



Oregon School Activities Association  
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August 2, 2017

TO: Superintendents, Principals and Athletic Directors  
FROM: Peter Weber, Executive Director  
SUBJECT: Summary of Executive Board Action at the Summer Workshop Meeting

At the OSAA Executive Board Summer Workshop in Redmond, the OSAA Executive Board took the following actions:

- Adopted the Athletic Officials Handbook (AOH) for the 2017-18 school year.
- Adopted changes to Board Policy – Certification – Athletic Directors and Coaches that changed the Spirit Safety Clinic requirement to an online course hosted by OSAA. **(Attached)**
- Adopted changes to Board Policy – Practice Limitation Rule and Practice Limitation Rule (6A Pilot) to codify the Association’s stance on the use of football protective equipment during the Association Year outside of the football season and add Q&As to clarify the new 6A Pilot. **(Attached)**
- Adopted changes to Board Policy – Practice Model to clarify the number of required practices prior to a school participating in a football jamboree or contest. **(Attached)**
- Adopted changes to Board Policy – State Championships – Rankings including updated seasonal dates after which contests won’t be counted and the inclusion of forfeited contests where the result of the contest doesn’t change as a result of the forfeit per recommendations from the Rankings Committee. **(Attached)**
- Adopted changes to Board Policy – State Championships – Support Group Policies combining several previously existing policies into one policy outlining admission, pep band expectations and halftime entertainment. **(Attached)**
- Adopted changes to Board Policy – Summer Policy to clarify that incoming freshmen shall use the same 10 consecutive day period for football protective equipment as all other levels of a program. **(Attached)**
- Approved requests from the following schools for Full Membership beginning with the 2017-18 school year:
  - Crater Lake Charter Academy – 2A-3 Mountain View Conference (plans to co-op with Butte Falls in all activities; will be independent in 2017-18 unless granted approval by league/special districts)
  - Open School East – 2A-1 Northwest League (will be independent in 2017-18 unless granted approval by league/special districts)
- Approved Independent Status Petitions from the following schools in Football for the 2017-18 school year:
  - Horizon Christian (Tualatin)
  - Mitchell/Spray/Wheeler
  - South Wasco County
- Adopted a change to require the use of three-person crews in the 3A, 2A, 1A Basketball State Championships, first round through final site, beginning with the 2018-19 school year.
- Adopted a change to all Basketball State Championships final site schedules beginning with the 2017-18 school year that will align games by gender for all sessions.

A summary of Executive Board actions is posted on the OSAA website following each Executive Board Meeting. Detailed official minutes of the Executive Board Summer Meeting are available from the OSAA upon request.

8. **CERTIFICATION – ATHLETIC DIRECTORS AND COACHES***(Revised Spring 2016)*

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

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

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

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

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

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

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

D. **Anabolic Steroids and Performance-Enhancing Substances Training.**

<http://www.ode.state.or.us/search/page/?=2571>

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

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

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

F. **Heads Up Football Certification.** <http://www.osaa.org/activities/fbl>

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 annually 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.

55. **PRACTICE LIMITATION RULE (6A Pilot)**(Approved February 2017 for a one-year trial during the 2017-18 school year)

- 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 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 schools are looking to provide coaches with more opportunities for fundamental skill development at specified times during the Association Year.***
  - 7) ***6A 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 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, the only activity allowed is conditioning.*** Conditioning is defined as a session where students work on physical fitness and conditioning by use of weights, running, and/or exercises. Conditioning does not allow for the use of individualized and specialized sports equipment or apparatus, including but not limited to: balls, bats, protective equipment, blocking dummies, batting cages, charging sleds and other implements related to specific OSAA activities. ***Participation in conditioning activities must be optional.***
- D. **Open Period.** ***The Open Period for all out-of-season team sports begins on the first Monday following the six-week Closed Period and ends when the next OSAA defined season begins. Dates shall follow the NFHS Numbered Calendar, as adopted by the OSAA. Fundamental skill development with an unlimited number of the school's student-athletes is allowed for a maximum of nine 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 Pilot) if there is any attempt by a coach during the Open Period to coach student-athletes from his/her high school in a contest in the activity he/she coaches at that high school. For the purpose of this rule, a contest is any event (practice, scrimmage, game, etc.) that involves anyone other than the students at your high school. While boys and girls basketball (and soccer) are examples of the same sport, for the purpose of this rule they are considered different activities. Participation in Open Period fundamental***

*skill development and/or conditioning must be optional. NOTE: The use of football protective equipment is prohibited from the conclusion of a school's regular and/or post-season until the end of the Association Year as outlined in Rule 6.6. This does not prohibit an individual student from using football protective equipment owned by the school when attending camps/clinics not organized by any member school personnel.*

E. Dates for the 2017-18 School Year

- 1) **OSAA Fall Season.**
  - a) *Official Practices begin for Fall Team Sport Coaches – Monday, August 14 (Week 7).*
  - b) *Closed Period for all Winter and Spring Team Sport Coaches – Monday, August 14-Sunday, September 24 (Weeks 7-12).*
  - c) *Open Period for all Winter and Spring Team Sport Coaches – Monday, September 25-Sunday, November 12 (Weeks 13-19).*
  - d) *Coaching Ends for Fall Team Sport Coaches – Day Following Last Varsity Contest.*
- 2) **OSAA Winter Season.**
  - a) *Official Practices begin for Winter Team Sport Coaches – Monday, November 13 (Week 20).*
  - b) *Closed Period for all Fall and Spring Team Sport Coaches – Monday, November 13-Sunday, December 24 (Weeks 20-25).*
  - c) *Open Period for all Fall and Spring Team Sport Coaches – Monday, December 25-Sunday, February 25 (Weeks 26-34).*
  - d) *Coaching Ends for Winter Team Sport Coaches – Day Following Last Varsity Contest.*
- 3) **OSAA Spring Season.**
  - a) *Official Practices begin for Spring Team Sport Coaches – Monday, February 26 (Week 35)*
  - b) *Closed Period for all Fall and Winter Team Sport Coaches – Monday, February 26-Sunday, April 8 (Weeks 35-40).*
  - c) *Open Period for all Fall and Winter Team Sport Coaches – Monday, April 9-Monday, May 28 (Weeks 41-47).*
  - d) *Coaching Ends for Spring Team Sport Coaches – Day Following Last Varsity Contest*
- 4) **OSAA Summer Season.**
  - a) *Summer Season for Fall, Winter, and Spring Team Sport Coaches – Tuesday, May 29-Sunday, August 12 (Weeks 48-6).*
  - b) *Moratorium Week – Sunday, July 22-Saturday, July 28 (Week 4).*

