

2023

INDEPENDENT SPORTS ALLIANCE OF CALIFORNIA

OFFICIAL RULE BOOK



2023 Independent Sports Alliance of California Rule Book

A copy of this book is to be kept by each team. Must be placed and certified with player cards.

Charter & Rule Book. The ISAC LEAGUE is not a governing body that controls the day to day activities and decisions within individual organizations. Each organization is responsible for its own decisions and internal politics. Since the ISAC is comprised of individual organizations the LEAGUE as a whole votes on rules and issues pertaining to the LEAGUE as a whole. Any organization not following the goals and values of the LEAGUE as a whole is subject to dismissal from the LEAGUE.

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Mission Statement

The Independent Sports Alliance of California is dedicated to the athletic and mental development of our youth through football and cheerleading. We conduct all organizational activities while embracing a single team concept.

The success of the Alliance is measured by the fun, achievement, sportsmanship and competition that each of us experience as a result of pulling together to develop the children of our community. The Alliance invites your support in leading the character of our youth toward responsibility, self-discipline, respect, integrity and sportsmanship.

Charter

The Alliance shall consist of a maximum of twelve football and cheerleading associations in the Northern California area, each of whom have signed an annual obligatory contract to participate as an alliance.

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

Voting

1) Each association and its members will abide by all rules and regulations adopted by a majority vote of the Alliance presidents.

a) The president or their designated proxy will be the only votes counted on any item presented to the Alliance.

b) Each association has one vote per item.

2) Addition or Deletion of Alliance teams.

a) Annual addition or deletion at the January meeting requires a minimum 2/3 (two-thirds) majority vote of the attending previous years members.

b) Associations and/or Divisions may be expelled from the league at any time by a two-thirds (2/3) majority vote of the current presidents.

c) The addition of new member teams shall be made no later than the May meeting for that season and shall be by 2/3 vote of all alliance members.

3) Each association president will:

a) Be a voting member of the Alliance.

b) Be a voting member of any Alliance committees.

c) Vote to determine which committee a president will facilitate on an annual basis.

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

a) Presidents may not chair the same committee for more than 2 (two) consecutive terms.

5) The previous year's Alliance members shall come together to vote on the following:

a) Annual Alliance contract.

b) Rulebook... Administration, Football, Cheer, etc...

c) Code of Conduct.

d) Season schedule.

e) Other issues that may be requested by an Alliance member.

f) New Member applications.

Election of Officers

At the organizational meeting of each season the ISAC member presidents shall elect a chair for the purposes of facilitating ISAC meeting. At the same meeting each conference will elect, among their presidents a vice chair to represent the conference. The vice chairs will serve together as dual chairs of the ethics committee.

Ethics Committee

For the purposes of this section "organization" shall mean an ISAC member team, president, board member, coach, parent and/or player"

An ethics committee comprising of the vice-chairman of each ISAC Conference and representatives of 1/3 of the total member organizations shall comprise an ethics committee. The purpose of the ethics committee is to review charges of misconduct by ISAC member organization for the purpose of determining what action should be taken if any.

The process for ethics review and possible expulsion from ISAC shall be as follows:

First complaint-any and all complaints about an ISAC member team or organization must be presented to the vice chairman in writing no later that one week after said offense. The ethics committee shall investigate the complaint and if warranted issue a written warning to the member organization. The letter shall be placed into the official minutes of the next ISAC meeting along with a report from the ethics committee on the violation and investigation.

Second Complaint-upon receiving a second complaint the ethics committee shall conduct an investigation and upon finding the member organization guilty may recommend suspension of the member team or organization member for up to two games depending upon the severity of the infraction. The recommendation shall be presented to all ISAC members for a vote, via a regularly scheduled meeting, a special meeting called for this purpose or by e-mail.

Third Complaint-upon a third complaint if an ISAC member organization is found guilty by the ethics committee said organization shall be brought before the entire ISAC board at either a regularly called meeting or a special meeting for this purpose, which ever can be held sooner. During this meeting all allegations past and present shall be presented by the ethics committee to the ISAC Board. The member organization in question shall have the right to question the committee and any that have brought complaints against them. The organization in question shall have equal time to present a defense. Debate can be ended, after the defense has been made, within guidelines set forth in Roberts Rules of Order. If at such time 2/3 of all ISAC members find the member organization guilty said organization shall forfeit all games in question, any placement in ISAC playoffs, and may be expelled from ISAC based on the recommendation of the ethics committee. Expulsion shall only be by an affirmative vote of 2/3 of all ISAC members.

Fees

- 1) No financial fees are required to be a member of the Alliance.
- 2) Any Alliance item that requires special funding will be voted on by the Alliance presidents on an annual basis and be funded equally by all associations within the Alliance.
- 3) All other events will be the financial responsibility of the association gaining the revenues from such event.

Administration

1. **Football Badges** –Each football level will be entitled to five ISAC certified badges to be printed on green paper. These badges entitled the bearer to free admission to all ISAC games. Additional coach’s badges up to the ISAC limit shall be allowed, so that the coaches can have access to the sidelines. These badges must be ISAC certified and printed on white paper and do not entitle the bearer to free admission.
2. **Cheer Badges** –Each cheer level will be entitled to three ISAC certified badges to be printed on pink paper. These badges entitled the bearer to free admission to all ISAC games. Additional coach’s badges up to the ISAC limit shall be allowed, so that the coaches can have access to the sidelines. These badges must be ISAC certified and printed on white paper and do not entitle the bearer to free admission.
3. **Gold Badges** – Each ISAC Alliance member will be entitled to ten gold badges to be distributed as they deem. These badges entitle the bearer to free admission to all ISAC games. These badges must be ISAC certified and numbered. Each numbered gold badge must be assigned to one individual per game day. Motion carried

General

1) Each association within the Alliance must be a California registered non-profit corporation or an approved equal

2) Each association will be responsible for their own state and federally mandated reports i.e., taxes and non-profit reports to the Attorney General's office. Each must be in good standing with all.

This alleviates the responsibility of creating a non-profit corporation, commonly operated by a trustee system.

3) The Alliance Presidents will meet on a monthly, Unless otherwise agreed by majority votes at a prior meeting or via e-mail communications, at a mutually agreed upon date, time and location, to facilitate league business.

a) It shall be the responsibility of the Alliance Facilitator to schedule a time and location for any and all Alliance meetings.

b) It is the responsibility of the hosting association to provide any and all required accommodations for example, tables, chairs, and refreshments.

c) Failure to have a team representative at two consecutive President's meeting will result in the team forfeiting their right to vote for the remainder of the season.

