

Sierra Athletic Conference

Cheer Rulebook

2026



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SAC Mission Statement

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

SAC Charter

The SAC shall consist of football and cheerleading organizations in the Northern California area, each of whom have committed to completing the given SAC season for football and cheer in the SAC league. The SAC will consist of organizations who have a close working and historical relationship with their local high school football, cheerleading, or STUNT programs.

SAC By-Laws

Please see *2026 SAC Charter and Rulebook* for specific rules and guidelines pertaining to the league.

Sideline Cheer Rules:

1. Eligibility Age:

1.1 Mascots:

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

1.2 Jr. Pee Wee, Pee Wee, Jr. Midget, Midgets:

- All cheerleaders must meet the applicable age limits noted below.
- The cheerleader's age as of August 31, 2026 of the current season shall be their league age.
- The squad size is limited to a maximum of 35 cheerleaders.
- Any cheerleader who is 15 or prior to August 31, 2026 of the current season will not be allowed to participate.

1.3 No High School participants will be allowed to cheer with a SAC organization.

Age Range Chart					
Age	Mascot	Jr Pee Wee	Pee Wee	Jr Midgets	Midgets
5					
6		X			
7		X			
8		X	X		
9		X	X		
10			X	X	

11			X	X	X
12				X	X
13				X	X
14					X

2. Age Exceptions:

- 2.1 Age exceptions are required to move a cheerleader up or down a level
- 2.2 Exceptions are permitted solely for the purpose of meeting the minimum 12 athlete roster requirement; no other exception request will be considered or heard
- 2.3 Exceptions will be reviewed by the Presidents
- 2.4 Exceptions may only be 1 year above or below the age range for that team
- 2.5 An exception request must be submitted to the Vice Commissioner of Cheer and STUNT by the Monday before the President's meeting
- 2.6 The Vice Commissioner of Cheer and STUNT will compile the exceptions and send for an electronic vote by the cheer VPs for each organization by the following Friday
- 2.7 The Vice Commissioner of Cheer and STUNT will then present the exception requests and the results of the cheer VPs vote to the Presidents Board

3. Leadership and Coaching: *Level 1 infraction if rule violated*

- 3.1 VP of Cheer, Cheer Directors, Cheer Coordinators, and Assistant Coordinators:
 - Must be at least 18 years of age.
 - Must set a positive example at all times in behavior and appearance.
- 3.2 Coaching:
 - Head Coach:
 - One per squad.
 - Must be at least 18 years of age.
 - Must set a positive example at all times in behavior and appearance.
 - Assistant Coaches and Instructors/Jr Coaches:
 - Each team can have a maximum of 9 coaches: 1 Head Coach, 5 assistant coaches that are 18 years or older and 4 Jr coaches with no exceptions.
 - Assistant coaches must be at least 18 years of age or turning 18 years of age during the season as long as they are no longer a high school student.
 - Instructors/Jr coaches are defined as high school students or younger.
 - Assistant coaches and instructors/Jr coaches must set a positive example at all times in behavior and appearance.

4. Coaching Certification Requirements: *Level 1 infraction if rule violated*

- 4.1 Each organization will maintain a coaches binder for each team containing:
 - Active roster of coaches for each team
 - Current YCADA or USA Cheer certificate (required annually)
 - Concussion certificate (required annually)
 - Mandated reporter certificate (required every 2 years)

- CPR/First-aid certification for at least one coach per team (required every 2 years)
- Signed current *SAC Code of Conduct* (required annually)

5. Athlete Certification Requirements: *Level 1 infraction if rule violated*

- 5.1 All athletes must provide the following documents:
 - Participant identification card (Player Card) with current photo
 - Medical clearance to participate dated after April 15th of the current year
 - Proof of age as of August 31st of the current season in the form of a birth certificate or passport
 - Signed current *SAC Code of Conduct*
 - Report card of the most recent spring/summer of the previous school year for all age 13 and going into the 7th grade and all 8th graders regardless of age
- 5.2 Paperwork certification must be completed prior to participating in Jamboree. Paperwork certification will be completed by the SAC Executive Board and assigned SAC members.
- 5.3 Player certification must be completed at Jamboree or up to the third game of the season.
- 5.4 An athlete or coach who has originally certified with a team/division/organization may recertify for another team/division/organization, provided that he/she meets the requirements and have completed certification by the third game.

6. Tryouts: *Level 1 infraction if rule violated*

- 6.1 Tryouts shall be limited to no more than 5 days with a maximum of 10 hours.

