

SUNSHINE ATHLETIC CONFERENCE

Established 2007

BYLAWS

Revised May 2024

The Sunshine Athletic Conference

CONSTITUTION

Preamble - All actions made by the Sunshine Athletic Conference (SAC) committee are subject to review by the headmasters/principals of the member school.

ARTICLE I

NAME

The name of the league shall be the “Sunshine Athletic Conference.”

ARTICLE II

OBJECTIVES OF THE LEAGUE

The objectives of the league shall be to further the athletic interests of the member schools and their student participants, promote good sportsmanship, encourage wholesome relations between member schools, promote and advance the cause and functions of athletics, and assist in keeping all athletics operating at a high level and in an exemplary manner.

ARTICLE III

MEMBERS

Membership - Royal Palm Academy, Naples Christian Academy, Donahue Academy, St. Ann School, St. Elizabeth Seton, The Village School.

Section I. Any private school in the area is eligible for membership in this league on unanimous vote of the schools composing the league, after a period of one year from the time of first making application. During the one year application period, each member school shall make every effort to schedule the applying school in as many sports as possible. Charter schools are not considered private schools for this league’s purposes.

Section II. Annual membership fees shall be \$250 for each school and are payable (make checks out to SAC) by September 31st at the beginning of each academic year. This fee shall be reviewed by the governing committee at the May meeting for the upcoming school year and is subject to change. League entry fee for new schools is double the annual fee.

ARTICLE IV

THE COMMITTEE

Section I. There shall be a governing committee composed of one representative of each member school. This representative shall be appointed by the chief administrator of each school. It shall meet in August/September, November, and April for the purpose of arranging schedules and discussing and acting on League business.

One weeks notice of each meeting of the committee should be given by the Conference Chair.

OFFICERS

Section II. The officers of the committee shall consist of a Conference Chairperson, Sports Committee Chairperson, and an Executive Treasurer for each school year.

Conference President – Matt Bucknell

Section III. The Conference President Shall:

- A. Present rules for the governing of the particular sport to the membership and insuring that league sports are governed by those rules which are adopted.
- B. Notify member schools of the times and places of the next meeting.
- C. Oversee protests that do not involve his own school (see Article X, Section I)
- D. This position is rotating position with a 3-year term.

Vice President – Javi

Section IV. The Vice President Shall:

- A. Work with the Conference President to be able to take over the conference from the President.
- B. The Vice President will take notes at the conference meetings and send out meeting minutes

Executive Treasurer – Andrew Miranti

Section V. The Executive Treasurer Shall:

- A. Order end of the season awards for each sport.
- B. Receive all monies and pay all bills.

ARTICLE V

VOTING

Each member school shall be allowed one vote on any and all league matters. For an amendment or a new article to pass, a minimum of 4 votes must be in favor.

ARTICLE VI

AMENDMENTS

This constitution and its bylaws may be amended only by a majority vote of all member schools in the league. If a school is not present an effort will be made to contact the missing school electronically to determine their vote.

BYLAWS

ARTICLE I

ORDER OF BUSINESS

The order of business of all regular meetings of the League shall be:

- A. Roll Call
- B. Unfinished business- questions and/or information from the previous season
- C. New Business
- D. Adjournment

Any person(s) requesting an audience at a regularly rescheduled league meeting must give one week prior notice to all member schools.

ARTICLE II

SPECIAL MEETINGS

Special meetings of the committee shall be called by the Conference Chairperson at the written request of a member school.

ARTICLE III

QUORUM

Two-thirds of the league schools shall constitute a quorum for any meeting of the league.

ARTICLE IV

OFFICER SUCCESSION

Section I.

At the April meeting, league members will vote on officers for the following year. The Conference Chairperson position shall rotate each year.

ARTICLE V

ADMISSIONS

Application of membership in this league must be addressed to the Conference Chairperson and can be acted upon by the committee.

