light.
- A Coach must supervise all practices.
- There will be no Sunday practices.

COACHES, ATHLETIC DIRECTORS, SPONSOR REPS, AND VIDEO OPERATORS

Only participating coaches and players will be allowed on the team side of the field. A coach on the sideline must have his or her Sideline Pass displayed at all times to remain on the team side of the field. Other league coaches are not allowed on another team's sideline. The Sponsor Representative or Athletic Director will be responsible for immediately correcting the situation. If no action is taken, LYF will remove the coaches from the Runza Sports Complex.

Each team currently participating on the field of play is allowed one video camera on the team side of the field. The camera person shall be allowed to video the game only from the scorer's stand and will be issued a Sideline Pass by the respective team. An exception is made for the League-designated photographer to have total access to all areas of the complex.

PARTICIPATION

All players who attend practice regularly (excused absences are an exception) and actively participate with a proper attitude must play a minimum number of plays. The "A" league minimum is 10 plays per game. The "B" and "C" league minimum is 12 plays per game. The "D" and "Rookie" league minimum is 14 plays per game. Plays are defined as offensive and defensive plays (special teams plays do not count). Interested persons are asked to report any violations of the minimums to LYF officials. LYF suggests that there be a designated "play counter" to track each player's number of plays.

LINE-TO-GAIN CREW

Home teams are required to supply a line-to-gain crew (chain crew/gang). Chain crews will consist of 3 (three) individuals; one down-box operator and two stick operators. Chain crews will follow the direction of the Linesman/Down Judge during play. Chain crews need to report to their respective sideline 15 minutes prior to kickoff. Failing to provide a Line-to-Gain crew will result in an ILLEGAL PROCEDURE penalty for the HOME TEAM after the opening kickoff.

GAME BALL & BALL PERSON

Each team must supply their own game ball for games; K2/Pee Wee for Flex & Rookie divisions, TDJ for C & D divisions, TDY for A & B divisions. Ball must meet minimum

standards for size, length and inflation. Teams must present their game ball/balls to the officials no later than the time of coin toss for inspection. Teams must also designate a responsible person to be the ball person for their team. It is this individuals sole duty to have your teams game ball ready for the officials upon any change of possession.

MOUTHGUARDS, MOUTHPIECES, and TEETH PROTECTORS

Mouthguards are required per NFHS rules, but are not provided by the LYF League.

ROSTERS

A. Each team shall supply a typed roster to League Officials by the date specified on the League calendar. Requested waivers must be noted on the submitted roster. The roster shall be in numerical order, lowest number first. Once a player is listed on a given team's roster, the player may move up in play without prior LYF approval, but not down in play without prior LYF approval. LYF reserves the right to move a player when the Executive Council deems necessary.
B. Coaches & Administration:
    a. By the date specified in the league calendar, all Sponsors must submit to the league the list of all coaches and administrative staff who would qualify as allowing his/her child to play out of district as described under a. and c. in the Exceptions subsection under PLAYERS IN DISTRICT.
C. When a Sponsor submits its required team rosters in accordance with the league calendar, the Sponsor must include the names of all coaches for each of its teams plus include the names of all parents serving in a specific administrative function. A parent qualifying as a coach under b. in the Exceptions subsection under PLAYER IN DISTRICT must be specifically noted too.
D. LYF will refer to the roster of coaches and administration on file for a Sponsor for the prior year in validating an exception granted under the Exceptions subsection under PLAYER IN DISTRICT.

NUMBERING OF PLAYERS

Players in the "A" and "B" leagues are required to wear jerseys numbered according to NFHS football rules. It is recommended that "C", "D" and "Rookie" league players also be numbered according to NFHS rules whenever possible.

NFHS numbering rules: Numbers 1 through 49 are eligible receivers. Numbers 50 through 79 are linemen/ineligible receivers. Numbers 80 through 99 are eligible receivers. There is no declaring as an eligible receiver with an ineligible number.

WEIGH-INS

During weigh-ins, only one coach per team may be at the scales. Parents are not allowed within the weigh-in area. League scales will be used to determine each player's official weight without exception. LYF officers will record each player's weight, and that player will play accordingly until/unless a second weigh-in by LYF officers is performed at a later date, and the new weight changes the status of that player. Players exceeding LYF's "play any position" weight will receive their helmet dot at weigh-ins.

Pre-Season Weigh-in:

All Sponsors will weigh their C, D, and Rookie teams at the Runza Sports Complex at a scheduled time and date as set by the Board. Players will weigh-in wearing shorts, t-shirt, and socks (or equivalents). The LYF League will record each player's weight. On that day sponsors must submit rosters for each level/division and indicate any exception for a player who is assigned to that level/division. This includes the exception status of any player who misses this date's weigh-in.

Players who exceed the leagues "play any position" weight may re-weigh to remove the dot, if they meet the "play any position" weight.

DOTTED LINEMAN RULE

Specific weights for dotted linemen vary by division of League play. Refer to "Weight Limits" under "Additional League Rules" for each level/division of play. The dotted lineman positions shall consist of the following:

- Dotted linemen exceeding the "play any position" weight for that respective division of play, shall wear a helmet decal (dot) determined by the League. Any player or coach attempting to circumvent this rule by removing the decal shall be placed on a 1-week suspension (practices and game) and/or any other such action determined necessary by the League.
- Dotted linemen are required to play on the line of scrimmage.
- At no time may a dotted lineman be an eligible receiver for a pass or be allowed to carry the football. Anytime a dotted lineman gains possession of the ball (e.g., recover a fumble or muffed punt, intercepting a pass) the play is over and the ball is dead at the point of possession.
- A dotted lineman is permitted to kick extra points, field goals, and punt, but may not advance the ball passed the line of scrimmage. The penalty for advancing the ball passed the line of scrimmage will be ILLEGAL PROCEDURE.
- When a dotted lineman is not on the line of scrimmage at the snap of the ball, except as permitted as a kicker above, the offending team will be assessed an encroachment penalty.
- At no time may a dotted lineman play on kickoffs (kicking or receiving).
    - *Exception*: If a C-division team is unable to field 11-players during kickoffs or kick returns due to injury, illness, no-show, or similar circumstance, that team may supplement their kickoff or kick return teams with dotted linemen for the purpose of fielding 11 players. Under this exception, dotted linemen may not receive, or otherwise advance the ball.

GAME CLOCK

- A and B divisions will follow NFHS Rules

- For C, D and Rookie divisions, when a team is leading by 22 or more points in either half, the clock shall run continuously regardless of any event other than a time out called by the officials, a time out called by a team, an injury**,** or after any score. If the lead drops below 22 points, the clock shall return to its normal operation by LYF rules.
- For C, D and Rookie:
    - Quarters will be 10 minutes.
    - The clock runs continuously each quarter. It will stop to advance the first down markers and resume as soon as the markers are re-set. The clock will not stop for incomplete passes and running plays going out of bounds.
    - In the final two minutes of either half, the clock will run according to NFHS rules. The continuous clock rule by 22-point deficit is not changed by this two-minute rule.
    - Half-time is 5 minutes.
    - The D and Rookie divisions shall have 45 seconds between plays (with the clock running).
- Clock rules for the A and B divisions:
    - Once the game starts, the clock will run according to NFHS rules, except quarters will be 8 minutes and half time will be 10 minutes (7-minute stoppage, 3-minute warm-up).
- Play Clock
    - A, B & C divisions will employ a 40-second play clock
    - D & Rookie divisions will employ a 45-second play clock

OVERTIME RULE

For D and Rookie, when games are tied after regulation play, the teams shall play a tie breaker. This will consist of each team being allowed only one 4-down possession from the 10-yard line. If after the first tie breaker the score is still tied, then the game ends and ruled a tie. Overtime shall be played at the following end of the fields (unless otherwise directed by a member of the Executive Council). D field at the south end zone, and Rookie field at the north end zone.

A, B, and C divisions will conduct overtime play as follows. All games will be played until a team wins. NFHS tie breaker rules apply. All overtime plays will be played at the south end zone of the A field, north end zone of the B field, and south end zone of the C field.

TIME KEEPING OFFICIAL

A member of the officiating crew will be assigned as the time keeper for each game at each division of play. This official will have officiating duties that include monitoring the conduct of Coaches and players on the sidelines. Violation of league rules or unsportsmanlike conduct by a Coach or player on the sideline may be flagged by the Time Keeping Official and will be administered as an unsportsmanlike conduct penalty.

LEAGUE STANDINGS and PLAYOFFS

Win-loss records and total points shall decide the standings for A, B, and C divisions as follows:

- Win = 1 Tie = .5 Loss = 0.
- A tie in the final standings will only be broken to determine the two teams for the playoff as follows. If more than one team is tied, the following is observed until one team "falls out" and the steps are started again for the remaining teams. When there are only two teams remaining after going through the following, those are the two teams that will play.
    - Winner of head-to-head comparison among all teams breaks the tie.
    - The lowest total defensive points allowed for games against the other team(s) remaining in the tie breaker.
    - The lowest total defensive points allowed for all games played that year.
    - Coin flip.

BALL SIZES

- TDY for A and B divisions
- TDJ for C, D,
- K2/Pee Wee for Rookie, and Flex divisions

UNSPORTSMANLIKE CONDUCT PENALTY - COACH

A coach penalized twice in the same game for unsportsmanlike conduct will be removed from the field and suspended from all coaching for the following week. The League will notify the penalized coach's Sponsor Representative of the penalty. It will be the Sponsor's obligation to enforce the penalty, including the week-long suspension of coaching practices and the next game day.

ADDITIONAL "B" RULES

- **Weight limits:**
    - All weigh-ins are performed wearing shorts, t-shirt, and socks (or equivalents).
- **Kickoff Out-of-Bounds Penalty**: For a kickoff that goes out-of-bounds, the ball shall be placed on the 15-yard line.

ADDITIONAL "C" RULES

- **Age Limits:** Players must be ⩽ 13 years old as of October 15 of the current season.
- **Weight limits:**
    - All weigh-ins are performed wearing shorts, t-shirt, and socks (or equivalents).
    - All players weighing 140 pounds or less may play any position.
    - All players weighing 141 pounds or more may play as a dotted lineman in accordance with the "Dotted Lineman Rule."