4) All Alliance meetings will be conducted in accordance with the Roberts Rules of Order. All items to be discussed or voted on at an Alliance meeting must be listed in the agenda and posted on the Alliance web site 48 hours prior to any and all meetings. Each Alliance member association will be required to add the minutes from any and all Alliance meetings in their respective organizations meeting minutes. This will ensure each association is in compliance with the Brown act.

Definitions

Alliance

A grouping of Associations with teams of the same age groups (Divisions) and playing Conferences into a "league" for scheduling purposes.

Association

An organization that sponsors and administers one or more teams characterized by geographical coverage: neighborhood, community, school district, etc.

Team

A group of participants organized under the direction of a coaching staff in a given association.

Division One of 4 age classifications.

Mighty-Mite

Peewee

Jr. Midget

Midget

Conference

Sub-grouping of Associations within Alliance usually based on Geographic area.

Schedules

To be determined by Association Presidents annually.

In Season Practice

A gathering of players where one or more of the following takes place:

- a) Wearing of Football related equipment.
- b) Running of plays. Including organized, scripted, developed, etc...
- c) Physical Contact: Including that with other players, sleds, dummies, etc...
- d) Exclusion of others (persons wanting to participate that are not or will not be a member of your Teams).
- e) One coach and more than 5 players would be considered a practice (Includes film time)

Note: Non-mandatory team meals which include players are not considered practice time.

Off Season Practice

Off Season practices shall include conditioning, drills and video/film time as long as in compliance with ISAC Rules on page 19.

Certification

Certification is the process whereby the Alliance ensures that participants meet minimum eligibility requirements. Certification applies to participants, coaches, administrators and teams.

Camp

A training session provided by an outside organization. Camps involve overnight stays.

Clinic

A training session provided by the team or an association for instructional purposes. Clinics are conducted during daytime hours.

Week

A “Week” is defined as 7 (seven) consecutive days beginning Monday and ending Sunday.

Regular Season

- Starts on the 1st day of practice and ends the day prior to the first play-off.
- Consists of no more than 10 games as scheduled through the ISAC.

General

Coaching

Coaches are subject to decertification, suspension, or expulsion for violations of any of the following:

- 1) Coaches are considered to be in an official status whenever they are participating in football, cheerleading or ISAC activities.
- 2) Badges must be worn during practices, games, and all ISAC functions.
- 3) The coaching staff is in complete charge of the team or squad whenever it is together on the practice or playing field, traveling as a group or at any team function.
- 4) The coaching staff is under the direction of the Head Coach.
- 5) Each division is limited to 1 (one) primary “Head Coach”.
- 6) Each association will determine its own selection criteria and placement policy.
- 7) All prospective coaches must give their consent to have a minimum background check performed.
- 8) Coaches shall refrain from smoking, consumption of alcohol or use of illegal drugs during games and practice. This includes All Games, All Day!
- 9) Coaches will refrain from using abusive and profane language before anyone connected with the game or association.

10) Coaches will not criticize participants in front of spectators, but use constructive criticism during practices or in private.

11) Coaches will not criticize the opposing team, their coaches, the officials, or fans by spoken word or gesture.

12) When it becomes necessary to administer discipline to a participant, it shall be in accordance with the associations' bylaws.

13) High School coaches in the employ of the Association's affiliated High School are exempt from certification and official coaches' roster requirements. The total number of coaches, inclusive of the High School coaches may not exceed ISAC maximums.

Registration

All participants must be registered with the sponsoring association prior to any involvement in any Alliance activities. All participants must provide the following:

1) Parental consent

2) Medical clearance to participate

3) Proof of age

4) Scholastic Fitness

5) Each association shall determine its own registration policy.

6) Any Player that played/participated with a different Alliance team during the previous season must obtain a completed player release form from the former team. If a conflict between the two teams arises, it will be brought to the ISAC at the next meeting

Academic

1) Participants shall be required to maintain scholastic fitness.

2) Each association shall determine its own scholastic fitness guidelines.

Cuts

1) There are no safety cuts allowed effective 2014. If the child has presented a medical release that says the child can play then they cannot be cut for safety reasons.

2) If an association has more applications than roster spots then they may make cuts down to the roster maximum for that division and no further.

3) Each association may on an availability list in lieu of cuts

Roster Size

1) If an association has fewer applications than the roster maximum for a division then they will continue to accept applications until Jamboree.

Rules Committee

1) The Rules Committee will consist of the current president of each organization.

2) The Rules organization will serve as the Rules Committee Chair.

3) Protests need to be submitted no later than noon (12:00 PM) on the Sunday following the disputed game.

4) Rules Committee to meet before midnight on the Monday following the disputed game or via conference call

Certification Requirements

*To be completed prior to Jamboree of the current season.

Certification Training

All Administrators and Head Coaches (Football & Cheer) are required to attend the annual certification training, which will be determined by the President's on an annual basis.

1) Assistant coaches and trainers may also attend the training.

2) Issuance of Badges to Board Members and Head Coaches is contingent upon completing the approved course(s).

Participants

1) Each participant will certify for 1 (one) team / division / association only.

2) Each participant must have:

a) Participant Identification Card with current photograph

b) Signed parental consent

c) Medical Clearance to Participate dated on or after January 1st of the current year (players should not participate until a physical is completed and turned in.)

d) Signed Code of Ethics

e) Emergency Information and Treatment Authorization

- 3) Participants have until the end of first game to certify. No certification will be accepted after first game.
- 4) A President or Vice President from each association in attendance at Jamboree or the 1st game must be present at the weigh in scale for certification to proceed.
- 5) After final certification (game 1), a roster with a certified stamp is to be submitted to the ISAC Chair.
- 6) No Freshman can be certified after Jamboree.

