



2026 Coach's Packet

Stillwater Area Sports Assoc. (SASA)

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SASA RAINOUT INFO

(405) 533-3753

You can also sign up to have rainout info emailed to you.

www.stillwaterareasports.com



Coaches/Parent/Staff/Spectator

Awareness and Expectations

Prohibited Behavior

1. Use or under the influence of tobacco and/or alcohol in the presence of SASA athletes.
2. Use of degrading language or behavior. Coaches are also responsible for stopping disrespectful behavior between team members, including sexual harassment
3. Threatening or intentionally inflicting physical injury upon anyone, especially a minor. Coaches are also responsible for stopping threatening behavior by players.
4. Committing any sexual offense against a minor, or engaging in any sexual contact with a minor.
5. Making any sexual advance, or engaging in other verbal, or physical conduct of a sexual nature with a minor.
6. Non-related one-adult/one-child interaction except in an emergency where following this policy would be dangerous to the child. In an emergency situation, the coach or volunteer must contact a representative of the organization to inform him or her of this contact and the reason for it. If a child is receiving individual instruction or working with a private coach, this activity must be in a public setting rather than behind closed doors.

Reporting of Suspected Child Sexual Abuse

1. A member of the Board of Directors or other official representative will be designated to receive reports of sexual abuse or other inappropriate conduct. This representative will promptly notify the proper law enforcement agencies.
2. All coaches, volunteers, parents and program participants are directed to report any incident of abuse or suspected abuse that they witness or that is reported to them to the designated representative of the Board of Directors. *Note:* This does not preclude individuals from reporting abuse, suspected abuse to the proper law enforcement authorities.
3. The designated representative will keep other Board members fully informed.
4. Should a suspected incidence of abuse be reported, the coach/volunteer in question may be temporarily suspended from duties while an investigation takes place.
5. The Board of Directors, when appropriate, shall communicate reports of child sexual abuse to the league members. The confidentiality of any person who makes such a report will be protected.



SASA Weather Policy/Best Practices

Through guidance from Stillwater Public Schools Athletics Training Staff, SASA has adopted the following protocol to mitigate weather related illness/injury at outdoor sporting events.

Lightning

All outdoor sporting events (practices/games) at SASA facilities are to be immediately suspended at the first lightning strike within a 10 mile radius. Once the event is suspended the facility is to be cleared of all occupants until 20 minutes after the last lightning strike within a 10 mile radius.

*Games suspended due to weather will NOT be resumed on the same day.

Cold

Wind Chill < 35 degrees at game/practice start time

- ~ Suspend all outdoor activities.

Heat

Heat Index < 95 degrees.

- ~ Water should be readily available with optional breaks every 30mins suggested.

Heat Index 95-99 degrees.

- ~ Water should be readily available with mandatory breaks every 30mins.

Heat Index 100-104 degrees.

- ~ Water should be readily available with mandatory breaks every 30mins.
- ~ **Protective Equipment (Helmets, Catchers Gear) should not be worn.**

Heat Index > 104 degrees.

- ~ Suspend all outdoor activities.



7 v 7

Air-Raid Football Ages 8-12

Playing Field

1. 40yds x 32yds. 40 yds from the 0 yds line to the goal line with a 5yds deep endzone. The field only has 1 end zone so offenses will drive the ball the same direction.

Length of Game

2. At the start of each game, coaches from both teams meet at midfield for the coin toss to determine who starts with the ball. The winner of the coin toss has the choice of offense or defense.
3. A game consists of two 20 minutes halves and a 3–5 minute half time.
 - a. During the first 19 minutes of each half the game clock will run continuously except for an injury or a timeout is called.
 - b. At the 19 minute mark of each half a 1-minute timeout will be called by officials marking the 1-minute warning. Within the final 1 minute of each half traditional clock stopping rules will be enforced.
 - c. Each team has 1, 60 second timeout each half.

