

2023

Sierra Athletic Conference

Charter & Rulebook



Approved - _____ **07/13/2023** _____

TABLE OF CONTENTS

- Mission Statement
- Charter
- Bye Laws
- 1. Voting
- 2. Fees
- 3. Administrative
- 4. General
- 5. Association Certification
- 6. General Requirements
- 7. Recruiting
- 8. Registration
- 9. Participant Certification Requirements
- 10. Certification Requirements for Teams
- 11. Eligibility, Ineligibility, Proof of Age, and Grade
- 12. Football Rules
- 13. Gate Admission Fees
- 14. Medical
- 15. Game Officiating
- 16. Ages, Grades, and Weights
- 17. Exceptions
- 18. Flyweights
- 19. X-Man Ages & Weights
- 20. X-Men Penalties
- 21. X-Men Rules
- 22. Ineligible Player
- 23. Ineligible Teams
- 24. Roster Size
- 25. Long Snapper Protection
- 26. Player Allotment Rule (PAR)
- 27. Field Requirements
- 28. Game Balls
- 29. Equipment Requirements
- 30. Weigh-in on Jamboree/Gameday
- 31. Air Quality Index & Heat Policy Guidelines
- 32. Scoring
- 33. Mercy Rule
- 34. Kick-Off/Onside Kicks
- 35. Score Reporting
- 36. Game Clock Management
- 37. Playoffs, Playoff Seeding & Relegation
- 38. Jr Peewee Exceptions for Football
- 39. SAC Jamboree Guidelines
- 40. Cheer Rules

Mission Statement

The Sierra Athletic Conference (SAC) is dedicated to the athletic, academic, and mental development of our youth through football and cheerleading. We conduct all organizational activities while embracing a single team concept. The success of the SAC is measured by the fun, achievement, sportsmanship and competition that each of us experience as a result of pulling together to develop the children of our community. The SAC invites your support in leading the character of our youth toward responsibility, self-discipline, respect, integrity and sportsmanship.

Charter

The SAC shall consist of football and cheerleading associations in the Northern California area, each of whom have committed to completing the given SAC season for Football in Cheer in the SAC league. The SAC will consist of associations that have a close working and historical relationship with their local High School Football or High School Cheerleading programs.

BY-LAWS

ARTICLE I: Objective

Section I:

The objective of the Sierra Athletic Conference (SAC) shall be:

- A. Dedication to the athletic, academic, and mental development of our youth through football and cheerleading.
- B. We conduct all organizational activities while embracing a single team concept.
- C. The success of the SAC is measured by the fun, achievement, sportsmanship and competition that each of us experience as a result of pulling together to develop the children of our community.

Section II:

To achieve these objectives, the SAC will provide a supervised League under the rules and regulations of the Sierra Athletic Conference Youth Football and Cheer rule book. Any affiliated organization or association will adhere to the rules voted on by the Presidents of the participating organizations or associations. All officers and members of the association shall bear in mind that the attainment of athletes is secondary to the prime goal of molding excellent future citizens.

Section III:

In accordance with Sec 501-2-930 of the federal revenue code, the SAC shall operate as a non-profit educational organization providing a supervised program of competitive sports activities. No part of the net earnings of the association shall insure to any private stockholder or individual.

The principal office for the transaction of business of the association shall be 1314 Ridgerun Drive, Roseville, CA, in the county of Placer.

ARTICLE II: Membership

Section I:

There shall be the following classes of members:

- A. **BOARD MEMBERS:** Those persons having an interest in managing the affairs of the SAC and who meet the requirements and regulations established by the voting organizations or associations may apply for Board Membership.
- B. **Affiliated Organizations or Associations:** An organization of Youth Football and Cheer, that is considered a feeder program for their affiliated high school. Each affiliated organization or association will have the ability to participate and vote on league issues, but shall not be involved with obligations in the management of the property of the association.

Section III:

Membership in the association is determined by an interview process and a majority vote of eligible Presidents (or association representative) conducted at a Regular Meeting as described in Article VI below. Membership in the association may be terminated by a majority vote of those Presidents present at any duly constituted meeting. The voting members shall have the authority to terminate the membership of any member whose conduct is considered detrimental to the goals and objectives of the SAC.

ARTICLE III: Governance

Section I:

Board Members: The management of the property and affair of the SAC shall be vested in the Board Members

The SAC Board Members shall consist of the office of:

- Commissioner
- Vice Commissioner
- Vice Commissioner
- Secretary

Section II:

The Board Members shall be voted into office, by a majority vote of the association or organizational Presidents (or representative), at the December general membership meeting. Terms of the board of directors are annual, commencing January 1 st and ending December 31 st , but may be terminated by resignation or by a majority vote of the Presidents for conduct detrimental to the welfare of the SAC.

Vacancies on the board occurring by resignation or termination shall be filled by a majority vote of the Presidents.

Section III:

The Board Members reserve the right to discipline, suspend or revoke any membership of the association in accordance with the procedure set forth in Article II, Section III.

Section IV:

The SAC is a closely held California non-profit operation.

Section V:

All matters concerning the policies and operation of the SAC shall be decided by a vote of the association or organizational Presidents. The majority of those present at a duly constituted meeting shall carry no motion without a favorable vote. By definition, a duly constituted meeting may be scheduled or unscheduled. Each President of the of the membership shall be entitled to cast one vote on any business matter. In the event of a tie, the Commissioner will be the tie breaking vote. The vote of the Commissioner will be the final result.

Section VI:

The duties of the Board Members shall be as follows:

● **Commissioner:** Administrative leader of the Sierra Athletic Conference. Highest local authority. Oversees all aspects of both football and cheer including:

- o Organizes monthly President Meeting agendas Facilitates monthly President's meetings.
- o Acts as a liaison between the affiliated leagues and league vendors and officials.
- o Can Attend all affiliated league meetings.
- o Send interest letters to outside organizations at the conclusion of each season.

● **Vice Commissioners: (2):**

- o In the absence of the Commissioner, the Vice Commissioner assumes the Commissioner's duties with regards all aspects of the commissioners' duties as noted above.
- o Can Attend all affiliated league meetings
- o Responsible for the annual state corporate filings with Secretary of State.

- o Files yearly taxes.
- o Obtains proper permits and insurance papers for the SAC

• **Secretary: Responsible for:**

- o Takes minutes at President Meetings and saves in drive.
- o Emails minutes to Presidents and SAC Board Members after each meeting and prior to following meeting. .

Section VII:

The duties of the **Affiliated Organizations or Associations** shall be as follows:

- o Attend Monthly Presidents meetings
- o Bring to light any concerns or questions regarding League business
- o Vote on league rules and motions
- o Communicate league decisions, expectations, and codes of conduct to affiliated staff, board members, coaches, parents, and players.

Section VIII:

Attendance and participation expectations of Board Members and Affiliated Organizations or Associations

• **President Meeting Attendance:**

- o Attend all President meetings.
- On the 3rd missed meeting, the President's may vote to put a missing organization on probation, therefore revoking the affiliated organization or associations voting rights.

ARTICLE IV: Meetings

Section I:

General Membership meetings will be held a minimum of once a year in December. The purpose of the December general President's meeting shall be to inform the SAC of the status or changes in league affiliation, vote in the next board members and provide members the opportunity to nominate candidates for vacant positions.

Section II:

Regular President's meetings will be held each month, at a designated date and time established at the prior meeting. Unscheduled, special open or closed meetings or workshops may be called by the Commissioner at any time.

Section III:

Notice of all meetings shall be given by the Secretary to each member of the SAC by telephone, e-mail, or in person at least 24 hours prior to the meeting.

Section IV:

A majority of the members of the Conference shall constitute a quorum and a quorum shall be necessary to conduct any business at a meeting of the Presidents.

Section V:

Roberts' Rules of order shall govern the proceeding of all meetings except where such rules conflict with the by-laws of the association.

