



Oregon School Activities Association
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2019 FOOTBALL PLAN BOOK

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SEASON DATES

First Practice Date	August 19
First Jamboree Date	August 29
First Contest Date.....	September 5
4A Rankings Freeze Date	10pm, October 25
6A, 5A, 1A (8-player) Rankings Freeze Date	10pm, November 1
6A, 5A, 1A Cutoff Date	November 1
3A, 2A Rankings Freeze Date.....	10pm, November 2
1A 6-Player Cutoff Date.....	November 2
4A, 3A, 2A Cutoff Date	November 2
All Sub-Varsity Cutoff	November 4
All Classifications First Round.....	November 8-9
5A, 4A, 3A, 2A, 1A Quarterfinals	November 15-16
6A Second Round	November 15-16
5A, 4A, 3A, 2A, 1A Semifinals	November 22-23
6A Quarterfinals	November 22-23
6A Semifinals	November 29
5A, 4A, 3A, 2A, 1A State Championships.....	November 30
6A State Championships.....	December 7

Reporting Schedules and Scores – Find Account Instructions on our Help Page at <http://www.osaa.org/help>

NFHS 2019 FOOTBALL RULES

Order a NFHS Football Rules Book on the [OSAA Rules Book Order Form](#) or contact the OSAA (503.682.6722) for more information.

For more information about NFHS Football Rules, visit <http://www.nfhs.org/activities-sports/football/>.

2019 RULES REVISIONS

<p>1-3-7 NOTE (NEW) TABLE 1-7 1-3-7 NOTE (NEW)</p>	<p>BY STATE ASSOCIATION ADOPTION, USE OF VIDEO REVIEW ALLOWED FOR STATE POST-SEASON CONTESTS Rationale: By state association adoption, instant replay may only be used during state postseason contests to review decisions by the on-field game officials. This adoption would allow state associations to develop protocols for use of video replay.</p>
<p>1-5-1c 1-5-1c(6) (NEW)</p>	<p>IMPROVED VISIBILITY OF NUMBERS Rationale: The purpose of numbers on jerseys is to provide clear identification of players. In order to enhance the ability to easily identify players, the committee has clarified the size requirements for jersey numbers through the 2023 season. The committee also added a new requirement that, effective in the 2024 season, jersey numbers must be a single solid color that clearly contrasts with the body color of the jersey.</p>
<p>2-14-1 7-2-5a</p>	<p>REDEFINED REQUIREMENTS FOR A LEGAL SCRIMMAGE FORMATION Rationale: A legal scrimmage formation now requires at least five offensive players on their line of scrimmage with no more than four backs. This change will make it easier to identify legal and illegal offensive formations.</p>

<p>2-35-1</p> <p>3-6-1</p> <p>3-6-2a</p> <p>7-2-1</p>	<p>40-SECOND PLAY CLOCK</p> <p>Rationale: To have a more consistent time period between downs, the rules committee approved situations where 40 seconds will be placed on the play clock. The new rule defines when 40 seconds will be placed on the play clock and when 25 seconds will be placed on the play clock.</p>
<p>2-45</p> <p>9-4-3o (NEW)</p> <p>9-4-3o PENALTY (NEW)]</p>	<p>PROHIBITION ON TRIPPING THE RUNNER</p> <p>Rationale: In an effort to decrease risk, tripping the runner is now prohibited. It is now a foul to intentionally use the lower leg or foot to obstruct a runner below the knees.</p>
<p>6-2-1 PENALTY</p> <p>9-7 PENALTY</p>	<p>ILLEGAL KICKING AND BATTING PENALTY REDUCED</p> <p>Rationale: The penalty for illegally kicking or batting the ball was reduced from 15 yards to 10 yards.</p>
<p>9-4-3k</p>	<p>HORSE-COLLAR TACKLE ADDITION</p> <p>Rationale: Grabbing the name plate area of the jersey of the runner, directly below the back collar, and pulling the runner to the ground is now an illegal personal contact foul.</p>

2019 EDITORIAL CHANGES

1-1-9, 1-3-6, 1-5-5, 1-6-1 NOTE, TABLE 1-7, 2-6-2b, 2-8, 2-24-3, 2-25-1, 2-26-5, 2-28-1, 2-43, 3-1-2, TABLE 3-1, 3-3-1, 3-4, 3-4-1, 3-4-2, 3-4-3, 3-4-4, 3-4-5, 3-4-6, 3-4-8, 3-5-2 NOTE b, 3-5-3, 3-5-6, 3-5-7j, 3-5-9, 3-5-10, 3-5-10a, 3-6-2d, 4-1-6, 4-3-6, 5-2-2, 5-2-4, 5-3-1, 5-3-2 NOTE, 6-5-4, 6-5 PENALTY, 7-1-5, 7-1-7, 7-2-6, 7-2 PENALTY, TABLE 7-5-2, TABLE 7-5, 8-3-2, 8-5-2 EXCEPTION, 9-2-3a, 9-3 PENALTY, 9-4 PENALTY, 9-4-6b, 9-9-5 NOTE, 10-4-2c EXCEPTION, 10-5-1c, 10-5-1j, Resolving Tied Games, Nine-, Eight-, Six-Player Rules Differences, Penalty Summary, Index.

2019 POINTS OF EMPHASIS

Proper Procedures for Weather Delays

At some point during the high school football season, many parts of the country have to address weather issues. Some of these, according to NFHS guidelines, dictate a suspension/ delay during a game. Most of the time, the delay is due to lightning and thunder (either lightning seen or thunder heard); and when a suspension or delay occurs, the teams are sent to a safe, sheltered area until the weather situation has ended. NFHS guidelines on handling lightning and thunder delays require use of the 30-minute rule, meaning when the game has been suspended, play cannot resume until at least 30 minutes have elapsed following the last sighting of lightning or the sound of thunder. Once the game is suspended, each further instance of lightning or thunder requires a reset of the clock and the commencement of a new 30-minute interval.

Seldom is there a problem with game officials or site administrators following the basic 30-minute rule when there is lightning or thunder. However, some game officials and administrators are not abiding by the mandatory halftime intermission and warm-up rule when there is a lightning delay near the end of the first half. If there is such a delay late in the second period, once the second period is completed, NFHS playing rules require a halftime intermission of at least 10 minutes followed by the required 3-minute warm-up period before the third period may begin. Coaches or game officials cannot shorten the halftime intermission or the warm-up period. However, both coaches could agree to shorten (end) the second period during the delay, and then the third period could start after the delay as soon as the mandatory warm-up period is completed.

It is important for game officials, coaches and administrators to be aware of the halftime intermission and warm-up rules on nights when the weather could present delays and to administer those NFHS football rules correctly.

Free-Blocking Zone and Legal Blocking

The free-blocking zone is a rectangular area established when the ball is snapped. It extends 4 yards laterally on either side of the ball, and 3 yards behind each line of scrimmage. Blocking below the waist and blocking in the back may be permitted in the free-blocking zone provided that certain conditions are met.

Offensive and defensive linemen may block each other below the waist in the free-blocking zone provided that all players involved in the blocking are on their line of scrimmage and in the free-blocking zone at the snap, and the ball is in the zone. Each team's line of scrimmage is a vertical plane through the point of the ball closest to that team's goal line.

Offensive linemen may block defensive players in the back in the free-blocking zone as long as the blocker is on his line of scrimmage and in the free-blocking zone at the snap, the opponent is in the free-blocking zone at the snap, and the contact is in the zone.

To determine whether blocking below the waist and blocking in the back are legal, game officials must first determine whether players are in the free-blocking zone at the snap. Since offensive linemen are in the zone if any part of their body is in the zone at the snap, game officials must check the spacing between offensive linemen. As long as the line is using "normal" splits and the formation is "balanced" (i.e., the distance between the outside foot of each lineman and the inside foot of the adjacent linemen is no greater than 2 feet and an equal number of linemen are on each side of the snapper), all players, including the tight end, are deemed to be in the zone at the snap. If the splits are wider than 2 feet, the tight end is considered out of the zone and therefore cannot legally block below the waist or in the back.

Once game officials determine which players are in the zone at the snap, the next determination is whether a block below the waist or a block in the back occurs in the free-blocking zone. Because the free-blocking zone disintegrates once the ball leaves the zone, it may be difficult to determine whether the ball is in the zone at the time the block occurs when the offense is using a "shotgun" formation (a formation where there is no direct hand-to-hand snap and the player who receives the snap is more than 3 yards behind his line of scrimmage), due to the very short time interval between the snap and the ball leaving the zone.

In addition to observing blocking by offensive linemen, game officials must also be alert to defenders "cutting" running backs and wide receivers who are not on their line of scrimmage or in the free-blocking zone at the snap. Restrictions on blocking below the waist apply equally to offensive and defensive players. Finally, offensive players in the backfield can never legally block below the waist or in the back.

Requests for rule interpretations or explanations should be directed to the OSAA. The NFHS will assist in answering rules questions from the state associations whenever called upon.

OSAA ADOPTED FOOTBALL RULES AND INTERPRETATIONS

The 2019 NFHS Football Rules Book will be used with the following clarifications:

1. TIE GAMES – REGULAR SEASON

- A. The procedure on page 86-89 of the 2019 NFHS Football Rules Book shall be used to decide all ties in varsity games played in Oregon with the exception that the first and second overtime series shall begin on the 25-yard line; any subsequent overtime series shall begin on the 10-yard line.
- B. **NOTE:** It is the option of each athletic district as to whether the tie-breaking method will be utilized below the varsity level. This option should be communicated to the local officials' Association.

OSAA FOOTBALL POLICIES

Effective outside Association Year.

1. SUMMER POLICY (OSAA Handbook, Executive Board Policies)

(Revised Fall 2017)

- A. **All Sports.** Summer activities under the direction of any person affiliated with the high school program, including practices, contests, weight training and conditioning, are permissible throughout the summer, excluding the defined Moratorium Week, and must consider the following points:
 - 1) OSAA regulations regarding the Heat Index Calculator are in effect at all times. Athletes must be encouraged to stay well hydrated at all times, especially in hot and humid conditions. This applies to outdoor activities and indoor activities without air conditioning. See the [NFHS](#) statements on heat and hydration.
 - 2) Implement a slow and gradual preseason-conditioning regimen that prepares the athlete for the rigors of the sport.
 - 3) Slowly build up the intensity of activity over several days.
 - 4) Have fitness tests (mile run, shuttle run times, maximum repetition exercises) scheduled the second week of practices. Use a progressive, periodized program and evaluate performance once athletes are acclimated to the stress about to be placed upon them.

- 5) Take into account the level of conditioning of all individuals and what their previous conditioning has been. Athletes who have just finished a sports season should have at least a short period (one to two weeks) of relative rest.
 - 6) Slowly introduce new exercises or workout routines to allow for adaptation by muscle groups.
 - 7) Provide adequate rest and recovery between repetitions in the weight room and especially during “gassers” and intense station or “mat” drills.
 - 8) Athletes should refrain from consuming high caffeine energy drinks and supplements, or other stimulants, as they may contribute to dehydration. See the [NFHS](#) statement on energy drinks.
 - 9) Athletes should refrain from extreme exercise during acute illness, if feeling ill, or while experiencing a fever.
- B. **Football Only.** Member schools are only allowed to utilize protective football equipment for eight days within one 10 consecutive day period beginning after the last day of the Association Year and concluding prior to the start of Moratorium Week, with the following requirements:
- 1) No protective equipment shall be utilized from the start of Moratorium Week until the first day of the Association Year.
 - 2) All levels of a program (Varsity, JV, etc.) shall use the same 10 consecutive day period, including prospective student-athletes (e.g. incoming freshmen).
 - 3) At the beginning of the 10-consecutive day period, every student shall be required to have two days of helmet only practices. During this period, the only optional pieces of protective equipment that may be worn by individuals are shoes and helmets. No other pads (e.g. shoulder, knee, thigh, hip and rib) are to be worn. During helmet only practice, no live action drills or any other activity may occur which would result in a player completing a tackle, or being blocked or tackled to the ground. This policy does not preclude light contact with blocking sleds and tackling dummies. However, it is strongly recommended that any such contact be carefully controlled. Helmet only practice sessions are limited to a maximum of three hours in length.
 - 4) Following two days of helmet only practices, students may wear helmets and shoulder pads on Day 3. On this day, the only optional pieces of protective equipment that may be worn by individuals are shoes, shoulder pads and helmets. No other pads (e.g. knee, thigh, hip and rib) are to be worn. During helmet/shoulder pad practice, no live action drills or any other activity may occur which would result in a player completing a tackle, or being blocked or tackled to the ground. This policy does not preclude light contact with blocking sleds and tackling dummies. However, it is strongly recommended that any such contact be carefully controlled. Helmet and shoulder pad practice sessions are limited to a maximum of three hours in length.
 - 5) After completing the first three days, an individual may use the remainder of the football gear as described in the NFHS Football Rules Book for a maximum of five days. Activity during this five-day period is not restricted with regard to contact as defined by USA Football Levels of Contact.
 - a) Level 3 (Thud) is the maximum level of play if not participating in full protective equipment.
 - b) Level 4 (Live Action) occurs only between players in full protective equipment and shall not exceed more than 30 plays per player per day.
 - c) Only one practice session per day during this five-day period may contain Live Action.
 - d) Additional practice session restrictions:
 - (1) Length of any practice session during this five-day period shall not exceed 2.5 hours.
 - (2) Minimum recovery time between practice sessions is equivalent to total amount of time spent in previous practice session.
 - (3) All players are limited to a maximum of five hours per day in protective equipment.
 - (4) Teams may conduct an additional “teaching session” each day during this time period where no protective equipment of any type is used. Maximum time length for a teaching session is two hours. During a teaching session, the intensity, duration and pace of all practice components shall be modified from a normal practice session. The focus of a teaching session should be directed at developing skills fundamental to the sport at a significantly reduced pace. Light contact with bags is allowed but live action situations are prohibited. Practice components in all activities intended to develop skills while conditioning the athlete at the same time are not allowed. Coaches are

encouraged to use this “teaching session” to address offensive and defensive strategies, skill development drills and other types of team building activities that do not involve conditioning.

