Lincoln Youth Football
League Rules and Bylaws
Edited by
Lincoln Youth Football League, Inc.
Board of Directors
(7-29-2026)

LINCOLN YOUTH FOOTBALL

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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. **Limited Contact Football division**: Limited contact; soft-shell helmets and shoulder pads; ≥ 7, but ≤ 8 years old; modified rules, no win-loss standings, no playoffs

LEAGUE-WIDE AGE, GRADE, AND WEIGHT LIMITS

- **Age** – Players must be ≥ 7 years old as of December 31 of the current season. Players must be ≤ 14 years old as of December 31 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.

MOUTHGUARDS, MOUTHPIECES, and TEETH PROTECTORS

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

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.

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, B & C divisions will follow NFHS Rules
- For C, D and Rookie divisions, when a team is leading by 25 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 25 points, the clock shall return to its normal operation by LYF rules.
- For 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 25-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, B, & C 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 winner is determined. 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.

TIE BREAKER RULES FOR PLAY OFFS

“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 be broken to determine the two teams for the playoff as follows: 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 make the playoffs.
o Winner of head-to-head comparison among all teams breaks the tie.
o The lowest total defensive points allowed for games against the other teams remaining in the tie breaker.
o The lowest total defensive points allowed for all games played that year.
o Coin flip.
The following procedure will also be utilized for seeding purposes in the event of a tie for seeding purposes.

BALL SIZES

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

ADDITIONAL “B” RULES

- **Kickoff Out-of-Bounds Penalty**: For a kickoff that goes out-of-bounds, the ball shall be placed on the 35-yard line.

ADDITIONAL “C” RULES

- **Age Limits:** Players must be ≤ 13 years old as of December 31 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 December 31 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 24-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 kickoff 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.

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 December 31 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 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.

    - On all field goal attempts, including PAT, the ball will be re-spotted in the middle of the field.
    - 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 always have two coaches on the field, 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.

- **Overtime**
  - Games ending regulation play with a tie, will have one (1) overtime
    - Overtime play will be conducted on the north side of the field
    - Coin toss – Winning team get choice of offense or defense
    - Possession will start at the 8-yard line, with 1st & goal
    - Offense has four (4) downs to score, unless a penalty rewards a first down.
    - After team-A's offensive possession, team-B will have their offensive possession following the same structure
    - After both teams have completed one (1) offensive possession and the score remains tied, the game is over, no additional overtime play.
    - All turnovers are an immediate dead ball, with defense taking possession.

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 overweight, stay in the Rookie division, and work on making weight throughout the season. Weigh-ins would be required weekly by the League at the Lincoln Youth Football 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 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.
    - On all field goal attempts, including PAT, the ball will be re-spotted in the middle of the field.
    - 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.
- **Overtime**
    - Games ending regulation play with a tie, will have one (1) overtime
        - Overtime play will be conducted on the north side of the field
        - Coin toss – Winning team get choice of offense or defense
        - Possession will start at the 8-yard line, with 1st & goal
        - Offense has four (4) downs to score, unless a penalty rewards a first down.
        - After team-A's offensive possession, team-B will have their offensive possession following the same structure
        - After both teams have completed one (1) offensive possession and the score remains tied, the game is over, no additional overtime play.

All turnovers are an immediate dead ball, with defense taking possession.

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 overweight, stay in the Rookie division, and work on making weight throughout the season. Weigh-ins would be required weekly by the League at the Lincoln Youth Football 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 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.
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    - 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.
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- **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.
    - On all field goal attempts, including PAT, the ball will be re-spotted in the middle of the field.
    - 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.
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- **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.
- **Overtime**
    - Games ending regulation play with a tie, will have one (1) overtime
        - Overtime play will be conducted on the north side of the field
        - Coin toss – Winning team get choice of offense or defense
        - Possession will start at the 8-yard line, with 1st & goal
        - Offense has four (4) downs to score, unless a penalty rewards a first down.
        - After team-A's offensive possession, team-B will have their offensive possession following the same structure
        - After both teams have completed one (1) offensive possession and the score remains tied, the game is over, no additional overtime play.
        - All turnovers are an immediate dead ball, with defense taking possession.

