



Oregon School Activities Association

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2021 SEASON 3 PLAN BOOK – BASEBALL

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OSAA COMPETITION GUIDELINES

- [OHA Sector Guidance – Indoor Recreation and Indoor Fitness Establishments](#)
- [OHA Sector Guidance – Outdoor Recreation and Outdoor Fitness Establishments](#)
- Guidance for K-12 School Sports are now based on a county’s COVID-19 risk level (lower, moderate, high, extreme). **Guidelines for K-12 School Sports is no longer tied to a school’s instructional model.**

Competitions between member schools are allowed in outdoor activities. During Season 3, **19** games for baseball are allowed.

SEASON 3 DATES

First Practice Date	April 5
First Contest Date	April 12
Cutoff Date.....	May 15
Culminating Week.....	May 17 – 22

COVID-19 REQUIREMENTS AND CONSIDERATIONS

1. CONTACT TRACING

- Record participant and visitor information, date and time of recreation. If there is a positive COVID-19 case associated with the recreation, public health officials may need the school to provide this information for a contact tracing investigation. Unless otherwise required, this information may be destroyed after 60 days from the session date.
- Screen participants and visitors prior to start of the outdoor recreation such as asking:
 - Have you had a new or worsening cough?
 - Have you had a fever?
 - Have you had shortness of breath?
 - Have you been in close contact with anyone with these symptoms or anyone who has been diagnosed with COVID-19 in the past 14 days?
 - If the participant or visitor responds “yes” to any of the screening questions, ask them to return home and wait to return to the facility until all symptoms, including fever have been resolved for at least 24 hours without medication, or at least 14 days after contact with a person with a cough, fever, or diagnosed with COVID-19.
- Strongly encourage a participant or visitor exhibiting symptoms of illness to immediately leave the facility and not return until at least 24 hours after symptoms have resolved without medication.
- Strongly encourage participants or visitors at higher risk for severe COVID-19 complications (persons over age 65 or with underlying medical conditions) to continue to stay home to reduce their risk of exposure.

2. CLEANING AND DISINFECTION

- Thoroughly clean all areas and use disinfectants that are included on the [EPA List N: Disinfectants for Coronavirus \(COVID-19\)](#) for the SARS-CoV-2 virus that causes COVID-19.
- As applicable, require individuals to wipe down all equipment (e.g., balls, weights, machines, etc.) immediately before and after each use with a disinfectant that is included on the EPA-approved products for the SARS-CoV-2 virus that causes COVID-19. A solution of 70%-95% alcohol content is also acceptable.

- C. Frequently clean and disinfect high-traffic areas and commonly touched surfaces. Encourage individuals to bring their own hand sanitizer for personal use.
- D. Any equipment such as weight benches, athletic pads, etc., having holes with exposed foam should be covered.
- E. Encourage handwashing and provide handwashing stations and/or hand sanitizer in and around the premises.
- F. Thoroughly clean restrooms at least twice daily and ensure adequate sanitary supplies (e.g., soap, toilet paper, 60-95% alcohol content hand sanitizer) throughout the day. Consider using a “one-in-one-out” policy, where only one individual is permitted within the restroom at one time.
- G. Appropriate clothing / shoes should be worn at all times to minimize sweat from transmitting onto equipment / surfaces.
- H. Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

3. **OPERATIONS**

- A. Review and implement [OHA Statewide Reopening Guidance - Masks, Face Coverings, Face Shields](#) – ensuring all individuals are complying.
- B. A mask, face covering or face shield is not required when it is not feasible, such as when swimming or when taking a shower. The face covering is meant to protect other people in case you are infected. People can spread COVID-19 to others even if they do not feel sick.
- C. Ensure that any outside spaces meet the definition for “outdoor”. **If the space does not meet the definition of outdoor, then it’s considered indoor and therefore must comply with the requirements and guidance for indoor recreation.**
- D. “Outdoor” means any open-air space including any space which may have a temporary or fixed cover (e.g. awning or roof) and at least seventy-five percent of the square footage of its sides open for airflow.
- E. Post [clear signs](#) listing COVID-19 symptoms, asking individuals with symptoms to stay home, and listing who to contact if they need assistance.
- F. Post [clear signs](#) about the mask and face covering requirements.
- G. Use [signs](#) to encourage physical distancing throughout facility, including but not limited to reception areas, locker rooms, and near shared equipment areas.
- H. Establish one-way traffic flow, where possible. Use signs to direct one-way flow of traffic.
- I. Provide handwashing stations or hand sanitizer (60-95% alcohol content) throughout the facility for individuals.
- J. Strongly encourage individuals to bring their own filled water bottles and hygiene supplies (including hand sanitizer).
- K. INDOORS: Ensure that ventilation systems operate properly. Increase air circulation and ventilation as much as possible by opening windows and doors. In indoor spaces, fans should only be used when windows or doors are open to the outdoors in order to circulate indoor and outdoor air. Do not open windows and doors if doing so poses a safety risk.

4. **LOCKER ROOMS**

- A. Develop and implement a plan to limit the number of individuals using showers and changing rooms at the same time in order to keep at least six feet of physical distance between people.
- B. Ensure that the locker room does not exceed maximum occupancy. Use the total square footage of the locker room to determine the maximum occupancy of the locker room based on a minimum of 35 square feet per person.

5. **DISTANCING AND OCCUPANCY** – [Sector Risk Level Guidance Chart](#)

- A. Limit maximum capacity based on the designated level of risk for the county in which the recreation is located.
 - 1) [Maximum Gathering Size](#) includes participants, coaches, officials, event staff and spectators.
 - 2) [Indoor – Maximum Occupancy Definition](#). The maximum occupancy permitted by law, or if the maximum occupancy is unknown the capacity equivalent to:
 - a) For 75% capacity: 86 square feet of space per person.
 - b) For 50% capacity: 120 square feet of space per person.
 - c) For 25% capacity: 240 square feet of space per person.
 - d) *Includes gyms, indoor K-12 Sports, indoor collegiate sports, indoor fitness organizations, indoor recreational sports, indoor pools.

3) **Outdoor Definition.** Any open-air space including any space which may have a temporary or fixed cover (e.g., awning or roof) and at least **50%** of the square footage of its sides open for airflow ***such that open sides are not adjacent to each other.***

a) ****Includes outdoor gyms, outdoor fitness organizations, outdoor K-12 Sports, outdoor collegiate sports, outdoor recreational sports, outdoor pools, outdoor parks and hiking trails, outdoor campgrounds.**

- B. Ensure that physical distancing of at least six feet between individuals is maintained at all times.
- C. Consider holding recreation outdoors if it can be done safely, when it does not violate any local ordinances, and when participants and instructors can maintain six feet of physical distance.
- D. As applicable, limit exercise equipment stations to those located at least six feet apart. If equipment cannot be moved to facilitate physical distancing, it must be blocked from being used.
- E. As applicable, space out player equipment to prevent players from coming into direct contact with one another.
- F. Assign a physical distancing monitor to ensure compliance with all distancing requirements, including at entrances, exits, restrooms and any other area where people may gather.
- G. Develop a plan to limit the number of individuals admitted so that six feet of physical distancing can be maintained.
- H. Prohibit parties from congregating in parking lots for periods longer than reasonable to retrieve/return gear and enter/exit vehicles.
- I. Stagger arrival and departure times for individuals to minimize congregating at entrances, exits and restrooms to follow required physical distancing requirements.
- J. Encourage one-way flow with marked entrances and exits, but do not block egress for fire exits. Use signs to direct one-way flow of traffic.
- K. Assign designated areas for individuals, when not participating, to ensure physical distancing is maintained.
- L. When multiple events occur at the same sports complex/venue at the same time, operators are required to:
 - 1) Ensure staff, participants and spectators do not share space, including but not limited to restrooms, hallways, concession stands.
 - 2) Clean and sanitize commonly touched surfaces, such as door handles, between subsequent events.
 - 3) Ensure that high-traffic areas such as entrances, exits, check-in tables, restrooms and concession areas, are cleaned and sanitized between subsequent events.
 - 4) If staff, participants and spectators at the same event share a restroom, leave entrance/exit doors open, if possible, and ensure that commonly touched surfaces such as stall door handles and faucets are regularly cleaned and sanitized.

