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## 2015-16 SWIMMING PLAN BOOK

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### SEASON DATES

November 16..... First Practice Date  
 December 2..... First Contest Date  
 February 13..... Cutoff Date  
 February 19-20..... All State Championships

### NFHS 2015-16 SWIMMING RULES

Order a 2015-16 NFHS Swimming Rules Book on the [OSAA Rules Book Order Form](#) or contact the OSAA for more information.

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

#### 2015-16 NFHS RULES REVISIONS:

3-3-5, 6	The prohibition of wearing jewelry has been removed from the rules for swimming and diving competition. As in previous years, the wearing of a medical alert with the alert visible continues and is encouraged for the purposes of risk minimization. <b>Rationale:</b> The prohibition of jewelry is not necessary in swimming and diving. The wearing of jewelry ordinarily presents little risk of injury to either the competitor or opponents. Elimination of the rule allows officials to focus on meet administration directly related to competition. Coaches continue to have the obligation to see that competitors are properly equipped.
4-1-7	Officials are required to dress in the same uniform attire as approved by the state association, and white is no longer the default uniform.
4-3-1a, b	The starter may designate another individual to sound a device for the lead swimmer during the 500-yard/400-meter freestyle when the lead swimmer has two lengths plus 5 yards remaining in the race. <b>Rationale:</b> During the 500-yard/400-meter freestyle event, the starter may have multiple tasks occurring at the same time. The starter may designate another individual to sound a device for the lead swimmer during the 500-yard/400-meter freestyle with two lengths plus 5 yards remaining to swim in the race.

#### 2015-16 NFHS EDITORIAL CHANGES:

2-NOTES, 2-7-3 NOTE, 3-3-2d Suggested Meet Warm-up Procedures

#### 2015-16 NFHS POINTS OF EMPHASIS:

- Uniform responsibilities** – making sure you have it right – The ultimate responsibility of ensuring that all athletes are attired in legal and appropriate suits and caps rests with the coach. It may be that the school is purchasing the suits/caps or it could be the individual student has the purchasing responsibility. Regardless, the coach maintains the responsibility for educating the students of what is legal and appropriate. Construction and design is of concern as well as the size and number of the manufacturer’s logo, size of any post-construction logo, size of American flag and size and permission for any commemorative patch. For example, suits not manufactured in the United States will many times exceed the allowable size of a manufacturer’s logo. Jewelry is no longer prohibited. Religious and medical-alert medals are still legal. The medical alert should be worn so the alert is visible to assist a health-care professional. Coaches and athletes have the responsibility to refrain from wearing jewelry that takes away from the integrity of the sport or poses a high likelihood of coming loose during competition. A review of what is legal and required by rule should be conducted each season by the coach and with his/her athletes each year before the competitive season begins.

2. **Focus on risk minimization in development of warm-up procedures** – It is very important that each school has an established warm-up procedure that focuses on risk minimization. Likewise, state associations may want to consider establishing a warm-up procedure similar to the suggested procedures located in the front of the NFHS Swimming and Diving Rules Book. Before any contestants enter the water to begin warm-ups, there should be a meeting including head coaches and captains from each participating team. The information to be reviewed should include, but is not limited to, the warm-up procedures for the venue. Coaches should insist that his/her athletes always follow the rules for warm-ups to provide an environment free of unnecessary injuries.
3. **Coaching starts and turns can prevent injuries** – Coaching the proper techniques for starts and turns plays an important role in preventing the swimmers from incurring an unnecessary injury in addition to assisting in their success in these two components of the race. Coaches should take the time to properly instruct and review with all swimmers. It is important for the coach to observe the individual swimmers to be certain he/she masters the start and the turns for their respective events.
4. **Ensuring the 16.4 yards (15-meter) mark is clearly visible** – The 16.4 yards (15-meter) mark must be clearly visible. It is preferred to be marked on the deck on each side of the pool with a painted mark, bright tape or a bright cone, although it is easy to move a cone unintentionally. The 16.4 yards (15 meters) should also be marked on the lane markers. The mark on the pool deck is the most definitive and should the lane markers not be consistent with the mark on the deck, the deck marking takes priority.
5. **Preparing the lap counter** – Each school has the duty to adequately train individuals to serve as lap counters for their school. The host school is required to provide a visual lap counting system for the visiting teams as well as for their own school. Individuals serving as lap counters shall not enter the water, must remain on deck within the boundaries of their respective lanes and know when to change the visual count. This takes place by changing to the next higher odd number as the competitor makes each turn at the starting end. Once changed, as the swimmer approaches the end wall for the turn, the visual lap counting system is lowered into the water and removed before the swimmer initiates the turn. The solid orange card is shown to indicate the final length of the race. The individual serving as a lap counter may also give a verbal count and is not there to cheer on his/her teammate.

