

# 2026

## Sierra Athletic Conference Charter & Rulebooks



Approved: \_\_\_\_\_ 05/11/2026 \_\_\_\_\_

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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 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 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 must remember that athletic achievements are secondary to the primary goal of shaping outstanding 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 profits from the association can be used to personally benefit any individual or shareholder. 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 people who have 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 (vested members) 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 affairs 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
- 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 1st and ending December 31<sup>st</sup>, 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 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 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:
  - Organizes monthly President Meeting agendas.
  - Facilitates monthly President's meetings.
  - Acts as a liaison between the affiliated leagues and league vendors and officials.
  - Can Attend all affiliated league meetings.
  - Send interest letters to outside organizations at the conclusion of each season.
- Vice Commissioners: (2):
  - In the absence of the Commissioner, the Vice Commissioner assumes the

Commissioner's duties regarding 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 the 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 3<sup>rd</sup> 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 proceedings of all meetings except where such rules conflict with the by-laws of the association.

# **SPORTSMANSHIP & EJECTION POLICY**

**Player:** A player who is ejected from a contest (for reasons other than fighting or leaving the bench area during a fight) shall be ineligible to participate in the remainder of that contest (event) and his or her team's future contest (s) as outlined below:

**(1) First Ejection:** Player is ineligible to participate in the team's next contest. Players may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's next contest. If the ejection occurs in the last game of the season, the player would be ineligible for the team's first contest the following season.

**(2) Second Ejection:** Player is ineligible to participate in the team's next three (3) contests. Players may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's next three (3) contests. If the season concludes prior to the player serving the three (3) contests suspension, he or she would be ineligible for the number of contests remaining on the suspension for the team's following season.

**(3) Third Ejection:** Player is ineligible to participate for the remainder of that season. Players may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's remaining contests that season.

**(4) First Ejection:** Player (Fighting/Assaultive Behavior/Gross Unsportsmanlike Conduct) is ineligible to participate in the team's next game. Players may remain on the bench for the duration of that contest and may be on the bench in street clothes for the duration of the suspension.

**(5) Second Ejection:** Player is ineligible to participate in the two (2) to four (4) games as determined by the SAC with jurisdiction in the matter. Players may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's remaining contests that season.

**(6) Third Ejection:** Players are ineligible to participate in the next six (6) games. Players may remain on the bench for the duration of that contest and may be on the bench in street clothes for their teams remaining games that season.

Before a player may return to participate in a contest following a multiple game suspension for any of the above infractions, the President of the associated organization must inform the SAC Commissioner that they have met with the athlete, his or her parent/guardian/caregiver and coach to discuss future behavioral expectations.

If the season concludes prior to the player serving the full suspension. He or she will serve the remainder of the suspension and would be ineligible for the number of contests remaining on the suspension for the teams following seasons. To include 7 v 7 as well as the next year's tackle season.

Appeal Process for All Multi-Game Ejections: The league President may appeal the penalties listed above in writing to the League Commissioner/President (for a regular season contest not including the final contest prior to Division playoffs). The appeal must be received by the SAC within 48 hours of the date of the ejection. Reasons for the appeal may only include misidentification of the ejected player or a misapplication of the rule. There will be no appeal regarding the judgement of an official.

**Note:** *There is no appeal process for single game ejections.*

**Coach:** A coach who is ejected from a contest (for reasons other than fighting) shall be disqualified from participating in the remainder of that contest and his or her team's future contest(s) as outlined below:

**(6) First Ejection:** Coach is disqualified from participating in the team's next contest. Coach must immediately vacate the playing area and the vicinity in and around the contest and refrain from having any communication with the team or other coaches for the remainder of that contest and for the team's next contest. If the ejection occurs in the last game of the season, the coach would be ineligible for the team's first contest the following season.

**(7) Second Ejection:** Coach is disqualified from participating in the remaining contests of that season. Coach must immediately vacate the playing area and the vicinity in and around the contest and refrain from having any communication with the team or other coaches for the remainder of that contest and for the remaining contests of that season. If there are six (6) or fewer contests remaining in the season, the coach would be disqualified from participating in up to six (6) contests for the team's following season as determined by the SAC Commissioner with jurisdiction in the matter.

A coach who is ejected from a contest for (Fighting/Assaultive Behavior/Gross Unsportsmanlike Conduct) shall be disqualified from participating in the remainder of that contest and his or her team's future contests as outlined below:

**(8) Ejection for (Fighting/Assaultive Behavior/Gross Unsportsmanlike Conduct):** Coach is disqualified from participating for the remainder of that season. Coach must immediately vacate the playing area and the vicinity in and around the contest and refrain from having any communication with the team or other coaches for the remainder of that contest and for all the team's remaining contests that season. If there are fewer than six (6) contests remaining in the season, the coach would be disqualified from participating in for up to six (6) contests for the team's following season as determined by the SAC Commissioner with jurisdiction in the matter.

Before a coach may return to participate in a contest following a multiple contest disqualification, for any of the above infractions, the President of the associated organization must inform the SAC Commissioner that they have met with the coach to discuss future behavioral expectations.

**Note:** *Suspended coaches are not allowed on the practice field or on the sideline during games.*

- **NO EXCEPTIONS**

**Appeal Process for All Multi-Game Ejections:** The league President may appeal the penalties listed above in writing to the League Commissioner/President (for a regular season contest not including the final contest prior to playoffs) or SAC Commissioner (for the final contest prior to Section playoffs and all playoff contests). The appeal must be received by the SAC with 48 hours from the date of the ejection. Reasons for the appeal may only include misidentification of the ejected player or a misapplication of the rule. There will be no appeal regarding the judgement of an official. Note: There is no appeal process for single game ejections.

**Spectator:** If a spectator is ejected from a contest, it is the responsibility of the organization to ensure that person does not attend that team's next contest. If the same spectator is ejected a second time, it is the responsibility of the organization to ensure that person does not attend any of the remaining contests for that season.

The Executive Director and/or Executive Committee or Section Commissioner and/or Section Board of Managers shall have power to suspend, to fine or otherwise penalize any member school for the violation of any CIF or Section rules and regulations or for just cause. The period of suspension or other penalty shall be left to the discretion of the SAC governing body that has jurisdiction of the matter where the penalty is not fixed.

**Q:** If an official disqualifies an athlete as prescribed by the NFHS rules for that sport, will a suspension be required? **A:** If, in the review of the report filed by the official, it is determined by the Section Commissioner, or his/her designated representative, that the actions of the player do not involve unsportsmanlike conduct, a suspension may be waived.

**Q:** If it is determined by documented and/or video evidence that a player is disqualified from a contest erroneously, will a suspension be required for that player? **A:** If, in the review of the report filed by the official, it is determined from the use of documentation and/or video evidence by the Commissioner that the player has been misidentified or disqualified erroneously, a suspension may be waived.