Proof of Age

Any one of the following is acceptable

- 1) Previous year Participant Identification Card
- 2) Legible copy of a County Certified or Notarized Birth Certificate Unless:

Other info provided contradicts reported age

Copy is unreadable

Individual association has a policy of requiring "originals"

- 3) Military dependent ID
- 4) Adoption Papers
- 5) Passport
- 6) Cumulative file from School (All 9th graders are required to submit a cumulative file)

Coaches

- 1) Background check to be completed PRIOR to any association/alliance function involving Adult/Child interaction.
- 2) Each Certified coach must have:
 - a) Coach certification card with current photograph
 - b) Signed Code of Ethics

Weigh master

Weigh masters must:

- 1) Complete Coaches certification
- 2) Complete additional Weigh master certification

Administrators

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

Background Checks

- 1) Are required for all individuals 18 (eighteen) years of age or higher including but not limited to:
Administrators, Coaches, Coaching staff, Weigh Masters, Assistants, who act in a supervisory capacity with minors.
- 2) Must be completed prior to 1st day of coaching
Cheer staff and prior to any association/ alliance function involving Adult/Child interaction for all others.
- 3) All must have a minimum of a legal background check completed for their 1st year and every 3rd year afterward.

Team

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

- 1) Each certified team must have:
 - a) A minimum of 2 (two) coaches, one of which shall be designated Head Coach
 - b) Team Certification binder containing:
 - i) Coaching Roster
 - ii) Participant Identification Cards for each participant

The base color of the paper shall be:

1a) Old Lighter -YELLOW

1b) X-Man –ORANGE

1c) Cheer Mascots -PINK

1)) Player Roster

c) MPR forms (football only)

2) Team Roster

a) Coaches Roster and Code of ethics

b) Insurance forms

3) Alliance presidents will be responsible for at least one other association to pre-certify team binders.

Teams will be assigned annually.

4) If a player card is found to be fraudulent then the entire team book will be pulled for that level.

a) Each player card will be re-examined and a certified original birth certificate provided for each player on the roster.

b) This will be verified and re-stamped by two ISAC presidents who are not affiliated with the organization containing the fraudulent player card.

c) IF additional players are found to be ineligible, any games played where those players appeared on the roster will be forfeited.

d) If the organization does not submit the above, for all players on the roster or who have already played in league game, games already played and future games will be forfeited until the requirement is met.

Gate Admission

Charges

Fees for all Alliance games shall be: Regular Season Post Season

- 1) Adults and Children over the age of 12 \$6.00 maximum
- 2) Children under the age of 5 Free
- 3) Players in current year ISAC jersey free
- 4) Children 6-11 and seniors 60 yrs old or older \$4.00
- 5) Military in uniform free

Protocols

- 1) Players, Cheerleaders, Coaches, Weigh masters and Alliance Gold Badge holders that are certified for the current playing year, shall not be charged for admission.
 - a) Badges are good for ISAC Football games only
 - b) Proper ISAC identification is required for free admittance.

Medical

- 1) All practices must be attended by at least one person holding a Red Cross Community CPR and First Aid certificate, its equivalent or higher.
- 2) A hosting association has the responsibility to provide medical coverage at each game or competition.
 - a) Minimum coverage shall be:
 - b) A currently California Certified E.M.T. I or higher
 - i) EMT 1 is basic life support
 - ii) EMT 2 and Licensed Practical Nurse or higher
 - iii) Registered Nurse is higher than that
 - iv) Then Doctors
 - c) A well-stocked first aid kit
 - d) Each participant shall have an Emergency Information and Treatment Authorization sheet available at each practice, Game, Competition or Alliance event.

Football Rules

Camps/Clinics for Football

The Alliance shall not endorse or sponsor any camp or clinic, which does not provide as part of its services an accident insurance plan for camp participants.

- 1) Alliance teams may attend any camp/clinic provided by an outside group.
- 2) Alliance teams may attend a camp/clinic provided by its sponsoring association
- 3) All Camps/Clinics operated, sponsored or endorsed by Alliance members must be submitted for posting on the Alliance website a minimum of 30 (thirty) calendar days prior to camp.
- 4) All Camps/Clinics operated by Alliance members prior to the first day of practice shall be open to any individual or team wishing to participate regardless of League, Association or Team affiliation.

Practice Restrictions

- 1) Practice for regular season participation shall not begin until The last Monday of July annually.
- 2) No team may schedule more than 10 (ten) hours of practice per week prior to the first (1st) game.
- 3) No team may schedule more than 6 (six) hours of practice per week after first (1st) game and prior to the post season.
- 4) No team may schedule more than 8 (eight) hours of practice per week during the post-season.
- 5) Practice sessions shall not last more than 2 (two) hours per day.
- 6) Each participant must have a minimum of 10 (ten) hours of conditioning before being allowed to participate in contact football. Clinic or Camp attendance shall NOT be counted toward this requirement.
- 7) Teams and or individuals shall be allowed to participate in scrimmages and/or bowl games against other teams only after they have completed a minimum of 20 (twenty) practice hours. 10 hours of conditioning and 10 hours of pads.
- 8) Any participant added at any time must meet the minimum conditioning and practice time requirements as above.

Coaches

- 1) Head Coaches must be at least 21 (twenty-one) years of age.
- 2) Each division is limited to 7 (seven) Assistant Coaches must be at least 18 (eighteen) years of age.
- 3) Each division is limited to 2 (two) Coach-Trainees/Student Instructors.
- 4) Coach-Trainees/Student Instructors must be at least 14 (fourteen) years of age.

Game Officiating

All games shall be played in accordance with the National Federation of State High Schools Association (N.F.H.S.) rules, except where noted in the rules (Mighty Mites

Player Eligibility

Ages and Weights

1) All players must meet the age limits in order to certify.

Note: Regardless of beginning date for player season, players are certified at the ISAC approved weight for Jamboree. The weight matrix is not a waiver, all players must start the season at the certified weight.

2) All players must meet the weight limits in order to certify.

a) Players will be required to make weight each week for certification purposes.

b) Visiting team will weigh-in one (1) hour prior to the start of the game.

c) Home team will weigh-in 45 minutes prior to the start of the game.

d) Player's will only be allowed to weigh-in during the weigh-in period. Once both teams have left the weigh-in area no other weigh-ins will be allowed, unless agreed upon by both presidents or acting presidents prior to said weigh-in

e) All players will weigh-in at Jamboree.

f) Any player failing to make weight (older/lighter) by the first (1st) game of the regular season will be dismissed from the team or moved up a level if applicable.

g) Players may not participate in jamboree or regular season games until they have been certified.

3) Players may only attempt to certify for one age group/division.

a) Player card has to be in the official book prior to stepping on the scale.

b) A player that does not certify at jamboree may move up to the next level and certify at weigh-in by the first (1st) regular game day

4) Players may only attempt to weigh-in one time per weigh-in session

5) Any player not certifying by September 7th, will be dismissed from the team.