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 SWIMMING RULES AND INTERPRETATIONS**

*The 2015-16 NFHS Swimming Rules Book will be used with the following clarifications:*

### **1. USE OF WHISTLES AS PREPARATORY COMMANDS:** *(2015-16 NFHS Swimming & Diving Rules Book, page 92)*

To be used for all OSAA competitions, including regular season, district and state championship meets.

#### **A. Forward Starts**

- 1) Referee/starter signals the swimmers with a series of short whistles (no fewer than 4) to approach the blocks and prepare to swim, followed by the announcer or referee/starter announcing the event/distance/heat.
- 2) When all swimmers have approached the blocks, referee/starter blows a long whistle for the heat to step onto the blocks and take their preparatory position.
- 3) Once all swimmers are on the blocks, the referee immediately turns the heat over to the starter.
- 4) When the swimmers are prepared, the starter says "Take your mark."
- 5) When swimmers have assumed the correct starting position and are stationary, starter activates the starting signal.

#### **B. Backstroke Starts**

- 1) Referee/starter signals the swimmers with a series of short whistles (no fewer than 4) to approach the blocks and prepare to swim, followed by the announcer or referee/starter announcing the event/distance/heat.
- 2) When all swimmers are at the side of the blocks, referee/starter blows a long whistle for the heat to immediately step into the water. When all swimmers have surfaced, referee/starter blows a second long whistle to have the swimmers return to the wall and immediately assume their starting positions.
- 3) The procedure is then the same as in steps 3, 4 and 5 in the Forward Start section.

- 4) Optional: If a swimmer (or swimmers) has not responded to the whistles, referee/starter may say “step up” or “step in.”

## 2. **GUIDELINES FOR MEET WARM-UP**

- A. The following guidelines are recommended for warm-up periods at all meets:
  - 1) A designated supervisor shall be on the deck during the entire warm-up period.
  - 2) Swimmers shall enter the water feet-first except for starts which are limited to specified lanes.
  - 3) Specify Lanes 2 and 5 (six-lane pool) or Lanes 2 and 7 (eight-lane pool) as one-way sprint lanes with racing starts permitted at the starting end of the pool.
  - 4) Place a cone marker or similar sign on starting platforms in lanes not specified as one-way sprint lanes.
  - 5) Specify center lanes for circle swimming (two lengths of the pool beginning at the starting end of the pool).
  - 6) Specify the outside lanes as pace lanes (swimmers swim one or two lengths from an in-water push-off position from the starting end of the pool).
  - 7) May specify lanes for relay practice during the last 15 minutes of the warm up.
  - 8) Coaches should stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
  - 9) Swimmers should not be allowed on a starting platform when a backstroker is executing a start in the same sprint lane.
- B. Meet management or a designated official may remove a swimmer, coach and/or team from the deck for violations of these recommendations. In facilities that have a warm-up and/or warm-down area, management shall provide supervision of the area(s) at all times.

## **OSAA SWIMMING POLICIES**

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

1. **PRACTICE LIMITATION RULE** (*Excerpt OSAA Handbook, Executive Board Policies*) (*Revised Spring 2014*):
  - 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.

### **Effective First Practice Date through End of HS Season.**

2. **PRACTICE MODEL** (*Excerpt OSAA Handbook, Executive Board Policies*) (**Revised Fall 2015**):

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 minimize 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.
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 full contact 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 only 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.** If a team practices for 1 hour 15 minutes, takes a 30 min break, and resumes for 1 hour and 15 minutes, does this constitute a multiple practice day or one three-hour practice?  
**A.** This would constitute one three-hour practice. Teams are allowed to have periodic breaks but may not exceed the maximum practice time of three hours, including all breaks within the schedule.

3. **PARTICIPATION LIMITATIONS** (*Excerpt OSAA Handbook, Participation Limitations, Swimming*) (Revised Fall, 2007):

- A. **Team.** A school team shall not compete in more than 12 meets at each level of competition – if more than 10, two shall be invitational (more than two schools)--exclusive of the varsity district meet and state championships. There is no limitation on the number of schools that may participate in a swimming meet. Relay meets count toward the limitation. Any time a student participates representing his/her school, it shall count toward the school's team limitation.
- B. **Individual.** A student shall not compete in more than 12 meets--if more than 10, two shall be invitational (more than two schools)--exclusive of the varsity district meet and state championships.

4. **INTERRUPTED CONTESTS** (*Excerpt OSAA Handbook, Executive Board Policies*) (Revised Fall 2013):

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.