- 6) A school shall not permit an individual to use the remainder of the football gear as described in the NFHS Football Rules Book unless that individual has had at least two days of helmet only practice and one day of helmet/shoulder pad practice.
 - 7) It is imperative that local school administrators set guidelines for participation in the 10-consecutive day period. Safety of the participants is of the utmost importance; therefore, proper fundamental and physical preparation is necessary prior to the participants engaging in any type of person-to-person contact.
 - 8) Individual school districts and other member schools of the association have the option of determining whether or not they will allow a school within their district to participate in one 10 consecutive day period that involves the use of protective equipment. This decision should take into consideration the inherent liability when a team represents the school district, is supervised by school personnel, uses school district transportation, uses school facilities, and participants use protective equipment owned by the school.
 - 9) Individual school districts and other member schools of the association have the option of determining whether or not they will allow an individual student within their district to use protective equipment owned by the school when attending camps/clinics not organized by any member school personnel. This decision should take into consideration the inherent liability when participants use protective equipment owned by the school.
 - 10) Prior to participation in one 10-consecutive day period, each participant should be required to show proof of insurance and provide documentation of a valid physical examination within the last two years as prescribed by Oregon law. Coaches and other supervisors should have liability insurance.
1. **Q.** Does Part B of the Summer Policy apply to conditioning, technique, or other camps/clinics that do not use protective equipment?
A. No, schools can continue to conduct/attend these types of activities as long as protective equipment is not worn.
 2. **Q.** Can helmets, including soft-shell helmets, be worn during 7-on-7 competitions?
A. Yes, as long as the 7-on-7 competitions are conducted during the 10-consecutive day period outlined in the policy. Helmets, including soft-shell helmets, may not be worn outside the 10-consecutive day period.
 3. **Q.** If an individual(s) has participated in a team camp during which protective equipment was worn, can that individual(s) borrow protective equipment from a school to attend camps/clinics occurring either before or after that point?
A. The answer depends on the nature of the preceding or subsequent camp/clinic. Individuals can attend multiple camps where protective equipment is worn as long as no member of the school’s coaching staff has organized attendance at the preceding or subsequent camps/clinics and no member of the school’s coaching staff is a member of the preceding or subsequent camps/clinics regardless of the number of attendees from a single school. General dissemination of information does not count as organizing attendance.
 4. **Q.** Is the 10-consecutive day period during which protective equipment can be worn applicable to each level of competition separately?
A. No, the policy requires that the same 10 consecutive day period be used by all levels (Varsity, JV, Frosh, etc.).
 5. **Q.** Can the 10-consecutive day period during which protective equipment is worn occur after the Moratorium Week has concluded?
A. No. No protective equipment can be worn for team camp(s)/clinic(s) purposes during the timeframe between the conclusion of Moratorium Week and the start of the OSAA Association year. Protective equipment may be issued and worn by individuals attending camp(s)/clinic(s) provided that no member of the school’s coaching staff has organized attendance at the camps/clinics and no member of the school’s coaching staff is a member of the staff at the camp(s)/clinic(s).
 6. **Q.** In football, are 7-on-7 drills permissible during teaching sessions?
A. Yes, provided that they comply with the foregoing “teaching session” requirements.

Effective during Association Year, outside the designated OSAA sport season.

1. **PRACTICE LIMITATION RULE (6A, 5A Pilot)** (Approved May 2019 for a one-year trial during the 2019-20 SY) (Revised May 2019)
 - A. **Philosophy/Rationale.** The following statements outline the philosophy of this policy regarding in-season and out-of-season sports.
 - 1) The spirit of the Practice Limitation Rule (6A, 5A Pilot) is that every school and participant shall have the same opportunity to practice prior to the first contest.
 - 2) The mission of OSAA member schools is to foster well-rounded individuals. The purpose of interscholastic athletics is to help educate boys and girls and not to prepare students for college athletics, which is a by-product of interscholastic competition available to a very small percentage of high school athletes.
 - 3) For most students, specialization in a single athletic activity is not in their best long-term interests.
 - 4) Students should be encouraged by coaches, administrators and parents to participate in a variety of school activities, including more than one sport during the school year.
 - 5) Schools should not allow use of school equipment, including uniforms and school district vehicles, and facilities by non-school organizations that promote a philosophy contrary to the above statements.
 - 6) 6A, 5A schools are looking to provide coaches with more opportunities for fundamental skill development at specified times during the Association Year.
 - 7) 6A, 5A schools believe that high school coaches are the individuals best-trained to guide and promote the health and physical welfare of all participants.
 - 8) 6A, 5A schools want to work with the OSAA to educate parents regarding the impact on the health and physical welfare of students who choose to specialize in one sport, year-round.
 - 9) There should be no promotion or publicity within a school for non-school programs, which promote a philosophy contrary to the above statements.
 - B. **Individual Sports Limitation.** Schools may conduct practices and/or contests in individual sports (cross country, golf, swimming, tennis, track & field, wrestling) only during the designated OSAA sports seasons as outlined in Rule 6. Local school districts and/or leagues should establish their own policy restricting the involvement of their individual sports coaches in out-of-season programs.
 - C. **Closed Period.** The Closed Period for out-of-season team sports begins on the first practice date of each Fall, Winter, and Spring season. Dates shall follow the NFHS Numbered Calendar, as adopted by the OSAA. The Closed Period shall last six weeks. During the six-week Closed Period, conditioning is the only activity allowed between out-of-season coaches and student(s) from their high school. Conditioning is defined as a session where students work on physical fitness and conditioning by use of weights, running, and/or exercises. Conditioning does not allow for the use of individualized and specialized sports equipment or apparatus, including but not limited to: balls, bats, protective equipment, blocking dummies, batting cages, charging sleds and other implements related to specific OSAA activities. Participation in conditioning activities must be optional.
 - D. **Open Period.** The Open Period for all out-of-season team sports begins on the first Monday following the six-week Closed Period and ends when the next OSAA defined season begins. Dates shall follow the NFHS Numbered Calendar, as adopted by the OSAA. Fundamental skill development with an unlimited number of the school's student-athletes is allowed for a maximum of six hours each week per program. All open facility times shall be included in the weekly limitation. It shall be a violation of the Practice Limitation Rule (6A, 5A Pilot) if there is any attempt by a coach during the Open Period to coach student-athletes from his/her high school in a contest in the activity he/she coaches at that high school. For the purpose of this rule, a contest is any event (practice, scrimmage, game, etc.) that involves anyone other than the students at your high school. While boys' and girls' basketball (and soccer) are examples of the same sport, for the purpose of this rule they are considered different activities. Participation in Open Period fundamental skill development and/or conditioning must be optional. NOTE: The use of football protective equipment is prohibited from the conclusion of a school's regular and/or post-season until the end of the Association Year as outlined in Rule 6.6. This does not prohibit an individual student from using football protective equipment owned by the school when attending camps/clinics not organized by any member school personnel.

E. **Dates for the 2019-20 School Year.**

- 1) **OSAA Fall Season.** Official Practices begin for Fall Team Sport Coaches – Monday, **August 19** (Week 7).
 - a) Closed Period for all Winter and Spring Team Sport Coaches – Monday, **August 19** – Sunday, **September 29** (Weeks 7-12).
 - b) Open Period for all Winter and Spring Team Sport Coaches – Monday, **September 30** – Sunday, **November 17** (Weeks 13-19).
 - c) Coaching Ends for Fall Team Sport Coaches – **On the cut-off date or when all state championship contests have concluded for that school in that sport.**
- 2) **OSAA Winter Season.**
 - a) Official Practices begin for Winter Team Sport Coaches – Monday, **November 18** (Week 20).
 - b) Closed Period for all Fall and Spring Team Sport Coaches – Monday, **November 18** – Sunday, **December 29** (Weeks 20-25).
 - c) Open Period for all Fall and Spring Team Sport Coaches – Monday, **December 30** – Sunday, **March 1** (Weeks 26-34).
 - d) Coaching Ends for Winter Team Sport Coaches – **On the cut-off date or when all state championship contests have concluded for that school in that sport.**
- 3) **OSAA Spring Season.**
 - a) Official Practices begin for Spring Team Sport Coaches – Monday, **March 2** (Week 35).
 - b) Closed Period for all Fall and Winter Team Sport Coaches – Monday, **March 2** – Sunday, **April 12** (Weeks 35-40).
 - c) Open Period for all Fall and Winter Team Sport Coaches – Monday, **April 13** – Monday, **May 25** (Weeks 41-47).
 - d) Coaching Ends for Spring Team Sport Coaches – **On the cut-off date or when all state championship contests have concluded for that school in that sport.**
- 4) **OSAA Summer Season.**
 - a) Summer Season for Fall, Winter, and Spring Team Sport Coaches – Tuesday, **May 26** – Sunday, **August 16** (Weeks 48-6).
 - b) Moratorium Week – Sunday, **July 26** – Saturday, **August 1** (Week 4).

1. **Q.** Under the Practice Limitation Rule (6A, **5A Pilot**), may a coach work on fundamental skill development with two students a day as was allowed previously?

A. Yes, but only during the Open Period. During the Open Period coaches may work with an unlimited number of students on fundamental skill development for a maximum of six hours each week per program. All open facility times shall be included in the weekly limitation. During the Closed Period coaches are prohibited from working on fundamental skill development with any students.

2. **Q.** ***Under the Practice Limitation Rule (6A, 5A Pilot), May 8th grade students and/or students planning to transfer to your high school participate in fundamental skill development during the Open Period?***

A. ***No. Only full-time students currently attending your school, or students eligible to participate for your school via Rule 8.5 School Representation, are allowed to participate in fundamental skill development during the Open Period.***

3. **Q.** Under the Practice Limitation Rule (6A, **5A Pilot**), is a coach allowed to coach student-athletes from his/her high school in a contest during the Association Year outside their sport season in the activity he/she coaches at that high school?

A. No.

4. **Q.** Under the Practice Limitation Rule (6A, **5A Pilot**), are coaches allowed to work on fundamental skill development with their students during the Open Period and organize their students to participate in contests while being coached by someone else?

A. No.

5. **Q.** Under the Practice Limitation Rule (6A, **5A Pilot**), how does the maximum of six hours each week per program work during the Open Period?

A. Any fundamental skill development involving a coach and any number of students from the coach's school in the activity he/she coaches at that high school counts toward the maximum of six hours each week per program (football, girls' basketball, boys' basketball, etc.). A week is defined as Monday-Sunday. All open facility times shall be included in the weekly limitation.

6. Q. Are open gyms still permissible under the Practice Limitation Rule (6A, 5A Pilot)?
 A. Yes, provided they occur during the Open Period and fall within the maximum of six hours each week per program. The terminology has been changed to “open facility” and is applicable to gymnasiums, fields, tracks, etc.
7. Q. What are the penalties if a high school coach violates the Practice Limitation Rule (6A, 5A Pilot) by coaching members of his or her team during the Closed Period or in an out-of-season contest?
 A. Rule 5, “Violations of Regulations – Penalties” - outlines violations of rules and penalties. As outlined in Rule 5.2., violations of any rule of the OSAA could include probation, forfeiture, fines, suspension or expulsion from the Association. The Executive Board would determine the penalty.
8. Q. Is a school in violation of the Practice Limitation Rule (6A, 5A Pilot) if an unpaid volunteer coach coaches both the high school team and an out-of-season team during the OSAA year?
 A. Yes, this would be a violation. The Practice Limitation Rule (6A, 5A Pilot) applies to any coach associated with a high school program (paid, volunteer, etc.).
9. Q. Under the Practice Limitation Rule (6A, 5A Pilot), may two high school coaches “trade” teams and coach each other’s teams in an out-of-season contest, or may a person coach a high school team and then arrange for his/her parent/spouse/family member to coach the out-of-season club team during the Association Year?
 A. No. The intent of the rule is to provide high school coaches with more opportunities to teach fundamental skill development during specified times during the Association Year.
10. Q. A coach of a high school team arranges for a parent/spouse/family member to coach that same team in an out-of-season contest during the Association Year. Is this legal under the Practice Limitation Rule (6A, 5A Pilot)?
 A. No, this would be considered a violation.
11. Q. Under the Practice Limitation Rule (6A, 5A Pilot), may a high school coach work with a group of 9th graders before they turn out for a sport?
 A. Yes, provided it occurs during the Open Period.
12. Q. Under the Practice Limitation Rule (6A, 5A Pilot), may a high school coach conduct club team try-outs prior to the end of the Association Year?
 A. **Yes, provided that the try-outs don’t include students from the coach’s high school in the activity he/she coaches. Coaches may conduct club team try-outs for non-high school students, students from other high schools, and/or students from the coach’s high school in an activity he/she doesn’t coach.**
13. Q. Under the Practice Limitation Rule (6A, 5A Pilot), may students serve as demonstrators at a clinic or camp at which their school coach is making a presentation outside of the OSAA season for that sport?
 A. Yes, provided the clinic or camp occurs during the Open Period or Summer Season.
14. Q. Under the Practice Limitation Rule (6A, 5A Pilot), may a coach own a club on which there are teams, which include members of his/her school?
 A. Yes, but the coach may not personally coach a team with members of his/her school in the activity he/she coaches at that high school during the Closed Period. During the Open Period the coach may conduct fundamental skill development and/or conditioning but may not coach members of his/her school in a contest in the activity he/she coaches at that high school.
15. Q. May a coach be present at a camp, clinic or practice during the Closed Period in the activity he/she coaches at that high school if his/her high school students are attending as participants?
 A. No, a coach may not attend as an instructor or observer.
16. Q. Would it be a violation of the Practice Limitation Rule (6A, 5A Pilot) for a coach to teach members of the high school program in a sport-specific class outside of the season for that sport during the Association Year?
 A. No, so long as the sport-specific class meets the following conditions:
 1) The coach must be the teacher of record for the sport-specific class, and
 2) The sport-specific class must be part of the regular school curriculum for which credit is granted, and
 3) Enrollment in the sport-specific class must not be limited to team members.
17. Q. Would it be a violation of the Practice Limitation Rule (6A, 5A Pilot) if a school was to offer a sport specific class for which the coach is not the teacher of record, and the coach was allowed to attend the class as a guest and teach sport specific skills to members of the high school program outside of the season for that sport during the Association Year?
 A. Yes.

18. **Q.** At what point does the OSAA consider a person to be a school's coach?
A. Once a person and a school have verbally agreed that the person will perform coaching duties for the school, he/she is considered to be that school's coach by the OSAA. At that time, all OSAA policies are in effect for that coach until such time that the coach resigns or is notified by the school that they are no longer a coach for that school.
19. **Q.** May a returning coach work with students outside their designated sports season since the coach working under a one-year contract and has not signed a contract for the coming year?
A. No. Once a person becomes a school's coach, the OSAA considers that person to be a coach for the school until such time that the coach resigns or is notified by the school that they are no longer a coach for that school. Coaches who resign and are then brought back in a coaching capacity by the same school in an attempt to circumvent OSAA policy are subject to penalties as outlined in **Rule 5, "Violations of Regulations - Penalties."**
20. **Q.** A school is conducting interviews for a vacant coaching position. Is the interviewee allowed to conduct a practice in part of the interview process?
A. Yes, but the trial practice session shall be no longer than 30 minutes in length.
21. **Q.** Under the Practice Limitation Rule (6A, **5A** Pilot), may a high school coach work with his/her own children during the Closed Period?
A. Yes, a coach may work with his/her own children at any time.
22. **Q.** May a high school coach be present as a spectator at an out-of-season club team contest if his/her high school student(s) are participating on the team?
A. Yes, this is allowed during both the Closed and Open Period.
23. **Q.** During the Closed Period, may a high school facility be used by an out-of-season student from that high school?
A. Yes, provided no coach from that school organizes the usage, is involved in it or is in attendance.
24. **Q.** During the Closed Period, may a high school facility be used by an out-of-season coach to hold an out-of-season event or open facility?
A. Yes, provided no student from his/her high school is present.