6. TRAINING AND PLAYING

- A. Statewide, masks or face coverings are required to be worn by all individuals at all times, even while participating in activities. "Face covering" means a cloth, polypropylene, paper or other face coverings that covers the nose and the mouth and that rests snugly above the nose, below the mouth and on the sides of the face.
 - 1) Coaches, players, trainers and spectators are required to
 - a) Wear a mask or face covering at all times when indoors and outdoors.
 - b) Ensure that there is only the minimal or medium contact among participants during the contest (i.e., field, court, etc.)
 - c) Sideline participants (i.e., team bench, dugout, etc.) must maintain six feet of physical distance between individuals at all times.
- B. Consider conducting workouts in "pods" of students working out together weekly. Smaller pods can be utilized for weight training.
- C. Free weight exercises that require a spotter cannot be conducted while honoring physical distancing norms. Safety measures in all form must be strictly enforced in the weight room.
- D. Ensure that there is only the minimal or medium contact among participants needed to play the game.
- E. Prohibit handshakes, high fives, fist/elbow bumps, chest bumps and group celebrations.
- F. Encourage players to use only their own equipment when feasible. Avoid or minimize equipment sharing, when feasible.
- G. Some critical equipment may not be available to each player. When it is necessary to share critical or limited equipment, all surfaces of each piece of shared equipment must be cleaned and disinfected frequently, as appropriate for the sport (e.g.

between players, sets, periods, or games). Use disinfectants that are included on the [EPA List N: Disinfectants for Coronavirus \(COVID-19\)](#) for the SARS-CoV-2 virus that causes COVID-19.

- H. Clean all equipment that directly contacts the head, face and hands with extra attention and detail.
- I. Allow only trainers, coaches and players to attend practices to ensure physical distancing and prevent people from gathering.
- J. Schedule enough time between practices and games so all people from a previous practice can leave the premises before the next group enters. This minimizes gathering at entrances, exits and restrooms while providing sufficient time to sanitize the facilities/equipment.
- K. Require individuals to enter the premises through a designated entrance and exit through a designated exit. Do not block fire exits.
- L. Encourage staff, players and spectators to stay outside of the premises (e.g. in vehicles) until scheduled practice or play time. This allows people to leave the premises before entering and minimizes gathering.

7. TRAVEL – [OHA Statewide Guidance \(Recommendations\) for Travel](#)

- A. Limit exposure to those outside the travel unit during transit:
- B. All members of a travel unit including drivers, if on a bus or in a car, must wear a mask, face shield or face covering and ensure a minimum of three feet between passengers within the travel unit.
- C. Limit travel to those who have been in regular contact and are considered essential personnel (i.e., athletes, coaches, medical staff).
- D. Document the names of all passengers including the driver, along with the date and time of the trip and the vehicle number/license, if applicable.
- E. Allow drivers to transport multiple travel units if wearing a mask, face shield or face covering and sanitizing hands before and after each driving each group. Vehicles must be cleaned between transport of each travel unit following [transportation guidelines](#).
- F. To the extent possible, travel and play the same day to avoid overnight stays, when feasible. For overnight stays or same-day travel, prepackaged meals or room service should be considered. If restaurant dining is the only option, consider take-out food or outdoor eating as alternatives.

OSAA BASEBALL GUIDELINES

1. Face covering shall be worn at all times by all individuals in attendance.
2. Physical distancing measures shall be in place at all times other than when engaged in competition.
3. Sportsmanship is a key component, while physical contact of handshakes, fist-bumps, etc., are not allowed teams are encouraged to acknowledge their opponents in pregame and postgame rituals with a physical distance observance of the team's choosing.
4. **PITCHER**. If the pitcher puts his/her hands to their mouth off the mound and touches the ball, "Time" is called, a new ball is inserted and the pitcher must sanitize their hands before throwing the next pitch.
5. Physical distancing requirements must be observed by all in the dugout.
6. If the dugout area is not large enough to provide for physical distance requirements, players and game personnel may move outside the immediate dugout area to practice physical distance requirements.
7. If athletes cannot provide their own equipment, then it is recommended that equipment be sanitized between each use.
8. ***Recommend*** no sharing of bats, batting helmets or catcher's equipment. ***If you must share, shared equipment must be thoroughly sanitized before/ after each use.***
9. Each team provides sanitized balls (bucket) while on defense.
10. Have a bucket for "dirty" balls available so they can be sanitized after the game.
11. No seeds, gum or spitting.

12. FACILITY COVID PROTOCOLS

- A. The host site shall designate a cleaned and disinfected area for teams to unload and load buses separate from fans, spectators, and other individuals not essential to the team or group.
- B. Before each game, contest, or event, schools shall follow the screening protocols described above to screen all staff members, contractors, volunteers, sports officials, contest judges, and any individuals otherwise involved in working the event. These individuals shall also self-screen as described in the screening protocols.

- C. Other areas used by participants, such as press box areas, shall be cleaned and disinfected prior to and after use. Sites shall develop plans for providing access to these areas that limit or remove potential contact between participants and non-participants.
- D. The host site shall provide sports and contest officials an area to enter and exit separate from fans when possible. Officials shall be provided a dressing and meeting area, if applicable, that has been cleaned and disinfected prior to their arrival.
- E. All participants shall be provided with entry and exit plans for contest areas that maintain separation from non-participants and fans. Individuals not essential to the team or group shall not be given access to contest areas, performance areas, courts, or fields at all before, during, or after contests and events.
- F. Teams are responsible for providing a plan for individualized hydration supplies for their student athletes on competition days. Bench water shall be provided by host site, but the traveling team shall supply its own coolers unless agreed upon by the host school.

13. LOCKER ROOMS AND OTHER CONGREGATE SETTINGS

- A. Designate total number of occupants allowed in the locker room at any given time and the length of time that they may be present in the locker room. This shall be posted at the entrance and inside the locker room.
- B. Schools shall make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available in these areas.
- C. All congregate areas shall be regularly and frequently cleaned and disinfected including all frequently touched surfaces such as doorknobs, tables, chairs, lockers, and restrooms.
- D. Any equipment that will be kept in student lockers and/or in these areas shall be thoroughly cleaned and disinfected each day prior to students accessing these areas. Schools shall develop a plan for managing the storage, cleaning and disinfecting, and redistribution of student equipment.
- E. Schools shall consider identifying staff to monitor locker rooms and other areas where students may congregate to ensure effective use of school protocols. When possible, schools shall open windows and/or doors or otherwise work to improve air flow by allowing outside air to circulate in these areas.
- F. Schools must require staff and students to wear face coverings while inside locker rooms, meeting rooms, training rooms, band halls and other areas where students may congregate other than shower facilities.
- G. As part of their overall plan, schools shall develop a plan for mitigating risk of spreading COVID-19 when disinfecting, cleaning, and laundering items such as towels, practice clothes, and uniforms. This plan shall include protocols for redistributing these items to students. Involved staff shall be trained specifically on these protocols.

14. CONTEST MODIFICATIONS

- A. Hand sanitizing shall be used as much as possible. The NFHS Sports Medicine Advisory Committee recommends using hand sanitizer when going to and from the field. Players are encouraged to provide their own hand sanitizer and/or sanitizing wipes.
- B. The team dugout area may be extended in order for more physical-distancing space for the teams.
 - 1) Only players and coaches are allowed in the extended team dugout area.
 - 2) Enforcement of the extended team dugout is the responsibility of game management.
 - 3) Physical distancing of six feet shall be maintained at all times while in the team dugout.
 - 4) Players, coaches, and auxiliary team members shall maintain physical distancing of six feet from all game officials.
- C. Face coverings are required to be worn by players, game officials, managers, athletic trainers and coaches.
- D. The balls shall be cleaned and sanitized throughout the contest as recommended by the ball manufacturer. Each team, while on defense, is responsible for sanitizing their baseballs and supplying them to the pitcher.
- E. Teams shall NOT exchange handshakes following the contest – teams can acknowledge opponent with other appropriate non-contact measures.
- F. Coaches shall not be permitted to approach the umpire(s) in fair ball territory to discuss / question / argue any decisions. Physical distancing would require the coach to call time, ask the umpire to approach the foul ball line where the coach is requesting the conference (maintaining six feet of physical distance) and discuss the ruling in that manner.

