

**2017**

**Sierra Athletic Conference**

# ***Charter & Rulebook***



**Approved on:6/16/2017**

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# 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 who have signed an annual obligatory contract to participate in the SAC league.

The SAC will consist of associations that have a close working and historical relationship with a local High School Football or High School Cheerleading programs.

## ***Voting***

1. Each association and its members will abide by all rules and regulations adopted by a majority vote of the SAC presidents.
  - a. The president or their designated proxy (can be emailed) will be the only vote counted on any item presented to the SAC.
  - b. Each association has one vote per item.
  - c. Allow voting by email between the dates of July 24<sup>h</sup> (first day of practice) and December 1<sup>st</sup> (to ensure end of the season). All discussion and voting must happen within a 48-hour window. When responding to emails in an effort to discuss the matter at hand, you must choose to "Reply to all". This is to insure that all are involved in the discussion.
  - d. All Final regular season results will be available and posted online in the Admin. Area after 9 P.M. on Sunday of the last weekend in which regular season games are played, and must be approved by the Association Presidents by 11:59 P.M. with an E-Mail to the Webmaster on that same Sunday with their vote, so that playoff seeding can be posted by 12 noon 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, NOEXCEPTIONS!**
  - e. 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.
2. Addition or Deletion of SAC teams require a majority vote of the previous year's members.
3. Each association president will:
  - a. Be a voting member of the SAC.
  - b. Be a voting member of any SAC committee.
  - c. Vote to determine which committee a president will facilitate on an annual basis.
4. Committee terms will run from the meeting after General Elections until the next General Election.
5. The previous year's SAC members shall come together to vote on the following:
  - a. Annual SAC contract.
  - b. Rulebook...Administration, Football, Cheer, etc.
  - c. Code of Conduct.
  - d. Season schedule.
  - e. Other issues that may be requested by an SAC member.
  - f. New Member applications.

## ***Fees***

1. No financial fees are required to be a member of the SAC.
2. 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.(web master fee's ,referee's assignor's fee, etc.)
3. All other events will be the financial responsibility of the association gaining the revenues from such event.

## **Administration**

### **1. Gold Badges:**

- a. Gold Badge holders will be admitted free of charge to any SAC game.
- b. Each SAC member Association is allowed up to 14 "GOLD BADGE" holders.
- c. Badges are only good for the season in which they are issued and must be renewed on an annual basis.
- d. Generally a member of an SAC Association's executive board will hold this badge. Each SAC Member Association according to their internal structure selects gold badge holders.
- e. 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.

## **General**

1. Each association within the SAC must be a California registered non-profit corporation.
2. 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.
3. The SAC Presidents will meet on a monthly basis to facilitate league business.
  - a. It shall be the responsibility of the SAC Facilitator to schedule a time and location for any and all SAC meetings.
  - b. Meetings will be rotated among the member associations.
  - c. It is the responsibility of the hosting association to provide any and all required accommodations for example, tables, chairs, and refreshments.
4. 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.
5. 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.)
6. All special events, (jamborees and championship games), must be at a high school or college facility with lights.

## **Association Certification**

1. All SAC members, affiliates, administrators, coaches, and participants will be certified by its own association, by whatever means a member association chooses (PCA, NAYS, its own program, etc.)
  - a. 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 having proper training and information.
  - b. SAC presidents will be responsible for at least one person to pre-certify team binders. Teams will be assigned annually.

## **General Requirements**

### **Team Coaching**

Each staff will consist of:

1. One head coach
2. No more than seven (7) total assistant coaches and three (3) student instructors.
3. Coordinators, Assistant Coordinators, and Head Coaches must be at least 21 years of age.
4. Assistant coaches must be at least 18 years of age.
5. Each Division will have their own Head Coach.
6. Weigh-Masters are not considered part of the coaching staff, if a team has 7 total assistant coaches.
7. 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, Aug. 1, 2008 until Aug. 1, 2009)

## **Coaching**

Coaches are subject to desertification, suspension, or expulsion, by their respective association for violations of any of the following:

