



# Official Conference Rulebook

2023

# **Southern California Conference Junior All American Football Rules and Regulations**

## **Safety first football for youths**

*Today's Junior All American is America's leader of tomorrow.*

### **PLEDGE OF ALLEGIANCE**

I pledge allegiance to the flag of the United States of America and to the Republic for which it stands, one nation under God, indivisible, with liberty and justice for all.

### **HUDDLE PRAYER**

The following is the approved Junior All American Football Huddle Prayer and should be said with players on one knee, helmet in hand, prior to the start of any game.

God, our Father, hear us pray as we pause to play this day.

Give us the strength and the courage to do our best in all we do.

Protect us as we play this game.

This much we ask in Thy name.

Amen

**NOTE:** Throughout this book, the terms "they" and "their" shall be understood to mean "he/she/they" and "him/her/their."

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## **ARTICLE I STATEMENT OF PRINCIPLES**

### **Section A Objective**

The objective of this program is to inspire youth; to practice ideals of health, citizenship, and character; to bring our youth together through common interest in sportsmanship, fair play, and fellowship; and to import elements of safety, sanity, and intelligent supervision keeping the welfare of the youth first and foremost.

### **Section B Specific Purpose**

1. To allow youths who may never play high school or college football to learn the fundamentals of the game.
2. To teach sportsmanship, love of the game, and the ability to take a few knocks and bumps.
3. To promote safe play by encouraging youths to play only within their own weight and age Division.

### **Section C Division Framework**

To maintain uniformity, all teams will fall into one of the following classifications:

- Junior Micro,
- Micro,
- Junior Peewee,
- Peewee, and
- Midget.



## ARTICLE II CONFERENCE AUTHORITY

### Section A Conference Duties

It shall be the duty of the Conference to establish the necessary procedures to assure compliance with the rules contained in this book.

1. Rule changes can only be made by recommendation of the Rules Committee. It shall be each Chapter's responsibility to submit their recommendations to the Rules Committee.
2. The Rules Committee will be named by the Conference President at the January Executive meeting and will consist of the Conference Commissioner as Chairperson and at least one (1) representative from each league from the preceding season. The Committee will meet as many times as necessary prior to the February Executive Council meeting to prepare rule change proposals to the Council. All Rules Committee meetings shall be open meetings but only committee members may vote on which proposals to present to the Council: a simple majority being required.
3. Rules can only be changed by #2 above by a two-thirds (2/3) majority vote of those present at the March Conference Executive Council meeting.

### Section B Conference Authority

Any violation of rules, ethics, objectives, or purposes contained within this rulebook shall be handled by the Conference Commissioner and the Hearing Board.

### Section C Penalties

A violation of any rule may subject a Chapter, team, or individual to any, or all, of the following penalties at the discretion of the Conference:

4. Forfeiture of game or games.
5. Disqualification from competing for, or taking part in, championships.
6. Disqualification from participating in bowl or post-season games.
7. Suspension, expulsion, ineligibility, disbarment, or probation.
8. Monetary fines. The Chapter is responsible for payment to the Conference.
  - a. Minimum fine: \$100.00.
  - b. Maximum fine: \$200.00.

**NOTE:** Adherence to the above ethics will be the responsibilities of the Chapter Commissioner, Coaching staff, A.D., and the local Chapter.

### Section D Insurance

Conference provides insurance with the intent to provide coverage for injuries occurring during each current season beginning on the first day of regular season conditioning through December 31<sup>st</sup>, however such coverage has been extended to cover all Conference authorized events, such as pre-season conditioning and clinics, and post-season bowl games involving non-Conference opponents. All such activities must be approved by the Conference Commissioner and Insurance Director, and appropriate certificates of insurance acquired prior to participation at non-Conference locations. All practice locations must have appropriate certifications of insurance on

file. Conference insurance is a secondary insurance with a \$1,000.00 deductible. The insurance is used when a player has no primary insurance or when the primary insurance does not cover all the medical bills.

1. Information about insurance is contained on the back of player contract. Parents must be informed about insurance at sign-ups.
2. Notify Conference Insurance Director by phone of all injuries that require medical attention.
3. Liability coverage and Medical Coverage is April 1<sup>st</sup> to April 1<sup>st</sup> from the preceding season of the following year through the current year and must be renewed or obtained prior to having any Chapter or team function after April 1<sup>st</sup> each year. All forms including Accident Report, Claim form, HIPPA form, and a copy of the player contract must be filled out and sent to the Conference Insurance Director immediately following an accident. A copy must be mailed to the Insurance Company for proper processing of the claim, and a copy to the Parent/Guardian, Conference Athletic Director, Chapter A.D., and Team Athletic Director.

*Amended 3/7/2016*

## **Section E Social Media**

The use of social media by all local Chapter Board Members, Coaches, Volunteers, and Members of the Chapter (parents, legal guardians, relatives of participants) shall be limited to common sense use, and completely void of all profane, vulgar, racist, sexist or gender-related comments when referencing a minor, regardless of whether the minor is a current participant or not. The use of such language in a social media setting is unacceptable and is punishable by Penalty B – one (1) year suspension and a monetary fine of \$200.00. (For penalty breakdown, see Article VIII, Section B)

*Added 3/5/2018*

## ARTICLE III PLAYER ELIGIBILITY & CERTIFICATION

### Section A Amateur Status

1. To participate in the Southern California Conference, all players must be amateurs.
2. The definition of an amateur sportsman is one who engages in sport solely for the pleasure and physical, mental, or social benefits they derive, and to whom sport is nothing more than an avocation.
3. To be an amateur under SCJAAF Rules, a player will not:
  - a. Play for monetary benefits such as cash, merchandise, or any other compensation.
  - b. Compete against any professional athlete Practice for or Compete on any other tackle football team during the same season. *Amended 3/6/2017*
  - c. Any Coach or Team Athletic Director willfully allowing a player to play for another team besides the SCJAAF team they are rostered for shall be subject to Penalty A. *Added 3/6/2017*

### Section B Eligibility

1. A player, who has been registered, paper and weight certified with a team of the Conference for the current year, may not change team and/or Division.
2. Players who have competed in a regular season game on high school teams may not be late registrations. This does not, however, prohibit registration of players who have been cut from high school squads at season start, prior to participation in any regular season games. Any player who has not participated in high school football regular season games or "fifth quarter" play, or Freshman "B" games may, if weight and age permits, register for the current season. Scrimmages do not count as regular season games.
3. At time of player registration, each Chapter is required to verify proof of residency for each player. A representative for the Chapter will initial each contract serving as proof that residency was verified and retain a copy to turn in at Paper Certification. The following will be accepted as proof of residency; electric, gas or water bill. Anyone unable to qualify under one of the above must be certified by the Conference Certification Director. *Amended 6/16/2023*
4. No player shall be eligible to play in a Chapter other than one in which they have legal residence unless that Chapter is not fielding a team in their age/weight classification, has a completed waiver from their Chapter of residence approved by the Conference Commissioner or is a free agent in accordance with Conference Bylaws (Article IX, Section 4, e).

The waiver shall be in effect for as long as the player remains a participant in the receiving Chapter's program. Either a copy of the previous season's Red Roster from the player's team, or a copy of the original waiver must be attached to the player's contract each season for paper certification. Any player who chooses to remain with their current Chapter despite a new Chapter being formed OR new Chapter joins the SCJAAF Conference where the player resides, may remain with their current Chapter as part of a "grandfather" agreement between the existing

Chapters and the newly formed Chapter as provided with the proof of the previous year Red Roster. *Amended 3/2/2020*

A Chapter shall not claim, or represent itself as having the right to claim, "property rights" to any player other than as stated above. Any Chapter Representative, Coach, Volunteer or Parent found to have willfully contacted players or advertising within the boundaries of another SCJAAF Chapter for the purposes of participating in their Chapter shall be subject to a one-year suspension with the player returned to their original Chapter (during the pre-season) or removed from the team during the regular season and all games participated in forfeited. Specific evidence of such activity shall be copies of emails, public forum postings, residency check, or willful admission by Chapter representatives, Coaches, volunteers, player, or parent.

5. A cut player that has been certified by another Chapter has the option to remain with that Chapter as they advance in Divisions. A cut player must complete a waiver form which must state "cut player" to become a Free Agent as stated in the bylaws of Conference.
6. A player who exercises their status as a free agent by virtue of their residence in a free zone must remain with the Chapter which certified him unless granted a waiver by the Chapter.
7. If a Chapter's registration is full, and a player is placed on a waiting list, they must be given a signed waiver releasing them to surrounding Chapters in the event the applicant wishes to play football elsewhere rather than sit on a waiting list. They are then categorized as a "cut" player.
8. Any player who has a waiver releasing them from the Chapter within which they reside or has been playing with continued service under a waiver obtained in previous seasons has the option of becoming a free agent or returning to their home Chapter if the Chapter they are currently is registered in fails to field a team in all Divisions of play that the player is currently eligible for, age and weight. To register with a Chapter other than their home Chapter, the player must present a copy of the waiver or a copy of the previous seasons Red Roster.
9. Each Chapter is responsible for ensuring all registrations comply with Conference Rules concerning Chapter boundaries. At no time shall a Chapter accept a registration from a player residing in another Chapter's boundaries without first attaining a waiver from the Chapter in which they reside. *Added 3/7/2016*

**Section C Certification**

1. Ages and Weights
  - a. Player's age is their age as of July 31<sup>st</sup> of the year of play.
  - b. Players will be placed on Division team according to the weights and ages Eligibility Chart located on the inside back cover of this rulebook. Any player weighing 5% or more over the maximum weight for a Division at time of official physical examination will be assigned to the next higher Division if age allows. Physical forms submitted to Conference for the purpose of paper certification may be reviewed at any time prior to the player crossing the scales at weight certification, and if the form indicates player was more than the 5% of certification weight at the time of physical examination, that player

shall be moved to the next higher Division of play. Any player weighing more than the maximum weight for a Division but less than 5% may be assigned to either Division at the discretion of the Chapter Commissioner.

c. Weight Certification will be made by all players.

2. Physical Requirements

No player shall be registered or certified or enter into any physical activity if they have not attained a sound physical as attested to by a duly qualified Doctor of Medicine, Doctor of Osteopathy or Nurse Practitioner or Physician’s Assistant on the Conference Medical Exam Form. A Doctor of Chiropractic and a Registered Nurse are not considered to be qualified to give a physical to a player and a physical will not be accepted from one. Substitute medical exam forms will NOT be accepted unless prior authorization has been received by the Conference AD. The player contract and physical will remain on file with the Conference and also in the possession of the Team AD. This record of a physical exam must be within four (4) months of the start of practice. *Amended 3/7/2016*

3. Certification Forms:

Each Team Athletic Director must have on file a completely filled-out copy of a player contract on each player who is certified or who is attempting to certify. These contracts will be available at all times on the game and practice field.

4. Each Team Athletic Director must have on file a contract for any team staff under the age of 18.

5. All players must complete 10 hours of conditioning prior to being paper certified.

**Section D Certification Procedures**

Certification will be performed by the Certification Team which will include Certification Director, Assistant Certification Director(s), Chapter Athletic Directors, and Team Athletic Directors. Chapters will not certify their own players at any time. Paper certification will be done no later than the Conference designated date unless you have a latecomer/late sign-up. You will need to bring all original paperwork and two (2) copies of your roster, two (2) copies of your completed contracts, (2) copies of waivers and two (2) copies of your Medical Exam form. One (1) copy will be your permanent roster and the other copy with original contract will be collected for the Conference Certification Director. Your copy is your permanent copy for that season and all approved additions/deletions must be made on this copy. You will also need proof of birth for each new player.

1. Paper Certification will be scheduled by the Certification Director and be conducted prior to Conference weight certification weekend. Failure to certify a team on Certification Day will result in a fine of \$100.00 per team. *Amended 3/7/2016*

2. Each Chapter must have a Chapter A.D. or Assistant Chapter AD and Team or Assistant Team A.D. for each team attending the scheduled Paper Certification. Failure to attend will result in a \$100.00 per team/Chapter. *Added 3/7/2016*

3. Certified Team A.D. from opposing Chapter/different Division of play will certify the roster by signing both the roster sheet and the player identification card. *Added 3/7/2016*

4. Weight Certification will be conducted on a designated Conference certification weekend by Conference A.D.(s). Conference A.D. will stamp player identification card which will stay with the Team A.D. *Amended 3/7/2016*
5. Paper Certification Day is the final day in which a Chapter may declare a team will be participating in the upcoming season. No teams may be added by a Chapter after this day. *Added 3/5/2018*

**Section E Certification Records**

The certification records will include the following:

1. Player Contract

The player contract will be completed in accordance with the instructions on the contract form. The name and birth date will agree with that which is contained on the age certifying document.

All information requested on top of the form will be completed, including the parent’s signature. The parent/guardian must be notified that the Conference carries a secondary insurance policy and must sign acknowledging.

The full name is that shown on the birth-certifying document is to be so completed. If the player goes by a nickname or middle name that is not to be used in this space.

This is your authority to provide medical care and so the legal name of the player is required.

One parent/guardian must sign this contract form. In the event the mother’s name and the player’s name are different, it is recommended the mother use her maiden name, which is the name that appears on the birth certificate i.e., Mary (Harper) Green (maiden name in parenthesis). No older brother, sister, neighbor, uncle, etc. may sign as parent or guardian unless the proper legal documentation is supplied which states that the signer is the legal guardian.

The completed contract will include a record of physical examination within the past four (4) months and signed by a qualified physician.

Details for completion of player contact below:

▪ **Section I**

The Chapter representative doing registration of players will complete the top of the Contract. When the player is assigned to a team, there are items to be completed: the year, the Chapter name team name, and a check on the Division.

For those Chapters that have multiple city address within their boundaries it will be required to have Chapter map of boundaries on file with Conference and page and grid of Thomas Guide must be provided to prove residence within that Chapter’s Conference approved boundaries. If proof is not provided, a waiver would be required before the player may participate.

▪ **Section II**

This is completed when the player is registered for a team. All information must be filled. It is best to have adult members of the Chapter complete this portion. The player's age shown in this section is the player's age as of July 31<sup>st</sup>. Team A.D. should complete section regarding full legal name as it appears on Proof of Birth document.

▪ **Section III-**

Must show insurance company or social security number of parent; full legal name as it appears on Proof of Birth, parent/guardian signature.

▪ **Section IV-**

This is the A.D.'s certificate that they have checked the required records, has the proper signature, and that the parent/guardian has been told of our insurance procedures. The A.D. signs and dates as responsible Chapter official and the certifying official signs and dates as certification official. A player cannot be certified unless all sections of the contract are completed.

2. Two (2) legible rosters which includes all of the following:
  - a. Team Head Coach and Athletic Director name and phone number
  - b. Year of record
  - c. Team and Chapter name
  - d. Team Division (midget, Peewee, etc.)
  - e. Team uniform colors in order of helmet, jersey, numerals, and pants, if other specified on the form.
  - f. Alphabetical listing of each player with last name first, followed by the first name, address, and city
  - g. Birthday date: month/day/year
  - h. Conference ID serial number
  - i. Player's age is their age as of July 31<sup>st</sup> of the year of play.
  - j. There will be no blank lines within the roster
  - k. Player numbers may be written neatly in pencil to meet the requirements of Article V Section F, 2 and 3.
  - l. Divisions with multiple Age-Weight groups shall have the players listed alphabetically by appropriate age-weight group and must have different weight group on a separate roster. Groups (Micro 10-year-olds; Junior Peewee 12-year-olds, Peewee 13-year-olds; and Midget 14-year-olds).
  - m. No white out shall be put on any certified Red Roster unless under the direction of the Conference Certification Director.
  - n. Do not use the last line of roster except for paper certification signature. Certifying A.D. will print and sign both copies of roster "Paper Certified" by

their name, designate Chapter, and date on the first blank line. An "O" will be placed in the PC column.

- o. Failure to meet these requirements is \$100.00 fine.
3. For each player on the team roster there shall be a certified and laminated Conference ID card which shall include the following:
- a. A legible ID photo (full face taken after the beginning of practice)
  - b. Player full legal name and birth date
  - c. Chapter name
  - d. Team Name/Division
  - e. Signature of Team A.D.
  - f. Signature, Chapter and Date of certifying A.D.
  - g. Indication of year
  - h. Conference serial number
  - i. After the cards have been certified they shall be laminated on the certification site and returned to the Conference A.D. to hold until Weight Certification. If a player is disqualified from playing, (e.g., ejection for fighting) the player's ID card shall be retained by the Chapter Commissioner until eligibility is reestablished. *Amended 3/7/2016*

Enter each player ID number on the team roster and take ID cards along with team roster and certification data to team certification meeting. After certifying A.D. certifies the team roster, signing and indicating Chapter affiliation, they shall certify all team ID cards.

- 4. An official certified roster is a roster which has X's and O's, certification signatures, and initials in RED INK. This is the permanent roster and all deletions and additions will be made on this copy. Failure to have this roster or a copy of the last week's roster at game will result in forfeiture of game. A reproduced copy is sent to the Certification Director (not the original). *Amended 3/7/2016*
- 5. Original copy of Team Official's Agreement must be completely filled out and turned in at time of certification.
- 6. Age Certification
 

The following will be accepted for age verification:

  - a. Any unaltered or certified true copy of a legal document will be accepted certification. Example: A certified copy of a birth certificate, a certified abstract of birth (if available), record of foreign birth, Government ID card or a stamped documented school record (must have a stamp from the school and with a picture). At no time shall a SCJAAF Red Roster or copy of a Red Roster from previous season(s) be used for the purposes of certification or age verification.
  - b. Anyone not able to qualify under one of the above must be certified by the Conference Certification Director or designee(s) prior to paper certification.

**NOTE:** Notarizing copies does not make them legal documents.



7. Additional records
  - a. **Player contract form completely filled out.** If the contract is signed by a guardian, a legal document, or copy, shall be attached stating that this is, in fact, the legal guardian.
  - b. **Team Officials' agreement.** All that come in contact with team Chapter activities shall sign a Team Officials' Agreement. One copy will be turned in to the Certification Director at the time of team paper certification, one copy shall be kept on file by individual Chapters and one copy will remain with the team.

**NOTES:**

1. ONCE THE ABOVE HAS MET THE APPROVAL OF THE CERTIFYING ATHLETIC DIRECTOR, HE WILL PRINT AND SIGN IMMEDIATELY BELOW THE LAST PARTICIPANT'S NAME LISTED ON THE ROSTER. THIS WILL INCLUDE THE CHAPTER NAME HE REPRESENTS, POSITION AND THE DATE.
2. IF A PLAYER DOES NOT MEET CERTIFICATION REQUIREMENTS HIS NAME WILL BE LINED THROUGH IN RED INK AND INITIALED BY THE CERTIFYING OFFICIAL.
3. EXCEPTION TO THE ABOVE CAN BE CLEARED BY THE CONFERENCE CERTIFICATION DIRECTOR ONLY.

The certification records must be completed and in the possession of the Conference Certification Director at the completion of paper certification as scheduled by Certification Director. The offending team will not be allowed to play until all paperwork is completed and turned in. The certification of weight is given in Section F.

**Section F Weight Certification**

1. Certification Weight will be met and checked on the Conference designated weekend. The certification weight player attire will be gym shorts, T-shirt and/or jersey, no shoes but socks required (alleviating differentials in weight of shoes). If weight certification is to be followed by scrimmage games, check-in must be conducted immediately prior to weight certification. (This will avoid the teams having to line up twice, i.e., for check-in, then again for weight certification). The Conference Athletic Director(s) will sign the roster after they have certified that each player is within the limits for the Division. Any overweight player will be noted for being overweight. If the weight and age permits, the player will be moved up to the appropriate level (e.g., Junior Peewee to Peewee, Peewee to Midget). The player may not move to the same Division, different team. Every paper certified player shall have until the second Conference designated weight certification day (scheduled by the Certification Director) to make weight certification for their Division. If a player does not make weight at the second Conference designated day, the Team Athletic Director or Chapter Athletic Director must RED LINE that player off, and the player will be ineligible to play for any Chapter in SCJAAF for the remainder of the season. All players (except latecomers) must attempt weight certification on Weight Certification Day or the second Conference designated weight certification day.
2. The Midget Division will be a weight unlimited Division. All Midget players will attend Weight Certification Day to be officially checked-in and certified by Conference, however, shall not be required to cross the scale. All procedures for

makeup certification and latecomers apply, with the exception of crossing the scale (unnecessary). *Added 3/6/2017*

3. Certification for latecomers will be met after the completion of the player's 10 hours of physical conditioning. Upon registration of the player, the Chapter A.D. must mail/fax/email a copy of the player contract to the Conference A.D. Any weight certification for a late comer must be done within 10 days of registration. Failure to have the player certify within the 10-day period will make the player ineligible and the player must be RED LINED off the roster. The only exception will be made for players who are available to weight certify within the 10-day period, but the Conference is unable to accommodate for which Conference will assign a weigh in date for that individual. Latecomer is defined as a player that has signed up after certification day. All Latecomer Player Physicals must be undertaken on or before the date of Registration, and on or before the first day of conditioning.
4. Any player who is over 10 pounds in weight prior to weight certification and is unable to move up in their Division will not be allowed to participate in hitting during practices.
5. Any altered roster must be complete and in the possession of the Certification Director prior to the following weekend of play. Such requirement is subject to the penalties and fines as described in Section G #9.

