Please note the following policies and procedures are enforced for the duration of your membership of the NLFA.

1.1 Game Day Readiness:

Failure to be game day ready will result in a forfeit loss Under no circumstances is a game to take place without the presence of an owner or head coach and police detail.

The NLFA plays by the same rules as the NCAA while on the field of play. The NCAA Rule Book and Instant Replay Case Book are pinned to the home page of our league's website.

BALLS- Usage of ineligible balls are PROHIBITED

Genuine Leather College Balls are required. (NO composite leather balls can be used) All balls must be inspected by both owners & officiating crew PRIOR TO KICKOFF, all balls must be inflated to the proper PSI of 12.5

Field of Play

All fields must be high school/college regulated grass or turf fields. All facilities MUST have the following: No alternative fields are permitted.

- Fields must be FREE of damage (holes, any obstructions, inscetmounds, overgrown grass/weeds)
- Fields must be properly cut, and lined
- Working Lights (Lights must turn on 15 minutes prior to darkness setting in)
- Goal Post
- Working Score Board (either upright or portable) Clocks can not be ran without the consent of both head coaches)
- Bathrooms and or Locker rooms for changing

Police Detail

All organizations are required to have a <u>minimum of 2 UNIFORMED POLICE Officers</u> on duty for the entirety of the game. Officers are required to stay on site until the last person exits the facility. At the close of the game a uniformed officer should escort the visiting team and officials to the parking area.

Parking

Organizations are required to park separately. Upon exiting the facility the visiting team will leave first. They will be given 20 minutes to gather their things and leave the parking area.

1.1 Game Day Readiness:

Sidelines

Sidelines must REMAIN CLEAR of spectators/fans at ALL TIMES.

Only Persons allowed on the sidelines are as follows:

- League officials (As Needed)
- Players
- Staff (Coaches,GM's Statisticians, Equipment Managers, Hydration Specialistist, Trainers)
- Media Personnel
- Police & Medical Personnel

Each organization is responsible for cleaning their prospective areas including the sidelines, locker room/staging area and parking lot BEFORE LEAVING THE FACILITY.

Bags

Players are PROHIBITED from bringing bags onto the sidelines.

Bags must be left in the locker room or within their method of transportation.

Only Bags allowed are that of the coaching staff, medical and ball bags: all will be searched before being allowed in the facility.

Game Day Officials- (The NLFA does NOT reserve the right to overturn and officials call made or unmade)

Any member found verbally or physically assaulting or threatening an official will be immediately suspended or possibly banned depending on the severity of the incident.

- Organizations are required to produce 5 CERTIFIED game day officials.
- ALL officials MUST register with the league and upload their active certification.
- ALL officials MUST wear their professional attire

Head officials are required to submit a game day report which can be found on the league's website within 24 hours after the game.

Only HEAD COACHES are allowed to address officials. NO players, positional coaches can take the field in protest during any challenges. Any of the previously named getting involved will be immediately ejected from the game. Please note; if you are an owner/coach who plays you do not have the liberty to challenge a call as you have rescinded your role by dressing out as a player.

Chain Crew

An active chain crew must be provided and present for the entirety of the game. Chain crew members must be 16 years or older. If you use for example a little league player under mentorship you MUST have written consent from a parent, in which the league must be provided a copy.

1.1 Game Day Readiness:

Kickoff Time:

All games are to start no earlier than 5:00 pm <u>unless</u> both the hosting and visiting teams owners agree to start no earlier than 3:00 pm. If an earlier designated start time can not be agreed on then the mandatory time <u>will remain 5:00 pm</u> or no later than 7:00pm. (Ex: Hosting team wants to kick off at 3:00 but the visiting team doesn't agree, the league will deem start time at 5pm and no later than 7pm)

Grace Period

A grace period of 30 minutes will be granted with proper notice to the league. Grace periods are ONLY granted under the following circumstances:

- Travel Delays/Road Hazards/Accidents
- Officials Arrival
- Weather

Make-Up Games (All games MUST be canceled within a 24–48 advance notice)

Games can only be made up if the cancellation fall under the following

- Extreme Weather that includes heavy rain, winds, lightning
- Unplayable field conditions caused by weather
- Death of a Member

Teams are allowed to make-up 2 games during the regular season under these guidelines without receiving a forfeit loss.