1. VOTING

- a. Each association and its members will abide by all rules and regulations adopted by a majority vote of the SAC presidents.
 - i. Each fully vested association has one vote per item.
 - ii. The President or their designated proxy (can be emailed) will be the only vote counted on any item presented to the SAC.
 - iii. Allow voting by email between the dates of July 18th “first day of official practice and December 1st (to ensure end of the season). All discussion and voting must happen within a 48-hour window. When responding to emails to discuss the matter at hand, you must choose “Reply all”. This is to ensure that all are involved in the discussion.
 - iv. All final regular season results will be available and posted online in the administrative area after 9:00 pm on Sunday of the last weekend in which regular season games are played, and must be approved by the Association Presidents by 11:59 pm with an email to the Webmaster on that same Sunday with their vote, so that playoff seeding can be posted by 12:00 pm on Monday (the next day). All Associations failing to respond by the deadline will be considered to have abstained from the voting (i.e. no vote considered). Absolutely no late votes will be considered, NO EXCEPTIONS!
 - v. Once the Rulebook has been approved for the current season it takes a 2/3 vote of the presidents in attendance, at any SAC General Meeting to change it.
- b. Addition or Deletion of SAC teams require a majority vote of the previous year’s members.
- c. Each association President will:
 - i. Be a voting member of the SAC.
 - ii. Be a voting member of any SAC committee.
- d. The SAC Commissioner will appoint SAC committee Members.
 - i. Committee terms will run from the meeting after General Elections until the next General Election.
- e. The previous year's SAC members shall come together to vote on the following:
 - i. Determine returning member association participation and probation status of associations.
 - ii. Rulebook...Administration, Football, Cheer, etc.
 - iii. Code of Conduct.
 - iv. Season schedule.
 - v. Other issues that may be requested by an SAC member.
 - vi. New Member applications.

2. FEES

- a. SAC requires each organization to pay \$68.22 per Member Organization (18) per year to cover the annual cost of the SAC League Liability Insurance Policy (\$1,228.00/year). This figure is subject to change due to policy cost increases and the potential addition of Member Organizations.
- b. Any SAC item that requires special funding will be voted on by the SAC presidents on an annual basis and be funded equally by all associations within the SAC. (Webmaster fees, referee’s assignor’s fee, etc.)
- c. All other events will be the financial responsibility of the association gaining the revenues from such events.

3. ADMINISTRATIVE

- a. Gold Badges:
 - i. Gold Badge holders will be admitted free of charge to any SAC game.
 - ii. Each SAC member Association is allowed up to 14 “GOLD BADGE” holders.

- iii. Badges are only good for the season in which they are issued and must be renewed on an annual basis.
 - iv. Generally, a member of the SAC Association's executive board will hold this badge. Each SAC Member Association according to their internal structure selects gold badge holders.
 - v. Administrators shall refrain from smoking, chewing tobacco, consumption of alcohol or use of illegal drugs during all games and practices or on any school campus.
- b. SAC Badge Guidelines
- i. Standard Badge size 2.125" wide x 3.375" tall (hard plastic preferred)
 - ii. Badges shall have a clearly identified 'Colored' border to identify badge type.
 - iii. Identifiable 1.05" wide x 1.05" tall picture of the individual (No hats, beanies, or sunglasses).
 - iv. Each organization may have their own background colors, images, or patterns.
 - v. Badges must be worn visibly at all SAC functions.
 - vi. Badge Colors and Field access and rules as follows:
 - 1. **GOLD** - Each organization may only issue a maximum of 14 gold badges (usually reserved for Executive Board Members).
 - a. Number allowed per organization - **14**
 - b. Free access to games - **YES**
 - c. Field access - **YES**
 - d. No charge for meals at Home or Away - **YES**
 - 2. **RED** - Reserved for Head Coaches
 - a. Number allowed per organization - **8** (1 Head Coach per Team/Squad)
 - b. Free Access to games - **YES**
 - c. Field access - **YES**
 - d. No charge meals - **NO**
 - 3. **BLUE** - Reserved for Assistant Coaches & Junior Instructors
 - a. Number allowed per organization - **76** (10 FB & 9 Cheer per level)
 - b. Free access to games - **YES**
 - c. Field access - **YES**
 - d. No charge for meals - **NO**
 - 4. **GREEN** - Reserved for Weighmasters
 - a. Number allowed per organization - **4** (1 per Team)
 - b. Free access to games - **YES**
 - c. Field access - **YES**
 - d. No charge meals - **NO**
 - 5. **BLACK** - Reserved for Non-Executive Board Members
 - a. Number allowed per organization - Organization discretion.
 - b. Free access to games - **YES**
 - c. No charge meals - **NO**
 - 6. **WHITE** - Reserved for Team Photographer and Press
 - a. Number allowed per organization - 1 per Team/Squad
 - b. Free access to games - **NO**
 - c. Field access - **YES**
 - d. No charge meals - **NO**

Badge	Number per Org	Stadium Access	Field access	Meals
GOLD	14	No charge	YES	Free
RED	8	No charge	YES	Normal Charge
BLUE	76	No charge	YES	Normal Charge
GREEN	4	No charge	YES	Normal Charge
BLACK	Org. Discretion	No charge	YES	Normal Charge
WHITE	1 per Team/Squad	No charge	YES	Normal Charge

Color chart	RGB Code
GOLD	#E9FF0D
RED	#FF2600
BLUE	#0096FF
GREEN	#008000
BLACK	#000000

4. GENERAL

- a. Each association within the SAC must be a California registered non-profit corporation.
- b. Each association will be responsible for their own state and federally mandated reports i.e., taxes and non-profit reports to the Attorney General's office. Each must be in good standing with all. This alleviates the responsibility of creating a non-profit corporation, commonly operated by a trustee system.
- c. The SAC Presidents will meet monthly to facilitate league business.
 - i. It shall be the responsibility of the SAC Commissioner to schedule a time and location for all SAC meetings.
 - ii. Meetings will be rotated among the member associations.
 - iii. It is the responsibility of the hosting association to provide any and all required accommodation, for example, tables, chairs, and refreshments.
 - iv. It is required that the President or designated proxy of each member organization will attend every regularly scheduled meeting. Failure to attend 2 or more meetings may result in forfeiture of voting rights or placed on probation for the duration of the season as determined by majority vote of the remaining member organizations.
- d. All SAC meetings will be conducted in accordance with the Roberts Rules of Order. All items to be discussed or voted on at an SAC meeting must be listed in the agenda and posted on the SAC web site 48 hours prior to any and all meetings. Each SAC member association will be required to add the minutes from any and all SAC meetings in their respective organizations meeting minutes. This will ensure each association is in compliance with the Brown Act.
- e. All issues regarding the SAC Cheer Competition shall be decided by majority vote of the Association Presidents (events such as the facility used, cheer organization (JAMS, POWER CHEER, CHEER GYMS) running the event, Location, dates of event(s), etc.

- f. All special events (jamborees and championship games) must be at a high school or college facility with lights.
- g. A member organization being placed on probation will result in that organization having no voting rights for up to 2 years. Subsequently, that organization will not be allowed to host any Pre or Post-Season events or games unless the majority votes of member organizations determine otherwise.

5. ASSOCIATION CERTIFICATION

- a. All SAC member organizations are required to certify, screen and approve all of their board members, coaches, volunteers, vendors or administrators in accordance with that organizations by-laws and requirements to confirm to the best of their ability the general safety and security of all participants within the that member organization and all SAC member organizations.
 - i. Each Member organization will maintain a coach's binder for each team containing the active roster of coaches for each team, current USA Football Heads Up certificate or Cheer equivalent and CDC Concussion certificate for each coach and copy of current CPR Certification for at least one of the coaches.
- b. The SAC believes that:
 - i. Participation in youth sports develops important character traits and values.
 - ii. The lives of youths can be positively impacted if the adults caring for them have proper training and information.
- c. SAC presidents will be responsible for at least one person to pre-certify team binders. Teams will be assigned annually.