CHAMPIONSHIP SUNDAY and ALL-STAR GAME RULE AUGMENTATION

A-Division

- NFHS regulation size field
- Game Clock
    - Player & Coach Introductions
        - 15-minutes prior to kickoff
    - NFHS Clock Rules
    - 10-minute quarters
    - Half-Time
        - 8-minute + 3-minute warm-up

B-Division

- NFHS regulation size field
- Game Clock
    - Player & Coach Introductions
        - 15-minutes prior to kickoff
    - NFHS Clock Rules
    - 10-minute quarters
    - Half-Time
        - 8-minute + 3-minute warm-up

C-Division

- NFHS regulation size field
- Game Clock
    - Player & Coach Introductions
        - 15-minutes prior to kickoff
    - NFHS Clock Rules
    - 8-minute quarters
    - Half-Time
        - 8-minute + 3-minute warm-up
- First Down
    - 10-yard chains

A-Division All Star Game

- NFHS regulation size field
- Game Clock
    - Player & Coach Introductions
        - 15-minutes prior to kickoff
    - NFHS Clock Rules
    - 10-minute quarters
        - Subject to change, based upon completion of prior games
    - Half-Time
        - 8-minute + 3-minute warm-up

ADDITIONAL “LIMITED CONTACT FOOTBALL” RULES

- **Won/Loss Standings**: There will be none.
- **Age Limits**: Players must be ≥ 7, 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 Limited Contact Football division.
- **Limited Contact Football division goals:**
    - Bridge the gap between flag and tackle football
    - Provide player progression
    - Reduce player drop-off
    - 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 Limited Contact 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.
- Specific team assignments will be sent out before the season begins once registration number are confirmed.

LIMITED-CONTACT DIVISION RULES- 2026

This document proposes a set of rules governing the play for Limited-Contact 9-on-9 Flag Football, within the Lincoln Youth Football League (LYF), that incorporates the use of soft-shelled helmets. NFHS rules are the foundation for play unless specifically noted in the rules below.

Limited-Contact Field Setup Standard Size Fields

- The standard football field is either divided in half with the direction of play going from the mid field out towards the end zone.
- Two games are to be run at the game time when utilizing a standard size field going in opposing directions towards the end zones on their respective field.
- The ball will start play at the 40-yard line – The direction of offensive play will go towards the existing end zones.
- If a play puts a team behind the 40-yard line for standard fields the ball will be returned to the 40 yard line for
safety reasons.
- If a ball is intercepted: the defender needs to only return the interception to the 40 yard line to be considered a defensive touchdown

Limited-Contact Setup Reduced Size Fields

- For reduced sized fields play run both directions.
- If a ball is intercepted: the defender needs to return the interception to the defenders endzone to be considered a defensive touchdown

Team Size and Formation

- Each team has nine players on the field (9 on 9).
- A team can play with eight (8) if it chooses.
- Teams choosing to play with only eight (8) players must:
    - On offense, play with only four (4) eligible players.
    - On defense, play with only one (1) defensive lineman.
- If team A can only field seven (7) players, team A will automatically forfeit the game. However, the opposing coach may lend players to allow the game to be played as a scrimmage.

Required:

- The sponsor will provide footballs and flags at the start of the season.
- Each team will use a K2/Pee Wee size ball.
- Matching team jerseys will be provided by the sponsor.
- Mouth guards and approved soft shell helmets are mandatory and must be readily visible to the game official.
- Equipment may not be used in an offensive manner; (refer to unnecessary roughness section)
- Cleats must be plastic not metal cleats or metal spikes.

Recommended Equipment

- Players can choose to wear shorts or pants.
- NFHS approved gloves are permitted

Banned Equipment

- Metal spikes; hard casts; standard football helmets; unapproved soft-shell helmets; baseball caps; jewelry: including rings, necklaces and watches.
- Scrum caps, karate helmets, headbands or any other non- approved helmet is not allowed

Beanies and skull caps/wraps are permitted under helmet.

- Wearing any banned equipment on the field results in delay of game penalty.
- Players wearing banned equipment are not allowed back onto the field until the banned equipment is removed.

Coaches

- The head coach will identify himself/herself during the coin toss by accompanying his team captains.
- The head coach has final responsibility for his/her actions as well as those of his/her assistant coaches, players, staff and parents.
- When a head coach of record is not present at a game, the assistant coach will act as head coach.
- Only the head coach can address any questions or concerns with game officials. At the game official's discretion, an unsportsmanlike conduct penalty can be called on other coaches if they continually attempt to speak to a game official during the game.
- All coaches are to be respectful to each other, players, parents, LYF representative and game officials before, during and after games
- The game officials are empowered to eject any coach or parent from a game if that coach or parent is acting unsportsmanlike, using foul language or is causing a disruption to the game. Swearing at a game officials or players is unacceptable and will not be tolerated.
- Maximum of two (2) coaches are allowed on the field. Coaches must remain 10 yards behind the Line of Scrimmage.
- Once the center touches the ball, on-field coaches (offense and defense) are no longer allowed to coach. This rule does not pertain to sideline coaches.

Down Markers

- Down markers will be on the fan side of the field at all games.
- It is the responsibility of the home team to supply three (3) volunteers.