## **Section G Team Composition**

1. A certified team must start with a minimum of **sixteen (16)** certified players for Junior Micro, Micro Peewee, Junior Peewee and Peewee; a minimum of **fourteen (14)** for Midget, on the roster, as of the first week of Conference play. A **Certified Player** is a player that has been paper and weight certified. (See Article III, Section D, Certification Procedures #2). See #4 below for the minimum number of players required to be present to play each week's game in each level of play.
2. At no time during the Conference season, shall a team have more playbacks on their roster than as outlined below for each Division of play.
  - a. Micro Division- 15 10-year-olds on the roster. *Amended 3/2/2020*
  - b. Junior Peewee Division- 15 12-year-olds on the roster. *Amended 3/2/2020*
  - c. Peewee Division- 18 13-year-olds on the roster. *Amended 6/5/2022*
  - d. Midget- 18 14-year-olds on the roster. *Amended 6/5/2022*
3. Maximum team size will be the number of certified players on the roster as of the fourth (4<sup>th</sup>) week of Conference play. A copy of this roster must be sent to the Certification Director by the fifth (5<sup>th</sup>) week of Conference play. Such requirement is subject to the penalties & fines as described in Section G #9.
4. If fewer than sixteen (16) eligible players are present for a Junior Micro, Micro Peewee, Junior Peewee, and Peewee game, the game will be forfeited. If fewer than fourteen (14) eligible players are present for the Midget game, the game will be forfeited. In both cases an official game will not be played. Both Head Coaches will be informed of the forfeit by their respective Athletic Directors.
5. Upon forfeiture of a game and agreement of the Coaches, an unofficial officiated game may be played. The outcome will not change the forfeiture. All teams

certified paperwork must be on the field of play. If the forfeiture is due to a failure to have enough players to play an official game, teams may scrimmage or play an unofficial officiated game. If the reason for the forfeiture is due to ID cards or Red Roster not being present, teams may scrimmage or play an unofficial officiated game as well. If copies of contracts/physicals are not present, teams may NOT scrimmage or play at all.

6. An eligible player is a player that has been paper and weight certified.
7. No player(s) will be added on a team roster for any reason after the 8<sup>th</sup> week of Conference play thereafter referred to as the 8<sup>th</sup> week roster. Players cannot be changed from one team to another for playoff games. Roster (copy) must be in possession of Certification Director by the 9<sup>th</sup> week of Conference play. Such requirement is subject to the Penalties & Fines as described in Section G #9.
8. Player Placement
  - a. All returning players who fall into the playback category shall be placed on the Division 1 roster or Division 1A roster *if that is the highest Division for a Chapter*. In a Chapter dividing into two Divisions of play (D1 & D1A, or D1A & D2) and which do not divide their players on a geographic basis, Coaches, Assistant Coaches, and Staff options are to be placed on their respective teams, followed by brother and sister options (football and cheer), and Co-habitants (same address, different last name) options. If the Chapter honors these options or a portion of these options, such players shall be placed on the rosters prior to the Chapter draft.
  - b. A limit of Coaches and staff options will be held at three (3) per team and the Coach or staff member must be either a Certified Head Coach, Certified Assistant Coach, or Certified Team Assistant Director. Brother/sister and co-habitant options are unlimited in number.
  - c. Once the Division 1 roster is full (10) with the most talented playbacks, the remaining playbacks will be placed on the team or teams in the next lower Division of play (D1A or D2) roster until full (10), with this sequence repeating through the remainder of the draft, if necessary. The main objective is placing the most experienced and most talented players in the highest Division available.
  - d. Following placement of playback players, all third-year Micros, fourth-year Junior Peewees, and fifth-year Peewees will be placed on the Division 1 or highest available Division roster until the maximum number of players per roster is met or the availability of such players is exhausted. Again, options as outlined above apply.
  - e. Finally, all remaining players (less experienced) are placed on the highest Division team available through the draft.
  - f. It will be the responsibility of Chapter A.D., Chapter Commissioner, and Head Coach to see that the players are placed on the appropriate teams. The main objective is placing the most experienced and most talented players in the highest Division available. However, the lone exception is health or safety in the instance of returning players who are deemed by the Chapter to be at risk playing in higher Divisions of play.

- g. Any Chapter fielding two teams or more in the same Division of play (D1, D1A, or D2) must fill those teams by a minimum of 2-by-2 draft (once all option players have placed on their respective teams) to ensure an equal disbursement of talent to each team in the same Division. Such draft can be held either conventionally or in "windshield wiper" format. UNDER NO CIRCUMSTANCES shall a team be allowed more than two draft picks consecutively. Unclaimed option players are automatically placed with the team once a team selects one of the affected players.
  - h. Teams determined to have failed to conduct the draft following these guidelines will render the team "illegal" and players deemed ineligible.
- 9. The following schedule of penalties/fines will be assessed for a Chapter's failure to submit to Conference following weeks 1, 2, 4, 8, 9 and last game (if it goes beyond week 9) within the time frames listed above and accelerated penalties/fines as described below: (Amended 6/12/2023)**
- a. All rosters submitted by scanning/emailing must be sent no later than 6:00pm on the Friday prior to submission deadline.
  - b. Failure to meet these deadlines by mail or email will result in the fine of \$10.00 per roster.
  - c. Failure to have the rosters in the possession of the Conference Certification Director within 72 hours of the submission deadline will result in an accelerated fine of \$100.00 per roster.
  - d. If any roster is late, and there are alterations from the previously submitted roster, the minimum fine is \$100.00 and automatic suspension of the Team Athletic Director
  - e. If any roster is not submitted prior to 72 hours following the submission deadline, the Team Athletic Director and Chapter Athletic Director shall be automatically suspended, and the Chapter placed on probation for the remainder of the season.
  - f. If any roster has been altered or any discrepancy is found and the roster was submitted late, the game played will be forfeited.
10. At no time shall a Chapter A.D. or Team A.D. Red Line any player off any roster, unless so directed by the Conference Athletic Director (or Assistant Conference Athletic Director) in writing, by letter or email. Such written notification shall be attached to the Red Roster for the remainder of the season.

**Section H Draft**

- 1. If a Chapter develops a draft, the draft plans must be in writing and submitted to the Conference Commissioner for approval prior to the draft taking place. The Chapter's board of directors should approve the draft.

**Section I Flag Football**

1. Each Chapter has the option of providing flag football for children younger than seven (7) years of age under the guidance of the local Chapter board of directors, provided the Chapter secures insurance coverage for the participants. The additional cost per Chapter shall be paid per the deadlines established for tackle football Conference fees with the cost established by the Conference Insurance director.
2. Each Chapter is responsible for establishing team size and playing rules, providing Coaches, and scheduling practices and games.
3. Chapters have the option of playing games within the Chapter or outside the Chapter, provided all games are against SCJAAF Chapters or other established flag football programs and played on fields that are covered by Chapter insurance (receipt of a Conference Insurance certificate for the facility used, and in possession of a copy at that location at all times when used).
4. All Coaches shall abide by the rules and ethics as established within this rulebook, with penalties for rules violations as per this rulebook.

**Section J Spring 7-on-7 Leagues**

*Section added 3/6/2017*

Each Chapter has the option of fielding Spring 7-on-7 league teams as established within the framework of the SCJAAF provided the following:

1. All teams are based on the current SCJAAF Divisions of play (excluding any weight restrictions).
2. All players must participate in the Chapter from which they currently reside as established by fall tackle boundaries (unless currently waived). No waivers shall be granted for new players.
3. All rules and regulations as determined by the Conference for 7-on-7 play are followed and adhered to.
4. All Coaches shall abide by the rules and ethics as established within this rulebook, with penalties for rules violations as per this rulebook.

## ARTICLE IV ATHLETIC DIRECTORS, COACHES, & CHAPTER OFFICIALS

### Section A Athletic Directors

The rules of Conference (Article IV, Section A) names Team Athletic Director and Chapter Athletic Director. In this capacity these individuals are answerable to their Chapter and to the Conference.

Each Chapter shall be responsible for each team. This person shall be called Team Athletic Director. Each Chapter shall notify the Conference of the individual responsible for overseeing the Team Athletic Director; this person shall be called the Chapter Athletic Director.

All Chapter Athletic Directors must attend a scheduled Chapter A.D. Certification Clinic for current year to hold this position. **Failure to attend a scheduled Chapter A.D. clinic for current season will result in \$100.00 fine** All Team Athletic Directors must attend **scheduled** Team A.D. Certification Clinic for current year to hold this position. **Failure to attend a scheduled Team AD clinic for current season will result in \$100.00 fine**

Chapter President or Chapter Commissioner must approve the proposed Chapter Athletic Director either in writing or email, prior to attending the scheduled Chapter A.D. clinic. The Chapter President, Chapter Commissioner or Chapter AD must approve the designated Team Athletic Directors either in writing or email, prior to attending the scheduled Team A.D. Clinic. Failure to do so may result in refusal of certification. Replacement of Chapter A.D. or Team A.D. must be made by an individual who has attended a Chapter A.D. or Team A.D. Certification Clinic. All A.D.s must receive a Conference ID Card for position being held for current year. In the case that a certified individual is removed, resigns, or can no longer perform the required duties set forth in this rulebook, and a certified A.D. from that team is not available to replace the Team A.D., the Chapter A.D., or any other Team A.D. from that Chapter may act in place of Team A.D. Chapters who fail to have certified Chapter A.D. and/or Team A.D. **for each team** will result in disciplinary action to include suspension of non-certified athletic director and \$100.00 fine per team not represented. *Amended 3/7/2016*

#### A.1 Chapter Athletic Director

The Chapter Athletic Director is responsible for overseeing the Team Athletic Director. This includes all non-coaching activities. The Chapter A.D. will:

1. Be familiar with the rules and bylaws of Conference;
2. Be responsible for Team Athletic Directors, to ensure that they are familiar and follow Article III in the Conference rulebook;
3. Be responsible for collection of records to be submitted to the Conference Certification Director for compliance with team certification requirements of Article III of rulebook;
4. Be responsible that Team A.D. be familiar and follow Article VII;
5. Be responsible that Team A.D. maintains the certified roster (red ink) for their team. Any changes to the certified roster must be complete, a copy collected and in the possession of the Conference Certification Director prior to the following

weekend of play. Such requirement is subject to the Penalties & Fines as described in Article III- Player eligibility and Certification Section G #9;

6. Be responsible that Team A.D. has player contracts at all practices and games;
7. Be responsible that Team A.D. knows the First Aid attendant at away games before start of game. The rulebook requires that the game not start until this has been established, Article V, Section C-3. If game does not start, the Conference Commissioner has the option of forfeiting the game to the visiting team; and
8. Be responsible that NO Team Athletic Director be a Coach on the team for which they are a Team A.D.

**A.2 Team Athletic Director**

1. All Head Athletic Directors and Assistant Athletic Directors attending the A.D. Certification Clinic are required to complete a concussion training course and present certificate of completion at A.D. Certification Clinic.
2. They will comply with the Team Official’s ethics contained in the applicable paragraphs of Article IV, Section C, of the rulebook.
3. Be familiar with the rules and bylaws of the Conference.
4. Chapter Athletic Directors and Team Athletic Directors must be at least 21 years-of-age. Team Athletic Director Assistants but be at least 18 years-of-age.
5. Have a Team Officials’ Agreement filled out and signed stating that they are familiar with the Conference rulebook and they will comply with the rules set forth in the rulebook. This agreement form must be on file with the Chapter and Conference.
6. Shall insure that Coaching ethics, spectator control, playing field requirements, and any other game control requirements are adhered to at all times. Assure that proper crowd control barriers are in place at all homes games and that spectators remain behind these barriers. (See Article V, Section B, Field Equipment 1). Determine that all field equipment, which is required by Article V, Section B, of the rulebook, is available and functional for each home game. Be responsible for the game field at all times.
7. Team Athletic Director must report all violations, Coach ejections, player ejections for fighting and field problems to the Chapter Commissioner in writing, who will then contact and forward the written communication to the Conference Commissioner.
8. No Athletic Director will Coach the same team for which they are the A.D.
9. Be responsible for maintenance of all team records, including certification documents as specified in Article III, Section E, of the rulebook.
10. Conduct the pregame check-in of the competing teams in accordance with Article VII, Section B, of the rulebook.
11. Review all certification records of this team for authenticity and completeness.

These records are submitted to the Chapter A.D. who will review these records and forward to the Conference Certification Director for compliance with the team certification requirements of Article III, of the rulebook.

12. Review all records of any player who they certify whether as a member of the Certification Committee or as the Athletic Director for certification of an add-on player.
13. Comply with the requirements of Article VII of the rulebook regarding the play of the game.
14. Assure that their team meets all conditioning and practice requirements of Article VI of the rulebook.
15. Maintain the certified roster for their team. Any changes to roster must complete, given to Chapter A.D. for review and in the possession of the Conference Certification Director prior to the following weekend of play. Failure to meet this requirement is a \$100.00 fine to the Chapter.
16. Have player contracts at all practices and games. It is recommended that a copy of these contracts be made and given to the Head Coach and to the Chapter A.D.
17. Conduct cheerleader roll call when the Chapter has no cheer program.

**Section B Coaches**

The Executive Council will schedule player-coaching clinics prior to the start of the season.

The Conference Commissioner will schedule player/Coach clinics and SCJAAF Rules Clinics. After completion of these clinics (clinics may be combined) a picture ID card will be issued. Any team Head Coach not attending a player/Coach clinic and Rules Clinic may be fined. The Head Coach will be disqualified for one (1) calendar year and their team not allowed to begin Conference play until the fine is paid and replacement of the Head Coach has furnished evidence of completion on Rules Clinic.

It is recommended that all Coaching staff attend a rules clinic to receive a rulebook.

1. The following are prerequisites for participation in the Conference.
  - a. All head Coaches and assistant Coaches attending the Coaches' clinic are required to complete a concussion training course and present certificate of completion at a Coaches Clinic.
  - b. The head Coach must be at least 21 years old.
  - c. Junior Micro, Micro Peewee, Junior Peewee Assistant Coaches shall be at least 16 years old.
  - d. Peewee and Midget assistant Coaches shall be at least 17 years old.
  - e. Head Coaches shall not officiate any games involving any team in Conference. Assistant Coaches and board members may officiate games that do not involve their Chapter, or in the case of an assistant Coach, any game involved in the Division of play they Coach.
  - f. No Coach may receive any compensation for Coaching in the Conference.  
*Amended 6/5/2022*
  - g. No Coach shall be affiliated with, employed by, or own a player development organization or business that has or is affiliated with another youth football team or organization other than SCJAAF. *Amended 6/5/2022*



- h. No Coach may recruit players from outside Chapters to play on their team or their Chapter's teams, regardless of whether waivers are required or not.  
*Amended 6/5/2022*
- 2. All who interact with Conference youth participants must be registered with the Conference on a Team Official's Agreement. All staff must have a laminated picture ID card. Background checks must be completed on everyone registered on the Team Official's Agreement, Chapter A.D. and Chapter Commissioner shall both certify that every individual has been submitted to a background check.
  - a. They must not have been convicted of any crime which would cause them to register under Section 290 of the California Penal Code or any criminal conviction involving endangering the safety and welfare of youth
  - b. They must not advocate the overthrow of the United States by force or violence or be affiliated with any organization that has such aims

**Section C Coaching Ethics**

1. The Coaching staff shall refrain from using tobacco in any form in the presence of minor participants on the practice and playing fields.
2. The Coach will not criticize players in front of spectators, but reserve constructive criticism for private, or in the presence of the team.
3. The Coach will accept decisions on the field as being fair and called to the best ability of the officials.
4. The Coach will not criticize the opposing team, the Coaches, referees, or fans by word of mouth or gesture.
5. The Coach will emphasize that good athletes are good students, and both are physically and mentally alert.
6. The Coach will emphasize and strive to see that all players maintain at least a 2.0 ("C") grade average.
7. The Coach will strive to make every football activity serve as a training ground for life and as a basis for good mental and physical health.
8. The Coach will emphasize that winning of a game is the result of "teamwork".
9. The Coach will refrain from using abusive and profane language.
10. The Coach will set an example in personal appearance at all times.
- 11. The Head Coach (on game day) must play all certified players on the game day or game time roster a minimum of 10 PLAYS PER GAME beginning from the start to the end of an official SCJAAF game. All plays count; kickoffs, punts, offensive and defensive plays throughout the entire game. A team volunteer shall record the number of plays of their own team on a Conference 10 Play Chart. **Penalty of not playing 10 plays: 1<sup>st</sup> offense, verbal warning from local Chapter President or Commissioner AND in the next game, player/players must play all plays missed plus the 10 plays required for the current game. 2<sup>nd</sup> offense, Penalty C and the subject player/players must play all plays missed plus the 10 plays required for the current game. Plays made up will consist of playing time at their normal position continuously until all plays (including current game's plays) are completed (i.e., defensive player****

**waits until defense is on the field.) If a player does not have an offensive or defensive designation, they will remain in the game continuously until all plays are completed. 3<sup>rd</sup> offense – Penalty B. (Please note: if the Coach is determined to have intentionally withheld player from the game, all penalties can be increased at the discretion of the local Chapter).**

**NOTE:** EXCEPTIONS FOR PLAYERS WILL INCLUDE INJURY, DISCIPLINE, AND/OR REFUSAL TO PARTICIPATE; THIS WILL BE NOTED ON THE "10 PLAY" GAME CHART PRIOR TO THE START OF THE GAME. THIS RULE DOES NOT APPLY FOR PLAYOFFS.

12. Conference to create a standardized play sheet for all Chapters. Play sheet to be signed by Chapter Athletic Director and sent into Conference Athletic Director each week before next game.

**Section D Chapter Administrators**

The Executive Council will schedule administrative training clinics for new Chapter Board Members. At this clinic all Chapters will verify that Franchise Renewal Form, Bylaws, Voting Rights and Boundaries have been turned in.

**Section E Chapter Commissioners**

Chapter Commissioners will administer the rules of Conference as well as Conference and Chapter Bylaws as set forth. They will be given certain discretionary powers to permit carrying out the policies of the Executive Council expeditiously and must be certified by the Conference Commissioner. They will also report any actions taken directly to the Conference Commissioner verbally and in writing.

## ARTICLE V PLAYING FIELDS & EQUIPMENT

### Section A Field Specifications and Requirements

1. Each Chapter must have a regulation size field – 100 x 53 and 1/3 yards with goal posts at each end. All Division games will be played on a regulation football field.
2. The fields will be marked, including yard markers.
3. Goal posts must meet the following:
  - i. Ten yards from the goal line.
  - ii. Regulation cross bar measures 10 feet high and 18 ½ feet wide.
  - iii. All goal posts must be padded in accordance with C.I.F. rules.
4. In the event a Chapter does not have goal posts at their field, the home Chapter is required to notify the visiting Chapter by the Monday evening prior to the scheduled game.
5. If a Chapter is hosting using two fields simultaneously and only one of the fields have goal posts, all Peewee games, Junior Peewee games and Micro games must be scheduled to play on the field with goal posts with priority starting with the Peewees and down to the Micros.

### Section B Field Equipment

1. There will be a safety barrier at least three (3) feet off the ground, extending the full length of the field on both sides. This barrier will be at least fifteen (15) feet from the playing field, permanent barriers accepted, and spectators shall be behind this barrier.
2. The home team shall furnish a down marker with letters at least six (6) inches high and a 10-yard chain.

**NOTE:** A MINIMUM OF TWO (2) ADULTS WILL BE REQUIRED TO OPERATE THE CHAINS AND DOWN MARKER AT ALL TIMES DURING THE GAME. ONE (1) OF THE ADULTS TO RUN THE DOWN MARKER AT ALL TIMES. The visiting team will be responsible for providing the three chain gang members.