    - No player that is 13 years old (as of October 15 of the current season) weighing more than 199 lbs can play at the C division.
- **First Downs**: Except for “first and goal” situations, the yardage necessary for a first down will be 8 yards instead of 10.
- **Kickoff Out-of-Bounds Penalty**: For a kickoff that goes out-of-bounds, the ball shall be placed on the 15-yard line.
- **PAT or Field Goals**: Teams may kick a field goal or P.A.T. from a field goal block or off the ground, but at no time from a kick off tee.
- **Distance Penalties**: A 5-yard penalty will be 4 yards; a 10-yard penalty will be 8 yards; a 15-yard penalty will be 12 yards.
- **Blitz Rule**: Defensive teams are allowed no more than 6 defensive linemen on any play. Players lined up on in a defensive end position may play from either a standing, 3-point or 4-point stance.
- **Defensive Linebacker and Secondary Rule**: All defensive players not in a defensive line position must be at least 5 yards off the line of scrimmage at the snap of the ball. When the offensive line of scrimmage is on or inside the 10-yard line, this depth becomes 3 yards. When the offensive center “sets” (hand on the ball), defensive players may not move off of or toward the line of scrimmage; however, lateral movement is permitted. If a player lines up or enters the 5- or 3-yard area the offending team will be assessed a 4-yard encroachment penalty.
- **Coaches on the field**: Coaches are allowed on the field for the first two games only. Each team may have two coaches on the field at all times, both offensively and defensively. The coaches on the field (both offensive and defensive) must stop talking/coaching once the offensive team breaks the huddle and approaches the line of scrimmage. In addition, all coaches must stay back a minimum distance of 15 yards from the line of scrimmage and not interfere with the play at any time. Violation of these rules shall be a 4-yard illegal procedure penalty.

ADDITIONAL “D” RULES

- **First/Second Year Players**: The D division of play should be the first or second year of play in the LYF League. Third- or fourth-year players that participate at the D division must be granted a waiver by the LYF League.
- **Age Limits**: Players must be ≤ 12 years old as of October 15 of the current season.
- **Weight Limits**:
    - All weigh-ins are performed wearing shorts, t-shirt, and socks (or equivalents).
    - All players weighing 125 pounds or less may play any position.
    - All players weighing 126 pounds or more may play only a dotted lineman position on both offense and defense.
    - No player that is 12 years old (as of October 15 of the current season) and weighing more than 135 lbs can play at the D division.
- **D division goals**:
    - The basic idea of the D division of play is to make football a good experience and to teach the players the basic fundamentals of football without putting a lot of pressure on them. It will also provide a situation where each player

should get more playing time and better instruction during the course of the game.
    - The games will be played under a controlled scrimmage-type condition, with referees administering the game. Coaches will be allowed on the field during all games. Offensive and defensive coaches may be in the huddle with their players; however, coaches must stay back a minimum distance of 15 yards from the line of scrimmage and not interfere with the play at any time. Violation of these rules shall be a 4-yard illegal procedure penalty. With this direct, on-the-field contact, Coaches can help correct mistakes and do a more efficient job of teaching the basics to these young players.
    - Referees are encouraged to explain to a player and/or Coach why or how a player was guilty of an infraction. Team Captains shall be the only ones on the field allowed to talk to the officials regarding calls. At no time is a Coach to interfere with the officials.
- **Kickoffs:** There will be no kickoffs. The ball shall be placed on the 20-yard line and play will commence from there.
- **First Downs:** Except for "first and goal" situations, the yardage necessary for a first down will be 8 yards instead of 10.
- **Field Goal and P.A.T. Attempts:** The offensive team must declare to the Referee its intentions before attempting a PAT kick or field goal, and the Referee will notify the opposing team. No fake attempt shall be made. Both teams line up normally but shall hold their positions at the snap until the ball has been kicked except for the snapper, holder and kicker. If the snap does not reach the holder, the holder may get the ball and place it to be kicked. Two points are scored for a successful PAT kick and one point for a successful run or pass.
- **Punt Following a Safety**: When a safety occurs the team giving up the safety shall punt the ball from its own 20-yard line. The "Punt" rule as described below shall be employed any time a team punts. After a safety, the kicking team may not recover the punted ball (unless first touched by the receiving team).
- **Punt**: A team may declare the intention to punt on any down. The offensive captain must declare a punt to the Referee. The Referee will then notify the opposing team that there will be a punt. The football must be punted after the punt has been declared. All players must hold their position until the ball has been punted – no jumping. No offensive or defensive player may cross the line of scrimmage until the ball has been punted. The defensive team must have 8 players within 7 yards of the line of scrimmage at the time the ball is punted. During all punt attempts, the ball must be centered/snapped to the punter by the center from his normal center stance. If the ball does not reach the punter, the punter may get the ball then return to his normal punting position and punt the ball.
- **Penalties**: All 5-yard penalties are 4 yards. All 10-yard penalties are 8 yards. All 15-yard penalties are 12 yards.
- **Blitz Rule**: Defensive teams are allowed no more than 6 defensive linemen on any play. Players lined up on in a defensive end position may play from either a standing, 3-point or 4-point stance.
- **Defensive Linebacker and Secondary Rule**: All defensive players not in a defensive line position must be at least 5 yards off the line of scrimmage at the snap

of the ball. When the offensive team's line of scrimmage is at or inside the opponent's 10-yard line, that depth becomes 3 yards off the line of scrimmage. When the offensive center "sets" or places his hand on the ball, no defensive player may move of off or toward the line of scrimmage. If a player encroaches into this area, the offending team will be assessed an Encroachment penalty of 4 yards.

- **Coaches on the Field**: Coaches are allowed on the field for all games. Each team may have two coaches on the field at all times, both offensively and defensively. In the first two games of the season, all coaches (both offensive and defensive) must stop coaching when the offensive line becomes set. For all games thereafter, all coaches on the field must stop coaching once the offensive team breaks their huddle. In addition, all coaches must stay back a minimum of 15 yards from the line of scrimmage and not interfere with the play at any time. Violation of this rule shall be a 4-yard illegal procedure penalty.
- **Game Schedule**: If the number of teams at this division allow, the League shall reserve the option to reschedule games after three weeks of play to better match the teams.

ADDITIONAL "ROOKIE" RULES

- **Won/Loss Standings**: There will be none.
- **Age Limits**: Players must be ≥ 8 years old, but ≤ 11 years old as of October 15 of the current season.
    - If a player is 8 years old as of October 15 of the current season, the player must weigh ⩾ 50 lbs, but ⩽ 110 lbs. The minimum weight of 50 lbs is consistent with the 5th – 10th percentile of weight-for-age for 9-year-old boys and girls published by the Centers for Disease Control (CDC, https://www.cdc.gov/growthcharts/clinical_charts.htm).
    - If a player enters the Rookie division at age 8, that player will be allowed to play in the Rookie division the next consecutive year (at age 9), but not thereafter.
- **Weight Limits:**
    - All weigh-ins are performed wearing shorts, t-shirt, and socks (or equivalents).
    - Rookie players must be ≤ 110 lbs.
    - Rookie players weighing > 110 lbs, but ≤ 115 lbs at team weigh-ins prior to the first game of the season will have the choice to:
        - Play the first game of the season in the Rookie division, then move to the D division for the rest of the season;

          - or -
        - Not play over weight, stay in the Rookie division, and work on making weight throughout the season. Weigh-ins would be required weekly by the League at the Runza Sports Complex prior to each Rookie game to verify playing eligibility at ≤ 110 lbs.
            - This is a one-time choice and a player will not later be able to play one Sunday and then move to the D division of play.

- No players will be allowed to play in the Rookie division weighing > 115 lbs at any time.

- **Rookie division goals:**
  - The goal is to make football a good experience and to teach the players the basic fundamentals of football without putting a lot of pressure on them. Each player in the Rookie division should get more playing time and better instruction during the course of a game.
  - Games will be played under a controlled scrimmage-like condition, with referees administering the game. Coaches will be allowed on the field during all games. Offensive and defensive coaches may be in the huddle with their players; however, coaches are obliged to be clear of the play area once the ball is snapped. With this direct, on-the-field contact, Coaches can help correct mistakes and be more efficient in teaching the basics to these young players.
  - There will be no won-loss standings kept at the Rookie division of play.
  - Referees are encouraged to explain to a player and/or Coach why or how a penalty was called. Team Captains shall be the only ones on the field allowed to talk to the officials regarding calls. At no time is a Coach to interfere with the officials.
- **First Experience Players**: The Rookie division is intended for first-year players. However, if a player enters the Rookie division at age 8, that player will be allowed to play in the Rookie division the next consecutive year (at age 9), but not thereafter. If a player enters his/her first season in the LYF League in the Rookie division at age 9, that player should play in the D division during his/her next consecutive season (at age 10). However, LEVEL/DIVISION OF PLAY WAIVERS may be considered on a case-by-case basis.
- **Kickoffs:** There will be no kickoffs. The ball shall be placed on the 20-yard line and play will commence from there.
- **First Downs:** Except for “first and goal” situations, the yardage necessary for a first down will be 8 yards instead of 10.
- **Field Goal and P.A.T. Attempts:** The offensive team must declare to the Referee its intentions before attempting a PAT kick or field goal, and the Referee will notify the opposing team. No fake attempt shall be made. Both teams line up normally but shall hold their positions at the snap until the ball has been kicked except for the snapper, holder and kicker. If the snap does not reach the holder, the holder may get the ball and place it to be kicked. Two points are scored for a successful PAT kick and one point for a successful run or pass.
- **Punt Following a Safety**: When a safety occurs the team giving up the safety shall punt the ball from its own 20-yard line. The “Punt” rule as described below shall be employed any time a team punts. After a safety, the kicking team may not recover the punted ball (unless first touched by the receiving team).
- **Punt**: A team may declare the intention to punt on any down. The offensive captain must declare a punt to the Referee. The Referee will then notify the opposing team that there will be a punt. The football must be punted after the punt has been declared. All players must hold their position until the ball has been punted – no jumping. No offensive or defensive player may cross the line of scrimmage until the

ball has been punted. The defensive team must have 8 players within 7 yards of the line of scrimmage at the time the ball is punted. During all punt attempts, the ball must be centered/snapped to the punter by the center from his normal center stance. If the ball does not reach the punter, the punter may get the ball then return to his normal punting position and punt the ball.