6) The players' age on 6/30 (June 30th of the current year shall be the certified age for the coming season.

7) all teams are limited to a maximum 5 older/lighter players per team.

Age

Level	Age	Age exceptions
Mitey Mites	7 and Under	8yr old/lighter – 65.0lbs
PeeWee	9 and Under	10yr old/light – 85.0lbs Xman – 135lbs
Jr. Midgets	11 and Under	12yr old/light – 110.0lbs Xman – 160lbs
Midgets	13 and Under	14yr old/light – 135.0lbs Xman – 185lbs FRESHMAN CAN PLAY!!!!

***5 older lighter max per team **5 X-men allowed on the field max at one time**

X-man

- 1) See Weight Matrix for in season weight gain allowed
- 2) no more than 5 X-Men per team on the field at one time.
- 3) X-Man players are limited to Line of Scrimmage between the Tackles positions.

Ex: May be: Guard, Center, Tackle May NOT be: Defensive End, Tight End

- 4) X-Man players must play from a 3-point or 4-point stance on Defense, on Offense X-Man can play from a two stance
- 5) X-Man players may not advance the ball, except on a fumble or interception
- 6) X-Man players may not be on the Kick-off or Kick-return team.

No Exception- if a team is unable to field 11 non X-man players on kick-off or kick return, the receiving team will receive the ball at their 40 yard line.

- 7) X-Man players must have an X on the back of their helmets with tape of a contrasting color.
- 8) Any player wearing an X is not an eligible receiver.
- 9) If an X-Man weighs 2 weeks in a row under the X-Man weight he will be allowed to remove the X from his helmet.

In Season Weight Gain

Players may gain 1 (one) pound per week during the season starting after the 1st REGULAR season game until the season is complete including play-offs.

Eligible Receivers

- 1) Offensive Players whom at the snap are lined up in the Backfield or Players at either end of the LOS are considered eligible Receivers.
- 2) X-Men are NOT eligible receivers

In-Eligibility

In-Eligible game players are those that:

- 1) Are Over-weight
- 2) Are Over-age
- 3) Have falsified data concerning the above or any part of the certification process.
- 4) Are participating in other organized TACKLE football programs while the ISAC season is in progress.
 - a. PARTICIPATING IN ANY HIGH SCHOOL FOOTBALL PROGRAM
 - b. Player will NOT be ruled ineligible for participating in School sponsored FLAG football.
- 5) Have been ejected or suspended from the previous game they were eligible for.

In Eligible Teams are those that:

- 1) Play with in-eligible players. They shall forfeit all games in which the in-eligible player participated.
- Ignorance is not an excuse. Teams are responsible for their players/parents actions.

Penalties

- 1) Failure to comply with X-Man rules will result in Loss of Down and 15 yard penalty.
 - a) Penalty is enforced from original line of scrimmage

Halftime Cheer Interference

- 1) Association Players and Football Coaches may not enter the playing field until all performances are completed and the cheerleaders and cheer staff have left the field.
 - a) Failure to comply will result in an unsportsmanlike penalty to be enforced on kick-off.

It is a privilege to participate in ISAC and any organization found to be guilty of players who are playing youth football and High School football at the same time (practice or games) will be subject to a majority vote and immediate removal from ISAC.

Ejections

1) The Game Official will immediately notify both head coaches during the game if a player or coach has been ejected. Player card will be noted at time of ejection by both head coaches. The Head league referee will send an e-mail to all presidents by the following Monday with a complete list of all ejected players and coaches

Roster Size

- 1) Roster size shall be inclusive of Older/Lighter and X-Man players.
- 2) Minimum roster shall be 14 players
- 3) There is no limit on the number of players you can carry on the roster, as long as each player completes their minimum plays during the game.

Mandatory Play Rule (MPR)

The following shall be the minimum MPR for all ISAC teams:

No. of Eligible Players at Game time

Minimum Plays per player

# of players	MPR
14-21	12
22-28	10
29-35+	8

- 1) The MPR requirement is determined by the number of eligible players at the start of the game.
- 2) Injury or other loss of players during the course of a game will not alter the MPR rule as determined prior to the start of the game. Any player scratched from MPR sheet may not return to that game.
- 3) A Play shall not count towards MPR requirement if the play results in a dead ball penalty that causes the down to be replayed.
- 4) Failure to meet the MPR requirement by the end of the game will result in all of the following penalties (Note: MPR must be completed by the end of the 4th quarter not at the time of the Mercy Rule):
 - a) Forfeiture of the game

b) if more than 2 (two) players miss MPR the Head Coach will be suspended from any interaction with the team for the following game.

c) If this was last game of season the penalty follows coach to the following season in which they are a coach at any level.

5) Failure to suit a minimum of 14 (fourteen) players for any game is a forfeit. Scrimmage is allowed.

6) Coaches may NOT use fewer than the required minimum plays as a form of discipline.

Explanation: If a player is not scratched from the days roster prior to game time they are subject to the Mandatory Play Rule. Benching a player for the entire game is subject to each association's internal policies.

7) MPR monitors will stay between the goal line and the 30 yard line at either end of the field only on the sideline during the game.

8) Prior to the start of the fourth (4th) quarter each MPR representative and each head coach will meet in the center of the field at the 50 yard line to determine the player's that have not completed MPR.

Field Requirements

1) Fields shall be regulation size

2) Fields shall have a scoreboard and time clock or host team will have an extra designated paid time keeper for that day.

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

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

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

6) Chain Gang will be provided by the Visiting Team and will be positioned on the Visitors sideline

7) Home Team will supply potable Water for the visiting team. It is the responsibility of the Visiting team to provide containers

8) Preferential Filming space is reserved for the days participating teams.

Game Ball

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

2) Approved use footballs will meet the following criteria with a +/- 2% variance youth size PeeWee, Junior, or Youth footballs, will be used as the standard for football sizing only. Other brands and models are acceptable if they meet the size requirements.

a) Mighty-Mite, will use the PeeWee (K2) specifications

PeeWee size

Long Circumference: 23.5"

Short Circumference: 17.25"

Weight: approx. 10 oz.

b) PeeWee will use the PeeWee (K2) specifications

c) Jr. Midget shall use Junior (TDJ) size football only.