3. The home field will have a minimum of one (1) timepiece for the timekeeper and an electric clock of 29-inch face minimum, or a digital clock having 12-inch numerals minimum which will be visible to both benches.
4. In the event the hosting Chapter is unable to provide a timepiece as prescribed above, the hosting Chapter must notify the visiting Chapter prior to the game that the game officials will be asked to provide timekeeping on the field.

### Section C Chapter Responsibility

1. The host Chapter is responsible for spectator control, playing field requirements, and any other game control requirements. All games are played on public property where the consumption of alcohol and drugs is illegal. It shall be the responsibility of the Chapter to enforce the restriction using local law enforcement agencies if necessary. Failure to act may result in severe disciplinary action by the Conference.

2. Alcohol and/or illegal substance use or possession will not be allowed at practice or game fields. Anyone breaking this rule will permanently suspended.
3. The home team must provide at least one (1) qualified first aid attendant at each game. Minimum qualification to be a current Red Cross First Aid card. A team physician or nurse is preferred.

**NOTE:** THE GAME WILL NOT START UNTIL THE QUALIFIED ATTENDANT IS AVAILABLE AND HAS REPORTED TO THE GAME OFFICIALS.

4. There shall be a means for outside communications easily accessible at all game locations in case of emergencies and emergency procedures communicated to each visiting team.
5. All home team requirements shall be interpreted to apply to the host Chapter when they are hosting neutral site games.

**Section D Official Ball**

1. Junior Micro (ex: Wilson Peewee size)
  - Size: 9-1/4” – 9-1/2” (Spiral Tech Footballs at Full Inflation are acceptable)
2. Micro, Junior Peewee – Junior
  - Size: 10-1/4” – 10-1/2” (Spiral Tech Footballs at Full Inflation are acceptable)
3. Midget Peewee – (ex: Wilson Youth size - Intermediate)
  - Size: 10-1/2” – 10-3/4” (Spiral Tech Footballs at Full Inflation are acceptable).  
*Amended 3/7/2016*
4. When only one ball is used, home teams are responsible that a satisfactory game ball is available as determine by the head official. If two balls are used, each team is then responsible that a satisfactory ball is furnished. Should either of the balls be unsatisfactory the judgment of the referee as to the balls to be used will be binding.
5. Prior to each game, both teams shall provide to the game officials the game ball and/or kicking ball to be used in the game. At no time shall a game be allowed to begin or continue until a game ball that is appropriate for the Division of play is supplied, as per #4 above. Any game played with an inappropriate size of game ball (i.e., Peewee size in Micros or Junior Peewee, or Junior size in Peewee or Midget) is subject to forfeiture and two-week suspension of the offending Head Coach.

**Section E Minimum Equipment Standards**

All teams must be equipped during contact sessions, scrimmages, and games with Safety First Equipment meeting the minimum protective standards found to exist in the following equipment.

**Helmet**

The Conference recommends that helmets be NOCSAE recertified at least once every two years.

All helmets must be NOCSAE approved. The helmet is the most important piece of equipment a football player wears because it protects the nerve center of the entire body. The helmet shall be of high-quality construction, of high-quality plastic type

material, head cushion or head suspension type. As a minimum, a double bar shall be attached to the helmet. The chin strap will be standard equipment and all snaps must be snapped when participating in live ball action. All helmets must meet NOCSAE standards and have NOCSAE stamp or sticker of approval firmly affixed to the helmet, plus a warning label on the outside. At no time shall a tinted, smoke colored or other colored visor be attached to a player's helmet, for use during practice or play. Likewise, no player shall be allowed to wear tinted goggles during practice or play unless player has a prescription, with a medical explanation, for tinted goggles from an Ophthalmologist, and the goggles can be removed without taking the helmet off. The player's prescription MUST be kept on file with player paperwork and available upon request. Any player found to be in violation of this rule shall be removed from the practice field or game field until the equipment issue is resolved. Any Coach or Team A.D. allowing such equipment shall be subject to penalty C. *Amended 3/6/2017*

### **Mouthpieces**

An intra-oral mouthpiece with FDA-approved base materials (FDCA) that covers all upper teeth. Mouthpieces must be attached to the facemask with a strap and must be worn at all times during contact drills and live play at all practices and games. Mouthpieces must be a readily visible color EXCEPT white or red. White, Clear or transparent must contain additional contrasting color which can be added prior to use as described herein.

### **Shoulder Pads**

Shoulder pads shall be of corrugated molded fiber or plastic material (for sanitary reasons), should be padded with coated washable finish; should be adjustable elastic underarm straps; should be of a cantilever type.

### **Girdle and Hip Pads**

Hip and kidney pads should be made of heavy padding to protect the kidney, hips, and spine. It can be of vinyl coated material with or without fiber inserts. Care must be taken to guard the exposed edge of the hip bone, the base of the spine and the kidney area.

### **Thigh Guards**

Thigh guards shall be of a molded corrugated fiber or plastic material.

### **Knee Pads**

Football kneepads shall be constructed of shock absorbing material and shall be worn inside the pants at the player's knee.

### **Pants**

Pants may be of either a shell or one-piece construction, natural or colored. One-piece pants must have removable pads, knit materials recommended, with either belt loops or attached web belt.

### **Footwear**

Footwear- non-detachable rubber molded cleats. Bar cleated little league shoes and tennis shoes are permissible. Steel, aluminum, hard rubber, or nylon with metal cap cleats are not allowed.

## Section F Uniform Requirements

### 1. Safety First Equipment

Each player shall be equipped with a uniform designed and fitted to provide maximum protection.

The following items of equipment are mandatory:

- a. Helmet
- b. Double bar face guard (a minimum)
- c. Shoulder pads
- d. Thigh guards
- e. Athletic supporter must be of the hard cup type or soft cup type with a minimum of ¼" foam padding.
- f. Hip or kidney pads and tail bone pads
- g. Mouthpiece
- h. Knee pads
- i. Footwear

**NOTE:** NO JEWELRY MAY BE WORN BY PLAYERS DURING CONDITIONING, PRACTICES, SCRIMMAGES OR SCHEDULED GAMES, WITH EXCEPTION OF RELIGIOUS OR MEDICAL TAGS TAPED TO THEIR BODY.

### 2. Colors and Numerals

- All teams must have their players in matching uniforms with 8-inch minimum numerals on both front and back on the jersey when on the field of play. All numbers shall be white on dark or neutral colors, such as grey, and dark colors on white or light-colored jerseys. Grey or pastel-colored numbers are not allowed. All numbers shall be of a singular color (no fades) and the background on the jersey shall not be a fade in the area where the number is located. Each Chapter must submit their jersey to the Conference Commissioner for approval before the June meeting. If the jersey scheme is not approved, the Chapter must resubmit until approval is attained. *(Added 3/2/2020)*
- Failure to conform will be in violation of Conference rule, and subject to a \$1,000.00 Chapter Fine, and \$100.00 for each additional game week out of compliance. No two jerseys shall have the same numerals. Should it become necessary that jerseys be changed during the course of a game, the head official shall have sole authorization to approve the change. Changing team must notify opposing team of change. *Amended 3/2019*

### 3. Jersey Colors

- Opposing teams should be in jerseys of contrasting colors. The home team will be allowed the preference of jersey colors unless other arrangements have been made. If the two teams do not have contrasting jersey colors, the home team must inform the visiting team of the conflict no later than the Tuesday

evening prior to the game. At no time will the failure of the two teams to have contrasting-colored jerseys be cause for forfeiture.

- One sponsor patch (not to exceed 3 inches in height and width) may be displayed on a game uniform. *Amended 3/6/2017*
- All game jerseys must extend at least to the waist and if longer must be tucked in.

**4. Back Plates**

- All back plates must be completely covered by the player's jersey at all times – including practices, scrimmages and games. *Amended 6/12/2023*

## ARTICLE VI CONDITIONING & PRACTICES

### Section A Conditioning

#### 1. Pre-Season Conditioning

Pre-season conditioning is allowed during the month of June by individual Chapters. Such sessions are limited to two (2) days per week, with a maximum of two (2) hours per day. These are non-contact sessions identical to Regular Season Conditioning Practices. All Chapters Wishing to conduct such pre-season conditioning must notify the Conference before May 1<sup>st</sup>. Any additional costs incurred through the Conference insurance carrier must be paid by the individual Chapters by the end of the Conference May meeting (first Monday in May). Head Coaches and Assistant Coaches are allowed to participate, and each must provide completed "Team Official's Agreement" sheets signed by all adults assisting. **This period of conditioning DOES NOT count towards "August grass time" (five days of season conditioning once the season begins as described in "c" below).**

#### 2. Pre-season Clinics

Pre-season clinics can be held by individual Chapters between January 1<sup>st</sup> and July 31<sup>st</sup>. These clinics are non-contact clinics, however the use of blocking dummies and bags is allowed, as well as flag, touch, or 7-on-7 drills. These clinics are limited to a two-day weekend clinic at a maximum of 8 hours per day, or a weeklong (Monday through Friday) clinic limited to two (2) hours per day. Head Coaches and Assistant Coaches are allowed to participate but groups are to be separated by individual age groups, not by SCJAAF Division (i.e., not by Junior Micro, Micro, Junior Peewee, etc.). All Chapters wishing to conduct such pre-season clinics must notify Conference 30 days prior and are responsible for additional cost incurred through the Conference insurance carrier. Head Coaches and Assistant Coaches are allowed to participate. The maximum number of pre-season clinics held by a Chapter shall be three (3) and cannot be held consecutively. Such clinics cannot be held during pre-season conditioning (as outlined above) and such clinics must be held in separate calendar months. (i.e., clinic in April, clinic in May, conditioning in June and clinic in July).

#### A.1 Season Conditioning (August Grass Time Practices)

Regular season conditioning may not start until the Monday prior to the first week of August, regardless of where August 1<sup>st</sup> falls on the calendar. There shall be six (6) weeks of pre-season activities:

- Week 1 – Conditioning - grass time
- Week 2 – First week of contact in pads
- Week 3 – First week of scrimmages
- Week 4 – Second week of scrimmages
  - Paper Certification on Saturday
- Week 5 – Third week of scrimmages
  - Weight Certification on Saturday
- Week 6 – Short week going into Labor Day weekend



This will ensure that each season has the same number of weeks of pre-season activities. No physical contact permitted until after 10 hours of conditioning have been met. The use of any team equipment except football and helmet is strictly prohibited during the conditioning period. The use of footballs, kicking tees and practice dummies is permitted but practice dummies shall not be used for contact blocking or tackling.

*Amended 3/7/2016*

## **Section B Practices**

1. Practice sessions are at the discretion of the Coach, but no night session shall last past 8:30 p.m. for Junior Micro and Micro, and 9:00 p.m. for Junior Pee Wee, Pee Wee and Midget. *(Amended 6/16/23)*
2. No conditioning or practice session may exceed two (2) hours in any one day, nor may conditioning or practice sessions be conducted more than five (5) days per week from the first day of Conditioning until Labor Day. The Conference week begins on Monday and ends on Sunday. Conditioning Practices are Team Practices. For Chapters who have not split their teams, all players in each level or Division of play (Junior Micros, Micros, Junior Peeweels, etc.) are considered part of the same team until teams are drafted. Individual players are not allowed to practice or condition with teams other than their own.
3. Beginning the week of Labor Day, practice sessions will be limited to four (4) two-hour sessions per week for contact football, skill, or chalk talk. A Conference scheduled game counts as a practice session. Reserve games do not count as a practice session. (Refer to Article X.b.7). At all body contact sessions, players must wear full equipment as they would in a regular game, and, if possible, a physician or trainer should be present. Latecomers, as defined under Article III: Player Eligibility and Certification, Section F: Weight Certification #2, must complete all conditioning requirements during practice sessions with their assigned team.
4. No practice drills may be conducted at any time where contact involves any more than two (2) on one (1). Such drills and practices as "bull in the ring," "gauntlet," etc., are expressly prohibited.
  - Violation:
    - 1<sup>st</sup> offense – Warning
    - 2<sup>nd</sup> offense - Penalty C
5. A minimum of at least one (1) member of the regular Coaching staff or Chapter official must be present to conduct any team practice.
6. Any player who is over 10 pounds in weight prior to weight certification and is unable to move up in their Division and will not be allowed to participate in hitting during practices.
7. A game or scrimmage constitutes a practice session.

## ARTICLE VII GAME REGULATIONS

The official rulebook for conducting of all games shall be the national federation of state high school rules used by the C.I.F. (more commonly known as C.I.F. rules). This book shall be superseded only by the written rules of the Southern California Conference as applicable.

### Section A Home Team Requirements

1. It shall be the duty of each team to communicate directly with the opposing team Athletic Director at least 72 hours (Wednesday prior to game) in advance of a game to verify/ confirm date, place, time, jersey colors, check-in time, check in locations, half time locations, field rules and any other information needed for game day. First offense: written warning from Conference. Second Offense: Team AD placed on probation. Third Offense: One-week Suspension of Team A.D. and \$100.00 monetary fine. *Amended 3/7/2016*

**NOTE:** IF THERE IS AN UNRESOLVED CONFLICT REGARDING GAME TIME OR PLACE, AND THE ADVANCE NOTICE HAS NOT BEEN GIVEN, THE GAME MAY BE FORFEITED IN FAVOR OF THE VISITING TEAM AT THE DISCRETION OF THE CONFERENCE COMMISSIONER.

2. Only the scheduling Director/President may change the approved Conference schedule regarding date, place, or time. Scheduled games that are canceled due to the unavailability of the designated home field, for whatever reason, will be rescheduled by the scheduling Director at the earliest date at the first available field.

### Section B Check-ins

1. All players shall be checked in prior to each game in full uniform consisting of the following minimum: cleats, game pants, hip, thigh, knee, tailbone pads, athletic supporter with cup, and game jersey. Helmets, mouthpieces, and shoulder pads are the responsibility of the individual teams per Conference and C.I.F. rules governing herein.
2. Before the team check-in, an Assistant Coach – or designated personnel – shall perform a safety check of equipment. Helmets shall be checked for cracks, damaged padding, loose hardware, warning decals, and NOCSAE certification or re-certification. Shoulder pads shall be checked for broken components, damaged padding, or any condition which could reduce the protection intended. All discrepancies shall be reported to the Head Coach and shall be corrected before play begins.
3. Each Chapter shall be responsible for establishing its own check-in procedures regarding location and demarcation of the check-in area. Check-in shall take place 30 minutes prior to game time. If one team is not fully prepared for check-in 30 minutes prior to kickoff, the Team A.D. for the delayed team shall check in the opposing team on time, and the delayed team shall be checked in once they are ready. Any Head Coach, Assistant Coach, Chapter A.D., Team A.D., or Chapter Board Member interfering with the check-in process or refusing to check the opposing team beginning 30 minutes prior to game time shall be subject to a one-week suspension. If it is determined that the interference affected the outcome of the game, that game may be subject to forfeiture. Check-in area must

be marked off by at least a radius of 10 feet. Only the Athletic Directors for the teams being checked in are allowed to be in or near the check-in area. All other persons except team players will remain clear of the check-in area.

*Amended 3/7/2016*

4. In the event the prior game is still in progress or has been delayed, both teams can check in on the warmup fields and return to their warmups while remaining in full view of each other. Check-in must occur 30 minutes prior to game time, regardless of the status of the preceding game. *Added 3/7/2016*
5. Each Team Athletic Director must present a certified, serialized, laminated Conference ID card as they check in. Under no circumstances should the cards be displayed in a book (e.g., business card book, or sheets for business cards). Conference ID cards need to be by themselves or placed on a ring for display. If the card is not complete, the player will not be allowed to play that day. ID card must be complete. (Definition of a complete card can be found in the Athletic Director's Guide, Player's Identification Card). Player will not be allowed to play until the identification card is complete (See Article III, Section E.3). All players will be checked in prior to each game in full uniform as described in Article V, Section F.1 and no uniform item or component thereof may be changed after check-in (See Article VIII, Section B.1) *Amended 3/7/2016*
6. During check-ins, the opposing Team A.D. may NOT question a player as to their date of birth, address, or any other personal information. Any A.D. or Assistant A.D. found to be in violation of this rule shall be Penalty C. *Added 3/6/2017*
7. No player will be allowed to participate in a game or practice with a cast of any kind on any of their extremities.
8. Once a player has been checked in, accepted or disqualified by the opposing Athletic Director, and left the check-in area, no one is permitted to require that the player be rechecked for any reason. The only exception is to recheck any player who was temporarily disqualified due to a lack of proper equipment. That player must be rechecked prior to the start of the game, if possible, otherwise prior to the end of halftime. *Amended 3/7/2016*
9. After check-in, each player shall return directly to the playing field in full view of observers and will remain for the remainder of the game. All players will always remain in full view of observers including halftimes. If adequate shade is not available on the playing field for each team during halftime, both teams may leave the playing field but must remain in full view of observers and/or an opposing team representative – for example, behind the bleachers, in shaded areas near snack bars, etc. If the only shade available is not visible from the opposing team's halftime location, then an observer shall be supplied to observe from a location that does not compromise either team's privacy. No team is allowed use of an enclosed room at any time during the game, including half time. *Amended 3/7/2016*
10. If player is ineligible for that game, they shall reverse their jersey immediately and shall not wear their shoulder pads or helmet if they remain in the team box.
11. Any player arriving after start of game must turn their jersey inside out and may not participate until half time check-in. Check-in must take place at start of halftime and no later than the start of the third quarter. Half time check-in will be

noted on the player's team numerical roster – which will become part of the certified Red Ink Roster for the remainder of the season and must be turned in as outlined in Article III, Section G.9. Any player arriving after the start of the second half will be ineligible to play in the game.

12. For inter-Conference games, the check-in shall be conducted in accordance with the home Conference procedures.
13. It will be a requirement for the Athletic Directors to exchange copies of previous weeks' certified rosters showing the jersey number of each player (numbers may be written in pencil to facilitate changes between games). Two (2) numerical rosters (lists) of players' jersey numbers and names on a separate sheet (e.g., 1, 3, 12, 23, 26, etc.). This must be completed and given to opposing Athletic Director prior to check-in. If an A.D. does not have a copy of numeric roster and last week's Red Ink Roster, they have until the end of the game to produce one. If they do not produce a copy, then the Team A.D. must notify the Conference A.D. and a \$100.00 fine will be assessed. *Amended 3/7/2016*
14. Failure of a Team A.D. to produce a certified "Red Ink Roster" or a copy of a certified "Red Ink Roster", along with the certified player ID prior to the official game time may result in a forfeiture of the game, 7-day suspension of Team A.D. and \$100.00 fine assessed. No A.D. will determine said forfeit without notifying and approval by the Certification Director. An officiated game may NOT be held since the forfeiting team members cannot be checked in for that date. The game becomes a cancelled game per Article VII, Section D.3. *Amended 3/7/2016*

## **Section C    Playing Rules**

1. Chapter Presidents, Commissioners, and A.D.s shall have access to the sidelines and bench areas except as limited by paragraph 2 in this section.
  - a. A Conference ID badge must be worn in plain sight at all times by all staff – including those under 18 years of age whose contracts are on file with the Team A.D. – while on the playing field (ex. Water Person, Coaches, etc.). *Amended 3/7/2016*
  - b. In addition to the Coaching staff a maximum of eight additional support staff (A.D., Team Parent, Water Person, etc.) shall be issued ID badges.
2. No parents, Chapter officials, or other unauthorized personnel are allowed on the field of play during the game. Except for Coaches/trainers attending to injured players or Coaches consulting with their team during official time outs, all persons including Coaches who enter the playing field without the consent of the game officials shall be ejected subject to further disciplinary action and the game subject to forfeiture by action of a Conference hearing board.
3. If both teams are on one side of the field, the allowed space is from midfield to the 20-yard line nearest a team's bench. If teams are on opposite sides of the field, the restraining area shall be between the 25-yard lines.