- **Penalties**: All 5-yard penalties are 4 yards. All 10-yard penalties are 8 yards. All 15-yard penalties are 12 yards.
- **Blitz Rule**: Defensive teams are allowed no more than 6 defensive linemen on any play. Players lined up on in a defensive end position may play from either a standing, 3-point or 4-point stance.
- **Defensive Linebacker and Secondary Rule**: All defensive players not in a defensive line position must be at least 5 yards off the line of scrimmage at the snap of the ball. When the offensive team's line of scrimmage is at or inside the opponent's 10-yard line, that depth becomes 3 yards off the line of scrimmage. When the offensive center "sets" or places his hand on the ball, no defensive player may move off or toward the line of scrimmage. If a player encroaches into this area, the offending team will be assessed an encroachment penalty of 4 yards.
- **Coaches on the Field**: Coaches are allowed on the field for all games. Each team may have two coaches on the field at all times, both offensively and defensively. In the first two games of the season, all coaches (both offensive and defensive) must stop coaching when the offensive line becomes set. For all games thereafter, all coaches on the field must stop coaching once the offensive team breaks their huddle. In addition, all coaches must stay back a minimum of 15 yards from the line of scrimmage and not interfere with the play at any time. Violation of this rule shall be a 4-yard illegal procedure penalty.

ADDITIONAL "FLEX FOOTBALL" RULES

- **Won/Loss Standings**: There will be none.
- **Age Limits**: Players must be ≥ 6, but ≤ 8 years old as of October 15 of the current season to be eligible for the Flex Football division.
- **Weight Limits:** There will be no weight limits for the Flex Football division.
- **Flex Football division goals:**
    - Bridge the gap between flag and tackle football
    - Provide player progression
    - Reduce player drop-off
    - Flexgear and style-of-play reduces head impacts
    - Provide a new entry point to football
    - Emphasize skill development for both flag and tackle football
    - Create a positive football experience and teach our youngest players the fundamentals of football without full contact. Correct body positioning, footwork, hand placement, and playing experience is emphasized.
    - There will be no won-loss standings kept at the Flex Football division.
    - Referees are encouraged to explain to a player and/or Coach why or how a penalty was called. Team Captains shall be the only ones on the field allowed to talk to the officials regarding calls. At no time is a Coach to interfere with the officials.

- The LYF League will offer Flex Football as an affiliate program of National Flex Football (NFX). Players will be required to register through the same online registration system as other divisions (A, B, C, D, and Rookie), but the registration fees are less. All protective gear (RS2 Flex helmet, RSS Flex shoulder pads) can be rented or purchased by each player/family. Game jerseys will be checked out by the LYF League.
    - NFX website: www.flexfootball.com
    - Flex gear: www.flexfootball.com/gear/
- Specific game rules will be provided before the season begins once registration number are confirmed.

POLICIES

Purpose and Philosophy

LYF's basic purpose is to guide the character development of the participants within an atmosphere of strength, endurance, ability and motor skills through instruction in the basic fundamentals of football. All of these elements are generally considered basic to an individual's health and fitness. The program strives to foster friendships and achieve clean living both on and off the playing field.

To attain these objectives, it is the responsibility of a Head Coach and his staff to be competitive, stress enjoyment, strive to win, and improve the proficiency of the team throughout the season. The primary emphasis will be placed on the thorough and competent instruction of all players in football fundamentals as opposed to over-specialized techniques or styles of play.

The LYF League is designed to be competitive. Those players that participate diligently, are agreeable, and play to their fullest capacity will participate in each game regardless of his or her natural ability. Within the LYF League, winning will provide a measure of achievement and spirit of competition; however, this motive shall not override enjoyment, good sportsmanship, equal opportunity, and the mental and physical well-being of every player.

Sportsmanship

Lincoln Youth Football would like for everyone's top priority during the football season to be good sportsmanship. Those involved are Coaches, players, parents, fans, spectators, booster groups, media, referees, and/or LYF League officials.

Every person that enters the Runza Sports Complex is expected to conduct themselves with good behavior, demeanor, and sportsmanship. Spectators are encouraged to bring a positive attitude, and in turn, encourage the Coaches and players toward a fair and meaningful competition. Entrance into the Runza Sports Complex is a privilege; therefore, everyone is expected to display good sportsmanship. There will be no negative actions or remarks made toward players, Coaches, referees, LYF League staff, or LYF League officials. There will be no physical or verbal arguments among the parents, fans, or spectators or any other manner of disrespectful acts. The LYF League officials reserve the right to eject from the Runza Sports Complex any person failing to abide by this policy. The LYF League officials will determine at their discretion how long the ejection will last from the current Sunday to the remainder of the season or even a lifetime.

One of the most gratifying experiences for an LYF football Coach is to see a player that he has coached that continues to play the game of football at higher levels/divisions. Many LYF football players participate in high school, some participate at the college level, and a few go on to play professional football. Every coach feels that he made some small contribution toward the young player's development and ultimate success.

However, the majority of youth who participate in the LYF League do not go on to play any other organized football. Even though he/she may not continue in sports beyond the LYF League, there is much gratification in the following years to have such acquaintances, and more especially, to know that a player has matured into a good citizen. The part we play in these players' lives is perhaps their only contact with the principles of discipline, team spirit, self-control, winning, losing, personal pride, and individual accomplishment.

All of us know that young people learn by "example," but we must be reminded from time to time that our conduct and sportsmanship on the practice field and during the course of a game, more so than what we tell them, will likely be emulated by the players.

It is important for a Coach to teach every player to be disciplined (an essential element for success), have respect for themselves and others, and be willing to sacrifice. Like their Coach, the players should not be permitted to display any acts of disrespect for the decisions of any official during any contest, nor should they be permitted to argue with any game official. The only player permitted to talk to the game officials is the field captain. Like the Coaches, he/she should be taught to address the official respectfully (Mr., Ms., Sir, Ma'am, or Mr. or Ms. Referee). Coaches have an obligation to set the behavioral example, control their tempers, and not openly disagree with "bad calls" by the officials. This is part of the game, and the players should be taught this principle by our LYF League coaches.

All Coaches should conduct themselves responsibly at all times and strive to serve as an example of sportsmanship. Any differences of opinion should not be discussed in front of the players. The discussion needs to take place after the game or practice. Bad language and bad examples cannot be excused. Remember, the LYF League seeks volunteer coaches who are adults capable of supervising, coaching, and setting an example for the players. Volunteer coaches must be thoughtful and careful as to what kind of example they set.

All Coaches and players shall lead the way showing the "spirit" of Lincoln Youth Football. This is accomplished by showing mutual respect for fellow coaches and a total dedication to the LYF League. One temper flare-up or sharp remark can cause lasting damage to many individuals and is counter-productive to what the LYF League is all about.

Coaches and Staff Members

The LYF League appreciates the volunteer efforts of all Coaches at all divisions of play. Players would not have this opportunity to play football without Coaches that love the game, possess the desire to get involved and give back to the community, sacrifice their time and energy, and be a part of each player's athletic and personal development.

Background Checks

The LYF League mandates annual personal background checks on each Coach, Volunteer, and/or Employee associated with the League. The League reserves the right to choose the agency that provides the annual background check, and the expenses associated with each background check will be covered by the LYF League. The League also reserves the right to use the information obtained from a background check to allow or disallow any volunteer or paid involvement with the LYF League.

Coaching Certifications

The LYF League mandates annual coaching certifications for each Coach associated with the League. The League reserves the right to allow or disallow coaching certifications, if valid, outside of those previously approved by the LYF League. Proof of a valid coaching certification must be provided for approval by League officials. Only the expenses associated with coaching certifications provided by the previously-approved vendor will be covered by the LYF League. Instructions for obtaining the previously-approved coaching certification will be provided by the League.

Game Day

Hours of operation

The Runza Football Complex will open one hour before the first scheduled game and will close one hour after the end of the last scheduled game.

Unattended children

The League has no ability and assumes no responsibility to monitor children left unattended at the complex.

Pets

No pets are allowed inside the Runza Sports Complex on any game day.

Team warm-ups

Warm-up areas include west of the A field, but south of and north of the coaches' boxes (not directly behind the coaches' boxes); space between the A and B fields; north space between the A and C fields; north space east of the C field (not directly behind the coaches' boxes); south space between the B and Rookie fields; all space around the shop area; any unoccupied space in Sawyer Snell Park, except the softball fields. Teams will be required to pay for any damage to Sawyer Snell Park softball fields due to football warm-ups.

Registration or Gate Pass Refunds

Registrations and Gate Passes are nonrefundable. However, in the unlikely event that the entire LYF League season is cancelled due to the Coronavirus, full refunds will be issued to all registrants without charging a processing fee.

Scholarships

Registration Scholarships are available for eligible applicants on a first come, first served basis. Applicants must complete and submit a Scholarship Application online at the Lincoln Youth Football website:
https://lincolnyouthfootballleague.com/scholarship-application/

Please contact the LYF Scholarship Coordinator with any questions:
scholarships@lincolnyouthfootballleague.com

Weather- or other-related Game or Practice Cancellations

Game cancellations are made by either the LYF League Commissioner and/or the LYF League President. Notices will be posted on LYF social media, website, and sent via email as soon as reasonably possible.

Practice cancellations are made by each respective Sponsor Representative / Athletic Director and posted or sent accordingly.

The Nebraska School Activities Association (NSAA) *heat index chart* will be used to guide decisions on practice and/or game modifications or cancellations.

https://nsaa-static.s3.amazonaws.com/textfile/spmeds/heatindex.pdf

Cancellation Make-up Games

The LYF League Executive Council, holds the authority to decide whether previously cancelled games will be rescheduled or permanently cancelled based on the individual circumstances surrounding each game cancellation.

E-mail Nondisclosure

It is expressly agreed upon by and between the LYF League and any LYF League Sponsor that any e-mail list generated by the LYF League is the sole property of the League. Each Sponsor acknowledges that the League takes great effort to protect the privacy of its e-mail lists, and therefore, each Sponsor agrees to use all precautions necessary to protect any such lists. In particular, each Sponsor agrees that neither the Sponsor nor any of its representatives or coaches will use an LYF League e-mail list for any outside purpose whatsoever, including any type of advertising or other related activity for the benefit of the Sponsor or other third-party not associated with the LYF League.