1. Coaches are considered to be in an official status whenever they are participating in football, cheerleading or SAC activities.
2. Badges must be worn during practices, games, and all SAC functions.
3. 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.
4. The coaching staff is under the direction of the Head Coach.
5. The Head Coach must be at least 21 years of age.
6. Assistant coaches must be at least 18 years of age.
7. Trainees must meet certification requirements established by their individual associations.
8. All coaches must be certified by their association, prior to acting in the capacity of coach.
9. Each association will determine its own selection criteria and placement policy.
10. All prospective coaches must give their consent to have a thorough background check performed.
11. Coaches shall refrain from smoking, chewing tobacco, consumption of alcohol or use of illegal drugs during games and practice or on any school campus.
12. Coaches will refrain from using abusive and profane language before anyone connected with the game.
13. Coaches will not criticize participants in front of spectators, but use constructive criticism during practices or in private.
14. Coaches will not criticize the opposing team, their coaches, or fans by spoken word or gesture.
15. When it becomes necessary to administer discipline to a participant, it shall be in accordance with each respective association's by laws.
16. 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, Aug. 1, 2011 until Aug. 1, 2012)
17. The only coach allowed up in the coaches' box on game day is the Head Coach, all other coaches must remain back in the players box at all times. Sideline warnings will be issued first, after a 3rd offense in the game a penalty will be assessed against the offending team.

## **Registration**

All participants must be registered with the Member Association prior to any involvement in any SAC activities. All participants must provide the following:

1. Parental consent
2. Medical clearance to participate
3. Proof of age-As of August 1st
4. Scholastic Fitness
5. Each association shall determine its own registration policy.
6. Freshman rule: No high school freshmen will be allowed to play on the Junior Football Programs. If violated the team will forfeit all games in which participated.

## **Academic**

1. Participants shall be required to maintain scholastic fitness.
2. Each association shall determine its own scholastic fitness guidelines.

# **Certification Requirements**

## **Certification Definition**

Certification is the process whereby the SAC ensures that participants meet minimum eligibility requirements. Certification applies to participants, coaches, administrators and teams. Certification of all must be completed prior to Jamboree of the current playing year.

## **Participants**

1. Each participant will certify for 1(one) team/division only.
  - a. A participant who has originally certified for a team/division may re-certify for another team/division, 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 season game to accomplish this.
2. Each participant must have:
    - a. Participant Identification Card with current photograph
    - b. Signed parental consent
    - c. Medical Clearance to Participate dated after April 15 of the current year
    - d. Signed Code of Ethics
    - e. Emergency Information and Treatment Authorization

## ***Eligibility, Ineligibility, & Proof of Age***

Eligibility age is determined on August 1<sup>st</sup> of every year.

Any one of the following is acceptable proof of age:

1. Previous Year Participant Identification Card
2. Legible copy of the Certified or Notarized Birth Certificate

**Unless:**

Other info provided contradicts reported age, copy is unreadable, or individual association had a policy of requiring "originals"

3. Military dependent
4. Certified Adoption Papers
5. Passport

## ***Coaches***

1. Official Coaches Roster shall be completed prior to any association/SAC function involving Adult/Child interaction
2. Each Certified coach must have:
  - a. Coach certification card with current photograph
  - b. Signed Code of Ethics

## ***Weigh Master***

Weigh Masters must:

1. Official Coaches Roster shall be completed prior to any association/SAC function involving Adult/Child interaction
2. Each Certified coach must have:
  - a. Coach certification card with current photograph
  - b. Signed Code of Ethics

## ***Administrators***

1. Official Coaches Roster shall be completed prior to any association/SAC function involving Adult/Child interaction
2. Each Certified Administrator must have:
  - a. Administrator certification card with current photograph
  - b. Signed Code of Ethics

## ***Team***

To be completed prior to the first game of the season.

1. Each certified team must have:
  - a. A minimum of 2 coaches, one of which shall be designated Head Coach
  - b. Team Certification binder containing:
    - i. Coaching Roster
    - ii. Player Cards
    - iii. Player Roster
  - c. PAR forms (football only)
2. Team Roster
  - a. Coaches Roster and Code of ethics
  - b. Participant Identification Cards for each participant
  - c. Insurance forms



# **Football Rules**

## **Practice**

### ***Practice Definition***

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)

### ***Restrictions***

1. Official Practice shall not begin until the official beginning date of the season, which is set in the official season schedule each year.
2. No team may schedule more than 10 hrs. of practice per week prior to the first scheduled game.  
\*\*Please note, 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 hrs. of practice)
3. No team may schedule more than 6 hrs. of practice per week after the first scheduled game and prior to the post season.
4. No team may schedule more than 8 hrs. of practice per week during the post-season.
5. Practice sessions shall not last more than 2 1/2 hours per day.
6. Each participant must have a minimum of 5 hours of conditioning before being allowed to participate in contact (football) or stunting (cheer). Clinic or Camp attendance shall **NOT** be counted toward this requirement.
7. 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 hrs.
8. Any participant added at any time must meet the minimum conditioning and practice time requirements as above.
9. A week is defined as: Seven consecutive days beginning Monday and ending Sunday
10. No practice of any kind may take place on the day of the game except after weigh-ins
11. Mid-Season scrimmages or 2 hour practices on bye weeks do not count against weekly practice time.