**NOTE:** STATISTICIANS, PHOTOGRAPHERS, OR NEWSMEN WILL BE ALLOWED FULL USE OF THE SIDELINES FOR THE FULL 120 YARDS OF THE FIELD. THESE INDIVIDUALS MUST REMAIN ON THE SIDELINE OF THE TEAM FOR WHOM THEY ARE COVERING, PHOTOGRAPHING, OR KEEPING STATS. **THESE PEOPLE WILL NOT COACH IN ANY WAY** OR THEY WILL ADHERE TO THE COACHING RULES (i.e.- remain

in the Coaching box, etc.). These persons shall wear field passes per C.1.a. above. Such individuals found to be on the wrong side of the field, shall be asked once to return to the appropriate sideline. Any subsequent violations shall warrant removal from the sidelines. *Amended 3/6/2017*

4. Divisions will be penalized in accordance with C.I.F. rules.
5. Non-chargeable time-outs will be for injury of player, repair of equipment, or an official's time-out. An injured player for whom the clock is stopped, or from whom the ready-for-play signal is delayed, shall be replaced for at least one play. Their team shall not be charged with a time-out.
6. The official will not charge a time-out to a team when the captain calls for a time-out and there is cause for the official will inform the captain in this case that they are already calling a time-out which is not chargeable, and the team's request will not be honored unless the team captain desires to have the additional time-out taken and charged.
7. Coaches will be informed by the official closest to them of the player's number, if possible, and the rule infraction for which a penalty is imposed.
8. Only approved Team Officials such as Coaches, Trainers, Athletic Directors, Doctors, and Team Chaplains of the teams currently playing with the Coaches agreements on file are allowed in the team box. All others will be removed by the Team Athletic Director.

### **C.1 Playing time**

The clock time for all age/weight Divisions shall be 10-minute quarters with a 15-minute intermission between the second and third quarters. Any team may request that they have a representative at the time clock to observe the performance of the assigned timekeeper.

9. Five (5) minutes prior to the start of the 3rd quarter the official shall give each team a warning to ensure that the Coaches have sufficient time for a MANDATORY warming up period of team members prior to start of play.
10. 18 Point Rule & Conversion Scoring
  - a. If a team scores and is still behind by 18 points or more, they have the option of receiving a kickoff or taking possession on the 50-yard line with a first and ten.
  - b. If a team scores and is 18 or more points ahead, the opposing team has the option of receiving a kickoff or taking possession on the 50-yard line with a first and ten.
  - c. This also applies at the start of the second half.
  - d. This rule will not be in effect during the playoff games.
  - e. Once one team has a 30-point lead in the third quarter, a 30-point mercy rule will go into effect with the game being completed with a running clock. The clock will only be stopped for injury, timeouts, and the end of the third quarter. This rule applies for playoffs. *Amended 3/2019*
  - f. After a touchdown is scored in the Junior Micros, Micros, Junior Peewee, and Peewee Divisions, a two (2) point conversion can be scored by kicking the

point after touchdown (PAT) through the uprights, or one (1) point can be scored by completing a pass or running the ball into the end zone. In the Midget Division, PATs are per C.I.F. rules: one (1) point for kicking, two (2) points for passing/running the ball into the endzone.

11. Junior Micro and Micro Peewee teams will be allowed one Coach in each huddle, both offense and defense, prior to every play. Once the offensive team breaks their huddle, both Coaches shall remain at least 10 yards behind the line of scrimmage and will refrain from any verbal or physical involvement with their players until the play is ended by the game officials. If the offensive team decides to use a no-huddle offense, such refusal by the offensive team to huddle nullifies any requirement of the defensive Coach to refrain from verbal or physical involvement until the quarterback begins their signal count without interruption prior to the snap.
12. **Violation:** Minor unsportsmanlike conduct penalty – 5 yards
13. Electronic or telephone communications for spotting purposes only during a game will be allowed only if both competing Coaching staffs have equal access and equal equipment and observation positions.
14. No season games can end in a tie. Ties will be resolved in accordance with the “10-yard line overtime procedure” or as otherwise determined by the Conference.
15. If the teams have identical scores at the end of the fourth quarter, the tie may be resolved by a method approved by the state high school association. The following plays have proved successful in resolving ties. All game rules will apply except:
  - a. The line-to-gain shall always be the goal line;
  - b. No try will be made if the winner of the game has been determined;
  - c. If team B scores a safety, the game is ended;
  - d. If team B gains possession, the down and series for A ends immediately; or
  - e. No free kick privileges are awarded following a fair catch or awarded fair catch.

When the score is tied at the end of the fourth quarter, the referee will instruct both teams to return to their respective team boxes. There will be a 3-minute intermission during which both teams may confer with their Coaches. All officials will assemble at the 50-yard line, review the procedure, and determine the number of time-outs remaining for each team. The linesman will go to the team on the side of the field where the line-to-gain equipment is located, and the line judge to the other team, to inform the Coaches of the number of time-outs each team has remaining and escort the respective team captains to the center of the field for the coin toss.

At the coin toss, the visiting team captain shall be given the privilege of calling the coin while it is in the air. The winner of the toss shall be given the choice of defense or offense, or of designating the end of the field at which the ball be put in play. The referee will indicate the winner of the toss by placing a hand on the player's shoulder. To indicate which team will go offense first, the referee will place a ball in that team captain's chest area while the player is facing the goal toward which their team will advance and give the first down signal. The team

captain will face the offensive captain with their back toward the goal which their team will defend.

Each team shall be permitted one (1) additional time-out for each extra period plus any unused regulation game time-outs. The team scoring the greater number of points in the overtime shall be declared the winner. The final score shall be determined by totaling all points scored by each team during the regulation and overtime periods.

To start the overtime, the offensive team shall put the ball in play, 1<sup>st</sup> and goal on B's 10-yard line anywhere between the inbound lines. Team A shall have a series of four (4) downs. The series shall be terminated by any score by A or if B has possession at the end of any down. Team A shall be awarded a new series when:

- a. The penalty for defensive pass interference is accepted; or
- b. Team A recovers a scrimmage kick (field-goal attempt) between the goal lines after it has been touched first by B beyond the neutral zone.
- c. When B is guilty of roughing the kicker or placekick holder or passer.

If Team A scores a touchdown, it is entitled to the opportunity to try for the extra point, except when it is unnecessary to break the tie. A field goal attempt is permitted during any down. If the defensive team gains possession, the ball becomes dead immediately and Team A's series is ended. After Team A has completed its series, Team B will become the offensive team with the ball in its possession at the 10-yard line anywhere between the inbound lines. The same end of the field will be used for both possessions to ensure equal game conditions and conserve time.

If the score remains tied after each team has been given one series, the procedure shall be repeated until a winner is determined. There will be an intermission of two (2) minutes during which the loser of the coin-toss will be given first choice of the options. If additional periods are required, first choice of options will be alternated.

16. If a player should be shaken up during the game, make certain that the designated Medical Attendant oversees treatment.
  - a. Once the Medical Attendant releases the player for participation, the Team A.D. assumes control.
  - b. In the event a player is carried off the field. The Team Medical Attendant must evaluate the player to determine the nature and extent of the possible injuries, if any, at which time the player may either be released to continue playing or remain removed from play for future analysis, or further treatment as needed. *Added 3/7/2016*
  - c. Any player who is suspected of sustaining a serious injury or any type of head injury including, but not limited to, concussions in a practice, game, or any SCJAAF event, is to be immediately removed from play/competition at that time for the remainder of the day.
  - d. Any player who has been removed from play due to a serious injury or under suspicion of concussion is prohibited from returning to play until the athlete is evaluated by a licensed health care provider trained in education and

management of concussions and has received written clearance to return to play from the health care provider. *Added 3/7/2016*

17. Any player(s) ejected from a game for fighting will be ineligible to participate in the next Conference scheduled game. (Bowl games are not Conference scheduled games). If the suspension occurs and the next Conference scheduled game falls on a bye week, the ejection will be suspended for one week, and begin the Monday of the next Conference scheduled game. Ejections are to be reported in accordance with Article IV.A.4 and the Chapter Commissioner shall pull and hold the ejected player's Conference ID card until player eligibility is reestablished. Player must take off gear and turn jersey inside out and is permitted to remain on sidelines for the remainder of the game. Any player ejected for fighting in their final game of the season is suspended for one week from any Chapter functions, including, but not limited to, attending other team practices or games. It shall be the Chapter's responsibility to ensure such discipline has been enforced. *(Amended 6/16/2023)*
18. Any player(s) ejected for reasons other than fighting must be reviewed by Chapter Commissioner and results submitted to Conference Commissioner by the Wednesday prior to the next week's game. Any Head Coach or Team A.D. failing to report such ejection to their Chapter Commissioner are both subject to suspension. Any player ejected for any reason other than fighting for a second time during the course of the season shall be suspended for the next game. If the next week is a bye week, the suspension will take effect beginning the Monday of the next Conference scheduled game. Player suspensions will follow after any subsequent ejections (3<sup>rd</sup>, 4<sup>th</sup>, etc. offenses). *(Amended 6/16/2023)*
19. Once a player has left the game field, including sidelines, they may not return as a participant in the game apart from using restroom facilities. However, a Team Official from the player's team must accompany player. *(Amended 3/7/2016)*
20. All hosting Chapters must have a board member present at midfield after each game during the handshake. *(Added 3/2019)*
21. No one under the age of four (4) may be on the sideline at any time during a game. *Added 3/2/2020*

**Section D      Game Cancellation**

1. The only authority for cancellation of a game for reason of inclement weather is by C.I.F. game officials or the Conference Commissioner.
2. Any team that fails to show up for a Conference scheduled game will be fined \$100.00 plus the cost of the officials for that game. Fine must be paid before any further practice is allowed.
3. If a team forfeits a scheduled game through the Scheduling Director before game day, the forfeiting team shall pay the fee for game officials. If an entire Chapter forfeits (two or more games at one site) that Chapter shall pay one half of the game officials' fees for all games that were scheduled and forfeited.



**Section E Score Reporting**

1. Each Chapter shall submit to Conference the name of an individual within each Chapter responsible for reporting scores to Conference by 6:00pm the following day.
2. Each Chapter must report the scores of their games in the following manner:
  - a. Give the name of the Chapter;
  - b. Report the scores, stating Conference of Play (1, 2, or 3), beginning with Junior Micros, Micros, Junior Peewee, Peewee, and Midget;
  - c. Report who each team played; and
  - d. Give a phone number for call back if necessary.
3. Any Chapter failing to report their scores as outlined above shall be fined \$10.00 per score not reported and, after second infraction, the Chapter shall be subject to forfeiture of play- off or championship site selection.
4. Any Chapter failing to report a score, for which one of its teams exceeded the 40-point rule, by the score reporting deadline as outlined above, is subject to the suspension of the Chapter's Commissioner, the team's AD and the Team Head Coach for a period of not less than 10 days. Such a score must be submitted by email, unless verbally acknowledged by the scorekeeper in phone conversation.

## ARTICLE VIII      RULE VIOLATIONS & PENALTIES

### Section A      Protests

1. Protests on matters involving judgment as rendered by an official will not be considered.
2. Protests of pregame violations must be registered with game officials and opposing team prior to the opening kick-off. Any protest of pregame violations after start of kick-off will not be considered.
3. All other protests will be handled by the Hearing Board as outlined herein.
4. Protests must be received by the Commissioner, or in their absence a Deputy Commissioner, no later than 9:00pm on the Monday after the violation in question by the protesting Chapter. Protests must specify the Articles and Section of the Conference Rulebook or Bylaws which are in question. This protest will be in writing, accompanied by \$200.00 and addressed to the Commissioner and pay any additional cost the Conference may incur. If the protest is sustained by the Hearing Board the \$200.00 will be refunded.
5. A Hearing Board decision may not be appealed.

### Section B      Coaching Rules

1. Penalties

A Coach, advisor, or other adult acting in an official capacity may be barred from further participation in the Conference by violation of any of the following rules and will be subject to the prescribed penalties. These penalties will be at the direction of the Hearing Board.

2. Definition of Penalties
  - a. **Penalty A:** Permanent Suspension
  - b. **Penalty B:** One Calendar Year Suspension
  - c. **Penalty C:** Suspension of two weeks and/or monetary fine.
  - d. First, second, and third offenses are cumulative from season to season.
3. Coaching Rules
  - a. Coach will refrain from excessive scoring, or “piling it on”. For instance, if there is a 40 point or more difference in team’s scores.
    - i. First offense – \$100.00 fine and automatic one-week suspension. Payment is due prior to the nextgame, or the game will be forfeited.
    - ii. Second Offense – Penalty B – One calendar year suspension.  
*Amended 3/2019*
    - iii. Third Offense – Penalty A – Permanent suspension

- b. Coach will not be on the game or practice field under the influence of alcohol and/or drugs. They will be relieved of all coaching duties immediately as agreed upon by at least two (2) Athletic Directors or officials on the practice or game field. The local Chapter shall file the details with the Conference Commissioner within four (4) days. A Hearing Board may be held to confirm the ruling.
  - i. First offense – Penalty A
- c. The Coach will not allow any member of the Coaching staff to receive any portion of their income from coaching in the Conference.
- d. The Coach will not strike any other Coach, Athletic Director, player, or spectator during practice or games. "Strike" is defined as touching the body of another person in an aggressive manner with intent to do harm or attempting to strike even though contact is not made.
  - i. First offense – Penalty B
  - ii. Second offense – Penalty A
- e. The Coach will take action to prevent kicking, profanity, gouging and/or dirty or unsportsmanlike play.
  - i. First offense – Penalty B
  - ii. Second offense – Penalty A
- f. The Coach will not film or scout opponent practices.
  - i. First offense – Penalty B
  - ii. Second offense – Penalty A
- g. The Coach will not permit or employ "sweating down" tactics for a player to lose weight in order to make the team weight. Independent jogging, running, or engaging in other physical activity, if performed in a normal football uniform or parts thereof, is not "sweating down". Sweating down includes, but is not limited to:
  - i. Steam rooms.
  - ii. Steam cabinets.
  - iii. Rubber sweat suits or plastic bags.
  - iv. Physical activity while dressed in any heat retaining garments such as sweatshirts/pants (except during adverse weather).
  - v. Any method, including the use of drugs that might be injurious to the health of the player.
    - 1. First offense – Penalty B
    - 2. Second offense – Penalty A

- h. The Coach will not permit a player to re-enter a game if they are badly bruised or injured to such an extent that further play would jeopardize the player's health.
  - i. First offense – Penalty C
  - ii. Second offense – Penalty B
- i. The Coach will abide by the team doctor or physician's decision in all matters of injury.
- j. The Coach will not willfully permit an ineligible player to participate in a game. All games that the ineligible player participates in shall be forfeited.
  - i. First offense – no less than Penalty C
  - ii. Second offense – Penalty B
- k. The Coach will not allow any uniform changes after check-in unless approved by the game official. (*Amended 6/16/2023*)
  - i. First offense – Penalty C
  - ii. Second offense – Penalty B
- l. The Coach will not permit any practice or scrimmage to last over two (2) hours, nor will they allow more than the number of practice sessions as outlined under Article VI, Section B-2-3.
  - i. First offense- Penalty C
  - ii. Second offense – Penalty B
- m. The Coach will not threaten, challenge, or use derogatory language toward officials on or off the field.
  - i. First offense – Penalty C
  - ii. Second offense – Penalty B
- n. The Coach will not be ejected from a game.
  - i. First offense - \$100.00 fine and a 10-day suspension
  - ii. Second offense - \$100.00 fine and Penalty B. Once a Coach, volunteer, or spectator has been ejected from the game, field, or stadium, the individual must immediately vacate the field, stadium, and parking lot.
- o. The Coach will not push, shove, or strike a game official at any time. "Strike" is defined as touching the body of another person in an aggressive manner with intent to do harm or attempting to strike even though contact is not made.
  - i. First offense – Penalty A
- p. The Coach will not enter the playing field during an on-field altercation for any reason. Any Coach ejected from the game for doing so shall be suspended for 10 days and fined \$100.00. If the bench clears and the Coaching staff enters the field, the entire staff is subject to suspension. Should individuals wish to dispute whether they entered the field, unedited video shall be submitted to the Conference Commissioner for review. *Added 3/2019*

## **Section C Suspension Authority**

1. The Conference Commissioner or their designated deputies can suspend any Coach or Team Official from participating in the Conference for any period of time upon verbal notification. The notification must include the specific rule violation and the source of allegation. The suspended individual may request the Hearing Board convene to rule on the suspension. The request must be made to the Commission or a Deputy Commissioner by 9:00pm on the Monday after the suspension or the suspension stands. The Hearing Board must meet by 7:30pm on the Thursday following the request. The decision of the Board is final. If the Board does not convene, the suspension is automatically lifted.
2. A suspended person may not participate in any manner in Conference, Chapter, or team activities and may not have contact with or have verbal or visual communication with participants at practices or games.
3. Any individual found to be in violation of Chapter bylaws or rules and who has been suspended per the Chapter's bylaws must abide by the Chapter's decision and all sanctions imposed. Failure to do so can result in their son or daughter being removed from the Chapter's programs if the suspended individual request a hearing from Conference, such request does not waive or postpone the sanctions handed out by the Chapter automatically waives the individual's right to a hearing from Conference.

## **Section D Hearing Board**

1. Conference Commissioner sits as chairman. The Conference President will designate an acting Chairman if the Commissioner is not available.
  - a. Six (6) members appointed by the Conference Commissioner at the beginning of each calendar year and serving until December 31<sup>st</sup> of that year consisting of:
    - i. Four (4) members of the Executive Council
    - ii. Two (2) members at large selected for their knowledge of the rules and experience in SCJAAF
  - b. If a Chapter either making a protest or being protested against has a member on the Hearing Board, the Conference Commissioner will appoint an alternate for that hearing only.
  - c. The Hearing Board shall be approved by the President
2. Each convening Board Meeting will consist of at least four (4) members.
3. All Hearing Board members will have one vote. A simple majority will be binding.
4. The Hearing Board shall have the right to upgrade any penalty
5. All parties involved in a protest or suspension hearing shall be notified 48 hours prior to the hearing and may attend the hearing along with any other person who may contribute to the hearing process. No player or cheerleader may be party to a Hearing Board as participant or observer.

6. A cumulative record of Hearing Board findings shall be maintained by the Secretary and shall be available at any time to verify the participation eligibility of individuals, teams, and Chapters. A master list to be submitted annually to each Chapter.
7. All internal Chapter board findings regarding discipline up to and including temporary and lifetime suspension shall be forwarded to Conference Commissioner. If no hearing board is requested, then Conference Commissioner can acknowledge Chapter's decision and communicate the decision to the Executive Council at the next council meeting.
8. All probation or suspension judgments must include exact calendar periods.
9. Any person, team or Chapter placed on probation is susceptible to sever penalty for any violations during the probationary period.

**Section E Local & Chapter Complaints**

1. Any parent, Chapter or Team Official can make a complaint to the local Chapter in accordance with the bylaws of the Chapter. If resolution is not obtained at the Chapter level, they may escalate their complaint to the Conference Commissioner or their designated assistant for evaluation of merit for referral to the Executive Council: e.g., elements for consideration normally include violation of Chapter bylaws, and/or inadequate hearing at a Chapter meeting.
2. For any Chapter problem referred to the Executive Council by the Conference Commissioner, all parties to the problem must be notified of the time and place of the Executive Council meeting and the nature of the complaint at least 48 hours prior to the meeting time.
3. The local Chapter has the right to impose any of the penalties on any person in their Chapter who has violated any of the above rules or any of the Chapter rules.
4. The local Chapter will report to the Conference any disciplinary action that occurs at the local level.

## **ARTICLE IX GAME OFFICIALS**

### **Section A Conference Games**

1. All game officials will be qualified High School officials.
2. There will be three (3) officials assigned at each game. No games shall be played with less than two (2) officials.
3. Any official that has been barred from game officiating by the Executive Council will not be allowed to officiate in any capacity without the approval from the Executive Council.
4. Conference shall supply each Chapter with addressed and stamped scorecards to rate the officiating of each game. Scorecards, properly signed, shall be sent to the Conference Commissioner immediately following each game day. Conference shall request the services of those officials most highly rated to work the play-off games. The scorecards shall rate the officials on proper use of signs, hustle, demeanor in front of the players, attentiveness to the game at hand, and punctuality. The cards will also designate whether the Chapter filling out the card won or lost the game(s) and whether the Chapter was at home or on the road. The scorecards will be signed and dated by the Chapter President.

### **Section B Inter-Conference, Reserve, and Bowl Games**

The host team shall make suitable arrangements for officiating, complying with Section A.

## ARTICLE X SCHEDULING OF SEASON & POST-SEASON GAMES

### Section A Scheduling Rules

The Scheduling Committee will recommend the criteria for games and play-off scheduling. The Executive Council will approve these criteria.

