



Oregon School Activities Association

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2025 TRACK & FIELD PLAN BOOK

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SEASON DATES

First Practice Date	March 3
First Contest Date.....	March 17
Cutoff Date	May 24
3A, 2A, 1A State Championships	May 29-30
6A, 5A, 4A State Championships	May 30-31

2025 NFHS TRACK & FIELD RULES

Order a NFHS Track & Field / Cross Country Rules Book from the [OSAA Corner Store](#) or contact the OSAA (503.682.6722) for information.

For more information about NFHS Track & Field Rules, visit <https://www.nfhs.org/activities-sports/track-fieldcross-country/>.

2025 NFHS RULES CHANGES

5-7-6: Adjusts the recall distance to within the first 50 meters.

Rationale: Starters oversee recalling races in track and field events. 50 meters is sufficient in calling a fair start. Athletes are accelerating and are up to racing speed well before the 100-meter mark. In addition, the current recall distance is problematic depending on the number of officials on the track and location of field events that may obstruct the view of the 100-meter distance around the entire curve.

5-10 and 11: Reorganizes Sections 10 and 11 for ease of use.

Rationale: Reorganization of Sections 10 and 11 concerning relay races and infractions. The change moves all infractions into Section 11 (Relay Infractions) for ease of use by officials.

5-13-3: Clarifies how to determine if an infraction occurred when an athlete leaves the track on a straightaway.

Rationale: Provides guidance to the meet referee as to when an athlete leaves the track on a straightaway and whether or not a competitor should be disqualified.

6-2-2f (NEW): Offers officials guidance when warning competitors their time limit is about to expire.

Rationale: This change gives athletes notification that their time limit is about to expire. Additionally, the change brings officiating practices in line with other rules codes while still giving the games committee options for using flags, signal clock or verbal signals.

6-2-2 CHART: Defines field event time limits for all competitors.

Rationale: The change to the table and additions of the notes helps clarify the time limits of all competitors throughout the entire competition in field events.

6-3-2 NOTES 1: Clarifies the starting height in a jump-off with athletes at varying heights.

Rationale: Aligns language in rules book with current situations and interpretations. Gives directions to officials and event judges for the starting height in a jump-off when athletes exit the event at varying heights due to passes. The jump-off will begin at the next height in the progression after the tying height.

6-8-2: Further defines an active flight and continuing flight.

Rationale: The change clarifies the definition of an active flight (five-alive) and continuing flight (straight through) for vertical jump competitions.

6-9-22: Establishes a standard placement of the high jump crossbar and standards.

Rationale: The change creates a standard distance for the placement of the high jump crossbar and standards.

2025 NFHS POINTS OF EMPHASIS

MANAGING VERTICAL JUMP LANDING SYSTEMS: A GUIDE FOR TRACK AND FIELD OFFICIALS

The high jump and pole vault events demand attention to their landing systems to promote athlete safety and event integrity. Officials overseeing these events must be knowledgeable about the setup, maintenance and management of landing areas. Landing systems are composed of landing pit with multiple layers of foam cushions, while the pole vault's landing system also includes a plant box at the take-off point surrounded by a box collar pad, front bumpers which cover the surface outside of the plant box, base pads for standards and a cover for the entire system. Occasionally, there will be additional padding to cover surfaces outside of the landing systems in both the high jump and pole vault.

Prior to any meet, officials should check the landing mats for wear and tear, ensuring the mats are in good condition, free of rips, and have adequate cushioning. Officials also need to verify that the landing system is on a level surface and all padding around the uprights and other hard surfaces is securely attached and sufficient to prevent injuries. The mats need to be secured and properly aligned to cover the designated landing area. The surrounding area within the event needs to be clear of obstacles and other hazards.

During the event, monitoring the landing system is critical. Regularly checking the landing mats between attempts for any displacement or damage and making immediate adjustments if the mats do shift or if any padding becomes dislodged provides a safe environment for all competitors.

By following best practices, officials can ensure that the vertical jump landing systems are managed effectively, while promoting safety and fairness in track and field competitions.

EXCUSED ATHLETES

Current NFHS rules allow an athlete to be excused to compete in another event. Time limits for competitors excused to compete in another event shall be determined by the games committee for each meet. Due to the various locations of field event venues across the country, those time limits will vary from site to site. While excused to compete in another event, a competitor will not be called for a trial during that time, and in the vertical jumps, the games committee needs to decide whether or not they will raise the crossbar to a succeeding height until the time limit expires. The games committee also needs to determine the protocol to use if an athlete does not report back to the event prior to the expiration of the excused time limit.