6. GENERAL REQUIREMENTS FOR COACHES AND ADMINISTRATORS

- a. Each staff will consist of:
 - i. One head coach
 - ii. No more than seven (7) total assistant coaches and three (3) student instructors.
 - iii. Head Coaches, Coordinators and Assistant Coordinators must be at least 18 years of age.
 - iv. Assistant coaches must be at least 18 years of age.
 - v. Each Team will have their own Head Coach.
 - vi. Weighmasters are not considered part of the coaching staff if a team has 7 total assistant coaches. However, all weighmasters must be listed on the Official Coaches Roster.
 - vii. All coaches, for the purpose of the rules, are considered a coach from the start of a new season until the start of the next or following season. (Example, July 18, 2022, until July 17th, 2023).
- b. All Head Football Coaches are required to attend one of the two Referee Update/Rules Meetings.
- c. Official Coaches Roster shall be completed prior to any association/SAC function involving Adult/Child interaction.
- d. Each Certified coach must have: Coach ID Badge with current photograph (Badges cannot be issued until Heads Up and CDC certifications have been completed).
- e. Each Weighmaster must have an ID badge with a current photograph.
- f. Each Administrator must have an ID badge with a current photograph.
- g. Each Coach, Weighmaster, and Administrator must have a signed Code of Ethics on file.
- h. Coaching
 - i. Coaches are subject to de-certification, suspension, or expulsion, by their respective association for violating any of the following:

1. No Head Coach, Assistant Coach, Instructor, or other volunteer assisting a cheer or football team will be paid for their services. These services include but are not limited to: cheer choreography, tumbling instruction, cheer technique or skill, football player development, playbooks, conditioning drills or plans, or skills development drills or plans.
2. Coaches are considered to be in an official status whenever they are participating in football, cheerleading or SAC activities.
3. Badges must be worn during practices, games, and all SAC functions.
4. The coaching staff is in complete charge of the team or squad whenever it is together on the practice or playing field, traveling as a group, or at any team function.
5. The coaching staff is under the direction of the Head Coach.
6. Trainees must meet certification requirements established by their individual associations.
7. All coaches must be certified by their association, prior to acting in the capacity of coach.
8. Each association will determine its own selection criteria and placement policy.
9. All prospective coaches must give their consent to have a thorough background check performed.
10. Coaches shall refrain from smoking, chewing tobacco, consumption of alcohol or use of illegal drugs during games and practice or on any school campus.
11. Coaches will refrain from using abusive and profane language in front of anyone connected with the game.
12. Coaches will not criticize participants in front of spectators but use constructive criticism during practices or in private conversations.
13. Coaches will not criticize the opposing team, their coaches, or fans by spoken word or gesture.
14. When it becomes necessary to administer discipline to a participant, it shall be in accordance with each respective associations by-laws.
15. All Football coaches must complete USA Football Heads Up Youth Tackle Football Certification & the CDC Heads Up certification annually 1 week prior to official practice beginning.
16. A minimum of 1 coach or staff member from each team must be CPR certified.

7. RECRUITING

- a. Definition of Recruiting - Recruiting is the act of attracting, engaging, assessing, and onboarding athletes for cheer and football.
- b. Recruiting Rules
 - i. Athletes and parents that choose to leave one SAC Member Organization for another are allowed with no penalty.
 - ii. Mass emails, public social media posts or blasts, mass mailers or flyers intended for the general public is not considered recruiting.
 - iii. Any pursuit or invitation to a specific athlete from another SAC Member Organization to attend a preseason clinic or camp would be deemed recruiting.
 - iv. Any current, past or aspiring coach, board member or parent wanting to be a coach or board member actively trying to persuade, convince or otherwise get athletes or the athlete's parents to leave one SAC member organization to join another SAC Member Organization through in person conversation or via regular mail, electronic mail, social media or text messaging would be deemed formal recruiting. This would include

- coaches or board members that leave a SAC member organization to join another SAC member organization and try to convince other parents and athletes to follow them.
- v. A coach or parent approaching an athlete from a different SAC Member Organization after a game and telling them they had a good game, and they would do well on their team is not recruiting. If that coach or parent, then proceeds to further engage the athlete or athlete's parents and continues the conversation of how that athlete would be a great addition to the team would then be deemed recruiting.
- vi. Parents or Volunteers that have been or intend to be a coach, assistant coach, board member, weighmaster, team parent, team photographer or any other official or unofficial role on a team or within the organization are not allowed to recruit athletes from other SAC Member organizations.
- vii. Recruiting players from other organizations outside of the SAC is not a violation of SAC rules.
- c. Process of investigation
 - i. Violated Member Organization President is alerted to alleged recruiting violation(s) and conducts investigation.
 - ii. The President of the violated Member Organization notifies both the alleged violating member organization President and the SAC Commissioner of the alleged recruiting taking place.
 - iii. The three parties, violated member organization president, alleged violating member organization president and commissioner review facts and information including but not limited to emails, text messages, parent statements, social media posts and any other information deemed pertinent to the accusation of Recruiting. If further investigation is needed the three parties will continue to investigate and set a date to follow up to reconvene. Once enough information is gathered the commissioner will present the information to Presidents. Only the party accused of recruiting should be named. Witnesses, parents and athlete information should be redacted prior to being presented to all SAC Member Organizations unless that information is deemed pertinent by the SAC Commissioner, the violated Member Organization President and the alleged violating Member Organization President.
 - iv. All Presidents will then vote whether the information presented is enough to: (1) issue a penalty (2) continue investigation or (3) close investigation with no penalties.
- d. Penalty for recruiting:
 - i. Any parent, Coach or volunteer confirmed to be recruiting for an SAC Member Organization will be banned from coaching with all SAC Member Organizations for a minimum of 2 years and their name will be added to an official list maintained by the SAC Commissioner and made available to all SAC Member Organizations for review.

8. REGISTRATION

- a. All participants must be registered with the Member Organization prior to any involvement in any SAC activities. All participants must provide the following:
 - i. Parental consent
 - ii. Medical clearance to participate.
 - iii. Proof of age - As of August 1st for cheerleaders, Jr Midget and Midget football and current report card for all levels of football.
 - iv. Each Association shall determine its own registration policy.
 - v. Freshman rule: No high school freshmen will be allowed to play in the junior football programs. If violated the team will forfeit all games in which they participated.

9. PARTICIPANT CERTIFICATION REQUIREMENTS

- a. Certification Definition
 - i. Certification is the process whereby the SAC ensures that participants meet minimum eligibility requirements. Certification applies to participants, coaches, administrators and teams.
 - ii. Certification of all must be completed prior to Jamboree of the current playing year and players can be added up to the third regular season game of the season.
- b. Participants
 - i. Each participant will certify for 1 (one) team/division only.
 - ii. A participant who has originally certified for a team/division/organization may recertify for another team/division/organization, provided that he or she meets the age and weight requirements that would have been applied at the Jamboree; they will have until the 3rd regular or preseason game to accomplish this.
 - iii. Paperwork certification must be completed prior to participating in Jamboree.
 - iv. Prior to participating in any games, athletes must possess fully certified paperwork, official certified weight, and a completed player card with 2 stamps.
 1. Player card, Birth certificate, report card/grade verification (Football & Midget Cheer), physical, Code of Ethics.
 - v. Athletes can be added and certified to rosters up to the 3rd regular/pre-season game (09/09/2023). This is also the final day to certify rosters and player cards.
- c. Each participant must have on file with their respective Organization:
 - i. Participant Identification Card (Player Card) with current photograph
 - ii. Signed parental consent.
 - iii. Medical Clearance to Participate dated after April 15 of the current year.
 - iv. Signed Code of Ethics
 - v. Emergency Information and Treatment Authorization
 - vi. Most recent current year report card (football only)

10. CERTIFICATION REQUIREMENTS FOR TEAMS

- a. Each certified team must have the following completed prior to the first game of the season:
 - i. A minimum of 2 coaches, one of which shall be designated Head Coach.
 - ii. Team Certification binder containing:
 1. Player Cards
 - a. Birth Certificate, Physical, report card/grade verification (Football & Midget Cheer), Code of Ethics.
 2. Player Roster
 - iii. PAR forms (football only)
 - iv. Coaches Binder containing
 1. Coaches Roster
 2. Current USA Heads Up and CDC Certificate
 3. Copy of Current CPR Certificate for at least one coach
 4. Code of ethics
 - v. Team Roster
 1. Coaches Roster and Code of ethics
 2. Participant Identification Cards for each participant
 3. Insurance forms

11. ELIGIBILITY, INELIGIBILITY, PROOF OF AGE, & GRADE

- a. Eligibility of age is determined on August 1st of every year.
- b. Eligibility of grade is determined by the evidence of the most recent spring/summer report card of the previous school year. (i.e., 2023 season grade eligibility is determined by the 2022-2023 spring/summer report card)
- c. Any one of the following is acceptable proof of age:
 - i. Previous Year Participant Identification Card
 - ii. Legible copy of the Certified or Notarized Birth Certificate
 1. Unless:
 - a. Other information provided contradicts reported age, copy is unreadable, or individual association had a policy of requiring "originals".
 2. Military dependent
 3. Certified Adoption Papers
 4. Passport
 - iii. All NEW Midget participants require a birth certificate football & Cheer.