Games not played that do NOT fall under these guidelines will result in a forfeit and a reimbursement of up to \$500 in provable loss by the team affected. The reimbursement claim form can be found on the league's website. Reimbursement will have to be paid by the following Tuesday by 5:00pm of said infraction directly to the head of that organization. Failure to pay will result in the removal of your organization from the league.

No organization is allowed to play an outer league game during our season.

The NLFA does NOT oversee preseason games. It is at the discretion that all participants in preseason set their own games. It is HOWEVER HIGHLY RECOMMENDED that all games set and or accepted follow the NLFA guidelines to help ensure the safety of those involved. Again this is only a recommendation. Please NOTE: Negative actions during preseason games can cause your organization's removal.

INJURIES (Failure to report an injury will result in a sanction)

- Injuries are to be reported within 24 hours using the official form located on the leagues website.
- Injured players will be placed on Injury Reserve with the league until medically cleared.
- Any player(s) listed on IR that want to stand with their team on the sidelines must be in their team branded uniform or shirt.

1.1 Game Day Readiness:

Failure to provide film as instructed below will result in a \$200.00 fine

Game Film- Hosting Teams are Responsible for recording games. (It is encouraged for visiting teams to record as well but is NOT mandatory)

Games are to be filmed in their entirety using **YOU-TUBE/HUDL live stream**. The link must be **PUBLIC** and remain in that state for the entire season. Film must be shot from a high area such as a press box or stand so that the entire field is visible.

- Sideline Film is NOT acceptable.
- Visibility should be clear from obstructions
- Please keep background noise at a minimum.
- Only PROFESSIONAL Game Commentators should be heard during the recording

Game Being Called Before Completion

If 50% or more of the game has been played the leading team will be deemed the winner. If less than 50% of the game has been played it must be rescheduled and will be picked up at the exact point it was called.

If the game can not be rescheduled the team that was up when the game was called will be deemed the winner.

Forfeit Loss

A score of 21 points will be granted to the affected organization.

Causing 2 forfeits within the season will automatically remove your organization from the league and you will not be granted entry to return for the following season.

Forfeitable offenses must be reported to the league <u>IMMEDIATELY</u> (No reports will be taken into consideration AFTER the game has been played)

Games taking place under conditions deemed forfeitable by the league will be

overturned and the forfeit loss will be imposed. If said team who is granted the forfeit win scores over 21 points they will be allowed to keep all the points scored. If the score is under 21 points they will be granted the standard score of 21. Owners, Coaches, GM's and any other member of the NLFA do NOT reserve the right to agree to play games under conditions outside the scope of the bylaws set forth by the league.

1.2 Rosters: Teams are required to have a minimum of 25 active players on game days. This is due to safety concerns. If you fall under the minimum of 25 players at any time this will place your organization under review for possible removal from the league. We take the safety of our members seriously.

Active Roster: 60 Call-Up Roster: 15

Players Roster Lock:-(Any organization found using an ineligible player will incur a forfeit loss and a fine in the amount of \$150.00)

All players MUST be registered by the close of week one.

No players can be added AFTER the close of week one.

Players can NOT transfer to other teams within the NLFA after the close of week one.

Ineligible Player by the league's definition:

- Under the age of 17 and still in High School
- Not registered with the NLFA
- Active player being found on a secondary roster within the NLFA or Outside the NLFA
- Any player accepting compensation for performance
- Any player found serving a suspension or ban from the league or his prospective team
- Any player added after roster lock

Staff's Roster Lock No staff members can transfer to another team or act as a consultant after week one. Staff must remain with their prospective team or must sit out for the remainder of the season.

1.3 Uniformity Policy/Players

\$125.00 Fine per player payable by organization's owner.