1. Q. *Under the Practice Limitation Rule (6A Pilot), may a coach work on fundamental skill development with two students a day as was allowed previously?*
  - A. *Yes, but only during the Open Period. During the Open Period coaches may work with an unlimited number of students on fundamental skill development for a maximum of nine 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 Pilot), is a coach allowed to coach student-athletes from his/her high school in a contest during the Association Year outside their sport season in the activity he/she coaches at that high school?*
  - A. *No.*

3. Q. *Under the Practice Limitation Rule (6A Pilot), are coaches allowed to work on fundamental skill development with their students during the Open Period and organize their students to participate in contests while being coached by someone else?*
- A. No.
4. Q. *Under the Practice Limitation Rule (6A Pilot), how does the maximum of nine hours each week per program work during the Open Period?*
- A. *Any fundamental skill development involving a coach and any number of students from the coach's school in the activity he/she coaches at that high school counts toward the maximum of nine 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.*
5. Q. Are open gyms still permissible under the Practice Limitation Rule (6A Pilot)?
- A. Yes, *provided they occur during the Open Period and fall within the maximum of nine hours each week per program.* The terminology has been changed to "open facility" and is applicable to gymnasiums, fields, tracks, etc.
6. Q. What are the penalties if a high school coach violates the Practice Limitation Rule (6A Pilot) by coaching members of his or her team **during the Closed Period** or in an out-of-season **contest**?
- A. Rule 5, "Violations of Regulations – Penalties" - outlines violations of rules and penalties. As outlined in Rule 5.2., violations of any rule of the OSAA could include probation, forfeiture, fines, suspension or expulsion from the Association. The Executive Board would determine the penalty.
7. Q. Is a school in violation of the Practice Limitation Rule (6A Pilot) if an unpaid volunteer coach coaches both the high school team and **an** out-of-season team during the OSAA year?
- A. Yes, this would be a violation. *The Practice Limitation Rule (6A Pilot) applies to any coach associated with a high school program (paid, volunteer, etc.).*
8. Q. Under the Practice Limitation Rule (6A Pilot), may two high school coaches "trade" teams and coach each other's teams in an out-of-season **contest**, or may a person coach a high school team and then **arrange for** his/her **parent/spouse/family member** to coach the out-of-season club team **during the Association Year**?
- A. No. The intent of the rule is to *provide high school coaches with more opportunities to teach fundamental skill development during specified times during the Association Year.*
9. 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 Pilot)?
- A. *No, this would be considered a violation.*
10. Q. Under the Practice Limitation Rule, may a high school coach work with a group of 9th graders before they turn out for a sport?
- A. *Yes, provided it occurs during the Open Period.*
11. Q. Under the Practice Limitation Rule (6A Pilot), may a high school coach conduct club team try-outs prior to the end of the Association Year?
- A. No.
12. Q. Under the Practice Limitation Rule (6A Pilot), may students serve as demonstrators at a clinic or camp at which their school coach is making a presentation outside of the OSAA season for that sport?
- A. Yes, *provided the clinic or camp occurs during the Open Period or Summer Season.*
13. Q. Under the Practice Limitation Rule (6A Pilot), may a coach own a club on which there are teams, which include members of his/her school?
- A. Yes, but the coach may not personally coach a team with members of his/her school *in the activity he/she coaches at that high school during the Closed Period. During the Open Period the coach may conduct fundamental skill development and/or conditioning but may not coach members of his/her school in a contest in the activity he/she coaches at that high school.*

14. Q. May a coach be present at a camp, clinic or practice during the ***Closed Period in the activity he/she coaches at that high school*** if his/her high school students are attending as participants?  
 A. No, a coach may not attend as an instructor or observer.
15. Q. Would it be a violation of the Practice Limitation Rule (***6A Pilot***) for a coach to teach members of the high school program in a sport-specific class outside of the season for that sport during the Association Year?  
 A. No, so long as the sport-specific class meets the following conditions:  
 1. The coach must be the teacher of record for the sport-specific class, and  
 2. The sport-specific class must be part of the regular school curriculum for which credit is granted, and  
 3. Enrollment in the sport-specific class must not be limited to team members.
16. Q. Would it be a violation of the Practice Limitation Rule (***6A Pilot***) if a school was to offer a sport specific class for which the coach is not the teacher of record, and the coach was allowed to attend the class as a guest and teach sport specific skills to members of the high school program outside of the season for that sport during the Association Year?  
 A. Yes.
17. Q. At what point does the OSAA consider a person to be a school's coach?  
 A. Once a person and a school have verbally agreed that the person will perform coaching duties for the school, he/she is considered to be that school's coach by the OSAA. At that time, all OSAA policies are in effect for that coach until such time that the coach resigns or is notified by the school that they are no longer a coach for that school.
18. 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."**
19. 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.
20. Q. ***Under the Practice Limitation Rule (6A Pilot), may a high school coach work with his/her own children during the Closed Period?***  
 A. ***Yes, a coach may work with his/her children at any time.***
21. Q. ***May a high school coach be present as a spectator at an out-of-season club team contest if his/her high school student(s) are participating on the team?***  
 A. ***Yes, this is allowed during both the Closed and Open Period.***

#### 56. PRACTICE LIMITATION RULE

(Revised Spring 2014)

- A. **Philosophy.** The following statements outline the philosophy of the OSAA regarding in-season and out-of-season sports.
- 1) The mission of OSAA member schools is to foster well-rounded individuals. The purpose of interscholastic athletics is to help educate boys and girls and not to prepare students for college athletics, which is a by-product of interscholastic competition available to a very small percentage of high school athletes.
  - 2) For most students, specialization in a single athletic activity is not in their best long-term interests.
  - 3) Students should be encouraged by coaches, administrators and parents to participate in a variety of school activities, including more than one sport during the school year.