12. FOOTBALL RULES

- a. Scouting
 - i. Scouting of other teams is permitted from the stands only. No scouting from the sidelines is allowed unless your organization's teams are playing, and the scout is an authorized coach or board member allowed to be on the sidelines.
- b. Practice Definition
 - i. A gathering of players where one or more of the following takes place;
 1. Wearing of Football-related equipment
 2. Running of plays. Including organized, scripted, developed, etc.
 3. Physical Contact: Including that with other players, sleds, dummies, etc.
 4. Exclusion of others (persons wanting to participate that are not or will not be a member of your teams)
- c. Restrictions
 - i. Official Practice shall not begin until the official beginning date of the season, which is set in the official season schedule each year.
 - ii. No team may schedule more than 10 hours of practice per week prior to the first scheduled game. If your association has a bye week on that week, this would still be considered your first scheduled game, your practice hours must conform to the rules, as if you played a game (i.e., 6 hours of practice).
 - iii. No team may schedule more than 6 hours of practice per week after the first scheduled game and prior to the postseason.
 - iv. No team may schedule more than 8 hours of practice per week during the postseason.
 - v. Practice sessions shall not last more than 2-1/2 hours per day.
 - vi. Each participant must have a minimum of 10 hours of conditioning before being allowed to participate in contact (football). Clinic or Camp attendance shall NOT be counted toward this requirement.
 1. During these 10 hours of conditioning the players are not allowed to wear any Pads. (California Youth Football Act)
 2. After completing 4 hours of conditioning, the players are able to wear helmets (If required to do so by the coaching staff) for the remaining 6 hours of Noncontact conditioning. (California Youth Football Act)
 3. Hours 11-14 the players shall be in helmets and shoulder pads and have

contact only with blocking sleds, shields, bags, etc.

4. Hours 15 and beyond, the players shall be able to go full equipment participate in live contact drills adhering to the conference regulations and California Youth Football Act.

5. A tackle football team shall not conduct more than two full-contact practices per week during the preseason and regular season. (California Youth Football Act)

6. The full-contact portion of a practice shall not exceed 30 minutes in any single Day. (California Youth Football Act)

7. Preseason Practice Chart:

	PRESEASON HOURS			
	1 – 4	5 - 10	11 – 14	15+
PERIOD	Conditioning	Conditioning	Acclimatization	Contact
EQUIPMENT	None	Helmets only	Helmets and shoulder pads	Full equipment
CONTACT	None	Blocking sled, bags, shields, etc. for technique, agility, and conditioning only	Contact only with blocking sleds, bags, and shields.	Live contact drills

vii. Teams shall be allowed to participate in scrimmages and/or bowl games against other teams only after they have completed a minimum of 20 practice hours.

viii. Any participant added at any time must meet the minimum conditioning and practice time requirements as above.

ix. A week is defined as seven (7) consecutive days beginning Monday and ending Sunday.

x. No practice of any kind may take place on the day of the game except after weigh-ins.

xi. Mid-Season scrimmages or 2-hour practices on bye weeks do not count against weekly practice time.

d. Chalk Talk/Film

i. Teams may schedule no more than 2 hours of chalk talk/film time per week, which is not counted towards the practice time listed above.

ii. Chalk talk is defined as watching film, no lining the players up, no physical exertion. If there is a violation the head coach will not be allowed on the sideline for the upcoming game.

e. Camp Definition

i. A training session provided by an outside organization/company (This type of camp usually has a cost associated with it).

13. GATE ADMISSION CHARGES

a. Fees for all SAC regular games & Jamborees shall be:

i. Adult - \$8.00

ii. Senior Citizen (65 and over) and children ages 5 to12 - \$5.00

iii. Children under age 5 are free

b. Playoff Games admission fees:

- i. Adult - \$8.00
- ii. Senior Citizen (65 and over) children ages 5 to 12 - \$5.00
- iii. Children under age 5 are free
- c. Championship Games admission fees:
 - i. Adult - \$10.00
 - ii. Senior Citizen (65 and over) and children ages 5 to 12 - \$5.00
 - iii. Children under age 5 are free
- d. Please note these are the maximum fees that can be charged, a Member Association can choose to charge less.

14. MEDICAL

- a. All practices must be attended by at least one person holding a Red Cross Community CPR and First Aid certificate, its equivalent or higher.
- b. At least one coach from each level in both Football and Cheer is to be CPR Certified.
- c. At all practice locations there must be an AED with certified personnel to operate the machine.
 - i. If football is at location A and Cheer is at location B. There must be an AED machine with certified personnel to operate the machines at each location.
- d. The hosting Member Organization has the responsibility to provide medical coverage at each game or competition. Minimum coverage shall be:
 - i. A current California Certified EMT I or higher
 - ii. A well-stocked first aid kit
- e. Each participant shall have an Emergency Information and Treatment Authorization sheet available at each practice, game, competition, or SAC sponsored event.

15. GAME OFFICIATING

- a. All games will be played in accordance with the National Federation of State High Schools Association (NFHS) rules, except where otherwise noted. If an Association has a problem with a referee, the President of that Association will contact all of the other SAC Association Presidents and the Officials Facilitator by email.

16. AGES, GRADES, AND WEIGHTS

- a. All players must meet the grade/age/weight limits to certify. Any player not certifying after the third game of the season will be dismissed from the team.
- b. It is up to each individual association if they are going to allow First Graders or six (6) years olds to participate.
- c. Minimum Age to play is 6 years old as of August 1st and Maximum Age is 14 as of August 1st of the current season.
- d. Jr Midget has a maximum age of 12 as of August 1st of the current season. Any player who is 13 on or prior to August 1st must move up to the Midget team in order to be certified to play.
- e. Midget has a maximum age of 14 as of August 1st of the current season. Any player who is 15 on or prior to August 1st will not be certified to play.
- f. Age, Grade, and Weight placement chart:

AGE	Grade	Jr. Pee Wee	Pee Wee	Junior Midget	Midget
6	1 st Grade	Up to 110			
7	2 nd Grade	Up to 110			

8	3 rd Grade	Up to 110			
9	4 th Grade	Up to 110	Up to 130		
10	5 th Grade	**Up to 65	Up to 130	Up to 150	
11	6 th Grade		Up to 130	Up to 150	Up to 175
12	7 th Grade		**Up to 75	Up to 150	Up to 175
13	8 th Grade			**Up to 100	Up to 175
14	8 th Grade				Up to 175

17. EXCEPTIONS

- a. No exceptions are allotted to any organization. Any exceptions would be on a case-by-case basis and need to be reviewed at the July President's meeting and final exceptions reviewed by August 7th. Any exceptions to be considered must have an application submitted prior to the above meetings with the vote to take place in person only.

18. FLYWEIGHTS

- a. Weight limits for male and female players are listed in the above chart.
- b. The player's grade is their grade as of the Fall semester/trimester/quarter of the current year.
- c. **Jr Pee Wee Flyweights are limited to: (A) a maximum of three (3) players with a weight of 65 pounds or less (B) must be a first-year player (C) 5th grade only.
- d. **Pee wee Flyweights are limited to a maximum of three (3) players with a weight of 75 pounds or less.
- e. **Jr Midget Flyweights are limited to a maximum of three (3) players with a weight of 100 pounds or less.
- f. **Midget level has no flyweights.
- g. There is no minimum required weight for any player.
- h. All Associations at all levels must strictly adhere to the above age-weight schematic.

19. X-MAN AGES & WEIGHTS

- a. The Weight Chart shown below is the maximum weight allowed at each level before a player is designated as an X-man.

AGE	6	7	8	9	10	11	12	13	14	X-MAN
Jr. Pee Wee	110	110	110	110	110					No Limit
Pee Wee				130	130	130				No Limit
Jr. Midget					150	150	150			No Limit
Midget						175	175	175	175	No Limit

20. X-MAN PENALTIES

- a. Failure to comply with the X-Man Rules will result in:
 - i. 1st Offense – Verbal warning to the Head Coach.
 - ii. 2nd Offense – 5-yard penalty (Illegal Procedure).
 - iii. 3rd Offense – 15-yard penalty (unsportsmanlike against Head Coach).
 - iv. 4th Offense and everyone thereafter – 15-yard penalty (Unsportsmanlike & Ejection of Head Coach).