ARTICLE VI

ELIGIBILITY FOR SPORTS

1. For 7th-8th grade/Varsity/A team sports, a student cannot turn 15 by September 1st of the school year.
2. For 5th-6th grade/Junior Varsity/B team sports, a student cannot turn 13 by September 1st of the current school year.
3. Students in 4th grade may be utilized for 5th-6th grade/Junior Varsity/B team sports at the discretion of the individual school if deemed necessary to fill out roster sports.
4. 5th and 6th graders may be used to fill out rosters of 7th-8th grade/Varsity/A team sports
5. 7th and 8th graders may not play down on the 5th-6th grade/Junior Varsity/B team sports
6. At the beginning of each season for each sport, players MUST either be on the JV roster or VARSITY roster - NOT both.
7. Any variance of the above guidelines must be mutually agreed upon between the Athletic Directors prior to the game.
8. 3rd graders may participate in cross country and track and field at the school's discretion.

9. Student-athletes cannot be home-schooled; they must be fulltime enrolled students. If a school chooses to allow home-schooled students to participate to help fill out their teams, the team will be ineligible for end of season play.
10. If a team has played ten (10) middle school games, then an individual player who is playing at various levels must play in at least four (4) middle school contests to be eligible for the playoffs. If a team has played less than ten (10) middle school games then an individual player who is playing at various levels must play in at least three (3) contests.
11. In track and cross country, an individual must compete in one regular season meet to be eligible to compete in the league championship. The only exception is for an individual who has an injury that prevents them from competing during the regular season. The league will make an effort to schedule at least one weeknight meet to provide an opportunity for more students to compete in a match.

ARTICLE VII

CODE OF ETHICS FOR SPECTATORS

Adequate faculty supervision will be provided to insure that the events are conducted in a peaceful and orderly manner.

For all tournament play, an administrator/representative from each school will make themselves available to run the scoreboard/book and to assist in supervising spectators at the events. Please note this is only for the games your school is participating in, during the tournament.

The Fan's Role

The spectators at an athletic contest have an important role in displaying good sportsmanship. Their habits and reactions reflect directly upon the reputation of their school and community.

Fans should:

- Show respect for the opponent in every way possible.
- Positively support their team in every manner possible, including content of cheers and pep signs.
- Know and understand the rules and concepts of the game.
- Maintain self-control at all times.
- Recognize and acknowledge good performances by athletes on either team.
- Give support to those participating in and/or conducting the athletic event.
- Set a good example for visiting athletes and fans.
- Show respect to the officials before, during, and after contests.

ARTICLE VIII

GENERAL GAME RULES

Section I. All regularly scheduled SAC League games will be scheduled by school representatives at the League Meetings. The Sports Committee Chairperson will set-up the general schedule to give to the member schools at the regularly scheduled meeting. If a representative is not present, games will be set-up by phone call or email.

Section II. The place and time of the game will be stipulated by the conference schedule set-up by the Sports Committee Chairperson.

Section III. Officials- the home team will schedule two certified officials for soccer and basketball. Two certified officials will be scheduled for volleyball. NOTE: the league recognizes that some officials do not show up for a game- that is out of the control of the home team. In the event referees do not show up, it will be at the discretion of Athletic Directors how to handle the situation.

ARTICLE IX

POSTPONED OR FORFEITED GAMES

Section I. No games can be postponed except by mutual consent of the Athletic Directors of the opposing teams, or at the direction of the referee. A school is required to give 24 hours notice if they need to cancel a game (exception- inclement weather). Failure to do so will result in a forfeit and a fine of \$50, in addition to incurred officials' fees for the opposing school.

Section II. All postponed games shall be played at the earliest possible date agreed upon by the coaches of the opposing teams.

Section III. The Athletic Director of the home team is responsible for contacting a visiting team concerning postponement in the case of inclement weather or gym difficulties.

Section IV. An automatic forfeiture will result for any postponement of an event longer than the 30 minutes from starting time unless prior notification is received.

ARTICLE X

DISPUTES/PROTESTS

All disputes or differences in regard to contests shall be decided by the committee at its next meeting or at a special meeting and notice thereof shall be incorporated in the call of the meeting.