- 4) Schools should not allow use of school equipment, including uniforms and school district vehicles, and facilities by non-school organizations that promote a philosophy contrary to the above statements.
- 5) There should be no promotion or publicity within a school for non-school programs, which promote a philosophy contrary to the above statements.
- B. **Preface.** The spirit of the Practice Limitation Rule is that every school and participant shall have the same opportunity to practice prior to the first contest. Practice is defined as the involvement of individuals from a member high school in any program, demonstration, instruction, or participation conducted in part or in its entirety by a person or a group of people who are or who have been involved in the coaching of any of these athletes in that sport at the high school, including volunteer coaches. Unless a person has been approved by the school district as a member of the coaching staff, that person may not practice against a team or a team member (example- throwing batting practice or working against a basketball post player).
- C. **Team Sports Limitation.** Schools may conduct practices and/or compete in contests in team sports (baseball, basketball, football, softball, soccer, volleyball) only during the designated OSAA sports seasons as outlined in Rule 6. It shall be a violation of the rule if there is any attempt during the Association year to gather together more than two members of the same high school, with remaining eligibility in that sport, per day outside the OSAA defined season to receive specialized athletic instruction from any coach associated with the participating athletes' high school. Attempts to circumvent the rule by encouraging team members to attend out-of-season practices or camps during the Association year other than through general dissemination of information or brochures shall be considered a violation of this rule. **EXCEPTION:** Baseball and softball coaches may begin pitching instruction and throwing workouts with pitchers and catchers only (maximum of eight total per day) two weeks prior to the Spring Sports First Practice Date. **NOTE: The use of football protective equipment is prohibited from the conclusion of a school's regular and/or post-season until the end of the Association Year as outlined in Rule 6.6. This does not prohibit an individual student from using football protective equipment owned by the school when attending camps/clinics not organized by any member school personnel.**
- D. **Individual Sports Limitation.** Schools may conduct practices and/or contests in individual sports (cross country, golf, swimming, tennis, track & field, wrestling) only during the designated OSAA sports seasons as outlined in Rule 6. Local school districts and/or leagues should establish their own policy restricting the involvement of their individual sports coaches in out-of-season programs.
- E. **Open Facility.** The intent of an open facility is to provide an opportunity for a recreational activity to occur. The facility is provided so that any student in the school has an opportunity to participate. (See Team Sports Limitation listed above for additional information.)
- F. **Conditioning.** Conditioning is defined as a session where students work on physical fitness and conditioning by use of weights, running, and/or exercises. Conditioning does not allow for the use of individualized and specialized sports equipment or apparatus, including but not limited to: balls, bats, protective equipment, blocking dummies, batting cages, charging sleds and other implements related to specific OSAA activities. Participation in conditioning activities must be optional.
1. **Q.** Does the Practice Limitation Rule apply during the summer?  
**B.** No. The Executive Board Policy is only in effect during the Association year, which starts on the first day of fall practice and ends after Memorial Day is observed.
2. **Q.** May a school or an individual student compete in an indoor track meet?  
**A.** The OSAA does not have a season designated for indoor track. Therefore, indoor track is not an OSAA sanctioned activity. Since track and field is an individual sport, it falls under the Individual Sports Limitation. A participant in indoor track must do so unattached and may not represent his/her high school. No school uniforms, equipment or transportation may be used.
3. **Q.** What are the penalties if a high school coach violates the Practice Limitation Rule by coaching more than two members of his or her team in an out-of-season program?

- A.** Rule 5, “Violations of Regulations – Penalties” - outlines violations of rules and penalties. As outlined in Rule 5.2., violations of any rule of the OSAA could include probation, forfeiture, fines, suspension or expulsion from the Association. The Executive Board would determine the penalty.
- 4. Q.** Is a school in violation of the Practice Limitation Rule if an unpaid volunteer coach coaches both the high school team and the out-of-season team during the OSAA year?
- A.** Yes, this would be a violation.
- 5. Q.** May high school team members belong to the same club team?
- A.** Yes, if the high school team members independently try out and/or belong to the same club team through no influence or direction from the high school coach, then no violation would occur.
- 6. Q.** Is it a violation of the Practice Limitation Rule if a high school coach works at a YMCA, “The Hoop,” “Sports Nation,” etc., during the Association year?
- A.** No, as long as the high school coach is not involved in directly coaching more than two players from his or her high school team on any given day.
- 7. Q.** Under the Practice Limitation Rule, may two high school coaches “trade” teams and coach each other’s teams in an out-of-season program, or may a person coach a high school team and then have his/her spouse coach the out-of-season club team?
- A.** No. The intent of the rule is to prevent the high school coach from directly or indirectly pressuring players from the high school team to play on an out-of-season club team. If the high school coach organizes the high school team members to congregate on the same out-of-season club team and then secures someone else to coach them, e.g., spouse, parent, another high school coach, etc., he or she would violate the intent of the rule and it would be considered a violation.
- 8. Q.** Under the Practice Limitation Rule, may the high school boys’ basketball coach work with the girls’ basketball club team?
- A.** Yes. Boys’ and girls’ programs at a high school in the same sport are considered separate sports for the purpose of the Practice Limitation Rule.
- 9. Q.** Under the Practice Limitation Rule, may the local golf pro coach the high school team and still give lessons to team members outside the high school season?
- A.** The Individual Sports Limitation Rule would allow this if allowed by the local school district and/or league.
- 10. Q.** A coach of a high school team allows a parent to coach that same team in an out-of-season program. Is this legal under the Practice Limitation Rule?
- A.** Yes, as long as the high school coach does not organize or require members of the high school team to participate on the out-of-season team coached by the parent.
- 11. Q.** Under the Practice Limitation Rule, may a high school coach work with a group of 9th graders before they turn out for a sport?
- A.** No. A coach may work with no more than two players (or potential players) outside the designated sports season.
- 12. Q.** Under the Practice Limitation Rule, may a high school coach work with 8th grade students before they enter high school?
- A.** Yes, so long as the contact occurs prior to the Fall first practice date on the OSAA Calendar. From that point, the students are considered high school students.
- 13. Q.** Under the Practice Limitation Rule, may a high school coach work with two students at a time, rotating the students every half-hour?
- A.** No. A high school coach may work with no more than two students from his or her school on any given day.
- 14. Q.** Under the Practice Limitation Rule, may a high school coach work with two students at one basket, then two different students at another basket, etc.?



