

LXC SPORTS

& SOCIAL CLUB

Adult Sports Leagues · Louisville, KY · Est. 2010

Welcome to the Team.

This handbook includes everything you need to get started, stay organized on league nights, and feel confident while officiating. Please review all sections before your first shift.

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KEY CONTACTS

Brett & Desiree Chastain
League Owners

havefun@lxcsports.com
Player Questions

shirts@lxcsports.com
Shirt Issues

Getting Started

PAYROLL

Complete your W-9 / Independent Contractor Form before your first shift.

Payroll Schedule: Paid every 4th Friday

LXC Staff Contacts

LEAGUE OWNERS

Brett Chastain
Desiree Chastain

OPERATIONS

Kalan Voss

SOCIAL MEDIA

Desiree Chastain

PHOTOGRAPHY

Christine Valley

HEAD REF — VOLLEYBALL & SOFTBALL

Matt Benson

HEAD REF — KICKBALL, FLAG FOOTBALL, BOWLING, PICKLEBALL

Clarence Brown

02 — SHIFT ASSIGNMENTS & CONFIRMATIONS

Shift Confirmations

- All staff must confirm assigned shifts online before working.
- Head refs assign shifts for the full league session (typically 6–8 weeks).
- Once confirmed, you are officially scheduled.
- If you cannot work an assigned date, decline the shift — we'll find coverage.
- If you need to miss an accepted shift, notify your head ref at least 48 hours in advance.

03 — REF EXPECTATIONS

Uniform & On-Field Standards

REQUIRED UNIFORM

- Official black LXC Crew shirt
- Athletic black bottoms
- Venue-appropriate shoes

During League Nights

- Enter game results online immediately after games to keep standings current.
- Take team photos and upload them to the score site after each game.
- Distribute team shirts during Week 1 — remind teams to pick up before/after their game.

Operations Quick Reference

FORFEIT SCORING

21 – 0

Enter this score, then notify your head ref.

VOLLEYBALL: 5-min grace period per set before forfeit

SHIRT REQUESTS

shirts@lxcsports.com

Include: Team name, Sport/night,
Player name, Size needed,
Details of request

PLAYER QUESTIONS / LEAGUE ISSUES

Schedules, holiday play, league details havefun@lxcsports.com

05 — WEATHER POLICY

Weather & Cancellation Policy

TEXT ALERT SENT AT LEAST 1 HOUR BEFORE LEAGUE START IF GAMES ARE CANCELLED

If you do not hear from us games are ON.

- If conditions worsen after games begin, the on-site ref is responsible for weather decisions.
- Text your head ref (or Brett) first and wait for confirmation before dismissing teams.
- Players must be officially notified — do not dismiss teams without confirmation.

REF PAY DURING WEATHER CANCELLATIONS

League play begins:

Guaranteed pay for minimum 2 games regardless of cancellation.

After 2 games:

All completed games + the game in progress when rainout is called.

06 — UPLOADING SCORES & PHOTOS

Score Entry & Team Photos

- Enter game results immediately after each game to keep standings current.
- Take team photos and upload them to the score site — watch the tutorial video for step-by-step instructions.
- Access may vary depending on your role — contact your head ref if you have issues.

MEN'S FLAG FOOTBALL

Quick Ref Guide

2 × 22 min

HALVES

3 min

HALFTIME

25 sec

PLAY CLOCK

8v8 (min 7)

PLAYERS

CLOCK: Running clock — stops during final 2 minutes of 2nd half

TIMEOUTS: 1 × 60-second + 1 × 30-second per half

Scoring

Touchdown	6	
Extra Point — 5-yd line	1	Pass only
Extra Point — 12-yd line	2	
Safety	2	
Mercy Rule	20+	Lead at 2-min warning in 2nd half = game over

OFFENSE — ALLOWED

- QB may run
- Multiple handoffs
- Handoff receiver may throw behind line
- All players eligible
- One player in motion
- One foot in bounds = catch