**Q:** Sometimes an official will reverse their initial call at the conclusion of the contest. Can the official reverse his/her original call? **A:** If, in the review of the report filed by the official, it is determined that he/she made an incorrect ruling, the official may rescind the initial ejection.

## **1. GENERAL**

**1.1.** Each association within SAC must be a California registered non-profit corporation.

**1.2.** 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.

**1.3.** The SAC Presidents will meet monthly to facilitate league business.

- It shall be the responsibility of the SAC Commissioner to schedule the time and location for All SAC meetings.
- It is the responsibility of the hosting association to provide all required accommodation, for example, tables, chairs, and refreshments.
- 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.

**1.4.** 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 all meetings. Each SAC member association will be required to add the minutes from all SAC meetings to their respective organizations' meeting minutes. This will ensure each association is following the Brown Act.

**1.5.** 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...

**1.6.** All special events (jamborees and championship games) must be at a facility with lights.

**1.7.** A member organization having been 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-Season or Post-Season events or games unless the majority vote of member organizations determine otherwise. Any member organization placed on probation shall forfeit voting rights for a period of up to two (2) years. All new member organizations shall also be subject to a two (2) year probationary period, which will be reviewed at the conclusion of each season. During any probationary period, an organization shall not be permitted to host a jamboree or championship event unless deemed necessary by the Commissioner.

**1.8.** A member organization who voluntarily chooses to leave the league or is removed from the league for any reason will be ineligible to return for a period of Three (3) Years from the date of departure or removal.

- Exceptions to this rule may only be granted by a Majority vote by the league leadership and its voting members.

## **2. Voting**

**2.1.** Each association and its members will abide by all rules and regulations adopted by a majority vote of the SAC presidents.

- Each fully vested association has one vote per item.
- The President or their designated proxy (can be emailed) will be the only vote counted on any item presented to the SAC.
- Allow voting by email, Google or GroupMe between the dates of July 20<sup>th</sup> (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.
- 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.

**2.2.** Addition or Deletion of SAC teams require a majority vote of the previous year's members.

**2.3.** Each association President will:

- Be a voting member of the SAC.
- Be a voting member of any SAC committee.

**2.4.** The SAC Commissioner will appoint SAC committee Members.

- Committee terms will run from the meeting after General Elections until the next General Election.

**2.5.** The previous year's SAC members shall come together to vote on the following:

- Determine returning member association participation and probation status of associations.
- Rulebook...Administration, Football, Cheer, etc...
- Code of Conduct.
- Season schedule.
- Other issues that may be requested by an SAC member.
- New Member applications.

### **3. FEES**

**3.1.** SAC requires each organization to pay \$51.20 +/- per Member Organization (24) per year to cover the annual cost of the SAC League Liability Insurance Policy (\$1,228.00 +/- per year). This figure is subject to change due to policy cost increases and the potential addition of Member Organizations.

**3.2.** 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. (Webmaster fees, referee's assignor's fee, etc.)

**3.3.** All other events will be the fiscal responsibility of the association, gaining the revenues from such events.

**3.4. All payments for SAC Vendors must be received no later than the July Presidents meeting. Failure to meet this deadline will result in forfeiture of Jamboree.**

### **4. ASSOCIATION CERTIFICATION**

**4.1.** All SAC member organizations must certify, screen, and approve their members, coaches, volunteers, vendors and administrators in accordance with their bylaws and requirements, and must also comply with California Assembly Bill 506 (AB 506). Compliance with AB 506 includes, but is not limited to, conducting fingerprint-based background checks through the Department of Justice, completing Mandated Reporter training, and implementing policies that prohibit one-on-one interactions between adults and minors without appropriate oversight. This process is intended to ensure, to the best of their ability, the safety and security of all participants within both the individual organizations and the broader SAC Community.

**4.2.** 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 (Concussion Training if applicable for cheer coaches), current Mandated Reporter Certificate, and copy of current CPR Certification for at least one of the coaches.

**4.3.** The SAC believes that:

- Participation in youth sports develops important character traits and values.
- The lives of youths can be positively impacted if the adults caring for them have proper training and information.

### **5. ADMINISTRATIVE**

**5.1.** Gold Badges:

- Gold Badge holders will be admitted free of charge to any SAC game.
- Each SAC member Association is allowed up to **14 "GOLD BADGE"** holders.

- Badges are only good for the season in which they are issued and must be renewed on an annual basis.
- 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.
- Administrators shall refrain from smoking, vaping, chewing tobacco, consumption of alcohol or use of illegal drugs during all games and practices or on any school campus.

## 5.2. SAC Badge Guidelines:

- Standard Badge size 2.125" wide x 3.375" tall (hard plastic preferred)
- Badges shall have a clearly identified 'Colored' border to identify badge type.
- Identifiable 1.05" wide x 1.05" tall picture of the individual (No hats, beanies, or sunglasses).
- Each organization may have their own background colors, images, or patterns.
- Badges must be visibly worn at all SAC functions.
- 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).
    - Number allowed per organization - 14
    - Free access to games - YES
    - Field access – YES
    - No charge for meals at Home or Away - YES
  2. **RED** - Reserved for Head Coaches
    - Number allowed per organization - 8 (1 Head Coach per Team/Squad)
    - Free Access to games - YES
    - Field access - YES
    - No charge meals - NO
  3. **BLUE** - Reserved for Assistant Coaches
    - Number allowed per organization - 48 (7 FB & 4 Cheer per level)
    - Free access to games - YES
    - Field access - YES
    - No charge for meals - NO
  4. **GREEN** - Reserved for Weighmasters
    - Number allowed per organization - 4 (1 per Team)
    - Free access to games - YES
    - Field access – YES
    - No charge meals - NO
  5. **ORANGE** – Reserved for Junior Instructors (Football & Cheer)
    - Number allowed per organization – 36 (4 FB & 4 Cheer per level)
    - Free Access to games – YES
    - Field Access – Yes
    - No Charge Meals – NO

6. **BLACK** - Reserved for Non-Executive Board Members

- Number allowed per organization - Organization discretion.
- Free access to games - YES
- No charge meals - NO

7. **WHITE** - Reserved for Team Photographer and Press

- Number allowed per organization - 1 per Team/Squad
- Free access to games - NO
- Field access - YES
- No charge meals - NO