- H. **Swimming.** Contest shall be continued from point of interruption unless teams mutually agree otherwise or there are athletic district rules that apply.

5. **ENDOWMENT GAMES** (Excerpt OSAA Handbook, Executive Board Policies) (**Endowment Game Application**) (Revised Fall 2014)

The OSAA and its member schools believe in the fundamental values associated with participation in high school activities and want to work together to ensure the future of high school activities in the state of Oregon. The establishment of the OSAA Foundation will help us realize our goal. Endowment Games are a way for member schools and local communities to be active participants in growing the OSAA Foundation. Endowment Games regulations are as follows:

- A. Endowment Games applications should be submitted to the OSAA office by the host school a minimum of 15 days prior to the scheduled contest. Failure to do so may result in participation limitations violations. Applications may be reviewed prior to approval to insure that the host school is able to effectively secure the facility and charge admission.
- B. Endowment Games shall not count toward a school's or an individual student's season participation limitations for each activity. Daily and weekly individual participation limitations still apply. Schools should ensure that participants meet all OSAA eligibility requirements prior to competing in an Endowment Game.
- C. Endowment Games tickets will be \$6 for adults and \$4 for students. No school district or league passes will be accepted.
- D. Upon completion of an Endowment Game, the host school is responsible for submitting the necessary financial report form and 100% of the gate receipts to the OSAA Foundation. The OSAA Foundation will return 50% of the gross gate receipts to the host school within five business days after receiving the check for gross gate receipts. Operating expenses for Endowment Games are to be drawn from the 50% of the gross gates receipts returned to the host school. Financial agreements, if any, between the two participating schools are at the discretion of the schools.
- E. Endowment Games are allowed at the varsity level only in the following activities:
  - 6) **Swimming**. One additional meet between the first contest date and the cutoff date.

- 1. **Q.** Are Endowment Games required?  
**A.** No, Endowment Games are optional for all member schools.
- 2. **Q.** What happens when one basketball team is counting the contest as an Endowment Game, but the other team has only scheduled 24 games?  
**A.** If either team in a contest is counting the game as an Endowment Game, it is considered to be an Endowment Game.
- 3. **Q.** May a school play an Endowment Game doubleheader with its boys' and girls' basketball teams against another school?  
**A.** Yes.
- 4. **Q.** May teams play in multiple Endowment Games?  
**A.** Yes, as long as the team does not exceed that sports Participation Limitation by more than one game/contest. See **Participation Limitations** for additional information.

## **STATE CHAMPIONSHIPS INFORMATION**

### **1. STATE CHAMPIONSHIPS POSTING TIMELINES**

- A. **Athletic Directors, Coaches and Spectators:** Detailed information regarding the Swimming State Championships will be posted on the OSAA website (<http://www.osaa.org/activities/bsw/>) on Wednesday, January 13. It is essential that participating teams and individuals access this information prior to the state championships. Included will be information regarding ticket prices, parking, maps, how to submit souvenir program information, souvenir merchandise, etc.
- B. **District Meet Director Information (DMD):** Detailed information regarding District Meet Director responsibilities including the state championship entry form, will be posted on the OSAA website (<http://www.osaa.org/activities/bsw/>) on Wednesday, January 13. Each District Meet Director must submit all state championship entries electronically.

### **2. STATE CHAMPIONSHIPS LOCATIONS AND TIMES**

- A. **Location:** Mt. Hood Community College Aquatic Center, 26000 SE Stark Street, Gresham, OR 97030
- B. **Times:** <http://www.osaa.org/activities/bsw/championshipschedule.pdf>

3. **QUALIFICATION FOR STATE CHAMPIONSHIPS:** A contestant for the State Championships shall qualify through the proper District Meet.

A. **6A** – First place winner in each individual and relay event at each District Meet automatically qualifies. Consolation finalists and championship finalists in individual and relay events at each District Meet who meet the qualifying standard (10<sup>th</sup> place average of last three State Meets with the standard never to be easier than the previous year) automatically qualify. Any remaining open lanes will be filled by the next fastest times from District Meet finals, up to a total of 18 participants.