7v7 Offense

4. 7 Offensive players are allowed to participate. All offensive formations are legal. Number of players on the line/off the line of scrimmage does not matter.
 - a. All offensive possessions begin at the 10-yard line. The offense has four downs to cross the next marked line to get a new set of downs (individual yard lines are not marked rather than “3rd and 7” you will have “3rd and line”) or cross the goal line to score
 - b. At the spot of the ball, the offense has 35 seconds to snap the ball.
 - c. The quarterback has 5 seconds to release an overhand pass. **Running plays, handoffs, underhand tosses behind the line of scrimmage are NOT allowed in ages 8-12u. Backwards overhand passes ARE allowed in ages 8-12u.**
 - d. Touchdowns are worth 6pts, no PATS are attempted.
 - e. All players except the quarterback are eligible receivers.
 - i. The Quarterback is identified as the 1st player to touch the ball from the center.
 - f. Eligible Receivers are identified as any player (including the center) other than the Quarterback.

*The quarterback may become an eligible receiver only after a backwards pass.
 - g. No blocking or “screening” is allowed at any time.
 - h. Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. There is no running with the ball-carrier.
 - i. One offensive coach is allowed on the field to call plays and direct players according to need prior to the snap. Once the quarterback begins their cadence coaches must be behind the deepest offensive and defensive players and out of the action.

7v7 Defense

5. 7 Defensive players are allowed to participate and drop into any type/style of defensive coverage. All defensive alignments are legal as there are no defensive players in the neutral zone at the time the ball is snapped.
 - a. An offensive ball carrier is considered down at the first touch by a defensive player. *1-Touch*
 - b. **Contact to the head and neck area will result in an unsportsmanlike conduct penalty.**
 - c. Defensive players are not allowed to be within a 2 yard neutral zone when the ball is snapped. Rubber pucks will mark the spot of the football and 2 yards into the defensive backfield forming the neutral zone.
 - d. Within the 5yd line there is no neutral zone. Defensive players may legally line up at the line of scrimmage.
 - e. Defensive players are not allowed to cross the line of scrimmage before the football is released by the quarterback.
 - f. Following the release of a pass any member of the defense can cross the line of scrimmage
 - g. One defensive coach is allowed on the field to call plays and direct players according to need prior to the snap. Once the quarterback begins their cadence coaches must be behind the deepest offensive and defensive players and out of the action.
 - h. Should the defense prevent the offense from scoring on their possession (by way of interception, player to player fumble or turn over on downs) the defense is awarded 3pts.
*A possession ended by the game clock expiring will **NOT** result in defensive points.
 - i. Anytime a ball carrier fumbles the football before being ruled down the ball will be spotted where it hits the ground. Fumbles from an offensive player to a defensive player without touching the ground are a change of possession.

Equipment

6. Each player must wear a uniformed shirt/jersey. SASA provides Sport-Tek t-shirt jerseys upon request.
7. 8u -10u Divisions will use a PeeWee size game ball.
 - a. 12u Division will use a Junior size game ball.
8. Rubber or Molded cleats are encouraged but are not mandatory.
9. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed. Players are encouraged to wear mouth pieces during practices and games.
10. Players must remove all jewelry, hats and do-rags. Winter beanies are allowed.

Live Ball / Dead Ball

11. The ball is live at the snap and remains live until an official's whistle blows the ball dead.
12. The official will indicate the neutral zone and line of scrimmage by spotting the ball and a line of scrimmage marker and another marker 2yds away creating a neutral zone.
 - a. It is an automatic dead ball foul if any player on defense or offense is in the neutral zone when the ball is snapped. In regard to the neutral zone, an official may give both teams a "courtesy" neutral zone notification prior to the snap to allow their players to move back behind the line of scrimmage.

13. The defense may not mimic the offensive team's signals by trying to confuse the offensive players while the quarterback is calling signals to start the play. This will result in an unsportsmanlike conduct penalty.
14. A player who gains possession of the ball is considered inbounds as long as one foot comes down in the field of play.
15. Substitutions may be made on any dead ball.
16. Any official can whistle the play dead.
17. Play is ruled "dead" when:
 - b. The ball hits the ground
 - c. If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground
 - d. The ball-carrier is touched by a defensive player
 - e. The ball-carrier steps out of bounds
 - f. A touchdown is scored
 - g. Any part of the body other than feet or hands touches the ground
 - h. An inadvertent whistle

Penalty's

18. The officials will call all penalties.
19. Game officials determine incidental contact that may result from normal run of play.
20. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
21. Games and halves may not end on a penalty unless the opposing team declines it.
22. Penalties are assessed live ball and dead ball. Live ball penalties must be assessed before play is considered complete.
23. Penalties will be assessed half the distance to the goal line when the penalty yardage is more than half the distance to the goal.