Junior Size

Long Circumference: 25.650"

Short Circumference: 18.5"

Length: 10.425"

Weight: approx. 12 oz.

d) Midget will use the Youth (TDY) specifications

Youth Size

Long Circumference: 26.375"

Short Circumference: 19.5"

Length: 10.75"

Weight: approx. 13 oz.

3) Game ball shall be a leather or leather composite ball.

Equipment Requirements

Each player shall wear the following:

- 1) Helmet (NOCSAE certified)
- 2) 4 snap chin strap snapped to helmet at the 4 standard anchor points
- 3) Shoulder Pads
- 4) Hip Pads
- 5) Thigh Pads
- 6) Knee Pads
- 7) Tail Pad
- 8) Readily visible Mouth Guard (keeper required) White and Clear are prohibited.
- 9) Additional equipment worn must have prior approval for football use from a reputable standards organization or majority vote of the Alliance members according to Alliance voting procedures.
- 10) Helmets must be certified after every 2 (two) seasons of use.
- 11) Jerseys will be tucked in or no higher than belt length.
- 12) Molded or "Screw In" Cleats are allowed provided they are:
 - a) No greater length than ½ inch in length
 - b) No metal is visible below the sole
 - c) Cleats will be checked by Weigh Master during weigh-in

Schedule

- 1) Game Rotations once published may not be altered unless approved in writing by both presidents a minimum of 8 (eight) days prior to the games to affected. Either president has the option to disagree with a requested rotation change.
- 2) The Regular Season shall consist of NO more than 10 games as scheduled by the league scheduler.

Weigh-In

- 1) The official weight as determined by the Scale in use and the Weigh-Master is FINAL.
 - a) There will be NO stretching or deviation from this even if both associations are in agreement.
 - b) Home Team will provide the Official Certified Digital Scale (current year).
 - c) Visiting team may bring a backup to be used IF the home team scale is broken or unavailable
- 2) In order to make weight a player may remove any article of clothing except undergarments as outlined:
 - a) Briefs for males
 - b) Briefs and sports bras for females
- 3) A player failing to meet weight requirements will NOT be afforded the opportunity to weigh-in again prior to game time. (This is to keep participants from attempting to “sweat down” after failing to meet weight regulations.)
- 4) A player failing to meet the weigh-in shall only be disqualified from that game. He may sit with his team on the sidelines after removing his helmet and shoulder pads. Player will NOT be required to turn their jersey inside out.

Scoring

Score By: Point Value

Touchdown 6

PAT by run or pass 1

PAT by kick 2

Safety 2

Field Goal 3

Forfeit 1

Mercy Rule

- 1) After 2 (two) quarters of play; Once a 33 (thirty-three) point lead is established:
 - a) Game is over
 - b) Play continues as a regular game.

- c) Score is frozen and noted on MPR sheet.
 - d) Clock is a running clock from this point forward.
- 2) Reporting of these scores will adhere to the following:
- a) Score is frozen at any point with a 33 point difference.
 - b) The final reporting score will be a 33 point difference.
 - i) The PAT is not allowed for scoring purposes since this is a new play.

Score Reporting

- 1) All scores must be submitted to the league website by the HOME Association no later than 12 PM (noon) on Sunday.
- 2) Associations have until the Friday following a game to protest any conflicting scores. After that the scores become fixed and are not changeable.
- 3) If the VISITING Association feels there is a conflict in scores they must appeal to the HOME Association for an adjustment.
- 4) When both Association presidents agree to a reconciled score they must both e-mail the change request to the league webmaster who will then make the change.
- 5) It is the responsibility of each Association president to check the score weekly for any errors or omissions.
- 6) Non-League Games:
 - a) Scores for Non-Alliance games do not need to be reported.
 - b) Will NOT be posted to the ISAC website.
 - c) Will NOT be used for determining standings.
 - d) Have NO bearing on Alliance play-off berths or seed.

Over-Time

- 1) During Regular season games there is a maximum of one (1) Over-Time.
- 2) During Play-Offs Over-Time will continue until a winner is determined.

Play-Offs

- 1) All age divisions are eligible for play-offs
- 2) Play-Off sites will be determined by the Presidents on an annual basis. (Round 1 specific game locations will be agreed upon by hosting teams to utilize the best volunteer scenario for the host teams.)
- 4) Conference winner is determined by the team with the best CONFERENCE record. In the event of a tie defer to Tie Breakers below.
- 5) Seeding: ISAC is split between East and West Conferences. Playoff seeding is determined within each conference. Each Conference has 6 teams, only the top 4 teams qualify for the playoffs. Seeding for each conference is determined by:
 - a) Conference Winner with best overall League Record is #1 SeedDuring a season in which Conferences have been eliminated all Tiebreakers referencing "Conference" will default to referencing "League".
 - b) The Other Conference Winner is the #2 Seed
 - c) #3 Seed is the next best overall League Record
 - d) #4 Seed is the next best overall League Record after the #3 Seed
- 6) Play-Off Format:
 - a) #1 Seed vs. #4 Seed
 - b) #2 Seed vs. #3 Seed
- 8) Tie Breakers:
 - a) Head to Head
(This means Team A versus Team B. No other combination of teams playing each other or events counts)
 - c) In the event of a 3-way tie, Points Allowed will then be used.
 - d) Coin Toss
- 9) Time keepers required to be supplied by the Referee Association
- 10) Conferences shall be reviewed every 2 seasons, providing equal opportunity for all Alliance members and develop the most competitive teams for the playoff tournament

11) Rule challenge-Current High School rules vs. previous year(s) High School rule. Official clock is stopped. No time out charged to any team. Referee making the call shall be summons along with Head referee. If challenge of a rule is not resolved, a phone call is initiated to the Head referee or referee firm contracted to ISAC.

Points Allowed:

The team with fewer points allowed will be seeded highest among the tied teams.

Points scored after a Controlled Scrimmage is under way will not be recorded or counted during this tiebreaker.

This format:

Solves all three way ties

Eliminates coin toss for three team ties in most situations.

In the event a Tie is still in place then "Points Allowed" will be used.

Coin Toss occurs when:

There is still a tie after using the "Points Allowed" tiebreaker.

Coin toss between those two teams.

Points of Emphasis

1) Team Box and Sideline Management:

Team box is from 25yd line to 25yd line. Coach's box is 2 yards wide. You are to have only 3 persons in this 2 yard belt at any time.

2) Coaches are not to be on the field during plays or during dead ball situations (exemptions timeout, injury).

3) Helmet contact is a point of emphasis. This is for the safety of the kids.