## **Chalk Talk/Film**

1. 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.
2. Chalk talk is defined as watching film, no lining the players up, no physical exertion. If there is a violation Head coach will not be allowed on the sideline for the upcoming game

### ***Camp Definition***

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

### ***Clinic Definition***

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.

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.

1. SAC teams may attend any camp/clinic provided by an outside group.
2. SAC teams may attend a camp/clinic provided by its sponsoring association
3. All Camps operated, sponsored or endorsed by SAC Member Associations must be submitted for posting on the SAC website a minimum of 14 calendar days prior to camp.
4. All Camps operated by SAC Member Associations prior to the first day of practice shall be

open to any individual or team wishing to participate regardless of League, Association or Team affiliation.

5. No Clinic's shall exceed thirty (30) hours total for the calendar year, if hosted by own association.
6. Any camp hosted by a SAC Member Association must be open to all other Member Associations within SAC. If hosted by a Member Association belonging to SAC the camp must be posted 14 days in advance, as stated in rules.

## **Gate Admission Charges**

Fees for all SAC regular games & Jamborees shall be:

1. Adult \$5.00
2. Senior Citizen (65 and over) and child 5-12 \$3.00
3. Children under 5 free
4. Please note these are the maximum fee's that can be charged, a Member Association can choose to charge less.
5. SAC Players, Cheerleaders, Coaches, Weigh masters and Gold Badge holders, which are certified for the current playing year, shall not be charged for admission. Proper SAC identification badge is required for free admittance.
6. Playoff Gate Fees to be \$5.00 Adult and \$3.00 Senior Citizen 65 and over and child 5-12.

## **Medical**

1. All practices must be attended by at least one person holding a Red Cross Community CPR and First Aid certificate, its equivalent or higher.
2. A hosting Member Association has the responsibility to provide medical coverage at each game or competition.

### **Minimum coverage shall be:**

- a. A current California Certified EMT I or higher
  - b. A well-stocked first aid kit
  - c. Each participant shall have Emergency Information and Treatment Authorization sheet available at each practice, game, competition or SAC sponsored event.
- 7.

## ***Game Officiating***

All games shall 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 e-mail. If the situation is not resolved between the individual Association and the Officials Facilitator, all of the SAC Association presidents will vote regarding that referees future participation. All referees will be rated using a 1 to 5 rating system. Ratings shall be posted weekly in the Admin area for all Presidents to view and will be used to determine officials for Playoffs and Championships. Official's game assignments to be posted no later than Wednesday of that week's game in the Admin area for all members Association Presidents to view.

## ***Ages and Weights***

1. All players must meet the age/weight limits in order to certify. Any player not certifying after the third game of season will be dismissed from the team.
2. It is up to each individual association if they are going to allow six (6) year old to participate

AGE	Mite Mites	Jr. Pee Wee	Pee Wee	Junior Midget	Midget
6	Up to 90				
7	Up to 90				
8	Up to 90	Up to 110			
9	*Up to 65	Up to 110	Up to 130		
10		Up to 110	Up to 130	Up to 150	
11		**Up to 75	Up to 130	Up to 150	Up to 175
12			**Up to 85	Up to 150	Up to 175
13				**Up to 105	Up to 175
14					Up to 175

## EXCEPTIONS

Each team is allowed 5 Exceptions to place players on different divisions. The exceptions must be approved by a majority vote from all of the Presidents. The number of exceptions can be increased if it is done to get a squad to the minimum number of players required to fill a roster.

## FLYWEIGHTS

Weight limit for male and female players are listed above. The players playing age is their age as of August 1 of the current year.

*\* Mite Mite Flyweights are limited to a maximum of three (3) at 65 lbs. and must be a first year players only.*

*\*\*Jr Pee Wee Flyweights are limited to a maximum of three (3) at 75 lbs.*

*\*\*Pee wee Flyweights are limited to a maximum of three (3) at 85 lbs.*

*\*\*Jr Midget Flyweights are limited to a maximum of three (3) at 105 lbs.*

**\*\*Midget level has no flyweights**

1. Mite-Mites are allowed a maximum of twenty (20) eight (8) year olds per squad.
2. There is no required minimum weight for any player

**NOTE: All Associations at all levels must strictly adhere to the above age-weight schematic.**

## X-Man Ages & Weights

The weight shown is the maximum weight allowed.