2. **PRACTICE LIMITATION RULE** (*OSAA Handbook, Executive Board Policies*) (*Revised Fall 2017*)

- A. **Philosophy.** The following statements outline the philosophy of the OSAA regarding in-season and out-of-season sports.
- 1) The mission of OSAA member schools is to foster well-rounded individuals. The purpose of interscholastic athletics is to help educate boys and girls and not to prepare students for college athletics, which is a by-product of interscholastic competition available to a very small percentage of high school athletes.
 - 2) For most students, specialization in a single athletic activity is not in their best long-term interests.
 - 3) Students should be encouraged by coaches, administrators and parents to participate in a variety of school activities, including more than one sport during the school year.
 - 4) Schools should not allow use of school equipment, including uniforms and school district vehicles, and facilities by non-school organizations that promote a philosophy contrary to the above statements.
 - 5) There should be no promotion or publicity within a school for non-school programs, which promote a philosophy contrary to the above statements.
- B. **Preface.** The spirit of the Practice Limitation Rule is that every school and participant shall have the same opportunity to practice prior to the first contest. Practice is defined as the involvement of individuals from a member high school in any program, demonstration, instruction, or participation conducted in part or in its entirety by a person or a group of people who are or who have been involved in the coaching of any of these athletes in that sport at the high school, including volunteer coaches. Unless a person has been approved by the school district as a member of the coaching staff, that person may not practice against a team or a team member (example-throwing batting practice or working against a basketball post player).
- C. **Team Sports Limitation.** Schools may conduct practices and/or compete in contests in team sports (baseball, basketball, football, softball, soccer, volleyball) only during the designated OSAA sports seasons as outlined in Rule 6. It shall be a violation of the rule if there is any attempt during the Association year to gather together more than two members of the same high school, with remaining eligibility in that sport, per day outside the OSAA defined season to receive specialized athletic instruction from any coach associated with the participating athletes' high school. Attempts to circumvent the rule by encouraging team members to attend out-of-season practices or camps during the Association year other than through general dissemination of information or brochures shall be

considered a violation of this rule. **EXCEPTION:** Baseball and softball coaches may begin pitching instruction and throwing workouts with pitchers and catchers only (maximum of eight total per day) two weeks prior to the Spring Sports First Practice Date. **NOTE:** The use of football protective equipment is prohibited from the conclusion of a school's regular and/or post-season until the end of the Association Year as outlined in Rule 6.6. This does not prohibit an individual student from using football protective equipment owned by the school when attending camps/clinics not organized by any member school personnel.

- D. **Individual Sports Limitation.** Schools may conduct practices and/or contests in individual sports (cross country, golf, swimming, tennis, track & field, wrestling) only during the designated OSAA sports seasons as outlined in Rule 6. Local school districts and/or leagues should establish their own policy restricting the involvement of their individual sports coaches in out-of-season programs.
- E. **Open Facility.** The intent of an open facility is to provide an opportunity for a recreational activity to occur. The facility is provided so that any student in the school has an opportunity to participate. (See Team Sports Limitation listed above for additional information.)
- F. **Conditioning.** Conditioning is defined as a session where students work on physical fitness and conditioning by use of weights, running, and/or exercises. Conditioning does not allow for the use of individualized and specialized sports equipment or apparatus, including but not limited to: balls, bats, protective equipment, blocking dummies, batting cages, charging sleds and other implements related to specific OSAA activities. Participation in conditioning activities must be optional.

- 1. **Q.** Does the Practice Limitation Rule apply during the summer?
 - A.** No. The Executive Board Policy is only in effect during the Association year, which starts on the first day of fall practice and ends after Memorial Day is observed.
- 2. **Q.** May a school or an individual student compete in an indoor track meet?
 - A.** The OSAA does not have a season designated for indoor track. Therefore, indoor track is not an OSAA sanctioned activity. Since track and field is an individual sport, it falls under the Individual Sports Limitation. A participant in indoor track must do so unattached and may not represent his/her high school. No school uniforms, equipment or transportation may be used.
- 3. **Q.** What are the penalties if a high school coach violates the Practice Limitation Rule by coaching more than two members of his or her team in an out-of-season program?
 - A.** Rule 5, "Violations of Regulations – Penalties" - outlines violations of rules and penalties. As outlined in Rule 5.2., violations of any rule of the OSAA could include probation, forfeiture, fines, suspension or expulsion from the Association. The Executive Board would determine the penalty.
- 4. **Q.** Is a school in violation of the Practice Limitation Rule if an unpaid volunteer coach coaches both the high school team and the out-of-season team during the OSAA year?
 - A.** Yes, this would be a violation.
- 5. **Q.** May high school team members belong to the same club team?
 - A.** Yes, if the high school team members independently try out and/or belong to the same club team through no influence or direction from the high school coach, then no violation would occur.
- 6. **Q.** Is it a violation of the Practice Limitation Rule if a high school coach works at a YMCA, "The Hoop," "Sports Nation," etc., during the Association year?
 - A.** No, as long as the high school coach is not involved in directly coaching more than two players from his or her high school team on any given day.
- 7. **Q.** Under the Practice Limitation Rule, may two high school coaches "trade" teams and coach each other's teams in an out-of-season program, or may a person coach a high school team and then have his/her spouse coach the out-of-season club team?
 - A.** No. The intent of the rule is to prevent the high school coach from directly or indirectly pressuring players from the high school team to play on an out-of-season club team. If the high school coach organizes the high school team members to congregate on the same out-of-season club team and then secures someone else to coach them, e.g., spouse, parent, another high school coach, etc., he or she would violate the intent of the rule and it would be considered a violation.
- 8. **Q.** Under the Practice Limitation Rule, may the high school boys' basketball coach work with the girls' basketball club team?
 - A.** Yes. Boys' and girls' programs at a high school in the same sport are considered separate sports for the purpose of the Practice Limitation Rule.

- 9. Q.** Under the Practice Limitation Rule, may the local golf pro coach the high school team and still give lessons to team members outside the high school season?
- A.** The Individual Sports Limitation Rule would allow this if allowed by the local school district and/or league.
- 10. Q.** A coach of a high school team allows a parent to coach that same team in an out-of-season program. Is this legal under the Practice Limitation Rule?
- A.** Yes, as long as the high school coach does not organize or require members of the high school team to participate on the out-of-season team coached by the parent.
- 11. Q.** Under the Practice Limitation Rule, may a high school coach work with a group of 9th graders before they turn out for a sport?
- A.** No. A coach may work with no more than two players (or potential players) outside the designated sports season.
- 12. Q.** Under the Practice Limitation Rule, may a high school coach work with 8th grade students before they enter high school?
- A.** Yes, so long as the contact occurs prior to the Fall first practice date on the OSAA Calendar. From that point, the students are considered high school students.
- 13. Q.** Under the Practice Limitation Rule, may a high school coach work with two students at a time, rotating the students every half-hour?
- A.** No. A high school coach may work with no more than two students from his or her school on any given day.
- 14. Q.** Under the Practice Limitation Rule, may a high school coach work with two students at one basket, then two different students at another basket, etc.?
- A.** No. A high school coach may work with no more than two students from his or her school on any given day.
- 15. Q.** Under the Practice Limitation Rule, may the head coach work with two students, the assistant coach work with two other students, the JV coach work with two other students, etc.?
- A.** No. All coaches in a program are collectively allowed to work with no more than two students from that school on any given day.
- 16. Q.** Under the Practice Limitation Rule, may a high school coach work with more than two students provided that any student(s) in excess of two are his/her children?
- A.** Yes. When determining number of players for the purpose of this policy, the children of the person coaching shall not count toward the limitation.
- 17. Q.** Are open gyms still permissible under the Practice Limitation Rule?
- A.** Yes. The terminology has been changed to “open facility” and is applicable to gymnasiums, fields, tracks, etc. The basic philosophy of an open facility is that it is a recreational opportunity open to anyone and that no instruction is occurring. A coach may not be “at the other end” of an open facility working with two students.
- 18. Q.** Are batting cages considered open facilities?
- A.** Yes, if a batting cage is open to anyone and no coaching is taking place. Merely throwing batting practice is not considered coaching. Hitting grounders and/or fly balls is considered a violation.
- 19. Q.** A high school baseball/softball coach wants to run a hitting camp for players prior to the first practice date for spring sports. Is this legal under the Practice Limitation Rule?
- A.** No. The high school coach may coach no more than two of his or her players on a given day outside of the OSAA designated sports season.
- 20. Q.** Under the Practice Limitation Rule, may a school have an “open gym” or “open field” where baseball/softball players play catch to get their arms in shape?
- A.** Yes, provided that no coaching is taking place.
- 21. Q.** Under the Practice Limitation Rule, may a high school coach include graduating seniors on an out-of-season club team after the high school season in that sport has been completed?
- A.** Yes. Once seniors have completed their sports season, they are no longer considered to be team members or potential team members for that sport.
- 22. Q.** Under the Practice Limitation Rule, may a high school wrestling coach be involved with his wrestlers in AAU, Greco-Roman and/or freestyle wrestling?
- A.** Yes. Under the Individual Sports Limitation Rule, local school districts and/or leagues may establish their own policy regarding the high school coach’s involvement in individual sports such as wrestling.

23. Q. Under the Practice Limitation Rule, may a high school coach conduct club team try-outs prior to the end of the association year?
- A. **Yes, provided that the try-outs don't include more than two students from the coach's high school in the activity he/she coaches. Coaches may also conduct club team try-outs for non-high school students, students from other high schools, and/or students from the coach's high school in an activity he/she doesn't coach.**
24. Q. Under the Practice Limitation Rule, may more than two students serve as demonstrators at a clinic or camp at which their school coach is making a presentation outside of the OSAA season for that sport?
- A. Yes, but with these restrictions:
- 1) More than two students may attend a camp or clinic only as demonstrators for a presentation by their coach. It would be a violation of the Practice Limitation Rule for more than two students to attend as participants at a clinic or camp at which their school coach is making a presentation unless the clinic or camp was held during the OSAA season for that sport.
 - 2) Each school is limited to only one clinic or camp to which this interpretation applies per program each school year.
 - 3) Clinic or camps to which this interpretation applies may be no more than two days in length.
25. Q. May a coach participate in an open gym with more than two members of his/her school?
- A. Yes, so long as no instruction takes place.
26. Q. May a coach participate on an organized team with more than two members of his/her school?
- A. No.
27. Q. Under the Practice Limitation Rule, may a coach own a club on which there are teams, which include more than two members of his/her school?
- A. Yes, but the coach may not personally coach a team with more than two members of his/her school.
28. Q. May a coach be present at a camp, clinic or practice during the Association Year outside of their sport's designated season if more than two or his/her high school students are attending as participants?
- A. No, a coach may not attend as an instructor or observer.
29. Q. May a high school coach be present as a spectator at an out-of-season club team contest if his/her high school student(s) are participating on the team?
- A. Yes, this is allowed.
30. Q. Under the Practice Limitation Rule may a high school coach work with his/her children and two additional students?
- A. Yes, a coach's children are not counted under the Practice Limitation Rule.
31. Q. Would it be a violation of the Practice Limitation Rule for a coach to teach more than two members of the high school program in a sport-specific class outside of the season for that sport during the Association Year?
- A. No, so long as the sport-specific class meets the following conditions:
- 1) The coach must be the teacher of record for the sport-specific class, and
 - 2) The sport-specific class must be part of the regular school curriculum for which credit is granted, and
 - 3) Enrollment in the sport-specific class must not be limited to team members.
32. Q. Would it be a violation of the Practice Limitation Rule if a school was to offer a sport specific class for which the coach is not the teacher of record, and the coach was allowed to attend the class as a guest and teach sport specific skills to more than two members of the high school program outside of the season for that sport during the Association Year?
- A. Yes.
33. Q. At what point does the OSAA consider a person to be a school's coach?
- A. Once a person and a school have verbally agreed that the person will perform coaching duties for the school, he/she is considered to be that school's coach by the OSAA. At that time, all OSAA policies are in effect for that coach until such time that the coach resigns or is notified by the school that they are no longer a coach for that school.
34. Q. May a returning coach work with students outside their designated sports season since the coach working under a one-year contract and has not signed a contract for the coming year?
- A. No. Once a person becomes a school's coach, the OSAA considers that person to be a coach for the school until such time that the coach resigns or is notified by the school that they are no longer a coach for that school. Coaches who resign and are then brought back in a coaching capacity by the same school in an attempt to circumvent OSAA policy are subject to penalties as outlined in **Rule 5, "Violations of Regulations - Penalties."**

35. Q. A school is conducting interviews for a vacant coaching position. Is the interviewee allowed to conduct a practice with more than two students from a school in part of the interview process?
A. Yes, but the trial practice session shall be no longer than 30 minutes in length.
36. Q. On what date may baseball and softball coaches begin pitching instruction and throwing workouts with pitchers and catchers only (maximum of eight total per day)?
A. **February 17, 2020**, which is two weeks prior to the start of spring practices on **March 2, 2020**.
37. Q. During this two-week early window for baseball and softball coaches, how many students are coaches allowed to work with each day?
A. If non-pitchers and non-catchers, a maximum of two a day. If pitchers and/or catchers only, a maximum of eight a day. This maximum applies to a school's entire coaching staff in that activity.
38. Q. During this two-week early window for baseball and softball coaches, are coaches allowed to work with eight pitchers and catchers and two additional students on the same day?
A. No. During this timeframe, coaches are allowed to work with a maximum of eight on a single day but all eight must be pitchers and/or catchers, or the coaches may work with two non-pitchers and non-catchers on a single day, but not both.
39. Q. During this two-week early window for baseball and softball coaches, are coaches allowed to work with six pitchers and catchers and two additional students, for a total of eight?
A. No. During this timeframe, coaches are allowed to work with a maximum of eight on a single day but all eight must be pitchers and/or catchers. During this timeframe, coaches would be allowed to follow the standard "Rule of Two" and work with two players only on a single day. These players are not required to be pitchers and/or catchers.
40. Q. During this two-week early window for baseball and softball coaches, if coaches are working with pitchers and/or catchers, is live hitting allowed?
A. No, live hitting is not allowed but a coach is allowed to stand in the batter's box.

Effective First Practice Date through End of HS Season.

1. [PRACTICE MODEL](#) (*OSAA Handbook, Executive Board Policies*) (Revised Fall 2017)

Schools and students are required to adhere to the following practice model.

A. **Football**

- 1) All practices shall allow for water breaks and general acclimatization to hot and/or humid weather. Ample amounts of water should always be available and a student's access to water should not be restricted. In addition, all practices shall follow the fundamentals set forth in the NFHS's Heat Acclimatization and Heat Illness Prevention Position Statement. While the risk of heat illness is greatly dependent upon weather conditions, the fundamentals in the NFHS's Heat Acclimatization and Heat Illness Prevention Position Statement promote safety and diminish injury risk in any setting.
- 2) Teams shall have not less than nine days of on-field practice prior to playing in a jamboree **or** an interscholastic contest.
- 3) Students may participate in multiple practice sessions per day, but not on consecutive days.
 - a) Single Practice Session. No single practice session shall be longer than three hours, including warm-up and cool down. On days with a single practice session, students are limited to a maximum of one hour of weight training either before or after practice but not both.
 - b) Multiple Practice Sessions. On days with multiple practice sessions, students shall not engage in more than five hours of total practice, including warm-up and cool down. No single practice session shall be longer than three hours, including warm-up and cool down. There must be at least three hours of recovery time between the end of one practice session and the beginning of the next practice session on a day with multiple practice sessions. During this recovery time, students may not engage in other physical activities (e.g., weight training, etc.)
- 4) Days in which multiple practice sessions are conducted are subject to the following restrictions:
 - a) One practice session of the first two multiple practice session days shall be a teaching session only. Conditioning drills (gassers, timed runs or sprints) shall not be conducted.
 - b) Only one practice of a multiple practice session day may include Full contact (defined below as Thud and Live Action).