- Jersey Numbers must range from 0-99
- Players must wear the number range for their prospective positions.
- No Letters or double zero's will be allowed
- No duplicate numbers shall be issued (meaning one offensive player and one defensive player wearing the same number)
- Organizations must obtain 2 sets of uniforms prior to the season. One light in color and one dark in color.
- All uniforms must be free of overly dramatic patterns
- No profane language, nicknames, or gang related wording is allowed on jerseys.
- Players must remain in their prospective jersey number for the entirety of the season. If a
 jersey becomes damaged causing a player to have to change numbers the league MUST be notified
 immediately in writing.
- Pants MUST fit player properly and not causing any exposure
- Pants nor Jersey can be CUT or TORN
- All helmets MUST be identical in color and equipped with chin straps which must be fastened for the entirety of the game.
- All uniforms (Pants and Jerseys) must be identical
- Clear visors are allowed. Tinted Visors require a prescription which can be uploaded at the time of registration.
- All jerseys must have an identifying number front and back
- Shoulder pads are mandatory
- No metal cleats allowed
- Socks (both primary and secondary) must fall into the scheme of team colors. Socks must be solid in color with no patterns or designs unless the league has set aside a special day to wear a different color scheme. (Ex: World Down Syndrome Day/Autism Awareness/Breast Cancer Awareness)

Ex. if your team's base colors are black and white, your socks can be either color.

Any player found undressing during a game for any reason other than injury or illness will be made to leave the stadium. If a player re-enters the game, he will automatically be deemed ineligible to play and ejected.

1.4 Uniformity Policy/Staff

\$125.00 Fine per staff member

All staff must be marked with a team issued shirt and or ID Badge.

(Staff not properly marked will be asked to leave the sidelines and will not be allowed back on the sidelines for the duration of the game even if the infraction is fixed-NO EXCEPTIONS)

Staff- Staff includes: Coaches, GM's Statisticians, Equipment Managers, Hydration Specialist, Trainers

- Media Personnel
- Police & Medical Personnel
- All staff must be listed on your rosters.
- Statisticians are MANDATORY

- Pants must be above the waist (no sagging)
- Closed toed shoes must be worn to prevent possible injury (unless reported medical issue is on file with the league)
- Shorts/Skirts must be no higher than mid thigh
- No revealing clothing
- No cropped tops

1.5 Player/Staff Code of Conduct – Any owner or coach who elects to play will rescind their role and will be viewed as a normal player and must appoint a game day representative. The game day representative will be the point of contact during games. This individual will be held fully responsible alongside the owner for any counter productive actions that may take place. Teams are required to provide the league with a copy of their team's rules. Those rules will be enforced alongside the NLFA's rules as a hand an hand effort to reduce incidents during the season.

- Members must adhere to all their team's rules and league's rules while members of the NLFA
- Players must be 18 years of age or older/17 if they have completed high school
- Players can NOT have any contact with game day officials. Any member found threatening an official verbally or physically will be suspended for the remainder of the season. Zero Tolerance
- NO PEACE KEEPING (Team's must remain on their sidelines at ALL TIMES) Do NOT attempt to break up any scuffles on the field, allow the police and officials to clear the incident.
- Members must remain respectful at all times and show good sportsmanship. At the conclusion of
 each game organizations are encouraged to meet center field (being led by the coach and police)
 to shake hands. DO NOT APPROACH anyone's sidelines or an individual who may be standing off
 to him/herself.
- Any member who is ejected from a game will serve a one game suspension the following week (this does NOT include instances of fighting/punching/kicking)
- Any member found fighting, punching, spitting, kicking any members of the NLFA will be Suspended for the remainder of the season Zero Tolerance
- Any member found inciting violence will be suspended for the remainder of the season Zero Tolerance
- Any player found using excessive force in the many of a provable dirty hit will be immediately removed from the NLFA (Video evidence or Head Officials Report must be provided)
- Players must register with the league by the close of week one
- Any member making provable threats of bodily harm or death will be immediately BANNED from the NLFA Zero Tolerance
- No league bashing of any kind will be tolerated and will result in your immediate removal Zero

^{*} We are all <u>ADULTS</u> and should know how to conduct overselves in a professional manner at ALL TIMES. The league and its members will NOT use violence, and disrespect among each other under any circumstance.

1.6 Game Patronizing

All members who would like to patronize a fellow organization's game must do so in a respectful and professional manner. You may **NOT** approach any players or staff in a negative or confrontational manner, or in hopes of recruitment purposes. Patrons must remain in designated areas for regular spectators unless given special VIP access by the hosting team. Members found antagonizing another organization's members at their game will be immediately asked to leave the stadium. Failure to do so will cause your immediate removal from the NLFA. Zero Tolerance

1.7 Game Lock & Announcements

All game flyers must be PROFESSIONAL and carry the NLFA Logo which must be located in the top right hand corner.