15. GAME OFFICIALS

- A. Officials are not responsible for monitoring or enforcing modified guidelines at the venue or activities on the sidelines, such as physical distancing, hand washing, symptoms of illnesses, and other such issues. This monitoring remains with the coaching staff and school personnel.
- B. Pregame meeting procedures are modified. Only coaches will come to the plate to talk and stand at the top of the batter's box (maintaining six feet of physical distance).
- C. Players are required to wear soft, cloth face coverings. There are no color restriction for player face coverings.
- D. Officials are to treat issues with player face coverings as improper equipment and ask them to wear their face covering properly over the nose and mouth.
- E. Face coverings shall be worn at all by officials. Official's face coverings must be soft, cloth and should consist of a solid, neutral color with not designs or slogans.
- F. Do not share uniforms, towels, water bottles, apparel, or equipment (including assistant referee flags).
- G. Officials that do not feel well with COVID-19 symptoms should notify their commissioner / assignor and their crew members and stay at home.

2020 NFHS BASEBALL RULES

Competition for baseball, softball and track and field in the spring of 2021 will be administered and officiated utilizing the 2020 rules publications. The NFHS has made the decision not to publish new rules publications for the spring of 2021.

The NFHS Baseball Umpires Manual and the NFHS Track & Field/Cross Country Officials Manual (two-year publications 2021& 2022) will be new publications in spring 2021.

Order a NFHS Baseball Rules Book from the [OSAA Corner Store](#) or contact the OSAA (503.682.6722) for more information.

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

2020 RULES CHANGES

3-1-4	Designated Hitter (DH) can be used in two ways. The DH can be listed as the tenth starter replacing one of the other nine players when it is their turn to bat. The other method is that that any one of the starting defensive players can be their own DH (in effect having two positions) within the confines of the rule requirements. Rationale: This rule change assists coaches with an alternative to keep their better players in the game to contribute to the offensive output of the team and give another player a chance to participate on defense. In addition, considering the pitch count rules, this change would help pitchers to keep their bat in the game, but can come out of the game defensively to protect their arms from overuse.
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2020 EDITORIAL CHANGES

1-3-2b1, 3-1-1, 4-1-3b, 4-2-4, 5-1-1f5, 7-4-1, 8-3-3c, Dead Ball and Delayed Dead Ball Table, Baserunning Awards Table and Rules by State Association Adoption
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2020 POINTS OF EMPHASIS

The NFHS Baseball Rules Committee and the NFHS Board of Directors believes there are areas of the game of interscholastic baseball that need to be addressed and given special attention. These areas of concern are often cyclical – some areas need more attention than others, and that is why they might appear in the rules book for consecutive editions. These concerns are identified as “Points of Emphasis.” For the 2020 high school baseball season, attention is being called to: Game Ending Procedures, Player/Designated Hitter Role, Proper Pitching Positions, Force Play Slide Rule, Enforcement of NFHS Jewelry Rule, Compliance of Player's Equipment. When a topic is included in the Points of Emphasis, these topics are important enough to reinforce throughout the academic year because they are not being given the proper attention.

Game Ending Procedures – Per rule, by state association adoption, a baseball game shall end when the visiting team is behind 10 or more runs after 4½ innings or after the fifth inning. However, if a state association does not adopt a game-ending procedure or by mutual agreement of the opposing coaches and the umpire-in-chief, any remaining play may be shortened, or the game terminated. Lopsided scores provide no educational value, increase the risk of unsportsmanlike behavior, and put undue pressure on the pitcher's arm that would impact his/her pitch count.

Player/Designated Hitter Rule – With the adoption of the changes to the designated hitter rule, teams now have three choices with respect to the use of a designated hitter in a specific game. First, a team may elect to not use a designated hitter. Such a team would have a “traditional” nine player line-up for that game. Second, a team may elect to use the same designated hitter rule that has existed for the last several decades. This option is selected when the team’s lineup card presented at the plate meeting has 10 players listed, one of whom is a designated hitter not playing defensively at the start of the game. Third, under the new change to the DH rule, a team may elect to have one player start the game as both a defensive player and designated hitter. This option is selected when the team’s lineup card presented at the plate meeting has nine players listed, one of whom has both a defensive position and “DH” written next to his name on the lineup card. If the third option is selected, a player can be substituted for the DH on defense and the starter will remain as the DH. However, if the third option is selected, the DH role is terminated if the starter is substituted for on offense. In either case, the starting defensive player/DH can re-enter if he has a re-entry remaining.

Proper Pitching Positions – The NFHS Baseball Rules Committee continues to be concerned with pitchers whose feet are not in a proper position prior to starting their delivery. Specifically, certain pitchers across the country continue to place their feet in an illegal “hybrid” stance. This appears to be a result of both coaches who continue to teach improper pitcher positions, and umpires who refuse to enforce the rules as written and apply the proper penalty. Pitchers are required to use one of two positions; the wind-up or the set. In the wind-up position, the pitcher’s non-pivot foot must be in a position on or behind a line extending through the front edge of the pitcher’s plate. If the heel of the pitcher’s non-pivot foot is closer to home plate than the front edge of the pitcher’s plate, then the pitcher is in an illegal “hybrid” stance, unless he is using a proper set position. In the set position, the pitcher’s pivot foot must be on or in front of and touching the pitcher’s plate. The pivot foot must also be parallel to the pitcher’s plate. The non-pivot foot must be entirely in front of the front edge of the pitcher’s plate. If the non-pivot foot is touching (or next to) the front edge of the pitcher’s plate, the pitcher is in an illegal “hybrid” stance, unless he is using a proper wind-up position.

Force Play Slide Rule – Simply stated, the runner never has to slide. However, on a force play when he does slide, it must be legal and in a direct line between the two bases. A runner may slide or run in a direction away from the fielder to avoid making contact or altering the play of the fielder. The force play slide rule is in effect at second, third and home plate.

Enforcement of NFHS Jewelry Rule – Items that are attached except medical appliances/devices are considered to be jewelry. The restriction of jewelry is primarily for risk minimization for the wearer and for the opponent. Earrings and various other piercings can be problematic for a player if the piercing gets caught on equipment and torn away from the body. Obviously, if a physician has provided documentation in support of a particular piercing, the local state association has the latitude (with proper justification) to make a special accommodation for the player. We need to be more vigilant to protect our players and their opponents. Compliance of Player’s Equipment In preparation of the new equipment that will have the NOCSAE stamp being introduced into high school baseball, it is appropriate to begin to have those discussions with players, coaches, umpires and parents. The NOCSAE stamped baseball has been available for use during the 2019 high school baseball season. The transition will be easier when all the baseballs have both the NFHS Authenticating Mark and NOCSAE seal effective January 1, 2020.

