



2025 7v7 Football Coaches Information

Due by COB on August 22.

We cannot guarantee all schedule requests; however, we will do our very best! We would encourage every team to identify an assistant coach to take over in the event you cannot be at a practice or a game. Thank you for your cooperation!

Paperwork to be returned to SASA office...

1. Coaches Information Sheet/Bad Play Day Form (*This sheet*)
2. Coaches Code of Ethics
3. Jersey Order Form

Coaches Information (*All league info will be sent to email address or cell# listed below*)

Head Coaches Name: _____

Coaches Cell: _____

Coaches Email: _____@_____

Division Coaching:

☐ 6U Football

☐ 8U Football

☐ 10U Football

Any concerns or conflicts SASA should be aware of?

Stillwater Area Sports Assoc. Coaches Code of Ethics Agreement

Prior to participating as a coach in any Stillwater Area Sports Association (SASA) related activity, I agree to encourage, demand, exemplify and abide by the following:

1. I accept the duty the duty and obligation to report any known illegal or unethical conduct by any coach, assistant coach, officer, official, spectator, board member or director.
2. I will comply with all SASA rules, bylaws, certifications, regulations and decisions as well as all applicable governmental rules, regulations and laws. I understand that I may request a copy of the SASA articles and bylaws, or review them during regular business hours at the SASA office, and agree to be bound thereby.
3. I agree to ensure that every participant has completely complied with the registration process including completion of all registration forms, waivers, and payment or fees.
4. I will strive to exemplify and instill in my participants that while winning may be an immediate objective, it is secondary to fairness, honesty, integrity, sportsmanship, strength of character, and participation.
5. I will encourage and maintain an optimum sports environment for participants.
6. I will (a) provide a drug free environment; (b) provide conditioning and training instruction to optimize safety and health while minimizing injury; (c) provide equal opportunity for each participant to engage in any SASA activity; (d) provide positive encouragement to each and every participant regardless of race, color, creed, gender, religious orientation, disability, inability, parental influence or economic status.
7. I will require parents and associated spectators to conduct themselves in a manner consistent with the purpose and aims, while also leading by example.
8. I acknowledge and agree that SASA has complete and absolute discretion as to whether an individual is qualified to be a coach in SASA's sports leagues. I understand that before a final decision is made by SASA as to my qualifications to be an SASA coach or any other requirements are imposed for me to be an SASA coach, I will be given an opportunity to present my position on the matter to the SASA board. However, I agree that any decision made by the SASA Board shall be final and I agree to be bound by and follow any such decisions by SASA.

WHEN YOU SIGN THIS AGREEMENT, YOU ARE CERTIFYING THAT YOU HAVE READ AND UNDERSTOOD EACH ITEM, AND YOU ARE VOLUNTARILY WAIVING ANY CLAIM YOU MAY HAVE AGAINST SASA OR THE CITY OF STILLWATER IN THE EVENT YOU ARE SANCTIONED AS A RESULT OF ANY VIOLATION OF THE TERMS OF THIS AGREEMENT. YOU ARE AGREEING TO FOLLOW ANY RULING OF THE SASA BOARD WITH REGARD TO YOUR QUALIFICATIONS TO BE A COACH IN ANY SASA SPORTS PROGRAM.

(PLEASE SIGN BELOW)

PRINT NAME: _____

SIGNATURE: _____ DATE: _____



7v7 FOOTBALL GAME SHIRT ORDER FORM

MUST BE TURNED INTO SASA OFFICE BY Friday, August 22

Office hours are 9:00-2:00 Monday-Friday. Colors are chosen by first turned in basis. If sizes and color request aren't turned in by 8-22-25; SASA cannot guarantee t shirts by your team's first game.

Shirt Color Options:

Royal Red Black White Orange Maroon Purple Green

1st CHOICE: _____ 2nd Choice: _____ 3rd Choice: _____

(2) Coaches Shirts are Covered by SASA.

SIZES	TEAM TOTAL SHIRTS NEEDED
Youth X Small (2-4)	
Youth Small (6-8)	
Youth Medium (10-12)	
Youth Large (14-16)	
Adult Small	
Adult Medium	
Adult Large	
Adult XLarge	
Adult XX Large	

Coaches Name: _____

Coaches Cell: _____

Division: _____

Concussion Facts

Coaches



What is a concussion?

When an athlete gets their “bell rung” or gets “lit up” they have suffered a concussion. A concussion is a type of *traumatic brain injury (TBI)* caused by a bump, blow, hit, or jolt to the head or body that moves the head and brain rapidly back and forth. This sudden movement can cause the brain to bounce or twist inside the skull, sometimes stretching and damaging brain cells and creating chemical changes in the brain. The effects of a concussion can be serious and should be treated as such. The brain continues to grow and develop into the mid-twenties; disruptions to that development from a TBI in childhood or adolescence can have long-term consequences on the brain’s functioning.



When an athlete takes a hit

If you suspect an athlete has sustained a concussion, **immediately** remove them from play. Do **not** allow the athlete to return to play on the same day as the injury (unless the athlete is evaluated by a licensed health care provider who provides *written* clearance allowing same-day return to play). Record the time and circumstances of the injury, along with any concussion signs/symptoms you observe or the athlete reports to you, and provide this information to the medical team.



WHEN IN DOUBT, SIT THEM OUT

The brain needs time to heal after a concussion. An athlete who continues to play or who returns to play too soon – before the brain has finished healing – has a greater chance of getting another concussion. **A repeat concussion that occurs while the brain is still healing can be very serious and can affect an athlete for a lifetime. It can even be fatal.**



MYTH: A concussion always causes you to lose consciousness (pass out).