- The volunteers are considered part of the game official's crew. As such, they can cheer politely
and engage in normal sideline conversation but must not speak negatively about players, coaches or officials and must defer to the game official for all decisions made.

Coin Toss

- Before the game, the game official will gather players - a maximum of four from each team – near the center of the field for the coin toss.
- Both head coaches must accompany the players and identify themselves to the game officials.
- The pregame coin toss winner can choose to start on offense or defense.
- If the winner of the coin flip defers, the loser of the flip must choose to begin on offense.

Game and Play Clock

- There is a running clock that only stops for injuries/ player safety and timeouts within regular game play.
- ***The game will consist of four (4) 10-minute, rolling clock quaters***
- The clock will stop in the final two minutes of the 2nd and 4th quarter for dead balls that include:
    - incomplete passes, and play the ends out of bounds, scoring plays, change of possession, timeouts.
    - The clock will also stop for all injury timeouts and official timeouts, restarting at the head officials ready to play signal.
    - Penalty clock stoppages are held in accordance with NFHS rules.
    - The clock is also stopped for the entirety of extra point tries within the final two minutes.

- Each team is entitled to 1 one-minute timeout per half. The clock restarts on the snap following any team time out.

- A 30 second play clock is enforced with the play clock beginning following the spot of the ball and at the head game official's signal. (Coaches are expected to get plays in and out within this 30 second time limit.)

Substitutions and Injured Players

- Free substitutions are always in effect between plays.
    - If the offense subs in, the defense must have a change to sub before the snap is allowed.
    - If the official delays the snap to allow the defense time to match the substitution, the delay of game penalty shall not be called on the offense.
    - If, however, the official determines the offense is substituting late to run additional time off the clock, a delay of game penalty can be assessed.
- If an injured player remains down on the field, struggles to leave the field or needs assistance, the official will signal for the clock to stop.
- The play will restart upon the player leaving the field, the ball being set and both sides being ready to play.

Gameplay

- There are no kickoffs or punts.
- Play starts at the offensive team's 40-yard line.
- There are 9 players on each side of the ball, including a center and two guards on offense.
- Five players are required on the line of scrimmage with either tight ends or split ends joining the three linemen.

- ***Unbalanced lines are not allowed. Two players must be on the line each side of the center.***
- The three players who line up at center or guard cannot receive handoffs nor be the initial touch on a pass. They may, however, catch tipped passes.
- The quarterback may take a direct snap from under center or in the shotgun position.
- All fumbles are blown dead with the team last in possession retaining possession at the spot the ball was fumbled.

Passing

- A forward pass that falls incomplete returns to the line of scrimmage.
- A lateral pass that is thrown behind or in front of the line of scrimmage and touches the ground is blown dead and returned to the spot where the ball touched the ground.

- A pass is determined to be forward, or lateral based on the direction it travels. Not by how it is delivered. (i.e., overhand, underhand, side arm, etc.)

- The quarterback may spike the ball to stop the clock within the final two minutes of the 4th quarter only, providing all offensive players are set. The two-minute clock rules still apply. If players are not set, an illegal procedure penalty is enforced and the clock restarts on setting the ball.

Receiving

- Only eligible receivers and a quarterback who was first handed the ball off or thrown a legal lateral pass can be the initial receiver on a forward pass.
- Players must get one foot down inbounds for a completed pass.
- If an offensive and defensive player catch a ball simultaneously and forward progress is stopped, the ball is declared dead at the spot and awarded to the offense. No two-hand touch is required.
- The three players lined up at center and guard may not catch a forward pass unless it is first touched by an eligible receiver or defensive player.
- If an ineligible receiver does take possession of a forward pass - legal or illegal- the play is blown dead at the spot (incomplete pass).

Blocking

- Lead blocking on all runs is allowed.
- Pulling offensive lineman is allowed, and all blocking rules apply.
- When engaging a block, the blocker must come to balance, and all initial contact must be made with the hands.
- Landing on or piling on any player on the ground results in an unsportsmanlike conduct penalty.
- Blocking by initiating or leading with the head, elbows, forearms, knees or shoulders - anything but the hands will result in a charge of a penalty.
- Blocking below the waist, cut blocks, clipping and any blind side crackback blocks, by the offense or defense, are assessed appropriate penalties as determined by the game officials.
- A player who is blocked into low block may continue to play in the game if the officials see extenuating circumstances.

Running

- The QB is allowed to run for a pass beyond the line of scrimmage after a pitch or hand off.
Immediate QB sneaks in the A gap are not allowed.
- The QB cannot run beyond the line of scrimmage to advance the ball within the A GAPS.

- The QB is free to run after a scramble that extends outside of the A GAPS.