AGE	6	7	8	9	10	11	12	13	14	X-MAN
Mite Mite	Yes	Yes	Yes							No Limit
Jr. Pee Wee			Yes	Yes	Yes					No Limit
Pee Wee				Yes	Yes	Yes				No Limit
Jr. Midget					Yes	Yes	Yes			No Limit
Midget						Yes	Yes	Yes	Yes	No Limit

1. X-Man players shall be limited to a maximum of eight (8) players per team.
2. Defensive X-Man players are limited to the Line of Scrimmage to outside shade of the Offensive Tackle positions. Note: only a maximum of 4 X-Men can be on the field of play at any given time. X-men lining up incorrectly will be warned first. First infraction is a team warning than failure to comply with the X-Men rule will result in Loss of Down and 15-yard penalty. Penalty is enforced from original line of scrimmage  
Example: May be Tackle, Guard or Center. May NOT be a Tight End.
3. X-Man players must play from a 3-point or 4-point stance. Only Offensive players and players on Kick Return have the option to play from a 2- point stance.
4. X-Man players may not advance the ball, except a fumble, interception or on sidekick.
5. X-Man players may not be on Kick-off team. X-men players may be on Kick-off return team, however must line up between 10 and 12 yards from the spot of kick. On kick-off, X-men players may only be the kicker.
6. At no time can the X-man advance the ball during the PAT procedure making the player into a running back or quarterback. Advancement is defined as no more than 3 steps or what the officials consider advancement.
7. X-man is not allowed rugby style kicking during punting opportunities
8. X-Man players must wear a jersey numbered in the range of 90-99.
9. X-Men cannot line up further then the outside shade of the Offensive tackle
10. Any player wearing 90-99 will be deemed an X-Man for rules interpretation
11. Any Players wearing 90-99 is NOT an eligible receiver or back.

## ***Weight Gain***

### **IN-SEASON WEIGHT ALLOWANCE AFTER CERTIFICATION (\*3 pound weight variance)**

1st weekend	1 lb.	6th weekend	1 lb.	11th weekend	1 lb.
2nd weekend	1 lb.	7th weekend	1 lb.	12th weekend	1 lb.
3rd weekend	1 lb.	8th weekend	1 lb.	13th weekend	1 lb.
4th weekend	1 lb.	9th weekend	1 lb.	14th weekend	1 lb.
5th weekend	1 lb.	10th weekend	1 lb.		

**NOTE: All Associations at all levels must strictly adhere to the above age-weight schematic.**

## ***In-Eligibility***

**In-Eligible players are those that:**

1. Are Over-weight
2. Are Over-age or Under-age
3. Have falsified data concerning the above or any part of the certification process.
4. Are participating in other organized TACKLE football programs while the SAC season is in progress.
  - a. Player will **NOT** be ruled ineligible for participating in School sponsored FLAG football.
5. Have been ejected or suspended from the previous game they were eligible for.
6. No High school players (please see general rule)

**In-Eligible Teams are those that:**

Play with in-eligible players/coaches. 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/parents actions.

## ***Roster Size***

1. Roster size shall be inclusive of Older/Lighter and X-Man players.
2. Minimum roster is 16 players (Midget minimum roster size is 11,MM,JPW,PW,and JM minimum roster size is 16,if under 16, Presidents from each association must agree to play before game can begin)
3. Maximum roster is 35 active players plus 5 inactive "Redshirt" players. Red shirt programs are managed by individual organizations and are not mandatory.
4. After 3rd regular season game, no child can be added to a squad. A copy of each squad's certified roster should be provided to the Facilitator. A copy of the completed certified roster for each team must be sent to the Football Facilitator of the SAC no later than 5 days after the completion of the 3<sup>rd</sup> regular season game.
5. A team can have a maximum of 5 players certified (before the 3rd game) on a Red shirt roster. Any and all players on the roster are eligible for activation prior to game weigh-ins. A maximum game time roster remains at 35 players.
6. Exceptions must be used to fill the minimum the rosters size before other exceptions request
7. Each league is allowed 5 exceptions for football. 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 SAC board.
8. All exceptions are subject to review under the SAC commissioners at any time to review competitive advantage

## ***Long Snapper Protection***

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

## ***Play Allotment Rule (PAR)***

The following shall be the minimum PAR for all SAC teams:

1. The PAR requirements:

29-35 players ..... 8 plays 22-28 players ..... 10 plays

21 or less players ..... 12 plays

2. 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). Par cannot be altered as punishment for players (either they play or they don't, no half par, this manipulates the sliding scale par system, No Exceptions!!).

3. A play shall not count toward the PAR requirement if the play results in a dead ball penalty

4. Failure to meet the PAR requirement, by the end of the regulation of the game (not overtime) will result in forfeiture of the game and Head Coach must be suspended for one week, this includes practice.

## ***Field Requirements***

The home team is responsible for preparation of the field and all accessories required for the game.