OFFENSE — NOT ALLOWED

- Blocking
- Screening
- Flag guarding
- Diving
- Lowering shoulder / charging
- Ball spotted at runner's feet

DEFENSE — RULES

- 2-second rush count
- Interceptions are live and returnable
- Defenders may play ball after receiver touches
- No tackling or excessive contact
- No pulling flag before catch
- Lost flag = touch is down

PENALTIES

- Offsides (D) **5 + replay**
- Pass Interference **5-15 yds**
- Roughing QB **5 + 1st down**
- Flag guarding (O) **5 yds**
- Blocking/Screening **5 + replay**
- Charging/Lowering shoulder **10 + loss**

OVERTIME

- Ball at 50-yard line
- Alternate possessions — 4 plays each
- Team advancing farther wins

REPORT TO HEAD REF

- Forfeits
- Attendance issues
- Conduct problems
- Ejections

KICKBALL

Quick Ref Guide

7

INNINGS

50 min

GAME TIME

5 innings

OFFICIAL

None

MERCY RULE

TIMING: No inning may start after 45 minutes · Regular season ties allowed

EXTRA INNINGS: Only if time allows · Playoffs: confirm rule with head ref

PITCHING

- Underhand only
- Must bounce 3× before plate
- No curveballs
- Stay in box until kick
- Count: 4 balls / 3 strikes

KICKING

- Alternating M/F lineup

BASERUNNING

- Safety base required at 1st and home
- Miss base = out
- Home is always force play
- Commit line = must continue home
- Pinch runner: same gender, last out
- No leading or stealing

LIVE BALL RULES

- Tag-ups begin once ball is touched
- Can throw ball at runner (below shoulders)
- Head hit = runner is safe
- No throws above shoulders

JUDGMENT CALLS

- Infield fly rule applies
- Routine pop fly = out
- Headfirst slides only
- Obstruction at rounded 1st = safe at 2nd
- Intentional contact = out

SENECA PARK — LIGHTS OUT:

Contact head ref or Brett: 760-580-2129

REPORT TO HEAD REF:

Forfeits · Attendance concerns · Conduct issues · Ejections

SOFTBALL

Quick Ref Guide

7 or 1 hr

INNINGS

10 (min 7)

FIELDERS

3 females

COED MIN F

6 batting

MAX MALES

FINAL INNING RULE: If 50+ minutes have passed when inning starts that is the final inning

MERCY RULE: 20+ run lead going into the 5th inning = game over

PITCHING

- Arc between 6–10 feet high
- Must hit the mat
- No fake pitches

BATTING COUNT

- Starts at 1–1 count
- With 2 strikes: 1 foul allowed
- Next foul = out
- Caught foul tip = out

RUNNER RULES

- Commit line: once crossed must continue home
- Cannot return to 3rd (except tag-up)
- Home = force out only
- No tags allowed after commit line
- Pinch runner: must reach 1st, last out, same gender

RUN LIMIT PER INNING

- Leading team: max 7 runs per inning
- Trailing team continues until leading or within 7 runs
- Unlimited subs unless team has 10 rostered

HOME RUN LIMITS

Men's – Upper D	3 HRs
Men's – Lower E	1 HR
Coed – Upper D	3 HRs
Coed – Lower / Weak Hand E	1 HR
Over limit	= OUT

REPORT TO HEAD REF:

Forfeits · Attendance · Conduct issues · Ejections

VOLLEYBALL

Quick Ref Guide

To 21 (cap 23)

GAMES 1 & 2

To 15 (cap 17)

GAME 3

3 (coed: 1F)

MIN PLAYERS

4 per side

MAX MALES

ALWAYS PLAY ALL 3 GAMES

Forfeit = 5-minute grace period per set before calling forfeit

COED CONTACT RULE:

If 2 men touch before crossing net female must make 3rd contact

SERVING RULES

- Feet behind line
- Let serves are live (in play)
- No attacking or blocking the serve
- Front row may not jump-block serve