Badge	# per ORG	Admission	Field Access	Meals
<b>GOLD</b>	<b>14</b>	<b>FREE</b>	<b>YES</b>	<b>YES</b>
<b>RED</b>	<b>8</b>	<b>FREE</b>	<b>YES</b>	<b>NO</b>
<b>BLUE</b>	<b>48</b>	<b>FREE</b>	<b>YES</b>	<b>NO</b>
<b>GREEN</b>	<b>4</b>	<b>FREE</b>	<b>YES</b>	<b>NO</b>
<b>ORANGE</b>	<b>36</b>	<b>FREE</b>	<b>YES</b>	<b>NO</b>
<b>BLACK</b>	<b>Org. Discretion</b>	<b>FREE</b>	<b>YES</b>	<b>NO</b>
<b>WHITE</b>	<b>1 per Team/Squad</b>	<b>CHARGE</b>	<b>YES</b>	<b>NO</b>

  

COLOR CHART	RGB CODE
<b>GOLD</b>	<b>#E9FF0D</b>
<b>RED</b>	<b>#FF2600</b>
<b>BLUE</b>	<b>#0096FF</b>
<b>GREEN</b>	<b>#008000</b>
<b>ORANGE</b>	<b>#E8862C</b>
<b>BLACK</b>	<b>#000000</b>
<b>WHITE</b>	<b>#FFFFFF</b>

**6. GENERAL REQUIREMENTS**

**6.1.** Each Coaching Staff will consist of:

- One head coach
- No more than seven (7) total assistant coaches and four (4) student instructors.
- Head Coaches, Coordinators and Assistant Coordinators must be at least 18 years of age.
- Assistant coaches must be at least 18 years of age.
- 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.
- 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 20, 2026, until July 19, 2027).

- 6.2.** All Football Coaches are required to attend one of the two Mandatory Referee Rules meetings.
- 6.3.** Official Coaches Roster shall be completed prior to any association/SAC function involving Adult/Child interaction.
- 6.4.** Each Certified coach must have: Coach ID Badge with current photograph (Badges cannot be issued until Heads Up and CDC certifications have been completed).
- 6.5.** Each Weighmaster must have an ID badge with a current photograph.
- 6.6.** Each Administrator must have an ID badge with a current photograph.
- 6.7.** Each Coach, Weighmaster, and Administrator must have a signed Code of Ethics on file.
- 6.8.** Each Coach should be in proper attire with a team mascot logo on T-Shirt or Polo Shirt.
- 6.9.** Coaching
- Coaches are subject to de-certification, suspension, or expulsion, by their respective associations for violating any of the following:
    - 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.
    - Coaches are in official status whenever they are participating in football, cheerleading or SAC activities.
    - Badges must be worn during practices, games, and all SAC functions.
    - The coaching staff is in complete charge of the team or squad whenever they are together on the practice or playing field, traveling as a group, or at any team function.
    - The coaching staff is under the direction of the Head Coach.
    - Trainees must meet certification requirements established by their individual associations.
    - All coaches must be certified by their association, prior to acting in the capacity of coach.
    - Each association will determine its own selection criteria and placement policy.
    - All prospective coaches must give their consent to have a thorough background check performed.
    - Coaches shall refrain from smoking, chewing tobacco, consumption of alcohol or use of illegal drugs during games and practice or on any school campus.
    - Coaches will refrain from using abusive and profane language in front of anyone connected with the game.
    - Coaches will not criticize participants or officials in front of spectators but use constructive criticism during practices, games or in private conversations.
    - Coaches will not criticize the opposing team, officials, their coaches, or fans by spoken words or gestures.
    - When it becomes necessary to administer discipline to a participant, it shall be in accordance with each respective association's by-laws.

- 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.
- A minimum of 1 coach or staff member from each team must be CPR certified.

## **7. GATE ADMISSION CHARGES**

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

- Adult - \$8.00
- Senior Citizen (65 and over) and kids/students ages 6 to 18 - \$5.00
- Children aged 5 and under are free.

**7.2.** Playoff Games admission fees:

- Adult - \$8.00
- Senior Citizen (65 and over) and kids/students ages 6 to 18 - \$5.00
- Children aged 5 and under are free.

**7.3.** Championship Games admission fees:

- Adult - \$10.00
- Senior Citizen (65 and over) and kids/students ages 6 to 18 - \$7.00
- Children aged 5 and under are free.

**7.4.** Please note these are the maximum fees that can be charged, a Member Association can choose to charge less.

**7.5.** Spectators will not be permitted entry into the stadium any earlier than 1 hour prior to kick-off of the Jr. Peewee game.

## **8. MEDICAL**

**8.1.** All practices must be attended by at least one person holding a Red Cross Community CPR and First Aid certificate, its equivalent or higher.

**8.2.** At least one coach from each level in both Football and Cheer is to be CPR Certified.

**8.3.** At all practice locations there must be an AED with certified personnel to operate the machine.

- 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.

**8.4.** The hosting Member Organization has the responsibility to provide medical coverage at each game or competition. Minimum coverage shall be:

- A current California Certified EMT I or higher
- A well-stocked first aid kit

**8.5.** Each participant shall have an Emergency Information and Treatment Authorization sheet available at each practice, game, competition, or SAC sponsored event.

## **9. AIR QUALITY INDEX POLICY & HEAT POLICY GUIDELINES**

### **CIF RULE**

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

### **SAC RULE**

- In cases of practice, an air quality index under 135 allows teams to practice without modification.
- An air quality of 135-150 requires teams to conduct walk-thru practice or move indoors.
- An air quality of 151 or above requires teams to cancel all outdoor practices, scrimmages and games 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](http://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.

- 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.
- All scrimmages should be rescheduled for early morning or later in the evening when Temps start to come down.
- All game times to 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 of 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](http://www.weather.com).

## **10. FIELD REQUIREMENTS**

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

## **11. RECRUITING**

**11.1.** Definition of Recruiting - Recruiting is the act of attracting, engaging, assessing, and onboarding athletes for cheer and football.

### **11.2.** Recruiting Rules

- Athletes and parents that choose to leave one SAC Member Organization for another are allowed with no penalty.
- Mass emails, public social media posts or blasts, mass mailers or flyers intended for the general public is not considered recruiting.
- Any pursuit or invitation to a specific athlete from another SAC Member Organization to attend a preseason clinic or camp would be deemed recruiting.
- 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.
- 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.
- 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.
- Recruiting players from other organizations outside of the SAC is not a violation of SAC rules.

### **11.3. Process of investigation**

- Violated Member Organization President is alerted to alleged recruiting violation(s) and conducts investigation.
- 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.
- 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.
- 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.

### **11.4. Penalty for recruiting:**

- Any parent, Coach or volunteer confirmed to be recruiting for an SAC Member Organization will be banned from coaching and board positions 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.