### Section B Conference Game Scheduling

1. The Conference shall establish its own schedules.
2. Each Chapter must make available in writing a minimum of five (5) home dates per team for the regular season schedule. Example 1: a Chapter fielding five (5) teams must provide Conference with five (5) dates totaling 25 game slots at a minimum. A Chapter fielding five (5) Division 1 teams and three (3) Division 2 teams must provide Conference a total of 10 dates totaling 40 game slots. All dates may not be used but must be provided and can be cancelled after the schedule is published. Failure to provide such dates before the start of the season will result in that Chapter not being scheduled for games.

If a Chapter needs to cancel the use of their facilities in season for a game or games, it will result in a \$350.00 fine for each game unable to be played at home (this fine will compensate another Chapter for game officials and stadium use).

*Amended 6/5/2022*

3. Any Chapter that reneges on a home field assignment as to date, time or location after the season schedule is approved will be subject to a penalty fine of \$200.00 (natural disasters excepted). *Amended 3/7/2016*
4. The Conference will set the start and end dates of all seasonal play. No team will play before or after these dates unless permission is granted by the Conference.
5. All teams are limited to a maximum regular season schedule of 10 Conference scheduled games, Conference play-offs are excluded. *Amended 3/7/2016*
6. A period of at least 100 hours must elapse from the conclusion of one regular Conference game prior to playing of another regular Conference game. Reserve games as defined in Article X, Section B7 are exempt from this restriction. The Conference President may waive the 100- hour requirement for Conference play-off games as needed to resolve ties and uncompleted games. All night games must begin no later than 8:30pm.
7. No team shall be permitted to play a game prior to certification.
8. For teams having more than 30 players on their official roster, a reserve game may be scheduled with any other Conference team with more than 30 players, the following conditions apply:
  - a. These games to be played on the Sunday following a Conference scheduled game.
  - b. Game arrangements to be made by the competing teams, following the provisions of Article X.
  - c. Only players who did not have significant playing time in the preceding regular game are eligible to play. Coaches and Athletic Directors will be on their honor



to apply this provision, keeping in mind that the purpose of a reserve game is to provide game experience for reserves. The squad will be limited to 16 certified players. Only reserve game players will participate in reserve games or the warm-up periods preceding them.

- d. All Conference rules apply including check-in and playing rules. A copy of the most recent Red Roster will be used at the check-in to record participation by only certified players; the Red Roster being available to confirm the copy, which is used for check-in, is a true "copy".
- e. No record will be kept of reserve game scores, nor will standings be maintained.
- f. **Sunday games-** in the event of natural disaster, unavailability of playing field facilities, or unavailability of sufficient (minimum) number of game officials, games may be played on Sunday when absolutely necessary.

However, a search for alternative field sites or additional game officials (dependent of circumstance) must be exhausted before such Sunday game scheduling. The Exception is Conference Scheduled playoff or championship games. *Amended 3/7/2016*

## **Section C Scrimmages**

1. Controlled education scrimmages may be scheduled among Conference teams, but such scrimmages shall not exceed 2.5 hours duration. A maximum of three (3) pre-season scrimmages may be conducted and such scrimmages between teams in the same age/weight Division within a Chapter shall be counted as a regular scrimmage and shall not be permitted after the Conference schedule begins. Chapters having multiple teams in the same weight and age Division and whose game eligible players available for practices numbering less than 26 players may conduct inter-squad practices of "play polish" scrimmages a maximum of once per week without penalty. This will include split scrimmages, e.g., starters and substitutes could scrimmage against each other. *Amended 6/5/2022*
2. Under no circumstances may a team play or scrimmage a team which is not the same age and weight classification.
3. All team members shall be weighed prior to each scrimmage and those who exceed the certification weight by more than five (5) pounds shall not participate. The weigh-in shall be conducted using a player list from the uncertified team roster noting the player's name and Conference age.
4. Controlled scrimmages mean ten (10) consecutive offensive plays per team and may be conducted with the ball placed in play from the same starting point on each play. An exception may be made to the preceding rule if opposing Head Coaches agree. In this instance the ball placement may be advanced with each play.
5. At no time shall anyone film a scrimmage involving teams other than their own, or of their own Chapter. Filming a third party's scrimmage is in violation of the rule governing filming another team's practice since scrimmages are, by rule, considered to be a practice.

**Section D Non-Conference Game Scheduling**

Any team having an open date in the schedule between the first official game and the end of the season may schedule a non-Conference game. The scheduled teams must be in the same weight classification within five (5) pounds of the maximum. When an inter-Conference game is scheduled, the Conference Commissioner shall be notified and a \$100.00 appearance guarantee posted with him to be returned if the team meets its commitment to play.

## ARTICLE XI CONFERENCE PLAYOFFS

### Section A Location

All games must be played on a regulation field that includes a visible Clock and scoreboard, P.A. system, and adequate crowd control facilities. Play-off sites will be selected by the Alignment Committee and presented to the Conference Executive Council prior to the first regular season game. Hosting sites will maintain home and visitor sides as per how the site was utilized during the regular season. Switching the "regular season" visiting side to the home side and vice versa to gain obvious home field advantage can only be arranged with a pre-game agreement between affected Chapters (all playoff teams at the site that day). Game officials must be notified to correctly identify the home and visiting teams (coin flip consideration).

### Section B Check-ins

Each team will provide a certified "Red Ink Roster", certified ID cards, and a numerical roster. All players are eligible having played or checked in a minimum of four (4) season games; scrimmages and/or bowl games are excluded. Any player that has been injured shall be checked in with the rest of the team although not eligible to play. Any player that quits and/or has missed more than the required four (4) game minimum to play in playoffs must be redlined off prior to playoff games.

### Section C 10-play Rule

A reduced mandatory play rule of five (5) plays is in effect for post-season play (Playoff, Conference Championships, and any Bowl games).

### Section D Officials

There shall be a minimum of four (4) qualified officials for the duration of each game.

### Section E Selection and Pairing

1. Play-off selection, pairing system, and any criteria particular to the play-offs will be prepared in accordance with Section D by the Alignment Committee and presented to the Conference Executive Council prior to the first regular season game.
2. On the day following the last regular season games, the Alignment Committee will meet to seed all Divisions and establish playoff trees. The decisions of the Alignment Committee as to tree placement will be final. Per bylaw Article VII Section 5, any Chapter with an outstanding team fee balance at the beginning of the seeding and pairing will NOT be included.
3. All play-off and/or Championship games are subject to Saturday and Sunday games.
4. Any Chapter that reneges on a playoff site assignment as to date, time, or location, after the playoff trees are published, will be subject to a penalty fine of \$100.00 (natural disasters excepted).

### Section F Playoff Selection

The following shall be the process by which all ties are broken (ties for league champion; league placing; and seeding in, and selection of, final team placed in the playoffs). In the event of multiple ties (three or more teams), when one of the teams is eliminated, tie breaking of the remaining teams reverts to the first criteria. In the

event non- Divisional games are scheduled (D1 vs D1a, etc.) such games shall not count towards Divisional standings and shall not be a part of the tiebreaking process, therefore overall record would no longer be used in standings or seedings.

*Amended 3/5/2018*

**1. Head-to-Head**

- a. Two teams tied – Loser of the game during the regular season between the two tying teams is eliminated.
- b. Three or more teams tied – If each team involved in the tie played every team involved in the tie, the loser of the most games is eliminated. Then, if only two teams remain, the tie breaker reverts to “a” above. If three or more teams remain (in the event of an original four- or five-way tie) then criteria “b” is applied.
- c. If the tying teams do not play each other, or all of the tying teams did not play every team involved in the tie, the tie breaking process advances to the next criteria.
- d. The lower seed (numerical order 1, 2, 3, 4, etc.) will always be the designated home team during the playoffs.

**2. Strength of Schedule**

If ties remain after Criteria 1 is exhausted, the team whose opponents had the worse win-loss percentage shall be eliminated. If two or more teams remain tied after the elimination of a team, the tie breaking process reverts to “Head-to-Head.”

**3. Results vs. League Opponents**

The team which had the worst record versus their own league opponents shall be eliminated from the tie. If two or more teams remain tied after the elimination of a team, the tiebreaking process reverts to “Head-to-Head.” If one of the tying teams did not play all of the other teams within its league, that shall NOT be grounds for bypassing this tie breaking criteria. Win-Loss percentage within “league play” shall determine the team that is eliminated. If ties remain due to similar records within league play, the remaining ties shall move on to the next criteria.

**4. Results vs. Non-league Opponents**

The team which had the worst records versus their non-league opponents shall be eliminated from the tie. If two or more teams remain tied after the elimination of a team, the tie breaking process reverts to “Head-to-Head.” Win- Loss percentage within “non-league play” shall determine the team that is eliminated. If ties remain due to similar records within league play, the remaining ties shall move on to the next criteria.

**5. Results vs. League Champion**

The team which lost to the league champion by the most points shall be eliminated. If two or more teams remain tied after the elimination of a team, the tie breaking process reverts to “Head-to-Head.” If one of the tying teams did not play its league champion, these criteria cannot be used and the process advanced

to the next criteria. If teams remain tied, due to identical point spreads versus their league champions, the process advances to the next criteria.

**6. Coin Flip**

When all the above criteria have failed to break ties, the teams involved in the tie shall have a representative of their Chapter meet with the Conference Commissioner during the playoff pairings meeting and flip a coin until all ties are broken.

**Section G Playoff Trees**

1. All first-place teams will be seeded by overall record...regardless of the overall number of teams, or the number of leagues within the Division of play. The remaining eligible playoff teams will be seeded by overall record. The seeding process will be per the tiebreaker system contained within this rulebook. The number of playoff teams allowed to participate in post-season play as follows:
  - a. 14 or more teams in the regular season schedule – 12 playoff teams.
  - b. Eight (8) or more teams (but less than 14) – eight (8) playoff teams.
  - c. Less than eight (8) teams – a maximum of six (6) teams are eligible.

**Section H Awards**

1. All Conference champion teams will be presented with appropriate team trophies.  
*Amended 3/2019*

## **ARTICLE XII LEAGUE & CONFERENCE CHAMPIONS**

### **Section A League Champions**

1. The team finishing a season's schedule with the best overall Divisional (D1, D1A, etc.) won and loss record within its League will be the League Champion.  
Non- Divisional game shall not be counted towards overall record. *Added 3/5/2018*
2. Ties for first place:
  - a. All teams will be League Co-Champions and receive patches.
  - b. Placement into the playoffs per Article XI.

### **Section B Conference Championship Ties**

1. Conference championship games ending in a tie score will utilize the tie-breaker procedure of Article VII Section C.16 to determine the winner.

# JUNIOR ALL-AMERICAN FOOTBALL OF SOUTHERN CALIFORNIA – BYLAWS 2022

**Article I      Name**  
**Section I**

This organization shall be known as “Junior All-American Football of Southern California Conference” HEREIN AFTER called the Conference, a nonprofit California corporation, dedicated to build character, inspire the ideals of good citizenship and sportsmanship through a common interest in fair play and fellowship, to ensure safety, and to keep the welfare of the players foremost and free of adult ambition for personal glory.

**Article II      Objective**  
**Section I**

The purpose of this program is to give youths the opportunity to participate in a supervised program of football and thereby to build character, inspire the ideals of good citizenship and sportsmanship through a common interest in fair play and fellowship, to ensure safety, and to keep the welfare of the players foremost and free of adult ambition for personal glory.

**Article III      Membership**  
**Section I**

The membership of the Conference shall be comprised of each Chapter franchised for membership by the Executive Council of the Conference.

**Article IV      Conference Management**  
**Section I      Executive Council**

Subject to the limitations of the Articles of Incorporation, and the laws of the State of California, all corporate powers shall be exercised by, and the business and affairs of the corporation shall be controlled by the Executive Council. This Council will be the governing body of the Corporation insofar as rules and amendments thereto, and such other matters as the members of the Executive Council and its officers may bring before it.

1. The Presidents and Commissioners of the member Chapters will form the Executive Council.
2. At the last meeting held each year, the Executive Council will elect a presiding officer to be called the president of the Executive Council. This office is for one (1) year duration and will vote only in the event of a tie.
3. The president will nominate Executive Vice President(s) for Executive Council approval. The Executive Vice President(s) will assume these duties designated by the President. They will act for the President in their absence and fill the unexpired term of the President should they resign. This office will have no vote in the Executive Council.
4. The President of the council will appoint, with Executive Council approval, Commissioner(s) to administer the rules of conduct for the football program. This officer has one council vote because of their office and will hold office for one (1) year beginning upon appointment.

5. The President will appoint, with Executive Council approval, a Secretary, a Treasurer, Certification Director, Cheerleader Director, and such other administrative officers as seemed necessary. These appointees will have no voting rights. Their terms of office will be the same as that of the President.
6. The Commissioner will appoint, with Council approval, assistants and deputies as required to fulfill the duties of this office. These appointees will have no council vote. Their term of office will be the same as that of the Commissioner.

## **Section II Board of Directors**

These Conference Officers designated by the President will form a Board of Directors to recommend Conference policy, conduct the administrative and financial affairs of the Conference, and recommend future activity for approval by the Executive Council. All board members will have one (1) vote on the board. The board of directors will operate within the bounds of the bylaws and Rules of the Conference and all financial disbursements will have prior approval by the Executive Council. Minutes of the board meetings will be submitted to each member of the Executive Council within one week of each Board meeting. The board of directors is responsible to the Executive.

1. **Executive Council President** – will preside over all Executive Council and Board of Directs meetings. They will appoint the secretary, treasurer, certification director, and all committees. They will be an Ex-Officio member of committees. They will be responsible for the administration and financial affairs of the Conference.
2. **Executive Vice President(s)** – will act for the President in their absence and assume those duties specifically designated by the President if the President retires before serving full term.
3. **Commissioner(s)** – will administer the rules of the Conference as set forth. They will be given certain discretionary powers to permit carrying out the policies of the Executive Council expeditiously. They will be an Ex-Officio member of all committees and will report directly to the Executive Council. They will be responsible to coordinate Rules Clinic for Coaching staff.
4. **Certification Director** – will head the paper certification committee. Will schedule all paper certification clinics for Chapter and Team AD, Chapter Cheer Coordinators and Cheer Team Head Coaches. They will be responsible for recommending paper certification procedures and distributing Conference forms as required by the Rules. They will maintain complete and accurate files. The office is responsible to the President, Commissioner, and the Executive Council.
5. **Cheerleader Director** – will coordinate any sponsor competition. Responsible for all aspects, rules, judging, etc. Conducts coordination meetings as required with Chapter representatives. This office is responsible to the President and Executive Council.
6. **Insurance Director** – will negotiate for and manage the Conference medical, liability, and casualty insurance. They will establish and publish procedures for filing medical claims. This office is responsible to the Commissioner and the Executive Council.
7. **Scheduling Director** – will head the scheduling committee. They will be responsible for scheduling all Conference games. They will be responsible for the



management of game officials. This office is responsible to the Commissioner and the Executive Council.

8. **Secretary** – will distribute minutes of meetings in written form at the following Conference meeting for reading and approval by the Executive council and will conduct the correspondence and keep records and files of it. A petty cash fund may be maintained to cover miscellaneous expenses. A record of expenditures will be kept and submitted monthly to the treasurer. This office is responsible to the President and the Executive Council.
9. **Treasurer** – will be a bonded custodian of all property of the Conference. They will receive all monies that accrue to the Conference from any source and deposit same in a bank in the name of the Conference. They will submit the financial records of the Conference to the Executive Council for audit when directed. They will see that all bills authorized are paid and will assure that no unauthorized obligations are incurred. A financial statement will be submitted in writing to the Executive Council each meeting and this report will be made part of the board and Executive Council meetings. They will be responsible for filing for State and Federal exemption certificates for the Conference. They are responsible to the President and Executive Council. *Amended 7/1/1990*
10. **Training Director** – will plan, schedule, and implement Coach’s clinics of the Conference, with approval of the Executive Council. This office is responsible to the President and the Executive Council.

**Article V Meetings**  
**Section I Executive Council**

1. Meetings of the Executive Council will be held at least six times per year, at a date, place and time selected by the President; with notification of said meeting being given by mail. Failure by any Chapter to provide representation at said meetings will be subject to a \$10.00 fine. Chapters absent from two consecutive meetings in any administrative year will be dropped from the Conference. The administrative year for the Conference will begin January 1<sup>st</sup> Reinstatement will be by a letter of request enclosing a penalty of \$50.00 to the Board of Directors and brought before the Executive Council for approval by a majority vote of those present. *Amended 5/3/1982*
2. Meetings of the Executive Council shall not extend beyond 10:00pm. If that hour is reached and there is remaining business requiring the Council action, that business will be continued to the next regular Executive Council meeting or to an adjourned session, the date, time, and place to be determined by the Council before adjournment. *Amended 5/2/1994*

**Section II Board of Directors**

The Board of Directors will meet monthly at a time and place selected by the President. Failure of a Board member to attend will result in a \$10.00 fine. Board members who fail to attend two (2) consecutive meetings will be removed from office by the President and placement appointed by the President with Executive Council approval.

**Section III Special Meetings**

Special meetings may be called by the President of the Executive Council on their own volition or upon written request of no less than four (4) members of the Executive Council. In the case of special meetings, those concerned shall be notified no less than 48 hours in advance by telephone or in writing as to date, time, place, and purpose. No business other than that for which a special meeting is called may be discussed. A special meeting may not be requested to appeal an Executive council suspension or dismissal or a hearing decision. (See Article XII, Section 2). *Amended 3/15/1995*

**Section IV Quorum**

A majority of the Executive Council will constitute a quorum for anybusiness meeting. *Amended 8/1/1977*

**Section V Rules of Conduct**

Meetings will be conducted in accordance with "Robert's Rules of Order, Revised Edition."

**Article VI Conference Chapters and Voting**

**Section I Membership**

A Chapter becomes a member of the Conference by election to membership by a two-thirds vote of the Executive Council. A new Chapter must field a minimum of four (4) teams. *Amended 3/15/1995*

**Section II Application for Membership**

1. A candidate Chapter will submit a set of bylaws to the Board of Directors of the Conference and establish a Chapter Board of Directors consisting of a minimum of a Chapter President and Commissioner. Upon election the Chapter will pay a \$600.00 fee for each team which is fielded. This fee is refundable if a team withdraws at least 30 days before its first Conference play.
2. Prospective Chapters may not solicit players until approved by the Executive Council as a Chapter. *Amended 3/15/1995*
3. A one-time initiation fee of \$1,000.00 is payable to SCJAAF by any new Chapter accepted into SCJAAF. Should a break in service occur, i.e., the Chapter leaves SCJAAF for a season and returns to SCJAAF, the \$1,000.00 is due upon reinstatement back into SCJAAF.

**Section III Chapter Commissioner**

Each Chapter will elect a Chapter Commissioner who may be responsible for the conduct of the Chapter Coaches and their adherence to the rules. They may represent the Chapter as a member of the Executive Council. This Commissioner may be a Coach. Compliance with disciplinary action to Coaches in a Chapter will be the responsibility of the Chapter Commissioner. The Chapter Commissioner must be certified by the Conference Commissioner to hold the position each year. *Amended 3/15/1995*

**Section IV Conference Representation**

The Chapter President will represent the Chapter to the Conference and have voting authority on the Executive Council. They will appoint and be responsible for the attendance and performance of all Conference Committee members from their

Chapter. It is desirable that the Chapter President is not a Coach for any Chapter team during the administrative year.

**Section V Chapter Voting Rights**

Each Chapter shall have one (1) vote on the Executive Council for each four (4) teams fielded and one (1) additional vote for seven (7) or more teams. The Chapter President shall submit to the Board of Directors five (5) names, including the name of the Chapter Commissioner, which shall allow them the right to vote in the absence of the Chapter President. The names shall be submitted in the numerical order of voting preference, with first preference in the Chapter Commissioner. The list of names will be submitted at the Conference meeting after the election of the Conference President and the nominations and approval of the Board of Directors. *Added 8/1/1977*

**Section VI Chapter Boundaries**

Chapter boundaries will be approved by the Executive Council. The Chapter will have exclusive rights within these boundaries. Member Chapters will not engage a professional fundraiser without prior Executive Council approval, nor will they conduct fundraising or sell concession items within another Chapter's boundaries without prior written agreement between the two Chapters. Chapters violating this rule at any time will be fined \$25.00 or the amount of the sales, whichever is greater. The fine will be awarded to the offended Chapter. A second offense will result in suspension from the Conference.