21. X-MEN RULES

- a. Maximum of 8 X-man allowed per team.
- b. All X-man
 - i. May advance a fumble, interception, or on-side kick.
 - ii. Must wear a jersey number 90-99
 - 1. Exceptions: Notify officials prior to the game and have an “X” on the back of the helmet.
 - iii. Wearing a number of 90-99 will result in the player being deemed an X-man and will be deemed an ineligible receiver.
- c. X-man on free kicks (kickoff or kickoff return)
 - i. Kickoff
 - 1. May be kicker only.
 - ii. Kickoff return
 - 1. Must be 10-12 yards from spot of kickoff.
 - 2. May advance on-side kick.
- d. X-man on Offense:
 - i. Offense is allowed 5 X-Men on the field at any given time.
 - ii. May play center, guard, and or tackle.
- e. X-Men on Defense:
 - i. Maximum of 4 on field for defense.
 - ii. Limited to line of scrimmage.
 - iii. Limited to outside shade of offensive tackle.
 - iv. Must be in 3- or 4-point stance.
- f. X-Men on scrimmage kicks (Punts, Punt Returns, or PATs)
 - i. Punts:
 - 1. X-Man must be on the line of scrimmage.
 - ii. Punter:
 - 1. May not advance ball (i.e., running ball or QB).
 - 2. May not rugby style kick (no more than 3 steps or judgment by official).
 - iii. Punt Returns:
 - 1. X-Men are limited to line of scrimmage.
- g. PAT:
 - i. X-Men are limited to line of scrimmage.
- h. Placekicker
 - i. May not advance ball (i.e., running ball or QB).

22. INELIGIBLE PLAYER

- a. Ineligible players are those that:
 - i. Are over the weight restrictions.
 - ii. Are over or under the age restrictions.
 - iii. Have falsified data concerning the above or any part of the certification process.
 - iv. Are participating in other organized TACKLE football programs while the SAC season is in process.

1. A player will NOT be ruled ineligible for participating in school sponsored FLAG football.
- v. Have been ejected or suspended from the previous game they were eligible for.
- vi. No High school players (please see General Rule).

23. INELIGIBLE TEAMS:

- a. Ineligible Teams are those that:
 - i. Play with in-eligible players/coaches.
- b. They shall forfeit all games in which the in-eligible player/coach participated. Ignorance is not an excuse. Teams are responsible for their players/coaches/parent's actions.

24. ROSTER SIZE, RED SHIRT & GREY SHIRT

- a. Roster size shall be inclusive of all players: older, lighter, flyweight, and X-Man players.
- b. Minimum roster is 16 players
 - i. If under 16, Presidents from each association must agree to play before game can begin.
 1. Minimum roster size for Junior Peewee is 20 players
 2. If under 20, presidents from each association must agree to play before game can begin.
- c. Maximum roster is 35 active players plus 5 inactive "Redshirt" players who can only become active once PAR has been met for all other players.
 - i. **Red Shirt** programs are managed by individual organizations and are not mandatory.
 - ii. **Grey Shirt** programs are managed by individual organizations and are not mandatory.
 1. Grey Shirt players are "inactive" players that will have a developmental season and each organization will individually manage the number of Grey Shirt players they will allow per level.
 2. All Grey Shirt players must be certified, and a Grey Shirt roster must be added to each one of the Certified Coaches binders.
 3. Grey Shirt players are not allowed to play in the Jamborees.
- d. After the 3rd game of the season, no child can be added to a team/squad.
 - i. A copy of each team/squad's certified roster should be provided to the Facilitator.
 - ii. A copy of the completed certified roster for each team/squad must be sent to the Football Facilitator of the SAC no later than 5 days after the completion of the 3rd regular game of the season.
- e. A team can have a maximum of 5 players certified on a red-shirt roster.
 - i. Red shirts must be certified before the 3rd game
- f. Any and all players on the roster are eligible for activation prior to game weigh-ins.
 - i. The maximum game time roster remains at 35 players.
- g. Exceptions must be used to fill the minimum the rosters size before other exceptions requests.
 - i. In order for an exception the player/parent/coach must submit an application and be signed by a parent/Head coach/executive board member and voted on by the SAC board.
 - ii. All exceptions are subject to review under the SAC Commissioner at any time to review for competitive advantages with the first review to take place no sooner than the July presidents meeting.

25. LONG SNAPPER PROTECTION

- a. Any special teams play will be afforded protection where no player can line up over him.

26. PLAY ALLOTMENT RULE (PAR)

- a. The following shall be the minimum PAR requirement for all SAC teams each game:
 - i. 29-35 players 8 plays
 - ii. 22-28 players 10 plays
 - iii. 21 or less players 12 plays
- b. Injury or other loss of players during the course of a game will not alter the PAR rule as determined prior to the start of the game (i.e., sliding scale).
- c. PAR cannot be altered as punishment for players (either they play, or they don't, no half PAR as this manipulates the sliding scale PAR system, NO EXCEPTIONS!!).
- d. A play shall not count toward the PAR requirement if the play results in a dead ball penalty
- e. Failure to meet the PAR requirement by the end of the regulation game (not overtime) will result in forfeiture of the game and the Head Coach must be suspended for one week,
 - i. This includes practice.

I. RED SHIRT RULE

- a. Red Shirts must have a certified player card in the coach's binder.
- b. Red Shirts are only allowed to play once all other players have met PAR.
- c. Red Shirts do not count toward PAR.
- d. Red Shirts must be identified on the PAR sheet.

27. FIELD REQUIREMENTS

- a. The home team is responsible for preparation of the field and all accessories required for the game.
- b. Fields shall be regulation size
- c. Fields shall have a scoreboard and time clock.
- d. Accessories required for the game:
 - i. Goal Post Pads
 - ii. Field Markers
 - iii. Chain Gang accessories.
- e. All fields will be inspected for safety prior to use.
- f. All fields will be marked in accordance with high school standards.
- g. Home team MUST make water available on the field throughout the day for both home and visiting teams.
- h. All special events, (jamborees, playoffs, and championship games), must be at a high school or college facility with lights.

28. GAME BALL

- a. The ball used must be of good quality materials and must be in good condition.
- b. All organizations will use Wilson Footballs or its replacement model from the manufacturer:
- c. Teams will be required to use the following:
 - i. Jr. Pee Wee: Wilson GST-K2 (1782), Team Issue (6), Pee Wee ages 6-9 or equivalent.
 - ii. Pee Wee: Wilson GST-TDJ (1783), Team Issue (7), Junior ages 9-12 or equivalent.
 - iii. Jr. Midget and Midget: Wilson GST-TDY (1784), Team Issue (8), Youth ages 12-14 or equivalent.

29. EQUIPMENT REQUIREMENTS

- a. Coaches will conduct equipment checks prior to the start of each game.
- b. Each player shall wear the following:
 - i. Helmet (NOCSAE certified)
 - ii. Shoulder Pads (NOCSAE certified)
 - iii. Hip, Thigh, Knee & Tail Pads
 - iv. Mouth Guard (keeper required)
- c. Additional equipment worn must have prior approval for football use from a reputable standards organization or majority vote of the SAC members according to SAC voting procedures.
- d. Helmets must be certified after every other season of use (every other year minimum)
- e. Visiting teams must wear a jersey color that is contrasting to the home team. (This does not mean white, just contrasting). Visitors change if not contrasting
- f. All players must be provided separate contrasting home and away jerseys.
- g. All players will bring both jerseys to each game.
- h. Cleats must meet high school guidelines (no metal cleats)
- i. Numbers 50-79 may be worn by eligible receivers. In this case, the eligible receivers must be identified to the officials and opposing team head coach prior to the game.