## **12. CERTIFICATION REQUIREMENTS FOR TEAMS**

### **12.1. Each certified team must have the following completed prior to the first game of the season:**

- A minimum of 2 coaches, one of which shall be designated Head Coach.
- Team Certification binder containing:
  - Player Cards
    - Birth Certificate/State ID, Physical, report card/grade verification (All 13-year-olds (Football, Jr Midget & Midget) & 14-year-olds (Football & Cheer, Midgets), and Code of Conduct.

### **12.2. Player Roster**

- PAR forms (football only)
- Coaches Binder containing
  - Coaches Roster
  - Current USA Football Training Certificate (must include CDC concussion training)
  - Copy of Current CPR Certificate for at least one coach
  - Current Mandated Reporter Training Certificate
  - Code of ethics
- Team Roster
  - Coaches Roster and Code of ethics
  - Participant Identification Cards for each participant
  - Insurance forms

## **13. REGISTRATION**

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

- Parental consent
- Medical clearance to participate.
- Proof of age - As of **August 31<sup>st</sup>** of the current season for cheerleaders and football players as well as a current report card for all 13 & 14-year-old football players.
- Each Association shall determine its own registration policy.
- 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.

## **14. PARTICIPANT CERTIFICATION REQUIREMENTS**

### **14.1.** 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 and players can be added up to the third regular season game of the season.

### **14.2.** Participants

- Each participant will certify for 1 (one) team/division only.
- Prior to participating in any games, athletes must possess fully certified paperwork, official certified weight, and a completed player card with 2 stamps.
  - Player card, Birth certificate/State ID, Physical, report card/grade verification (All 13-year-olds (Football) & 14-year-olds Football & Cheer) and signed Code of Conduct.
- 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 2<sup>nd</sup> game of the season (08/29/2026) be it a pre-season or division game.

### **14.3.** Each participant must have on file with their respective Organization:

- Participant Identification Card (Player Card) with current photograph.
- Signed parental consent.
- Medical Clearance to Participate, dated after April 15 of the current year.
- Signed Code of Ethics
- Emergency Information and Treatment Authorization
- Most recent **Spring Semester (2025/2026) report card** for ages 13 and above.

## **15. ELIGIBILITY, INELIGIBILITY, PROOF OF AGE, WEIGHT & GRADE**

**15.1.** Age eligibility is determined on **August 31<sup>st</sup>** of every year.

**15.2.** Eligibility of grades is determined by the evidence of the most recent spring/summer report card of the previous school year. (i.e., 2026 season grade eligibility is determined by the **2025-2026 spring/summer report card**).

- All 13-Year-olds and 14-Year-olds must submit a report card or School issued Grade Verification Form on School letterhead and signed by a school administrator.
- All incoming 8<sup>th</sup> graders are mandated to be rostered on the Midget/14U roster regardless of their age.

**15.3.** Any one of the following is acceptable proof of age:

- Previous Year Participant Identification Card
- Legible copy of the Certified or Notarized Birth Certificate
  - Unless:
    - Other information provided contradicts reported age, copy is unreadable, or individual association had a policy of requiring "originals".
  - Military Dependent
  - Certified Adoption Papers
  - Passport
- All Midget/14U participants are required to submit a birth certificate, report card or School Issued Grade Verification form for both football & Cheer.
- All players must meet the grade/age/weight limits to certify. Any player not certified after the second (2<sup>nd</sup>) game of the season will be dismissed from the team.

**15.4.** Minimum Age to play is 6 years old and Maximum Age is 14 years old as of **August 31<sup>st</sup>** of the current season.

- It is up to each individual association whether they are going to allow First Graders or six (6) year olds to participate.

**15.5. Jr Midget/13U** has a **maximum** age of **13** as of **August 31<sup>st</sup>** of the current season.

Any player who is **14** on or prior to **August 31<sup>st</sup>** must move up to the Midget team to be certified to play.

**15.6. Midget/14U** has a **maximum** age of **14** as of **August 31<sup>st</sup>** of the current season. Any player who is 15 on or prior to **August 31<sup>st</sup>** will not be certified to play.

## **16. INELIGIBLE PLAYER**

**16.1.** Ineligible players are those that:

- Are over the weight restrictions.
- Do not meet the league's age requirements, including not meeting the minimum age or exceeding the maximum age limits.
- Have falsified data concerning the above or any part of the certification process.
- Are participating in other organized TACKLE football programs while the SAC season is in process.
  - A player will NOT be ruled ineligible to participate in school sponsored FLAG football.
- Have been ejected or suspended from the previous game they were eligible for.
- No High school players (please see General Rule).

## **17. INELIGIBLE TEAMS:**

**17.1.** Ineligible Teams are those that:

- Play with in-eligible players/coaches.

**17.2.** 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.

## **18. EXCEPTIONS**

- Exceptions are permitted solely for the purpose of meeting the minimum 20-player roster requirement: no other exception requests will be considered or heard.
- To be eligible for consideration, an exception request must:
  - Be submitted via a formal application signed by a Parent, Head Coach, and/or Executive Board Member.
  - Be submitted prior to the July Presidents Meeting.
  - Be reviewed and voted on in person by the SAC Board of Directors, with final determinations completed no later than August 10<sup>th</sup>.
- All approved exceptions:
  - Will be granted strictly on a case-by-case basis for roster completion only.
  - All approved Player Exceptions must have their "Player Disposition" identified as "Exception", highlighted in **YELLOW** on their player card.
- Are subject to review by the SAC Commissioner at any time for potential competitive advantage, with the first review occurring no earlier than the July Presidents Meeting.

## **19. PLAYOFFS, PLAYOFF SEEDING & FORMAT**

- NO Power rankings will determine seeding.
- All teams from each age division qualify for the playoffs.
- Teams will be seeded 1 through the total number of teams in their division 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.
- Head-to-head
- Record vs. highest team in the standings, proceeding until the standings have been exhausted.
- Coin flip
  - Two-Team coin Toss: In this scenario, one representative flips a coin, while the other calls it in the air. A correct prediction results in a higher placement.
  - Three-Team Coin Toss: For three teams, representatives from each organization simultaneously flip their coins. The organization with the odd coin (the one that does not match the other two) becomes the lowest-seeded team. The remaining two representatives then proceed with a Two-Team Coin Toss. Example:

Representative 1: Calls "Heads" (H)

Representative 2: Calls "Heads" (H)

Representative 3: Calls "Tails" (T)

In this case, Representative 3 has an odd coin out and will now be the lower seed.

Representative 1 and 2 perform a Two-Team Coin Toss. If all three representatives initially flip the same result, they must reflip until a difference appears.