2020 RULES INTERPRETATIONS

Publisher’s Note: The National Federation of State High School Associations is the only source of official high school interpretations. They do not set aside nor modify any rule. They are made and published by the NFHS in response to situations presented. Dr. Karissa L. Niehoff, Publisher, NFHS Publications © 2020

SITUATION 1: The home team coach is using Jones as the player/DH. In the second inning, Jones comes to bat and hits a clean double. With Jones on second base, the coach goes to the plate umpire and requests that a courtesy runner run for Jones. **RULING:** A courtesy runner for Jones is not allowed. When his team is on defense, Jones is a pitcher; when Jones is at bat he is batting as a designated hitter, not as a pitcher. A courtesy runner is not allowed for a DH. (3-1-4b; Suggested Speed-Up Rules – Courtesy Runners 1)

SITUATION 2: Jones is listed as a player/ DH and comes to bat in the third inning. Jones hits a double and, while sliding into second base, sprains his ankle and cannot continue. The coach puts Williams in to run for Jones. **RULING:** This is legal. The impact of Williams running for Jones is that the role of the DH is now ended for the game. Since Jones is no longer the DH, and he and Williams cannot occupy a spot in the lineup at the same time, Jones is considered to have been removed from the game for his first time. (3-1-3, 3-1- 4b)

SITUATION 3: Jones is listed as the player/DH. Having pitched in the first two innings, he comes to bat in the third inning and hits a double. With Jones on second base, the coach tells the umpire that he wants to end the role of DH for Jones. He is ending the use of a DH for the game, making Jones only eligible to be the pitcher. The coach now wants to have a courtesy runner run for Jones. **RULING:** This is legal. The coach may end the role of the DH, leaving the previous player/DH as only a defensive player. As Jones was the pitcher of record, having pitched in the last half-inning, he is eligible for a legal courtesy runner. (3-1-4b, Suggested Speed-Up Rules – Courtesy Runners 1)

SITUATION 4: Jones, as the player/ DH, grows tired in the fifth inning and is replaced as the pitcher by Coleman. Jones remains the DH. In the sixth inning, Jones is hit by a pitch in the helmet and the medical staff will not allow him to continue in the game. The coach a) puts Smith in to run for Jones at first base or B) has Coleman run for Jones. **RULING:** Both are legal actions. In (a), the role of the DH will be ended for the game as Smith is an offensive substitute for Jones. Additionally, Coleman will be out of the game since Smith

now occupies that spot in the batting order. In (b), the role of the DH is also ended. Coleman does remain in the game as the pitcher and will hit for himself in later at-bats. (3-1-3, 3-1-4b)

SITUATION 5: Brady is the pitcher/ DH and tires in the second inning. The coach brings in Kelly to pitch in the second inning. In the fourth inning, Evans replaces Kelly as the pitcher. In the fifth inning, Brown replaces Evans as the pitcher. In the seventh inning, Brady returns to play first base. **RULING:** These substitutions are all legal, with Brady remaining the DH in each instance. Brown will be out of the game when Brady returns. The pitcher/DH is not locked into a defensive position and may be moved defensively while being locked in the batting order. (3-1- 4b)

SITUATION 6: Smith is listed as the second baseman/DH in the lineup. In the sixth inning, the coach wants Smith to play right field while remaining the DH. **RULING:** This is a legal defensive change. The player/DH may move positions defensively while remaining the DH. Smith would now be RF/DH. (3-1-4b)

SITUATION 7: Does a player/DH have a re-entry as the defensive player and also a re-entry as the DH? **RULING:** No, any of the starting players may be removed from the game and re-entered once. The player may not be removed as a defensive player and removed later as the DH and re-enter twice in both capacities. He has one re-entry. (3-1-3)

SITUATION 8: The visiting team coach has a lineup utilizing the standard DH option; 10 starters, one being the DH for a defensive player. In the third inning, the coach realizes he wanted to use the player/DH option and not the standard DH. He asks the home plate umpire if he may change the options since the DH has yet to bat. **RULING:** No, he may not change his lineup card. Once a coach has had his lineup accepted by the plate umpire, he may not change from one DH option to the other. (3-1-4)

SITUATION 9: The home team is using the player/DH option while the visiting team is using the standard DH option with 10 starters. At the pregame conference the home team coach insists that the visiting team must use the same DH option that he is using. **RULING:** The use of a DH is not mandatory, and each team may decide independently if it will play the game with a straight nine lineup, use the standard DH option or use the player/DH option. Teams do not have to use the same method. (3-1-4)

SITUATION 10: The home team is using Jones as the player/DH option. In the fifth inning, with the DH going 0-3 at bat, the coach wishes to use a pinch-hitter for Jones. He tells the plate umpire that Smith will bat for the DH with Jones returning as DH later in the game. **RULING:** The coach may use a pinch-hitter for player/DH, but when he does the role of the DH has ended for the game. Jones may return later, but when he does it will be as a defensive player who will bat for himself. [3- 1-4b (2)]

SITUATION 11: Kelly is the LF/ DH. In the third inning, Jones substitutes for Kelly as the left fielder. In the fourth inning Kelly returns as the left fielder. In the fifth inning, Armstrong substitutes for Kelly in left field. May Kelly remain as the DH? **RULING:** No. Kelly, having been removed from the game twice, is no longer eligible to play in any capacity. The role of the DH has ended since Armstrong now must bat for himself. (3-1-4b)

SITUATION 12: At the plate conference, the home team head coach provides to the plate umpire three baseballs. The plate umpire notices that while the baseballs have the NFHS Authenticating Mark, they do not have the SEI/NOCSAE mark. **RULING:** The game shall be played, but the home plate umpire shall provide a report to the state association. The baseballs are required to have both marks to ensure that proper testing has been done on the baseballs. SEI/NOCSAE testing provides a means to maintain a consistent and uniform standard for high school competition and to ensure that every baseball manufactured meets the same level of quality and playability.

SITUATION 13: The coach knows that his catcher is wearing a body protector under his jersey that is certified by NOCSAE and has the NOCSAE mark. At the plate conference, the coach affirms that all his players are properly equipped in accordance with NFHS rules. In the first inning, the plate umpire notices that the catcher is not wearing a chest protector with the NOCSAE mark. **RULING:** The plate umpire shall accept the coach's verification that all his players are equipped in accordance with the NFHS rules. (1-5-3, 4-1-3b)

SITUATION 14: Although the coach at the pregame conference verified to the plate umpire that all his players were properly equipped in accordance with NFHS rules, he notices that the catcher is wearing an old chest protector – one that does not have the NOCSAE mark on it. He asks the catcher to take his jersey off to show that he is wearing a NOCSAE-approved body protector. **RULING:** The umpire shall accept the coach's verification that all his players are properly equipped. The plate umpire shall not require the catcher to disrobe or unbutton his jersey to prove that he is wearing a certified body protector. (1-5-3, 4-1-3b)

SITUATION 15: At the pregame conference, the visiting coach verifies that all his players are properly equipped in accordance with NFHS rules. The catcher is wearing an old chest protector that does not have the SEI/NOCSAE mark. In the third inning, the catcher tells the umpire that he forgot his body protector and is not wearing anything under his jersey other than a plain undershirt. **RULING:** The plate umpire is to accept a coach's verification; however, once it is known that the verification was not totally accurate, the umpire must halt the game and have the situation rectified. The umpire will stop the game and ask the coach if there is a body/chest protector available that the catcher may use. The game cannot resume until the catcher is legally equipped. (1-5-3, 1-5-6)

SITUATION 16: The pitcher, in his delivery, pushes completely off the pitcher's plate and while in the air and in front of the pitcher's plate, throws the pitch. **RULING:** This is an illegal pitch. A pitcher who leaps from the pitching plate (rather than pushing away from it) is no longer in contact with the pitcher's plate and has delivered an illegal pitch. (6-1-1, 6-1-2, 6-1-3)

SITUATION 17: The bases are loaded with two outs. The batter hits the pitch over the fence for a grand slam home run. While circling the bases the batter-runner passes R1 between third base and home, before R1 touches home plate. R2 and R3 had touched home plate before the batter-runner passed R1. How many runs score? **RULING:** The batter-runner is out for the third out the moment he

passed a preceding runner, R1. This is a timing play and runs scored before the third out will count, but the batter-runner and R1 will not score. Score two runs. (8-4-2m, 9-1-1)

SITUATION 18: With two outs, R2 is off on the pitch from second base on an attempted steal of third base. The batter hits a ground ball to the shortstop. Just before the shortstop’s throw arrives at third base to put out the batter-runner, R2 is obstructed as he rounds third base. His coach says R2 should be awarded home and have his run count since the obstruction occurred before the out at first. **RULING:** R2 will not be awarded home base on the obstruction. No run may score if the third out is made by the batter-runner before he touches first base. (9-1-1 EXCEPTION a)