FACT: Most concussions don’t cause you to pass out. In fact, concussion symptoms may not appear for hours or days after the hit.



SIGNS AND SYMPTOMS

There are many signs and symptoms of a concussion. **Concussion symptoms may appear minutes, hours, or days after the initial injury.** Symptoms may be physical, emotional, behavioral, or cognitive (affect thinking). You may observe these signs in an athlete or the athlete may report symptoms to you.

Physical

- Headache or pressure in the head
- Dizziness, balance problems
- Nausea or vomiting
- Sensitivity to noise, ringing in ears
- Sensitivity to light, blurry or double vision
- Feels tired
- Tingling
- Does not “feel right”
- Seems dazed, stunned

Emotional/Behavioral

- Becomes irritable
- Becomes sad or depressed
- More emotional than usual
- Anxious or nervous
- Personality or behavioral changes, such as becoming impulsive

Cognitive

- Trouble thinking clearly
- Trouble concentrating
- Trouble remembering, can’t recall events before or after the hit
- Feels sluggish, hazy, foggy, or groggy
- Feels “slowed down”
- Repeats questions or answers questions more slowly
- Confusion
- Forgets routine things

DANGER SIGNS

If one or more of these signs emerges after a hit to the head or body, **IMMEDIATELY** call 911 or tell the parent/guardian to take the athlete to the nearest emergency room.

- One pupil larger than the other
- Drowsy or cannot wake up
- Headache that gets worse and does not go away
- Slurred speech, weakness, numbness
- Decreased coordination
- Loss of consciousness
- Repeated vomiting or ongoing nausea
- Shaking or twitching (convulsions or seizures)
- Unusual behavior, increased confusion, restlessness, or agitation

Learn more: concussion.health.ok.gov | 405.426.8440

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OKLAHOMA
State Department
of Health



OKLAHOMA
Education





2025 7v7 Football Coach's Packet

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Carolyn@StillwaterAreaSports.com

Operations Director
Jared Szlichta
Jared@StillwaterAreaSports.com

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 who makes such a report will be protected.



7v7 Football

Program Organization and Administrative Personnel

The SASA Rec. 7v7 Football Program shall be operated under the direction and supervision of the SASA Directors and their staff, all of whom are employed by SASA. **The final decision(s) on anything covered or not covered in this rule book will be made by the SASA Board of Directors and/or its representatives. Be it understood that by coaching in this program, you accept the purpose, direction and philosophy of the program.**

Purpose

The general purpose of the SASA Rec. 7v7 Football Program is to allow each player to grow within the game through fundamental development, physical fitness, sportsmanship and inspiration.

Philosophy

The established philosophy of the SASA Board of Directors is that all participants enrolled in youth sports have the guaranteed right to play in every game regardless of skill level. However, SASA understands that practice habits, attitude and effort are contributing factors towards playing time.

Sportsmanship

1. Poor sportsmanship and/or foul language will not be tolerated. Any derogatory remarks to officials, opposing coaches, fans, or players can result in suspension from play or forfeiture of the game.
2. Any coach/fan/parent ejected from a SASA event (games or practices) must leave SASA property immediately and may not re-enter SASA property for the remainder of the day.
 - a. Ejected coaches will be suspended from coaching their team's next game.
 - i. If the coach is responsible for multiple teams, the suspension will apply to the next game of the team involved in the ejection.
 - ii. If the coach is coaching multiple teams in the same sport/season and the ejection occurs during the last game of one team's season, the suspension will be served during the next scheduled game of the other team.
 - iii. If the ejection occurs during the last game of the season and the coach will be coaching in a future season or another sport, the suspension will carry over to that team's first game of the next season.
 - b. Ejected fans/spectators/fans will be suspended from attending their team's next game.
3. Ejected coaches/fans/parents may petition to the SASA Board of Directors through the Grievance Chair to have their suspension nullified.
4. Repeated ejections or acts of poor sportsmanship and/or use of foul language could result in suspension or removal from all SASA programs for the remainder of the calendar year.



7 v 7

Air-Raid Football

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 each team 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.
4. Teams change sides after the first half. Possession changes to the team that started the game on defense.

7v7 Offense

5. 7 Offensive players are allowed to participate. All offensive formations are legal as long as there is a Center, a Quarterback and a Back within a traditional tackle box. 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 a forward pass. **Running plays are only allowed in the 6u division**
 - 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 after the snap) other than the Quarterback
 - 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

6. 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 forward 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.
 - 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

7. Each player must wear a uniformed shirt/jersey. SASA provides t-shirt jerseys upon request.
8. 8u -10u Divisions will use a PeeWee size game ball.
 - a. 6u Division will be allowed to use a football smaller than PeeWee size as long as it is approved by the officials at the pre-game meeting.
9. Rubber or Molded cleats are encouraged but are not mandatory.
10. 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.
11. Players must remove all jewelry, hats and do-rags. Winter beanies are allowed.

Live Ball / Dead Ball

12. The ball is live at the snap and remains live until an official's whistle blows the ball dead.
13. 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.

14. 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.
15. A player who gains possession of the ball is considered inbounds as long as one foot comes down in the field of play.
16. Substitutions may be made on any dead ball.
17. Any official can whistle the play dead.
18. 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 or safety is scored
 - g. Any part of the body other than feet or hands touches the ground
 - h. An inadvertent whistle

Penalty's

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