



Oregon School Activities Association

25200 SW Parkway Avenue, Suite 1
Wilsonville, OR 97070
503.682.6722 <http://www.osaa.org>



August 16, 2024

To: Athletic Directors and Head Football Coaches
From: Kris Welch, Assistant Executive Director
Subject: Football Reminders for the 2024-25

Included within this memo are reminders regarding OSAA policies and NFHS rules specific to football that each coaching staff should review as we begin the season. The links on the right side will take you directly to more detailed information regarding that specific reminder. Each school offering football should have received one copy of the NFHS Football Rules Book from the OSAA, and if your Athletic Director has your email address listed on the OSAA website under your school, you will be able to have one NFHS eBook of the rules. If your school didn't receive your copy, please let me know. Feel free to contact me if you have questions.

GENERAL INFO

OSAA Football Plan Book

<https://www.osaa.org/docs/planbooks/fblplan.pdf>

Our plan books include all information necessary for schools. The plan contains the season dates, NFHS rule changes, OSAA football rules and policies, state championship information and qualifications, plus OSAA general policies.

Field Dimensions

All classifications are using the traditional 100-yard field no matter if you are playing 6-player football, 8-player football, 9-player football, or 11-player football. Our state has not adopted the 80-yard field for the smaller classifications.

Air Quality Guidelines:

<http://www.osaa.org/health-safety/air-quality>

It's important to review the updated [Air Quality Guidelines](#). The OSAA Executive Board recently amended this policy which allows schools to participate in contests up to an AQI of 150 (previously 100). Schools should consider rescheduling to a different time and/or area with a lower AQI when the AQI is between 101-150 (orange). Cancellation is required for outdoor events when AQI reaches 151 (red). It also clarifies that schools in remote areas not near a DEQ reporting station may refer to Purple Air monitors for monitoring air quality using the [EPA's Fire and Smoke Map](#). The policy suggests schools consider the impact of elevated AQI lasting for multiple days and the impact of prolonged exposure for athletes and staff on multiple practice session days when making decisions.

Heat Index Alerts

<http://www.osaa.org/heat-index>

ADs and coaches should subscribe to heat alerts through the OSAA website. Alerts are sent about 11am daily when the forecasted heat index in your area is high. If an alert is received, OSAA policy requires that schools check the actual heat index within one hour prior to the start of practice to determine if modifications must be made. If no alert is received, no further action is required by the school that day.

Lightning Safety Guidelines

<https://www.osaa.org/docs/handbooks/osaahandbook.pdf#page=96>

The OSAA has made a concerted effort to educate member schools and officials associations regarding the suspension and restarting of practices and contests based on the presence of lightning or thunder. Once thunder is heard or a cloud-to-ground lightning bolt is seen, all personnel, athletes and spectators should evacuate to available safe structures or shelters.

Ejection Policy

Ejection Policy

In addition to the requirements previously listed in this policy, an ejected player shall be required to complete the online NFHS course, "Sportsmanship", within seven calendar days of the ejection report being finalized. Should a player fail to complete the course requirement within the time limit stipulated in this policy, the ejection suspension shall be reinstated, and the player shall be ineligible to play until the requirement has been fulfilled. Should an ejected player participate in a contest during the reinstated period of suspension specified in the Regulations 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.

There has also been revisions to clarify out of sight and sound: The coach must leave the **confines of the playing area and grandstands** 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. **“Out of sight” means the ejected coach cannot view the contest, cannot communicate with their team, and may not be anywhere in the facility where they can be seen by any participants (player, coaches, officials) until the officials have left the facility. “Out of sound” means the ejected coach cannot hear or be heard by any participants (player, coaches, officials), including all forms of direct or indirect communication, until the officials have left the facility.**

In the event of a player being ejected from a contest for the use of discriminatory language and/or fighting or leaving the team box during a fight, that participant’s suspension period shall be doubled.