30. WEIGH IN ON GAME DAY/JAMBOREE

- a. Each team will have its players checked prior to Jamboree or one of the first three (3) regular/preseason games.
- b. Three scales will be present at Jamboree in an effort to minimize weight disputes. The hosting team's President will contact the guest team and have them bring their scales. Whichever scale is the closest to the average or 0 will become the weigh-in scale for Jamboree.
- c. Home teams will weigh-in not less than 1 (one) hour prior to game time.
- d. The visiting team will weigh-in not less than 45 (forty-five) prior to game time.
- e. The home team will have exactly 15 minutes to complete the weigh-in and depart the locker room.
- f. Beginning with jamboree and continuing with the first two regular/preseason games there will be a three (3) pound weight variance to accommodate for scale fluctuation.
- g. The official game weight as determined by the Weighmaster and/or Board Member(s) is FINAL.
- h. In order to make weight, a player may remove any article of clothing except under garments as outlined:
 - i. Briefs for males
 - ii. Briefs and sports bras for females
- i. Male Weighmasters must weigh in male players and female Weighmasters must weigh in female players.
- j. A player failing to meet weight requirements will be afforded the opportunity to weigh in once again prior to game time.
 - i. Participants will be disqualified for attempting to "sweat down" after failing to meet 1 weigh-in.
 - ii. A player failing to meet the weigh-in shall only be disqualified from that game. He may sit with his team on the sidelines after removing his helmet and shoulder pads. Players will NOT be required to turn their jersey inside out.
- k. One coach and/or a Board member from each association, along with Weighmaster may be present at weigh-ins.
- l. All players, regardless of weight, will be allowed to participate in scrimmages on the day of Jamboree only.

31. AIR QUALITY INDEX POLICY & HEAT POLICY GUIDELINES

AQI POLICY GUIDELINE

CIF RULE

An air quality of less than 151 must be registered, at the beginning of the contest, for all outdoor athletic events hosted by Sierra Athletic Conference (SAC) member organizations during Preseason, league, and championship events, SAC member schools may not host outdoor contests when the AQI is equal to or greater than 151.

SAC RULE

- a. In cases of practice, an air quality index under 135 allows teams to practice without modification.
- b. An air quality of 135-150 requires teams to conduct walk-thru practice or move indoors.
- c. An air quality of 151 or above requires teams to cancel all outdoor practices or move indoors.

0-134 Full practice | **135-150 Walk-Thru or indoors** | **151 or higher, cancel or move indoors**

NOTE: Host organization determines AQI using an app or website information. The SAC Rules committee mandates the use of the website www.airnow.gov unless the host organization is practicing or playing at a site that has its own air quality meter that has been properly installed, maintained, and serviced.

HEAT POLICY GUIDELINE

A temperature projection of 105 degrees or less at the beginning of practice, camps, clinics, Scrimmages and games, allows for all outdoor athletic events hosted by Sierra Athletic Conference (SAC) member organizations without modification.

A temperature projection of 106-110 at the beginning of practice, camps, clinics, scrimmages, and games, requires modification by all Sierra Athletic Conference (SAC) member organizations.

1. Practices, camps, and clinics should all be no more than helmets only with extra water breaks added to those plans or move start times to early morning or later in the evening when temps start to come down.
2. All scrimmages should be rescheduled for early morning or later in the evening when Temps start to come down.
3. All game times be moved up 2 hours (8am, 10am, 12pm, 2pm) to allow for games to be played before temps rise to the projected high for that day.

A temperature projection of 111 degrees or higher at the beginning of practice, camps, clinics, Scrimmages, and games requires all Sierra Athletic Conference (SAC) member organizations Cancel all outdoor activities.

0*-105*- No modification | **106*-110*-Modify, reschedule, move indoors** | **111*- Cancel, move indoors**

NOTE: Host organizations determine temperature projection using an app or website information. The SAC Rules Committee mandates the use of the website www.weather.com

32. SCORING

- m. Scoring will be as follows:
 - i. Touchdown – 6 points
 - ii. PAT by run/pass – 1 point
 - iii. PAT by kick – 2 points
 - iv. Safety – 2 points
 - v. Field Goal – 3 points
 - vi. Forfeit – 1 point
- n. Scoring is the same for all levels
- o. Please note: There are no tie games in the regular season or playoffs. All ties must be played until a tie is broken. SAC uses the California tiebreaker system with 4 downs starting at the ten (10) yard line. Both teams get an equal chance to break a tie; this is NOT a sudden death type overtime.

33. MERCY RULE

- p. Once a 36-point lead has been established, after the first half of play, the game is over
 - i. No other points will be added to the scoreboard.
 - ii. The clock will become a running clock in the second half and the game continues as a regular game, with the clock stopping for timeouts, and injury only.
 - iii. NO Scrimmage.
 - iv. This rule applies for playoffs as well as the regular season.

34. KICK-OFF/ON-SIDE KICKS

- q. On kickoff, there are no X-Men on the kick-off team with the exception of the Kicker.
- r. On Kickoff return, X-Men are allowed on the Front Line.
- s. All other kickoff rules shall conform to the NHFS Football Rulebook.
 - i. Exception: First touching of the ball by the receiving team is a live ball

35. SCORE REPORTING

- t. All scores must be posted through SAC Admin. Area by either team, no later than 9pm on the day the game is played. NO EXCEPTIONS!
- u. Non-League Games:
 - i. Scores for Non-SAC games do not need to be reported and will NOT be used for determining standings. They will have NO bearing on SAC playoff berths or seeding.
- v. All game scores will become final and cannot be changed after the Friday following that regular season game.
- w. Score officials must sign a final score form and leave in the press box
- x. All scores will become Final on Sunday night at 8:30 p.m. the weekend the regular season ends.

36. GAME CLOCK MANAGEMENT

- y. Each half shall consist of two (2) ten (10) minute periods. The length of half time is 10 minutes.
- z. All game clock procedures shall be governed by the official High School Rule Book.
- aa. Each team will have 3 time-outs per half.
- bb. No 3-minute warm-up after half

37. PLAYOFFS & PLAYOFF SEEDING

- cc. NO Power rankings will determine seeding.
- dd. 6 teams from each age division qualify for the playoffs.
- ee. Teams will be seeded 1 - 6 based on league games as noted on the master schedule.
- ff. In case of two or more teams with the same record, the following tie breakers will be used.
 - i. Head-to-head
 - ii. Record vs. highest team in the standings, proceeding until the standings have been exhausted
 - iii. Coin flip
- gg. If two teams are tied, tiebreakers #1-3 are used.
- hh. If three or more teams are tied, tiebreakers #1 and #3 are used.
- ii. If three or more teams are tied, once a team is eliminated, the tiebreaking process starts over at #1 for the remaining tied teams.
- jj. 1st & 2nd Seed will have a first-round bye – 3 vs. 6; and 4 vs. 5.
- kk. In remaining rounds, the highest seeded team plays the lowest seeded team within their respective divisional playoffs.
- ll. The higher seeded team is the home team.
- mm. Association's hosting playoff games should host their team's games whenever possible.
- nn. If two hosting associations are playing each other, generally the higher seeded team will play at home. However, exceptions can be made in order to allow each association as close to an equal number of their own games as possible (e.g. Association A and B are hosting the playoffs and are slated to play each other in 3 divisions. Association A is the higher seed in all 3 matchups. Association B should have one of their games scheduled at home).
- oo. Relegation will be determined after the Championship games have been played.
 - i. The team with the most total wins will move up to

38. JR PEE WEE EXCEPTIONS FOR FOOTBALL

- pp. Clock Management
 - i. Is consistent with the game clock for all other SAC Levels.
- qq. Kick-Offs
 - i. There is no Kick-off.
 - ii. The ball will be placed on the 40-yard line of the receiving team.
- rr. Punts
 - i. There is no punting, only "Declared Punts".
 - 1. Declared Punt
 - a. On 4th down the coach may notify the referee of his intent to "Declared Punt"
 - b. Clock is stopped.
 - c. The ball is moved 20 yards downfield from scrimmage (as if the ball was kicked 20 yards WITH no return)
 - d. In the event the "Declared Punt" would result in the ball placement inside the opposing teams' 10-yard line, the ball will be placed on the 10-yard line.
 - e. Change of possession takes place at that point.
 - f. No time shall be run off the clock.
 - g. Play clock starts at placement of ball
 - h. This does not count as a play towards the PAR requirement.
- ss. Scoring
 - i. There will be standard scoring for Jr Pee Wee games and scores will be displayed on the stadium scoreboard.