**Article VII Financial Management**

**Section I Budget Committee**

The Board of Directors will comprise a budget committee headed by the Treasurer. This committee will submit a budget for approval to the Executive Council on or before the regularly scheduled May meeting. The proposed budget will present a breakdown by general categories of estimated income and expenses for the following 12-month period. A budget must be approved at this meeting or special meeting must be called to obtain approval. *Amended 7/10/1989*

**Section II Financial Disbursements**

All payments of debts of the Conference so authorized by the Executive Council shall be made on Conference checks requiring two (2) signatures: one signature being that of the treasurer, the other being that of either the President or the Vice President of the Executive Council.

**Section III Budget Limits**

When a budget is 90 percent expended, the Treasurer will notify the Executive council in writing. Expenditures over that budgeted will not be incurred without Executive Council approval.

**Section IV Conference Fee Payment**

Conference fees will be established by the Executive Council based on the approved Conference budget. The fees will be payable in two separate payments, August and September. If all fees are not paid by midnight, October 15<sup>th</sup> by postmark on envelope or in person to the Treasurer, the Chapter will be suspended from participation in all playoff games that season – NO EXCEPTIONS. *Amended 3/15/1995*

**Section V Payment of Fees & Fines**

A penalty of one percent of the unpaid balance will be assessed on the due date. A fee of one percent on the unpaid balance will be added each month thereafter until March 31<sup>st</sup> of the following year. The Conference fees must then be paid in full for the preceding year. The Executive council, by two-thirds vote of the Chapters present, may take the following action against Chapters who do not meet their financial obligation:

1. Suspension or dismissal from the Conference.
2. Suspension of Chapter President and/or Chapter Commissioner and/or Chapter A.D. from one (1) year from participation in any capacity in Junior All-American Football of Southern California Conference, unless arrangements for payment have been made with the Conference 10 days prior to playoffs.
3. The Executive Council by two-thirds votes of the Chapters present may take the above-mentioned action against a Chapter who does not meet their financial obligation regarding fees and fines.

**FOOTBALL CALENDAR OF EVENTS**

Month	Activity/Item Due
December	New board members announced Rules committee announced
January	Rules committee meets
February	<ul style="list-style-type: none"> <li>• Rule changes submitted</li> <li>• Chapter board member and voting rights submitted</li> </ul>
March	Franchise renewals due Rule changes voted
April	Bylaws due
May	<ul style="list-style-type: none"> <li>• Chapter boundaries due</li> <li>• Team registration fees due</li> </ul>
May 14th	Cut-off for new Chapters
July	Field availability forms due
August	<ul style="list-style-type: none"> <li>• Field maps due</li> <li>• 1<sup>st</sup> Team fees due</li> </ul>
September	2 <sup>nd</sup> Team fees due

**Note:** These events are due by the Conference meeting for that month. Late fees are \$10.00 and will accumulate each month until paid.

**Article VIII Rules**

**Section I Playing Rules**

The official playing rules for this Conference will consist of those of the Conference, the C.I.F., and amendments thereto. Rules will take precedence in the order listed.

**Section II Rules of Conference**

1. A Rules Committee will be appointed annually by the President of the Executive Council for the purpose of review the Conference Rules.
2. If a Chapter wishes to make rule proposals, proposed changes must be submitted to the Rules Committee.
3. Rule change recommendations will be presented in writing by the Rules Committee to the Conference Executive Council at the first regular meeting in March.
4. After the first meeting in March, no rules may be altered or amended for the coming season.
5. Rules can be amended by a two-thirds (2/3) majority vote of those present at the March Conference Executive Council meeting each year. *Amended 6/7/1982*

**Section III Rules Interpretation**

Interpretation of any article of these bylaws or any rule of this organization shall rest with the Executive Council.

**Article IX Requirements for Conference Teams**

**Section I Team Registration**

1. Each Chapter will submit team boundaries with team registration application to the Conference Commissioner on or before the first regular meeting in May.
2. Commissioner will present proposed boundaries and/or changes to the Executive council for approval.
3. Annually, and no later than the March Executive Council meeting, each Chapter must renew its franchise by submitting the following:
  - a. Completed Request for Renewal of Franchise
  - b. A dated copy of current Chapter Bylaws
4. Requests will be reviewed by the Conference Board of Directors and recommendations for renewal or admittance will be made to the Executive Council at the April Council meeting.
5. A registration fee of \$50.00 for each team must be paid at or before the May meeting of the Executive Council. If a team fails to certify for Conference play, the registration fee will be returned. *Amended 7/9/1979*
6. Teams filing registration or paying fee after the first regular meeting in May will be penalized \$10.00 per team. No new Chapter registration will be considered after the May meeting. *Amended 7/9/1979*
7. No Chapter will be permitted to renew its franchise in SCJAAF if any unpaid balance owed to the Conference remains from the previous season. Franchise renewal, due on or before the first regular meeting in March, must be accompanied with payment of any unpaid balance from the previous season. If a

Chapter fails to pay an outstanding balance from the previous season, it will be dropped from active status and must reapply for membership. Reapplication must be accompanied by payment of the outstanding balance. Chapters which reapply and are accepted by a majority vote of the Executive Council must pay their team fees for the coming season in two (2) equal installments, due on August 15<sup>th</sup> and September 15<sup>th</sup>. Reapplication will not be accepted after first meeting in June.

**Section II Certification of Teams**

A certification schedule will be established each year by the Certification Director. Each team will submit the forms and documents required for certification and for the accomplishment of certification in accordance with this schedule. Penalty for failure to comply: Automatic forfeiture of first league game and a fine of \$100.00. (Late certification will not be permitted without payment of the fine.)

**Section III Team Assignments**

All members of a team will reside within the Chapter in which they play and play for the team within those boundaries which they reside, as approved by the Commissioner.

**Section IV Waivers, Exceptions, & Free Agents**

1. Waivers for a player to play on teams outside the boundaries of the Chapter in which the player resides must be submitted to the Conference Commissioner and be approved by the Conference Executive Board.
2. Conference waiver requests must be received by the Commissioner no less than 72 hours prior to paper certification of a player. *Amended 3/7/1994*
3. Waivers within boundaries are left to the discretion of the Chapter but must be approved by the Commissioner of the Conference.
4. There will be no Coaches exceptions. *Amended 11/10/1980*
5. All rule amendments can be found in Article III, Section B. Eligibility *Added 3/7/2016*

**Article X Insurance**

**Section I Insurance**

The Conference will carry accident, liability, and casualty insurance for each member Chapter. The treasurer will bill each Chapter for insurance fees as part of the annual Conference fees.

**Article XI Awards**

**Section I Awards Committee**

An awards committee will be appointed by the President of the Executive Council for the purpose of establishing awards for the Conference. General policy will be to minimize awards.

**Section II Chapter Awards**

As a policy, Chapter awards are to be minimized. It is suggested that no awards for personal athletic achievement be given (i.e., best blocker, most valuable player, etc.).

**Article XII Membership Suspension or Dismissal**

**Section I Grounds for Suspension**

Any member of the Conference, any player, adult, or board member is subject to suspension or dismissal from the program by the Executive Council if, in its opinion, their failure to comply with the bylaws or Rules of the Conference is detrimental to the program and to the Conference.

**Section II Suspension Procedure**

The Conference Commissioner(s) can suspend any Coach or Team Official from participating in the Conference for any period of time upon verbal notification. The suspended individual may request the Hearing Board convene to rule on the suspension. The request must be made to the Conference Commissioner(s) or Deputy Commissioner(s) by 9:00pm on the Monday after the suspension or the suspension stands. The Hearing Board must meet by 7:30pm on the Thursday following the request. The decision of the hearing board is final. If the Board is not convened, the suspension is automatically lifted. *Amended 3/7/1994*

**Article XIII Conference Dissolution**

In the event of dissolution, the property of the Conference shall be given to such non-profit or charitable organization as may be designated by the Executive Council, subject to such rules and regulations as may be imposed by the Secretary of the State of California.

**Article XIV Amendments of Bylaws**

**Section I Authority**

The authority to adopt, amend, or repeal any of these bylaws rest solely with the Executive Council of the Conference. A recommended change to these bylaws shall be presented in writing at a regular or special meeting of the Executive Council, but action on the proposed change may take place only after a second reading the following regular or special meeting. An affirmative vote of two-thirds (2/3) of the Executive Council present at said meeting shall be necessary for adoption of amendment.

**Section II Record of Amendment**

Whenever an amendment or new bylaw is adopted, the Conference Secretary shall have it copied in the book of bylaws with the original bylaw in the appropriate place. If any bylaw is repealed, the fact and date thereof shall be recorded in said book.

**Article XV Conference Scheduling**

**Section I League Alignment**

1. A league alignment committee will be established by the President.
2. The alignment committee shall consist of: The Conference Executive Vice President, the Conference Commissioner, and the Chapter representatives from each separate league from the immediate past season.
3. The alignment committee will meet before August 1<sup>st</sup> each year to establish league alignment.
4. The alignment committee will develop Conference playoff pairings, recommend any extraordinary selection criteria, and recommend playoff site. Championship

playoff sites and dates shall be approved by the Executive Council prior to the first Conference games.

5. At a minimum, the two (2) Chapters with the lowest winning percentage in Division 1 shall be placed in Division 1A, replaced by the two (2) Chapters with the highest winning percentage in D1A. Likewise, the two (2) Chapters with the lowest winning percentage in Division 1A shall be placed in Division 1A, replaced by the two (2) Chapters with the highest winning percentage in D1AA. *Added 3/2019*

## **Section II Scheduling**

1. The league alignment committee shall serve as the scheduling committee. The scheduling director serves as chairperson.
2. The master schedule will be approved by the President, Executive Vice President, and Commissioner. The schedule must be completed and approved at least seven (7) days before the first Conference game.
3. The Scheduling Directory must approve all changes to the master schedule and will advise all Chapters of approved changes by the most expeditious means.



## CHEER GAME RULES

### Article I Conference Overview

#### Section A Specific Purpose

1. To allow youth to learn the fundamentals of cheerleading.
2. To teach responsibility, good sportsmanship, safety, and teamwork.

#### Section B Objective

Our intention is to align the Cheer Rules with the Junior All-American Football of Southern California Conference Official Rulebook and the National Federation of State High School Association Rulebook. The cheer program will only operate in cooperation of the football Chapter franchise with SCJAAF.

#### Section C Conference Duties

It shall be the duty of the Conference to establish the necessary procedures to assure compliance with the rules contained in this book.

1. Rule changes can only be made by recommendation of the Cheer committee. It shall be each Chapter's responsibility to submit their recommendations to the Cheer committee.
2. The names of the cheer committee will be submitted by the Conference Cheer Director for approval by the Conference President at the January Executive meeting.
3. The committee will meet as many times as necessary prior to the February Executive Council meeting to prepare rule change proposals to the Council. A rules committee member may vote on which proposal to present to the Council: a simple majority being required.
4. Rules can be changed per #2 above by two-thirds (2/3) majority vote of those present at the March Conference Executive Council meeting.
5. Chapter Cheer Coordinator (or representative voted in by the Chapter) must attend all monthly conference meetings. Coordinators not in attendance will be subject to a fine of \$100.00 per violation. *Amended 7/28/23*

### Article II Conference Authority & Penalties

#### Section A Conference Authority

1. Conference Cheer Director will oversee all aspects relating to Conference Cheerleading responsibilities and bylaws. This position will work with an office of a Cheer Committee ensuring the cheerleading expectations of SCJAAF are being followed and upheld. This office is responsible to the President and Executive Council and will conduct coordination meetings as required with Chapter representatives; will coordinate Stunt and Safety trainings; will coordinate any sponsored competition; and is responsible for all aspects, rules, judging, etc.
2. Any violation of rules, ethics, objectives, or purposes contained within this rulebook shall be handled by the Conference Commissioner and the hearing board.

**Section B Penalties**

A violation of any rule may subject a Chapter, squad, or individual to one or all of the following penalties at the discretion of the Conference. Payments are to be made to the Conference.

1. Disqualification from competing in competition;
2. Suspension, expulsion, ineligibility, disbarment, or probation; and/or
3. Monetary fines.
  - a. Minimum fine - \$100.00.
  - b. Maximum fine - \$200.00.

**Article II Insurance & Injuries**

**Section A. Insurance**

The Conference will carry accident, liability, and casualty insurance for each member Chapter. The treasurer will bill each Chapter insurance fees as part of the annual Conference fees. Conference insurance is secondary insurance with a \$1,000.00 deductible. This insurance is used when a participant has no primary insurance or when the primary insurance does not cover all of the medical bills.

1. Information about insurance is contained on the back of the participant contract. Parents must be informed about insurance at sign-ups and complete this section with insurance provider name and policy/member number. If no insurance is held, parent must provide last four (4) digits of their social security number. May not be left blank or incomplete.
2. Liability coverage and medical coverage is April 1<sup>st</sup> to April 1<sup>st</sup> from the preceding season to the following year through the current year and must be renewed or obtained prior to having any Chapter or team function after April 1<sup>st</sup> each year.
3. All forms, including Injury Incident Report form, claim form, HIPPA form, and a copy of player contract, must be filled out and sent to the Conference Insurance Director immediately following an accident. A copy must be mailed to the Insurance Company for proper processing of the claim, and a copy to the Parent/Guardian, Conference Athletic Director, Chapter A.D., and Team Athletic Director.

**Section A Injuries**

1. If a participant expresses they are injured, physically shows injury that hinders their participation, or arrives to event wearing/using support tools such as crutches or items other than what's listed on their entrance physical, they must provide a Return-to-Sport form from a physician.
2. No participant may be allowed to wear any type of cast, hard or soft, at any time during practice, games, or competitions.
3. All injuries will be recorded on the Chapter Injury Log the day of the incident.
4. Chapter Coordinator will notify Conference Insurance Director by phone of all injuries that require medical attention.

**Article IV Chapter Cheer Coordinator, Cheer Coach, Cheer Trainer, & Chapter Officials**

**Section A Requisites**

1. Chapter Cheer Coordinators/Assistants and Cheer Coaches must be at least 18 years of age.
2. Cheer Trainers must be enrolled in high school and at least 14 years of age.
3. Obtain a Megan’s Law clearance from Chapter Commissioner for participants 18 years of age and older.
4. All who interact with Conference youth participants must be registered with the Conference on a Team Official’s Agreement stating they have not been convicted of any crime which would cause them to register under Section 290 of the California Penal code, and they do not advocate the overthrow of the U.S. by force or violence or be affiliated with any organization that has such aims. This agreement form must be on the field at all times.
5. Have a Conference Rulebook and signed stating that they are familiar with the Conference rulebook and will comply with the rules set forth within the rulebook.
6. Shall insure that Coaching ethics are adhered to at all times.

**Section B Chapter Cheer Coordinator**

Each Chapter shall notify the Conference of the individual responsible for overseeing the cheer Coach; this person shall be called the Chapter Cheer Coordinator.

Chapter Cheer Coordinator (or representative) must attend all monthly Conference meetings. Coordinators not in attendance will be subject to a fine of \$100.00 per violation.

**Section C Cheer Coach**

Each Chapter shall notify the Conference of the individual responsible for each game team and competition squad. This person shall be called Cheer Coach.

**Section D Cheer Trainer**

1. May demonstrate conditioning, motions, and cheers.
2. May assist with stunting if Stunt and Safety certified. Must always be in the capacity and supervision of a certified Stunt and Safety Cheer Coach/Coordinator and will refrain from training cheerleaders without proper supervision.
3. Trainer work allowance
  - a. Trainers 14 years of age may work with Junior Micro, Micro, and Junior Peewee.
  - b. Trainers 15 years of age may work with Mascot through Peewee
  - c. Trainers 16 & 17 years of age may work with Mascot through Midgets

**Section E Staff Certification**

1. All Chapter Cheer Coordinators/Assistants and Coaches must attend a Coach’s Certification Clinic given by Conference Cheer Director or designee of the Conference Cheer Director. Chapter Coordinators must accompany any volunteer attending these clinics. A registration form and a 1”x1” identification picture of themselves must be in their possession at the cheer clinic they are attending. A fee of \$25.00 per person will be required for any certification required after August 30<sup>th</sup>. Replacement cheer Coaches must furnish evidence of completion of required clinic.
2. The Conference Coordinator will schedule two (2) Stunt and Safety Clinics prior to August 30<sup>th</sup>. All Chapter Cheer Coordinators/Assistants, Cheer Coaches, and Cheer Trainers with the exception of staff member solely coaching and training mascot division participants, must attend one (1) JAAFSC Stunt and Safety Clinic for the current year to supervise participant stunting and be re-certified yearly. After completion of the clinic, a picture ID card will be issued. Any Cheer Coach not attending a clinic, may be fined \$25.00 per person, and disqualified for one (1) calendar year and their team/squad will not be allowed to commence cheer until the fine is paid, with the replacement Cheer Coach having furnished evidence of completion of any approved clinic. *Amended 7/28/23*
3. All cheerleading staff must have a laminated picture ID card.

**Section F Chapter Commissioners**

Chapter Commissioners will administer the rules of Conference as well as Conference and Chapter bylaws as set forth. They will be given certain discretionary powers to permit carrying out the policies of the Executive Council expeditiously. They must be certified by the Conference and report any actions taken directly to the Conference Commissioner verbally and in writing.

**Section G Coaching Ethics and Penalties**

**Penalty A** – Permanent suspension

**Penalty B** – One calendar year suspension

**Penalty C** – Suspension of two weeks and/or monetary fine.

- A. First, second, and third offenses are cumulative from season to season.
  1. Cheer staff shall refrain from using tobacco in any form, including vapor products, in the presence of minor participants on the practice and playing fields.
    - a. First offense- Penalty C
    - b. Second offense- Penalty B
    - c. Third offense- Penalty A
  2. Cheer Coaches and staff will not participate in any Conference function while under the influence of alcohol and/or drugs.
    - a. First offense- Penalty A

3. Cheer staff will not inappropriately gesture, push, shove, or strike any other Coach, A.D., participant, player, or spectator during practices or games or any affiliated SCJAAF event. Strike is defined as touching the body of another person in an aggressive manner with intent to do harm or attempting to strike even though contact is not made.
  - a. First offense- Penalty B
  - b. Second offense- Penalty A
4. Cheer staff will refrain from using any abusive and profane language.
  - a. First offense- Penalty C
  - b. Second offense- Penalty B
  - c. Third offense- Penalty A
5. Cheer staff will not criticize cheerleaders in front of spectators but reserve constructive criticism until they return to the practice field or privately in the presence of the team.
6. Cheer staff will not criticize the opposing team, the Coaches, officials, or fans by word of mouth or gesture.
7. Cheer staff will abide by the team doctor or physician's decision in all matters of injury.
8. Cheer staff will not willfully permit an ineligible participant to participate in any cheer activities.
9. Cheer staff will encourage and strive to see that all participants maintain at least a 2.0 ("C") grade average, emphasizing good athletes are good students and both are physically and mentally alert.
10. Cheer staff will set an example in personal appearance at all times per Chapter discretion. At no time shall revealing or skintight tops or bottom be allowed.
11. New Coaches coming in after August 30<sup>th</sup> will meet for safety and stunting by the Conference Cheer Director or approved designee by the Conference Cheer Director at a special meeting.
12. Cheer staff will not permit any practice to last over two (2) hours, nor will they allow more than the number of practice sessions approved.
13. First offense- Penalty C
14. Second offense- Penalty B

**NOTE:** ADHERENCE TO THE ABOVE ETHICS WILL BE THE RESPONSIBILITIES OF THE CHAPTER COMMISSIONER, CHAPTER CHEER COORDINATOR, AND THE LOCAL BOARD.

Chapter Cheer Coordinator must report all violations, Coach ejections for fighting, and field problems to Chapter Commissioner in writing, which will then contact and forward the written communication to the Conference Cheer Director and Conference Commissioner.

**Article V Player Eligibility, Waiver, and Registration**  
**Section A Eligibility**

1. To participate in the SCJAAF Conference, all participants must be amateurs. The definition of an amateur sportsman is one who engages in sport solely for the pleasure and physical, mental, or social benefits he derives. To be an amateur under SCJAAF rules, a participant will not:
  - a. Perform for monetary benefits such as cash, merchandise, or any other compensation.
  - b. Compete against any professional athlete.
  - c. Compete on any other cheer type team/squad. If a SCJAAF cheerleader practices with a squad other than their SCJAAF squad, they are in no way permitted to practice the same SCJAAF routine. The routines must be different and are not related in any way. Violators are subject to disqualification from competition.