Pre-Event Safety Timeout

Prior to the start of each contest (at all levels) the site supervisor and/or home head coach shall gather the following personnel to review these questions; Site Supervisor, Coaches, Officials, and Medical Personnel.

- ✓ **Who is the onsite contact for each school?**
- ✓ **Is there a qualified medical professional present? If not, who will lead in case of an emergency?**
- ✓ **Is there an Emergency Action Plan (EAP) for the venue? Who calls 911 and who meets the ambulance (and where)?**
- ✓ **Where’s the nearest AED?**

Practice Model

Practice Model

The Practice Model will require most schools to change their practice structure. Please familiarize yourself with this policy. Notable requirements contained in the policy include:

- Prohibition on consecutive days of multiple practice sessions
- A teaching session as one of the practice sessions on the first two multiple practice days (the intensity, duration and pace of all practice components in a teaching session shall be modified from a normal practice session)
- Maximum of one hour of weight training before and/or after practice on a single practice session day. Players may only attend one weight training session on a single practice day.
- Helmets only on Days 1 and 2. Helmets and shoulder pads only on Day 3. Full protective equipment on Day 4.
- Beginning Week 3 teams are restricted to a maximum of 90 minutes of full contact in any week, excluding games. Full contact is defined using the USA Football definitions of levels of contact. Thud, and Live Action are considered “full contact”.
- On multiple session practice days, only one of those sessions can include “full contact” as defined above.

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 and six quarters for the 5A, 4A, 3A, 2A and 1A each week. To be eligible for six quarters (5A, 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 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.

- 3) **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 Monday.
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. While **Jamborees** do not need approval from the OSAA unless fewer than three teams are involved, there are specific rules regarding the format of Jamborees in Football. You can find this information in the OSAA Handbook under the Participation Limitations section and on the OSAA website within the OSAA Football Plan at <http://www.osaa.org/activities/fbl>.
4. **State Rule Interpreter Updates** will be distributed to all coaches during the season. These updates are provided to all officials each week and contain information regarding rule interpretations, enforcement procedures, and general comments on a variety of issues that occurred the week prior. Questions regarding the SRI Updates should be directed to Kevin Hatfield (OSAA Football State Rules Interpreter) at kevin@hatcom.us.
5. **Any person (paid or volunteer)** who is located within the team box or press box and has the potential to provide instruction to players or coaches is required to meet the coaching certification requirements outlined in Executive Board Policy #8 – Certification of Athletic Directors and Coaches. This includes individuals who are acting in any type of support role. This interpretation would exclude any individuals providing medical support during a contest.

Equipment Violation Procedure for Game Officials

The NFHS Rules Book provides details of the following three types of player equipment. It is important for coaches and officials to review the details provided in the NFHS Rules Book to ensure players are properly and legally equipped. The following summary is not a complete listing from the Rules Book.

- 1) **Mandatory (required) equipment – 1-5-1** – which includes helmets, face masks, jerseys, numbers, pads and protective equipment, pants, single mouthpiece, knee pads and shoes.
When any required player equipment is missing or worn improperly, the player shall be replaced for at least one down unless halftime or an overtime intermission occurs. 1-5-5. **In addition, a delay of game foul will be assessed to the offending team. 3-6-2e**
- 2) **Auxiliary equipment – 1-5-2** – which includes certain types of pads, gloves, tape, bandages and support wraps on hands or forearms.
When any **auxiliary equipment** is worn improperly, the player shall be replaced for at least one down unless halftime or an overtime intermission occurs. 1-5-5. **In addition, a delay of game foul will be assessed to the offending team. 3-6-2e**
- 3) **Illegal equipment – 1-5-3** – which includes but is not limited to (1) towels that are not a solid color or do not meet the minimum or maximum size requirements, (2) sweatbands worn other than on the wrist, (3) play cards not worn on the wrist or arm, (4) eye shade, grease or face paint that is not a single stroke under the eye, (5) bandanas and other items if exposed outside of the helmet including balaclavas and hoodies which are illegal, (6) any hard, unyielding item unless properly padded, (7) knee braces worn over the pants, (8) eye shield or visor that is not completely clear or which has the presence of any tint, (9) jewelry (religious and medical alert medals are not considered jewelry), (10) any equipment not worn as intended by the manufacturer, (11) any equipment which in the opinion of the U/CJ is dangerous, confusing or inappropriate.
Any and all questions regarding legality of a player's equipment or the presence of required equipment shall be resolved by the U/CJ **1-5-4**