The head event judge may change the order of competition in the preliminary or final rounds to accommodate an athlete competing in another event. Successive trials are also an option to consider for those athletes. If a competitor must be excused during the final round of competition, the competitor with the best mark in the preliminaries has earned the right to make the last attempt of the competition and may choose to wait until after any excused competitors have taken all their trials.

Ultimately, coaches need to know the event schedule and what possible conflicts could arise within the meet prior to submitting meet entries. The athlete is responsible for going to the head event judge to inform the official of the event conflict and to receive permission to be excused from the event. If the athlete fails to notify the head event judge, the athlete is not afforded the same excused protocol and is subject to being called up to compete in the event and being timed out of one or multiple trials. See the NFHS Case Book for NFHS Guidelines for Competitors Being Excused to Compete in Another Event. [6.2.3 SITUATION D]

TIME LIMITS IN VERTICAL JUMPS

In field events, all competitors must initiate their attempts within a standard time limit. The event time timetable within the rules book has been updated to help officials navigate these different times.

In the vertical jumps, specific variations can occur. For example, competitors may choose to wait until the bar is set at a higher height before entering the competition. Regardless of when a competitor enters the competition or the number of competitors left in the competition, those entering for their first time have one minute to begin their attempt. If the competitor misses on the first attempt and will take consecutive attempts, the competitor is granted two minutes in high jump and three minutes in pole vault for the subsequent attempt. If the athlete becomes the final competitor after clearing the bar, that individual has won the competition. If the competitor wishes to continue jumping for a record or personal best, the competitor is granted five minutes for attempts at subsequent heights.

FALSE STARTS

Fair starts are crucial to the success of any track event. It is the ultimate responsibility of the starter to provide fair starts and enforce the rules governing the start. Inevitably false starts will happen, and the penalty for false starts is immediate disqualification. Because of this severe penalty, in 2024 the NFHS revised the definition of a false start to eliminate many false start disqualifications that were made because of incidental/extraneous motions that did not result in anyone leaving their marks. Nothing else changed with this revision of the rule. Any forward motion noted before the start signal that is not attempted to be halted that inevitably results in the competitor leaving their mark as the signal happens (frequently referred to as a "rolling start") has always been a false start and is still a false start.

Ensuring fair starts involves an active and positive approach to the task accompanied by an attitude of preventive officiating. Starters and assistant starters should never be reluctant to utilize the command of “Stand up” to halt the starting process to ensure fair starts. They should also not be reluctant to warn those competitors responsible for delays in the start process.

2025 NFHS RULES INTERPRETATIONS

2025 NFHS COMMENTS ON THE RULES

3-6-3, 5-7-6 — The current 100-meter recall distance in track events poses several potential issues. Athletes often reach racing speed well before the 100-meter mark, and the number of starters and other officials at a regular-season meet can make it challenging for starters to ensure a fair start and recall races accurately. Typically, by 100-meters the race has been turned over to the umpires on the curve. Finally, the presence of field events in the D-zone can obstruct the 100-meter stretch around the entire curve. Reducing the recall distance to 50 meters would address these problems, providing starters with a more manageable range to oversee and ensuring a fairer start for all athletes.

5-10-1, 5-10-11, 5-11 — The reorganization of Sections 10 and 11 regarding relay races and relay infractions clarifies the distinction between the rules for conducting relays and identifying infractions. By moving all relay infractions to Section 11 (Relay Infractions), officials can more easily reference and enforce the rules, improving the overall management of relay events.

5-13-3 — The rule change clarifies that competitors must not deliberately run on or inside the track curb (or painted line) to gain a meaningful advantage, such as improving their position or shortening the course. This added language aligns with national interpretations and provides clear guidance to meet referees on whether an athlete who leaves the track on a straightaway should be disqualified.

6-2-2f (NEW) — This rules change introduces guidelines on notifying athletes when they have 15 seconds remaining in their field event attempts. It aligns officiating practices with other rule codes and provides the games committee and state associations with various options for issuing these warnings, such as using flags, a signal clock, or verbal signals.