- 5) At the beginning of football practice each year, every student shall be required to have two days of helmet only practices. During this period, the only optional pieces of protective equipment that may be worn by individuals are shoes and helmets. No other pads (e.g., shoulder, knee, thigh, hip and rib) are to be worn. During helmet only practice, no full contact drills or any other activity may occur which would result in a player completing a tackle or being blocked or tackled to the ground. This policy does not preclude light contact with blocking sleds and tackling dummies. However, it is strongly recommended that any such contact be carefully controlled.
 - 6) Following two days of helmet only practices, students may wear helmets and shoulder pads on Day 3. On this day, the only optional pieces of protective equipment that may be worn by individuals are shoes, shoulder pads and helmets. No other pads (e.g., knee, thigh, hip and rib) are to be worn. During helmet/shoulder pad practice, no full contact drills or any other activity may occur which would result in a player completing a tackle or being blocked or tackled to the ground. This policy does not preclude light contact with blocking sleds and tackling dummies. However, it is strongly recommended that any such contact be carefully controlled.
 - 7) After completing the first three days, a student may participate in a contact practice. During a contact practice the remainder of the football gear as described in the NFHS Football Rules Book may be worn and activity is not restricted with regard to contact as defined by USA Football Levels of Contact. A school shall not permit an individual to participate in a contact practice unless that individual has had at least two days of helmet only practice and one day of helmet/shoulder pad practice. Contact with another person on the fourth and fifth days should be controlled.
 - 8) Beginning the third week of Football practice (Week 9 on NFHS Standardized Calendar) students may participate in three days of full contact each week, excluding games. A maximum of 90 minutes of Full Contact combined is allowed during these three days. Full contact is defined as follows:
 - a) Thud – Drill is run at assigned speed through the moment of contact, no predetermined “winner.” Contact remains above the waist, players stay on their feet and a quick whistle ends the drill. This applies to simulations and drills involving any number of players.
 - b) Live Action – Drill is run in game-like conditions and is the only time that players are taken to the ground. This applies to simulations and drills involving any number of players.
 - 9) A student may not practice or participate in a contest for more than six consecutive days without a rest day. A rest day must be complete rest – no organized team physical activity is allowed. Travel is allowed on a rest day.
 - 10) A student shall become eligible to participate in a jamboree or interscholastic contest after completing a minimum of nine days of actual on-field practice.
1. **Q.** Can the one-hour weight training session allowed on single practice days be conducted both prior to practice and after practice if players only participate in one of the weight training sessions?
A. Yes, multiple one-hour weight training sessions may be held but individual players are limited to participation in a single session.
 2. **Q.** Is the one-hour weight training session allowed on single practice days required to be “immediately” prior to and after the practice?
A. No, the training session does not have to immediately precede or follow the scheduled practice.
 3. **Q.** Is the one-hour weight training session allowed on single practice days also allowed on multiple practice days?
A. No, weight training conducted on multiple practice days counts toward the daily five-hour practice limit.
 4. **Q.** On single practice days may coaches conduct classroom-training sessions that would involve no physical activity?
A. Yes, classroom instruction that requires no physical activity is allowed and does not count towards the daily five-hour practice limit.
 5. **Q.** Is classroom instruction with no physical activity allowed during the required three-hour recovery period between multiple practices?
A. Yes, classroom instruction that requires no physical activity is allowed during the recovery period.
 6. **Q.** A team plans to conduct multiple practices on a single day but wants to reduce the length of each practice to 90 minutes. Can the team reduce the required recovery time of three hours between practice sessions because they have used less than the maximum practice time allowed?
A. No, the three-hour recovery period between practices is required regardless of practice length.
 7. **Q.** Are multiple practices on a single day required for all Fall teams?
A. No, teams are not required to have multiple practices on a single day. If multiple practices are conducted, the second practice of the first two multiple practices days is a teaching session only.

8. **Q.** What is the definition of a “teaching session”?
- A.** During a teaching session, the intensity, duration, and pace of all practice components shall be modified from a normal practice session. The focus of a teaching session should be directed at developing skills fundamental to the sport at a significantly reduced pace. In Football, light contact with bags is allowed but Live Action situations are prohibited. Practice components in all activities intended to develop skills while conditioning the athlete at the same time are not allowed. Coaches are encouraged to use this “teaching session” to address offensive and defensive strategies, skill development drills and other types of team building activities that do not involve conditioning.
9. **Q.** How do you calculate practice time for multiple sport athletes participating in more than one Fall sport?
- A.** Practice hours are cumulative. On a single practice day, the three-hour practice limit may be split between the two sports but the total practice time, including any breaks, must fit within the three-hour limit. On a multiple practice day, the daily five-hour practice limit may be split between the two sports but all required recovery periods must be implemented. Any participation for a fraction of a half hour counts as a half hour towards the daily practice limit.
10. **Q.** If Fall multiple sport athletes practice one hour with the Football team and two hours with the Soccer team are they required to have a recovery period between the two practices?
- A.** No, this is considered to be one three-hour practice and no recovery period is required. If the combined practice time, including any breaks, exceeds three hours then a three-hour recovery is required.
11. **Q.** May a team practice for 2 hours, take a 30-minute break, and resume for 1 hour?
- A.** No, this would constitute a violation. Teams may not exceed the maximum practice time of three hours, including all breaks within the schedule.
12. **Q.** In football, are 7-on-7 drills permissible during teaching sessions?
- A.** Yes, provided that they comply with the foregoing “teaching session” requirements.

2. **PARTICIPATION LIMITATIONS** (*OSAA Handbook, Participation Limitations, Football*) **(Revised Winter 2019)**

- A. **Team.** A school team shall not play more than nine games at each level of competition, exclusive of the state championships.
- B. **Individual.** A student shall not participate in more than nine weeks, exclusive of the state championships. A student may participate in only one jamboree.
- C. **Jamboree.** A school may participate in only one jamboree at each level of competition. A jamboree shall include at least three teams, and shall not be counted as a contest. Jamborees may be held only on the Thursday of Week 8 and for 30 days thereafter.
- 1) **Reminder.** All participants must have completed a minimum of nine days of actual field practice prior to the jamboree.
 - 2) In a jamboree, each team is allowed a total of 36 offensive snaps from the line of scrimmage. Any kicking play (e.g. punt, extra point, field goal) counts as an offensive snap.
 - 3) **Four-team format.** Twelve offensive snaps against each opponent – 36 total snaps.
 - 4) **Three-team format.** Eighteen offensive snaps against each opponent – 36 total snaps.
 - 5) Students participating in jamborees shall adhere to the individual participation limitations set forth in this Handbook. Participation against a single opponent in a jamboree shall count as one quarter toward the weekly limit. A student may participate in only one jamboree.
- D. **Quarter Rule.**
- 1) **Daily.** A student shall not compete in more than four quarters each day. Participation in any play in a quarter shall constitute participation in that quarter. If a student appears in more than four quarters in a day, the game in which the student exceeds the limit shall be forfeited.
NOTE: A student may be allowed a fifth quarter of participation if the student plays 12 plays or less in any two of the student’s first four quarters that day.
 - 2) **Weekly.** A student shall not compete in more than five quarters for the 6A, 5A and six quarters for the 4A, 3A, 2A and 1A each week. To be eligible for six quarters (4A, 3A, 2A, 1A) there has to be a minimum of **48** hours between contests. All players (6A – 1A) are limited to 45 total quarters per year during the regular season. The week is defined as running from Tuesday through Monday. Participation in any play in a quarter shall

constitute participation in that quarter, no exceptions. If a student appears in more than five quarters in one week, the game in which the student exceeds the limit shall be forfeited. If a student appears in more than 45 total quarters during the regular season, the game in which the student exceeds the limit shall be forfeited.

NOTE: 6A and 5A students may be allowed a sixth quarter of participation if the student plays 12 plays or less in any two of the student's first five quarters that week.

- E. **Adding a Fifth Quarter.** A fifth quarter may be played at the freshman level, or at the junior varsity level if there is no freshman team, providing both schools agree and the officials agree. The extra quarter is intended to provide an opportunity for those students whose play was limited in the regular contest. In no case, shall a student exceed the quarter limits outlined above.

1. **Q.** May a student participate in two quarters at the varsity level during one week and three quarters at the JV level during another week and count the participation as one game?

A. No. At all classifications, in order for quarters at multiple levels to be counted as one game under the individual participation limitation, the participation must occur during the same week running from Tuesday through Sunday.

2. **Q.** May a student play 12 plays or less in his fifth quarter of a day (or sixth quarter in a week) and count that as one of the two quarters of 12 plays or less?

A. No. The allowance of a fifth quarter in a day (or sixth quarter in a week) can only be triggered by two quarters of 12 plays or less during the student's first four quarters in a day (or first five quarters in a week).

3. **Q.** May a student be allowed a sixth quarter in a day (or seventh quarter in a week) by playing four quarters of 12 plays or less?

A. No. A maximum of one additional quarter may be allowed in a day (or a week). Even with the allowance of an additional quarter, there is no scenario under which a student may play more than five quarters in a day (or six quarters in a week).

3. **OFFICIALS – CERTIFIED REQUIREMENT** (*OSAA Handbook, Executive Board Policies*) (Revised Fall 2013)

- A. **General requirement.** Member schools shall secure certified officials from officials' associations that have been recognized and certified by the OSAA for all interscholastic activities requiring those officials. **EXCEPTION:** Any request for an exception to this policy must receive the approval of the Executive Director. Exceptions shall be considered only when adherence to this policy presents a financial hardship to the school or when the local officials' association is unable to service the member school. Any out-of-state official used under this exception in a contest in Oregon shall represent an association whose commissioner was an attendee at the OSAA Rules Interpreters' Clinic for that year.

OSAA certified officials are required for all sanctioned activities at the varsity and junior varsity levels including jamborees. **EXCEPTION:** OSAA certified officials are required in baseball and softball at the varsity level only. OSAA certified officials are required in football at all sub-varsity levels.

Schools, leagues and tournaments are limited to using a maximum of the quantity of officials assigned to State Championship contests unless written permission to exceed that quantity is received from the OSAA Executive Director prior to the event(s).

Schools have the responsibility to request permission from their local associations to use non-certified officials at sub-varsity contests where certified officials are not required.

- B. **Quantity requirements.** See **Officials Fee Schedule** for additional information.

3) **Football.** Five officials are required at the varsity level at the 6A, 5A and 4A classifications. Five officials are recommended but at least four are required at the varsity level at the 3A, 2A and 1A classifications. Five officials are recommended but at least four are required at the junior varsity, sophomore and freshman levels at all classifications.

4. **INTERRUPTED CONTESTS** (*OSAA Handbook, Executive Board Policies*) (Revised Fall 2015)

Following is the policy concerning interrupted athletic contests. **NOTE:** For state championship final games, the OSAA staff shall take jurisdiction and make any decisions rather than the schools involved.

- D. **Football.** Contest shall be continued from point of interruption unless the teams agree to terminate the game with the existing score, or there are athletic district rules that apply.

5. **FOOTBALL – 45-POINT RULE** (OSAA Handbook, Executive Board Policies)

(Revised February 2017)

- A. **Running Clock.** If a 45-point differential occurs at halftime or any time thereafter, a running clock shall be used. The running clock shall be started with the ready-for-play signal from the official. Once the running clock is started, it shall be stopped only for the following reasons:
- 1) For measurement of a possible first down.
 - 2) For a player who appears to be injured.
 - 3) For unusual heat or humidity which may create a health risk to players.
 - 4) For a coach/referee conference concerning the misapplication of a rule.
 - 5) When a TV/radio time out is granted.
 - 6) For a one-minute intermission between the third and fourth periods and following a try, successful field goal, or a safety.
 - 7) A team time out is granted.
 - 8) When a team attempts to conserve or consume time.
 - 9) Any unusual circumstances (dog on field, etc.).
- B. The running clock shall apply to all levels (varsity, JV, sophomore and frosh) and shall remain from year to year until the classification notifies the OSAA of a change. The running clock shall be in effect for Football State Championship games, first round through final site.

6. **FOOTBALL – PLACEMENT IN A LOWER CLASSIFICATION** (OSAA Handbook, Executive Board Policies) (February 2018)
(Placement in a Lower Classification – Football Only)

- A. **Eligibility.** For a member school to be eligible for initial placement in a lower classification as permitted in Article 6.2.4. (c), the school must meet at least one of the following criterion:
- 1) **Winning Percentage – Four-Year.** The school's in-classification winning percentage (Colley) in football for the previous four years shall be 22% or lower.
 - 2) **Winning Percentage – Two-Year.** The school's in-classification winning percentage (Colley) in football for the previous two years shall be 22% or lower.
 - 3) **Number of In-Classification Games.** The school played twelve or fewer in-classification games in football during the previous four years.
 - 4) **Enrollment Zone – 11-Man vs. 8-Man.** The school's adjusted base number enrollment is between 90 and 120, and the school intends to play 8-man football.
- B. **Deadline.** A member school that meets one of the above criterion shall notify the OSAA of its intent to accept placement in a lower classification prior to January 15 of each even-numbered year beginning in 2018.
- C. **Duration of Placement.** Approval of placement in a lower classification shall apply for two years.
- D. **Cooperative Sponsorships.** Schools involved in a cooperative sponsorship that participated together during the previous two-year or four-year period that also meet one of the above criteria are eligible for placement in a lower classification. Newly formed cooperative sponsorships shall be subject to Board Policy – Cooperative Sponsorship.
- E. **Two-Year Evaluation.** Following two years of placement in a lower classification, a school shall be evaluated to determine if the school should change classifications again. The evaluation shall include, but is not limited to, the following criteria: in-classification winning percentage (Colley), league finish, playoff appearances/finish, program participation numbers, and adjusted base number enrollment.

7. **FOOTBALL – CLEATS:** In addition to the unsportsmanlike conduct penalty (15 yards) specified by the National Federation Rules Book, a student who is wearing illegal cleats in excess of 1/2" in length shall be ejected from the contest, whether or not the student has participated.

8. **FOOTBALL – LEAGUE PLAYOFF PROHIBITION:** Leagues shall not use on-the-field procedures such as the "Kansas Plan" to break ties in league football standings at the end of the regular season. Each league shall develop its own standard operating procedure for resolving league ties off the field.

9. **FOOTBALL – VIDEO EXCHANGE:** Each school participating in the Football State Championships, excluding schools assigned to the 1A classification, shall be required to exchange at least two videos with their next opponent. The opposing

coaches choose which videos to receive, and the exchange must be completed by noon on Sunday preceding the game in which the two schools meet.

STATE CHAMPIONSHIPS INFORMATION

1. STATE CHAMPIONSHIPS POSTING TIMELINES:

- A. **Athletic Directors, Coaches and Spectators:** Detailed information regarding the Football State Championships will be posted on the OSAA website (<http://www.osaa.org/activities/fbl>) on Wednesday, September 25. It is essential that participating teams and individuals access this information prior to the state championships. Included will be information regarding ticket prices, parking, maps, how to submit souvenir program information, souvenir merchandise, etc.
- B. **Event Management Information (EMI):** Beginning Wednesday, September 25, schools that host state championship games must download Event Management Information from the OSAA website (<http://www.osaa.org/activities/fbl>). Included will be information regarding expenses, admission policies, game management & ticket report, ticket booth signs, PA script, etc.

2. STATE CHAMPIONSHIPS LOCATIONS AND TIMES

A. First Round – Quarterfinals:

- 1) Refer to brackets for locations and home team designation.
- 2) Games are to be played Friday, 7pm/7:30pm, or Saturday, 1pm for all rounds prior to the semifinals. Game times are by mutual agreement of both schools participating. Games are to be played at the times indicated unless both schools involved agree otherwise and approval is granted from the OSAA office. If schools cannot mutually agree, the OSAA will make the final decision.