4) ONLY a head coach may now request a timeout. The head coach is the only coach that will have this privilege. It will only be awarded after direct eye contact with an official. The Head coach privilege may not be transferred to another staff member.

5) Chin straps must be anchored to the four (4) snaps on the helmet at the snap.

High School Rules Clarifications

Chop Block

Chop block involves two offensive players engaging one defensive player. This is not allowed at any level of football (youth through pro). It requires two blockers with a delay action between the two blocking actions in which the second block is low (below the waist). Here's a chart to help explain (NFHS rule 9-3-6):

BOTH BLOCKERS CONTACTING OPPONENT SIMULTANEOUSLY

Blocker 1 Blocker 2 Ruling

High Low Legal

Low High Legal

High High Legal

BLOCKS DELAYED BETWEEN CONTACT OF OPPONENT

Blocker 1 Blocker 2 (Delayed) RULING

Low High Legal

High High Legal

Low Low Chop Block

Cut Block

Cut block (blocking below waist) is one offensive lineman (player) blocking low on one defensive lineman. Blocking below the waist is not allowed in high school except in the free-blocking zone. Double teaming to stop an opponent is OK as long as the second block is not delayed and low.

Free Blocking Zone

The free blocking zone is a rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards behind each line of scrimmage (i.e. 6 X 8 yards rectangle). The free blocking zone disintegrates after the ball has left the zone. Therefore, any exception to blocking (clipping, blocking below the waist and blocking in the back) is discontinued when the ball leaves the zone. The exception is ONLY given to the contact in the zone by players in the zone as described in rule 2-17-1, 2, 3, 4 & 5.

Mighty-Mite Exceptions for Football

All issues arising at this level that are not specifically addressed in this section will fall back to the standard ISAC rules regarding those issues and if not covered there then the National Federation of State High Schools Association (N.F.H.S.) rules.

Roster

21 Mighty-Mite teams shall carry a maximum of 35 (thirty) players

2) PAT counts towards MPR

Clock Management

1) The game shall consist of 4 (four) Quarters each being 10 (ten) minutes in length.

2) The clock shall be a run with starts and stops as with the older divisions.

3) No time will be run off the clock for Declared Punt

4) Each team will have 3 (three) time-outs per half.

5) Length of halftime is 10 (ten) minutes.

Ball Placement

Kick-Offs

1) The ball will be placed on the 40 (forty) yard line of the receiving team at all other kicking change of possessions.

Punt

1) There is no punting.

Declared Punt

1) On 4th down the coach may notify the referee of his intent to "Declare a Punt"

a) Clock is stopped

b) Ball is moved 20 (twenty) yards downfield from scrimmage (as if the offense kicked the ball 20 yards WITH no return)

c) In the event the “Declared Punt” would result in ball placement inside the opposing teams 10 (ten) yard line, the ball will be placed on the 10 (ten) yard line.

d) Change of possession then takes place

f) Does not count as a play towards MPR scoring

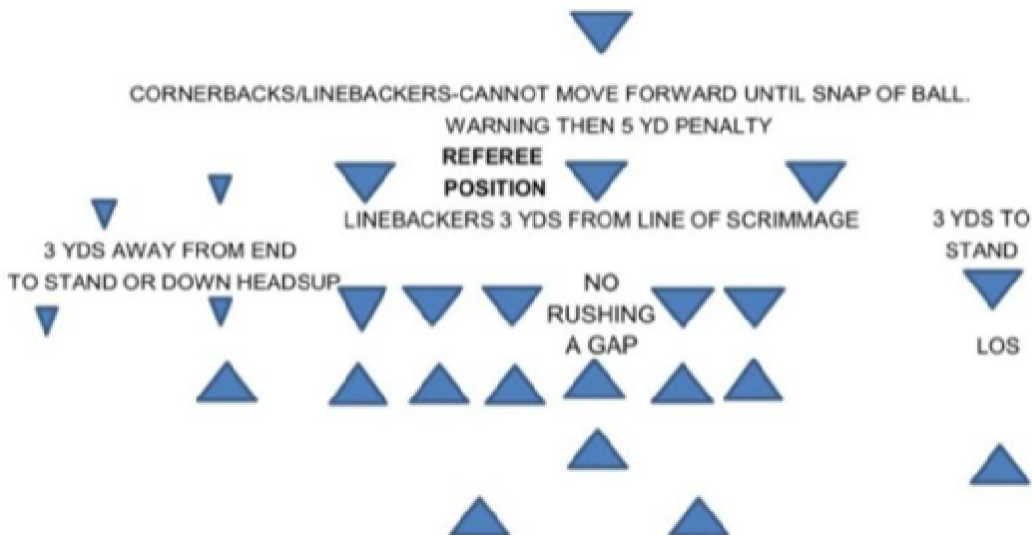
Point After Try

- 1) No Kicking
- 2) 1 point for Running PAT
- 3) 2 points for Passing PAT
- 4) PAT counts towards MPR

Blitzing / Rushing

1. All defensive backs, not in a down stance, must line up a minimum of 3 yards beyond the line of scrimmage (LOS).
2. All defensive backs STANDING must not make any progress toward the LOS until ball is snapped. Penalty - Illegal Procedure.
3. All defensive lineman in a down stance (3 or 4 point stance) is a lined head up with offensive lineman.
4. All other defensive players must be 3 yards away from any other offensive player. (See

RED ZONE= 8 YARD LINE OR INSIDE. ANY DEFENSE NO FOWARD MOVEMENT FORWARD OR BLITZING



Penalties

1) Failure to comply with other Mighty Mite specific rules will result in Delay of Game and 5 yard penalty.

Penalty is enforced from original line of scrimmage

Center Protection

1) Defensive players shall not line up directly on the center and/or crash directly into the Center at the snap.

2) The center shall be afforded long snap protection.

3) Violation of Center Protection rule will result in a 15 yard penalty and automatic first down.

4) This rule does not mean the Center cannot be hit.

5) The Center may be hit as a result of the defensive player moving through the A gap to either side of the Center or when the defensive player is blocked into the Center by an offensive Player.

6) When the Center engages then Center Protection is Forfeit for that play.

Coaching

1) Up to 2 (two) coaches shall be allowed on the field in an area behind their respective team at any given time.

2) 10 Yard Rule. When the Quarter back is under center the coaches must stay 10 yards behind the deepest player from the line of scrimmage at the snap. No further coaching will be allowed.