Downing the ball carrier

- The ball carrier is downed after having one or more of his flags removed.
- If a player is participating with less than 3 flags, that player shall be ruled down at the point where they gain possession of the ball.

Pre-snap alignment

- The offensive team must have five (5) players on the line of scrimmage at the point of the ball snap -three lineman and two eligible receivers.
- Both guards must line up with in both players outstretched arms reached of the center.
- Eligible receivers can be tight or split at the coach's decision.
- All motion and shift rules apply as outlined in the NFHS rulebooks.
- The defensive alignment rules are as follows:
- No defender can align directly over the center.
- ***Two defensive linemen must be aligned half shade of the offensive guards and can only rush outside shade (B gap) of offensive lineman.***

First Downs

- The offense has up to four (4) plays to reach a 10 yard first down buy run, pass or penalty.
- On a series beginning from or inside the defensive 10-yard line, the offense can only achieve a
first down through penalty.
- Any penalty that results in a first down starts a new set up downs with a new line to gain.

Fourth Downs

- If the offense fails to make a first down the ball is turned over after four downs to the other team.
- A turnover will result in the ball being placed on the 40-yard line on a field.

Scoring

- When a ball carried by an offensive player breaks the plane of the defensive team's end zone or an offensive player gains control of the ball in the defensive team's end zone, it is considered a touchdown.
- Extra point tries following all touchdowns with one point from the 5-yard line and two points from the 10-yard line. For 1st and 2nd grades, there is only one option and that is one point from the 5-yard line.
- The clock continues to run during extra points unless the touchdown comes in the final two minutes of the 2nd & 4th quarter.
- If a touchdown is scored as time runs out in the first, second or third quarter the conversion will still take place as an untimed down.

Scoring Values

- Touchdown = 6 points
- PAT = game official will ask if the scoring team goes for 1 or 2 extra points.
- If the offensive team elects to go for 1, the ball will be placed on the five-yard line.
- If the offensive team elects to go for 2, the ball will be placed on the 10-yard line.
- All rules apply during an extra point the same they do during a regular play.
- In the event of a penalty on an extra point, the offense cannot change its decision to go for 1 point or 2, once declared to official.
- In the event of an interception or a fumble caught on the fly during a point-after try, the ball is blown dead. There is no return for two points.

Safety

- There are no safeties.

Overtime

- Each time will have one (1) possession from the 5-yard line.
- Coin flip to determine choice of possession.
- If score remains tied, game ends as a tie.

Blitzing

- Blitzing is defined as a defensive player crossing the line of scrimmage PRIOR to any exchange occurring between initial possessor and eligible offensive player.
- NO blitzing is allowed at any time.

Jumping and spinning

- Players may not jump or hurdle to avoid being downed.
- Players may not dive for the end zone to gain additional yardage. This is unnecessary roughness.
- Players may not attempt short yardage "over the pile" jumps. This is unnecessary roughness.
- Any player who jumps illegally and lands on another player will be flagged for unnecessary roughness.
- A player may dive in attempt to catch a pass but is down upon reception.
- A player may dive to touch a player but may not tackle or dive into or through another player to do so. This is unsportsmanlike conduct.
- Quarterbacks can jump when throwing the ball.

Turnovers: Fumbles, dead balls and interceptions

- All fumbles are considered dead balls as soon as the ball hits the ground, except muffed snap from center.
- If the ball hits the ground behind the player who fumbled it, the ball is placed at the point it first hits the ground.
- If the ball hits the ground in front of a player, the ball is placed at the point the player lost possession.
- An interception can be advanced by the intercepting team.
- A player may not strip anyone of the ball. Anyone making intentional contact with the ball while it is being carried causing the ball to fumble will be called for stripping, a 5-yard penalty.

Ball Spotting

- Spotting the ball is at the game official's judgment. It is up to the game officials to try and be near the spot whenever possible.
- Ball will be spotted where the ball is held when a player is down.

A Gap

- The A gap is the area between the center and the guards. Regardless of how wide that distance may be.
- Defenders on the line of scrimmage cannot line up directly over the center and may not immediately engage the center.
- No defenders including rushers can come through the A Gap. No blitzing allowed at all.
- If a defensive player utilizes the A Gaps, prior to a legal exchange, play will be allowed to continue, with a penalty. Offense will have the option of accepting the illegal procedure or result of the play.
- Coaches and referees will engage at the beginning of each game to walk through the A Gap rules. Coaches do your part and stop a play if you feel your team has violated this rule.

- : All 5-yard penalties are 4 yards. All 10-yard penalties are 8 yards. All 15-yard penalties are 12 yards.

Standings

- Standing will not be kept.

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

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.

_____

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Please attach additional pages as necessary.

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