- B. **Semifinals:** Neutral field (preferably artificial turf) as determined by the OSAA. OSAA will determine days and times for all semifinals.

- C. **Finals:** OSAA will determine days and times for all finals.

- 1) **5A, 4A, 3A, 2A, 1A** – TBD
- 2) **6A** – TBD

3. PLAYOFF QUALIFICATIONS

A. 6A – 32-Team OSAA Bracket

- 1) **Automatic Qualifiers** – Twenty-one teams automatically qualify for the OSAA’s 32-team bracket based on regular season and/or special district tournament play on or before Friday, November 1. Each special district determines how they will select their three allotted playoff spots.
- 2) **Rankings Freeze Date** – The rankings will freeze at 10pm on Friday, November 1.
- 3) **At-Large Qualifiers** – Eleven additional teams will qualify for the OSAA’s 32-team bracket based on the OSAA rankings. Once the rankings are frozen, the 11 highest ranked teams not already an automatic special district qualifier will qualify as At-Large teams.
- 4) **Rankings** – Once the 32 qualifying teams are determined, they will be placed on the OSAA bracket according to OSAA Executive Board Policy “[State Championships – Rankings.](#)”

B. 5A – 16-Team OSAA Bracket

- 1) **Automatic Qualifiers** – Sixteen teams automatically qualify for the OSAA’s 16-team bracket based on regular season and/or special district tournament play on or before Friday, November 1. Each special district determines how they will select their allotted playoff spots.

Special District 1 – 6; Special District 2 – 5; Special District 3 – 5

- a) Special District 1 has six qualifiers determined by the top two teams from each division filling four of their automatic qualifiers. The remaining two spots will be determined by cross-over play. The #4’s from each division will play at the #3’s of the other division, the winners will advance.
- b) Special District 2 has five qualifiers determined by the top two teams from each division filling four of their automatic qualifiers. ***The remaining spot will be determined between the two #3 seeded teams. If***

the two #3 teams played against each other during the season, the winner of that game will be determined as the fifth qualifier. If the two #3 seeded teams did not play each other during the season, then once the Rankings are frozen the highest ranked team between the two #3 seeded teams qualifies as the fifth qualifier.

c) Special District 3 has five qualifiers determined by their final standings.

2) **Rankings Freeze Date** – The rankings will freeze at 10pm on Friday, November 1.

3) **Rankings** – Once the 16 qualifying teams are determined, they will be placed on the OSAA bracket according to OSAA Executive Board Policy “[State Championships – Rankings.](#)”

C. **4A – 16-Team OSAA Bracket**

1) **Automatic Qualifiers** – Twelve teams automatically qualify for the OSAA’s 16-team bracket based on regular season and/or special district tournament play on or before Friday, October 25. Each special district determines how they will select their two allotted playoff spots.

2) **Rankings Freeze Date** – The rankings will freeze at 10pm on **Saturday, October 26.**

3) **Play-In Model** – Eight teams will qualify as Play-In teams based on the frozen OSAA rankings.

a) Once the 12 automatic special district qualifiers are determined the next eight highest ranked teams will compete in the four Play-In contests on Friday/Saturday, November 1-2.

b) The eight teams will be ranked 1-8 with the highest ranked team hosting the lowest ranked team. Same special district matchups will be avoided, if possible. When a matchup of two special district opponents exists, there will be ONE attempt to move the lower ranked team to avoid the matchup. If this doesn’t solve the problem then the matchup of the of the two opponents from the same special district will take place. Winner advance to the OSAA 16-team bracket.

4) Once the 16 qualifying teams are determined, they will be placed on the OSAA bracket according to OSAA Executive Board Policy “[State Championships – Rankings.](#)”

D. **3A – 16-Team OSAA Bracket**

1) **Automatic Qualifiers** – Fifteen teams automatically qualify for the OSAA’s 16-team bracket based on regular season and/or special district tournament play on or before Saturday, November 2. Each special district determines how they will select their allotted playoff spots.

Special District 1 – 6; Special District 2 – 6; Special District 3 – 3

a) Special District 1 has six qualifiers determined by the top two team from each division filling four of their automatic qualifiers. The remaining two spots will be determined by the next two highest ranked teams not already an automatic division qualifier.

b) Special District 2 has six qualifiers determined by the top three teams from each division.

c) Special District 3 has three qualifiers determined by the top three teams in their special district.

2) **Rankings Freeze Date** – The rankings will freeze at 10pm on Saturday, November 2.

3) **At-Large Qualifier** – One additional team will qualify for the OSAA’s 16-team bracket based on the OSAA rankings. Once the rankings are frozen, the highest ranked team not already an automatic special district qualifier will qualify as the At-Large team.

4) **Rankings** – Once the 16 qualifying teams are determined, they will be placed on the OSAA bracket according to OSAA Executive Board Policy “[State Championships – Rankings.](#)”

E. **2A – 16-Team OSAA Bracket**

1) **Automatic Qualifiers** – Twelve teams automatically qualify for the OSAA’s 16-team bracket based on regular season and/or special district tournament play on or before Saturday, November 2. Each special district determines how they will select their two allotted playoff spots.

2) **Rankings Freeze Date** – The rankings will freeze at 10pm on Saturday, November 2.

3) **At-Large Qualifiers** – Four additional teams will qualify for the OSAA’s 16-team bracket based on the OSAA rankings. Once the rankings are frozen, the four highest ranked teams not already automatic special district qualifiers will qualify as the At-Large teams.

- 4) **Rankings** – Once the 16 qualifying teams are determined, they will be placed on the OSAA bracket according to OSAA Executive Board Policy “[State Championships – Rankings.](#)”

F. **1A – 16-Team OSAA Bracket**

- 1) **Automatic Qualifiers** – Twelve teams automatically qualify for the OSAA’s 16-team bracket based on regular season and/or special district tournament play on or before Friday, November 1. Each special district determines how they will select their allotted playoff spots.

Special District 1 –4; Special District 2 –4; Special District 3 – 4
(Determined by the Executive Board at its September 9, 2019 meeting.)

- a) Special District 1 has **four** qualifiers determined by the top team from each division filling two of their automatic qualifiers. The remaining two spots will be determined by cross-over play. The #3’s from each division will play at the #2’s of the other division, the winners advance.
- b) Special District 2 has **four** qualifiers determined by the top team from each division filling two of their automatic qualifiers. The top team from each division will have a bye in the cross-over games and advance automatically into the state playoffs. The remaining two spots will be determined by cross-over play. The #3’s from each division will play at the #2’s of the other division, the winners advance.
- c) Special District 3 has **four** qualifiers determined by the top team each division filling two of their automatic qualifiers. The remaining two spots will be determined by cross-over play. The #3’s from each division will play at the #2’s of the other division, the winners advance.

- 2) **Rankings Freeze Date** – The rankings will freeze at 10pm on Friday, November 1.
- 3) **At-Large Qualifier** – Four additional teams will qualify for the OSAA’s 16-team bracket based on the OSAA rankings. Once the rankings are frozen, the **four** highest ranked **teams** not already an automatic **special district** qualifier will qualify as the At-Large **teams**.
- 4) **Rankings** – Once the final 16 teams are determined, they will be placed on the OSAA bracket according to OSAA Executive Board Policy “[State Championships – Rankings.](#)”

4. **STATE CHAMPIONSHIPS - HOME TEAM DESIGNATION** (OSAA Handbook, Executive Board Policies) (Revised Fall 2018)

During all rounds of each OSAA State Championship bracket, the team with the better Adjusted Playoff Ranking (APR) shall be the designated home team.

5. **STATE CHAMPIONSHIPS – TEAM SIZE** (OSAA Handbook, Executive Board Policies) (Revised Fall 2013)

- A. The following limitations shall apply to replacement players and maximum team sizes for team sport State Championship events, first round through championship final. **NOTE:** Only players in uniform are allowed to participate in pre-game warm-ups.
- B. **Penalties for excessive team size:** Suiting up, warming up, or playing too many players shall be considered a gross act of unsportsmanlike conduct and may be punishable by fines, forfeiture and/or other penalties as determined by the OSAA Executive Board.
- 3) **Football.** Team: Replacement of players applies to each game. A player replaced on the roster may be reinstated to the roster in subsequent games. Maximum in uniform: 6A-60, 5A-50; 4A-40; 3A-33, 2A-33; 1A-24.

6. **STATE CHAMPIONSHIPS – ADOPTED BALL** (OSAA Handbook, Executive Board Policies) (Fall 2010)

The OSAA shall require that the officially adopted ball for that sport be used in all state championship contests, first round through final sites.

A. **State Championship Contests at Home Sites.**

2) **Football.**

- a) **Procedure.** Officials shall confirm that both teams use the officially adopted ball (**Wilson footballs**). If either team uses balls that are not the officially adopted balls, the contest shall be played, and officials shall report the school or schools in violation to the OSAA.
- b) **Penalty.** A school, which is found to have used a non-adopted ball in an OSAA state championship contest, shall be subject to fines, forfeiture and/or other penalties as determined by the OSAA Executive Board.

- B. **State Championship Contests Administered by OSAA Staff.** Officially adopted balls (**Wilson footballs**) shall be provided by OSAA staff administering the contests.

OSAA GENERAL POLICIES

1. **ATTACHED AND UNATTACHED COMPETITION / EXHIBITION** (OSAA Handbook, Executive Board Policies) (Revised August 2012)

Following is the policy regarding attached and unattached competition:

- A. A high school team shall not compete against an unattached team (e.g., club team).
- B. Students representing a high school shall not compete against unattached individuals.
- C. Students shall not represent a high school and participate in a competition or exhibition as unattached on the same day at the same venue/facility.

2. **CERTIFICATION – ATHLETIC DIRECTORS AND COACHES** (OSAA Handbook, Executive Board Policies) (Revised Spring 2016)

Athletic directors and coaches shall achieve certification in the following areas prior to assuming duties as an athletic director or coach. The high school principal shall be held accountable for verifying that athletic directors and coaches have been certified. **EXCEPTION:** Any emergency exception to an OSAA requirement must be authorized in writing by the OSAA.

A. **NFHS Fundamentals of Coaching.** <http://nfhslearn.com/>

The OSAA requires that athletic directors and coaches must achieve a passing score on the test included with the NFHS Fundamentals of Coaching course. This is a one-time requirement.

B. **Concussion Recognition and Management Training.** <http://nfhslearn.com/>

The OSAA and Oregon State Law ([ORS 336.485](#)) requires that athletic directors and coaches receive training to learn how to recognize the symptoms of a concussion and how to seek proper medical treatment for a person suspected of having a concussion. The NFHS's Concussion in Sports free course satisfies this requirement. This training is required annually.

C. **NFHS Heat Illness Prevention.** <http://nfhslearn.com/>

The OSAA requires that athletic directors and coaches must achieve a passing score on the test included with the NFHS's Heat Illness Prevention free course. This training is required once every four years.

D. **Anabolic Steroids and Performance-Enhancing Substances Training.** <http://www.osaa.org/steroids>

The OSAA and Oregon State Law ([ORS 342.726](#)) require that athletic directors and coaches receive training on identifying the components of anabolic steroid abuse and use and prevention strategies for the use of performance-enhancing substances. This training is required once every four years.

E. **Spirit Safety Clinic (Cheerleading and Dance/Drill Coaches Only).** <http://www.osaa.org/activities/che>

The OSAA requires that any cheerleading or dance/drill coach receive spirit safety training by achieving a passing score on the test included with the OSAA's online Spirit Safety Clinic. This training is required annually.

F. **Heads Up Football Certification.** <http://www.osaa.org/activities/fbl> (Revised Spring 2019)

The OSAA requires that any football coach complete the USA Football Heads Up Certification prior to assuming coaching duties and to recertify annually prior to the beginning of each Association year. Additionally, each member school sponsoring football is required to identify a Player Safety Coach. Each Player Safety Coach is required to attend an in-person clinic **biennially** prior to the start of the Association year that is conducted by a USA Football Master Trainer in preparation for implementing and overseeing the primary components of Heads Up Football at their school.

1. **Q.** Does certification through the American Sport Education Program (ASEP) satisfy the requirement in **Rule 1.4**?

A. Yes, so long as the athletic director or coach was certified through ASEP prior to August 1, 2007. Thereafter, only the NFHS Coach Education Program "Fundamentals of Coaching" will satisfy this requirement unless an exception is granted in writing by the OSAA.

2. **Q.** When must a coach be certified?

A. All coaches must be certified prior to assuming coaching duties unless an emergency exception is authorized in writing by the OSAA. This includes cheerleading coaches, dance/drill coaches and choreographers at schools that do not participate in competitions.

3. **Q.** Is certification required of volunteer coaches?

A. Yes.

4. **Q.** Must a “guest” coach be certified?
A. No, but if the coach has contact with students more than three times in a sport season, the coach shall no longer be considered a “guest” and must be certified. A non-certified “guest” coach may not serve as a coach at a contest.
5. **Q.** May a school bring in alumni or other non-high school personnel to scrimmage with teams or individuals as “guest coaches” if those personnel are limited to student contact on no more than three occasions during the sport season?
A. No. The “guest coach” exception is intended to allow a limited number of visits by a guest instructor; it is NOT intended to allow coaches to bring in coaches or players to participate in drills or scrimmages against teams or individuals. Any attempt to circumvent the Participation Limitations by calling practice participants “guest coaches” would be a violation of OSAA rules.
6. **Q.** In individual sports, may a parent or non-certified coach accompany a participant to a contest as the school representative if that person is an authorized representative of the principal?
A. Yes, but the authorized representative may not coach the participant unless specific permission has been granted in writing by the Executive Director.
7. **Q.** Does the OSAA require high school coaches to have current first aid certification?
A. No. However, coaches should check with their athletic directors as most high schools have this as a requirement.
8. **Q.** *What is required of a Player Safety Coach (PSC) during the year they attend an in-person PSC clinic in order to be Heads Up Football certified?*
A. *Coaches attending an in-person PSC clinic are required to complete the following online courses in order to be Heads Up Football certified: Concussion Recognition and Training; Heat Illness Prevention.*
9. **Q.** *What is required of every football coach, including previously certified PSC coaches, not attending an in-person PSC clinic in order to be Heads Up Football certified?*
A. *Every football coach, including previously certified PSC coaches, not attending an in-person PSC clinic is required to complete the following online courses in order to be Heads Up Football certified: Concussion Recognition and Training; Heat Illness Prevention; Blocking and Defeating Blocks, Shoulder Tackling & Equipment Fitting; Sudden Cardiac Arrest.*

3. **[CHARITABLE CAUSES](#)** (*OSAA Handbook, Executive Board Policies*) (Fall 2012)

The OSAA is supportive of charitable initiatives and has developed guidelines in regards to an athletic competition being held in the name of a charitable cause. Schools may host a contest in recognition of a charitable cause under the following conditions:

- A. Uniform color must be legal under NFHS rules. Example: Breast cancer awareness pink uniforms would not be legal in sports that require white and dark uniforms because pale pink is neither. Pale pink would be a legal color uniform in sports that require LIGHT and dark uniforms.
- B. A permanently attached commemorative patch may be worn but must adhere to NFHS rules in each specific sport.
- C. Colored game balls may not be used during competition unless they are legal under NFHS rules. They may be used during any warm-up period prior to the contest, except in softball and baseball.
- D. Basketball Only: Pink headbands or wristbands, not legal under NFHS basketball rules unless pink is a school color, are allowed. Note that all team members must be uniform in color of headbands or wristbands.
- E. Officials may use a colored whistle.