Section I. The Jury of Appeals will oversee all protests. This jury will consist of all schools not involved in the conflict. The Conference Chairperson must receive oral notification of any protest in question arising from the outcome or conduct of a conference game within the next school day after the game in question. Any protest or question arising from the outcome or conduct of a league game must be submitted in writing/email to the Conference Chairperson within 48 hours after the game in question. The protest must be signed by the Athletic Director and the Principal of the protesting school.

Section II. Cases of repetitive or flagrant unsportsmanlike conduct before, during, or after a game shall be referred to the Conference Chairperson within the next school day after the incident in question by either team. Any case of unsportsmanlike conduct must be submitted in writing to the Conference Chairperson within 48 hours of said incident. The protest must be signed by the Athletic Director and the Head Coach of the protesting school. The Jury of Appeals will review the situation and make a final decision.

ARTICLE XI

CHAMPIONSHIPS

Section I. All competing schools must attempt to play other member schools twice in volleyball, soccer, and basketball to be eligible for the postseason tournament. If one school must cancel, both schools must make a good faith effort to reschedule the game. If this is not possible, the canceling team forfeits the game. If any of the schools were not able to play, this should count as a loss for both teams unless one team forfeits as mentioned above.

Section II. Season Champion: The school winning first place in each of the sports contested on a League basis shall be awarded the top seed in the playoffs.

Two-Way Tie: In case of a two-way tie in any position, the result of the head-to-head match up between the schools will determine higher seeding. In the event that these games split, the team winning the second game (the one closer to the tournament) will be considered the higher seed.

Three-Way Tie: In case of a three-way tie, the following criteria will be used to determine the various seeds for the tournament:

- A. The first measure for three teams tied in any situation will be to compare the three teams' individual regular season records. If team A defeated both teams B and C, then it will have the higher seed. If team B defeated team C in both games, it will have the higher seed.
- B. If the games were split among the teams, a drawing will determine seedings.

Section III. A tournament championship will be held at the end of the season if 4 member schools participated. Match-ups will be determined by season record. The first four teams will be eligible for the play-offs. First Round: 1 vs. 4 and 2 vs. 3. Second Round: The winner of 1 vs. 4 plays winner of 2 vs. 3. For volleyball, the highest seed hosts the tournament. If they are not able, the number two seed has the option of hosting. In basketball, a host rotation will be used in the following order – SAS, SES, TVS, RPA, NCA, DON. One team will host the JV tournament, and the other the varsity tournament. In soccer, the tournament will be held at NCRP. A championship trophy will be awarded to the tournament winner.

Section IV. An end of season JV tournament will be held for any sport in which at least four schools are able to field a JV team. The highest seeded team will host the tournament, which will occur in a single elimination format. The top four teams based on season records will compete in the tournament. A consolation game may be played at the discretion of the host school. The cost of the referees will be split amongst the two competing schools.

ARTICLE XII

AWARDS

Definitions: Varsity Team (grades 5th-8th); Junior Varsity (grades 4th-6th). All championships and tournament rules regarding recognition will refer to Varsity Teams only.

Section I. The trophy for the League winner will be presented at the end of the season. Trophies will be awarded in any sport in which the majority of the member schools have participated.

Section II. Regular Season: The teams' regular season record will be used for seeding in the end of the season tournament.

Section III. End of Season Tournament: A championship trophy will be given to the winner of the tournament for Boys Soccer, Varsity Girls Volleyball, Junior Varsity Girls Volleyball,

Varsity Boys and Girls Basketball, Junior Varsity Boys and Girls Basketball, Girls Soccer, Boys and Girls Track and Cross Country.

Section IV. In the event that a team is a winner in a sport in which at least a majority of the teams in the League have not participated, official recognition of the team will be made at the next regularly scheduled meeting following the end of competition in that sport.