Nepotism

The employment of relatives can cause various problems including but not limited to charges of favoritism, conflicts of interest, family discord and scheduling conflicts that may work to the disadvantage of both the agency and its employees.

For the purposes of this policy the term “relative” shall include the following relationships: relationships established by blood, marriage or legal action. Examples

include the employee's: spouse, mother, father, son, daughter, sister, brother, mother-in-law, father-in-law, sister-in-law, brother-in-law, son-in- law, daughter-in-law, stepparent, stepchild, aunt, uncle, nephew, niece, grandparent, grandson or cousin. The term also includes domestic partners (a person with whom the employee's life is interdependent and who shares a common residence) and, a daughter or son of an employee's domestic partner.

It is the goal of the LYF League to avoid creating or maintaining circumstances in which the appearance or possibility of favoritism, conflicts or management disruptions exist. The LYF League may allow existing personal relationships to be maintained or employ individuals with personal relationships to current employees under the following circumstances:

- Individuals may not work under the supervision of the same manager;
- They may not create a supervisor/subordinate relationship with a family member;
- They may not supervise or evaluate a family member;
- The relationship will not create an adverse impact on work productivity or performance;
- The relationship may not create an actual or perceived conflict-of-interest;
- They may not audit or review in any manner the individual's work;
- They may not be employed if a member of the employee's immediate family (spouse, children, parents, grandparents, brothers, sisters, step family members, in-law family members) serves on the agency's Board or any Committee or Council which has authority to review or order personnel actions or wage and salary adjustments which could affect his/her job.

No personal employee relationship covered by this policy will be allowed to be maintained, regardless of the positions involved, if it creates a disruption or potential disruption in the work environment, creates an actual or perceived conflict of interest or is prohibited by any legal or regulatory mandate. This policy must be considered when hiring, promoting or transferring any employee.

Should relationships addressed within this policy be identified with either candidates for employment or current employees, the matter should be immediately reported to an LYF Officer (President, Vice President, Secretary/Treasurer, and/or League Commissioner) and the following policies and procedures will be followed:

- A determination will be made whether the relationship is subject to the LYF League's Nepotism policy based on the conditions described above.
- If the relationship is determined to fall within one or more of the conditions described in this policy, the LYF Executive Council in consultation with the affected employees will attempt will to resolve the situation through the transfer of one employee to a new position or identifying some other action (e.g., Supervisory reassignment) which will correct the conflict or issue identified. If accommodations are not feasible then, with affected employee suggestions, the LYF Executive Council in consultation with

the LYF League shall determine which employee must resign in order to resolve the situation.

The LYF League reserves the right to exercise appropriate managerial judgment to take such actions as may be necessary to achieve this intent of this policy. The agency reserves the right to vary from the guidelines outlined in this policy to address unusual circumstances on a case by case basis.

It is the responsibility of every volunteer or employee to identify to the LYF League's leadership any potential or existing personal relationship which falls under the definitions provided in this policy. Volunteers or employees who fail to disclose personal relationships covered by this policy will be subject to disciplinary action up to and including the termination of employment or voluntary service.

Tobacco, Alcohol, Controlled Substances, and Profane Language

The LYF League Board of Directors mandates that there shall be no use of tobacco, alcohol, controlled substances, or profane language within practice and/or game sites. Parents, guardians, fans, spectators, or anyone else who witnesses the use of these things in association with the LYF League are encouraged to contact LYF League officials with information about this policy infraction.

Concealed Weapons

As allowed under Nebraska law, the LYF League hereby exercises its right to deny access to the Runza Sports Complex anyone carrying a weapon or handgun, be it concealed or not. The LYF League Board of Directors excludes law enforcement personnel from this policy.

Misconduct

The LYF League is committed to provide a safe environment for its participants and will make every effort to prevent misconduct. As a member of USA Football, the LYF League has adopted the model youth football safe sport policy that identifies six primary types of misconduct:

1. Bullying
2. Harassment
3. Hazing
4. Emotional misconduct
5. Physical misconduct
6. Sexual misconduct (including child sexual abuse)

https://assets.usafootball.com/documents/USA_Football_Youth_Model_Safe_Sport_Policy-2-20-2015.pdf

The LYF League will identify as the *organization*, while the LYF Executive Council will serve the role of *SafeSport Committee*, both of which are defined in the policy link above.

Complaints, Investigations, Discipline, and Sanctions

The purpose of this policy is to make it known to all persons associated with LYF that there is an expected standard of behavior. The standard of behavior involves following policies, rules, and bylaws set forth by the LYF League in this Handbook. The standard of behavior involves maintaining a degree of conduct which conforms to the mission of the LYF League. Any violation of LYF rules, policies, or bylaws - or - any act which endangers the reputation of the LYF League may result in the dismissal of the person or persons involved.

Persons covered under this policy include Players, Families, Team Sponsors, League Sponsors, Volunteers, Employees, Spectators/Fans, or any other LYF League affiliate. Any person covered under this policy may register a complaint.

A complaint may result from real or perceived League rule, policy, or bylaw violations or from real or perceived conduct which does not conform to the mission of the LYF League.

All complaints will be reported to the LYF League Commissioner or LYF Executive Council and will result in an investigation.

Categories of complaints:

- *Informal* – The person registering the complaint does not wish to provide his or her identification or contact information and/or requests no follow-up contact.
- *Formal* – The person registering the complaint will provide his or her identification (name, address, phone number, email address, etc.) and request follow-up contact pending and at the conclusion of the investigation.

Informal complaint investigative process:

The complaint shall be investigated by the LYF League Commissioner or Executive Council member deemed most able to address the situation in a positive manner as directed by the LYF Executive Council. An informal complaint shall not result in any official documentation. Repeated informal complaints may result in a formal process being initiated by the request of the LYF League Commissioner or LYF Executive Council.

Formal complaint investigative process:

The complaint should be documented with an LYF complaint form (attached near the end of the Handbook). The report shall then be received by the LYF League Commissioner or LYF Executive Council's representative who will inform the LYF League Commissioner of the complaint and its circumstances. The LYF League Commissioner or LYF Executive Council's member selected to investigate the complaint shall then investigate by contacting all parties known to be involved, including participants, witnesses and others who may have information relating to the incident. Upon completion of the investigation, the results of the investigation will then be

documented and the information provided to the LYF Executive Council. The results of the investigation shall also be shared with the person who initiated the investigation as well as the parties who were the subject of the investigation.

Disciplinary action and/or sanctions:

The LYF League Commissioner or LYF Executive Council may impose disciplinary action and/or sanctions based upon the seriousness of the rule or conduct violation. Disciplinary action may result in a simple consultation with a Sponsor Representative or with an LYF Board Member. It can also result in suspension for one game, multiple games or the entire season. Disciplinary action can also result in expulsion from the League. If the violation involves a Sponsor Representative, the Team Sponsor may be requested to replace the Sponsor Representative. In the event of repeated violations occurring with a Team or League Sponsor, the LYF League Commissioner or LYF Executive Council may revoke the sponsorship and seek a replacement Team or League Sponsor.

Appeal Process:

An appeal may be directed to the LYF League Commissioner or LYF Executive Council, through the LYF League President. The LYF Executive Council will rule on the action by majority vote. A further appeal may be sought. This appeal shall also be directed through the LYF Board of Directors. The LYF Board of Directors will then rule on the action by majority vote. The decision of the LYF Board of Directors will be deemed as final.

Record Keeping:

All records of complaints will be maintained/stored by the LYF League and may be purged after a period of four years from the date of the complaint.

Team Sponsor Dismissal of Coaches and/or Staff Members

Any Team Sponsor is allowed the right to dismiss any Coach or Staff member with cause without going through the Complaint and Investigative process. Any coach or staff member removed by a Team Sponsor may not be allowed to participate within the Lincoln Youth Football program for 1 year, beginning on the last date of the regular season, unless reviewed and approved by a majority vote of the LYF Board of Directors. In addition, if a coach or staff member is dismissed during the season, the coach or staff member shall be ineligible for the remainder of that season in addition to the 1-year suspension.

Any Team Sponsor who dismisses a Coach or staff member shall notify the League in writing of the name of the coach or staff member and the reason for the dismissal.

If a Coach or staff member has been dismissed for 1 year, upon return to the League they shall be considered to be on a “zero tolerance” probation for that first year back.

Team Equipment

All football-related equipment, except for equipment that is required for players but not purchased by the LYF League (below), is the sole property of the LYF League. Each Team Sponsor shall submit an equipment budget proposal prior to the first annual Board meeting of each calendar year. Equipment purchases from the approved Team Sponsor's budget will made by an LYF employee.

The LYF League pays for First Aid supplies for each Team Sponsor up to $300 per year. Refer to the First Aid section herein for details on what supplies are covered.

Based on each Team Sponsor's annual budget, the LYF League will pay for the following equipment:

- Helmets and facemasks (NOCSAE approved);
- Chin straps;
- Shoulder pads;
- Game jerseys;
- Game pants, belts and knee pads;
- Cleaning and repairing of equipment;
- Blocking and tackling practice equipment;
- Weight scale (permissible);
- Video review software for the A division only.

Equipment that is required, but not purchased by the LYF League includes:

- Mouthgaurds
- Cleats
- Integrated girdle padding
- Practice jersey
- Water bottles

Though it is not recommended practice, if a parent/guardian provides equipment for his or her player, the equipment must have the NOCSAE label and appropriate/proper use warning. Any equipment provided by the parent/guardian that would otherwise have been provided by the LYF League requires prior approval by the Sponsor Representative / Athletic Director.

First Aid and Injuries

Concussions:

All players who are ≥12 years old on or before October 15 of the current season will be required to undergo baseline IMpACT testing through the Lincoln Orthopedic Center (LOC), if they sign up for a time offered by LOC. Those who have completed a baseline IMpACT test at some point during their years with the LYF League will not be required to complete another IMpACT test. The primary parent/guardian must sign a waiver at the time of registration to forfeit their child's IMpACT testing.

First Aid:

LYF cannot and will not assume responsibility for any first aid administered, whether the first aid was administered in accordance with the League's or USA Football's recommendations or not.