6-2-2 CHART — New language has been added to the chart under general rules for field events to clarify the time limits for all competitors throughout the competition. Notes indicate when time limits change for all competitors and when a competitor enters the competition for the first time.

6-3-2 NOTES 1 — This rule change provides clear and concise language in the rule book for officials and event judges regarding the starting height for a jump-off in vertical jumps. When athletes exit the event at different heights due to passes, the jump-off will begin at the next height in the progression after the tying height.

6-8-2 — This rule change clarifies the definitions of "active flights" (five-alive) and "continuing flights" (straight through) for vertical jump competitions. When the number of entries is necessary, the games committee or state association may assign competitors to active flights of no less than five athletes or conduct the event in continuing flights.

6-9-22 — Setting a standard distance for the placement of the high jump crossbar and standards is crucial for maintaining fairness, safety, and consistency in the sport. This standardization ensures that all athletes compete under the same conditions, providing a level and safe playing field across different competitions and venues.

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 TRACK & FIELD RULES AND INTERPRETATIONS

The 2025 NFHS Track & Field and Cross Country Rules Book will be used.

OSAA TRACK & FIELD POLICIES

Effective outside Association Year.

1. **SUMMER POLICY**

See OSAA Executive Board Policy “SUMMER POLICY” in the OSAA Handbook, revised Fall 2017.

Effective First Practice Date through End of HS Season.

1. **PRACTICE MODEL**
See OSAA Executive Board Policy “PRACTICE MODEL” in the OSAA Handbook, revised July 2021.
2. **PARTICIPATION LIMITATIONS**
See OSAA Executive Board Policy “PARTICIPATION LIMITATIONS” in the OSAA Handbook, revised December 2020.
3. **OFFICIALS – CERTIFIED REQUIREMENT**
See OSAA Executive Board Policy “OFFICIALS-CERTIFIED REQUIREMENTS” in the OSAA Handbook, revised Summer 2023.
4. **INTERRUPTED CONTESTS**
See OSAA Executive Board Policy “INTERRUPTED CONTESTS” in the OSAA Handbook, revised Fall 2015.
5. **ENDOWMENT GAMES**
See OSAA Executive Board Policy “ENDOWMENT GAMES” in the OSAA Handbook, revised September 2022.
(Endowment Game Application)

STATE CHAMPIONSHIP INFORMATION

1. **STATE CHAMPIONSHIPS POSTING TIMELINES:**
 - A. **Athletic Directors, Coaches and Spectators:** Detailed information regarding the Track & Field State Championships will be posted on the OSAA website (<https://www.osaa.org/activities/btf>) by May 7. 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. **District Meet Directors:** Detailed information regarding District Meet Director responsibilities, including the state championship entry form, will be posted on the OSAA website (<https://www.osaa.org/activities/btf>) by April 18. Each District Meet Director must submit all state championship entries electronically via Athletic.net.
2. **STATE CHAMPIONSHIP LOCATIONS AND TIMES:**
 - A. **3A, 2A, 1A:** May 29-30
 - 1) **Site:** University of Oregon, Hayward Field, Eugene, OR 97403
 - 2) **Preliminaries:** Thursday, May 29 / **Finals:** Friday, May 30
 - B. **6A, 5A, 4A:** May 30-31
 - 1) **Site:** University of Oregon, Hayward Field, Eugene, OR 97403
 - 2) **Preliminaries:** Friday, May 30 / **Finals:** Saturday, May 31
3. **CHAMPIONSHIP QUALIFICATIONS:**
 - A. All District Meets will follow NFHS Track and Field Rule 4-2-4(c) – “In meets which involve four or more schools, not more than three contestants from a given school shall be allowed to enter an individual event.”
 - B. **6A:**
 - 1) **Automatic Qualifiers:** Top two placers in each individual and relay event at each district meet automatically qualifies for the OSAA State Championships. If there is a tie for second place, it shall be determined by the league prior to submitting the official state championship entries to the OSAA.
 - 2) **Wildcards:** There are 2 additional spots for the next fastest times / marks from district meet finals.
 - 3) **Qualifying Standards:** Championship finalists in individual and relay events at each district meet who meet the qualifying standard (fourth place average of the last four OSAA State Championships) for individual events and (third place average of the last three OSAA State Championships) for relays automatically qualify.
 - C. **5A:**
 - 1) **Automatic Qualifiers:** Top two placers in each individual and relay event at each district meet automatically qualifies for the OSAA State Championships. If there is a tie for second place, it shall be determined by the league prior to submitting the official state championship entries to the OSAA.
 - 2) **Wildcards:** There are five additional spots for the next fastest times / marks from district meet finals.