SITUATION 19: Unnoticed by either team and the home plate umpire, the visiting team turns in a lineup card with eight players listed as starters and three substitute players. The visiting team had nine players on defense in the bottom of the first inning. In the top of the second inning, the home team realizes that its opponent has only eight players listed in the starting lineup. Bringing this to the attention of the home plate umpire, the home team suggests that for the remainder of the game an out should be called every time the missing spot comes to bat. The visiting team, now aware of its omission, adds to the lineup a player as the ninth defensive player. He was not one of the three substitutes listed on the lineup. **RULING:** This is legal. The team did start the team with nine players. The team is allowed to correct the omission and it is legal for a team to use a player not originally listed on the lineup card. (1-1-2, 4-4-1f)

SITUATION 20: An assistant coach has a phone app that allows him to capture the signs from the opposing team’s third-base coach. This app then predicts if the sign was a steal, bunt or hit sign. Is this sign stealing phone app legal? **RULING:** This is not legal. When an umpire knows that a team is using the app, the coach should be warned and discontinue the use of the app. A second violation would restrict the coach to the bench. [3-3-1f (4), 3-3-1 PENALTY]

2020 COMMENTS ON THE RULES

Modified the Role of the Defensive Player and the Designated Hitter (3-1-4) — Modifying the role of the defensive player and the designated hitter will assist coaches to strategize how to keep their better players in the game to contribute to the offensive output of the team and give another player a chance to participate on defense. In addition, considering the pitch-count rules, this change will help pitchers (who are typically some of the better hitters) contribute offensively in the game, but still allow them to come out of the game to protect their arms from overuse.

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 BASEBALL RULES AND INTERPRETATIONS

The 2020 NFHS Baseball Rules Book will be used with the following clarifications:

- OSAA BASEBALL RULES BOOK OPTIONS:** Athletic directors and baseball coaches are reminded that Oregon treats the various options provided in the 2020 NFHS Baseball Rules Book:

1-2-9	Oregon has not adopted the double first base.
1-4-4	To allow for special occasions, commemorative or memorial patches, that will be uniformly placed, not to exceed four square inches, to be worn on jerseys in an appropriate and dignified manner without compromising the integrity of the uniform. Schools must have OSAA approval.
2-33-1	Optional speed-up rules. (See below.)
4-2-2	<u>Score Differential Procedures</u> (OSAA Handbook, Executive Board Policies) (Summer 2020)
4-2-4	Contests shall be continued from the point of interruption per OSAA Executive Board Policy – Interrupted Contests. However, an athletic district may adopt a rule that the game will not be continued.
4-3	No ties permitted.
4-4-1a	State associations are authorized to specify the time frame and/or circumstances before a forfeit shall be declared for a late arrival by one of the teams.
4-5	Protests based on application of playing rules or on judgment of game officials will not be heard.
10-1-9	Umpires shall wear the navy-blue pullover shirt or state association-adopted shirt.

NOTE: Umpires are expected to enforce the rules as printed with the above options.

2. **OPTIONAL SPEED-UP RULES** (may be adopted by an athletic district (league) but will be in effect for state playoffs and state championship games.):
- A. **Courtesy Runners**
- 1) At any time, the team at bat may use courtesy runners for the pitcher and/or the catcher. When a player enters as a courtesy runner, it counts as an inning played for that individual.
 - 2) The same individual runner may not be used for both positions (pitcher and catcher) during the game.
 - 3) Neither the pitcher nor the catcher will be required to leave the game under such circumstances.
 - 4) Players who have participated in the game in any other capacity are ineligible to serve as courtesy runners.
 - 5) A player may not run as a courtesy runner for the pitcher or the catcher and then be used as a substitute for another player in that half inning. If an injury, illness or ejection occurs and no other runners are available, the courtesy runner may be used as a substitute.
 - 6) The umpire-in-chief shall record courtesy runner participation and also announce it to the scorer.
 - 7) A player who violates the courtesy runner rule is considered to be an illegal substitute. Should an injury, illness or ejection occur to the courtesy runner, another courtesy runner for the pitcher or catcher may run.
 - 8) **After Putouts**
 - a) After a putout in the outfield and with no runners on base, the ball shall be thrown to a cutoff man and, if desired, to one additional infielder before being returned to the pitcher for delivery to the next batter.
 - b) After a putout in the infield and with no runners on base, the ball shall be returned directly to the pitcher.
 - c) Following the final out in any inning, the ball shall be given to the nearest umpire. The plate umpire shall give the ball to the catcher. The base umpire shall place the ball on the pitcher's plate.
3. **GAME BALLS:** Schools are reminded that per NFHS Baseball Rules, the NFHS Authenticating Mark is required on all baseballs used for high school competition. This includes all levels of play (Varsity, JV, JV2, Frosh). For the regular season, any brand of baseball is legal provided it has the NFHS Authenticating Mark. At no time are baseballs required to have an OSAA stamp. During the OSAA state playoffs, teams are required to use the Wilson A1010-Pro. Also, remember that a minimum of three legal baseballs are required to start a game. Given our typical spring weather, it's a good idea to have more than that available.
4. **VERBAL VERIFICATION FROM COACHES:** The umpire-in-chief shall receive verbal verification from both head coaches that all participants are properly uniformed and equipped with bats that are unaltered from the original manufacturer's design and production and helmets that meet NFHS and NOCSAE standards are free of cracks or damage. There have been past reports of coaches responding with "I hope so" or "As far as I know." An answer along these lines is unacceptable. The appropriate answer is "Yes."
5. **MULTIPLE BATTERS WARMING UP DURING DEAD BALL TIME:** The batter and one on-deck batter are the only players that should be in live ball territory warming up during infield warm-ups, the pre-game plate meeting, just prior to the first pitch of the game, in between innings or during a stoppage of play, including during a pitching change. This is first and foremost a safety issue as we've all seen incidents occur with overthrows, wild pitches, etc. Any other players wanting to warm up need to be in a dead ball area protected from live ball play (i.e. behind the dugout or batting cages, etc.).
6. **APPROPRIATE EQUIPMENT FOR SHAGGERS/PROTECTORS/WARM-UP CATCHERS:** In order to continue low incident rates, we must be ever vigilant to identify potential risk areas and address them immediately. One area of concern is the "shagger" or "protector" — the non-player who is allowed on the field to keep foul balls from striking players warming up in the bullpens. Remember that in Oregon, that person is required to have a glove and wear a legal batting helmet that meets the NOCSAE standard. It's also important that the shagger/protector be facing the plate and paying attention to the action taking place. A second area of concern is protective gear worn by non-adult catchers warming up pitchers. These players should be wearing a hockey-style mask and a protective cup when squatting to warm up a pitcher while the regular catcher is putting on gear. This same protective gear should also be worn by non-adult catchers warming up pitchers in the bullpen.

OSAA BASEBALL POLICIES

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

1. **PRACTICE LIMITATION RULE (6A, 5A Pilot All Classifications) IN EFFECT Season 2, 3 and 4 of 2020-21 SY (Revised February 2021)**
 - 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 **practice date of each season 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~~ **All Classifications**) if there is any attempt by a coach during the Open Period to coach student-athletes from **their** high school in a contest in the activity **they** coach 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 6.7. 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 2020-21 School Year.**

1) **OSAA Season 2.**

- a) Official Practices begin for **Season 2** Team Sport Coaches – Monday, **February 22** (Week **34**).
- ~~b) Closed Period for all **Season 3 and 4** Team Sport Coaches – Monday, **February 22** – Sunday, **April 4** (Weeks **26-29**).~~
- c) Open Period for all **Season 3 and 4** Team Sport Coaches – Monday, **February 22** – Sunday, **April 11** (Weeks **34-41**).
- d) Coaching Ends for **Season 2** Team Sport Coaches – On the **qualifying** date or when all **culminating events** have concluded for that school in that sport.