ARTICLE XIII

INDIVIDUAL SPORT REGULATIONS

Section I. Volleyball (Girls in the fall)

- A. Girls Volleyball will be comprised of female students who meet eligibility requirements under Article VI of the Bylaws.
- B. The games will be played according to the official rules as spelled out by the FHSAA, with the following exceptions:
 - For the Junior Varsity games, the serving line will be moved up three feet.
- C. For Junior Varsity games, the volley-lite volleyballs will be used. □ Teams will not use the libero.
- D. We will always play the 3rd set in all JV regular season games. It is the responsibility of the home Athletics Director/Representative to ensure the officials are aware of this at the beginning of the season.
- E. Games will be played on a marked court 30' x 60' with a 7'4" high net stretched across the middle thus creating 2 sides each 30' x 30'

Section II. Soccer (Boys and Girls in the spring)

- A. Boys Soccer will be comprised of all male players who meet eligibility requirements under Article VI of the bylaws. Girls Soccer will be comprised of female students who meet eligibility requirements under Article VI of the Bylaws.
- B. The games will be played according to the official rules as spelled out by the FHSAA, with the following exceptions:
 - During the regular season, games that are tied at the end of regulation will remain a tie.
 - During the League tournament, teams will play two, 5-minute overtimes: the first overtime will be 5-minutes; the second will be sudden death. If the game is still tied, a shootout will take place between the teams.
 - JV soccer is 8v8. A team may participate with 7 players-the opposing team DOES NOT have to play down to 7 players. If a team does not have 7 players to START the game, the game will be a forfeit.

- Varsity soccer is 11v11. A team may participate with 10 players-the opposing team DOES NOT have to play down to 10 players. If a team does not have 10 players to START the game, the game will be a forfeit.
- For the purpose of league records: win= 3 pts; tie= 1pts; loss= 0 pts.
- 5th/6th games will have 25 minute halves and 7th/8th games will have 30 minute halves.
- A game is considered a regulation game when one half has been completed.

Section III. Basketball (Boys and Girls in the winter)

- A. Boys Basketball will be comprised of all male players who meet eligibility requirements under Article VI of the bylaws. Girls Basketball will be comprised of female students who meet eligibility requirements under Article VI of the Bylaws.
- B. Game balls used for competition: Men's ball for Varsity boys. Women's ball for Varsity girls and Junior Varsity boys and girls
- C. The games will be played according to the official rules as spelled out by the FHSAA, with the following exceptions:
 - Varsity Games will consist of four, 7-minute quarters. In case of a tie at the end of regulation, a 3-minute overtime will be played. This process is repeated until a winner is determined.
 - Junior Varsity games will consist of four, 6-minute quarters. In case of a tie at the end of regulation, 3-minute overtime will be played.
 - In Junior Varsity only, the free throw line will be moved up to be even with the last free throw lane marker. JV students are allowed to cross the adjusted free throw line if necessary to get the ball to the basket; however, they may not cross the line and charge forward to get the rebound before the ball has hit the rim. The three-point shot will be in effect.
 - A team winning a game by 16 points or more will not be allowed to use a full court press against the opposing teams. If the lead drops back under 16 points, full court press will be allowed again. The coaches and AD's are responsible for ensuring that the press rule is followed
 - Once a team is winning by 30 points, a running clock will be used in the 2nd half. If the lead drops under 30, the clock continues to run.

Section IV. Track and Field Meet (Boys and Girls in the spring)

- A. Each athlete (grades 4th-8th) may participate in a maximum of five events, with no more than three running events. (Relays count as running events) Each head coach is responsible for this rule to ensure fairness to all teams. Each team is allowed to enter four athletes per event in the championship. No B teams will be counted for points, but B team relays do count as one of the five individual events.
- B. Boys and girls will run the 100m hurdles. The height of the hurdles is 30 in. for the girls, 33 in. for the boys. The hurdles are separated every 8.5 meters. For safety reasons, the hurdles events are only open for middle school students.
- C. First through sixth place ribbons will be awarded. They will be mailed to the schools the week after the meet. A first place boys and girls trophy will be awarded to the teams with the most points. For each event, order of finish will determine team points: This is based on six teams participating. Less teams will change the point distributions: D.