1. Fields shall be regulation size

2. Fields shall have a scoreboard and time clock.

3. The home team is responsible for the preparation of the field and all accessories required for the game.

a. Required equipment to include but not limited to Goal Post Pads, Field Markers and Chain Gang accessories.

4. All fields will be inspected for safety prior to use.

5. All fields will be marked in accordance with high school standards.

6. Home team MUST make water available on the field throughout the day for both home and visiting teams.

7. All special events, (jamborees, playoffs and championship games), must be at a high school or college facility with lights.

## ***Game Ball (2017)***

1. The ball used must be of good quality materials and must be in good condition.

2. The ball will be sized as follows:

Mitey-Mite: Wilson K2, Nike Vapor 24/7 Size 6 Pee Wee, Nike Vapor 48 Size 6 Pee Wee, Nike Vapor One Size 6 Pee Wee, Baden F5C, Rawlings R2CFB-PW-B

Jr. Pee Wee and Pee Wee: Wilson TDJ, Nike Vapor 24/7 Size 7 Junior, Nike Vapor 48 Size 7 Junior, Nike Vapor One Size 7 Junior, Baden F6C, Rawlings R2CFB-J-B

Midget and Jr. Midget: Wilson TDY, Nike Vapor 24/7 Size 8 Youth, Nike Vapor 48 Size 8 Youth, Nike Vapor One Size 8 Youth, Baden F7C, Rawlings R2CFB-Y-B

## ***Game Ball (2018)***

1. The ball used must be of good quality materials and must be in good condition.

2. All organizations will use Wilson Footballs:

Mitey Mite: Wilson K2

Jr. Pee Wee and Pee Wee: Wilson TDJ

Jr. Midget and Midget: Wilson TDY

## ***Equipment Requirements***

Coaches will conduct equipment checks prior to the start of each game. Each player shall wear the following:

1. Helmet (NOCSAE certified) **NO METALCLIPS**
2. Shoulder Pads (NOCSAE certified)
3. Hip, Thigh, Knee & Tail Pads
4. Mouth Guard (keeper required)
5. 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.
6. Helmets must be certified after every other season of use (every other year minimum)
7. 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
8. All players must be provided separate contrasting home and away jerseys (exception Mitey Mites).
9. All players will bring both jerseys to each game.
10. Cleats must meet high school guidelines (no metal cleats)
11. 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.

## ***Weigh-In on Game Day/Jamboree***

Each team will have its players checked prior to each game during the season to ensure the weight standards are being maintained.

Three scales will be present at Jamboree in an effort to minimize weight disputes. The hosting teams President will

contact guest teams and have them bring their scales. Whichever scale is the closest to the average or 0 will become the weigh in scale for Jamboree.

1. Home teams will weigh-in not less than 1 (one)-hour prior to game time
2. Visiting team will weigh-in not less than 45 (forty-five) prior to game time.
3. Home team will have exactly 15 minutes to complete weigh-in and depart the locker room.
4. Beginning with jamboree and continuing with each league game and playoff game thereafter, there will be a three (3) pound weight variance to accommodate for scale fluctuation.
5. The official game weight as determined by the Weigh-Master and/or Board Member(s) is **FINAL**.
6. In order to make weight a player may remove any article of clothing except under garments as outlined:
  - a. Briefs for males
  - b. Briefs and sports bras for females
7. Male weigh masters must weigh in males – female weigh masters must weigh in Females.
8. A player failing to meet weight requirements will be afforded the opportunity to weigh-in once again prior to game time. (Participants will be disqualified for attempting to “sweat down” after failing to meet 1 weigh-in.)
9. 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. Player will NOT be required to turn their jersey inside out.
10. One coach and/or a board member from each association, along with Weight-Master may be present at weigh-ins
11. All players regardless of weight, will be allowed to participate in scrimmages on the day of Jamboree only.

## ***Scoring***

Touchdown – 6 points

PAT by run/pass – 1 point

PAT by kick – 2 points

Safety – 2

Field Goal – 3 points

Forfeit – 1 point

Same for all levels

**Please note:** There are no tie games in 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.

## **Mercy Rule**

Once a 36-point lead has been established, after the first half of play, the game is over, No other points will be added to the score board. 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. **NO Scrimmage.** This rule applies for playoffs as well as the regular season.

## ***Kick off/Onside Kicks***

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

## ***Score Reporting***

1. All scores must be posted thru SAC Admin. area by either team, no later than 9pm on the day the game is played.  
**NO EXCEPTIONS!**
2. Non-League Games:  
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.
3. All game scores will become final and cannot be changed after the Friday following that regular season game.
4. Score officials must sign a final score form and leave in the press box
5. All scores will become **Final** on Sunday night at 8:30 p.m. the weekend the regular season ends.