- 2) **OSAA Season 3.**
 - a) Official Practices begin for **Season 3** Team Sport Coaches – Monday, **April 5** (Week **40**).
 - ~~b) Closed Period for all **Season 2 and 4** Team Sport Coaches – Monday, **February 22** – Sunday, **March 14** (Weeks **34-37**).~~
 - c) Open Period for all **Season 2 and 4** Team Sport Coaches – Monday, **April 5** – **Sunday, May 23** (Weeks **40-47**).
 - d) Coaching Ends for **Season 3** Team Sport Coaches – On the **qualifying** date or when all **culminating events** have concluded for that school in that sport.
- 3) **OSAA Season 4.**
 - a) **Official Practices begin for Season 4 Team Sport Coaches – Monday, May 10 (Week 45).**
 - ~~b) **Closed Period for all Season 2 and 3 Team Sport Coaches – Monday, April 19 – Sunday, May 9 (Weeks 42-45).**~~
 - c) **Open Period for all Season 2 and 3 Team Sport Coaches – Monday, May 10 – Sunday, June 13 (End of Association Year) (Weeks 45-50).**
 - d) **Coaching Ends for Season 4 Team Sport Coaches – On the qualifying date or when all culminating events have concluded for that school in that sport.**
- 4) **OSAA Summer Season.**
 - a) Summer Season for **Season 2, 3 and 4** Team Sport Coaches – **Sunday, June 13 (End of Association Year) – Sunday, August 15 (Weeks 50-7).**
 - b) Moratorium Week – Sunday, **July 25** – Saturday, **July 31** (Week 4).

1. **Q.** Under the Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**), 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~~ **All Classifications**), may **students who do not currently attend your school** 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~~ **All Classifications**), is a coach allowed to coach student-athletes from **their** high school in a contest during the Association Year outside their sport season in the activity **they** coach at that high school?
 - A.** No.
4. **Q.** Under the Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**), 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~~ **All Classifications**), 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 **they** coach 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~~ **All Classifications**)?
 - 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~~ **All Classifications**) 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~~ **All Classifications**) 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~~ **All Classifications**) applies to any coach associated with a high school program (paid, volunteer, etc.).
9. Q. Under the Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**), 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 **their** 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~~ **All Classifications**)?
- A. No, this would be considered a violation.
11. Q. Under the Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**), 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~~ **All Classifications**), may a high school coach conduct club team tryouts prior to the end of the Association Year?
- A. Yes, provided that the tryouts don’t include students from the coach’s high school in the activity **they** coach. Coaches may conduct club team tryouts for non-high school students, students from other high schools, and/or students from the coach’s high school in an activity **they** don’t coach.
13. Q. Under the Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**), 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~~ **All Classifications**), may a coach own a club on which there are teams, which includes members of **their** school?
- A. Yes, but the coach may not personally coach a team with members of **their** school in the activity **they** coach 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 **their** school in a contest in the activity **they** coach at that high school.
15. Q. May a coach be present at a camp, clinic or practice during the Closed Period in the activity **they** coach at that high school if **their** 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~~ **All Classifications**) 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~~ **All Classifications**) 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, **they** are 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 **All Classifications**), may a high school coach work with **their** own children during the Closed Period?
A. Yes, a coach may work with **their** 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 **their** 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 **their** high school is present.

Effective First Practice Date through End of HS Season.

1. **PRACTICE MODEL** (OSAA Handbook, Executive Board Policies)

(Revised Summer 2020)

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

- C. **All other sports** (Cheerleading, Swimming, Wrestling, Basketball, Dance/Drill, Golf, Tennis, Track & Field, Baseball, Softball)
- 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) Students may participate in multiple practice sessions per day, but not on consecutive days. **Multiple practice sessions per day are prohibited for the 2020-2021 school year.**
 - 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.
 - 3) 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.
 - 4) **A student shall become eligible to participate in a jamboree or interscholastic contest/meet/competition after completing a minimum of ~~nine~~ five days of actual 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, Baseball)

(Revised Summer 2020)

- A. **Team.** A school team shall not play more than ~~26 games~~ ~~18 games~~ ~~15 games~~ **19 games** at each level of competition, exclusive of varsity district playoffs and state championships.
- B. **Individual.** A student shall not participate in more than ~~26 games~~ ~~18 games~~ ~~15 games~~ **19 games**, exclusive of varsity district playoffs and state championships. A student may participate in only one jamboree.

If a student participates in no more than seven innings on one day at different levels (e.g., four innings junior varsity, three innings varsity), the student is charged with participation in one game. For every additional seven innings played, or portion thereof, the student is charged with an additional game of participation. Participation in two games at the same level in one day counts as two games.

A game that goes into extra innings is considered an extension of the 7th inning and only counts as one inning played.

NOTE: The OSAA pitching limitation, which states that participation for any length of time in an inning as a pitcher shall count as one inning, applies during extra innings.

- 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 first playing date and for 30 days thereafter. A jamboree is limited to not more than six innings (three or more teams) and limited to not more than three innings against any school and with each pitcher limited to not more than two innings.
- D. **Pitching.**
- 1) A pitcher shall not pitch more than 110 pitches per day. A pitcher will be allowed to finish pitching to a batter if he reaches the daily maximum (110 pitches) during an at-bat, but then must be removed from the mound.
 - 2) Pitch Count Limits and Corresponding Days of Rest. It is strongly recommended that once a pitcher is removed from the mound, consideration be given to the throwing requirements of the fielding position he will assume. It is strongly advised that a player does not play the positions of pitcher and catcher in the same game.

All levels 110 pitches/day max (Varsity and Sub-Varsity)

1-25 pitches = 0 days' rest (Level Zero)

26-45 pitches = 1 day rest (Level One)

46-60 pitches = 2 days' rest (Level Two)

61-85 pitches = 3 days' rest (Level Three)

86+ pitches = 4 days' rest (Level Four)

EXCEPTION: *If a pitcher had thrown 61-85 pitches (Level Three) the day he last pitched; on his third day of rest he would be eligible to throw a maximum of 45 pitches (Level One). If he threw less than 25 pitches on that third rest day, he would then be eligible to throw the next day with a 110-pitch maximum. If he threw 26-45 pitches on that third rest day, he would need one full day of rest prior to pitching again.

EXCEPTION: *If a pitcher had thrown 86-110 pitches (Level Four) the day he last pitched; on his fourth day of rest he would be eligible to throw a maximum of 25 pitches (Level Zero). Following the 25-pitch day, he would then be eligible to throw the next day with a 110-pitch maximum.

Day of Week	Pitches Thrown	Pitches Thrown	Pitches Thrown
Monday	61-85	61-85	86-110
Tuesday	Rest	Rest	Rest
Wednesday	Rest	Rest	Rest
Thursday	1-25	26-45	Rest
Friday	Full Eligibility	Rest	1-25
Saturday		Full Eligibility	Full Eligibility
Sunday			

3) **Tracking.**

(Baseball Pitch Count – Contest Form)

- a) **All levels include Varsity, JV, JVII and Frosh. All levels are mandated to track the pitch counts of every pitcher.**
- b) **After the game, each team will fill out the OSAA Baseball Pitch Count form with the players' names and numbers from each school that pitched and have the total number of pitches for that game listed. Each coach will sign their own sheet and the other team's sheet to show what the number of pitches were for each player that pitched and that is a confirmation of what pitch count total will be entered into the OSAA website, through your school account.**
- c) Schools are required to enter each player's pitch count on the OSAA website **for all levels** following each game and by 10am the day following the contest, or the school may be fined, the head coach may be suspended, or the player may be considered an ineligible participant. The home book is official, but it is recommended that opposing teams compare as the game progresses for accuracy. Umpires will not be a part of the process.
- 4) The penalty if a baseball player pitches more than 110 pitches in a day and/or violates the days of rest requirement is forfeiture of the contest in which the pitcher exceeds his limit or violates the requirement.