- A. No. A high school coach may work with no more than two students from his or her school on any given day.
15. Q. Under the Practice Limitation Rule, may the head coach work with two students, the assistant coach work with two other students, the JV coach work with two other students, etc.?
- A. No. All coaches in a program are collectively allowed to work with no more than two students from that school on any given day.
16. Q. Under the Practice Limitation Rule, may a high school coach work with more than two students provided that any student(s) in excess of two are his/her children?
- A. Yes. When determining number of players for the purpose of this policy, the children of the person coaching shall not count toward the limitation.
17. Q. Are open gyms still permissible under the Practice Limitation Rule?
- A. Yes. The terminology has been changed to “open facility” and is applicable to gymnasiums, fields, tracks, etc. The basic philosophy of an open facility is that it is a recreational opportunity open to anyone and that no instruction is occurring. A coach may not be “at the other end” of an open facility working with two students.
18. Q. Are batting cages considered open facilities?
- A. Yes, if a batting cage is open to anyone and no coaching is taking place. Merely throwing batting practice is not considered coaching. Hitting grounders and/or fly balls is considered a violation.
19. Q. A high school baseball/softball coach wants to run a hitting camp for players prior to the first practice date for spring sports. Is this legal under the Practice Limitation Rule?
- A. No. The high school coach may coach no more than two of his or her players on a given day outside of the OSAA designated sports season.
20. Q. Under the Practice Limitation Rule, may a school have an “open gym” or “open field” where baseball/softball players play catch to get their arms in shape?
- A. Yes, provided that no coaching is taking place.
21. Q. Under the Practice Limitation Rule, may a high school coach include graduating seniors on an out-of-season club team after the high school season in that sport has been completed?
- A. Yes. Once seniors have completed their sports season, they are no longer considered to be team members or potential team members for that sport.
22. Q. Under the Practice Limitation Rule, may a high school wrestling coach be involved with his wrestlers in AAU, Greco-Roman and/or freestyle wrestling?
- A. Yes. Under the Individual Sports Limitation Rule, local school districts and/or leagues may establish their own policy regarding the high school coach’s involvement in individual sports such as wrestling.
23. Q. Under the Practice Limitation Rule, may a high school coach conduct club team try-outs prior to the end of the association year?
- A. No.
24. Q. Under the Practice Limitation Rule, may more than two students serve as demonstrators at a clinic or camp at which their school coach is making a presentation outside of the OSAA season for that sport?
- A. Yes, but with these restrictions:
1. More than two students may attend a camp or clinic only as demonstrators for a presentation by their coach. It would be a violation of the Practice Limitation Rule for more than two students to attend as participants at a clinic or camp at which their school coach is making a presentation unless the clinic or camp was held during the OSAA season for that sport.
  2. Each school is limited to only one clinic or camp to which this interpretation applies per program each school year.
  3. Clinic or camps to which this interpretation applies may be no more than two days in length.
25. Q. May a coach participate in an open gym with more than two members of his/her school?

- A. Yes, so long as no instruction takes place.
26. Q. May a coach participate on an organized team with more than two members of his/her school?  
A. No.
27. Q. Under the Practice Limitation Rule, may a coach own a club on which there are teams, which include more than two members of his/her school?  
A. Yes, but the coach may not personally coach a team with more than two members of his/her school.
28. Q. May a coach be present at a camp, clinic or practice during the Association Year outside of their sport's designated season if more than two or his/her high school students are attending as participants?  
A. No, a coach may not attend as an instructor or observer.
29. Q. ***May a high school coach be present as a spectator at an out-of-season club team contest if his/her high school student(s) are participating on the team?***  
A. ***Yes, this is allowed.***
30. Q. Under the Practice Limitation Rule may a high school coach work with his/her children and two additional students?  
A. Yes, a coach's children are not counted under the Practice Limitation Rule.
31. Q. Would it be a violation of the Practice Limitation Rule for a coach to teach more than two members of the high school program in a sport-specific class outside of the season for that sport during the Association Year?  
A. No, so long as the sport-specific class meets the following conditions:  
1. The coach must be the teacher of record for the sport-specific class, and  
2. The sport-specific class must be part of the regular school curriculum for which credit is granted, and  
3. Enrollment in the sport-specific class must not be limited to team members.
32. Q. Would it be a violation of the Practice Limitation Rule if a school was to offer a sport specific class for which the coach is not the teacher of record, and the coach was allowed to attend the class as a guest and teach sport specific skills to more than two members of the high school program outside of the season for that sport during the Association Year?  
A. Yes.
33. Q. At what point does the OSAA consider a person to be a school's coach?  
A. Once a person and a school have verbally agreed that the person will perform coaching duties for the school, he/she is considered to be that school's coach by the OSAA. At that time, all OSAA policies are in effect for that coach until such time that the coach resigns or is notified by the school that they are no longer a coach for that school.
34. Q. May a returning coach work with students outside their designated sports season since the coach working under a one-year contract and has not signed a contract for the coming year?  
A. No. Once a person becomes a school's coach, the OSAA considers that person to be a coach for the school until such time that the coach resigns or is notified by the school that they are no longer a coach for that school. Coaches who resign and are then brought back in a coaching capacity by the same school in an attempt to circumvent OSAA policy are subject to penalties as outlined in **Rule 5, "Violations of Regulations - Penalties."**
35. Q. A school is conducting interviews for a vacant coaching position. Is the interviewee allowed to conduct a practice with more than two students from a school in part of the interview process?  
A. Yes, but the trial practice session shall be no longer than 30 minutes in length.
36. Q. On what date may baseball and softball coaches begin pitching instruction and throwing workouts with pitchers and catchers only (maximum of eight total per day)?  
A. **February 12, 2018**, which is two weeks prior to the start of spring practices on **February 26, 2018**.