When any **illegal equipment** is detected on a player, the player shall be replaced for at least one down unless halftime or overtime intermission occurs. **In addition, it is an unsportsmanlike conduct foul on the head coach 9-8-1h.** This 15-yard penalty is cumulative for purposes of disqualification of a head coach. Two 15-yard penalties for fouls regarding unsportsmanlike behavior on a coach, results in disqualification.

EXCEPTION 1 - OREGON ONLY - When a PLAYER is found to be wearing (*functioning or not*) audio and/or video equipment there is no warning. The Player, AND the Head Coach shall both be disqualified for individual Flagrant Unsportsmanlike Conduct Fouls. Both fouls shall be enforced, and two ejection reports are required.

For clarification:


- The first equipment violation is a warning to the head Coach and send the player out
- Subsequent equipment violations are ALWAYS a DOG or a DOD regardless of the player number or the equipment violation.
- While there may be multiple fouls, only one DOG/DOD shall be enforced per time interval
- The first Illegal equipment is a warning to the Head Coach and send the player out.
- Subsequent equipment violations are ALWAYS a UNS charged to the Head Coach
- While there may be multiple fouls, only one UNS shall be enforced per time interval

Questions or Clarifications: Kevin Hatfield, OSAA State Rules Interpreter 503-978-8889 or kevin@hatcom.us

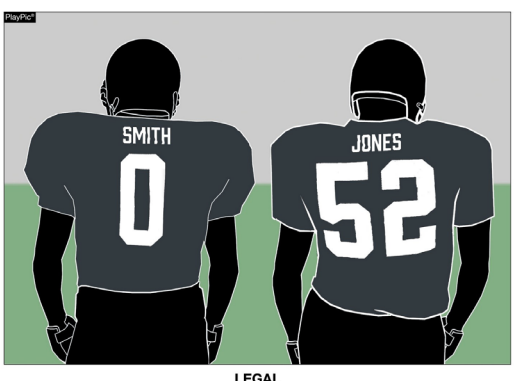
Highlighted 2024 NFHS Football Rule Changes:

(See <http://nfhs.org/sports-resource-content/football-rules-changes-2024/> for complete list of changes)

Rule Change




HOME JERSEYS RULE 1-5-1b(3)



LEGAL

Jerseys of the home team shall all be the same dark color(s) that clearly contrasts to white.



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RULE 1 – SECTION 5 PLAYER EQUIPMENT

ART. 1 . . . Mandatory equipment. Each player shall participate while wearing the following pieces of properly fitted equipment, which shall be professionally manufactured and not altered to decrease protection: ...

b. Jersey: ...

3. Players of the home team shall wear jerseys, unaltered from the manufacturer’s original design/production, that meet the following criteria:

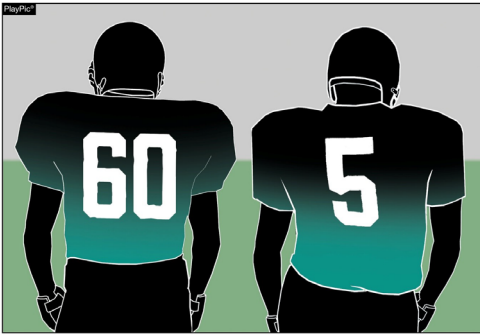
(a) The body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey) may not include white, except as stated below.

(b) The jerseys of the home team shall all be the same dark color(s) that clearly contrasts to white. If white appears in the body of the jersey of the home team, it may only appear: ...