## ***Game Clock Management***

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

## ***Playoffs & Playoff Seeding***

**NO** Power rankings will determine seeding.

- 8 teams from each age division qualify for the playoffs. Teams will be seeded 1 - 8 based on league games as noted on the master schedule.

- In case of two or more teams with the same record, the following tie breakers will be used.

1. Head to head
2. Record vs. highest team in the standings, proceeding until the standings have been exhausted
3. Coin flip
  - If two teams are tied, tiebreakers #1-5 are used. If three or more teams are tied, tiebreakers #1 and #3-5 are used. If three or more teams are tied, once a team is eliminated, the tiebreaking process starts over at #1 for the remaining tied teams.
  - First round match ups will be seeds: 1 vs. 8, 2 vs. 7, 3 vs. 6, 4 vs. 5.
  - In remaining rounds, the highest seeded team plays the lowest seeded team within their respective divisional playoffs.
  - The higher seeded team is the home team.
  - Associations hosting playoff games should host their team's games whenever possible.
  - 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. associations 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).

## **Mitey-Mite Exceptions for Football**

### ***Clock Management***

1. Is consistent with the game clock for all other SAC Levels.
2. See *Game Clock Management pg. 18*

### ***Kick-Offs***

1. There is no Kick-off.
2. The ball will be placed on the 40-yard line of the receiving team.

### ***Punts***

1. There is no punting only "Declared Punts".

### ***Declared Punt***

1. On 4<sup>th</sup> down the coach may notify the referee of his intent to "Declared Punt":
  - a. Clock is stopped, ball is moved 20 yards downfield from scrimmage (as if the ball was kick 20 yards WITH no return).
  - b. 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. Change of possession takes place at that point, no time shall be run off the clock. Play clock starts at placement of ball
  - c. This does not count as a play towards the PAR requirement.

### ***Scoring***

1. There shall be standard scoring for Mitey-Mite games and scores will be displayed on stadium scoreboard.
2. Mitey-Mite extra point rule—1 pt for run or pass, and 2 pts for kick. Same for all levels.

### ***PAT***

1. After a touchdown, the scoring team may attempt the point after touchdown by place kick.
2. 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.
3. 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.
4. Fake PAT kicks are not allowed.
5. 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 play is over. If a team elects to kick the PAT, the play shall not count towards the PAR requirement for either team.

### ***Blitzing***

A defensive team is allowed to be lined up in certain gap spots such as B, C, and D gap. No lining up in the A gap. All defensive linemen must be in a three (3) or a four (4) point stance. Everyone else must be four yards back from the line of Scrimmage until the ball is snapped (**no player whatsoever can be moving forward until the ball is snapped**). **No blitzing/Stunting/Looping** from any linebacker or defensive back or defensive lineman position. All Defensive lineman must be covered by an Offensive player. No player can line up on the center heads-up.



## **Penalties**

1. Offense-1<sup>st</sup> offense is a verbal warning- 2<sup>nd</sup> 5yard delay of game penalty, 3<sup>rd</sup> offense is a 15 yard penalty
2. Failure to comply with the X-Men rule will result in Loss of Down and 15-yard penalty. Penalty is enforced from original line of scrimmage
3. Failure to comply with other Mitey-Mite specific rules will result in Delay of Game and 5-yard penalty. Penalty is enforced from original line of scrimmage

## **Center Protection**

1. Defensive players shall not line up directly on the center.
2. The center shall be afforded long snap protection on all plays

## **Coaching**

Each team may only have one(1) coach on the field; coach must be 10 yards behind the deepest player or positioned at the discretion of the official scrimmage at snap of ball and may not yell to players where play or ball is going while being the coach on the field (i.e. "middle" "middle", or "right" "right" "right", or "sweep left", etc.)

1. No headsets are to be used on the field, except during timeouts only.

## **Ball Advancement**

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

# **Cheer Rules**

## **Eligibility Age**

### **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.

### **Mitey Mites, Jr. Pee Wees, Pee Wees**

1. All cheerleaders must meet the applicable age limits noted below in order to participate.
2. The cheerleaders' age on August 1 of the current year shall be the certified age for the coming season.
3. Squad size is limited to a maximum of 25 cheerleaders per squad.
4. For Mitey Mites, there is a maximum number of twenty (20) - eight (8) year old players

### **Jr. Midgets**

1. All cheerleaders must meet the applicable age limits noted below in order to participate.
2. The cheerleaders' age on August 1 of the current year shall be the certified age for the coming season.
3. Squad size is limited to a maximum of 25 cheerleaders per squad.
4. A maximum of three(3)–13 year old cheerleaders will be allowed to cheer on the Jr. Midget team as long as they have **NO PRIOR** cheer experience.\*

### **Midgets**

1. All cheerleaders must meet the applicable age limits noted below in order to participate.
2. The cheerleaders' age on August 1 of the current year shall be the certified age for the coming season.
3. Squads are limited to a maximum of 25 cheerleaders per squad.
4. No High School participants will be allowed to cheer on a Midget Squad.