- 37. Q.** During this two-week early window for baseball and softball coaches, how many students are coaches allowed to work with each day?
- A.** If non-pitchers and non-catchers, a maximum of two a day. If pitchers and/or catchers only, a maximum of eight a day. This maximum applies to a school's entire coaching staff in that activity.
- 38. Q.** During this two-week early window for baseball and softball coaches, are coaches allowed to work with eight pitchers and catchers and two additional students on the same day?
- A.** No. During this timeframe, coaches are allowed to work with a maximum of eight on a single day but all eight must be pitchers and/or catchers, or the coaches may work with two non-pitchers and non-catchers on a single day, but not both.
- 39. Q.** During this two-week early window for baseball and softball coaches, are coaches allowed to work with six pitchers and catchers and two additional students, for a total of eight?
- A.** No. During this timeframe, coaches are allowed to work with a maximum of eight on a single day but all eight must be pitchers and/or catchers. During this timeframe, coaches would be allowed to follow the standard "Rule of Two" and work with two players only on a single day. These players are not required to be pitchers and/or catchers.
- 40. Q.** During this two-week early window for baseball and softball coaches, if coaches are working with pitchers and/or catchers, is live hitting allowed?
- A.** No, live hitting is not allowed but a coach is allowed to stand in the batter's box.

57. PRACTICE MODEL*(Revised Fall 2015)*

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

A. Football

- 1) All practices shall allow for water breaks and general acclimatization to hot and/or humid weather. Ample amounts of water should always be available and a student's access to water should not be restricted. In addition, all practices shall follow the fundamentals set forth in the NFHS's Heat Acclimatization and Heat Illness Prevention Position Statement. While the risk of heat illness is greatly dependent upon weather conditions, the fundamentals in the NFHS's Heat Acclimatization and Heat Illness Prevention Position Statement promote safety and diminish injury risk in any setting.
- 2) Teams shall have **not less than nine days of on-field** practice prior to playing in a jamboree **or** an interscholastic contest.
- 3) Students may participate in multiple practice sessions per day, but not on consecutive days.
  - a) Single Practice Session. No single practice session shall be longer than three hours, including warm-up and cool down. On days with a single practice session, students are limited to a maximum of one hour of weight training either before or after practice but not both.
  - b) Multiple Practice Sessions. On days with multiple practice sessions, students shall not engage in more than five hours of total practice, including warm-up and cool down. No single practice session shall be longer than three hours, including warm-up and cool down. There must be at least three hours of recovery time between the end of one practice session and the beginning of the next practice session on a day with multiple practice sessions. During this recovery time, students may not engage in other physical activities (e.g. weight training, etc.)
- 4) Days in which multiple practice sessions are conducted are subject to the following restrictions:
  - a) One practice session of the first two multiple practice session days shall be a teaching session only. Conditioning drills (gassers, timed runs or sprints) shall not be conducted.
  - b) Only one practice of a multiple practice session day may include Full contact (defined below as Thud and Live Action).
- 5) At the beginning of football practice each year, every student shall be required to have two days of helmet only practices. During this period, the only optional pieces of protective equipment that may be worn by individuals are shoes and helmets. No other pads (e.g. shoulder, knee, thigh, hip and rib) are to be worn. During helmet only practice, no full contact drills or any other activity may occur which would result in a player completing a tackle, or being blocked or tackled to the ground. This policy does not preclude light contact with blocking sleds and tackling dummies. However, it is strongly recommended that any such contact be carefully controlled.
- 6) Following two days of helmet only practices, students may wear helmets and shoulder pads on Day 3. On this day, the only optional pieces of protective equipment that may be worn by individuals are shoes, shoulder pads and helmets. No other pads (e.g. knee, thigh, hip and rib) are to be worn. During helmet/shoulder pad practice, no full contact drills or any other activity may occur which would result in a player completing a tackle, or being blocked or tackled to the ground. This policy does not preclude light contact with blocking sleds and tackling dummies. However, it is strongly recommended that any such contact be carefully controlled.
- 7) After completing the first three days, a student may participate in a contact practice. During a contact practice the remainder of the football gear as described in the NFHS Football Rules Book may be worn and activity is not restricted with regard to contact as defined by USA Football Levels of Contact. A school shall not permit an individual to participate in a contact practice unless that individual has had at least two days of helmet only practice and one day of helmet/shoulder pad practice. Contact with another person on the fourth and fifth days should be controlled.

- 8) Beginning the third week of Football practice (Week 9 on NFHS Standardized Calendar) students may participate in three days of full contact each week, excluding games. A maximum of 90 minutes of Full Contact combined is allowed during these three days. Full contact is defined as follows:
  - a) Thud – Drill is run at assigned speed through the moment of contact, no predetermined “winner.” Contact remains above the waist, players stay on their feet and a quick whistle ends the drill. This applies to simulations and drills involving any number of players.
  - b) Live Action – Drill is run in game-like conditions and is the only time that players are taken to the ground. This applies to simulations and drills involving any number of players.
- 9) A student may not practice or participate in a contest for more than six consecutive days without a rest day. A rest day must be complete rest – no organized team physical activity is allowed. Travel is allowed on a rest day.
- 10) A student shall become eligible to participate in a jamboree or interscholastic contest after completing a minimum of nine days of actual on-field practice.

**B. Cross Country, Soccer, Volleyball**

- 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.
  - a) Single Practice Session. No single practice session shall be longer than three hours, including warm-up and cool down. On days with a single practice session, students are limited to a maximum of one hour of weight training either before or after practice but not both.
  - b) Multiple Practice Sessions. On days with multiple practice sessions, students shall not engage in more than five hours of total practice, including warm-up and cool down. No single practice session shall be longer than three hours, including warm-up and cool down. There must be at least three hours of recovery time between the end of one practice session and the beginning of the next practice session on a day with multiple practice sessions. During this recovery time, students may not engage in other physical activities (e.g. weight training, etc.).
- 3) The second practice session of the first two multiple practice days shall be a teaching session only. Conditioning drills (gassers, timed runs or sprints) shall not be conducted.
- 4) 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.