4. **[CONCUSSION MANAGEMENT](#)** (*OSAA Handbook, Executive Board Policies*) (Revised Fall 2015)
[\(Concussion-Return to Participation Medical Release\)](#) **[\(Concussion-Return to Learn Medical Release\)](#)**

- A. **Member School’s Responsibilities (Max’s Law, [ORS 336.485](#), [OAR 581-022-0421](#)) (Jenna’s Law, [ORS 417.875](#))**
 - 1) **Suspected or Diagnosed Concussion.** Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body, or who has been diagnosed with a concussion, shall not be permitted to return to that athletic contest or practice, or any other athletic contest or practice on that same day. In schools which have the services of an athletic trainer registered by the Oregon Board of Athletic Trainers, that athletic trainer may determine that an athlete has not exhibited signs, symptoms or behaviors consistent with a concussion, and has not suffered a concussion, and return the athlete to play. Athletic trainers may also work in consultation with an appropriate Health Care Professional (see below) in determining when an athlete is able to return to play following a concussion.

2) **Return to Participation.** Until an athlete who has suffered a concussion is no longer experiencing signs, symptoms, or behaviors consistent with a concussion, and a medical release form signed by an appropriate Health Care Professional (Physician (MD), Physician’s Assistant (PA), Doctor of Osteopathic (DO) licensed by the Oregon State Board of Medicine, nurse practitioner licensed by the Oregon State Board of Nursing, or Psychologist licensed by the Oregon Board of Psychologist Examiners) is obtained, the athlete shall not be permitted to return to athletic activity.

3) **Private Schools Only.** [\(Concussion-Private School Informed Consent\)](#)

On an annual basis prior to participation, private schools shall require each student and at least one parent or legal guardian of the student to sign the Concussion – Private School Informed Consent form acknowledging the receipt of information regarding symptoms and warning signs of concussions. Private schools shall maintain a copy of each student’s signed form on file for review at any time by OSAA staff.

B. **Official’s Responsibilities.**

An official shall remove a player from a contest when that player exhibits signs, symptoms or behaviors consistent with a concussion due to an observed or suspected blow to the head or body. The official shall document and notify the head coach or his/her designee making sure that the head coach or designee understands that the player is being removed for exhibiting signs, symptoms or behaviors consistent with a concussion as opposed to behavior, a non-concussive injury or other reasons. The official is not responsible for evaluation or management of the player after he/she is removed from play. The official does not need written permission for a player to return nor does the official need to verify the credentials of the appropriate health care professional who has cleared the player to return. The responsibility of further evaluating and managing the symptomatic player falls upon the school and appropriate health care professionals.

5. [EJECTION POLICIES – EJECTED PLAYER OR COACH](#) (OSAA Handbook, Executive Board Policies) [\(Ejection Report\)](#) (Revised December 2016)

A. If a player or coach is ejected by an official, the commissioner of officials shall notify the OSAA and the athletic director of the school of the ejected player/coach by completing the online ejection report by the next workday. Ejected coaches must leave the contest immediately and shall remain out of “sight and sound” of the team for the duration of that contest and any other school contests that day. It shall be the responsibility of the school to disallow the ejected player or coach from participating during the period of suspension specified in the Regulations, regardless of whether written notification has been received by the school from the commissioner of officials. Should an ejected player participate or an ejected coach remain within “sight and sound” of the team during the period of suspension specified in the Regulations, and no appeal is pending, that action shall be considered use of an ineligible participant and shall result in forfeiture of that contest and other penalties as determined by the Executive Board.

B. **Additional Requirements Regarding an Ejected Coach.** In addition to the requirements previously listed in this policy, an ejected coach shall be required to complete the online NFHS course, “Teaching and Modeling Behavior”, within seven calendar days of the school being provided a license to take the course by the OSAA. Should a coach fail to complete the course requirement within the time limit stipulated in this policy, the ejection suspension shall be reinstated and the coach shall be ineligible to coach until the requirement has been fulfilled. Should an ejected coach remain within “sight and sound” of the team during the reinstated period of suspension specified in the Regulations, and no appeal is pending, that action shall be considered use of an ineligible participant and shall result in forfeiture of that contest and other penalties as determined by the Executive Board.

C. **Appeal Process.** If the principal or the Athletic Director of the ejected coach/player and the commissioner of officials agree that the suspension should be set aside, the principal may appeal to the Executive Director within 48 hours of the ejection to set aside the next game suspension portion of the penalty. Unless the commissioner agrees that the suspension should be set aside, the appeal must be denied by the Executive Director. If the Executive Director denies an appeal, that denial may be appealed to the Executive Board, which shall hear the appeal at its earliest convenience and issue a final ruling. Implementation of the next game suspension may be postponed during the time that an appeal is pending.

1. **Q.** When a player is ejected, may the player remain on the bench?
A. Yes. The player is required to sit out the remainder of the contest, but may remain on the bench.

2. **Q.** When a coach is ejected, must the coach leave the playing area?
A. Yes. The coach must leave the playing area and shall be allowed no further direct or indirect contact with the team until the contest is completed. In order to avoid direct or indirect contact, the coach must be “out of sight and sound” of the team.

3. **Q.** May a player sit on the bench during a period of suspension?
A. Yes, but the player must not be in uniform.
4. **Q.** May a coach have any contact with a team at a contest following an ejection or at the contest at which the suspension is served?
A. No. The coach is allowed no direct or indirect contact with the team during the contest following ejection. In order to avoid direct or indirect contact, the coach must be “out of sight and sound” of the team. Further, the coach is allowed no direct or indirect contact with the team at the contest at which the suspension is served nor is the coach permitted to attend the contest at which the suspension is served.
5. **Q.** May a coach or participant who has been suspended at one level of competition (e.g. varsity) participate in a contest at another level during the period of suspension?
A. No.
6. **Q.** May a coach or participant who has been suspended at one level of competition (e.g. varsity) serve the suspension in a contest at another level?
A. No.
7. **Q.** When a coach or player is ejected, when and over what period of time are the ejection period and suspension period?
A. NOTE: If the ejection occurs in the last contest at a particular level, the suspension carries over to the next contest at any level in that sport in that season.
- | <u>Sport</u> | <u>Ejection Period</u> | <u>Suspension Period</u> |
|--------------|-------------------------|--|
| Baseball | Remainder of that day. | Sit out through next contest at that level. |
| Basketball | Remainder of that day. | Sit out through next contest at that level. |
| Football | Remainder of that day. | Sit out through next contest at that level. |
| Soccer | Remainder of that day. | Sit out through next contest at that level. |
| Softball | Remainder of that day. | Sit out through next contest at that level. |
| Volleyball | Remainder of that day. | Sit out through next playing date at that level. |
| Wrestling | Follow NFHS Rules Book. | Sit out through next contest at that level. |
8. **Q.** When does the period of suspension begin?
A. The suspension is served after the ejection has been served. The ejection and suspension may not be served simultaneously.
9. **Q.** May a coach or participant ejected from a contest serve the one-game suspension at a jamboree?
A. No, the coach or participant may not count a jamboree as a “contest” for the purpose of serving the period of suspension. The coach or participant must sit out the jamboree and the next contest at that level of competition.
10. **Q.** May a suspended coach have contact with team members/other coaches of the team during the period of suspension on a game day that is a school day?
A. A suspended coach may have contact with team members/other coaches of the team during regular school hours. However, once the regular school day is over, the coach must be “out of sight and sound” of the team members/other coaches of the team, and have no contact with them until the game is over.
11. **Q.** May a suspended coach have contact with team members/other coaches of the team during the period of suspension on a game day that is NOT a school day?
A. The suspended coach may have no contact with team members/other coaches of the team until the game is over.
12. **Q.** May a suspended coach have any contact with other coaches of the team (for example, via mobile phone or wireless radio) during a game in which a suspension is being served?
A. No. The suspended coach must be “out of sight and sound” of the contest during which a suspension is served.
13. **Q.** If a player or coach is ejected during the last contest of the season, does the unserved suspension carry forward to a subsequent season?
A. No.
14. **Q.** In basketball, does the ejection of a player or coach as a result of receiving two technical fouls result in the player or coach being suspended through the next contest at that level?
A. Yes, a player or coach who is ejected as a result of receiving two technical fouls is ejected for the remainder of the day and must sit out through the next contest at that level.

15. **Q.** Does the contest from which a participant is suspended due to an ejection count against the individual contest limitation for the participant?
A. Yes.
16. **Q.** When a player or coach is ejected while acting as a spectator at a contest, but at which he or she is not serving as a player or a coach, does a period of suspension still apply?
A. Yes. The ejected player or coach is suspended from all participation for the same period of time as if he or she had been a participant in the contest at which the ejection occurred.
17. **Q.** When a player or coach is ejected in one sport, may the player or coach participate or coach in another sport during the period of suspension?
A. No.
18. **Q.** When a player or coach is ejected from an out-of-state contest, does the OSAA ejection policy apply?
A. Yes. It is the responsibility of the school to notify the OSAA of the ejection.
19. **Q.** When a player or coach is ejected from an out-of-state contest, what appeals process is followed?
A. If the school of the ejected player or coach wishes to appeal to set aside the next game suspension portion of the penalty for the ejection, it is the responsibility of the school to contact the commissioner of the out-of-state officials' association to obtain written information to submit to the OSAA in support of the appeal.
20. **Q.** May a forfeited contest that is not actually played count toward the period of suspension for a player or coach?
A. Yes, but only for a player or coach from the team that is receiving the forfeit. It would not count toward the period of suspension for a player or coach from the team forfeiting the contest.

6. **EJECTION POLICIES – FINES** (*OSAA Handbook, Executive Board Policies*) *(Revised Fall 2015)*

- A. Schools shall be assessed fines for ejections within specific sports programs. Each sport (e.g., Football, Boys Basketball, Softball) shall be tracked as separate and distinct for the purpose of calculating fines. When the first participant or coach in a sport is ejected, the school that the participant or coach is representing shall be assessed a \$50 fine by the Executive Board. A second ejection in the same sport during the same season shall result in the assessment of a \$100 fine, and each ejection thereafter in that sport during that season shall result in a fine to be increased by \$50 increments for each ejection without limitation.
- 1) **EXCEPTION:** The fine for an ejection in the last contest of the season shall be increased by \$100 over the greater of the standard fine described above or the most recent fine for that program.
 - 2) **EXCEPTION:** Soccer Player: A soccer player who is disqualified because he or she “deliberately handles a ball to prevent it from going into the goal” or “receives two cautions (yellow cards)” shall not be subject to the fine specified in this and other OSAA ejection policies, but shall be subject to the specified suspension.
- B. A school receiving five or more ejections during one school year shall be required to attend a sportsmanship training class and submit a written Plan of Correction to the OSAA, including timelines for implementation of the Plan.

7. **EJECTION POLICIES – MULTIPLE EJECTIONS OF INDIVIDUAL** (*OSAA Handbook, Executive Board Policies*) *(Fall 2012)*

A second ejection during the same sport season will result in a two-game suspension. A third ejection during the same sport season will result in disqualification from further participation in that sport during that sport season.

8. **AIR QUALITY GUIDELINES** (*OSAA Handbook, Executive Board Policies*) *(May 2018)*

These guidelines, created in consultation with the Oregon Health Authority (OHA), provide a default policy to those responsible or sharing duties for making decisions concerning the cancelation, suspension and/or restarting of practices and contests based on poor air quality.

- A. **Designate Personnel:** Given the random behavior of wind and air currents, air quality may change quickly. Schools shall designate someone who will monitor the air quality prior to and during outdoor activities. While typically due to wildfires, schools need to also consider non-wildfire situations if the air quality is unhealthy.
- B. **Areas with Air Reporting Stations:** The Air Quality Index (AQI) should be monitored throughout the day, and during an event, to have the best data possible to make informed decisions about conducting practices and competitions. School personnel shall review the AQI information for all regions throughout the state on either the Oregon Department of Environmental Quality (DEQ) website at <https://oraqi.deq.state.or.us/home/map>, the Oregon DEQ app “OregonAir”, or on the Environmental Protection Agency (EPA) Air Now website at https://airnow.gov/index.cfm?action=airnow.local_state&stateid=38 to determine if action is necessary (see chart below). Schools shall regularly review the AQI throughout events to assess deteriorating conditions.

C. **Areas without Air Reporting Stations:** Given the random behavior of factors related to the calculation of the AQI levels in different areas of the state (wind speed and direction) member schools not near a reporting station should consult with local state and/or federal authorities to help determine the AQI level in your specific area. If air monitoring equipment is not available, member schools should utilize the 5-3-1 Visibility Index to determine air quality.

- 1) 5-3-1 Visibility Index: Making visual observations using the 5-3-1 Visibility Index is a simple way to estimate air quality and know what precautions to take. While this method can be useful, you should always use caution and avoid going outside if visibility is limited, especially if you are sensitive to smoke.
 - (a) Determine the limit of your visual range by looking for distant targets or familiar landmarks such as mountains, mesas, hills, or buildings at known distances. The visual range is that point at which these targets are no longer visible. As a rule of thumb: If you can clearly see the outlines of individual trees on the horizon it is generally less than five miles away. It is highly recommended that schools use pre-determined landmarks that were established on a clear day to determine their visual range.
 - (b) Ideally, the viewing of any distant targets should be made with the sun behind you. Looking into the sun or at an angle increases the ability of sunlight to reflect off of the smoke, thus making the visibility estimate less reliable.
 - (c) Be aware that conditions may change rapidly and always use the more conservative of multiple metrics (AQI, 5-3-1 Visibility Index, etc.).

D. **Act:** This chart will help determine the action needed based on the air quality in your area.

Air Quality Index (AQI)	5-3-1 Visibility Index	Required Actions for Outdoor Activities
51 -100	5-15 Miles	Athletes with asthma should have rescue inhalers readily available and pretreat before exercise or as directed by their healthcare provider. All athletes with respiratory illness, asthma, lung or heart disease should monitor symptoms and reduce/cease activity if symptoms arise. Increase rest periods as needed.
101 -150	3-5 Miles	Because they involve strenuous activity for prolonged periods of time, all outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue’s ventilation system, indoor air quality levels can approach outdoor levels.
151 -200	1-3 Miles	Because they involve strenuous activity for prolonged periods of time, all outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue’s ventilation system, indoor air quality levels can approach outdoor levels.
>200	1 Mile	Because they involve strenuous activity for prolonged periods of time, all outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue’s ventilation system, indoor air quality levels can approach outdoor levels.

E. **Additional Resources:** Schools may also refer to OHA’s fact sheet regarding School Outdoor Activities During Wildfire Events at <https://apps.state.or.us/Forms/Served/le8815h.pdf>. NOTE: While OHA’s guidelines do allow for light outdoor activities in the orange level, the intensity and duration of high school practices/competitions are not considered light activity.

9. **HEAT INDEX** (OSAA Handbook, Executive Board Policies) ([Heat Index Calculator](#)) ([Heat Index Record](#)) (Fall 2014)

Schools shall monitor the Heat Index for their geographic area prior to practices. Outlined below are the steps that each member school shall take in order to implement this policy. NOTE: Indoor activities where air conditioning is available are not bound by this policy.