- If two teams are tied, tiebreakers #1-3 are used.
- If three or more teams are tied, tiebreakers #1 and #3 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.
- 1st & 2nd Seed will have a first-round bye – 3 vs. 6; and 4 vs. 5.
- In the remaining rounds, the highest seeded team plays the lowest seeded team within their respective divisional playoffs.
- The higher seeded team is the home team.
- Association's hosting playoff games should host their team's games whenever possible.
- If two hosting associations are playing against each other, generally the higher seeded team will play at home. However, exceptions can be made 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).
- Relegation will be determined after the Championship games have been played.
  - The teams with the most total wins from the Pacific and Capital Divisions will move up to the Sierra or Pacific Divisions.
  - The teams with the fewest wins in the Sierra and Pacific Divisions will move down to the Pacific and Capital Divisions.
  - Wins will be calculated by adding up the total wins for the Jr. Peewee, Peewee and Jr. Midgets teams.
    - Regular season wins = 1 point
    - Playoff wins = 2 points (1st & 2nd seed receive 2 points each)
    - Championship wins = 3 points
- Quarter Finals (QF) - 8 Team Format
  - QF1: seed 1 vs seed 2
  - QF2: seed 4 vs seed 5
  - QF3: seed 3 vs seed 6
  - QF4: seed 2 vs seed 7
- Semifinals (SF)
  - SF1: winner QF1 vs winner QF2
  - SF2: winner QF3 vs winner QF4
- Final – Championship
  - F: winner SF1 vs winner SF2

## **20. WEIGH IN ON JAMBOREE/GAMEDAY**

**20.1.** Each team will have its players' weight checked prior to Jamboree or one of the first two (2) regular/preseason games.

**20.2.** Three scales will be present at Jamboree to minimize weight disputes. The hosting team's President will contact the guest team and have them bring their scales.

**20.3.** Home teams will weigh in no sooner than 1 (one) hour prior to game times, 9:00am, 11:00am, 1:00pm & 3:00pm.

- 20.4.** The visiting team will weigh in no less than 45 (forty-five) prior to game time.
- 20.5.** The home team will have exactly 15 minutes to complete the weigh-in and depart the locker room.
- 20.6. No** teams will be allowed to **“practice”, “warm-up”, “play with footballs” or do anything that resembles a practice** prior to certification and or player verification. Failure to comply will result in forfeiture of the game and a **one week and one game suspension of the Head coach.**
- 20.7.** 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.
- 20.8.** The official game weight as determined by the Board Member(s) is FINAL.
- 20.9.** To make weight, a player may remove any article of clothing except under garments as outlined:
- Briefs for males
  - Briefs and sports bras for females
- 20.10.** Male Board Members must weigh in male players, and female Board Members must weigh in female players.
- 20.11.** A player failing to meet weight requirements will be afforded the opportunity to weigh in once again prior to game time.
- 20.12.** Participants will be disqualified for attempting to “sweat down” after failing to meet 1 weigh-in.
- 20.13.** A player failing to meet the weight 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.
- 20.14.** One coach and/or a Board member from each association, along with Weighmaster may be present at weigh-ins.
- 20.15.** All players, regardless of weight, will be allowed to participate in scrimmages on the day of Jamboree only as an X-men.

## **21. SAC Youth Jamboree Guidelines**

### **21.1. Timing**

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

### **21.2. Defense**

- QB is OFF LIMITS

### **21.3. Offense**

- Start at 40 yd. line, going in
- 3 downs
- 10 yards for 1st down
- No 1st down, reset to 40-yard line

- No PATs
- After TD, reset to 40-yard line
- Last 2:00 minutes, 10-yard line in (or closer, i.e. - PAT) – Optional

#### **21.4. Fouls**

- Flags will be thrown for fouls.
- Foul information will be shared with HC / AC and/or player.
- No penalty yards will be marched off.
- Ball will be placed at end of previous run.
- Blow whistle prior to snap for fouls, explain foul & reset for next play.

#### **21.5. Coaches**

- **Only one (1) Coach** on the field, per team (must stay 10 yards behind deepest player/official)
- No subs on field, stay on sidelines.
- 1 team per sideline (per half of field)
- Tent in middle of field w/ community water

## **22. Game Day Sideline Policy**

**22.0.** Only rostered players and coaches for the team currently playing will be allowed on the sidelines.

**22.1.** All players and coaches of the following games must remain in the stands or in a designated area (not near the practice fields) until 30 minutes prior to certification/verification times, 11:00am, 1:00pm and 3:00pm.

**22.2.** Player verification will take place at one end of the track (determined by host organization). Once all players have been verified; teams may head to the practice/warm-up fields.

**22.3.** Players and Coaches of the previous game must exit the field and head to the bleachers after their game is over.

**22.4.** Teams will be allowed one (1) Ballboy and two (2) Waterboys. They can be youth or High School Players.

**22.5.** No more than two (2) Board Members are allowed in the Coaches Box at one time.

**22.6.** Board Members must stay under their Popup on the track, or 20yd line to endzone on their sideline. Unless there is an issue that necessitates the need to go to the other sideline or they are serving another roll as PAR, Chain Gang or EMT.

**22.7.** Board Members should and are encouraged to wear a contrasting color Polo or T-Shirt to differentiate themselves from Coaches.

**22.8.** Photographers need to always stay off the field and work outside of the Coaches Box, 25yd line to Goal Post on their sideline only at either end of the field.

## **23. EQUIPMENT REQUIREMENTS**

**23.1.** Coaches will conduct equipment checks prior to the start of each game.

**23.2.** Each player must wear the following:

- Helmet (**NOCSAE** certified)
  - All helmets must have a **Certification Date sticker** or **Initial Season Date sticker** of **2025** or **2026**.
- Shoulder Pads (**NOCSAE** certified)
- Hip, Thigh, Knee & Tail Pads
- Mouth Guard (keeper required)

**23.3.** 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.

**23.4.** Helmets must be certified after every other season of use (every other year minimum).

- All helmets must have a **Certification Date sticker** or **Initial Season Date sticker** of **2025** or **2026** to be certified for use in SAC Sanctioned scrimmages, jamborees and games.
- All helmets need an SAC Helmet sticker on the back of the helmet just to the left of the air inflater port.
- Failure to meet the helmet certification will result in a One week and One game suspension of the Head Coach of that team or Teams.

**23.5.** 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.

**23.6.** All players must be provided with separate contrasting home and away jerseys.

**23.7.** All players will bring both jerseys to each game.

**23.8.** Cleats must meet high school guidelines (no metal cleats)

**23.9.** Numbers 50-79 may be worn by eligible receivers. In this case, the eligible receivers must be identified with the officials and opposing teams head coach prior to the game.