7. Practice, Camps, and Clinics: *Level 2 infraction if rule violated*

- 7.1 A week is defined as 7 consecutive days beginning on Monday and ending on Sunday.
- 7.2 Practice, camps, and clinics are defined as any organized event which is mandatory for a squad where technique, stunting, choreography, conditioning, stretching, or tumbling takes place.
- 7.3 SAC organizations may attend any camp or clinic provided by an outside group or by its associated high school.
- 7.4 Hours spent at camps or clinics once the start of the season will count towards scheduled weekly hours.
- 7.5 Camp or clinic hours prior to the start of the season will not count towards scheduled weekly hours.
- 7.6 Practice, camps, or clinics can be held at any venue or location as determined by the organization.
- 7.7 Practice shall not begin until the start of the season as set by the SAC league.
 - For the 2026 season, the first day of practice is July 20, 2026.
- 7.8 Teams may schedule up to 10 hours of practice, camps, or clinics per week from the season start date until the 1st game.
 - For the 2026 season, this is July 20, 2026 through August 23, 2026.
- 7.9 Teams may schedule up to 6 hours of practice, camps, or clinics per week after the first league game through 5 weeks prior to the SAC Cheer Competition.
 - For the 2026 season, this is August 24, 2026 through October 4, 2026.

7.10 Five weeks prior to the SAC Cheer Competition, teams may schedule up to 8 hours of practice per week.

- For the 2026 season, this begins October 5, 2026 until the SAC Cheer Competition on November 8, 2026.

7.11 Pre-game warmup or game day cheering does not count towards weekly allotted hours.

8. Competitions: *Level 3 infraction if rule violated*

8.1 Hiring of professional choreography is prohibited if used for competition routines.

8.2 Organizations are allowed to participate in competitions outside the SAC.

8.3 During outside competitions, organizations will adhere to the rules and guidelines of the competition in which they are participating.

8.4 Cheer squads may be combined for out of league competitions only.

8.5 Post-season competition squads can begin to practice at the organization's discretion; however try-out and practice times will count towards weekly allotted hours during the season.

8.6 All SAC organizations are required to participate in the SAC Cheer Competition.

- A team may participate as an exhibition team and not be judged or compete against other teams at the SAC Cheer Competition.
- Exhibition teams will not qualify for a bid to Nationals.
- Exhibition teams will pay registration fees.

8.7 Mascots will be allowed to showcase at the SAC Cheer Competition with a routine up to a 2 minute 30 second routine.

9. Appearance, Dress, and Proper Attire: *Level 1 infraction if rule violated*

9.1 Each organization will mandate their cheerleader's dress code.

9.2 Hair can be worn up or half up and half down.

9.3 Nails cannot be visible beyond the end of the fingers when viewed from the palm side of the hand.

- No false nails
- No nail polish

9.4 Light make-up, face painting, or tattoos are at the discretion of the organization.

9.5 No jewelry of any kind.

- No Band-Aids or taping over piercings are allowed.
- No facial or body piercings may be worn.

10. Game Day, Hello Cheer, Half-Time, and Music : *Level 1 infraction if rule violated*

10.1 The visiting team must provide a roster, with the athlete's 1st name for each team, to the press box prior to the beginning of half-time at the first game of the day.

10.2 Athlete names that are difficult to pronounce should have phonetic spelling next to the names.

10.3 The home team greets the visiting team prior to the end of the 1st quarter with a "Hello Cheer."

10.4 The visiting team greets the home team prior to half-time with a "Hello Cheer."

- 10.5** The visiting team will perform their half-time routine first.
- 10.6** Performance time may not exceed 5 minutes for each squad.
- 10.7** Each organization must have a representative in the press box to announce the team and manage the team's music.
- 10.8** All music is the responsibility of the organization.
- 10.9** Music should not contain any profanity or suggestive phrases
- 10.10** Bleeping out unacceptable words or phrases is not allowed.

11.Discipline and Infraction Consequences:

- 11.1** It is encouraged that the organization handle disciplinary issues.
- 11.2** Violations of the *SAC Code of Conduct* by an athlete, coach, board member, or parent/guardian may result in league intervention by the SAC Presidents Board and/or SAC Executive Board. See *2026 SAC Charter and Rulebook*.

Level	1st Infraction	2nd Infraction	Additional infractions of same rule by same squad
1	Warning and requirement to correct	Loss of 2.5 practice hours for violating squad during week following infraction	Escalates to level 2
2	Loss of 5 practice hours for violating squad during week following infraction	Loss of squad performing during half-time at next game	Escalates to level 3
3	Squad receives 2.0 deduction off score at TOC	Head coach is not allowed to warm-up with squad at TOC	Exhibit only at TOC (no ability to score or place)