LYF recommends that each team will have a first aid kit available at each practice field and game location containing the following items:

1. A booklet on administering first aid
2. Medical scissors
3. Individually-wrapped sterile gauze*
4. Adhesive Tape*
5. Roll of sterile gauze bandage (2")*
6. Box of assorted-size, ready-made bandages (Band-aids, etc.)*
7. Bottle of antiseptic solution
8. Medical gloves
9. Blood Solution Kit

** Keep properly wrapped and clean*

Recommendations Related to Injuries

On the occasion of an injury, the LYF League recommends the following steps:

- Stay calm at all times;
- Do not move the injured player or body part until you are sure that this is proper treatment;
- In the case of an unconscious participant, make sure the airway is open. Normal breathing is always a number one checkpoint;
- On all sprains, strains and contusions, remember the acronym "ICE". "I" for ice, "C" for compression, and "E" for elevation;
- Notify the parent/guardian of the injury;
- No injured participant should be sent home and be without supervision;
- When in doubt, sit them out;
- In the event of a suspected concussion, contact the LOC representative immediately for the concussion protocol.

When in doubt as to the seriousness of an injury, activate 911 emergency response. A coach should accompany any seriously injured participant to the hospital. The Head Coach should immediately notify a parent/guardian of a serious injury.

It is recommended that you never give any internal medicines, not even aspirin, to an injured player. Any drugs, over-the-counter or otherwise, might disguise or hide vital symptoms from the physician.

Recommendations for Minimizing and/or Responding to Injuries During Practice:

The LYF League has adopted the USA Football recommendations for youth football "…to establish consistent methods designed to limit the chance for injury during

structured practice sessions." *National Practice Guidelines for Youth Tackle Football*, USA Football, p. 1.

Link to Guidelines:
https://assets.usafootball.com/documents/practice-guidelines-youth.pdf

To make football safety a central part of the game, the LYF League has adopted *Heads Up Football for Youth Leagues and Clubs* provided by USA Football.

Link to Heads Up Football:
https://usafootball.com/programs/heads-up-football/youth/

The key feature to Heads Up Football for Youth is the *Coach Certification*. This online certification is required for all LYF League Coaches and covers several components, including:

- Concussion Recognition and Response
- Heat Preparedness and Hydration
- Sudden Cardiac Arrest
- Proper Equipment Fitting
- Shoulder Tackling
- Blocking
- Coaching 101

Game Day First Aid and Injury Responses

The Lincoln Orthopedic Center (LOC) and/or LYF League Officials have complete jurisdiction on game days. Coaches are required to assist the LOC and LYF League Officials as directed, including the removal and supervision of all players to the sidelines and to locate the injured player's parents or guardians.

Injured Athlete Return to Activity Policy

The Lincoln Orthopedic Center (LOC) has complete jurisdiction over an athletes return to play protocol. Athletes, parents and coaches are required to notify LOC of player injuries, with district personnel and LYF Officials yielding to the recommendations, limitations and/or restrictions of the athlete set forth by LOC, up to and including the athletes removal from competition/play. Athletes who have not received clearance from LOC to return to play, will be held out of physical activity until such clearance has been granted byt LOC. Clearance from non-Lincoln Orthopedic Center medical professionals will not be accepted.

Insurance

Coverage:

According to League and our group insurance requirements, all participating members must be medically insured. The League group insurance coverage provides that if the injured party has other insurance coverage, that coverage would apply as primary to the

claim and the League's coverage would pay the excess after the primary insurance has paid.

Please note before filing a claim, the injury must go through the family's insurance first. The medical policy below picks up on a secondary basis with a $250 deductible after the primary is exhausted. If the family does not have insurance then the medical policy will act as the primary with $250 deductible.

Filing a Claim:

1. Section A completed by league president
2. Section B completed by parent/guardian
3. Claim form signed and dated by league commissioner.
4. Claim form submitted to AIG by league commissioner.

Claims Reporting Process:

- Accident Medical Claims (PARTICIPANTS ONLY)
- Please note on all Participant Medical Claims that the parent's or guardian's insurance is the primary. If the participant does not have insurance then this League insurance is the primary.
- Please complete the AIG CLAIM FORM (PARTICIPANTS ONLY) at the end of this handbook. After the form is completed you need to notify and send the claim form to AIG.
- Participant Medical Claims:
    - Reference Policy Number: SRG0009133720
    - AIG
    - Fax: (866) 831-3636
    - Phone: (800) 551-0824
    - Email: AHClaims@AIG.com

Additional Contact Information:

Joseph A. Micciche, Jr., Senior Account Executive
ESP Insurance Brokerage LLC
5 Burlington Woods Drive, Suite 100
Burlington, MA 01803 | (617) 398-5562 | (617) 588-2385 fax
joe.micciche@espspecialty.com | http://www.espspecialty.com/

BYLAWS

ARTICLE I – GENERAL PROVISIONS

Section 1: The name of the Corporation shall be Lincoln Youth Football League, Inc. or LYF, hereafter referred to as “LYF” or the “Corporation.”

Section 2: The purposes of LYF are exclusively scientific, charitable, and educational as used under Section 501(c)(3) of the Internal Revenue Code of 1954.

Section 3: The mission of LYF includes, but is not limited to:

> *Foster an interest in and promote football for children under the age of 15; to foster an appreciation for good sportsmanship, to teach the rules of the game of football; to provide incentives and contests to arouse and maintain children’s interest in football; to organize or sponsor groups of public spirited men and women in the community to carry out the above objects; to enlist the support of other groups interested in the welfare of children and events in the above purpose.*

ARTICLE II – TEAM SPONSORS

Section 1: A Team Sponsor is a corporation, entity, or individual in good standing with LYF who enters into an agreement with the LYF League to host youth football teams as defined by the LYF League Rules and Policies.

Section 2: Conditions of Team Sponsorship are set by the LYF Board of Directors.

Section 3: Team Sponsors will appoint a volunteer District Representative (aka, Sponsor Representative) to sit on the LYF League Board of Directors and a volunteer Alternative District Representative (aka, Alternative Sponsor Representative) to serve as a back-up. These appointments are continuous until:

a. written notice is provided from the Team Sponsor of a new appointee(s),
b. written notice of resignation is provided from the existing appointee(s), or
c. the LYF Board of Directors votes to remove the appointee(s) according to the procedures described herein.

Upon notice of vacancy, Team Sponsors will appoint new District or Alternate District Representatives.

Section 4: The District Representative (or Alternate District Representative) appointed by the Team Sponsor will be given all authorities, rights, and privileges enjoyed by an LYF League Board of Director member as defined in Article III.

ARTICLE III - BOARD OF DIRECTORS

Section 1: A Board of Directors (also referred to as “the Board”) shall govern the LYF League in a volunteer capacity and therefore be responsible for

a. the bylaws and Articles of Incorporation by which the LYF League is governed,
b. the rules and policies by which the LYF League operates,
c. districts and district boundaries for each Team Sponsor,
d. approving the LYF League annual budget, and
e. hiring and evaluating the LYF League Commissioner.

Section 2: The LYF Board of Directors shall be comprised of nine voting Board members: eight District Representatives and one President or Commisioner if the President is an affiliated member. All Board members have equal voting privileges. The eight District Representative Board members are determined by Article II of these bylaws. The President shall be determined by the following:

a. Shall be elected for a term of 3 years, with each term beginning in January. The first election seated the President in January, 2018. The second election will occur at the first meeting of the calendar year in 2020 to seat the President in January, 2021, per Article III, Section 2.c.
b. Shall not be an owner or employee of a Sponsor or have a familial relationship with anyone who is an owner or employee of the Sponsor. Nor may the President be affiliated with the operation of the Sponsor’s teams including being a parent of a player on a Sponsor’s team. The board President shall not be affiliated with any Sponsor without majority vote approval of the LYF Board of Directors. If the Board President is affiliated with a sponsor the affiliated sponsor shall only have 1 (one) vote in all matters requiring board approval.
c. Shall be elected by the Board at its first meeting of the calendar year that is one year prior to the beginning date that the President will take office. If this elected President is not the same person as the then-sitting President, the newly elected person is the President-Elect who attends Board of Director meetings in an ex-officio capacity for the remainder of the President’s term. However, if the sitting President ceases serving for any reason other than not being re-elected as President, the new President takes office immediately upon being voted into the position and serves through the end of the current Presidential term.
d. Any member of the Board of Directors may be removed for cause by vote of the residual Board of Directors.

Section 3: Although each Team Sponsor has a single vote, District Representatives and Alternate District Representatives and Athletic Directors may attend all meetings and participate in all discussions (face-to-face, email, text message, or otherwise) regarding Board of Director business.

Section 4: The Board of Directors shall conduct a minimum of four (4) regularly scheduled meetings per annum. However, Board meetings may be convened at any reasonable time upon the request of the President or a majority of the Board of Directors.

a. Notice of any meeting of the Board of Directors shall be given at least seven (7) days prior to the scheduled meeting by written notice delivered personally, sent by mail, facsimile, email, telephone, telegraph, electronic means or any other forms of wired or wireless communication or private carrier to each at Director's address as shown by the records of LYF. Each Board member will be notified by the most commonly practiced means of notification.
b. A Board member may waive notice of any meeting not properly called. The attendance of a Board member at any meeting shall constitute a waiver of improper notice of such meeting, except where a Board member attends a meeting solely to object to the calling of the meeting because it was not lawfully called or convened. Business not specified in the notice of any such meeting shall not be acted upon.
c. Business of the Board or Executive Council may be conducted digitally, including by teleconference, e-mail, text message, or other relevant electronic communication for the purposes of motions, discussions, and/or voting. A minimum period of 24 hours will be allowed for each member to participate in the digital discussion or digital voting process. A quorum (as defined herein) will be required to participate in any official, digital voting. The result of any electronic vote shall be considered for ratification at the next convened Board meeting.

Section 5: The Board will approve an annual budget at the first convened meeting of each calendar year. Reports of the financial affairs of LYF will be provided by the certified public accounting firm approved by the Board of Directors.

Section 6: The Board of Directors may organize committees as needed upon the request of the President or action by the Board of Directors. A Board of Director member shall chair each committee which may consist of additional Board members as needed. The committees shall have powers as determined by action of the Board of Directors.

Section 7: A quorum of the board and requirement to approve action are as follows:

a. Unless otherwise required by these bylaws, the presence of a majority of the Board of Directors shall constitute a quorum for the transaction of business at any meeting of the Board.
b. Unless otherwise required by these bylaws, if a quorum is present when an action is duly presented, the vote of a majority of the Directors present shall be the act of the Board of Directors. However, if less than a majority of the Board members are present at said meeting, a majority of the Board members present may adjourn the meeting.