- ii. Jr. Pee Wee extra point rule
 - 1. 1 pt. for run or pass,
 - 2. 2 pts for kick.
 - 3. Same for all levels.
- tt. PAT
 - i. After a touchdown, the scoring team may attempt the point after touchdown by place kick.
 - ii. The offensive team will be allowed to snap the ball to the placeholder, place it and kick it without the defense crossing the line of scrimmage; however, all defensive players can line up at the line scrimmage.
 - iii. The placeholder may only have one knee on the ground. A second knee in contact with the ground, when in possession of the ball constitutes a downed play.
 - iv. Fake PAT kicks are not allowed.
 - v. If the place holder has to get off of one knee to retrieve the snapped ball, or the ball is retrieved by any other player from the snap, the ball is downed, and the play is over.
 - vi. If a team elects to kick the PAT, the play will not count towards the PAR requirement for either team.
- uu. Penalties
 - i. 1st offense is a verbal warning
 - ii. 2nd offense 5-yard delay of game penalty
 - iii. 3rd offense is a 15-yard penalty unsportsmanlike for head coach
 - iv. 4th offense and everyone thereafter, 15-yard penalty (unsportsmanlike penalty against head coach plus disqualification after 2nd unsportsmanlike)
- vv. Defensive Alignment
 - i. Defensive players lined up on the LOS (Line of Scrimmage) with-in the FBZ (Free-Blocking Zone).
 - 1. Must be Head-up
 - 2. Must be in 3- or 4-point stance
 - 3. No player can line up head-up on the center
 - 4. No player may line up in the A gaps
 - 5. No player may line up on LOS to the outside shade of the last offensive player in the FBZ.

**Note: The Free-Blocking Zone (FBZ) is a rectangular area established when the ball is snapped. It extends 4 yards latterly on either side of the ball, and 3 yards behind each line of scrimmage.

 - 6. All other players NOT with-in the FBZ must remain 4 yards from the LOS until the ball is snapped.
 - 7. Inside the 4-yard line the goal line becomes the restriction.
- ww. Offensive Alignment
 - i. Offensive players lined up on the LOS (line of scrimmage) with-in the FBZ (Free-Blocking Zone).
 - 1. All linemen (Center, Guards, Tackles & Ends) lined up on the LOS (Line of Scrimmage) must use standard 1-2 foot splits.
 - 2. No down lineman may line up on the LOS outside of the FBZ.
 - 3. Splits wider than 1-2 feet or down linemen lined up on the LOS and outside the FBZ will be considered an Illegal Formation.

xx. Penalties

- i. 1st offense is a verbal warning
- ii. 2nd 5-yard delay of game penalty,
- iii. 3rd offense is a 15-yard penalty.
- iv. Failure to comply with the X-Men rule will result in Loss of Down and 15-yard penalty.
 1. Penalty is enforced from original line of scrimmage
- v. Failure to comply with other Jr. Pee Wee specific rules will result in Delay of Game and 5-yard penalty.
 1. Penalty is enforced from original line of scrimmage
- vi. PAT defensive team offside penalties
 1. 1st offsides – half the distance to the goal line.
 2. 2nd offsides and beyond – half the distance to the goal or 5 yards on kickoff.

yy. Center Protection

- i. Defensive players shall not line up directly on the center.
- ii. The center shall be afforded long snap protection on all plays

zz. Coaching

- i. Each team may only have one (1) coach on the field.
- ii. The coach must be 10 yards behind the deepest player or positioned at the discretion of the official
- iii. Coach may not instruct players where play or ball is going while being the coach on the field (i.e., “middle”, or “right”, or “sweep left”, etc.)
- iv. No headsets or communication devices are to be used on the field, except during timeouts only.
- v. A Second Coach may be on the field during timeouts only

aaa. Ball Advancement

- i. All Defensive players are eligible to advance the ball on a turnover. (This applies to X-Men as well)

39. SAC Youth Jamboree Guidelines

bbb. Timing

- i. 10-minute scrimmage (running clock)
- ii. Use scoreboard clock
- iii. Start at same time (both halves of field)
- iv. No TOs (Clock does not stop for injuries)
- v. 3-minute break

ccc. Defense

- i. Blitzing is allowed (except Jr Pee Wee)

ddd. Quarterback (QB)

- i. QB in pocket, quick whistle (Head Coach can blow whistle too)
- ii. QB outside of pocket, whistle on Head Coach

eee. Offense

- i. Start at 40 yd. line, going in
- ii. 3 downs
- iii. 10 yards for 1st down
- iv. No 1st down, reset to 40
- v. No PATs
- vi. After TD, reset to 40
- vii. Last 2:00 minutes, 10-yard line in (or closer, i.e. - PAT)

- fff. Fouls
 - i. Flags will be thrown for fouls
 - ii. Foul information will be shared with HC / AC and/or player
 - iii. No penalty yards will be marched off
 - iv. Ball will be placed at end of previous run
 - v. Blow whistle prior to snap for fouls, explain foul & reset for next play
- ggg. Equipment
 - i. Visors (clear only)
 - ii. Knee pads (Pants below knees, with knee pads in place)
 - iii. Back pads, Shoulder pads and Shoulder pad straps (Completely covered)
 - iv. Helmet Guardians (Only for Jamboree)
 - v. Casts / braces (With approved doctors note and signed off by crew chief)
- hhh. Coaches
 - i. No more than 2 staff members on field, per team (must stay 10 yards behind deepest player/official)
 - ii. No subs on field, stay on sidelines
 - iii. 1 team per sideline (per half of field)
- iii. Tent in middle of field w/ community water

40. CHEER RULES

jjj. Eligibility Age

i. Mascots

1. There are no rules pertaining to the age of Mascots.
2. There is no limit to the number of Mascots on a squad.
3. Mascots are not to be certified.

ii. Jr. Pee Wee's and Pee Wee's

1. All cheerleaders must meet the applicable age limits noted below in order to participate.
2. The cheerleaders' age as of August 1 of the current year shall be the certified age for the coming season.
3. Squad size is limited to a maximum of 35 cheerleaders.

iii. Jr. Midgets

1. All cheerleaders must meet the applicable age limits noted below in order to participate.
2. The cheerleaders' age as of August 1 of the current year shall be the certified age for the coming season.
3. Squad size is limited to a maximum of 35 cheerleaders.

iv. Midgets

1. All cheerleaders must meet the applicable age limits noted below in order to participate.
2. Midget cheer has a maximum age of 14 as of August 1 of the current season.
 - a. Any cheerleader who is 15 prior to or as of August 1st of the current season will not be certified to participate.
3. All Midget cheerleaders must submit a Birth Certificate and Report Card/Grade Verification in order to be certified.
4. Squads are limited to a maximum of 35 cheerleaders.

v. No High School participants will be allowed to cheer on a Midget Squad.

kkk. League age limits are defined as follows:

- i. Squad eligibility is based on the age limits of the cheerleader on or before August 1st of the current year, per the following chart:

AGE	MASCOT (any age)	Jr PEE WEE	PEE WEE	Jr MIDGET	MIDGET
6	X				
7		X			
8		X			
9		X	X		
10			X	X	
11			X	X	X

12				X	X
13					X
14					X

III. Tryouts

i. Tryout clinics shall be limited to no more than five days, with a maximum of ten hours of practice time allowed.

1. Level 1 consequences apply for violations.

mmm. Leadership and Team Coaching

i. VP of Cheer, Coordinators and Assistant Coordinators

1. Must be at least 18 years of age.

2. VP of Cheer, Coordinators and Assistant Coordinators must set an example in personal appearance at all times.

ii. Each squad staff will consist of:

1. One Head Coach

a. The Head Coach must be at least 21 years of age.

b. The Head Coach must set an example in personal appearance at all times.

2. No more than nine (9) total assistant coaches/instructors.

a. Assistant coaches must be at least 18 years of age or turn 18 years of age during the season as long as they are no longer a high school student.

b. Instructors are defined as High School students or younger only.

c. Assistant coaches and Instructors must set an example in personal appearance at all times.

3. Level 1 consequences apply for violations.

nnn. Practice Restrictions

i. A violation of any/each practice rule results in Level 2 consequences.

ii. A practice is defined as any organized event which is not considered a camp or clinic, which is mandatory for a squad where cheer technique, stunting, choreography, conditioning, stretching or tumbling takes place.

iii. Practices can be held at any venue or location as determined by the organization.

iv. Practice shall not begin until the start of the regular season, which is set in the official season schedule each year.

v. No team may schedule more than 10 hrs of practice per week prior to the first scheduled league game of the season.