## **24. GAME BALL**

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

**24.2.** All organizations will use Wilson GST or Team Issue Footballs.

**24.3.** Teams will be required to use the following:

- Jr. Pee Wee: Wilson GST Pee Wee (6-9), Wilson GST-K2 (1782), Wilson GST Speedskin Pee Wee (6-9), Team Issue-MBK Composite or Leather.
  - You may use the larger Wilson GST TDJ (Junior 9-12) or Team Issue MBJ.
- Pee Wee: Wilson GST Junior (9-12), Wilson GST-TDJ (1783), Wilson GST Speedskin Junior (9-12), Team Issue-MBJ Composite or Leather.
- Jr. Midget and Midget: Wilson GST Youth (12-14), Wilson GST-TDY (1784), Wilson GST Speedskin Youth (912-14). Team Issue-MBY Composite or Leather.

## **25. FOOTBALL RULES**

### **25.1. Game Officiating**

- 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 the other SAC Association Presidents and the Officials Facilitator by email.

### **25.2. Scouting**

- 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.

### **25.3. Practice Definition**

- A gathering of players where one or more of the following takes place.
  - Wearing Football-related equipment
  - Running of plays. Including organized, scripted, developed, etc.
  - Physical Contact: Including that with other players, sleds, dummies, etc.
  - Exclusion of others (persons wanting to participate that are not or will not be a member of your teams)

### **25.4. Restrictions**

- Official Practice shall not begin until the official beginning date of the season, which is set in the official season schedule each year.
- 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).
- No team may schedule more than 6 hours of practice per week after the first scheduled game and prior to the postseason.
- No team may schedule more than 8 hours of practice per week during the postseason.
- Practice sessions shall not last more than 2-1/2 hours per day.
- 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.
  - During these 10 hours of conditioning the players are not allowed to wear any Pads. (California Youth Football Act)
  - 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)
  - Hours 11-14 the players shall be in helmets and shoulder pads and have contact only with blocking sleds, shields, bags, etc.
  - Hours 15 and beyond, the players shall be able to go full equipment participate live contact drills adhering to the conference regulations and California Youth Football Act.
  - 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)

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

**Preseason Practice Chart:**

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

**26. PLAYER ALLOTMENT (PAR), RED SHIRT & GRAY SHIRT RULES**

**26.1. PAR Rules Peewee/11U, Jr Midget/13U and Midget/14U**

- The following shall be the minimum PAR requirement for all SAC teams each game:
  - **31-35 players ..... 8 plays**
  - **26-30 players ..... 10 plays**
  - **25 or less players ..... 12 plays**
- Injury or other loss of players during 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 as this manipulates the sliding scale PAR system, NO EXCEPTIONS!!).
- A play shall not count toward the PAR requirement if the play results in a dead ball penalty.
- 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,
  - This includes practice.
- Failure to meet the PAR requirement for the second (2<sup>nd</sup>) time in the same season will result in immediate removal from the coaching staff for the remainder of the season; ***This includes practice.***

## 26.2. PAR & Chain Gang Rules

- PAR & Chain Gang Volunteers will not be allowed to use electronic device while on the sidelines.
  - Cell Phones
  - Earbuds
  - Smartwatches
  - Cameras
- Chain Gang is provided by the Away Team and should be on the 50yd line 15 minutes prior to Kickoff.
- PAR is provided by both Home and Away teams (2 each) and should be on the sidelines and ready 15 minutes prior to kickoff.

## 26.3. Red Shirt Rule

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

## 26.4. Gray Shirt Rule

- Gray Shirts must have a certified player card in the coach's binder.
- Gray Shirts are not allowed to play in Jamborees or games.
- Gray Shirts are not allowed to warm up with the team prior to games.
- Gray Shirts are not allowed to suit up on gameday.
- Gray Shirts are only allowed to wear jerseys and shorts on the sideline during games.

## 27. ROSTER SIZE, RED SHIRT & GRAY SHIRT

**27.1.** Roster size shall be inclusive of all players: older, lighter, flyweight, and X-Man players.

**27.2.** Minimum roster is 20 players.

- If under 20, Presidents from each association must agree to play before the game can begin.

**27.3.** The maximum roster size for Jr. Peewee, Peewee and Jr. Midget is 35 active players plus 5 inactive "Redshirt" players (40 total).

**27.4.** Midget has a Maximum roster size of 35 active and 5 inactive "Redshirt" players (40 total).

**27.5.** Redshirt players can only become active once PAR has been met for all other "Active" players.

- **Red Shirt** programs are managed by individual organizations and are not mandatory.
- **Gray Shirt** programs are managed by individual organizations and are not mandatory.
  - Gray Shirt players are "Permanent Inactive" players that will have a developmental season.
  - For Jr Peewee, Peewee, and Jr Midgets teams, a combined total of eight (8) Red Shirt and Gray Shirt players is allowed, with no more than five (5) designated as Red Shirts. For Midget teams, a combined total of ten (10) Red Shirt and Gray Shirt players is allowed, with no more than five (5) designated as Red Shirts.

- All Gray Shirt players must be certified, and a Gray Shirt roster must be added to each one of the Certified Coaches binders.
- Gray shirt players are not allowed to suit up on game day. Only jerseys and shorts are allowed for gray shirt players.

**27.6.** After the 3rd game of the season, no child can be added to a team/squad.

- A copy of each team/squad’s certified roster should be provided to the Commissioner.
- A copy of the completed certified roster for each team/squad must be sent to the Football Commissioner of the SAC no later than 5 days after the completion of the 3rd regular game of the season.

**27.7.** A team can have a maximum of 5 players certified on a red-shirt roster.

- Red shirts must be certified before the 3rd game.

**27.8.** All players on the roster are eligible for activation prior to game weigh-ins.

- The maximum game time roster remains at 35 players.

**28. FLYWEIGHTS**

**28.1.** The player’s grade is their grade as of the Fall semester/trimester/quarter of the current year.

**28.2. Pee Wee Flyweights** are limited to: **(A)** a maximum of three **(3)** players with a weight of **60 pounds** or less. **(B)** must be a **first-year player**. **(C) 10 years old**. Players must have their **‘Player Disposition’** identified as **‘Flyweight’** highlighted in **GREEN** on their player card.

**28.3. Jr Midget Flyweights** are limited to a maximum of three **(3)** players with a weight of **75 pounds** or less. Players must have their **‘Player Disposition’** identified as **‘Flyweight’** highlighted in **GREEN** on their player card.

**28.4. Midget Flyweights** are limited to a maximum of three **(3)** players with a weight of **95 pounds** or less. Players must have their **‘Player Disposition’** identified as **‘Flyweight’** highlighted in **GREEN** on their player card.

**29. X-MAN WEIGHTS**

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

- **All X-Men** must have their **“Player Disposition”** identified as **“X-Men”**, highlighted in **BLUE** on their player card.