**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) 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.

79. STATE CHAMPIONSHIPS – RANKINGS

(Revised Fall 2015)

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

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

Home Win – .8 of .8	Road Win – 1.2 of 1.2	Neutral Site Win – 1.0 of 1.0
Home Tie – .4 of .8	Road Tie – .6 of 1.2	Neutral Site Tie - .5 of 1.0
Home Loss – 0 of 1.2	Road Loss – 0 of .8	Neutral Site Loss – 0 of 1.0
  - 2) **Percentage Breakdown.** The RPI system factors a team's weighted winning percentage (35%) and a team's opponents' winning percentage (65%) to create a team's RPI ranking.
- C. **Colley Rating.** This system is based on winning percentage, which is adjusted for a team's strength of schedule. Only games against opponents within the same classification are included in the formula. When this system is expanded to include all teams in a classification, a linear system is created with the same number of variables as there are equations. The result of the calculations is a rating for each team in the classification that measures the team's winning percentage against the strength of its opponents and the interactions of their opponents with all teams within the classification.
- D. **Results.** Wins and losses shall be included in the rankings for all team sports. Ties shall only be included for boys' and girls' soccer.
- 1) **Endowment Games.** Results from contests designated as Endowment Games shall be included.
  - 2) **Independent Status Teams.** Results from contests that have been granted Independent Status by the OSAA shall be included.
  - 3) **Forfeits.** Forfeits shall be included and counted as a loss for the forfeiting team and a win for the team receiving the forfeit victory. However, in the RPI system, computation of opponents' winning percentage (OWP) shall not include the results of any forfeits **where the result of the contest changes due to the forfeit**. Contests that have been legally played (using eligible players, etc.) shall not be counted as forfeits in the rankings, regardless of a league/district's standard operating procedures.
  - 4) **Out of State Teams.** In the RPI system, results from contests against out of state teams shall be included in a team's weighted winning percentage and a team's opponents' winning percentage only. Schools are strongly encouraged to utilize the Out-of-State Opponent form in order to have direct, regular contact with these teams.
  - 5) **Out of Country Teams.** In the RPI system, results from contests against out of country teams shall not be included, except for contests against teams who are members of NFHS Affiliate Associations (e.g. Canadian provinces, U.S. territories, etc.) which shall be treated like contests against out of state teams.
  - 6) **Contests vs. Teams Whose Classification's Rankings Are Frozen.** Results from contests involving any team whose classification's rankings are already frozen shall not be included in the rankings.
  - 7) **Contests vs. Teams More Than One Classification Away.** In the RPI system, results from contests added to a team's schedule after a certain date each season (**Fall – Sept. 13; Winter – Dec. 20; Spring – Apr. 4**) vs. a team more than one classification away shall not be included in the rankings. **NOTE:** bracketed contests at tournaments are not affected by this policy.
  - 8) **Contests Added After a Certain Date.** Results from contests added to a team's schedule after a certain date each season (**Fall – Sept. 27; Winter – Jan. 10; Spring – Apr. 11**) shall not be included in the rankings. **NOTE:** Contests not affected by this policy include bracketed contests at tournaments, league tiebreakers, and district/league tournaments. Schools may apply for an exception to OSAA Staff in extenuating circumstances.
  - 9) **Volleyball Pool Play.** Results from pool play in volleyball tournaments shall not be included.
  - 10) **1A Football.** Results from contests between 1A football teams (8-man) and other classifications shall not be included.

## 4.E.

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

<u>Sport (includes all games played on that day)</u>	<u>6A</u>	<u>5A</u>	<u>4A</u>	<u>3A &amp; 2A</u>	<u>1A</u>
Volleyball - Rankings Freeze Date (10pm)	Thurs, Oct. 19	Sat, Oct. 21	Tues, Oct. 17	Tues, Oct. 24	Mon, Oct. 23
Soccer - Rankings Freeze Date (10pm)	Sat, Oct. 21	Wed, Oct. 25	Tues, Oct. 24	Sat, Oct. 28	Sat, Oct. 28
Football - Rankings Freeze Date (10pm)	Fri, Oct. 27	Fri, Oct. 27	Fri, Oct. 20	Sat, Oct. 28	Fri, Oct. 27
Basketball (Girls) - Rankings Freeze Date (10pm)	Wed, Feb. 21	Fri, Feb. 23	Tues, Feb. 20	Sat, Feb. 17	Sat, Feb. 17
Basketball (Boys) - Rankings Freeze Date (10pm)	Thurs, Feb. 22	Sat, Feb. 24	Tues, Feb. 20	Sat, Feb. 17	Sat, Feb. 17
Baseball/Softball - Rankings Freeze Date (10pm)	Sat, May 12	Mon, May 14	Sat, May 12	Sat, May 19	Sat, May 19

- G. **Breaking Ties in the Overall Rankings.** In the event of a tie in the final overall OSAA Rankings, the teams' Colley Rank will be used to break the tie. Although the Colley Ratings are displayed to the thousandths, the Colley Ratings shall be extended to as many digits as possible in order to break the tie. If a tie still exists then head-to-head competition shall decide the higher overall OSAA ranking. If a tie still exists, the RPI ranking shall be extended to as many digits as possible in order to break the tie. If that does not resolve the tie, the RPI ranking shall be extended to as many digits as possible for each of the following components in this order: winning percentage, weighted winning percentage, opponents' winning percentage. If a tie still exists, a coin flip by the OSAA staff shall decide the higher overall OSAA ranking.
- H. **Home Games for League Champions.** League champions at the 6A, 5A, 4A, 3A, 2A and 1A classifications shall be guaranteed a home game in their first state playoff contest, provided that the league champion finished in the top 16 of the final frozen rankings. Only one team per league will be considered the league champion under this policy; ties must be broken by the league. League champions meeting this criterion shall be moved up in the rankings the least number of places in order to ensure a home game (e.g. a league champion ranked #13 in the final frozen rankings shall be moved up to #8 and affected teams will shift down accordingly). League champions not meeting this criterion shall not be moved.
- I. **Avoiding Same League Matchups in 1<sup>st</sup> Round.** The OSAA Staff shall make adjustments to the bracket to avoid teams from the same league matching up in the 1<sup>st</sup> Round. At the 1A level in volleyball and basketball, adjustments to the bracket shall be made beginning in the Round of 16 to avoid same league matchups. The following process shall be used:
- 1) Always move the lower ranked team when a conflict occurs.
  - 2) Never take a home game away from a team when trying to resolve a conflict.
  - 3) Make a total of three moves for a team to try and fix the conflict.
  - 4) The three moves must move downward, if possible (e.g. #23 shifting with #24, #25, #26).
  - 5) If there is not room to move downward (e.g. #32 is the conflict in a 32-team bracket), then move upward.
  - 6) If the conflict is not resolved after a total of three moves, no change shall be made to fix the conflict.
- J. **Placing Teams on the OSAA Bracket.** Once any adjustments are completed per sections H and I above, teams shall be assigned an adjusted playoff ranking (APR) and placed on the bracket accordingly (e.g. 1-32, 1-16, etc.)