Penalty: 5 yard dead ball foul

Ball Advancement

1) All Defensive players are eligible to advance the ball on a turnover.

2023 ISAC Cheer Rules

All cheer activities shall be done in accordance with JAMZ Youth Championship and Safety Guidelines and the preceding sections of this document except where noted. Associations will maintain a qualified Cheer program according to ISAC guidelines at all levels of play.

Cheer Camps/Clinics

- 1) The Alliance shall not endorse or sponsor any Camp/Clinic, which does not provide as part of its services an accident insurance plan for camp cheerleaders.
- 2) Alliance teams may attend any Camp/Clinic provided by an outside group and/or by its sponsoring association.
- 3) All Camps/Clinics operated by Alliance members prior to the first day of practice may be open to any individual or team wishing to participate regardless of League, Association or Team affiliation.
- 4) Associations are permitted two (2) Camps or Clinics per season.
- 5) Camps/Clinics must not exceed six (6) hours of total instruction per day.
- 6) Camps/Clinics will not substitute for regular season practice.
- 7) **Professional instruction is prohibited outside of Camp/Clinic.**

Eligibility

- 1) Eligibility and placement of a cheerleader is based on the cheerleader's age as of **July 31st** of the current year. All cheerleaders must meet the age requirements in order to be league certified.

AGE	LEVEL
Mighty Mite	5-8 years
Pee Wee	8-11 years
Jr. Midget	10-12 years
Midget	12-14 years
* Mascots	Maximum 14 years

- 2) Cheerleaders are prohibited from participating in any other youth football and cheer association during the ISAC cheer season.
- 3) All-Star cheerleaders are permitted to participate on an ISAC cheer team, however, each association is limited to no more than six (6) all-star cheerleaders per level.

Academic requirements

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

Coordinators and Coaches

- 1) Program Directors/ Coordinators and Head Coaches must be at least 21 years of age, (unless approved by ISAC Presidents), Assistant Coaches must be 18 years of age, Student Instructors/ Junior Coaches must be at least 14 years of age.
 - a) Requests for exceptions must be submitted in writing to the ISAC Cheer Director for consideration.
- 2) Each cheer squad is limited to six (6) coaches per level.
- 3) Coaches & Instructors shall dress appropriately for all league events, practices, and games.
- 4) Coaches & Instructors are prohibited from wearing jewelry during instructional period.

Roster

- 1) Each certified roster must have a minimum of five (5) cheerleaders with no more than thirty-six (36) cheerleaders per level.
 - a. Requests for exceptions must be submitted in writing to the ISAC Cheer Director for consideration.
- 2) Cheerleaders may not be added to rosters after the first game.
- 3) Cheerleaders are permitted until the first game to certify.
- 4) Squads with seven (7) or less cheerleaders may combine with the next (older) age division for season and competition. ***Maximum participant number still applies.**

Mascots

- 1) Total number of Mascots is up to the discretion of each association.
- 2) Mascots are permitted to participate in sideline cheer and perform during half time.
- 3) Mascots may perform at the annual ISAC Cheer Competition but not for the purposes of scoring or placement.
- 4) Mascots are NOT permitted to perform any maneuvers that may be classified as a stunt.
- 5) Mascots for each squad must follow the maximum league age. Minimum Mascot age is up to the discretion of the association.
- 6) Mascots will be identified prior to first game and will have a pink player card.

- 7) Mascots are prohibited from acting as substitutes or replacements on any cheer squad. NO EXCEPTIONS.

Dress

- 1) Cheerleaders must wear appropriate athletic wear for all practices. Midriffs or half tops are prohibited.
- 2) Tank tops are permitted but must have a strap with a minimum of 1" inch in width.
- 3) Cheerleaders with casts (hard plaster or soft) are permitted, however, are prohibited from performing any skill considered to be a stunt.
- 4) Soft wrist/ankle/knee braces or taping (without formed metal or plastic) are permitted if only for support or are medically required. Plastic fasteners are permitted.

Hair and Nails

- 1) Hair must be neat and pulled out of the face.
- 2) Nails must be kept at sport length (no longer than the cheerleader's finger tips).
- 3) False nails are prohibited.

Make-Up & Accessories

- 1) Make-up (foundation, mascara, eye glitter, lipstick, tattoos, etc.) is up to the discretion of each association.
- 2) No jewelry of any kind (including: beads in the hair, ankle bracelets, watches, rings, earrings, body piercings, etc.) are permitted at practices, games, competitions, or any other cheerleading events. No Band-Aids or taping over piercing is permitted. NO EXCEPTIONS.
- 3) Nail polish is limited to clear or French Tip.

Certification

*To be completed prior to Jamboree of the current season.

- 1) All cheerleaders will be certified on the designated ISAC certification day by any other team (to be announced by the ISAC Cheer Director).
- 2) All associations must provide three (3) copies of their Certified Roster for signing by the ISAC Cheer Director on certification day.
 - a) Two (2) copies of the signed certified roster must remain in the contract book at all times and the other will be remain with the ISAC League Cheer Director and will be submitted to JAMZ for competition registration.
 - b) The Monday after the first game of the regular season and last game prior to competition, all ISAC teams must email their complete cheer rosters to the ISAC Cheer Director.

- 3) Each cheerleader will certify for one (1) team/division/association ONLY.
- 4) Each cheerleader must have the following to be certified:
 - a) Cheerleader Identification Card with current photograph. Mascots should be printed on pink cardstock while all other cheerleaders are printed on white cardstock.
 - b) Signed Parental Consent.
 - c) Medical Clearance to participate dated on or after January 1st of the current year. (Participants should not participate until a doctor signed physical is turned in.)
 - d) Signed Code of Ethics.
 - e) Emergency Information and Treatment Authorization.

Game Day Conduct

Cheer & Sidelines

- 1) All ISAC cheer squads, must attend **ALL** home and away games for their association. NO EXCEPTIONS.
- 2) All cheers are to be done in good taste. Cheers derogatory to the opposing team are prohibited.
- 3) Hello Cheers (optional) should be done within the first Quarter.
- 4) Home and visiting teams will perform at halftime. Performances must not exceed two minutes and thirty seconds (2.5) per team.
- 5) The visiting squad will perform first and must take the field immediately following the football teams vacating the field to ensure adequate performance time.
- 6) Cheers are prohibited while an injured player is on the field.
- 7) Cheerleaders must take one knee or stand at attention (when on a surface that is not conducive to kneeling) to show respect for injured players.
 - a) Should the injury delay be a lengthy one, coaches can remove the girls from the field until the injured child is removed.
- 8) Goodie bags/treats will be exchanged at the last game prior to ISAC cheer competition.
- 9) Cheerleaders/cheer squads are permitted to cheer for another level(s) with no cheerleaders on game days.