AGE	6	7	8	9	10	11	12	13	14	X-MEN
Jr. Pee Wee	105	105	105	105						No Max
Pee Wee				130	130	130				No Max
Jr. Midget						150	150	150		No Max
Midget							175	175	175	No Max

## **30. X-MEN RULES**

**30.1.** Maximum of **10** X-Men allowed on the roster.

**30.2.** All X-man

- May advance a fumble, interception, or on-side kick.
- Must wear a jersey number 90-99 (Mandatory in 2026)
  - Exceptions: Notify officials prior to the game and have a 4–6-inch Fluorescent **Orange** or **Green X** on the back of the helmet (*color must be contrasting to helmet color*).
- Wearing a number of 90-99 will result in the player being deemed an X-Men and will be deemed an ineligible receiver.

**30.3.** X-Men on free kicks (kickoff or kickoff return)

- Kickoff
  - May be kicker only.
- Kickoff return
  - Must be 10-12 yards from the spot of kickoff (front line).
  - May advance on-side kick.

**30.4.** X-Men on Offense:

- Offense is only allowed 5 X-Men on the field at any given time.
- May play center, guard, and or tackle.

**30.5.** X-Men on Defense:

- Maximum of 4 on field for defense.
- Limited to the line of scrimmage.
- Limited to the outside shade of offensive tackle.
- Must be in a 3- or 4-point stance.

**30.6.** X-Men on scrimmage kicks (Punts, Punt Returns, or PATs)

- Punts/PATs:
  - Each team is allowed 5 X-Men
  - 4 X-Men must be on the line of scrimmage if the punter is also an X-Men.
  - May play center, guard and/or tackle.
- Kicker:
  - May not advance the ball (i.e., running ball or QB).
  - May not rugby style kick (no more than 3 steps) violation will be considered a dead ball, turnover on downs.
  - Violation will be considered a dead ball, turn over on at spot of foul.
- Punt Returns:
  - X-Men are limited to line of scrimmage.
  - Max of 4 on punt return team.

### **31. X-MEN PENALTIES**

- Failure to comply with the X-Men Rules will result in:
- 1st Offense – Verbal warning to the Player and/or Head Coach.
- 2nd Offense – 5-yard penalty (Illegal Procedure) and everyone thereafter.
- If continued and deemed flagrant, 15yd Unsportsmanlike & ejection of Head Coach.

### **32. SCORING & SCORE REPORTING**

- Scoring is the same for all levels
  - 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.
- Scoring will be as follows:
  - Touchdown – 6 points
  - PAT by run/pass – 1 point
  - PAT by kick – 2 points
  - Safety – 2 points
  - Field Goal – 3 points
- 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!
- 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.
- All game scores will become final and cannot be changed after the Friday following that regular season game.
- Officials must document final score of each game on a SAC score sheet and leave them in the press box.
- All scores will become Final on Sunday night at 8:30 p.m. The final weekend scores become final Sunday at 8:30am.

### **33. MERCY RULE**

- Once a 36-point lead has been established in all pre, regular and post season games, after the first half of play, the game is over.
  - No other points will be added to the scoreboard.
  - 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.
  - NOT a Scrimmage.

### **34. GAME CLOCK MANAGEMENT**

- Each game shall consist of four (4) ten (10) minute periods with a ten (10) minute halftime.
- All game clock procedures shall be governed by the official High School Rule Book.
- Each team will have 3 time-outs per half.
- No 3-minute warm-up after half.

## **35. JR PEE WEE EXCEPTIONS FOR FOOTBALL**

### **35.1. Clock Management**

- Is consistent with the game clock for all other SAC Levels.

### **35.2. Free Kicks**

- There is no Kick-off.
- The ball will be placed on the 40-yard line of the receiving team (including after a safety).

### **35.3. Punts**

- There is no punting, only "Declared Punts".
  - Declared Punt
    - On 4th down the coach may notify the referee of his intent to Punt.
    - Clock is stopped.
    - The ball is moved 20 yards downfield from scrimmage (as if the ball was kicked 20 yards WITH no return)
    - In the event "the 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 game clock; game clock starts on snap.
    - Play clock starts at placement of ball
    - This does not count as a play towards the PAR requirement.

### **35.4. PAT**

- After a touchdown, the scoring team may attempt the point after touchdown by place kick.
- 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 anywhere.
- 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.
- If the place holder must get off one knee to retrieve the snapped ball, or the ball is retrieved by any other player from the snap, the ball is down, and the play is over.
- If a team elects to kick the PAT, the play will not count towards the PAR requirement for either team.
- Offensive Linemen must take a normal stance.
- Fake PAT kicks are not allowed.

### **35.5. Defensive Alignment**

- Defensive players lined up on the LOS (Line of Scrimmage) with-in the FBZ (Free-Blocking Zone).
  - Defensive player must be lined up no further than the outside shade of the last offensive player in the FBZ or in any gap excluding "A Gap".
    - X-men are allowed to line up outside shade.
  - Must be in 3- or 4-point stance
  - No player can line up head-up on the center or in the "A Gap".

- **\*\*Note:** The Free-Blocking Zone (FBZ) is a rectangular area established when the ball is snapped. It extends 4 yards laterally on either side of the ball, and 3 yards behind each line of scrimmage.
- All other players NOT within the FBZ must remain 4 yards from the LOS until the ball is snapped.
  - Inside the 4-yard line the goal line becomes the restriction.

### 35.6. Offensive Alignment

- All linemen (Center, Guards, Tackles & Ends) lined up on the LOS (Line of Scrimmage) must use standard foot-foot (FTF) to 2-foot splits at max.
  - No down lineman may line up on the LOS outside of the FBZ.
  - Splits wider than FTF to 2-foot or down linemen lined up on the LOS and outside the FBZ will be considered an Illegal Formation.

### 35.7. Coaching

- Each team may only have one (1) coach on the field.
- The coach must be 10 yards behind the deepest player or positioned at the discretion of the official
- Once ball is snapped, neither the offensive or defensive coach on field may use any form of communication with their players until the whistle is blown.
- 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", "pass" or "run", NO TALKING).
- No headsets or communication devices are to be used on the field, except during timeouts only.
- A Second Coach may be on the field during timeouts only.

### 35.8. Safety's

- In the event of a safety, the offense will take a declared punt placing the ball at the 40-yard line.