Rationale for Change: Clarified home team uniform requirement for each player. The jerseys of the home team shall all be the same dark color(s) that clearly contrasts with white.

Case Book: See SITUATION 9.8.1H

HOME JERSEYS RULE 1-5-1b(3)



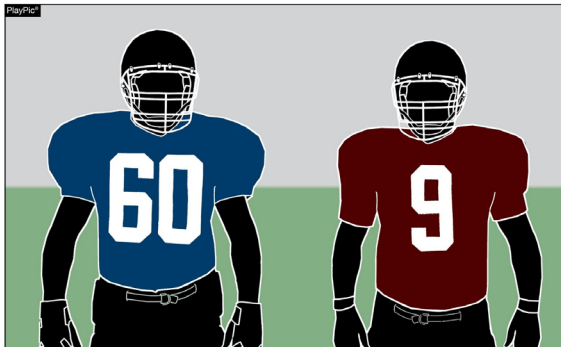
These jerseys are legal because it is the same dark colors. All players on this home team shall wear the same dark colored jerseys in order to comply with the rule.



LEGAL

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HOME JERSEYS RULE 1-5-1b(3)



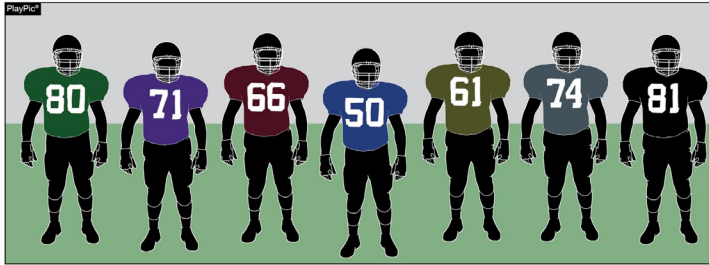
These jerseys of the home team are illegal because all members of the home team must wear the same dark color(s) that clearly contrasts to white.



ILLEGAL

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HOME JERSEYS RULE 1-5-1b(3)



These jerseys of the home team are illegal because all members of the home team must wear the same dark color(s) that clearly contrasts to white.



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2024 OSAA Directives

- 1. Required OSAA Football Certification.** OSAA rules require that any football coach complete the OSAA Football Certification prior to assuming coaching duties and to recertify annually prior to the beginning of each Association year. To recertify coaches must complete four courses Tackling along with Concussion, Preventing Heat Illness, and Sudden Cardiac.

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 bi-annually prior to the start of the Association year that is conducted by a Football Master Trainer in preparation for implementing and overseeing the primary components of OSAA Football at their school.

A current list of schools who have met the Players Safety Coach requirement will be posted to <http://www.osaa.org/activities/fbl> once finalized.

- 2. Coin Flip Mechanic** – The pre-game coin flip will be conducted 3-min prior to scheduled game time. A recommended timeline is listed below: (*Adjust as necessary for various start times*). Failure by a team to have captains present and ready for the coin flip 3-min prior to scheduled kickoff will result in an Unsportsmanlike penalty charged to the Head Coach.

5:30pm -	Field open for pre-game warm-up
6:30pm -	Officials should meet the head coaches to cover any issues before the game, provide a list of the officials for the game, cover any unusual plays, ensure all players are legally equipped, discuss halftime length, etc. The game clock should be set at 30 minutes.
6:50pm -	National Anthem and teams should be introduced
6:57 pm-	With 3-min on the game clock the field must be cleared, and no more than four team members in uniform meet with officials for the coin toss and sportsmanship message.
7:00 pm-	Kickoff

- 3. ONE VOICE from the BENCH POLICY** – The voice shall either be the head coach or their **ONE** designee.

- Initial violation shall be penalized under Rule 9-8-1a, b, c, or d AND shall include a warning to the head coach.
- Subsequent violations shall be penalized to both the offending non-player **AND** the head coach with only one 15-yard penalty enforced.