80. STATE CHAMPIONSHIPS – SUPPORT GROUP POLICIES

(Revised July 2017)

Following are the support group policies as adopted by the Executive Board regarding state championships:

- A. **Admission.** *Members of support groups shall be given complimentary admission from game management for contests during which their school is participating. Members shall enter the facility in uniform as a group and must be accompanied by their coach/director for verification.*
- 1) **Cheerleading.** *The number of cheerleaders permitted is limited to members of the varsity cheer team for that sport season. Venue space, as determined by game management, may limit the number of cheerleaders able to cheer on the sideline. Squad size for routines performed prior to the contest, during timeouts and for halftime entertainment may exceed the venue sideline limit so long as the additional members return to the stands when the contest resumes.*
- B. **Pep Band Expectations.** *The purpose of performances by pep bands at athletic events is to entertain, promote school spirit and support cheerleaders in providing positive crowd participation activities. All members of the pep band are expected to exhibit the highest standards of good sportsmanship.*
- 1) *Musical selections including rhythmic percussion cadences in support of cheerleaders may be performed only during the following times:*
    - a) *Prior to the game.*
    - b) *During time outs.*
    - c) *Between quarters or at halftime.*
    - d) *Following the game.*
    - e) **Exceptions:**
      - (1) *Rhythmic percussion cadences in support of cheerleaders may be performed during play at outdoor venues only.*
      - (2) *No musical selections may be performed during injury time outs.*
  - 2) *Amplified instruments are permitted at basketball contests unless the State Championship Director determines that space availability or distance to an electrical outlet precludes its use. The State Championship Director has the authority to control the volume of any amplified instrument.*
  - 3) *If two pep bands are playing at an athletic contest, the groups shall alternate performances and split the halftime. In football, the performance time after a touchdown or point after goes to the band representing the school that has scored regardless of which band performed last. The directors of the two groups shall meet prior to the contest to confirm how the time will be shared.*
- C. **Halftime Entertainment.** *The following halftime procedures shall be utilized:*
- 1) **Basketball.**
    - a) *Schools participating in the Basketball State Championships will be given first choice to entertain during halftime intermission of all basketball games. Other schools will be considered in order of application received. It shall be understood that schools not participating in the state championships shall not bring a band.*
    - b) *All halftime entertainment must be approved by the State Championship Director.*
    - c) *Individuals or groups shall provide their own equipment for music accompaniment.*
    - d) *Total halftime entertainment shall not exceed eight minutes.*
    - e) *Participating schools are to mutually agree on how the eight-minute halftime is to be shared.*



- f) *The facilities will not be blacked out nor will fire of any nature be permitted for entertainment.*
  - g) *Individuals or groups must wear appropriate gym floor shoes.*
  - h) *Questions concerning halftime entertainment shall be directed to the State Championship Director.*
- 2) **Football.**
- a) *Halftime entertainment shall be approved by game management.*
  - b) *If special announcer is required for support group performances, previous arrangements shall be made with game management in order to gain access to public address system.*
  - c) *Advisor of the support group shall give exact number of seats needed to game management.*
  - d) *Total halftime entertainment shall not exceed 14 minutes (See below).*
  - e) *The game clock shall be in operation during half time and shall be started at the conclusion of the first half. Clock will show 15 minutes (See below).*
  - f) *The visiting school support group shall perform first (unless the two schools mutually agree otherwise) and shall be prepared to start performance within 30 seconds after end of first half. Performance by visiting school support group may not exceed seven minutes, including time to get on and off the field.*
  - g) *The second support group shall be prepared to start performance within 30 seconds after the first support group clears the field. The second support group performance may not exceed seven minutes, including time to get on and off the field (See below).*
  - h) *The field shall be cleared for mandatory three-minute warm-up drills by the two teams.*
  - i) *Delaying the start of the second half shall be subject to reprimands and/or penalties by the Executive Board.*
  - j) *If game management wishes to extend the halftime entertainment per the National Federation Rules Book, two minutes shall be added to each performance (total time of 18 minutes instead of 14 minutes) and clock will show 20 minutes at start of halftime.*
- 3) **Soccer.** *Same as for football, except total time for entertainment at halftime is eight minutes (four minutes for each school support group).*

85. SUMMER POLICY

(Revised May 2016)