**LEAGUE AGE LIMITS ARE DEFINED AS FOLLOWS:**

Squad eligibility is based on the age limits of the cheerleader on or before August 1<sup>st</sup> of the current year.

AGE	MASCOT- any age	<u>MITEY</u> MITE	<u>JUNIOR</u> PEE WEE	PEE WEE	<u>JUNIOR</u> MIDGET	MIDGET
6		X				
7		X				
8		X	X			
9			X	X		
10			X	X	X	
11				X	X	X
12					X	X
13					X*	X
14						X

Each organization is allowed a maximum of five (5) exemptions for cheer. The SAC exemption form shall be completed for each exemption request.

### ***Tryouts***

Tryout clinics shall be limited to no more than five days, with a maximum of ten hours of practice time allowed. Level 1 consequences apply for violations.

### ***Academic requirements***

1. Cheerleaders shall be required to maintain Scholastic Fitness.
2. Each association shall determine its own Scholastic Fitness guidelines.

### ***Leadership and Team Coaching***

1. VP of Cheer, Coordinators and Assistant Coordinators
  - a. Must be at least 21 years of age.
  - b. VP of Cheer, Coordinators and Assistant Coordinators must set an example in personal appearance at all times.

Each squad staff will consist of:

2. One Head Coach
  - a. Each division will have their own Head Coach.
  - b. The Head Coach must be at least 21 years of age.
  - c. The Head Coach must set an example in personal appearance at all times.
3. 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 student or younger only.
  - c. Assistant coaches and Instructors must set an example in personal appearance at all times.
  - d. Level 1 consequences apply for violations.

4. NO coach of any professional cheer organization or instructional facility can be a Head Coach, Assistant Coach or Instructor with any SAC association between the date of an organization's try outs to the last game of the season or TOC, whichever is later. A cheer professional is defined as someone who is paid to instruct tumbling or cheer technique for a professional cheer organization such as but not limited to Jamz, UCA, NCA, USA, Power, GEA, etc. or for a tumbling facility such as Flip to It, Just Tumble, Flip & Twist, Extreme, etc.. Any violation of this rule will result in immediate removal of the coach as well as level 2 consequences.

## ***Practice Restrictions***

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

1. 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. Practices can be held at any venue or location as determined by the organization.
2. Practice shall not begin until the start of the regular season, which is set in the official season schedule each year.
3. No team may schedule more than 10hrs. of practice per week prior to the first scheduled league game of the season. The 10 hours does not include any time spent during pre-game warm up or game day cheering.
4. 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.
5. No team may schedule more than 6 hrs. of practice per week after the first scheduled league game and up to the five (5) weeks before the SAC Cheer Competition. The 6 hours does not include any time spent during pre-game warm up or game day cheering.
6. Five (5) weeks prior to SAC Cheer Competition teams may schedule no more than 8 hrs. of practice per week. The 8 hours does not include any time spent during pre-game warm up or game day cheering.
7. Practice sessions shall not last more than 3 hours per day.
8. Each participant must have a minimum of 5 hours of conditioning before being allowed to participate in stunting. Clinic or Camp attendance shall **NOT** be counted toward this requirement.
9. Any participant added to a team at any time must also meet the minimum conditioning and practice time requirements noted above.
10. A week is defined as: Seven consecutive days beginning Monday and ending Sunday.

## ***Certification and Rosters***

1. Books must be pre-certified and then officially certified at Jamboree.
2. Certification will not be required at each game.
3. After the 3<sup>rd</sup> regular season game, no additional cheer leaders can be added to a squad.

## ***Dress & Proper Attire***

1. Each individual association will mandate their cheerleader's dress code.

## ***Appearance***

1. Hair must be worn up (off the shoulders and back from the face).
2. 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. No false nails are allowed. No nail polish can be worn for games, practices, or competitions.
3. Light make-up, face painting, or tattoos are allowed for games, based on the discretion of each association's Cheer Coordinators' /Board Members.
4. No jewelry of any kind is allowed at practices, games, competitions, or other cheerleading events. No band-aids or taping over piercing is allowed. **NOEXCEPTIONS!**
5. No facial or body ring piercing(s) may be worn during practices, games, or competitions.
6. 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.
7. Violations of all appearance rules result in a warning and required correction. Repeated violations (more than 3 in 1 season) by a squad will escalate to Level 1 consequences.