Section 9: Board members shall not receive any direct compensation for their services. However, reimbursement of reasonable expenses directly related to the business of the LYF League may be made. In the event that the League Commissioner is seated as a voting member of the Board, the Commissioner is exempt.

Section 10: The Board of Directors approves the hiring and conducts the evaluation of a person as the League Commissioner who shall operate subject to the authority and discretion of the Board of Directors. The League Commissioner shall have and exercise all powers and authority extended to him/her by the Board of Directors in the management of LYF.

ARTICLE IV – OFFICERS AND DUTIES

Section 1: Officers of LYF shall be the President, Vice President, and Secretary/Treasurer. No one person may simultaneously hold more than one office. The President, Vice President, and Secretary/Treasurer will comprise the Executive Council of the Board of Directors as further described in Article V.

Section 2: Officers of the Board of Directors are elected per the following.

a. The President is elected and serves in accordance with Article III, Section 2 b.
b. The Vice President:
    i. Shall be a District Representative or Alternate District Representative or Athletic Director who is nominated to this officer position by the President and approved by the Board.
    ii. If election to the office is to occur:
        A. Under the normal annual election cycle, the Vice President shall be elected by the Board of Directors at its first meeting of the calendar year. This person serves a 2-year term, where at the conclusion of that term, the President will nominate a new candidate for the position or re-nominate the existing Vice President.
        B. For reason other than at the end of an election term, the position is immediately filled by the person the Board elects at the next appropriate Board of Directors meeting. This person serves until the next annual election to fill this position.
    iii. Has no limitation on the number of terms that one person may serve.
c. The Secretary:
    i. Shall be a District Representative or Alternate District Representative or Athletic Director who is nominated to this officer position by the President and approved by the Board.
    ii. If the election to this office is to occur:
        A. Under the normal annual election cycle, the Secretary shall be elected by the Board of Directors at its first meeting of the calendar year. This person serves a term of 1-year, where at the conclusion of that term, the President will nominate a new candidate for the position or re-nominate the existing Secretary.
        B. For reason other than at the end of an election term, the position is immediately filled by the person the Board elects at the next appropriate Board of Directors meeting. This person serves until the next annual election to fill this position.
    iii. Has no limitation on the number of terms that one person may serve.

Section 3: Duties of the officers are as follows.

a. The President's duties shall include the following:
   i. Preside at all Board functions and Membership meetings, and shall act as Chairman of the Board.
   ii. Recommend to the Board persons to serve as Board Vice President and Board Secretary.
   iii. Recommend for approval by the Board the chairperson of any Board committee.
   iv. Serve as official spokesperson of the LYF League, or as needed, designate a person to do so for a specific event or time frame.
   v. Upon obtaining input from the Sponsor Representatives, be responsible for the performance evaluation of the LYF League Commissioner. The President will apprise the Board of the performance evaluation.
   vi. Be an ex officio member of all committees.
b. The Vice-President's duties shall include the following:
   i. In the absence of the President, be the presiding officer at any meeting of the Board or Membership.
   ii. Fill a vacancy in the office of President while the Board of Directors seeks to fill the President position.
   iii. May serve on committees or perform other functions are needed.
c. The Secretary duties shall include the following:
   i. Ensure all meetings of the Board of Directors are properly recorded.
   ii. In the absence of both the President and Vice President, act as presiding officer at any meeting of the Board or Membership.
   iii. May serve on committees or perform other functions are needed.

ARTICLE V – EXECUTIVE COUNCIL

Section 1: The Executive Council shall be comprised of the following voting members: President, Vice-President, and Secretary and non-voting members: LYF Commissioner and COO and they shall be empowered by the Board of Directors to act as the SafeSport Committee and from time to time to deal with LYF business issues, which arise between regular meetings of the Board; provided, however, that as stated in the Act, the Executive Council may not: (i) authorize distributions; (ii) approve or propose to members action that the Act requires to be approved by members; (iii) elect, appoint, or remove any director; (iv) amend the LYF Articles of Incorporation; (v) adopt, amend or repeal the LYF Bylaws; (vi) approve a plan of merger requiring Board or member approval; or (vii) approve a sale, lease, exchange, or other disposition of all, or substantially all, of its property, with or without goodwill, otherwise than in the usual and regular course of business subject to approval by a majority of the Board. For any action taken by the Executive Council to be binding, the Board of Directors must ratify any such action by majority vote.

ARTICLE VI - DUTIES OF THE LEAGUE COMMISSIONER

Section 1: The League Commissioner shall be subject to the direction and supervision of the President and/or Executive Council, be responsible for the administration of all policies and procedures, general and active control of its affairs and business, and general supervision of its employees.

Section 2: The Board may authorize the League Commissioner to perform specific functions on behalf of the LYF League.

Section 3: The League Commissioner shall be a salaried position.

a. Shall not be an owner or employee of a Sponsor or have a familial relationship with anyone who is an owner or employee of the Sponsor. Nor may the Commissioner be affiliated with the operation of the Sponsor's teams including being a parent of a player on a Sponsor's team.

Section 4: The League Commissioner shall operate under the annual budget approved by the Board of Directors.

Section 5: The League Commissioner shall be allowed to hire employees of LYF as needed.

Section 6: In the event where the President has been approved by the board of retain his/her office, while simultaneously being affiliated with a sponsor's team, the Commissioner will be seated as a voting member of the Board of Directors and will serve as the tie-breaking vote.

ARTICLE VII - CONTRACTS, CHECKS, DEPOSITS, AND FUNDS

Section 1: The Board of Directors may authorize in writing an Officer or League Commissioner to enter into any contract or execute and deliver any instrument. Such authority may be general or confined to specific instances. Unless authorized in writing by the Board or authorized expressly by the LYF Bylaws, no Board member or employee shall have any power or authority to bind LYF for any contract, agreement, or pledge its credit or render it liable financially for any purpose or in any amount.

Section 2: All checks, drafts or other orders for the payment of money, notes, or other evidences of indebtedness issued in the name of LYF, shall be signed by such officer or officers, agent or agents of LYF in such manner as shall from time to time be determined by resolution of the Board of Directors.

Section 3: All funds of LYF shall be deposited to the credit of LYF in such banks, trust companies or other depositories as the Board of Directors may select.

ARTICLE VIII - RECORDS

Section 1: LYF shall keep correct and complete records of account and shall also keep minutes of the proceedings of its members and Board of Directors, and shall keep at the registered or principal office a record giving the names and addresses of the members and the dues payment status of each.

ARTICLE IX - SEAL

Section 1: LYF shall have a corporate seal, which shall be in the form of the LYF logo, and "Corporate Seal" inscribed thereon.

ARTICLE X - DISSOLUTION AND LIQUIDATION

Section 1: Upon dissolution of the Corporation, the Board of Directors shall, after making provisions for the payment of all liabilities of the Corporation, dispose of all assets of the Corporation exclusively for the purpose of the Corporation to such organization or organizations as shall at that time qualify as an exempt organization or organizations operated exclusively for charitable, educational, or scientific purposes under Section 501(c)(3) of the Internal Revenue Code of 1954, as amended (or the corresponding provision of any future United States Internal Revenue law) as the Board of Directors shall determine. Any such assets not so disposed of shall be disposed of by a Court of competent jurisdiction of Lancaster County, Nebraska exclusively for such exempt purposes, or to such exempt organization or organizations as the court shall determine.

ARTICLE XI - NET EARNINGS

Section 1: No part of net earnings of the Corporation shall inure the benefit of or be distributed to its members, board of directors, volunteers, officers, employees, or other private persons, except that the Corporation shall have the power to pay reasonable compensation for services rendered.

ARTICLE XII - ACTIVITIES

Section 1: The Corporation shall have all the power allowed under the Nebraska Non-Profit Corporation Act. Notwithstanding the provisions of these By-Laws, no substantial part of the activities of the Corporation shall be spent in the carrying on of propaganda or in any attempt to influence legislation directly or indirectly. The Corporation shall not participate or intervene in any political campaign on behalf of any candidate for office. The Corporation shall not carry on any other activities not permitted to be carried on by: (a) a corporation exempt from income taxation under Section 501 (c)(3) of the Internal Revenue Code of 1954 as amended, or (b) a corporation, contributions to which are tax deductible under Section 170(c)(2) of the Internal Revenue Code of 1954 as amended (or the corresponding provisions of any future United States Internal Revenue law.)

ARTICLE XIII - AMENDMENT TO BYLAWS

Section 1: Amendments to these Bylaws may be proposed at any regularly scheduled meeting of the Board of Directors. Such proposed amendments shall be considered at such initial meeting only relative to their worthiness for full consideration at the next regularly scheduled meeting of the Board. If the majority of the Board Members present at the meeting in which the amendment is proposed deems the amendment appropriate for full consideration, such amendment shall automatically be placed on the agenda of the next regularly scheduled meeting of the Board of Directors.

Section 2: Amendments duly placed on the agenda of a regularly scheduled meeting of the Board of Directors, in accordance with Section 1 of this Article, shall only be considered if there is at least a two-thirds (2/3) majority of the Board present at the Board meeting. Further, if such a two-thirds (2/3) quorum exists, a motion and a second for adoption of the amendment shall be required before the proposed amendment can

be fully discussed and considered by the Board. In the event a two-thirds (2/3) quorum is not present or a motion and second for adoption are not forthcoming, consideration of the proposed amendment must be postponed until the subsequent regularly scheduled meeting of the Board of Directors at which a two-thirds (2/3) majority are present. If a two-thirds (2/3) quorum exists and a motion for adoption of the amendment is adopted by a two-thirds (2/3) vote of the entire board, the Bylaw changes shall take effect immediately.

Section 3: Any changes to the Bylaws of LYF, whether that change be a clarification, addition, deletion, or substitution, must be communicated to the LYF membership after the changes are approved and entered into the active Bylaws of LYF and shall immediately be in full force and effect.