- 3) **Qualifying Standards:** Championship finalists in individual and relay events at each district meet who meet the qualifying standard (fourth place average of the last four OSAA State Championships) for individual events and (third place average of the last three OSAA State Championships) for relays automatically qualify.

D. **4A:**

- 1) **Automatic Qualifiers:** Top two placers in each individual and relay event at each district meet automatically qualifies for the OSAA State Championships. If there is a tie for second place, it shall be determined by the league prior to submitting the official state championship entries to the OSAA.
- 2) **Wildcards:** There is one additional spot for the next fastest time / mark from district meet finals.
- 3) **Qualifying Standards:** Championship finalists in individual and relay events at each district meet who meet the qualifying standard (fourth place average of the last four OSAA State Championships) for individual events and (third place average of the last three OSAA State Championships) for relays automatically qualify.

E. **3A:**

- 1) **Automatic Qualifiers:** Top two placers in each individual and relay event at each of the six special district meets automatically qualifies for the OSAA State Championships. If there is a tie for second place, it shall be determined by the special district prior to submitting the official state championship entries to the OSAA.
- 2) **Wildcards:** There is one additional spot for the next fastest time / mark from special district meet finals.
- 3) **Qualifying Standards:** Championship finalists in individual and relay events at each of the six special district meets who meet the qualifying standard (fourth place average of the last four OSAA State Championships) for individual events and (third place average of the last three OSAA State Championships) for relays automatically qualify.

F. **2A:**

- 1) **Automatic Qualifiers:** Top two placers in each individual and relay event at each of the four special district meets automatically qualifies for the OSAA State Championships. If there is a tie for second place, it shall be determined by the special district prior to submitting the official state championship entries to the OSAA.
- 2) **Wildcards:** There are four additional spots for the next fastest times / marks from special district meet finals.
- 3) **Qualifying Standards:** Championship finalists in individual and relay events at each of the four special district meets who meet the qualifying standard (fourth place average of the last four OSAA State Championships) for individual events and (third place average of the last three OSAA State Championships) for relays automatically qualify.

G. **1A:**

- 1) **Automatic Qualifiers:** Top two placers in each individual and relay event at each of the four special district meets automatically qualifies for the OSAA State Championships. If there is a tie for second place, it shall be determined by the special district prior to submitting the official state championship entries to the OSAA.
- 2) **Wildcards:** There are four additional spots for the next fastest times / marks from special district meet finals.
- 3) **Qualifying Standards:** Championship finalists in individual and relay events at each of the four special district meets who meet the qualifying standard (fourth place average of the last four OSAA State Championships) for individual events and (third place average of the last three OSAA State Championships) for relays automatically qualify.

H. **High Jump and Pole Vault:**

Suggestion for State qualifying: In the rare case where Rule 6-3 does not break a tie for second place, equal team points shall be awarded to those tied for second place. If those tied for second place are below the Qualifying Standard, it is suggested that the second qualifier from that district be determined by Rule 6-3-2.

I. **Para-Athletes** (Para-Athlete Disability Certificate) *(Revised Spring 2024)*

- 1) Athletes who meet the [qualifying standards](#) at their district meet shall combine in the 100M, 400M, 1500M and Shot Put regardless of gender or disability. The Para-Athlete Disability Certificate and documentation of the disability must be provided to the OSAA prior to competing in the district meet. If more than eight students qualify in an event, the OSAA will explore splitting out the events by gender or disability type (wheelchair or ambulatory).