Game Day Check-In

- 1) Check-in shall occur by the concession area, thirty (30) minutes prior to the start of every game.

Safety Levels

- 1) Associations will follow the current JAMZ Youth Championship Guide for practices and games.
 - a. For current safety guidelines visit - <http://www.jamz.com/Championship-Guide>
- 2) Associations are permitted to perform skills from Show Cheer levels 1-3 during practices and games. Associations are prohibited from performing/attempting skills above a Show Cheer level 3 during season.
- 3) For Cheer Competitions, associations are to adhere to the safety rules of the hosting and sponsoring organization.

Music & Song Routines

- 1) All music for games and competition is the responsibility of the association and must be cued by the performing team.
- 2) Music must not contain any profanity or suggestive phrases.

Parades & Exhibitions

- 1) Parades and exhibitions are permitted and encouraged to promote ISAC and your association in your community.

Practice

- 1) Each cheerleader must have a minimum of 10 (ten) hours of conditioning prior to participation in stunting. Clinic or Camp attendance shall NOT be credited toward this requirement.
- 2) Practice for regular season may not begin prior to the last Monday in July.
- 3) An exception shall be made for the purpose of performing at fundraising events and the association will be permitted ten hours of practice time (preseason) to prepare.
- 4) Cheer teams must not exceed more than ten (10) hours of practice time per week prior to Labor Day. After Labor Day, cheer teams must not exceed more than six (6) hours of practice time per week. Four weeks prior to competition, cheer teams are allowed an additional two (2) hours of practice time per week but must not exceed more than eight (8) hours of practice time per week.
- 5) Clinic or camp attendance shall NOT be considered as practice time.
- 6) Associations that support an extended season for cheerleading may continue to practice post season. It will be the responsibility of individual associations, not that of the ISAC, to govern post season activities.
- 7) Practice sessions must not exceed more than two hours per day.

Competition

- 1) During the Alliance competition, teams will adhere to all the above cheerleading requirements except where noted.
- 2) **Attendance and Participation at the annual ISAC Cheer Competition is mandatory for all Associations that have cheerleaders (with the exception of mascots). Failure to participate will result in a \$36 fine per certified cheerleader and must be paid to ISAC before the end of the current season.** Associations with MASCOT teams are encouraged to have a routine for exhibition only (there will be no placement).
- 3) Associations are permitted to participate in competitions outside the Alliance. These competitions may not conflict with scheduled ISAC football games.
- 4) During outside competitions all organizations will adhere to the Safety Guidelines of the organization hosting the competition they are participating in.
- 5) Squads with seven (7) or less cheerleaders may combine with the next (older) age division for season and competition.
- 6) Teams are prohibited from seeking professional choreography services in the creation of a routine for use at the ISAC Cheer Competition. A professional choreographer is defined as anyone employed by an outside organization that provides coaching, instructing, advising, or choreography services as part of their employment.
- 7) All squads will perform in the Show Cheer Division and at the designated levels described in the competition proposal presented by the ISAC Cheer Director.

ISAC Hosted Competition – *in the event that ISAC hosts their own independent competition.*

- 1) The ISAC Cheer Director will total the number of cheer cheerleaders in each Alliance. The total number of cheer cheerleaders is for solicitation purposes to rent a facility associated for ISAC competition(s). Cost, shall be paid for up-front and evenly distributed amongst the Alliances. The ISAC Cheer Director will make a strong effort to locate a facility within ISAC for no cost. Any team having access to a rent-free facility capable of 2500 seating capacity should notify the ISAC Cheer Director.
- 2) A no show team for the annual cheer competition at any facility shall not relieve the team of any financial obligation to ISAC. Included, there is no refund of previously paid competition fees due to a no show in a scheduled competition. Failure not participate is in direct conflict with the Alliance Charter.
- 3) No show teams to a scheduled competition are subject to expulsion from the Alliance pursuant to any Presidential review of the circumstances. Agenda item is automatically placed within the January meeting or first Alliance meeting, pursuant to ISAC Expulsion Rule; “Voting, 2), b)”. The Alliance Presidents may consider placement of the team on 2 yr. probation.
- 4) Intent of this rule is not to punish, but insure and support the success of the ISAC Cheer activities. Alliance Presidents understand the development of a new youth program,

which provides the opportunity in developing a cheer program and subject to this rule after one (1) season.

- 6) Teams cannot pay for professional choreography services in the creation of a routine for use at ISAC Cheer Competition. A professional choreographer is defined as anyone employed by an outside organization that provides coaching, instructing, advising, or choreography services as part of their employment.

Admission

- 1) Admission prices are subject to change due to venue pricing.
- 2) Children under 6 years of age – Free.
- 3) Football player's in jersey's and board members/coaches with ISAC badges – Free.

Program

- 1) All squads will perform a combination dance, stunt, motion, tumbling, and jumping performance
(show cheer style).
- 2) Overall performance time will not exceed 2 minutes 30 seconds from first organized motion or first note of music to the last.
- 3) The use of pom poms, signs, and megaphones are optional.
- 4) No gymnastic stunt may be performed with pom poms in hand.

Props

- 1) A prop is the use of anything other than your normal uniform for the purpose of enhancing your performance.
- 2) The Cheer Coordinator must approve the use of all props prior to competition day.
- 3) No mini-tramps or springboards are permitted.

Judging

- 1) Qualified professional judges will be arranged by the ISAC appointed host for all sponsored competitions.
- 2) All scores and decisions of the judges are final.
- 3) All ties will be given duplicate awards.
- 4) Violation of any stunt or safety rule will result in point penalties and possible disqualification.
- 5) Minor and Major Mistakes/Bobbles will have point deductions.

Safety Levels

- 1) For Cheer Competitions, Associations are to adhere to the safety rules of the hosting and sponsoring organization.

*****All judgment/placement will be determined by the company contracted to conduct ISAC Cheerleading Championships. It is the responsibility of each association director/coordinator and coaches to make sure routines including all stunts and tumbling are done within the level guidelines of the competition company selected.**