A. **Subscribe.** Athletic directors and coaches shall subscribe to OSAA Heat Index Notifications at <http://www.osaa.org/heat-index>. An OSAA Heat Index Alert is generated for areas where the forecasted high

temperature and relative humidity indicate a forecasted heat index that may require practice modifications. Only those areas that have a forecasted heat index of 95 or higher receive alerts. Notifications are sent daily via e-mail and/or SMS to subscribers.

- B. **Designate.** Schools shall designate someone who will take the necessary steps to determine and record the heat index for your geographic area within one hour of the start of each team's practice. This is only necessary on days when the school receives an OSAA Heat Index Alert. Depending on practice schedules, it is possible that the designated person will have to record the heat index multiple times on the same day.
- C. **Calculate.** Within one hour of the start of each team's practice on days when the school receives an OSAA Heat Index Alert, the designated person shall utilize the OSAA Heat Index Calculator to determine the actual heat index.
- D. **Record.** If the actual heat index is 95 or higher, the designated person shall record it using the OSAA Heat Index Record or by printing out a copy to be kept at the school for inspection at the request of the OSAA. A separate record shall be kept for each fall sport at each level. Practice modifications, as necessary, shall also be recorded. If the actual heat index is less than 95, no action is needed.
- E. **Act.** If the actual heat index is 95 or higher, activity should be altered and/or eliminated using the following guidelines:

- 2) 95° to 99° Heat Index – OSAA Recommendation: Consider postponing practice to later in the day.
 - a) Maximum of five hours of practice.
 - b) Practice length a maximum of three hours.
 - c) Mandatory three-hour recovery period between practices.
 - d) Contact sports and activities with additional equipment - helmets and other possible equipment removed if not involved in contact or necessary for safety.
 - e) Provide ample amounts of water.
 - f) Water shall always be available and athletes should be able to take in as much water as they desire.
 - g) Watch/monitor athletes for necessary action.
- 3) 100° to 104° Heat Index – OSAA Recommendation: Postpone practice to later in the day.
 - a) Maximum of five hours of practice.
 - b) Practice length a maximum of three hours.
 - c) Mandatory three-hour recovery period between practices.
 - d) Alter uniform by removing items if possible - allow for changes to dry t-shirts and shorts.
 - e) Contact sports and activities with additional equipment - helmets and other possible equipment removed if not involved in contact or necessary for safety.
 - f) Reduce time of planned outside activity as well as indoor activity if air conditioning is unavailable.
 - g) Provide ample amounts of water.
 - h) Water shall always be available and athletes should be able to take in as much water as they desire.
 - i) Watch/monitor athletes for necessary action.
- 3) Above 104° Heat Index – OSAA Recommendation: Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

10. LIGHTNING SAFETY GUIDELINES (OSAA Handbook, Executive Board Policies) (Revised Fall 2018)
NFHS Position Statements & Guidelines

- A. These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder.
- B. **Proactive Planning:**
 - 1) Assign staff to monitor local weather conditions before and during practices and contests.
 - 2) Develop an evacuation plan, including identification of appropriate nearby safe areas and determine the amount of time needed to get everyone to a designated safe area.

- a) A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place for the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
- 3) Develop criteria for suspension and resumption of play:
 - a) When thunder is heard or a cloud-to-ground lightning bolt is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
 - b) Thirty-minute Rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.
 - c) Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
 - d) When lightning detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning detection device.

*At night under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.

- 4) Review annually with all administrators, coaches and game personnel and train all personnel.
- 5) Inform student athletes of the lightning policy at start of season.

11. MORATORIUM WEEK (OSAA Handbook, Executive Board Policies) (Revised May 2014)

A. Each year a seven-day OSAA Moratorium Week shall be in effect during which there shall be no contact between administrators/coaches/directors/advisors and students involved in any OSAA-sanctioned sport or activity, including cheer, dance/drill, speech, solo music, choir, band/orchestra. In addition, there shall be no high school athletic facility usage by athletic staff and students/teams, including dance/drill and cheer, during the OSAA Moratorium Week. Use of non-athletic facilities by athletic staff is allowed.

B. Week 4 of the NFHS Standardized Calendar shall be designated as Moratorium Week. Designated OSAA Moratorium Week dates:

	2019 July 28 – August 3	2021 July 25- July 31	2023 July 23 – July 29
	2020 July 26 – August 1	2022 July 24 – July 30	2024 July 28 – August 3

- 1. **Q.** During the Moratorium Week, will coaches be allowed any contact with their athletes?
A. No.
- 2. **Q.** During the Moratorium Week, will schools be allowed to have open facilities?
A. Schools may only host an activity that includes high school students involved in athletics and activities if they have appealed for and been granted permission from the Executive Director prior to the Moratorium Week. Permission shall not be granted for team camps.
- 3. **Q.** During the Moratorium Week, will coaches be allowed to have conditioning with their athletes, including working out in the weight room?
A. No, no contact is allowed.
- 4. **Q.** During the Moratorium Week, may students attend camps, clinics, etc.?
A. Yes, so long as no high school administrators/coaches/directors/advisors are present, and participation is not organized or paid for by the school.
- 5. **Q.** Are there any exceptions to this policy?
A. Yes. There will be an appeals process in place for teams, coached by a high school coach, that have been playing together all summer and have qualified for a post-season event that is taking place during all or part of the Moratorium Week. Approval must be granted by the Executive Director prior to the Moratorium Week.

6. Q. What is the penalty for a Moratorium Week violation?
A. The violation penalty will be similar to that assessed for a Rule of Two violation. The standard penalty is a \$500 fine and game suspension for the offending coach.
7. Q. May coaches work with non-high school students during the Moratorium Week?
A. Yes, but not at a high school venue.
8. Q. May coaches encourage their athletes to work out at another facility during the Moratorium Week?
A. No. The intent of the policy is that coaches and students take a week off.
9. Q. May a school schedule their athletic physical night, or a similar event, during the Moratorium Week?
A. No, the school may schedule nothing that is related to OSAA activities.
10. Q. May coaches/student make contact through phone, email, etc., during Moratorium Week?
A. Yes, but with restrictions. For example, the coach may not ask the student, "What is your workout today?"
11. Q. May a high school coach work with another high school's students during the Moratorium Week?
A. No. Contact is not allowed by high school coaches with any high school students during the Moratorium Week.
12. Q. May a coach work in any capacity (coaching or not coaching) at a camp during the Moratorium Week?
A. Yes, but only if there are no high school students at the camp and not at a high school venue.
13. Q. May an outside entity hold an event during Moratorium Week (e.g. youth soccer camp, little league baseball tournament) that utilizes high school athletic facilities?
A. Yes, provided that no high school students and no members of the high school athletic staff are involved in any capacity (scheduling, supervising, instructing, etc.) with the event.
14. Q. May athletic staff members work in school offices or classrooms during the Moratorium Week, even if they may have contact with students?
A. Yes, provided that the contact with students is limited to non-athletic pursuits such as schedule changes, registration, etc.
15. Q. At what point does the OSAA consider a person to be a school's coach?
A. Once a person and a school have verbally agreed that the person will perform coaching duties for the school, he/she is considered to be that school's coach by the OSAA. At that time, all OSAA policies are in effect for that coach until such time that the coach resigns or is notified by the school that they are no longer a coach for that school.
16. Q. May a returning coach work with students outside their designated sports season since the coach working under a one-year contract and has not signed a contract for the coming year?
A. No. Once a person becomes a school's coach, the OSAA considers that person to be a coach for the school until such time that the coach resigns or is notified by the school that they are no longer a coach for that school. Coaches who resign and are then brought back in a coaching capacity by the same school in an attempt to circumvent OSAA policy are subject to penalties as outlined in **Rule 5, "Violations of Regulations - Penalties."**

12. **OFFICIALS – HOST SCHOOL RESPONSIBILITIES** (OSAA Handbook, Executive Board Policies) (Revised Winter 2014)

A game manager shall be designated by the host school for all contests in sports that use certified officials. A member of the coaching staff of the home team is not eligible to serve as game manager during a varsity contest at which he or she is coaching. A coach of a sub-varsity team may act as the game manager at a sub-varsity contest at which he or she is coaching. The game manager shall wear easily recognizable identification, shall be physically present and / or readily accessible by phone and shall be responsible for:

- A. Designating reserved parking for officials as close as possible to the contest site where available if requested by the commissioner of the Local Association providing the officials;
- B. Designating dressing facilities for officials where available if requested by the commissioner of the Local Association providing the officials;
- C. Monitoring and responding to inappropriate crowd conduct during and after the contest; and
- D. Providing an escort to the designated dressing facilities or vehicle for officials following each contest unless that offer is declined.

13. **REPORTING SCHEDULES, ROSTERS AND RESULTS** (OSAA Handbook, Executive Board Policies) (Revised Fall 2018)

A. **Schedules.**

- 1) **Team Sports.** It shall be the responsibility of each member school to submit varsity team schedules to the OSAA through <http://www.osaa.org/> prior to the first contest date of that sport's season. Varsity schedules are required for the following OSAA-sanctioned sports: football, boys' soccer, girls' soccer, volleyball, boys' basketball, girls' basketball, baseball, softball. Subsequent changes to each varsity team's schedule shall be submitted as they occur throughout the season.
- 2) **Wrestling.** It shall be the responsibility of each member school to input varsity team schedules into the assigned TrackWrestling team profile prior to the first contest date. Subsequent changes to the schedule shall be submitted as they occur throughout the season.

B. **Rosters.**

- 1) **Team Sports.** It shall be the responsibility of each member school to submit varsity team sport rosters to the OSAA through <http://www.osaa.org/> prior to the first contest date of that sport's season. Varsity rosters are required for the following OSAA-sanctioned sports: football, boys' soccer, girls' soccer, volleyball, boys' basketball, girls' basketball, baseball, softball. Subsequent changes to each varsity team's roster shall be updated as they occur throughout the season.

C. **Results.**

- 1) **Team Sports.** The host school is required to report the result of each varsity contest through <http://www.osaa.org/> by 10pm on the day the contest is played. In neutral site contests, the designated home team shall report the result. In the case where an OSAA member school is competing outside of Oregon, it is the responsibility of the member school to report the result. Reports of varsity scores are required for the following OSAA-sanctioned sports: football, boys' soccer, girls' soccer, volleyball, boys' basketball, girls' basketball, baseball, softball.
- 2) **Wrestling.** Member schools shall verify after all Varsity dual meets and Varsity tournaments (individual and dual meet formats) that complete results are entered into the school's assigned TrackWrestling team profile and have been accepted. It is highly recommended, but not required, that all events be scored live using TrackWrestling. If the host school does not score the event live using TrackWrestling, then the host school has the responsibility for inputting results for all participating teams within 24 hours after the conclusion of the event. In the case where an OSAA member school is competing outside of Oregon, it is the responsibility of the member school to input the results.

D. **Consequences of Failure to Report Complete Schedules or Rosters.** Failure to report a complete schedule or a varsity team sport roster shall be punishable by fines, forfeiture and/or other penalties as determined by the OSAA Executive Board.

E. **Consequences of Failure to Report Results.** Failure to report results shall cause the following progressive sanction(s) process for each individual incident and in the time stated. Failure to report results by the 3rd Level shall be punishable by fines, forfeiture and/or other penalties as determined by the OSAA Executive Board.

1) **Team Sports:**

- a) 1st Level – Reminder Email (1st day after scheduled contest)
- b) 2nd Level – Warning Email (2nd day after scheduled contest)
- c) 3rd Level – Probation Email (3rd day after scheduled contest)

2) **Wrestling:**

- a) 1st Level – Reminder Email (5th day after scheduled contest)
- b) 2nd Level – Warning Email (6th day after scheduled contest)
- c) 3rd Level – Probation Email (7th day after scheduled contest)

14. **SHARED FACILITIES** (OSAA Handbook, Executive Board Policies) (**Shared Facility Request**) (Fall 2015)

Member schools are permitted to share practice and/or competition facilities with other teams with prior approval from the OSAA. Schools requesting a shared facility are required to submit a "Shared Facility Request" for approval prior to the facility being utilized by different groups at the same time. This policy prohibits practice or competition to

or between groups approved to share a facility. It is recommended that each team have their own coaching staff and that staggered practice times be utilized when possible.

15. **STATE CHAMPIONSHIPS – RANKINGS** (OSAA Handbook, Executive Board Policies) (Revised Fall 2018)

The OSAA shall use a ranking system to place qualifying teams on to OSAA State Championship brackets in the following team sports: football, boys' soccer, girls' soccer, volleyball, boys' basketball, girls' basketball, baseball and softball. Specifics regarding the ranking system and its implementation are listed below.

- A. **Overall OSAA Ranking.** The overall OSAA ranking system shall be a combination of a Rating Percentage Index (RPI) system and the Colley Rating system. Each team will have an RPI Rank and a Colley Rank that will be averaged to create their overall OSAA Ranking. The Colley Rank will be used to break ties between teams with the same OSAA Ranking.
- B. **Rating Percentage Index (RPI).** Factors included are wins, losses, ties and location of the contest (home, neutral, away). Score differential and rewards/penalties for playing teams outside one's classification are not a part of the RPI system.
- 1) **Weighting of Contests.** The weight of a particular contest in the RPI system is determined by its location.

Home Win – .8 of .8	Road Win – 1.2 of 1.2	Neutral Site Win – 1.0 of 1.0
Home Tie – .4 of .8	Road Tie – .6 of 1.2	Neutral Site Tie - .5 of 1.0
Home Loss – 0 of 1.2	Road Loss – 0 of .8	Neutral Site Loss – 0 of 1.0
 - 2) **Percentage Breakdown.** The RPI system factors a team's weighted winning percentage (35%) and a team's opponents' winning percentage (65%) to create a team's RPI ranking.
- C. **Colley Rating.** This system is based on winning percentage, which is adjusted for a team's strength of schedule. Only games against opponents within the same classification or one classification away are included in the formula. When this system is expanded to include all teams in a classification or one classification away, a linear system is created with the same number of variables as there are equations. The result of the calculations is a rating for each team that measures the team's winning percentage against the strength of its opponents and the interactions of their opponents with all teams within the classification or one classification away.
- D. **Results.** Wins and losses shall be included in the rankings for all team sports. Ties shall only be included for boys' and girls' soccer.
- 1) **Endowment Games.** Results from contests designated as Endowment Games shall be included.
 - 2) **Independent Status Teams.** Results from contests that have been granted Independent Status by the OSAA shall be included.
 - 3) **Forfeits.** Forfeits shall be included and counted as a loss for the forfeiting team and a win for the team receiving the forfeit victory. However, in the RPI system, computation of opponents' winning percentage (OWP) shall not include the results of any forfeits where the result of the contest changes due to the forfeit. Contests that have been legally played (using eligible players, etc.) shall not be counted as forfeits in the rankings, regardless of a league/district's standard operating procedures.
 - 4) **Out of State Teams.** In the RPI system, results from contests against out of state teams shall be included in a team's weighted winning percentage and a team's opponents' winning percentage only. Schools are strongly encouraged to utilize the Out-of-State Opponent form in order to have direct, regular contact with these teams.
 - 5) **Out of Country Teams.** In the RPI system, results from contests against out of country teams shall not be included, except for contests against teams who are members of NFHS Affiliate Associations (e.g. Canadian provinces, U.S. territories, etc.) which shall be treated like contests against out of state teams.
 - 6) **Contests vs. Teams Whose Classification's Rankings Are Frozen.** Results from contests involving any team whose classification's rankings are already frozen shall not be included in the rankings.
 - 7) **Contests vs. Teams More Than One Classification Away.** In the RPI system, results from contests added to a team's schedule after a certain date each season (***Fall – Sept. 18; Winter – Dec. 24; Spring – Apr. 8***) vs. a team more than one classification away shall not be included in the rankings. **NOTE:** bracketed contests at tournaments are not affected by this policy.
 - 8) **Contests Added After a Certain Date.** Results from contests added to a team's schedule after a certain date each season (***Fall – Oct. 2; Winter – Jan. 15; Spring – Apr. 15***) shall not be included in the rankings. **NOTE:** Contests not affected by this policy include bracketed contests at tournaments, league tiebreakers, and district/league tournaments. Schools may apply for an exception to OSAA Staff in extenuating circumstances.