1. **Q.** How is an intentional base on balls counted in the pitch count policy?
A. A player's pitch count is not affected when issuing an intentional base on balls, unless pitches were actually thrown during the at-bat. The pitch count policy only counts pitches that are actually thrown.
2. **Q.** Is an ambidextrous pitcher allowed to exceed the pitch count limits if he switches to other arm?
A. No. The pitch count limits are in effect for the player, not just one arm or the other.
3. **Q.** What constitutes a pitch?
A. Any throw by the pitcher that moves in the direction of home plate during live ball. Every pitch must be counted, remember to take into account all pitches, including the pitches thrown that a batter fouls off after having two strikes and pitches thrown where an offensive/batter's interference is called. Warm-up pitches are not counted in the pitch count.
4. **Q.** Does the pitching limitation count for the second game of a double header?
A. The policy is based on days, not games. Therefore, a pitcher may pitch in both games of a double header, but the total pitch count for the day will be what is considered when determining the days of rest required. The total number of pitches for the day cannot exceed the 110 pitches.

5. **Q.** Is there a mandatory form that needs to be filled out per game?
A. **Yes. Each coach will enter the names, numbers and totals of each pitcher for each game on the OSAA Baseball Pitch Count form. This form needs to be kept for records. Each level needs to keep a form for each game played, Varsity, JV, JVII and Frosh.**
6. **Q.** If a pitcher throws 40 pitches and the game is called because of weather, do those pitches count towards that pitcher's pitch count?
A. Yes, every pitch that is thrown needs to be recorded even if the game is postponed or cancelled. Ultimately, each school is responsible for adhering to the pitch count policy.
7. **Q.** Should the opposing teams get together during/after a contest to confirm/agree with the number of pitches thrown by each pitcher?
A. It is highly recommended that the opposing coaches or their adult representative consult with each other at the end of each inning to make sure the number of pitches thrown are consistent between the two scorebooks. **In OSAA championship play, the home team will have a third party keep track of both teams pitch counts and provide a total at any point in the game to both teams for any pitcher.**
8. **Q.** Do sub-varsity pitchers need to follow this pitching limitation?
A. Yes, this policy is for all levels. Schools are mandated to enter pitch counts for pitchers for **all levels** into the OSAA website, through your school account.
9. **Q.** May a pitcher who has reached beyond the 25, 45, 60 or 85 pitch thresholds exceed that limit while finishing an at-bat and still be considered within the limit?
A. No, each pitch beyond the 25, 45, 60 or 85 pitch threshold counts and will push the pitcher into the next level. The only time a pitcher is allowed to finish pitching to a batter without it counting is when **they** reach the daily maximum of 110 pitches during an at-bat.
10. **Q.** If a pitcher is throwing during one of the two exceptions; Level Four throwing on day four with a maximum 25 pitch limit or Level Three throwing on day three with a maximum 45 pitch limit and is close to **their** pitch count daily restriction of 25 or 45, can they finish that batter?
A. No, that would be considered a violation. If a pitcher is coming back to throw a day earlier than their required rest days per the exception they cannot surpass the maximum pitch limit for that exception (25 or 45 pitches). The only time a pitcher is allowed to finish pitching to a batter without it counting is when **they** reach the daily maximum 110 pitches during an at-bat.

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

- B. **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.

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

- 1) **Baseball.** Two officials are required at the varsity level. One umpire may be used in an emergency situation only. Sub-Varsity: Two officials should be assigned, but one official may be assigned at the rate of 1.33 the "per official fee."

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.

- A. **Baseball.**

- 1) **For darkness and/or weather:**

- a) If fewer than 4 and 1/2 or 5 innings have been played, the contest shall continue from the point of interruption.
 - b) If 4 and 1/2 (home team ahead) or 5 innings have been played and the score is not tied, the contest is declared an official game.
 - c) If play has gone beyond five full innings, teams have had an equal number of completed turns at bat and the score is tied, the contest shall continue from the point of interruption.
 - d) If play has gone beyond five full innings and is called when the teams have not had an equal number of completed turns at bat, the score shall be the same as it was at the end of the last completed inning, unless the home team in its half of the incomplete inning, scores a run (or runs) which equals or exceeds the opponent's score, in which case, the final score shall be recorded when the game is called. If the score was tied at the end of the last completed inning, the contest shall continue from the point of interruption.
 - e) If the two schools mutually agree or if there is an athletic district policy, the game need not be continued if it has no bearing on state championship representation.
- 2) For other reasons, among which include light failure, sprinkler system, etc., the contest shall continue from the point of interruption unless the teams mutually agree otherwise or there are athletic district rules that apply.
 - 3) **Interrupted Contests Procedures.** The following procedures shall be followed by the umpires and teams in these situations:
 - a) The umpires, both head coaches and both scorekeepers shall gather together to document the point of interruption on the lineup card and in the official scorebook (including inning, score, outs, runners on base, defensive charged conferences, etc.). The crew chief shall sign the lineup card and the official scorebook to ensure that there are two copies.
 - b) The crew chief should then give the signed lineup card to the home coach to be kept with the official scorebook.
 - c) The umpires shall send their game report to their local assigner. If a different umpire crew is assigned, the local assigner shall send the game report details to the new crew as part of accepting the assignment.
 - d) The lineup card shall be given to the new or returning umpire crew during the pre-game when the game is to be continued from the point of interruption.

5. **ENDOWMENT GAMES** *SUSPENDED for the 2020-21 School Year*

OSAA GENERAL POLICIES

1. **ADVERSE WEATHER CONDITIONS / AREA-WIDE EMERGENCY PROCEDURES** (*OSAA Handbook, Executive Board Policies*) (**May 2020**)

There may be times in the interest of minimizing risk due to adverse weather conditions and/or a clear area-wide emergency that it becomes necessary to postpone, cancel, and/or reschedule regular season or postseason events. The intent of this policy is to outline procedures and policies to provide guidance to OSAA member schools when such conditions impact an event.

A. **Regular Season Events.**

- 1) ***Administrators have the responsibility to define and communicate contingency plans in the event of adverse weather conditions and/or a clear area-wide emergency. A stepwise progression that places emphasis on minimizing risk for athletes, coaches, contest staff, spectators, and contest officials will be used to help guide decision makers on the appropriate course of action.***
- 2) ***The following steps shall be taken:***
 - a) ***Suspend the Event: NFHS rules allow officials to “delay” or “suspend” any contest where factors may endanger the participants. At no time may officials “terminate” a contest between schools unless administrators or representatives from each school mutually agree to end the contest. If the participating schools involved mutually agree to end the game the contest will be considered complete. Officials should use the following guidelines when choosing to suspend a contest:***

<i>Starting Time of the Event</i>	<i>8am to 12pm</i>	<i>12:01pm to 3:30pm</i>	<i>3:31pm to 6pm</i>	<i>After 6pm</i>
<i>Maximum Suspension</i>	<i>3 hours</i>	<i>2 hours</i>	<i>1.5 hours</i>	<i>1 hour</i>

- b) ***Modify the Event: NFHS rules in most sports and activities allow for modifications to timing and structure if necessary, with mutual agreement of participating schools, to address factors that may endanger the participants.***

- c) **Reschedule the Event:** *When situations arise involving a suspension of play and the participating schools cannot reach mutual agreement on ending the contest, the following steps shall be taken:*

- (1) *Convene a meeting between representatives from participating teams*
- (2) *Review and record contest details up to the point of suspension*
- (3) *Review each of the following options*

Option	Implication	Contest Result
<i>Schools agree to reschedule contest during the current game week (i.e. Friday game, continued on Saturday or Sunday).</i>	<i>See Executive Board Policy, "Interrupted Contests" procedures for specific sport/activity.</i>	<i>Upon conclusion result is final.</i>
<i>Schools agree to reschedule contest during a future game week (i.e. Friday game, continued on following Tuesday).</i>	<i>See Executive Board Policy, "Interrupted Contests" procedures for specific sport/activity.</i>	<i>Upon conclusion result is final.</i>
<i>Schools cannot reach agreement on when to reschedule contest.</i>	<i>Contest is suspended.</i>	<i>No Result.</i>