- 2) There are two divisions for which a para-athlete may qualify, wheelchair participants and ambulatory. All athletes in grades 9-12 must meet OSAA eligibility requirements. For additional information see OSAA Handbook, [Rule 8, Individual Eligibility](#)
 - a) Wheelchair: Athletes with permanent physical disability on file with the school.
 - b) Ambulatory: Athletes shall have a permanent orthopedic, neuromuscular or other physical disability. This would include Visually impaired, Cerebral Palsy, Dwarf, and Amputee. Permanent orthopedic impairment shall be verified by a licensed physician and maintained on permanent file at the school.
 - c) Cognitively or intellectually disabled students are not defined as Para-Athletes.
- 3) It is an expectation that those para-athletes who wish to attempt to qualify are participating in these events during the regular season and that they establish a qualifying time/mark at the league/conference/district qualifying meet. The qualifying time established at the league/conference/district meet will be used to seed as many heats/flights as necessary to accommodate the qualifying field at the State Championships.
- 4) To facilitate training and competition for para-athletes it is recommended that all leagues/conferences/districts include a para-athlete 100M, 400M, 1500M and Shot Put in their event schedules. Prior to an event the host school should verify with their invited teams whether or not they have para-athletes who would like to participate in one of these events.

J. Track Event Rules – Para-Athlete 100m, 400m & 1500m Races

The event shall follow NFHS and OSAA rules with the following OSAA modifications:

Track chair:

- The track chair shall have two rear wheels and one front wheel.
- The track chair frame shall not extend in front of the center of the front wheel hub.
- The track chair may have no mechanical gears or levers that would propel the chair.
- The steering must be hand operated. NO electronic steering is allowed.
- NO part of the track chair or frame may protrude past the furthest point of the rear wheel.
- Athlete's lower limbs must be secured to the track chair. Any touch of the ground by the lower limb results in disqualification from the event.
- Competitors are responsible for the proper functioning of the track chair. No event shall be delayed for equipment failure prior to event.

Wheels:

- The maximum diameter of the rear wheel and inflated tire is 70 cm.
- The maximum diameter of the front wheel and inflated tire is 50 cm.
- Each rear wheel may have one hand rim.

Helmet and Gloves:

- All competitors must wear a CPSC certified helmet (Bike/Skate)
- All competitors must start each event using racing gloves.
- Athletes may only propel the chair forward by pushing on the wheels or hand rims.

The Race:

- The Start: The Center of the front axle (axle plane) may not extend over the starting line.
- The Finish: The finish of the race occurs when the center of the front axles (axle plane) crossing the finish line.
- Passing or changing lanes: Competitors must have full clearance of another athlete's front wheel in order to pass or move into another lane. Failure to pass or change lanes correctly will result in disqualification.

- Obstruction: Athletes may not touch or obstruct another competitor during an event. Obstruction of an athlete will result in disqualification.
- Propulsion and steering: The wheelchair must be maneuvered with the hands and arms only.

Field Event Rules – Para-Athlete Shot Put:

- The event shall follow all OSAA and NFHS rules with the following modifications:
- Athletes who are in a wheelchair may compete in the same flight as ambulatory athletes but will be placed separately by gender.
- All wheelchair competitors must put the shot from a “chair” (manual wheelchair, throwing chair, power wheelchair).
- Scooters and “standing chairs” will not be allowed.
- The upper most part of the cushion/seat on any chair may not exceed 75 cm(29.5inches).
- The chair will be considered an extension of the athletes’ body. For example: any part of the chair touching the top of the stop board is a foul.
- A coach may assist the athlete entering the circle.
- One buttock cheek must remain in contact with the seat during the throw.
- The athlete may have an individual hold the chair during the throw to prevent excessive movement.

Shot Put Weights:

- Boys will use an 8.81 lb. (4K) shot.
- Girls Category will use a 6 lb. shot.

State Championships Scoring Procedures:

Para-athletes will compete in combined flights, regardless of gender or disability type (wheelchair or ambulatory), until we reach a minimum of at least eight wheelchair and/or ambulatory entries from qualifying events.

- If eight or more wheelchair and/or ambulatory athletes qualify, entries will be separated into timed finals by disability type and fields will continue to contain mixed genders. Scoring will be separated by gender and disability type (wheelchair or ambulatory).
- In the case of less than eight wheelchair and/or ambulatory athletes qualifying, entries will participate as a timed final regardless of disability type and fields will contain mixed genders. Scoring will be separated by gender and disability type (wheelchair or ambulatory).

Example Situation – Five para-athletes qualify in the 100M. Three of the entries are wheelchair and the other two entries are ambulatory.