List of Bylaw Amendments:

- These new bylaws, in their entirety, were updated and revised between January and April of 2018. The LYF Board of Directors voted them into effect on April 20, 2018.
- An amendment on digital voting was proposed and adopted in August of 2018. Article III, Section 4, subsection c. The LYF Board of Directors voted this amendment into effect on August 7, 2018.
- Bylaws were incorporated as Section III of the LYF League Handbook on March 26, 2019
- Amendments to Article II: Removed the term “Members” and replaced with “Team Sponsors;” revised the process for determining seats on the Board of Directors; eliminated the annual meeting of the membership on March 26, 2019.
- Amendments to Article III: Revised responsibilities of the Board in Section 1; revised Section 2 to remove Team Sponsor names; aligned with revised Article II on March 26, 2019.
- Amendment to Article IV, Section 2: Alternate District Representative or Athletic Director were added to inclusion criteria for the Vice President and Secretary officer definitions in December, 2019.
- Amendment to Article V: Addition of SafeSport Committee duties on May 19, 2020.
- Amendment to Article VI: Specification of direction and supervision of the President and/or Executive Council.
- Amendment to Article III, Section 2, Paragraph b: Allow an affiliated Board member to serve as League President with majority board approval on January 19, 2021.
- Amendment to Article III, Section 9: Addition of League Commissioner be exempt from not accepting compensation when seated as a member of the Board if an affiliated Board member is elected as League President on January 19, 2021.
- Amendment to Article IV, Section 2, Paragraph b, Sub-Section ii, Line A: Add 2-year term for Vice President under normal election cycle on January 19, 2021.
- Amendment to Article IV, Section 2, Paragraph c, Sub-Section ii, Line A: Add 1-year term for Secretary/Treasurer under normal election cycle on January 19, 2021.
- Addition to Article VI: Addition of seating League Commissioner as a voting member of the board when an affiliated Board member is elected as League President on January 19, 2021

MAJOR EDITORIAL CHANGES for RULES and/or POLICIES

2019

1) Integration of rules, policies, and bylaws into one document entitled, LYF League Handbook
2) Rules
   a) Updated age ≥7 years for Flex Football; numbering of players consistent with NFHS; overtime rule; increased B weight limits
   b) Revised definition of participation (plays); 8-min quarters and clock for B
   c) Added additional rules for Flex Football
3) Policies
   a) Removed policies from rules, listed as Section II
   b) Shortened purpose, philosophy, and sportsmanship sections (wording)
   c) Updated coaching certifications; game day policies; registration and gate pass refunds; misconduct consistent with USA Football; practice guidelines and heads-up guidelines consistent with USA Football; team equipment; first aid and injuries; concussions; first aid kits; injury responses; terminology in complaints, investigations, discipline, and sanctions
   d) Added policies on scholarships; weather or other-related game or practice cancellations; cancellation make-up games; email nondisclosure; and nepotism
   e) Defined warm-up areas

2020

1) Rules
   a) Dotted Lineman Rule: Exception for B- or C-division kickoffs or kick returns
2) Policies
   a) Use of the term “Executive Council” rather than “Executive Board” throughout.
   b) Registration or Gate Pass Refunds: Update of policy.
   c) Game or Practice Cancellations: Addition of NSAA heat index chart.
   d) Misconduct: Update of USA Football’s model youth football safe sport policy.
   e) Insurance: Update of new underwriting agency and policy.
   f) Complaints, Investigations, Discipline, and Sanctions: Inclusion of Commissioner.
3) Bylaws
   a) Article IV, Section 2: Inclusion of Alternative District Reps and Athletic Directors.
   b) Article VI, Section 3: Statement of unaffiliated Commissioner.

2021

1) Rules
   a) Weight Restrictions: No restrictions for B-division, 140 lbs restriction for C-division, 125 lbs restriction for D-division.
   b) Line to Gain Crew: Home team must supply 3-person crew.
   c) Game Ball & Ball Person: Each team must supply own game ball and ball boy.
   d) Dotted Player Punting: Dotted player may punt the ball, but may not advance the ball beyond the line of scrimmage.
   e) Play Clock: 40-second play clock for A, B & C-divisions, 45-second play clock for D & Rookie-divisions.

f) Ball Size: Change ball size for Rookie to K2/Pee Wee.

2) Policies

a) Injured Athlete Return to Play Policy: Added verbiage stating LOC maintains comlpete jurisdiction over an injured athletes return to play protocol

SCHEDULE / CALENDAR OF EVENTS

2021

March 15	Mon	Online registration is OPEN for 7-on-7
April 1	Thu	Online registration is OPEN: https://lincolnyouthfootballleague.com
June 2-July 14	Wed's	7-on-7 Games
July 21	Wed	Team Assignments received by players.
Jul 28 – Aug 4	Wed – Wed	Equipment checkouts scheduled by individual teams.
August 5	Thu	First practice. First day of 2021 season
August 18 – 24		Team weigh-ins Runza Sports Complex; Rosters due
August 29	Sunday	Game 1
September 12	Sunday	Game 2
September 19	Sunday	Game 3
September 26	Sunday	Game 4
October 3	Sunday	Game 5
October 10	Sunday	Game 6
October 17	Sunday	Game 7
October 24	Sunday	Playoffs: Semi-finals (A, B, and C only)
October 31	Sunday	OPEN
November 7	Championship Sunday @ Seacrest Field	Championship Games for A, B, and C; All-Star WEST vs. EAST (A division only)

COMPLAINT FORM

Date: _____

An **Informal** complaint provides feedback to the Executive Council of Lincoln Youth Football (LYF) League Inc., but does not require a report back to the complainant.

A **Formal** complaint requires a report back to the complainant.

Name: _____

Address: _____ Phone: _____

Email: _____

What type of complaint are you filing? • **Informal** • **Formal**

Lincoln Youth Football Team affiliation (if applicable): _____

Complaint(s) or Concern(s)

Volunteer Board Member: _____

Team Sponsor: _____

Volunteer Team Coach: _____

Other: _____

Details of Complaint: Please be precise. Include names, dates, actions, and all concerns thoroughly so that LYF leaders may investigate and resolve the matter. If you allege specific League rule or policy violations, please state.

_____

_____

_____

_____

_____

_____

Please attach additional pages as necessary.

May LYF leaders contact you directly for additional information? • **Yes** • **No**

7-on-7 Football Rules

TABLE OF CONTENTS

I	General Information	.....	2
II	Field Dimensions	.....	2
III	Game Length	.....	2
IV	Start of Game	.....	2
V	Point Values	.....	3
VI	Tie Break Procedure	.....	3
VII	Teams	.....	3
VIII	Eligibility	.....	3
IX	Equipment	.....	4
X	Coaching	.....	4
XI	Offense	.....	5
XII	Snapping the Ball	.....	5
XIII	First Downs	.....	5
XIV	Passing	.....	5
XV	Running	.....	6
XVI	Blocking	.....	6
XVII	Tackling	.....	7
XVIII	Defensive Formations	.....	7
XIX	Blitzing	.....	7
XX	Defensive Coverages	.....	7
XXI	Penalties	.....	7

I. 7-on-7 General Information

A. Practice times and locations are at the discretion of each team/district.

B. All games will be played at the ***Runza Sports Complex, 225 South St, Lincoln NE***

C. Inclement Weather Policy: In the event weather does not allow for games to be played, Lincoln Youth Football League will make every attempt to accommodate games on alternate days/evenings for makeup games, to the furthest extent possible. Teams may not coordinate makeup games independently of LYF.

D. Refunds are only available via Registration Insurance, purchased at the time of player registration

II. Field Dimensions

A. Field length shall be 50 yards in overall length, 40 yards with a 10-yard endzone.

B. First downs will be at the 25- and 10-yard lines, marked with pylons/cones.

C. Two games may be played at the same time, on one field, space permitting.

III. Game Length

A. 25-minute, running clock.

B. Game clock will start running at the ***first ready for play*** whistle.

C. Referee will declare time remaining at the 10, 5 and 2-minute marks.

D. Each game will maintain its own clock.

E. Referee will declare ***"One More Play"*** where time will expire during play.

F. No timeouts

G. In the event of an injury, play/clock will stop until injured player(s) are safely removed from the field of play. Clock will start upon referees ***ready for play*** whistle.

H. Game may not end on a defensive penalty, unless declined by the offense.

I. Overtime may occur as needed.

IV. Start of Game

A. Home team will take the west sideline team box; Away team will take the east sideline team box

1. Team box is defined as 40-25-yard lines

B. 5-Minutes prior to game start, team captains will meet with Referee for one match of Rock-Paper-Scissors. Winner will be awarded option of first offensive possession.

C. Ball will be spotted and whistled ready for play on time; each team is responsible to be ready at scheduled game time.

D. Teams not ready for play 10-minutes after scheduled start time will forfeit the game.

V. Point Values

A. Offensive TD = 6 points

B. Offensive PAT

1. From the 5-yard line = 1 point
2. From the 10-yard line = 2 points

C. Safety (Tackle behind the +40-yard line) = 2 points

D. Defensive Interception = 2 points

E. Defensive PAT interception = 0 points, PAT no good

F. Tie Breaker Victory = 1 point

VI. Tie Breaker Procedure

A. Rock-Paper-Scissors to decide possession. Winner has first option of possession.

B. Each team will have one (1) offensive play from the +40-yard line, with choice of hash.

C. No running plays allowed during tie breaker.

D. Team with the most yards gained in their single play will be awarded one (1) point.

E. If neither team out gains the other, Tie Breaker procedure will repeat, alternating initial possession, until a winner is determined.

VII. Teams

A. Teams will be composed of athletes from the same geographic districts as set forth by Lincoln Youth Football League

1. Should a team not have enough athletes to fill a roster, the registered athletes will be placed on the one (1) division up
2. Should a district no field any teams, registered athletes will be assigned to the district nearest their registered place of residence.

B. Team Size

1. Minimum: 7
2. Maximum: 16

C. Division are determined by rising grade (Fall 2021)

1. Divisions will comprise of teams of like grade athletes

9th grade teams will be determined by high school attending in the coming fall

VIII. Eligibility

A. Any student going into 3rd to 9th grades (Fall 2021) is eligible to participate in appropriate divisions.

B. Players may opt to play up one (1) division.

C. No player may play down a division.

D. Players must follow Nebraska state age/grade guidelines and participate in the appropriate division or up one division.

E. Any player or parent found falsifying an athletes' grade, will be banned from play for one (1) year, forfeiting all registration fees.

1. Coaches found falsifying athletes' grade will be banned from coaching within LYF for a minimum of one (1) calendar year, up to a permanent ban.