ROTATION

- Every serve
- Max 3 front row / 3 back row

CONTACTS & ATTACKING

- Multiple contacts allowed on first touch
- Any body part allowed
- Open hand tips legal
- Watch for: double contacts, lifts
- Front row only attacks inside 10-ft line
- Net touch = fault

COURT & LINE CALLS

- Line = IN
- Posts act as antenna — ball must be inside
- No pursuit over center line
- Centerline violation only if it interferes

TOURNAMENT RULES

- Before semis: to 15 (cap 17)
- Win first 2 no 3rd game needed
- Semis/Finals: standard format, no cap
- Must remain with team entire tournament
- One team per division — no switching

SPORTSMANSHIP & EJECTION POLICY

See dedicated Sportsmanship section (Page 9) for full escalation policy and reporting steps.

REPORT TO HEAD REF:

Forfeits · Attendance · Conduct · Ejections

PICKLEBALL

Quick Ref Guide

Best of 3

FORMAT

To 11, win by 2

POINTS

13 points

CAP

3 games

PLAY ALL

DIVISIONS: Mixed · Men's · Women's · Teams of 2 players

ELIGIBILITY: One team per division – must remain with your team for the entire tournament

SERVING RULES

- Underhand only
- Contact must be below the waist
- Diagonal serve across court
- Server must be behind baseline
- One attempt per serve
- Let serves are live (in play)

SERVICE FAULTS

Foot fault

LINE CALLS & FAULTS

- All lines = IN (except kitchen on serve)
- Out of bounds = fault
- Double bounce violation = fault
- Ball hits net without clearing = fault
- Paddle or player touches net = fault

DOUBLE BOUNCE RULE

- After serve: returner must let it bounce
- Then server must let return bounce
- After those 2 bounces: volleys allowed

KITCHEN (NON-VOLLEY ZONE)

NOT ALLOWED:

- Volleying while in kitchen
- Foot touching kitchen line on volley
- Momentum carrying you into kitchen

REPORT TO HEAD REF

- Forfeits
- Attendance issues
- Conduct problems
- Ejections

Sportsmanship

Standards & Conduct Policy — applies to all sports, all nights

LXC is built on fun, fairness, and community.

Poor sportsmanship undermines the experience for everyone. Refs are empowered to enforce these standards and protect all players on the field or court.

Violation Escalation

01 WARNING

Verbal warning issued by the ref. Noted and communicated to the player.

02 REMOVAL

Player is removed from the current game. Team plays short.

03 EJECTION

Player is removed from the facility for the remainder of the night.

FIGHTING = AUTOMATIC EJECTION

Any player who engages in physical fighting is immediately ejected — no warnings.

Additional league-level consequences may follow at the discretion of league ownership.

REF ACTIONS — IN ORDER

- Issue verbal warning first
- If behavior continues remove player from game
- If behavior escalates eject from facility
- For fighting eject immediately, no warning
- Do not engage aggressively — stay calm and firm

AFTER ANY EJECTION — REPORT

- Text Brett or your head ref immediately
- Provide: Player name
- Provide: Team name
- Provide: Description of the incident
- Do NOT leave until situation is resolved

REPORT TO: Brett Chastain (League Owner)

OR: Your assigned Head Ref — always notify before end of night

THANK YOU.

For being part of the LXC team.

Thanks for helping create fun, fair, organized, and welcoming league nights for everyone. We appreciate everything you do for our players and community.

LEAGUE OWNERS

Brett & Desiree Chastain

GENERAL QUESTIONS

havefun@lxcsports.com

SHIRT ISSUES

shirts@lxcsports.com

WEBSITE

lxcsports.com

PHONE

(502) 384-7529

ADDRESS

812 Lyndon Lane, Suite 202 · Louisville, KY 40242

LIFE IS BETTER WHEN YOU PLAY.