- 9) **Volleyball Pool Play.** Results from pool play in volleyball tournaments shall not be included.
- 10) **Football.** Results from contests between football teams of differing on field participants (11-player, 8-player, 6-player) shall not be included.
- 11) **JV Teams.** Results from contests against JV teams shall not be included.
- 12) **Alumni Teams.** Results from contests against alumni teams shall not be included.
- 13) **Jamborees.** Results from jamborees shall not be included.
- 14) **Cancellations.** Results from contests that are cancelled shall not be included.
- E. **Home/Away Designation.** Since the RPI system factors in where a contest is played, it is important that schools correctly designate this information when reporting schedules and results, especially for tournaments. Tournament play shall be considered a neutral site, except for contests played by the tournament host at its home venue. Baseball and softball contests, even those played as part of a tournament, shall not be listed as neutral due to the fundamental difference associated with being the home team in those sports (advantage of batting last).
- F. **Ranking Timelines.** The rankings for each team sport shall be available to the public through the OSAA website beginning with the first contest date of each sports season. Rankings shall be frozen on the following dates for each classification in each team sport:

<u>Sport (includes all games played on that day)</u>	<u>6A</u>	<u>5A</u>	<u>4A</u>	<u>3A</u>	<u>2A</u>	<u>1A</u>
Volleyball - Rankings Freeze Date (10pm)	Sat, Oct 26	Tues, Oct 29	Thurs, Oct 24	Tues, Oct 29	Tues, Oct 29	Mon, Oct 28
Soccer - Rankings Freeze Date (10pm)	Tues, Oct 29	Sat, Nov 2	Tues, Oct 29	Sat, Nov 2	Sat, Nov 2	Sat, Nov 2
Football - Rankings Freeze Date (10pm)	Fri, Nov 1	Fri, Nov 1	Sat, Oct 26	Sat, Nov 2	Sat, Nov 2	Fri, Nov 1
Basketball (Girls) - Rankings Freeze Date (10pm)	Fri, Feb 28	Tues, Mar 3	Tues, Feb 25	Sat, Feb 22	Sat, Feb 22	Sat, Feb 22
Basketball (Boys) - Rankings Freeze Date (10pm)	Sat, Feb 29	Wed, Mar 4	Tues, Feb 25	Sat, Feb 22	Sat, Feb 22	Sat, Feb 22
Baseball/Softball - Rankings Freeze Date (10pm)	Thurs, May 21	Sat, May 23	Mon, May 18	Sat, May 23	Thurs, May 21	Thurs, May 21

- G. **Breaking Ties in the Overall Rankings.** In the event of a tie in the final overall OSAA Rankings, the teams' Colley Rank will be used to break the tie. Although the Colley Ratings are displayed to the thousandths, the Colley Ratings shall be extended to as many digits as possible in order to break the tie. If a tie still exists, then head-to-head competition shall decide the higher overall OSAA ranking. If a tie still exists, the RPI ranking shall be extended to as many digits as possible in order to break the tie. If that does not resolve the tie, the RPI ranking shall be extended to as many digits as possible for each of the following components in this order: winning percentage, weighted winning percentage, opponents' winning percentage. If a tie still exists, a coin flip by the OSAA staff shall decide the higher overall OSAA ranking.
- H. **Home Games for League Champions.** League champions at the 6A, 5A, 4A, 3A, 2A and 1A classifications shall be guaranteed a home game in their first state playoff contest, provided that the league champion finished in the top 16 of the final frozen rankings. Only one team per league will be considered the league champion under this policy; ties must be broken by the league. League champions meeting this criterion shall be moved up in the rankings the least number of places in order to ensure a home game (e.g. a league champion ranked #13 in the final frozen rankings shall be moved up to #8 and affected teams will shift down accordingly). League champions not meeting this criterion shall not be moved. Note: Division champions of football special districts with at least 11 teams that have split into two divisions shall be treated as a league champion for the purpose of this policy.
- I. **Avoiding Same League Matchups in 1st Round.** The OSAA Staff shall make adjustments to the bracket to avoid teams from the same league matching up in the 1st Round. At the 1A level in volleyball and basketball, adjustments to the bracket shall be made beginning in the Round of 16 to avoid same league matchups. Note: Divisions in football special districts with at least 11 teams that split into two divisions shall be considered different leagues for the purpose of this policy. The following process shall be used:
- 1) Always move the lower ranked team when a conflict occurs.
 - 2) Never take a home game away from a team when trying to resolve a conflict.
 - 3) Make a total of three moves for a team to try and fix the conflict.
 - 4) The three moves must move downward, if possible (e.g. #23 shifting with #24, #25, #26).
 - 5) If there is not room to move downward (e.g. #32 is the conflict in a 32-team bracket), then move upward.

6) If the conflict is not resolved after a total of three moves, no change shall be made to fix the conflict.

- J. **Placing Teams on the OSAA Bracket.** Once any adjustments are completed per sections H and I above, teams shall be assigned an adjusted playoff ranking (APR) and placed on the bracket accordingly (e.g. 1-32, 1-16, etc.). In football only, if a non-league champion state qualifying team does not have four rankable contests, they will be placed in the last possible APR seed.

16. **WITHDRAWAL DURING A COMPETITION** (OSAA Handbook, Executive Board Policies)

- A. Removal of a team from competition prior to completion of that competition shall be considered a gross act of unsportsmanlike conduct.
- B. In such a case, the school shall forfeit the contest and an administrator and the coach responsible for the action shall appear before the Executive Board at its next regularly scheduled meeting. See **Executive Board Policies, "Withdrawal from State Championships"** for additional information.

Rule 3 – Contests – Sportsmanship – Crowd Control (OSAA Handbook, Rules)

- 3.1. The arrangement of all festivals, meets, contests or championships is the responsibility of the superintendent, assistant superintendent or high school principal, subject to the Regulations of the Association.
- 3.2. When a festival, meet, contest or championship is in progress, the National Federation of State High School Associations (NFHS) rules governing such activities shall apply, except for specific deviations as approved by the Executive Board.
- 3.3. **Sportsmanship Responsibility.** The high school **administration**, coach and other responsible officials of each member school shall take all reasonable measures to ensure that the school's coaches, players, students and **spectators** maintain a sportsmanlike attitude **during** all events so that events may be conducted without unreasonable danger or disorder. All cheers, comments and actions shall be in direct support of one's team. **Discriminatory harassment and bullying behavior will not be tolerated. Discrimination is defined as (OAR 581-021-0045(1)(a)) "any act that unreasonably differentiates treatment, intended or unintended, or any act that is fair in form but discriminatory in operation, either of which is based on age, disability, national origin, race, color, marital status, religion, sex, and sexual orientation." Harassing conduct may take many forms, including verbal acts and name-calling; graphic and written statements, which include use of cell phones or the Internet; or other conduct that may be physically threatening, harmful, or humiliating. Examples include but are not limited to hazing, intimidation, bullying, cyberbullying or menacing another, or engaging in behavior deemed by the member school to endanger the safety or well-being of students, employees, self or others. Harassment does not have to include intent to harm, be directed at a specific target, or involve repeated incidents. Harassment creates a hostile environment when the conduct is sufficiently severe, pervasive or persistent, so as to interfere with or limit the ability to participate in or benefit from the services, activities, or opportunities offered by a school. This includes the use of, or engagement in, abusive verbal expression or physical conduct, especially if that conduct interferes with the performance of students, staff, event officials or sponsors of interscholastic activities.**
- 3.4. **Spectator Conduct.** *The following expectations regarding spectator conduct at all OSAA sanctioned events, including regular and post season competition, are provided. Those violating or threatening to violate the following Association rules or site management spectator conduct expectations, may be ejected from the premises, issued a trespass citation, excluded from sanctioned activities temporarily or permanently and/or referred to law enforcement officials.*
- 3.4.1. *All cheers, comments and actions shall be in direct support of one's team. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Some examples of unacceptable conduct include but are not limited to: disrespecting players by name, number or position; negative cheers or chants; throwing objects on the playing surface; use of derogatory or racially explicit language; discriminatory harassment or conduct that creates a hostile environment that is disruptive to the educational environment.*
- 3.4.2. *Spectators shall not be permitted to use vulgar/offensive or racially/culturally insensitive language or engage in any racially / culturally insensitive action.*
- 3.5. **Complaint Process:** *The OSAA will sanction schools whom it has found negligent in the duties of reasonably protecting those involved in interscholastic activities from derogatory or inappropriate*

names, insults, verbal assaults, profanity, ridicule or engaging in behavior deemed by the member school to endanger the safety or well-being of students, employees, self or others.

3.5.1. OSAA will acknowledge receipt of the complaint within 48 hours.

3.5.2. OSAA may prioritize the investigation of complaints based on information received.

3.5.3. Complaints deemed to be employee or student discipline matters only shall be returned to the complainant. Matters of employment and/or employee discipline which can best be resolved through the school district's complaint process include but are not limited to: playing time, team level assignments (Varsity/JV), assignment of a student to a specific coach, equipment use, or dissatisfaction with a contract or payment term. Matters of student discipline which can best be resolved through the school district's complaint process include but are not limited to: academic eligibility, drug/alcohol use, playing time or playing position, specific workout requirements, or dissatisfaction with a calendar, schedule or event location.

3.5.4. Complaints must include the complainant's name and contact information (phone and email or mailing address),. Anonymous complaints shall not be considered.

3.5.5. Every effort will be made to complete the investigation process within 30 days; however, should the investigation require more time, a 30-day status update shall be provided.

3.5.6. To assist in investigation of the complaint, complainants are asked to note the following:

(a) Complaints are only accepted on the official online form and each section of the Complaint Form must be completed. [\(Complaint Form\)](#)

(b) Complaints which are determined to be outside the scope of the OSAA will be returned to the complainant via the contact address provided. See [Rule 3.5.3](#) for guidance.

(c) Whenever possible, provide first-hand accounts, with names and contact information of witnesses.

3.6. Sportsmanship Violations/Penalties. When the coaches, players, students, staff or *spectators* of any member school engage in unsportsmanlike conduct, ***discriminatory harassing behaviors, act in a manner disruptive to the school environment, or cause*** disorder or infliction of damage to persons or property in connection with any festival, meet, contest or championship sponsored by this Association, the Executive Board may treat such acts as a violation by the school of the Rules of the Association ***and the school shall be subject to penalty. Penalties may vary depending on the actions taken by the school and/or school district during and after the event as it relates to trespassing spectators involved, removing players/coaches from the team for a period of time, requiring additional education/training, etc. Upon a ruling by the Executive Director or by the Executive Board the member school may be subject to probation, mandatory appearance before the Executive Board, required plan of action, forfeitures, fines, lack of institutional control penalties, suspension of membership or expulsion from the Association as determined by the Board. The Board may determine that no penalties are necessary when an incident has been handled appropriately and in a timely fashion by the school and/or district.***

1. Q. Is the host school exclusively responsible for crowd control?

A. No. While the host school for any activity must assume a primary responsibility for the physical management of the activity, including providing for crowd control, this is a mutual responsibility. The visiting school also must take such measures as are necessary to insure proper behavior on the part of its own students and fans.

2. Q. May home team schools display signs and/or banners at their home venues?

A. Yes, home team schools may display "permanent" signs and/or banners that are positive / supportive at their home venues. Examples are welcome signs, in-season rosters, league banners, league / state championship banners and sportsmanship banners.

3. Q. Are "run through" signs allowed?

A. Yes, so long as the message is positive/supportive.

4. Q. May visiting schools bring signs and/or banners to hang at the host school's venue?

A. No.

5. Q. *May spectators have signs at events?*
 A. *Spectators are not permitted to have signs or banners larger than 8-1/2 x 11 inches. "Fathead" type items are considered signs and shall not be larger than 8-1/2 x 11 inches. Spectators are required to wear shirts.*
6. Q. *May a spectator have an artificial noisemaker?*
 A. *No, spectators are not permitted to have artificial noisemakers. Some examples of artificial noisemakers are Thunder Stix, cowbells, clappers and air horns.*
7. Q. May a school use an artificial noisemaker at specific times during athletic events?
 A. In limited cases, yes. An example of an allowable use of artificial noisemakers by a school would be the firing of a cannon or the ringing of a bell after a touchdown is scored.
8. Q. May spectators use small, handheld megaphones?
 A. Yes, **provided they are not electric**. Only cheerleaders are allowed to use large megaphones. Neither cheerleaders nor spectators may use megaphones for banging on the floor or bleachers.
9. Q. What are some examples of cheers that do not encourage a positive atmosphere?
 A. Any yell that is intended to antagonize an opponent detracts from a positive atmosphere. "Air Ball! Air Ball!" booing, "You! You! You!", or "You Got Swatted!" are examples of yells that will not encourage a positive atmosphere. Conversely, a positive atmosphere is created when fans focus on positive yells in support of their team, rather than on negative yells attacking their team's opponents. **Spectators shall not turn their heads or hold up newspapers during team introductions, or jeer at cheerleaders during opposing team introductions.**
10. Q. May students stand on the bottom row of the bleachers?
 A. Yes, but when they sit down, they must be seated on the second row.
11. Q. May students cheer during serves in volleyball and free throws in basketball?
 A. Yes, so long as they are just "making noise" and not specifically addressing a contest official or an individual player from the opposing team.
12. Q. May a school use balloons at an athletic event?
 A. Yes, a host school may use balloons for decoration. However, fans may not have balloons, and balloons may not be placed by the school in any manner that would block spectator viewing.
13. Q. May a school use balloons at a state championship final site?
 A. No.
14. Q. May spectators have oversized foam fingers at athletic events?
 A. Yes, they are allowed so long as they are not blocking spectator viewing.

Rule 7 – Out-of-Season and Non-School Activities (*OSAA Handbook, Rules*)

- 7.1. Out-of-season festivals, meets, contests or championships shall not be permitted during the school year involving member schools of this Association unless special authorization is given by the Executive Board.
- 7.2. A member school or official representative of a member school shall not participate, either directly or indirectly, in the promotion, management, supervision, player selection, coaching or officiating of an all-star contest involving high school students during the Association year.
- 7.3. No member school or official representative of a member school shall condition participation in high school athletics on participation in non-school athletic events or workouts, including, but not limited to camps, leagues, and any form of organized out-of-season or summer competition. Further, no member school may give consideration to such participation when determining membership on, or participation in, high school competitive athletics.
1. Q. May a coach require participation on a non-school team including summer teams or use participation on a non-school team as a factor in selecting members of a school team or allowing full participation in team activities?
 A. No to both questions. Participation on a non-school team is a personal choice of the student and his/her parents, and may not be required or even considered when selecting school team members or allowing full participation in team activities.
2. Q. May a coach require participation in out-of-season or summer workouts as a factor in selecting members of a school team or allowing full participation in team activities?
 A. No.