- A. **All Sports.** Summer activities under the direction of any person affiliated with the high school program, including practices, contests, weight training and conditioning, are permissible throughout the summer, excluding the defined Moratorium Week, and must consider the following points:
- 1) OSAA regulations regarding the Heat Index Calculator are in effect at all times. Athletes must be encouraged to stay well hydrated at all times, especially in hot and humid conditions. This applies to outdoor activities and indoor activities without air conditioning. See the [NFHS](#) statements on heat and hydration.
  - 2) Implement a slow and gradual preseason-conditioning regimen that prepares the athlete for the rigors of the sport.
  - 3) Slowly build up the intensity of activity over several days.
  - 4) Have fitness tests (mile run, shuttle run times, maximum repetition exercises) scheduled the second week of practices. Use a progressive, periodized program and evaluate performance once athletes are acclimated to the stress about to be placed upon them.
  - 5) Take into account the level of conditioning of all individuals and what their previous conditioning has been. Athletes who have just finished a sports season should have at least a short period (one to two weeks) of relative rest.
  - 6) Slowly introduce new exercises or workout routines to allow for adaptation by muscle groups.
  - 7) Provide adequate rest and recovery between repetitions in the weight room and especially during “gassers” and intense station or “mat” drills.
  - 8) Athletes should refrain from consuming high caffeine energy drinks and supplements, or other stimulants, as they may contribute to dehydration. See the [NFHS](#) statement on energy drinks.
  - 9) Athletes should refrain from extreme exercise during acute illness, if feeling ill, or while experiencing a fever.
- B. **Football Only.** Member schools are only allowed to utilize protective football equipment for eight days within one 10 consecutive day period beginning after the last day of the Association Year and concluding prior to the start of Moratorium Week, with the following requirements:
- 1) No protective equipment shall be utilized from the start of Moratorium Week until the first day of the Association Year.
  - 2) All levels of a program (Varsity, JV, etc.) shall use the same 10 consecutive day period, **including prospective student-athletes (e.g. incoming freshmen).**
  - 3) At the beginning of the 10-consecutive day period, every student shall be required to have two days of helmet only practices. During this period, the only optional pieces of protective equipment that may be worn by individuals are shoes and helmets. No other pads (e.g. shoulder, knee, thigh, hip and rib) are to be worn. During helmet only practice, no live action drills or any other activity may occur which would result in a player completing a tackle, or being blocked or tackled to the ground. This policy does not preclude light contact with blocking sleds and tackling dummies. However, it is strongly recommended that any such contact be carefully controlled. Helmet only practice sessions are limited to a maximum of three hours in length.
  - 4) Following two days of helmet only practices, students may wear helmets and shoulder pads on Day 3. On this day, the only optional pieces of protective equipment that may be worn by individuals are shoes, shoulder pads and helmets. No other pads (e.g. knee, thigh, hip and rib) are to be worn. During helmet/shoulder pad practice, no live action drills or any other activity may occur which would result in a player completing a tackle, or being blocked or tackled to the ground. This policy does not preclude light contact with blocking sleds and tackling dummies. However, it is strongly recommended that any

such contact be carefully controlled. Helmet and shoulder pad practice sessions are limited to a maximum of three hours in length.

- 5) After completing the first three days, an individual may use the remainder of the football gear as described in the NFHS Football Rules Book for a maximum of five days. Activity during this five-day period is not restricted with regard to contact as defined by USA Football Levels of Contact.
  - a) Level 3 (Thud) is the maximum level of play if not participating in full protective equipment.
  - b) Level 4 (Live Action) occurs only between players in full protective equipment and shall not exceed more than 30 plays per player per day.
  - c) Only one practice session per day during this five-day period may contain Live Action.
  - d) Additional practice session restrictions:
    - (1) Length of any practice session during this five-day period shall not exceed 2.5 hours.
    - (2) Minimum recovery time between practice sessions is equivalent to total amount of time spent in previous practice session.
    - (3) All players are limited to a maximum of five hours per day in protective equipment.
    - (4) Teams may conduct an additional “teaching session” each day during this time period where no protective equipment of any type is used. Maximum time length for a teaching session is two hours. During a teaching session, the intensity, duration and pace of all practice components shall be modified from a normal practice session. The focus of a teaching session should be directed at developing skills fundamental to the sport at a significantly reduced pace. Light contact with bags is allowed but live action situations are prohibited. Practice components in all activities intended to develop skills while conditioning the athlete at the same time are not allowed. Coaches are encouraged to use this “teaching session” to address offensive and defensive strategies, skill development drills and other types of team building activities that do not involve conditioning.
- 6) A school shall not permit an individual to use the remainder of the football gear as described in the NFHS Football Rules Book unless that individual has had at least two days of helmet only practice and one day of helmet/shoulder pad practice.
- 7) It is imperative that local school administrators set guidelines for participation in the 10-consecutive day period. Safety of the participants is of the utmost importance; therefore, proper fundamental and physical preparation is necessary prior to the participants engaging in any type of person-to-person contact.
- 8) Individual school districts and other member schools of the association have the option of determining whether or not they will allow a school within their district to participate in one 10 consecutive day period that involves the use of protective equipment. This decision should take into consideration the inherent liability when a team represents the school district, is supervised by school personnel, uses school district transportation, uses school facilities, and participants use protective equipment owned by the school.
- 9) Individual school districts and other member schools of the association have the option of determining whether or not they will allow an individual student within their district to use protective equipment owned by the school when attending camps/clinics not organized by any member school personnel. This decision should take into consideration the inherent liability when participants use protective equipment owned by the school.
- 10) Prior to participation in one 10-consecutive day period, each participant should be required to show proof of insurance and provide documentation of a valid physical examination within the last two years as prescribed by Oregon law. Coaches and other supervisors should have liability insurance.

1. **Q.** Does Part B of the Summer Policy apply to conditioning, technique, or other camps/clinics that do not use protective equipment?

**A.** No, schools can continue to conduct/attend these types of activities as long as protective equipment is not worn.
2. **Q.** Can helmets, *including soft-shell helmets*, be worn during 7-on-7 competitions?

**A.** Yes, as long as the 7-on-7 competitions are conducted during the 10-consecutive day period outlined in the policy. Helmets, *including soft-shell helmets*, may not be worn outside the 10-consecutive day period.
3. **Q.** If an individual(s) has participated in a team camp during which protective equipment was worn, can that individual(s) borrow protective equipment from a school to attend camps/clinics occurring either before or after that point?

**A.** The answer depends on the nature of the preceding or subsequent camp/clinic. Individuals can attend multiple camps where protective equipment is worn as long as no member of the school's coaching staff has organized attendance at the preceding or subsequent camps/clinics and no member of the school's coaching staff is a member of the preceding or subsequent camps/clinics regardless of the number of attendees from a single school. General dissemination of information does not count as organizing attendance.
4. **Q.** Is the 10-consecutive day period during which protective equipment can be worn applicable to each level of competition separately?

**A.** No, the policy requires that the same 10 consecutive day period be used by all levels (Varsity, JV, Frosh, etc.).
5. **Q.** Can the 10-consecutive day period during which protective equipment is worn occur after the Moratorium Week has concluded?

**A.** No. No protective equipment can be worn for team camp(s)/clinic(s) purposes during the timeframe between the conclusion of Moratorium Week and the start of the OSAA Association year. Protective equipment may be issued and worn by individuals attending camp(s)/clinic(s) provided that no member of the school's coaching staff has organized attendance at the camps/clinics and no member of the school's coaching staff is a member of the staff at the camp(s)/clinic(s).
6. **Q.** In football, are 7-on-7 drills permissible during teaching sessions?

**A.** Yes, provided that they comply with the foregoing "teaching session" requirements.