- 4. Enforcement of Required Equipment Rules**

- Officials choosing not to enforce the following interpretation are subject to individual and/or association sanctions including reduction or elimination of playoff games.
- Coaches shall consider this a directive from the OSAA office and therefore are requested to work with the officials in accomplishing these tasks. Cooperation makes life better for all involved.

The OSAA is working pro-actively with coaches, athletic directors and officials to prevent and resolve illegal equipment issues before they surface. By rule, each player shall wear mandatory equipment prior to participating. A full description of mandatory equipment can be found in NFHS Rule 1-5. Coaches are required to verify their players are properly equipped and in accordance with the rules in the pre-game meeting. While football officials will observe players in their pre-game warm-ups and verbally notify the Head Coach of equipment violations, the onus for ensuring that players are properly equipped has always belonged to the coaching staff. The provisions of NFHS Rule 1-5 were written with the safety of the players as an indisputable goal. Knowing and practicing the provisions of NFHS Rule 1-5 will help us all achieve the OSAA's goal of preventing and resolving any issues before they surface.

5. Sub-Varsity Modifications

A. Sub-Varsity Kicking Game Modifications

Mutual agreement to use the following NFHS kicking rules deviations at the sub-varsity level is required of the participating schools prior to the coin flip. Failure to have mutual agreement prior to the coin flip results in the game being played with the Kicking Game modifications below.

If modifications are being used, the kicking game modifications outlined below apply to both kickoffs and scrimmage kicks (punts.) Teams cannot agree to modify one and not the other.

Once an option is selected it can't be modified during the game for any reason.

It is recommended that these modifications be discussed and agreed upon by Athletic Directors and coaches well before game time, preferably in the week leading up to the game.

B. Kickoff Modifications

Options for the team that wins the coin toss will be to defer choices OR choose to go on either offense or defense OR choose the goal that team will defend. The team on offense will start 1st and 10 at their 35-yard line anywhere between the hash marks. The game clock will start on the snap.

- Following a score, the non-scoring team will put the ball in play 1st and 10 at their 35-yard line after their opponents PAT. The ball will be placed on the 35-yard line anywhere between the hash marks. The game clock will start on the snap.
- Following a safety, the ball will be placed on the Team B 45-yard line, 35 yards from the Team A 20-yard line, anywhere between the hash marks. The game clock will start on the snap.
- Following a touchback, the ball will be placed on the Team B 20-yard line anywhere between the hash marks. The game clock will start on the snap.

C. Scrimmage Kick (Punt) Modifications

The receiving team will put the ball in play 1st and 10 at the succeeding spot 25- yards from the previous spot anywhere between the hash marks. If the previous spot is on or inside the Team B 45-yard line, the ball will be placed at the Team B 20-yard line. The game clock will start on the snap. This does not eliminate Team A's option of "going for" a first down on 4th down.

NOTE: Field goal attempts and PAT's by placekick will be conducted under NFHS Football Rules. These are considered scoring plays; rushing by the defense is allowed and blocked or errant field goal attempts may be advanced by either team.

NOTE: Team A may "quick-kick" the ball at any time during their offensive series. However, the defense may not advance the ball. The ball becomes dead where the defense catches or recovers the ball or the ball otherwise becomes dead by rule.

6. Officials – Host School Responsibilities

<https://www.osaa.org/docs/planbooks/fblplan.pdf>

Remember that a game manager shall be designated by the host school for all contests. It's a good idea for the game manager to introduce themselves to the officials upon arrival. 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. ***(This is especially important at fields where officials must walk through the spectator area when leaving the field.)***

Officials – Associations using HUDL

One of the best tools to help officials get better is allowing local associations the option of reviewing game film after the fact. In order to facilitate this type of training it is critical that member schools are willing to share film via Hudl with their local associations each week. This process takes very little time and, in the end, helps improve officiating for all.

I encourage you to be part of the solution – sharing your film will have a positive impact on officiating.

Have a great season, looking forward to watching some fantastic football this fall!