### 35.9. Jr Peewee PAR Rules

- The following shall be the minimum PAR requirement for all SAC teams each game:
  - **28-35 players ..... 8 plays**
  - **20-27 players ..... 10 plays**
- Injury or other loss of players during 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 as this manipulates the sliding scale PAR system, NO EXCEPTIONS!!).
- A play shall not count toward the PAR requirement if the play results in a dead ball penalty.
- 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 will be suspended for one week.
  - This includes practice.
- Failure to meet the PAR requirement for the second (2<sup>nd</sup>) time in the same season will result in immediate removal from the coaching staff for the remainder of the season; ***This includes practice.***

**35.10.** Penalties For all JPW Exceptions are as follows

- 1st offense is a verbal warning
- 2nd offense is 5-yard delay of game penalty,
- 3rd offense is a 15-yard penalty.
- PAT defensive team offside penalties
  - 1st offsides – half the distance to the goal line.
  - 2nd offsides and beyond – half the distance to the goal or 5 yards on kickoff.
  - Continued encroachment deemed flagrant will be a 15yd Unsportsmanlike Penalty on the Head Coach, enforced on the kickoff.

# 2026

## SIERRA Athletic Conference

### 7 vs 7 Rules



Approved:                      05/11/2026

## **1. Team and Certification**

- A. Minimum roster size: 10
- B. Ages 9u, 11u, 13u, and 14u
- C. Team binder will include rooster, player cards, the previous year's medical clearance for those who played tackle (otherwise, a new one will be required), a copy of the birth certificate, and the code of conduct.
- D. The ticket price is \$10 per person, including players, for entry into the stadium. Only coaches and board members with a valid badge are exempt.

## **2. Equipment**

- A. Players must wear a **mouthpiece** and **attached head gear** (not required for the QB position). OB can't be involved in any other play, except QB. i.e.- tag a player down after interception; see below (5.0).

## **3. FIELD LENGTH:**

- A. 50 total yards (40 yards with a 10-yard end zone).

## **4. STARTING EACH GAME:**

- A. A coin toss will determine possession of the ball at start of game starting on the +40-yard line with a choice of hash mark.
- B. A horn or whistle will begin each game.
- C. Each game will last 2 20-minute halves with a 5-minute half time.
- D. Two-minute warning.
- E. A horn or whistle will end each game.

## **5. MOVING THE BALL:**

- A. Offense always starts on +40-yard line with a choice of hash mark after any change of possession.
- B. Offense can ask officials to place the ball on either hash or in between hashes before any play.
- C. Offense has three downs to gain a first down or score.
- D. First down markers will be at the +25- and +10-yard lines.
- E. Once inside the +10-yard line, the Offense has three downs to score a touchdown.
- F. For the PAT, the Offense can choose to go for 1 or 2 points.

- G. 1 point conversion is from the +5-yard line.
- H. 2-point conversion is from the +10 yard line.
- I. Defensive players cannot cross the line of scrimmage (i.e. - no blitzing, no "jamming" receivers into the back field)
- J. Offense can use any formation with 6 players (i.e. - 1 QB and 5 eligible receivers)
- K. Offensive players cannot be lined up within 3 yards of the snapper.
- M. A (7th) player may snap the ball to a QB in shot gun formation.
- N. Completed passes behind the line of scrimmage will be ruled incomplete.
- O. Quarterbacks are only able to throw the ball, unable to tackle after interceptions.

## **6. COACHING YOUR TEAM:**

- A. There will be only one offensive coach allowed on the field at any time.
- B. The coach must be positioned behind the offensive huddle.
- C. Coaches are not allowed to challenge any official ruling.
- D. Remaining team coaches can work from the sideline.
- E. No defensive coaches are allowed on the field.

## **7. RULES:**

- A. No blocking or moving screens - each will result in the ball being returned to the spot of the foul.
- C. Ball carrier is legally down when touched below the neck with one hand.
- D. A defender cannot leave his feet to touch a ball carrier. The runner will still be able to run if both defenders' feet are not on the ground.
- E. Fumbles (including snap) are dead balls at the spot and end the play.
- F. Each team will have 25 seconds to put the ball into play.
- G. The offensive team is responsible for retrieving and returning the ball to the QB stand. Any delay by the Offense in retrieving and returning the ball to the stand can result in a delay of game penalty, a loss of down.
- H. The clock does not stop.
- I. Defensive holding / pass interference - Ball will advance to the next 1st down field marker and automatic 1st down.
- J. Defensive holding / pass interference committed inside the 10-yard line - Ball will advance to the 5-yard line and automatic 1st down.
- K. Offensive pass interference - Ball will return to the previous spot, plus a loss of down.

- L. QB is allowed 4 seconds to throw the ball, (I.E. arm moving forward).
- M. An interception is a change of possession.
- N. Interceptions returned to the 40-yard line, untouched by an offensive player is worth 6 points.
- O. Interceptions in the end zone are not allowed to be returned.
- P. The intercepting team begins their possession at the +40-yard line.
- Q. Offensive players cannot dive to advance the ball.
- R. Celebrations are not allowed and will result in an unsportsmanlike penalty.

### **8. FINAL MINUTE:**

- A. In the final minute of the game, the team in possession of the ball is within 8 points of their opponent and at the +10-yard line or closer, the game will continue beyond the game clock.
- B. The team will be allowed to complete their series. 3 downs (untimed) to score a touchdown. Additional downs may be awarded with penalties which include an automatic 1st down. The game will end once the downs are completed.
- C. A point after touchdown will be attempted in pool play and only if it affects the outcome of the game in bracket play.

### **9. Tiebreaker\* (Championship):**

- A. If the game is tied after regulation time, championship games will play extra periods until a winner is declared.
- B. There will be a coin toss at the conclusion of the regulation with the higher seed calling the toss. (1 being highest seed.)
- C. The winner will choose offense or defense.
- D. Each team will have a possession with two snaps from the +10-yard line with a choice of hash mark.
- E. Teams must score a touchdown to win.
- F. After a touchdown, the scoring team has the option of a 1- or 2-point conversion.
- G. Note - Regulation game scoring rules still apply (i.e. - interceptions returned to the 40-yard line).
- H. Defensive penalties will result in half the distance to the goal and an extra down.  
Offensive penalties result in a loss of down.
- I. If the score remains tied, a second overtime will commence with the team that lost the initial coin toss making the choice to play offense or defense.

### **10. POINT VALUES:**

- A. Offensive TD = 6 points

- B. PAT from +5-yard line = 1 pt.
- C. PAT from + 10-yard line = 2 pts.
- D. Tiebreaker victory = 1 pt.
- E. Interception returned untouched to the 40yd line = 6 pts.

**11. PLAYOFF BRACKET:**

We will follow the SAC Tackle rules for playoff seeding.

**12. CODE OF CONDUCT:**

- A. Players, coaches, spectators and parents are to conduct themselves in a manner that demonstrates good sportsmanship and respect to other players, coaches, officials and spectators.
- B. SAC reserves the absolute right to eject any player, coach, spectator and parent from the tournament for failure to abide by its code of conduct.
- C. Any player that fights will be disqualified.