Lane	Participant	Type	School	Finish	Inclusion Points Awarded
2	Boy A	Ambulatory	School 1	4	5
3	Boy B	Wheelchair	School 2	1	5
4	Girl A	Ambulatory	School 1	2	5
5	Girl B	Ambulatory	School 3	3	3
6	Girl C	Wheelchair	School 4	5	5

In this example, we have five total teams competing in the para-athlete division – two Boys Teams (one ambulatory and one wheelchair) and three Girls Teams (two ambulatory and one wheelchair). Standard NFHS scoring (outlined in the chart below) provides the point structure that will be used. Since Boy B was the timed final Boys Wheelchair winner he earns five points. Girl A (second place finisher in the timed final) is the Girls Ambulatory winner and earns five points. Boy A is the fourth place finisher (first place Boys Ambulatory winner) so he earns five points. Girl B is the

second place Girls Ambulatory finisher and earns three points. Girl C is the first place Girls Wheelchair finisher and earns five points.

Below is a chart summarizing individual point structure based on number of teams participating by gender.

Number of Teams Competing in the Event	Individual Scoring
1	5 – 3
2	5 – 3 – 1
3	5 – 3 – 2 – 1
4	6 – 4 – 3 – 2 – 1
5	8 – 6 – 4 – 2 – 1
6	10 – 8 – 6 – 4 – 2 – 1
7 or more (6 scoring)	10 – 8 – 6 – 4 – 2 – 1
7 or more (7 scoring)	10 – 8 – 6 – 4 – 3 – 2 – 1
7 or more (8 scoring)	10 – 8 – 6 – 5 – 4 – 3 – 2 – 1

Team Scoring Procedures:

Team points earned by wheelchair and/or ambulatory athletes will be added back to the represented school to be added to their overall team point score. If the points from the athlete(s) moves a team to trophy consideration and those combined points overtake another school, dual trophies will be presented for that trophy position.

Example –

- 1st Team A: 80 team points (no wheelchair or ambulatory entries)
- 2nd Team B: 70 team points (no wheelchair or ambulatory entries)
- 3rd Team C: 60 team points (no wheelchair or ambulatory entries)
- 4th Team D: 50 team points (no wheelchair or ambulatory entries)
- 5th Team E: 48 team points (wheelchair or ambulatory entries)

Teams A, B, C and D do not have wheelchair or ambulatory entries. Team E had one wheelchair athlete qualify and they score three team points in the event. Adding the wheelchair athlete's team points to the overall team score move Team E into 4th place position with 51 points. Teams D and E would both receive a 4th place championship trophy.

K. Awards:

- 1) Trophies – If a school is already in trophy position and the inclusion points earned by an athlete(s) moves a school up (i.e., 3rd to 2nd) a school will receive both trophies.
- 2) Medals – Champion through 8th place medals will be awarded in each event by gender and disability type (wheelchair or ambulatory).

4. STATE CHAMPIONSHIPS – INDIVIDUAL SPORT SUBSTITUTIONS (OSAA Handbook, Executive Board Policies) (Revised Winter 2015)

A. The following shall be the policy for substitutions in individual sport State Championship events. All individuals who are substitutes for individual qualifiers must have participated in a District or Special District Meet.

B. Track and Field

- 1) **Event Limitation.** NFHS rules allow an athlete to be entered in four events, excluding relays. Coaches of athletes entered in four events and both relays have until 4pm on the Monday preceding the state championship to notify the OSAA of the four events in which the athlete will compete in at the state championship. Failure to notify the

OSAA by the indicated deadline shall result in the athlete being scratched first from the 4x100 Relay and then from the 4x400 Relay, if needed.

- 2) **Multiple Event Qualifiers and Relays.** This deadline is for a participant withdrawing from the championship in one event but remaining in others and for submission of up to six names for a relay team.
 - a) **Multiple Event Qualifiers:** Except as indicated below, participants who qualify in more than one event shall participate in all the events for which they qualify from preliminaries to finals.
 - (1) If a District Meet Director notifies the OSAA of a change prior to 4pm on the Monday preceding the state championship, an individual may drop from one or more events in which they are qualified. The next place winner at the District Meet in the respective event or events is eligible as a substitute.
 - (2) If the OSAA has not been notified of a change prior to 4pm on the Monday preceding the state championship, the participant who has qualified in multiple events must compete in all qualified events or they shall be scratched from all events in which the participant has qualified.
 - b) **Relay Event Entries:** Qualifying teams may enter the names of up to six individuals in relay events.
 - (1) Qualifying relay teams failing to enter six individuals may not add individuals to the state championship meet after the established Monday 4pm deadline. However, after the established Monday 4pm deadline, any of the entered relay team members may be replaced by the Wednesday 4pm deadline by an athlete already in the meet. If only four or five relay members are entered by the Monday 4pm deadline, nobody may be added to the relay team.
 - (2) Any four of the listed individuals may compete and it shall count as an event only for the four who compete.
- 3) **Single or Multiple Event Qualifiers Dropping All Events or Substitutions only on Relays.** This deadline is for a participant dropping out of the state championship and being replaced by another participant or participants.
 - a) If a District Meet Director notifies the OSAA by 4pm two business days prior to the first day of the state championship that a single event or multiple event qualifier is dropping all events, a substitution or substitutions may be made.
 - b) The next place winner at the District Meet in the respective event or events is eligible as a substitute.