1. The 10 hours does not include any time spent during pre-game warm up or game day cheering.

vi. If your association has a bye week on the day of the first scheduled league game, this would still be considered your first scheduled game, and therefore your practice hours must conform to the rules, as if you played a game.

vii. No team may schedule more than 6 hours of practice per week after the first scheduled league game and up to the five (5) weeks before the SAC Cheer Competition.

1. The 6 hours does not include any time spent during pre-game warm up or game day cheering.

- viii. Five (5) weeks prior to SAC Cheer Competition teams may schedule no more than 8 hours of practice per week.
 - 1. The 8 hours does not include any time spent during pre-game warm up or game day cheering.
 - 2. Practice sessions shall not last more than 3 hours per day.
- ix. Each participant must have a minimum of 5 hours of conditioning before being allowed to participate in stunting.
 - 1. Clinic or Camp attendance shall NOT be counted toward this requirement.
- x. Any participant added to a team at any time must also meet the minimum conditioning and practice time requirements noted above.
- xi. A week is defined as: Seven consecutive days beginning Monday and ending Sunday.
- ooo. Certification and Rosters
 - i. Books must be pre-certified and then officially certified at Jamboree.
 - ii. Certification will not be required at each game.
 - iii. After the 3rd regular season game, no additional cheerleaders can be added to a squad.
- ppp. Dress & Proper Attire
 - i. Each individual association will mandate their cheerleader's dress code.
- qqq. Appearance
 - i. Hair can be worn up or half up and half down.
 - ii. Nails are not to be visible beyond the end of the fingers when viewed from the palm side of the hand, held in a vertical position.
 - 1. No false nails are allowed.
 - 2. No nail polish can be worn for games, practices, or competitions.
 - iii. Light make-up, face painting, or tattoos are allowed for games, based on the discretion of each association's VP of Cheer/Board Member.
 - iv. No jewelry of any kind is allowed at practices, games, competitions, or other cheerleading events.
 - 1. No band aids or taping over piercing is allowed. NO EXCEPTIONS!
 - 2. No facial or body ring piercing(s) may be worn during practices, games, or competitions.
 - 3. If an appearance rule is being violated on Game Day, a home team Board Member will discuss and resolve the issue with the away team Board Member (or vice versa) leaving coaches available to focus on coaching.
 - v. Violations of all appearance rules result in a warning and required correction.
 - 1. Repeated violations (more than 3 in a season) by a squad will escalate to Level 1 consequences.
- rrr. Discipline
 - i. Each individual association shall handle disciplinary issues at their discretion.
- sss. Game Day Cheer
 - i. All game day cheer activities shall be conducted in accordance with the current American Association Cheerleading Coaches Administration (AACCA) high school rules without additional restrictions for elementary, middle and junior high school.
 - ii. All cheers are to be performed in good taste.
 - iii. No derogatory cheers directed to the opposing team may be used.
 - iv. Teams can choose to combine cheer squads from multiple levels to cheer for a single level.
 - v. No practice or clinics of any kind may take place on the day of a league game.
 - vi. Cheerleaders may warm up 1 hour prior to the start of the game regardless of the number of games in which the cheerleader participates.

1. The 1-hour pre-game warm up is typically done in an outdoor area at or near the game day field.
 - a. If a different on-site indoor venue is used, both the home and visiting teams must have access.
 - b. Pre-game warm up includes stretching, conditioning, reviewing choreography, practicing stunts, jumps and cheers which will be performed at the game. (i.e. If a team elects to perform their competition routine at a game, it is legal for that competition routine to be practiced during pre-game warm up).
- vii. Cheerleaders are to stand or take a knee quietly on the sidelines if there is an injured player on the field. In the event the injury time out exceeds ten (10) minutes, cheerleaders are to sit quietly.
- ttt. Performances
 - i. General Outside Services
 1. Hiring of professional choreography is prohibited if used for competition routines. Violation of this rule results in Level 3 consequences.
- uuu. Music
 - i. All music is the responsibility of each Association and is to be cued and ready for performance.
 - ii. Music must not contain any profanity or suggestive phrases. Bleeping out of unacceptable words or phrases is not allowed.
 - iii. Each league must notify the visiting team in the welcome letter of the type of the audio equipment that will be provided.
 1. A CD player or iPod connection must be specified.
 - iv. Violations of all music rules results in a warning and required correction
- vvv. Half Time Performance
 - i. Visiting team performs halftime routine first.
 1. Visitors will take the field immediately after the football teams have vacated.
 - ii. Performance time on the field may not exceed five minutes for either squad.
 - iii. Each Association must have a representative in the press/media box for all halftime presentations.
 1. The representative is responsible for starting their team's music, and should be prepared to announce their team's roster if asked to do so by the press box announcer.
 - iv. Each team must deliver a cheer binder (can be combined with football binder) to the press box prior to the beginning of halftime at the first game of the day which remains in the press box until the end of half time of the last game of the day.
 1. The binder must contain a separate roster for each squad as well as instructor and coach names if they are to be announced.
 2. Player names that are difficult to pronounce should have phonetic spelling next to the name
 3. Player names announced will include the first name only.
 - a. A last name initial may be included only when there are duplicate first names on a squad.
 - v. Violations of all halftime performance rules result in a warning and required correction.
 1. Repeated violations (more than 3 in a season) by a squad will escalate to Level 1 consequences.
- www. Hello Cheer
 - i. The Home team greets the visiting team first and prior to the end of the first quarter

- ii. The visiting team must perform their “hello cheer” for the home cheerleaders and fans with no less than six (6) minutes remaining on the score clock prior to half time.
- iii. Violations of Hello Cheer rules result in a warning and required correction.
 - 1. Repeated violations (more than 3 in 1 season) by a squad will escalate to Level 1 consequences.

xxx.Camps/Clinics

- i. Violations of all camp/clinic rules result in Level 2 consequences
- ii. Camp Definition
 - 1. A training session provided by an outside organization/company. (This type of camp usually has a cost associated with it)
- iii. Clinic Definition
 - 1. A training session provided by the Member Association or a specific team/division of a Member Association for instructional purposes that includes the Coaches and Players for that Member Association or specific team/division of that Member Association.
- iv. The SAC shall not endorse or sponsor any camp or clinic, which does not provide as part of its services an accident insurance plan for camp participants.
- v. SAC teams may attend any camp or clinic provided by an outside group.
- vi. SAC teams may attend a camp or clinic provided by its sponsoring association
- vii. Stunting is only allowed at camps or clinics if provided by an accredited organization i.e., sponsoring high school, UCA, USA, Power Cheer, Jamz, Just Tumble, The Spot, Spirit Spectacular or similar organization.

yyy.Competitions

- i. Associations are allowed to participate in competitions outside the SAC.
- ii. During outside competitions all organizations will adhere to the Safety Guidelines of the competition in which they are participating.
- iii. Cheer squads may be combined for outside NON-SAC competitions only.
- iv. Violation of this rule results in Level 3 consequences.
- v. Postseason Competition squads can only begin to practice as a squad after the last regular season game or the SAC cheer competition, whichever occurs last.
- vi. Violation of this rule results in Level 3 consequences.
- vii. The practice time constrictions do not apply after the annual SAC competition.
- viii. Mascots will be allowed to showcase at the SAC competition with a maximum of a 1 minute 30 second routine and will receive a participation medal from the host of the event that day.
- ix. All SAC league organizations are required to participate in the SAC Tournament of Champions.

zzz.Infraction Consequences

i. Infraction Consequences are as follows:

<u>Level</u>	<u>1st Infraction of rule</u>	<u>2nd infraction of same rule by same squad (as applicable)</u>	<u>Additional infractions of same rule by same squad (as applicable)</u>
One	Warning and requirement to correct	Loss of 2.5 practice hours for violating squad during week following infraction	Escalates to Level Two
Two	Loss of 5 practice hours for violating squad during week following infraction	Loss of squad performing during halftime at next game	Escalates to Level Three
Three	Squad receives 2.0 deduction off score at TOC	Head coach is not allowed to warm up with squad at TOC	Exhibit only at TOC (no ability to score or place)

ii. Violation of rules 1, 2, 3 or 6 result in a warning and required correction. Repeated violations (more than 3 in a season) by a squad will escalate to Level 1 consequences. A violation of rules 4 or 5 results in Level 2 consequences.