All games must be announced on your teams UP-TO-DATE Facebook page on a weekly basis.

• If music is included as a part of a video or game flyer for your organization, only the CLEAN version can be used.

All games will be locked in on our weekly conference call which are held on Wednesday's of each week during the regular season at 7pm. (Calls are strictly for game day information ONLY. Any member found starting or participating in arguments will be dismissed from the call immediately and disciplinary actions will be taken by the league).

If any owner/head coach can not get onto the call, they must appoint a representative.

Once game day information has been provided it can not be changed UNLESS approved by the leagues commissioners. A notice of at least 24 hours must be given with a valid explanation of the change requested. If the change carries no validity it will be denied.

1.8 ID/Roster Verification

Failure to participate in ID/Roster Verification will result in a forfeit loss.

All verifications must be conducted by using the roster & photo's available on the league's website. The website will act as an electronic verification portal.

Organizations who are subject to the ID verification process must be given a 24 hour notice. NO POP-UP checks are permissible. All checks are to be conducted **prior to** kick-off. Checks must **NOT** interrupt the announced start time of games. If a player arrives AFTER checks are completed he is NOT allowed to take the field until he has been checked in by a commissioner or the opposing teams representative.

1.9 Social Media (Includes Personal, Team, League, Public/Private Platforms)

All organizations are required to have an up-to-date Facebook and You-Tube channel. All platforms must contain ONLY football related material and must reflect your membership with-in the NLFA.

- No league bashing of any kind will be tolerated and result in your immediate removal
- No team bashing of any kind.
- Must remain professional at all times
- No use of derogatory name calling, slander, racist comments, hate speech nor vulgarity
- No use of drugs or alcohol
- No threats or innuendos of violence
- No gang activity
- No weapons

All infractions will be dealt with on a case by case basis and sanctions will be imposed.

NLFA BYLAWS

2.0 Prohibited Substances/Items -Zero Tolerance

The NLFA will remain a FAMILY FRIENDLY ENVIRONMENT AT ALL TIMES

- Weapons of any kind including pepper spray and tasers
- Tobacco Usage
- Vape Usage
- Alcohol Usage
- Drug Usage
- Lighters/Matches/Torches

The above mentioned substances/items are NOT permitted inside the stadium or within the parking areas of any NLFA Event. Any member found in possession of any of the above mentioned items will be made to leave the premises immediately and the owner will be given a \$175.00 fine per incident. The offending parties' information will be forwarded to the local law enforcement. The party found in possession of the above mentioned items will be suspended for the remainder of the season.

2.1 Chants and Music

\$75.00 Fine

- Chants should **NOT** contain any forms of vulgarity
- If music is played at your event or included as a part of a video or game flyer for your organization, only the CLEAN version can be used.

2.2 Community Service

- All teams are required to complete a minimum of 15 hours of community service (of their choosing) during the regular season.
- All participation hours must be sent to the league no later than week 8 of regular season
- Failure to complete mandated community service hours will result in a \$200.00 fine to be donated to the charity of the leagues choosing.

2.3 Suspensions/Ejections

Members serving a suspension can NOT patronize a NLFA event while the sanction is active.

- The NLFA only allows 1 suspension per season. The 2nd infraction will result in said member being removed for the remainder of the season.
- Any Staff member sustaining a suspension will automatically be suspended for 2 consecutive games. Any further infractions will be cause for removal for the remainder of the season.

(As staff are considered in trusted positions- YOU WILL LEAD BY EXAMPLE or be made an EXAMPLE of)

• Any member ejected from the game will serve a one game suspension the following week.

2.4 Fees & Fines

All fees are to be paid by the deadline set forth by the league at the time of enrollment and as stated in sections throughout the bylaws. All fines are due payable by the following Tuesday of the infraction.

2.5 Playoffs and Championship (Playoff Selection: The top 6 overall teams will enter playoffs)

Players must be present for 4 regular season games to be eligible to participate.

Exclusions: Police, Fire, Military, Off-Shore, Medical, Trucking Personnel, Injury.

NON-Discrimination Policy: The NLFA does NOT discriminate based on race, ethnicity, color, sex, religion, age, national origin, political affiliation, ancestry, citizenship, sexual orientation, gender identity and or expression or disability.