**Section B Waivers, Exceptions, and Free Agents**

1. No participant shall be eligible to cheer in a Chapter other than their own unless the Chapter does not have a cheer program, the participant has a completed waiver form from their home Chapter and has been approved by the Conference Commissioner, or they are a free agent in accordance with the bylaws of the Junior All-American Football of Southern California (Article IX Section 4a of Conference bylaws).
2. Each Chapter is responsible for ensuring all registrations comply with Conference Rules concerning Chapter boundaries. At no time shall a Chapter accept a registration from a player residing in another Chapter's boundaries without first attaining a waiver from the Chapter they reside in.
3. There will be no Coach exceptions.

**Section C Registration**

1. At time of participant registration, each Chapter is required to verify proof of residency for each cheerleader. A representative for the Chapter will initial each contract serving as proof that residency was verified.
2. Participants who have competed in a regular season or school teams may not be late registrations. This does not, however, prohibit registration of participants who have been cut from school squads at the season start.
3. Physical Requirement - No player shall be registered or certified or allowed to enter into any physical-type of activity if they have not attained a sound physical as attested to by a duly qualified Doctor of Medicine, Doctor of Osteopathy, Nurse Practitioner, or Physician's Assistant on the Conference Medical Exam Form. A Doctor of Chiropractic and a Registered Nurse are not considered to be qualified to give a physical to a player and a physical will not be accepted from one. Substitute medical exam forms will NOT be accepted unless prior authorization has been received by the Conference Cheer Director. Physical exam must be within four (4) months of the start of practice.

**Article VI Certification**

**Section A Certification Procedures**

1. The Certification Team will perform paper certification, which will include the Conference Cheer Director, Conference Cheer Director Assistant’s, and Chapter Cheer Coordinator. Paper certification will be done no later than the fourth weekend in August. ALL Chapters are required to attend the cheer paper certification date.
2. A makeup date may be offered at a fee of \$100 per Chapter. Any Chapter missing both the paper certification date and/or the makeup date by designated date/time/location as communicated by the Conference Cheer Director will forfeit their cheer program for the current season.
3. Chapters will not reciprocate for certification of any participant.
4. Chapter Cheer Coordinators and each Head Coach will have a certified Red Roster of cheerleaders and mascots, which will be available at all times on game and practice fields.

**Section B Certification Preparation**

**B.1 Ages**

1. Participant’s age is the age as of July 31<sup>st</sup> of the year of play.
2. Age Certification

The following will be accepted as age verification:

- a. Any unaltered or certified true copy of a legal document will be accepted certification. EXAMPLE: A certified copy of a birth certificate, a certified abstract of birth (if available), record of foreign birth, Government ID card, or a stamped documented school record (must have school stamp with a picture). At no time shall a SCJAAF Red Roster or copy of a Red Roster from a previous season(s) be used for the purposes of certification or age verification.
- b. Anyone not able to qualify under one of the above must be certified by the Conference Certification Director or designee(s) prior to paper certification.

**NOTE:** document must be present during paper certification and notarizing copies does not make them legal documents.

**B.2 Division Framework**

To maintain uniformity, all cheerleaders will fall into one of the following classifications:

<b>Classification</b>	<b>Age Range</b>
Mascots	4-6 years old
Junior Micro	7- and first-year comp 8-year-olds
Micro	Previous year comp with JAAFSC 8 and first-year comp 9-year-olds
Junior Peewee	Previous year comp with JAAFSC 9-, all 10-year-olds, and first-year comp 11-year-olds
Peewee	Previous year comp with JAAFSC 11- and first year comp 12-year-olds
Midgets	12- (cheered the previous year for SCJAAF), 13-, & 14-year-olds

### **B.3 Forms**

1. Participant Contract
  - a. Chapter Cheer Coordinators and each Head Coach will have a completed copy of the Participant Contract front and back, for every active participant. If the contract is signed by a guardian, a legal document, or copy of awarded guardianship must be attached. These contracts will be available at all times on game and practice fields. *Amended 7/28/23*
2. Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19
  - a. Chapter Cheer Coordinator and each Head Coach will have a completed copy of the Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19 which will be available at all times on games and practice fields.
3. Physical Examination
  - a. Chapter Cheer Coordinator and each Head Coach will have a verified copy of the Physical Examination for all cheer participants ages 4-14 years old, which will be available at all times on game and practice fields.
4. Red Roster
  - a. On white card stock printed, NOT handwritten, and will include all of the following:
    - i. Team Staff Information
      1. Chapter Cheer Coordinator name, phone number, and Conference ID number.
      2. Cheer Head Coach's name, phone number, and Conference ID number.
    - ii. Cheerleader Information
      1. Alphabetical listing of last name, first name for each participant
      2. City abbreviated
      3. Phone number
      4. Birthdate: month/day/year
      5. Conference ID serial number
      6. League age
      7. Status
  - b. There will be no blank lines within the roster. Failure to meet these requirements is a \$100.00 fine.
5. Team Official Agreement
  - a. All who interact with Conference youth participants in team Chapter activities must sign Team Officials' Agreement and one copy will be turned into the Conference Cheer Director at time of paper certification and one copy shall be kept with the team.



6. The player contract and physical will remain on file with the Conference.

**B.4 SCJAAF Cheerleader Card**

1. Each participant will be issued a Conference ID card to match descriptive information on their participant contract and will include a current photo of the cheerleader for further player verification.
2. All cards must be laminated to be considered officially certified and shall include the following:
  - a. A legible ID photo (within the last year)
  - b. Participant name and date of birth
  - c. Chapter name
  - d. Signature of Chapter Cheer Coordinator
  - e. Signature and Chapter of certifying Chapter CheerCoordinator
  - f. Indication of year
  - g. Conference serial number
  - h. Game team/Comp Division (*Added 7/28/23*)

**Section C Certification Records**

The certification records will include the following:

1. Three (3) legible Red Rosters printed on white card stock.
2. Three (3) copies of the participant contract front and back.
3. Three (3) copies of the physical examination.
4. Three (3) copies of all Team Official’s Agreements.

**Section D Paper Certification Process**

1. Once all certification preparations have been completed, the certifying Cheer Coordinator will inspect all forms, Team Official’s agreement, Red Roster, and SCJAAF cheerleader card have been completed in their entirety.
2. Certifying Cheer Coordinator will verify all requested insurance is provided, ensuring BOTH the provider and member number have been included.
3. Using the participant’s proof of age verification, the certifying Cheer Coordinator will match all areas requiring an age to be entered against the document of proof provided.
4. Certifying Cheer Coordinator will review all lines of the Physical Examination verifying both a facility/physician stamp AND physician’s signature is applied. Upon review, if all questions have not been answered, the physical will not complete the certification process until all lines are completed.
5. Certifying Cheer Coordinator will proof assigned SCJAAF Cheerleader Card for all participants by the related Red Roster. If all information matches, certifying Cheer Coordinator will sign and date the card.
6. IF A PARTICIPANT DOES NOT MEET CERTIFICATION REQUIREMENTS, THEIR NAME WILL BE LINED THROUGH IN RED INK BY CERTIFYING OFFICIAL

7. EXCEPTION to the above can be cleared by the Conference Certification Director.
8. Once the certification process has been completed, the certifying Cheer Coordinator will print and sign their first and last name, then their Chapter name, followed by the date immediately below the last participant's name listed on the Red Roster.
9. In the event of a late addition to an already paper certified squad/team, ONLY the Conference Cheer Director or Conference Cheer Director Assistants can certify the cheer participant.
10. A certified participant may not change team and/or Division without the consent of the Chapter Cheer Coordinator or recommendation to the Chapter Commissioner.
11. Any altered roster must be complete and in possession of the Conference Cheer Director PRIOR to the following weekend of play.
12. A certified participant is a participant who has been paper certified and has a certified Conference ID card. The certification record must be completed and in the possession of Conference Cheer Director at completion of paper certification as scheduled by Conference Cheer Director. The offending team/squad will not be allowed to participate until all paperwork is completed and turned in. FAILURE TO MEET THIS REQUIREMENT IS A \$100.00 FINE.

**Section E      Game Team Composition**

1. An eligible participant is a participant that has been paper certified and is physically capable of cheering.
2. Chapter Cheer Coordinator will place participant on a cheer squad according to the age. At the discretion of the Chapter Cheer Coordinator, exceptions will be made for brother/sister options. All other exceptions must be approved by the Chapter Cheer Coordinator.
3. A certified team must start with a minimum of 1 paper certified participant as of the first week of Conference play if the squad does not intend to stunt. IF the squad intends to stunt there must be a minimum of four (4) stunt and paper certified participants as of the first week of Conference play. Mascots are NOT considered a stunt certified participant.
4. No participant(s) can be added to a Red Roster for any reason after the second (2<sup>nd</sup>) week of Conference play. Participants may be moved from one roster to another within the same Chapter, if needed, due to change of sibling play. Maximum team size will be the number of certified participants on the roster as of the end of the 2nd season game and this roster must be sent to the Conference Cheer Director before the next game is played. A fine of \$100.00 may be imposed.

**Article VII Attire and Appearance Guidelines**

**Section A Attire**

**A.1 Practice Attire**

1. Shirt or tank top – No spaghetti straps
2. Shorts or exercise leggings – No jeans, denim, or high-cut shorts exposing bottom
3. Cheer tennis shoes – No Vans, Converse, or alike shoes
4. Hair off shoulders
5. Cheerleaders with prescription glasses must wear an athletic strap to hold them in place

**A.2 Game and Competition Attire**

Each participant shall have a uniform with the following mandatory items:

1. Shell/shirt
2. Skirt/shorts
3. Bloomers/briefs
4. No-show or ankle socks. Crew and tube socks are not acceptable (excluding mascots for competition only).
5. Cheer tennis shoes. Regular shoes like Vans or Converse are not acceptable.
6. Shoelaces must all be the same color in the same pattern.
7. Cheerleaders with prescription glasses must wear an athletic strap to hold them in place.
8. Cheer bows must all be the same design and color pattern.
9. No rhinestones unless they are permanently adhered to the uniform.
10. Safety pin and buttons are prohibited.

All participants MUST be in matching attire at all games and competition.

**Section B Appearance**

1. No Glitter of any kind may be used on uniforms or body.
2. Wearing jewelry or watches is prohibited except religious or medical medals which shall be taped to the body under the apparel.
3. Body piercings of any kind is prohibited.
4. Objectionable body marking(s) shall be properly covered or removed.
5. Hair devices shall be safe and reasonably secure. The hair shall be worn up in high ponytail keeping hair away from the face and off the shoulders in a manner to ensure safety while performing.
6. Hair clips will be permitted with advance approval of the Cheer Conference Director. No bobby pins can be worn. Snap clips are acceptable. *Amended 7/28/23*
7. No makeup, including false eyelashes. Midgets may wear natural-looking makeup at games limited to Cheer Coordinator’s discretion. Colored eyeshadow, eyeliner,

or bright/dark lipstick are not allowed. The exception to this rule is Peewee and Midget Divisions will be allowed to wear eye and lip color during competition.

8. No face/body paint.
9. Fingernails shall be kept at a length appropriate for safe participation. Nails must be trimmed so they do not extend beyond the fingertip. At no time will a person of the Cheer Staff trim or file a participant's nails but will have participant's parent address the matter for correction.
10. No nail-colored polish including clear polish, nail hardener or strengthener polish, artificial nails of any kind, acrylic, powder or gel overlay, or nail art decals or wrap sticker will be allowed.

**Article VIII Pre-season Clinics & Conditioning**

**Section A Pre-season Clinics**

Pre-season clinics can be held by individual Chapters between January 1<sup>st</sup> and July 31<sup>st</sup>. These clinics are non-stunting clinics. These clinics are limited to a two-day weekend clinic at a maximum of eight (8) hours per day, or a weeklong (Monday through Friday) clinic limited to two (2) hours per day. Coaches and Trainers are allowed to participate, but groups are to be separated by individual age groups, not by SCJAAF Division (i.e., not by Junior Micro, Micro, Junior Peewee, etc.). All Chapters wishing to conduct such pre-season clinics must notify Conference 30 days prior and are responsible for additional cost incurred through the Conference insurance carrier. The maximum number of pre-season clinics held by a Chapter shall be three (3) and cannot be held consecutively. Such clinics cannot be held during pre-season conditioning (as outlined below) is being held. Such clinics must be held in separate calendar months. (i.e., clinic in April, clinic in May, conditioning in June and clinic in July).

**Section B Pre-season Conditioning**

Pre-season conditioning is allowed during the month of June by individual Chapters. Such sessions are limited to two (2) days per week, with a maximum of two (2) hours per day. These are non-stunting and non-cheering sessions identical to regular season conditioning practices. All Chapters wishing to conduct such pre-season conditioning must notify Conference before May 1<sup>st</sup>. Any additional costs incurred through the Conference insurance carrier must be paid by the individual Chapters by the end of the Conference May meeting (first Monday in May). Coaches and trainers are allowed to participate, and each must provide completed "pervert" sheets signed by all adults assisting. This period of conditioning DOES NOT count towards "grass time" (10 Hours of season conditioning once the season begins as described in "Season Conditioning" below).

**Article IX Conditioning & Practice**

**Section A Season Conditioning**

Regular season conditioning may not start until Monday prior to the first week of August. Regardless of where August 1 is situated on the calendar. There shall be six (6) weeks of season activities and all cheer participants must have a minimum of 10 hours of conditioning before starting any cheers or routines. A conditioning log will document all hours of each participant and will be turned in at check-in for Stunt and Safety Clinic.

<b>Season Conditioning Schedule</b>	
<b>Week</b>	<b>Permitted Activity</b>
Week 1	Conditioning – Grass Time (10 Hours)
Weeks 2 & 3	Conditioning, Motions, Cheers (NO STUNTING including tumbling)
Week 4	Motions, Cheers, Halftime Routines (No stunting until after the stunt & safety clinic)
Weeks 5 & 6	Stunting may begin after a participant has attended a Stunt & Safety clinic

No player shall begin motions or cheers until the 10 hours conditioning is completed. No player, participant, or Coach shall participate in any stunting until AFTER the Stunt and Safety Clinic.

**Section B Practice**

The Conference week begins on Monday and ends on Sunday.

1. Practice sessions are at the discretion of the Chapter Cheer Coordinator.
2. No night session shall last past 8:30pm for Junior Micro, Micro, and Junior Peewee and 9:00pm for Peewee and Midget.
3. Practice session may not exceed two (2) hours in any one day, nor may be conducted more than five (5) days per week from July 25<sup>th</sup> until Labor Day.
4. Beginning the week of Labor Day, practice session will be limited to four (4) two-hour sessions per week for cheering and/or meetings. A Conference scheduled game counts as a practice session. Reserve games do not count as a practice session. Choosing to practice in lieu of a scheduled game will count as an absence of four quarters towards competition attendance. *Amended 7/28/23*
5. An allowance to the above rule applies for the day of Stunt and Safety Clinic, the SCJAAF Cheer Competition, and Super Bowl.
6. A minimum of at least one member of the regular Coaching staff who is Stunt and Safety Certified must be present and within the squad practice area at all times. This rule applies per squad and would be considered a violation if done as a Chapter.
7. The Conference Cheer Director will request from each Chapter Coordinator a schedule of weekly practices including locations. Due by the August Conference meeting.

**Article X Stunting & Safety Guidelines**

**Section A Definitions**

- **Stunt:** Any tumbling, mount, pyramid, or toss
- **Base:** Defined as having direct weight-bearing contact with the cheering surface at all times. Provides primary support for a mounter.
- **Toss:** Defined as a top person being free of continuous contact from the base(s).

- **Bracer:** A person who stabilizes touches a stunt by direct contact with a top person. The stunt would remain stable without the bracer.
- **Spotter:** The person primarily responsible for protecting the head-and-shoulders area of the person being spotted. Helps control but may not provide primary support for any pyramid or stunt. Must maintain visual contact with the person being spotted.
- **Top:** The top person of a partner stunt or pyramid.
- **Cradle:** A dismount from a partner stunt or pyramid in which the top person is caught in a face-up position before being placed on the floor or remounting into another stunt or pyramid.
- **Top Pitch/Leg Pitch:** A stunt (or a loading procedure into a stunt) in which the performer is assisted into a skill by being lifted at the floor or leg by another person.
- **Split Catch:** A stunt in which the top person is being held in a straddle position.

## Section B Division Stunting Limitations

HEAD-FIRST AND/OR FACE-FIRST STUNTING **WILL NOT** BE PERMITTED. Stunting level restrictions of the youngest cheerleader apply to any stunt group that the cheerleader is a part of. Please note that all skills that are allowed in a lower level are allowed at your level.

1. **Mascots:** Ground bound only.
2. **Junior Micro:** Stunting to a "thigh level" only with no extensions. Must be hands-on and not air bound.
3. **Micro:** Stunting to a "belly button level" only with no extensions. Must be hands-on and not air bound.
4. **Junior Peewee:** Stunting to a pre- or half-level only. Full extensions are permitted ONLY in an elevated lift in which the stunt SETS at the pre- or half-level. V sit needs with a front spotter. Shoulder stands allowed with a back spot. Cradling is permitted at a pre- or half-level only with air-bound dismount. Straight ride to cradle to "cradling is permitted". No baskets. 1/2 twist up is allowed. Barrel Rolls are allowed provided there is an additional spotter holding the feet throughout rotation. Any other air-bound stunt or dismount is not permitted.
5. **Peewee:** Full stunts. Cradling is permitted from an extension. Full lib/full extensions are okay. Full down or twists are not allowed. All basket tosses are permitted except twist baskets.
6. **Midget:** Full stunts. Can be air bound. Braced Tick Tocks are allowed in pyramids. Full twist cradles, twist ups (360's), and twist baskets are allowed. Barrel rolls are permitted without an additional spotter. (No face forward stunts are permitted.)

## Section C Stunting Allowances

1. All pyramids and partner stunts are limited to two persons high. "Two high" is defined as the base (bottom person) having at least one foot on the ground. (A base cannot assume a back-bend position.)

2. Only vaults which do not involve heels overhead rotations are permitted. All bases and/or posts in the vault must have one foot on the ground.
3. Tosses, basket or any other type, must be directed vertically, performed from ground level by no more than four (4) tossers (including the person who may set or load the top person), and must be cradled by at least two (2) of the original bases with an additional spotter in place at the head and shoulder area. Tosses over, under or through any apparatus/prop, pyramid, stunt, or individual are not allowed.
4. Fully-extended-arm partner stunts and pyramids are allowed. A spotter is required for each flyer involved in an extended arm stunt. (Exceptions include: the chair, Russian lift, triple base dead-man lift or sacrifice, split lift with post, triple-base extended split, and torch). **MUST HAVE AN ADDITIONAL HEAD AND SHOULDER SPOTTER.**
5. Trip-base straddle lifts/V-sits must have an additional head and shoulder spotter behind the stunt.
6. Cradles from a single-base stunt must have a separate spotter at the head-and-shoulders area of the top person. Exception: the chair.
7. Cradle dismounts from extended arm stunts shall have a separate spotter for the head-and-shoulders area of the top person. Same exceptions apply as in rule #7. Cradle dismounts to the original bases from a multi-based stunt, shoulder height and below must have two catchers, but in a separate head-and-shoulders spotter is required.
8. Roll-down dismounts are only permitted if there is a separate spotter for the top person's head/shoulders.
9. All step-off dismounts from shoulder stand level and higher must have assistance with landings down to the cheering surface.
10. No skill without constant hand-to hand contact shall be performed prior to landing on the cheering surface.
11. Dismounts in which the original bases do catch the majority of the top person's weight during the cradle (i.e., backward dismounts) require at least two catchers and a separate head and shoulders spotter.
12. All cradle dismounts require catchers have continuous eye contact with the top person.
13. When a stunt is bracing/touching another, one stunt must be a shoulder height or below. (Exceptions: extensions bracing/touching extensions are permitted provided the mounter(s) have both feet in the hands of their base(s). Extended arm stunts may also brace/touch the following extended stunts: the chair, Russian lift, trip-base V-sit, triple base dead-man lift or sacrifice, split lift with post and triple base extended split.
14. A flip/twist performed on the floor shall not exceed one complete rotation around the horizontal axis or involve more than one complete rotation around the vertical axis.