OSAA GENERAL POLICIES

RULES

[Rule 3 – Contests – Sportsmanship – Crowd Control](#) *(OSAA Handbook, Rules)*

See RULES - Athletic, Cheerleading and Dance/Drill “Rule 3-Contests-Sportsmanship-Crowd Control” in the OSAA Handbook.

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

See RULES - Athletic, Cheerleading and Dance/Drill “Rule 7-Out of Season and Non-School Activities” in the OSAA Handbook.

EXECUTIVE BOARD POLICIES

1. [ADVERSE WEATHER CONDITIONS / AREA-WIDE EMERGENCY PROCEDURES](#)

See OSAA Executive Board Policy “ADVERSE WEATHER CONDITIONS/AREA-WIDE EMERGENCY PROCEDURES” in the OSAA Handbook, revised May 2020.

2. [AIR QUALITY GUIDELINES](#)

See OSAA Executive Board Policy “AIR QUALITY GUIDELINES” in the OSAA Handbook, revised February 2024.

3. [ATTACHED AND UNATTACHED COMPETITION / EXHIBITION](#)

See OSAA Executive Board Policy “ATTACHED AND UNATTACHED COMPETITION/EXHIBITION” in the OSAA Handbook, revised August 2012.

4. [CERTIFICATION – ATHLETIC DIRECTORS AND COACHES](#)

See OSAA Executive Board Policy “CERTIFICATION-ATHLETIC DIRECTORS AND COACHES” in the OSAA Handbook, **revised May 2024.**

5. **CHARITABLE CAUSES**
See OSAA Executive Board Policy “CHARITABLE CAUSES” in the OSAA Handbook, revised Fall 2012.
6. **CONCUSSION MANAGEMENT**
See OSAA Executive Board Policy “CONCUSSION MANAGEMENT” in the OSAA Handbook, revised Summer 2020.
[\(Medical Release – Return to Participation Following a Concussion\)](#) [\(Medical Release – Return to Learn Following a Concussion\)](#)
7. **HAIR DEVICE / ADORNMENT**
See OSAA Executive Board Policy “HAIR DEVICE/ADORNMENT” in the OSAA Handbook, revised Summer 2022.
8. **HEAT INDEX**
See OSAA Executive Board Policy “HEAT INDEX” in the OSAA Handbook, revised Fall 2014.
[\(Heat Index Calculator\)](#) [\(Heat Index Record\)](#)
9. **LIGHTNING SAFETY GUIDELINES**
See OSAA Executive Board Policy “LIGHTNING SAFETY GUIDELINES” in the OSAA Handbook, revised Fall 2018.
[NFHS Position Statements & Guidelines](#)
10. **MORATORIUM WEEK**
See OSAA Executive Board Policy “MORATORIUM WEEK” in the OSAA Handbook, revised May 2014.
11. **NON-DISCRIMINATION POLICY**
See OSAA Executive Board Policy “NON-DISCRIMINATION POLICY” in the OSAA Handbook, revised July 2019.
[\(Complaint Form\)](#)
12. **SHARED FACILITIES**
See OSAA Executive Board Policy “SHARED FACILITIES” in the OSAA Handbook, revised Fall 2015.
[\(Shared Facility Request\)](#)
13. **WITHDRAWAL DURING A COMPETITION** *(OSAA Handbook, Executive Board Policies)*
See OSAA Executive Board Policy “WITHDRAWAL DURING A COMPETITION” in the OSAA Handbook.