- d) **Cancel the Event:** *Cancelling the contest is not an option if the cancellation has a bearing on advancing a team(s) to the final site.*

B. OSAA Final Site Events.

- 1) *A culminating event shall be defined as the event(s) conducted at the final site only. Early round contests and district qualifying should tournaments follow the stepwise progression listed in part A.*
- 2) *School personnel have the responsibility of making alternative travel plans to final sites based upon adverse weather forecasts and any other pertinent information. It shall be the responsibility of the participating school(s) to notify the OSAA Executive Director or OSAA staff designee if the school is having difficulty traveling to the final site and may not arrive in time for the scheduled event(s) due to adverse weather conditions or a clear area-wide emergency.*

C. Championship Final Site Specifics.

- 1) *If a team/individual is unable to arrive at a final site for their scheduled competition due to adverse weather conditions or a clear area-wide emergency, that team/individual will be allowed to participate in their scheduled event provided they arrive at the site and are able to compete on the day of their scheduled event. In this situation the OSAA Executive Director or OSAA staff designee, shall adjust the schedule of the event for the purpose of allowing maximum participation for all qualified schools when these conditions are present. If the team/individual is unable to arrive to compete on the day of their event, and NFHS playing rules allow the modification, a forfeit is recorded and that team/individual shall move into the consolation bracket or be dropped from competition, whichever is applicable to the event.*
- 2) *When the number of teams/individuals unable to reach the final site for their scheduled event due to adverse weather conditions or a clear area-wide emergency exceeds 25% of those participating, the OSAA Executive Director or OSAA staff designee, shall consider postponement or cancellation of all or part of the event. An alternative schedule shall be determined by OSAA Executive Director or OSAA staff designee. Should the need arise for the schedule of a final site to be altered the next available date, including Sunday, will be used.*
- 3) *For the purpose of this policy, the TOTAL number of teams/individuals scheduled to attend the final site for that classification shall be the number used from which to obtain the percentage of those needed, regardless of the total number of classifications scheduled to attend the event.*
- 4) *Note: For the purpose of this policy, when the percentage used results in a number that is not a whole number, the number shall be rounded up to the next whole number. For example, if a tournament is being held for 30 teams, 25% of the total would be 7.5 which would be rounded up to 8.*

D. Procedures to Follow If Contests at The Final Site Are Rescheduled.

- 1) *The OSAA Executive Director or OSAA staff designee has the final authority on final site contest rescheduling.*
- 2) *If contests are rescheduled on the same day as originally scheduled but at a different site, the semifinal and championship contests will be scheduled at the same time or later than originally scheduled.*
- 3) *Time between contests may be shortened. Example: If contests were originally scheduled at two-hour intervals, they may be rescheduled at one and one half-hour intervals.*

- 4) *Individuals/teams shall be granted a minimum of 20 minutes for rest between contests.*
 - 5) *Whenever possible, contests played on the final day of the tournament shall be scheduled to allow individuals/teams to return to their home community that day.*
 - 6) *If during the last scheduled day at the final site, contests are unable to be restarted requiring postponement overnight, only those individuals/teams still in contention for the championship will continue play. Individuals/teams not in contention for the championship shall be awarded a tie for the highest placing that could have been earned if postponement had not been necessary.*
- E. *Ticket revenue will not be refunded in the event the schedule and/or day(s) of the event are changed due to adverse weather conditions or a clear area-wide emergency.*

2. **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.

3. **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.

4. **CERTIFICATION – ATHLETIC DIRECTORS AND COACHES** <http://www.osaa.org/coaches/requirements> (Revised Spring 2019)

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.** 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.** 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.** 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.** 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).** 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.** 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.

5. **[CONCUSSION MANAGEMENT](#)** (*OSAA Handbook, Executive Board Policies*) **(Revised Summer 2020)**
- [\(Medical Release – Return to Participation Following a Concussion\)](#)** **[\(Medical Release – Return to Learn Following a Concussion\)](#)**
- A. ***Member School’s Responsibilities*** (Max’s Law, **[ORS 336.485](#)**, **[OAR 581-022-0421](#)**) (Jenna’s Law, **[ORS 417.875](#)**) (***Qualified Health Care Professional***, **[ORS 336.490](#)**)
- 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 ***licensed*** 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 ***a Qualified*** 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 ***a Qualified*** Health Care Professional is obtained, the athlete shall not be permitted to return to athletic activity. ***As of July 1, 2020, [ORS 336.490](#) requires athletes be cleared by one of these Oregon Qualified Healthcare Professionals: Medical Doctor (MD), Osteopathic Doctor (DO), Chiropractic Doctor (DC), Naturopathic Doctor (ND), Nurse Practitioner (NP), Physician Assistant (PA), Physical Therapist (PT), Occupational Therapist (OT) or Psychologist who is licensed or registered under the laws of Oregon. Before signing any RTP forms, except for MD and DO signers, course completion certificates from the Oregon Concussion Return-To-Play Education must be obtained by all DC, ND, PT and OT and, after July 1, 2021, by all NP, PA and Psychologists.***

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

On an annual basis prior to participation, private schools shall require each **athlete** and at least one parent or legal guardian of the **athlete** 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 **athlete's** signed form on file for review at any time by OSAA staff.

B. **Official's Responsibilities.**

An official shall remove **an athlete** from a contest when that **athlete** 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 **their** designee making sure that the head coach or designee understands that the **athlete** 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 **athlete** after **they are** removed from play. The official does not need written permission for **an athlete** to return nor does the official need to verify the credentials of the **Qualified Health Care Professional** who has cleared the **athlete** to return. The responsibility of further evaluating and managing the symptomatic **athlete** falls upon the school and **an** appropriate **Qualified Health Care Professional**.

6. **EJECTION POLICIES – EJECTED PLAYER OR COACH** (OSAA Handbook, Executive Board Policies) [\(Ejection Report\)](#) (Revised May 2020)

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 **as the final ruling**. Implementation of the next game suspension may be postponed during the time that an appeal is pending.

D. **Appeal Process at State Championship final sites where the officials' crew are from different local Associations.** ***If the principal or the athletic director from the school of the ejected coach/player and the on-site OSAA staff member agree that the suspension should be set aside, the principal may appeal to the Executive Director within 24 hours of the ejection to set aside the next game suspension portion of the penalty. Unless the on-site OSAA staff member agrees that the suspension should be set aside, the appeal must be denied by the Executive Director as the final ruling.***

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.

7. **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.

8. **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.

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:
 - 1) 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.
- 2) 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. NON-DISCRIMINATION POLICY (OSAA Handbook, Executive Board Policies) ([Complaint Form](#)) (Revised July 2019)

- A. The Oregon School Activities Association does not discriminate on the basis of race, color, religion, sex, sexual orientation, national origin, marital status, age or disability in the performance of its authorized functions, and encourages its member schools, school personnel, participants and spectators to adopt and follow the same policy.
- B. A claim of discrimination against a member school shall be brought directly to the member school of concern.
- C. Any party that believes **they** have been subjected to an incident involving discrimination or discriminatory harassment at an OSAA sanctioned event, may submit a written complaint through the online complaint process provided on the OSAA website. When the coaches, players students, staff or spectators of any members school engage in discriminatory behaviors, or 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 sanctioned by the Association, the Executive Board may treat such acts as a violation by the school of the Rules of the Association. See [Rule 3, "Contests – Sportsmanship – Crowd Control"](#) for additional information.

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. 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.

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 **at** 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, taunting, 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 Executive Board. The Executive Director or the Executive 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 ensure 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.
- 15. 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.

16. 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.
17. Q. Are “run through” signs allowed?
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18. Q. May visiting schools bring signs and/or banners to hang at the host school’s venue?
A. No.
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22. 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.
23. 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.**
24. 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.
25. 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.
26. 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.
27. Q. May a school use balloons at a state championship final site?
A. No.
28. 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 *their* 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.