15. Participants may not land in a partner stunt or catching position from a tumbling skill without landing on their feet first.
16. Knee, seat, thigh, and split/jump-split drops are not permitted unless most of the weight is first borne on the hands/feet to break the impact of the drop. Front or back handspring/flip over to the seat is not permitted.
17. Landing for all jumps must bear weight on at least one foot. (Exception: a toe touch to a push-up position or to the seat or knees is prohibited.)
18. Split stunts are allowed. In suspended splits (including transitions), the hands of the top person must have continuous contact with the bases/post. In suspended split transitions there must be a total of four (4) bases that slow the momentum of the top person by supporting under the mounter's thigh/leg before the full split position is achieved. Tosses to split position are not allowed.
19. Pendulum/fly-out stunts are allowed from shoulder stand level with at least four (4) catchers (not including bases) that remain in their original position. No person/prop is permitted between the base(s) and the four (4) catchers if finishing in a shoulder stand or extension. The base(s) on a pendulum shall have constant visual contact with the catchers and should remain stationary. If performing a full pendulum (front and back) there must be at least two bases. Single base full pendulums are not allowed must be lower than the shoulder stands.
20. Hanging pyramids are permitted but must remain stationary, have spotters for each shoulder stand, and the suspended person
21. Hitches are allowed for all teams/squads.
22. Signs may be used in performances if safe in structure, may use glitter glue only, no loose glitter allowed on signs, and discarded before any dismount. Must be handed up (no load in with signs or poms).
23. All tumbling is allowed at all levels provide the skill has already been mastered outside of SCJAAF. However, there is absolutely no tumbling with any object in hands, including but not limited to signs, poms, megaphones, etc.
24. All stunts at thigh level and/or above must have a back spot.
25. An inversion, which starts at ground level and ends at ground level, is considered an assisted tumbling skill.

#### **Section D Stunting Disallowances**

1. No team or squad may stunt without having a stunt and safety certified Coach physically spotting beside the backspot.
2. Use of mini-tramps, springboards, or any height increasing prop/apparatus is not allowed.
3. Free-falling flips and swan dives from partner stunts, pyramids, or any type of toss are not allowed. Air-borne tosses to stomach catches are not allowed.
4. Toe and thigh pitches to a jump, flip, or tumbling skill (including a suspended roll) are not permitted.
5. No gymnastic skill dismounts are permitted.



6. A forward suspended roll, backward suspended rolls, bow-back flips, and single-base suspended rolls are prohibited.
7. Helicopters are not permitted.
8. Dive rolls are prohibited. Tumbling over, under or through any person or apparatus is not permitted.
9. A top person in a partner stunt or pyramid may not be in or pass through an inverted (head below the waist) position.
10. Single-base split catches are not allowed.
11. Tension drops or front drops from an airborne position to a horizontal face-down position (on cheering surface) is not permitted.
12. Tosses cannot land in a loading position for another stunt or toss. A cradle is not considered a loading position.
13. Any and all head-first or face-first stunts are not allowed.
14. No props of any kind, including, but not limited to, sunglasses, visors, tiaras, sashes, or anything other than required uniform as specified in Article V, Section A.
15. No squad or cheerleader should be allowed to attempt any stunt that they are not capable of safely performing. It is up to the Chapter Cheer Coordinator and Team Head Coach to make sure of this. If there is a dispute regarding the stunt, please contact someone on the Cheer Committee.
16. No participant may be allowed to wear any type of cast, hard or soft, at any time during practice, games, or competitions. The participant must still attend the games and sit on the sidelines in full uniform and stay for the entire game. The participant must still be checked in on the Red Roster, otherwise missed games will count towards any competition participation. A fine of \$100.00 may be imposed if not rule is not followed.

**NOTE:** THESE GUIDELINES HAVE BEEN DEVELOPED FROM THE NATIONAL FEDERATION SPIRIT SAFETY GUIDELINES. NOT EVERY PARTICIPANT IS CAPABLE OF PERFORMING GYMNASTIC SKILLS, STUNTS, AND/OR PYRAMIDS PERMITTED IN THESE GUIDELINES. IT IS THE COACH WHO MUST DETERMINE THE CAPABILITIES AND LIMITATIONS OF INDIVIDUALS AND THE SQUAD AS A WHOLE, AND LIMIT ACTIVITIES ACCORDINGLY.

**Article XI      Game Regulations**  
**Section A      Home Team Requirements**

1. A home team representative shall meet with the visiting team for notification of the designated check-in area at least thirty (30) minutes prior to check-in.
2. If it is established one of the football teams (home or visitor) does not have a cheerleading team, the Team A.D. with a cheer team will be notified to check in the opposing team immediately following the players.
3. Location of all exits, restrooms, snack bar, and optional shaded areas will be identified to the visiting team.

## **Section B Pre-Game Roll Call**

1. Before the game, the certified cheer Head Coach of the opposing team/squad will do roll call using the certified Red Roster in conjunction with the Conference issued serialized ID cards. If the opposing team does not have a cheer program or if a certified cheer Coach is not present the opposing Team A.D. will take roll while also completing the check-in review at the sideline of that team. No participant will be allowed to participate in any game or practice with a cast of any kind on any extremities, but they may be checked in. This participant may sit on the sideline in full uniform with their team without participating in any activities on the field.
2. Each participant must be in full uniform and present a certified serialized laminated Conference ID card as they check-in.
3. Late registrants may check-in wearing their Chapter's practice gear and present a certified serialized laminated Conference ID card as they check-in, but they will sit on the sideline with their team without participating in any activities on field.
4. Opposing Coach will review a facial recognition check via the cheerleader's Conference ID card, followed by an attire and appearance review using the checklist from Article VII.
5. An official certified Red Roster is a roster which has X's and O's and a certification signature ONLY IN RED INK. This is a permanent roster and all deletions and additions will be made ONLY IN RED INK. Failure to have this roster at any game will result in that team NOT cheering at that game.
6. Participant(s) showing up after start of game may not cheer until halftime check-in. They must be signed in at the beginning of half time, immediately following the 2<sup>nd</sup> quarter by the same certified opposing cheer head Coach/A.D. and noted on the Red Roster for half time check in. The participant will not be able to perform at half-time unless the participant is checked in by half-time. Any participant arriving after the start of the second half will be ineligible to check in for that game.
7. A copy of the Red Roster must be sent to the Conference Cheer Director before the third week game. FAILURE TO MEET THIS REQUIREMENT IS A \$100.00 FINE.
8. All cheer coordinators will present two (2) colored copies of the signed certified roster from each cheer squad and this roster must be in the possession of the Conference Cheer Director at each monthly meeting. Failure of any Chapter to comply may result in disqualification from the Conference Competition.

## **Section C Cheer Game Rules**

1. Chapter Presidents, Commissioners, and Cheer Coordinators shall have access to the sidelines and bench areas provided they are listed on your Team Official's Agreement.
2. A Conference ID tag must be worn around the neck at all times while on the playing field or at any SCJAAF event.
3. No parents, Chapter officials or other unauthorized personnel are allowed in the cheering area. Coaches, Trainers, and participants shall not be in the areas of the team at any time during the game.

4. Food or colored/sugared drinks shall not be consumed at any time during game time, unless provided by cheer staff. Water is allowed. Chewing gum is prohibited.
5. Participants must remain in the designated area for cheering between the 25-yard lines, with the exception of scoring.
6. Teams must cheer a minimum of five (5) cheers per quarter, weather permitting, with the exception of the 3rd quarter in which they must cheer at least five (5) minutes in the 3rd quarter, to include away games.
7. NO derogatory cheers.
8. When both teams are cheering on the same side of the field participants will alternate their cheers.
9. No cheering while there's an injury on the field.
10. All cheer squads must perform a half-time cheer or routine.
11. Under no circumstances shall a cheer squad/team attempt any stunting activity without the presence of a certified Coach or Chapter cheer coordinator.

**Article XII Conference Playoffs**

1. Teams are expected to continue cheering throughout the Conference Playoffs.
2. If a cheer team does not have a football team to cheer for, they may choose to cheer for any Division within their Chapter.
3. A copy of the certified Red Roster and participant's Conference ID card, along with certified paperwork, MUST accompany all cheerleaders in attendance at the game.
4. No cheerleader will be allowed on the field without proper certification. A certified Coach must be on the field at all times
5. All cheerleaders must be in complete uniform and adhere to all game rules of Article VII Section A #2 and Section B.
6. All Home team requirements, pre-game roll call and check-in, and game rules remain.
7. All stunting safety rules remain. Cheerleaders cheering outside of their respective Division cannot perform stunts outside of their age/Division.
8. Cheerleaders will be allowed to cheer at all playoff games despite the SCJAAF competition on Sunday.
9. Cheerleaders will be allowed to cheer unlimited Super Bowl games in one day. All additional rules and regulations in this rulebook are in effect during Conference playoffs. Failure to abide by these rules will result in a monetary fine.

**Article XIII Conference Cheer Competition**

Conference Cheer Director will submit a date and location for the SCJAAF Cheer Competition, to be approved by the executive council no later than April's Conference meeting.

**Section A Chapter Requirements**

1. ALL Chapters fielding a cheer program are required to participate in the Cheer Competition presented by SCJAAF. ALL Chapters (competing and non-competing)

will provide a minimum of two executive board members to work within the Competition as needed. Cheer Staff excluded. A fine of \$200.00 will be charged for non-compliance of the rule. *Amended 7/28/23*

2. Two (2) colored copies of the certified Red Rosters must be turned in prior to the third scheduled game. In addition, two (2) certified colored copies of the Red Rosters must be turned in at each monthly Conference meeting. Failure to meet this requirement may DISQUALIFY a squad from competition.
3. Competition fee of \$100.00 per squad must be paid to the Conference Cheer Director by the October Conference meeting. A fine will be assessed of \$50.00 per squad for any late fees. An additional fee of \$10.00 per week, per squad will be assessed for any late competition fees received after the 15<sup>th</sup> of October. Mascots will pay a \$100.00 performance fee to participate at Competition.

**Section B Competition Preparation**

1. Participation on a competition squad is to the discretion of the Chapter Cheer Coordinator.
2. Participants will compete by the Division/squad according to the ages below:

<b>Classification</b>	<b>Age Range</b>
Mascots	4-6 years old
Junior Micro	7- and first-year comp 8-year-olds
Micro	Previous year comp with JAAFSC 8 and first-year comp 9-year-olds
Junior Peewee	Previous year comp with JAAFSC 9-, all 10-year-olds, and first-year comp 11-year-olds
Peewee	Previous year comp with JAAFSC 11- and first year comp 12-year-olds
Midgets	12- (cheered the previous year for SCJAAF), 13-, & 14-year-olds

3. Squads will compete with similar size squads and must have a MINIMUM of 3 (three) girls to compete as a team. If a team has less than 3 (three) girls, they may compete out of their Division (one stunt level or below) with prior approval from Conference Cheer Director. *Amended 7/28/23*
4. Cheerleaders will not be able to participate in competition if they miss more than two (2) scheduled Conference games or four (4) halves.
5. Attendance exceptions will be made for mascots only, as they do not compete but perform.
6. Conference Cheer Director will distribute to Chapter Cheer Coordinator competition roster forms no later than the October Conference meeting. Competition rosters must be completed and returned to the Conference Cheer Director no later than the November Conference meeting. Failure to meet this requirement will result in your squad not participating in competition.
  - a. Each Competition Squad will require its own competition roster.
  - b. Competition roster will include the Chapter name and age Division for that squad.

- c. Competition roster will list all competitors of that age Division in alphabetical order by last name.
- d. When transferring game attendance onto the competition roster, the following info is necessary
  - i. O = attended
  - ii. X = missed full game
  - iii. / = late or left early
  - iv. B = bye
  - v. F = forfeit
- e. Once all items have been completed, a color copy of the game Red Roster must be attached for every competitor on that competition roster. Each competitor listed on the attached game Red Roster will be highlighted across to assist in attendance verification.

**Section C Competition Guidelines**

- 1. All Attire and Appearance Guidelines stated in Article VII remain.
- 2. Themed uniforms are permitted for Mascots ONLY.
- 3. All Stunting limitations and Safety Guidelines stated in Article X remain.
- 4. Performance time:
  - a. Mascots: 1 minute 30 seconds
  - b. Junior Micro, Micro, Junior Peewee, Peewee and Midget: Max time 2 minutes, 30 seconds. Dance portion cannot be over half the total routine (maximum 1 minute, 15 seconds)
  - a. A cheer zone will be established at the Cheer Competition. ONLY designated people are allowed in the cheer zone. Each competing squad will be given competition wristbands to be worn by the cheer staff, with a maximum of up to 3 per team. NO EXCEPTIONS! Wristbands must be worn on the right wrist accompanied by their Conference issued ID card. ONLY the designated cheer staff listed on the comp roster are allowed to be on the field during the competition. A fine will be assessed for violation of this rule. *Amended 7/28/23*
  - b. Each competing squad will be given competition wristbands to be worn by the participants. Wristbands must be worn on the right ankle.
- 5. One EZ-Up in the cheer zone per 20 girls is allowed.
- 6. Only water and small snacks, including non-chocolate granola bars, dust/powder-free chips & crackers will be allowed, and all ice chests are subject to inspections. *Amended 7/28/23*
- 7. Lunch will be purchased via the Event location. No outside lunch will be brought in unless an allergy restriction is being accommodated with a prior approval from the Conference Cheer Director.

8. All Coaching ethics & penalties stated in Article IV Section G remain. A fine up to \$100.00 will be charged to your Chapter and/or deductions to the competing cheer squads for non-compliance.
9. At the discretion of the Conference Commissioner the entire Chapter Cheer squads and Coaches could be removed, or local law enforcement could be contacted for any of the following: Non-compliance with any state, city and/or school laws, codes and/or ordinances, allowing anyone in the designated cheer zone without proper passes, any use of abusive and profane language, use of alcoholic beverages, drugs, or tobacco.
10. All competing squads will be dismissed as a whole Chapter after the competition has officially ended and their residing areas within the cheer zone has been inspected and approved for departure. No participant will be dismissed individually. Mascots will be dismissed as a whole Chapter after all performing squads have concluded and attendance has been matched.
11. ANY CHAPTER MEMBER, INCLUDING PARENTS, FOUND TO BE RESPONSIBLE FOR ANY DESTRUCTION OF THE FACILITIES WILL BE RESPONSIBLE IN FULL FOR REPAIRS/REPLACEMENTS.
12. Additional guidelines regarding parking, food, beverages, and tents in the cheer zone will be established once a competition site has been secured. These additional guidelines will be distributed by the Conference Cheer Director to Chapter Cheer Coordinators no later than the November Conference meeting.
13. Additional policies may be set by the Conference Cheer Director and submitted to the Executive Council by the October Conference meeting.

**Section D Competition Scoring & Deductions**

1. Squads will be scored in the following categories
  - a. Choreography
  - b. Execution
  - c. Showmanship
  - d. Overall Appeal
2. Squads will be assessed the following deductions:
  - a. Routine length (maximum 2 minutes, 30 seconds) One (1) point deduction for every 10 seconds under/over time on routine and/or dance (i.e., 1 second to 10 seconds = 1 point deduction; 11 seconds to 20 seconds = 2-point deduction, etc.)
3. Improper spotting/stunting/move/dismount
4. Competition music must be submitted to Conference Commissioner to be approved for use. Inappropriate music (due to language) – 5-point deduction
5. Cheerleader non-compliance with Conference rules – 3-point deduction
  - a. Use of glitter
  - b. Jewelry
  - c. Nail polish or length of nails too long

- d. Improper hair clips
  - e. Cheerleader removed for misbehaving
  - f. Appropriate make-up *Added 7/28/23*
6. Staging area violations – 1-point deduction for each violation
    - a. Not at staging area #1 on time
    - b. Incomplete competition rosters submitted
  7. Chapter non-compliance with Conference rules- 10-point deduction and/or \$100.00 fine.
    - a. Chapter members found in cheer zone without appropriate wristband.
    - b. Failure to follow additional guidelines set by competition site (i.e., no food in cheer zone).
    - c. Chapter staff removed for misconduct.
  8. Technical problems with music
    - a. If it's an issue with the sound system or sound person, the squad may choose to perform again immediately following the last team of the current heat. If it's a team rep or music device (iPhone, CD, MP3 player, etc.) error, the squad may not repeat their performance.

**Article XIV Chapter Fundraising**

Chapter boundaries will be approved by the Executive Council. Chapter will have exclusive rights within these boundaries. Member Chapters will not engage a professional fundraiser without prior Executive Council approval, nor will they conduct fundraising or sell concession items within another Chapter's boundaries without prior written agreement between the two Chapters. Chapters violating this rule at any time will be fined \$25.00 or the amount of the sale, whichever is greater.

The fine will be awarded to the offended Chapter. A second offense will result in suspension from the Conference (Article VI Section VI of Conference bylaws).

**Article XV Protests & Penalties**  
**Section A Protests**

1. All protests must be submitted to the Chapter Cheer Coordinator who will report to Chapter Commissioner.
2. Any parent, Chapter or Team Official can make a complaint to the local Chapter in accordance with the bylaws of the Chapter. If resolution is not obtained at the Chapter level, they may refer their problem to the Conference Commissioner, or their designated assistant, for evaluation of merit for referral to the Executive Council: e.g., elements for consideration normally include violation of Chapter bylaws and/or inadequate hearing at a Chapter meeting.
3. For any Chapter problem referred to the Executive Council by the Conference Commissioner, all parties to the problem must be notified of the time and place of the Executive Council meeting and the nature of the complaint at least 48 hours prior to the meeting time.

4. The local Chapter has the right to impose any of the penalties on any person in their Chapter who has violated any of the above rules, or any of the Chapter rules.
5. The local Chapter will report to the Conference any disciplinary action that occurs at the local level.

**Section B Coaching Ethics**

See Article IV Section G of Cheer Rules.

**Section C Suspension & Authority**

1. Any member of the Conference, any player, adult, or board member is subject to suspension or dismissal from the program by the Executive Council, if in its opinion, their failure to comply with the bylaws or Rules of the Conference is detrimental to the program and to the Conference.
2. The Conference Commissioner or their designated deputies can suspend any Coach or Team Official from participating in the Conference for any period of time upon verbal notification. The notification must include the specific rules violation, and the source of allegation. The suspended individual may request the Hearing Board convene to rule on the suspension. The request must be made to the Commission or a Deputy Commissioner by 9:00pm on the Monday after the suspension or the suspension stands. The Hearing Board must meet by 7:30pm on the Thursday following the request. The decision of the Board is final. If the Board is not convened, the suspension is automatically lifted.
3. A suspended person may not participate in any manner in Conference, Chapter or team activities and may not have contact with or have verbal or visual communication with participants at practices or games.
4. Any individual found to be in violation of Chapter bylaws or rules, and who has been suspended per the Chapter's bylaws, must abide by the Chapter's decision and all sanctions imposed. Failure to do so can result in their son or daughter being removed from the Chapter's programs if the suspended individual request a hearing from Conference, such request does not waive or postpone the sanctions handed out by the Chapter automatically waives the individual's right to a hearing from Conference. See reference to Player Rules Article VIII Section C

**Section D Hearing Board**

See Player Rules Article VIII Section D.



## 2023 SCJAAF BOARD OF DIRECTORS

<b>President</b>	Charlie Valencia	951-473-9312
<b>Vice President</b>	Ryan Ellis	714-757-7926
<b>Commissioner</b>	Rick Basurto	951-500-4832
<b>Treasurer</b>	Henry Baeza	702-205-4073
<b>Conference</b>	Mary Valencia	951-440-3836
<b>Cheer Co-Director</b>	Stacey Fenwick	909-720-7178
<b>Cheer Co-Director</b>	Krystal Urias	714-365-7874
<b>Insurance Director</b>	John Myerly	951-284-9154

## SCJAAF 2022 PLAYER ELIGIBILITY, BIRTHDATE, & WEIGHT REQUIREMENTS

<b>Division</b>	<b>Junior Micro</b>	<b>Micro</b>	<b>Junior Peewee</b>	<b>Peewee</b>	<b>Midget</b>
<b>Age as of July 31<sup>st</sup>, 2022</b>	6-8	8-10	9-12	10-13	11-14
<b>Max weight on physical for Division placement (5%)</b>	6 years: Unlimited 7 years: 116lbs. 8 years: 105lbs.	8-9 years: 126lbs. 10 years: 110lbs.	9-11 years: 147lbs. 12 years: 131lbs.	10-12 years: 168lbs 13 years: 152lbs	Unlimited
<b>Max weight on certification day</b>	6 years: Unlimited 7 years: 110lbs. 8 years: 100lbs.	8-9 years: 120lbs. 10 years: 105lbs.	9-11 years: 140lbs. 12 years: 125lbs.	10-12 years: 160lbs 13 years: 145lbs	Unlimited

Certification weights are without helmet and shoulder pads.

To scrimmage, players cannot weigh more than five (5) pounds of the maximum weight on Certification Day.

**\*\*Any player whose physical is over the 5% at time of Division if age allows\*\***