## ***Discipline***

Each individual association shall handle disciplinary issues at their discretion.

## ***Game Day Cheer***

**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.**

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

1. All cheers are to be performed in good taste.
2. No derogatory cheers directed to the opposing team may be used.
3. During playoffs and championships only, the squad whose team is participating in the playoff game may invite non-playoff cheer squads within their association to cheer with the playoff squad during the playoff game. All certification procedures will apply.
4. No practice or clinics of any kind may take place on the day of a league game.
5. Cheerleaders may warm up 1 hour prior to the start of the game regardless of the number of games in which the cheerleader participates. The 1 hour pre-game warm up is typically done in an outdoor area at or near the game day field. If a different on-site indoor venue is used, both the home and visiting teams must have access. 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).
6. 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.

## ***Performances***

### ***General Outside Services***

1. Hiring of professional choreography is prohibited ***if used for competition routines***. Violation of this rule results in Level 3 consequences.

## ***Music***

1. All music is the responsibility of each Association and is to be cued and ready for performance.
2. Music must not contain any profanity or suggestive phrases. Bleeping out of unacceptable words or phrases is not allowed.
3. Each league must notify the visiting team in the welcome letter of the type of the audio equipment that will be provided. A CD player or iPod connection must be specified.
4. Violations of all music rules result in a warning and required correction

## ***Half Time Performance***

1. Visiting team performs halftime routine first.
2. Visitors will take the field immediately after the football teams have vacated.
3. Performance time on the field may not exceed five minutes for either squad.
4. Each Association **must** have a representative in the press/media box for all halftime presentations. 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.
5. Each team must deliver a cheer binder (can be combined with football binder) to the press box prior to the beginning of half time 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.
6. The binder must contain a separate roster for each squad as well as instructor and coach names if they are to be announced.
  - a. Roster names that are difficult to pronounce should have phonetic spelling next to the name
  - b. Roster names announced will include the first name only. A last name initial may be included only when there are duplicate first names on a squad.
7. Violations of all half time performance rules result in a warning and required correction. Repeated violations (more than 3 in 1 season) by a squad will escalate to Level 1 consequences.

## ***Hello Cheer***

The Home team greets the visiting team first and **prior to** the end of the first quarter and 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. Violations of Hello Cheer rules result in a warning and required correction. Repeated violations (more than 3 in 1 season) by a squad will escalate to Level 1 consequences.

## **Camps/Clinics**

Violations of all camp/clinic rules result in Level 2 consequences

### ***Camp Definition***

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

### ***Clinic Definition***

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.

1. 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.
2. SAC teams may attend any camp or clinic provided by an outside group.
3. SAC teams may attend a camp or clinic provided by its sponsoring association
4. Camp/Clinic hours may not exceed twenty (20) hours prior to the first day of official league practice.
5. 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. A professional four (4) day camp will constitute 14 hours, any professional three (3) day overnight camp will constitute 10 camp hours and any professional 2 day camp will constitute 6 camp hours.
6. Each association is allowed up to 6 hrs. per squad for Camp or Clinic after Jamboree. Any Camp or Clinic will substitute for regular practice time prior to competition. If any of the camp/clinic material involves competition choreography, it cannot be paid.

## ***Competitions***

1. Associations are allowed to participate in competitions outside the SAC.
  - a. During outside competitions all organizations will adhere to the Safety Guidelines of the competition in which they are participating.
2. Cheer squads may be combined for outside NON-SAC competitions only. Violation of this rule results in Level 3 consequences.
3. Post Season Competition squads can only begin to practice as a squad after the last regular season game or the SAC cheer competition, whichever occurs last. Violation of this rule results in Level 3 consequences.
4. The practice time restrictions do not apply after the annual SAC competition.
5. A detailed accounting report of income and expenses for any or all event(s) (SAC Cheer Competition or any SAC League Sponsored event) shall be documented in writing and a copy given to all Presidents at the December General Meeting each year.
6. 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.
7. All SAC league organizations are required to participate in the SAC Tournament of Champions.
8. All SAC league organizations may invite their affiliated High School to perform an exhibition showcase at the TOC, as long as it is permissive per the TOC vendor contract. If allotted time limits the number of possible High School exhibitors, a lottery will be used to determine which High School squad(s) perform.

## Infraction Consequences

<u>Level</u>	<u>1<sup>st</sup> Infraction of rule</u>	<u>2<sup>nd</sup> 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 half time 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)