Individual Events

- 1st place – 10 pts
- 2nd place – 8 pts
- 3rd place – 6 pts
- 4th place – 4 pts
- 5th place – 2 pts
- 6th place - 1 pt

Relays

- 1st place - 10
- 2nd place - 8
- 3rd place - 6
- 4th place - 4
- 5th place - 2
- 6th place - 1

- E. Athletes must report to their running event on the second call – “first call,” “second call,” and “final call.”
- F. A coaches meeting will occur before the meet to allow for scratches and substitutions. No additions will be allowed at this meeting, but substitutions for events will be allowed. All event entries must be received by 5:00 pm two days prior to the championship.
- G. A Jury of Appeals consisting of the Athletic Director or Head Coach from each school not involved in the incident will resolve any disputes that happen during a track meet. If an independent meet official is hired for a meet, they will hear both sides of a dispute and make an official decision rather than the Jury of Appeals.
- H. Athletes are allowed one false start per event. Two false starts will result in disqualification from the race. I. General order of events: Running Events:

- Girls 100m hurdles
- Boys 100m hurdles
- Girls 100m dash
- Boys 100m dash
- Girls 1600m run
- Boys 1600m run
- Girls 4x100m relay
- Boys 4x100m relay
- Girls 400m run
- Boys 400m run
- Girls 800m run
- Boys 800m run
- Girls 200m dash
- Boys 200m dash
- Girls 4x400m relay
- Boys 4x400m relay

Field Events:

- High Jump
- Long Jump
- Shot Put (6 lb. for girls and 8 lb. for boys)
- Discus (1 kg for both boys and girls)

Section V. Cross Country (Boys and Girls in the fall)

- A. Cross Country teams will consist of any 3rd-8th grade boys and girls.

- B. Conference schools participating will help in assisting/organizing regular season meets.
- C. Individual schools running regular season meets will determine scoring standards for their event. Conference schools must invite all other conference schools to invitationals.
- D. The conference championship meet will be run on a 3K course for middle school, and a 1 mile course for elementary school.
- E. Scoring to the championship
 - Top 5 runners from each team are scored
 - All times are broken by going to the next runners place
 - Top 10 individuals receive ribbons (boys and girls)
 - Top teams receive trophies (boys and girls)

Section VI. Flag football. (Boys in the Fall)

- A. Flag football will consist of 2 20-minute halves with a running clock until the last 2 minutes of the second half. During the last 2 minutes the clock will stop for: Time outs, out of bounds and incomplete passes.
- B. Each Coach will receive 2 x time outs per half.
- C. Flag football will be only open to boys and will be one Varsity team. This will be played in a 7v7 format.
- D. After the coin toss, offense will start with the ball on the 14-yard line.
- E. On a safety, the team the team who made the tackle will start with the ball on their own 14 yard line.
- F. Defense starts 5 yards away from the ball unless there is a touchdown or 1st down under 5 yards away.
- G. There is no blocking by offensive players, they must stand still and set a pick similar to basketball. There will be no downfield blocking.
- H. On 4th down the offensive can punt the ball. If the ball is caught OR it hits the ground without it being touched, it can be returned. If it is dropped, it is a dead ball.
- I. If a belt falls off, they must be touched by a defensive player to be 'down'.
- J. The ball can be lateral passed as many times as needed before and after the forward pass. You can only pass the ball forward once.
- K. If the defense jumps offside, the ball is dead. There is no free play.
- L. Once a touchdown is scored the offense can go for a conversion. A 1-point conversion the ball is placed at the 5 yard line. For a 2-point conversion the ball is placed at the 10 yard line. On a conversion if the defense has a false start, the ball is moved either 5 yards or half the distance to the goal, whatever is smaller.
- M. If the defense intercepts the ball on a conversion and scores, they score the same number of points equal to the conversion attempt.
- N. There are no restrictions on running, the QB may run the ball, there are no restrictions in the 'red zone'
- O. The ball is DEAD on a bad snap, and results in a loss of down. This is a safety issue and keeps it in line with being a receiver.

P. All players are eligible receivers

Q. All teams should use flags with 3 flags held on with Velcro. (please be patient at the start of the season).

Sunshine Athletic Conference
Contact List

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