F. Coaches are required to verify athletes' grades

IX. Equipment

A. Teams must wear matching, numbered jerseys.

B. Mouthguard must be worn at all times.

C. Hard shell helmets and shoulder pads are not permitted

D. Soft shell helmets and shoulder pads are not required, but are optional.

E. Footwear may not include metal cleats.

F. Teams must provide their own footballs

1. 3rd & 4th Grade: Pee Wee/K2 (Size 5)
2. 5th & 6th Grade: TDJ (Size 6)
3. 7th & 8th Grade: TDY (Size 7)
4. 9th Grade: TDS (Official Size)
5. Teams composed of blended grades, where there are two differing ball size, will play with the larger ball size.
6. Leather and composite footballs are allowed. Rubber or novelty footballs are not permitted.

X. Coaching

A. Sportsmanship is a requirement of everyone involved, no exceptions.

B. One (1) offensive coach is permitted in the offensive huddle.

C. After the huddle breaks, the coach must remain positioned 10 yards behind the LOS

1. Exception: When the ball is spotted at or near the +40-yard line, offensive coach must remain behind the +45-yard line.

D. All remaining coaches must be on the sideline and off the field.

E. Coach challenges are not permitted.

F. No defensive coaches allowed on the field.

G. Teams will be given one (1) sideline warning during game play. Second sideline infraction will result in a 10 yard/half the distance penalty. Third sideline infraction will result in coach(s) ejection.

H. Maximum of five (5) coaches per team.

I. Coaches are responsible for both players and parents

1. Spectators shall remain in the stands and/or away from the playing field. Any egregious issues will result in the game being cancelled and the offending team forfeiting.

XI. Offense

A. Offensive possession will start on the +40-yard line, with choice of hash. Middle is default.

B. Offense must begin play before expiration of play clock.

1. 3rd, 4th, 5th and 6th Grades: 30-second play clock.
2. 7th, 8th, and 9th Grades: 25-second play clock.

C. Offense is responsible for retrieving and returning the ball to the LOS. Failure to do so in a timely fashion will result in a delay of game penalty.

1. Offense may swap out ball, while bench player retrieves stray ball, to speed up play.

D. Lateral motion (away from or parallel to LOS) is allowed by one (1) backfield player.

E. Offensive shifts are allowed.

1. Formations must be legal by NFHS rules.

XII. Snapping the Ball

A. Offenses must provide a center at all times. The center is not an eligible receiver. Center can be a player or coach.

B. The snap must come from the LOS each play

1. Snap can be from under center, pistol or shotgun at the discretion of the offense. A muffed snap is ***not*** a fumble, play will continue. 4.5-second passing clock remains intact.

XIII. First Downs

A. Offense has three (3) downs to achieve the line to gain or a touchdown.

B. First Downs/Line to Gain will be marked with pylons/cones at the +25- and +10-yard lines.

XIV. Passing

A. Whoever receives the snap from the center is the QB.

B. QB must release the ball prior to the 4.50-second mark.

C. If the 4.50-second clock expires prior to the QB releasing the ball, the Referee will declare a sack, resulting in a loss of down and ball being placed at the previous spot.

D. 4.50-second clock violation on 3rd down will result in a turnover on downs.

E. All passes must be legal NFHS attempts.

F. Laterals after a forward pass are not permitted.

XV. Running

A. Player who receives the snap is the QB and is not eligible to rush the ball.

1. QB advancing the ball beyond the LOS will result in an Illegal Procedure penalty.

B. The offense may run the ball at any time EXCEPT inside the ***No Rush Zone***.

1. On rushing plays, ball carrier must remain between the hashes until the ball crosses the LOS.

C. No Rush Zone is defined as the portion of the field from the +10-yard line to the goal line.

1. Once the offense enters the No Rush Zone, they may not rush the during that possession.

a) No Rush Rule remains intact even if a penalty occurs inside the No Rush Zone, resulting in a subsequent spot outside of the No Rush Zone.

XVI. Blocking

A. Blocking is permitted within the designated Contact Zone.

1. The Contact Zone starts at the LOS, extending to a point three yards beyond the LOS.

B. Blocks must be initiated with and maintained with the hands.

1. Use of shoulder, body or legs to execute a block is prohibited.

2. Cut blocks/blocks below the waist are prohibited and will result an Illegal Block penalty.

3. Blocks utilizing excessive physical contact/force will result in an Illegal Block penalty.

C. Blocking beyond the Contact Zone will result in an Illegal Block penalty, enforced from the previous spot.

D. Holding penalty will be enforced from the previous spot.

XVII. Downing the Ball Carrier

A. Ball carrier is ruled down when touched below the neck with one hand by any defensive player after having possession of the ball.

B. Excessive force by shoving, pushing or striking, by defensive player while making a stop team will result in an Unnecessary Roughness penalty.

1. If act is deemed flagrant, player may be ejected

C. Any stop behind the +40-yard line will result in a safety (2 points).

D. Responsibility to avoid contact is with the defensive player.

1. Offensive players willfully and intentionally initiating contact while defensive player is attempting to make a stop, will result in Unnecessary Roughness penalty on the offensive player.

XVIII. Defensive Formations

A. Defenses may not have 8+ players in formation at any time

B. Defenses may utilize any defensive formation/scheme

XIX. Blitzing

A. Defensive players may not cross the LOS until the QB executes an exchange to an eligible RB/WR/TE

B. Blitzing, on any down, is not allowed and will result in an Illegal Procedure penalty from the end of the play.

XX. Defensive Coverage

A. Coverage will be at the discretion of the defense

B. Press/Bump coverage is allowed. Contact may only occur within the Contact Zone. Once the offensive player has left the Contact Zone, defensive players may not hinder/impede the progression of the receiver.

1. Defenders playing press/bump coverage may not intentionally contact an offensive player above the shoulders. Violation of this rule will result in an Unnecessary Roughness penalty.

C. Face guarding is legal, but contact may not be made.

D. Interceptions may not be advanced by the defense, will be whistled dead immediately, with 2 points awarded to the intercepting team and change of possession at the +40-yard line.

XXI. Substitutions

A. Free substitutions at any break in play.

B. If offense makes a substitution, play will be held until defense has an opportunity to substitute.

C. Any player injury that results in a clock stoppage, that player must be removed from play for a minimum of one (1) down.

XXII. Penalties

A. Offense

1. Illegal Participation – 5 yards from previous spot.
   a) 8+ players on the field
   b) More than one (1) coach on the field
2. Illegal Formation - 5 yards from previous spot.
3. False Start - 5 yards from previous spot.
4. Delay of Game - 5 yards from previous spot.
5. Illegal Play - 5 yards from previous, loss of down.
   a) Illegal Forward Pass.
   b) Illegal Lateral After a Forward Pass.
   c) QB Advancing the ball beyond the LOS.
6. Illegal Block - 5 yards from previous spot.
   a) Block below the waist.
   b) Block outside of the Contact Zone.
7. Offensive Pass Interference – 5 yards from previous spot, loss of down.
8. Unnecessary Roughness – 5 yards from end of play, automatic first down.
9. Unsportsmanlike Conduct – Dead ball foul, 10 yards from the end of play, automatic first down.

B. Defense

1. Illegal Participation – Dead ball, 5 yards from previous spot.
    a) 8+ defenders on the field.
    b) Coach on the field.
2. Encroachment/Offsides – Dead ball, 5 yards from previous spot.
3. Illegal Procedure – 5 yards from end of the play.
    a) Blitzing
4. Illegal Contact – 5 yards from spot of foul.
    a) Contact outside of the Contact Zone.
    b) Illegal use of hands.
5. Pass Interference – 10 yards from previous spot, automatic first down.
6. Defensive Holding – 5 yards from end of play, automatic first down.
7. Unnecessary Roughness – 5 yards from end of play, automatic first down.
    a) Tackling
    b) Contact above the shoulders
    c) Tripping
8. Unsportsmanlike Conduct – Dead ball foul, 10 yards from the end of play, automatic first down.
9. A Defensive Unsportsmanlike penalty incurred on a change of possession will result in the offending team having a loss of down, ie taking possession on 2nd down.

C. Penalty Enforcement Near +40-yard line and goal line

1. No penalty can be enforced behind the +40 or beyond the goal line.

D. Penalties will be enforced half the distance, where adequate yardage is not available for full enforcement.

1. Offensive penalties that occur on the +40-yard line will result in loss of down.

APPENDIX – 2020 COVID 19 Protocols

1. PLAYER WEIGH-INS
    a. All athletes will complete an official weigh-in prior to the beginning of the season
    b. Weekly pre-game weigh-ins will be suspended for the ***2020 season only***
        i. A game day weigh-in will only occur if a ***specific*** players' weight is challenged by an opposing coach
    c. Head coaches are ***required*** to check-in with league staff, every game day, with all athletes in attendance
2. SOCIAL DISTANCING
    a. Teams must restrict activities to ***their team only***
        i. No inter-squad scrimmages
        ii. No external pre-season games and/or scrimmage sessions
    b. No pre-season camps prior to the first official practice (August 6th)
    c. Game day
        i. Pre-Game
            1. Parents wait in vehicles until game time
            2. Warm-up areas inside the Runza Sports Complex are for ***"on deck" teams only***
            3. Warm-up areas:
                - **A Teams** will warmup across the street in the park ***(Not on softball fields)***
                - **B Teams** will warmup across the street in the park ***(Not on softball fields)***
                - **C Teams** will warmup behind on the west side of the A field
                - ***D Teams*** will warmup on the north side of the shop area
                - ***Rookie Teams*** will warmup on the south side of the Fenced in area east of the Rookie field
        ii. Coin Flip
            1. No handshakes between players & officials
            2. Maintain social distancing
        iii. Sidelines During Game
            1. Maximize space between athletes/coaches as much as possible
        iv. Post-Game
            1. ***No handshakes***
            2. ***No on-site post-game team meetings***
3. WATER BOTTLES/HYDRATION STATIONS
    a. Athletes ***MUST*** provide their own water
        i. No sharing of food/beverages
    b. NO MULTI-PERSON HYDATION STATIONS
    c. Teams/District should plan accordingly for athletes who do not have water at practice/competition

INSURANCE CLAIM FORM

*** PAGE LEFT INTENTIONALLY BLANK ***