**6A SWIMMING QUALIFYING STANDARDS**

<u>GIRLS</u>	<u>Event</u>	<u>Auto</u>	<u>Manual</u>	<u>BOYS</u>	<u>Event</u>	<u>Auto</u>	<u>Manual</u>
200 Medley Relay	1	1:54.64	1:54.6	200 Medley Relay	2	1:42.82	1:42.8
200 Freestyle	3	1:57.46	1:57.4	200 Freestyle	4	1:47.77	1:47.7
200 Ind. Medley	5	2:12.01	2:12.0	200 Ind. Medley	6	2:01.02	2:01.0
50 Freestyle	7	0:25.02	0:25.0	50 Freestyle	8	0:22.45	0:22.4
100 Butterfly	9	0:59.96	0:59.9	100 Butterfly	10	0:54.03	0:54.0
100 Freestyle	11	0:54.55	0:54.5	100 Freestyle	12	0:49.46	0:49.4
500 Freestyle	13	5:12.59	5:12.5	500 Freestyle	14	4:55.08	4:55.0
200 Free Relay	15	1:43.27	1:43.2	200 Free Relay	16	1:32.09	1:32.0
100 Backstroke	17	1:00.50	1:00.5	100 Backstroke	18	0:54.55	0:54.5
100 Breaststroke	19	1:08.80	1:08.8	100 Breaststroke	20	1:01.55	1:01.5
400 Free Relay	21	3:44.89	3:44.8	400 Free Relay	22	3:22.05	3:22.0

**Ties** -- Districts shall settle any ties for first place in all events unless the qualifying standard is met.

B. **5A** – First place winner in each individual and relay event at each District Meet automatically qualifies. Any remaining open lanes will be filled by the next fastest time from District Meet Finals, up to a total of 12 participants. District shall settle any ties for first place.

C. **4A/3A/2A/1A** – First place winner in each individual and relay event at each District Meet automatically qualifies. Any remaining open lanes will be filled by the next fastest time from District Meet Finals, up to a total of 12 participants. District shall settle any ties for first place.

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

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

D. **Swimming**

1) **Multiple Event Qualifiers and Relays.** This deadline is for a participant withdrawing from the championship in one event but remaining in others and for submission of up to eight names for a relay team.

a) **Multiple Event Qualifiers:** Except as indicated below, participants who qualify in more than one event shall participate in all the events for which they qualify from preliminaries to finals.

(1) If a District Meet Director notifies the OSAA of a change prior to 4pm on the Monday preceding the state championship, an individual may drop from one or more events in which he/she is qualified. The next place winner at the District Meet in the respective event or events is eligible as a substitute if replacing the district champion. If not, the individual(s) with the next best time will be the replacement(s).

(2) If the OSAA has not been notified of a change prior to 4pm on the Monday preceding the state championship, the participant who has qualified in multiple events must compete in all qualified events or he/she shall be scratched from all events in which the participant has qualified.

b) **Relay Event Entries:** Qualifying teams may enter the names of up to eight individuals in relay events.

(1) Qualifying relay teams failing to enter eight individuals may not add individuals to the state championship meet after the established Monday deadline.

- (2) Any four of the listed individuals may compete and it shall count as an event only for the four who compete. It is not necessary to use the same four swimmers in the finals that participated in the preliminaries, but any substitution must already be entered into the meet.
- 2) Single or Multiple Event Qualifiers Dropping All Events or Substitutions only on Relays. This deadline is for a participant dropping out of the state championship and being replaced by another participant or participants.
- a) If a District Meet Director notifies the OSAA by 4pm two business days prior to the first day of the state championship that a single event or multiple event qualifier is dropping all events, a substitution or substitutions may be made.
- b) The next place winner at the District Meet in the respective event or events is eligible as a substitute if replacing the district champion. If not, the individual(s) with the next best time will be the replacement(s).

## **OSAA GENERAL POLICIES**

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

Following is the policy regarding attached and unattached competition:

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

**2. CERTIFICATION – ATHLETIC DIRECTORS AND COACHES** (OSAA Handbook, Executive Board Policies) (Revised Fall 2015)

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 is an every other year requirement.

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](#)) requires 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 attend an OSAA Spirit Safety Clinic by the first day of the Association year in which that person serves as a coach. Should a cheerleading/dance drill coach fail to attend an OSAA Spirit Safety Clinic by the first day of the Association Year, the squad of the non-attending coach shall be prohibited from performing partner stunts, lifts or tumbling until the coach has attended a clinic. This training is required annually.

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

**Football coaches only; recommended for Fall 2015; required for Fall 2016). The OSAA requires that any football coach complete the USA Football Heads Up Certification prior to assuming coaching duties and to recertify**



**annually through an online exam 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.**

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.

3. **CHARITABLE CAUSES** (*OSAA Handbook, Executive Board Policies*) (Fall 2012):

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

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

4. **CONCUSSION MANAGEMENT** (*OSAA Handbook, Executive Board Policies*)

**(Concussion-Return to Participation Medical Release)** (*Revised Fall 2015*):

A. **Member School’s Responsibilities** (Max’s Law, [ORS 336.485](#), [OAR 581-022-0421](#)) (Jenna’s Law, [ORS 417.875](#))

- 1) **Suspected or Diagnosed Concussion.** Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body, or who has been diagnosed with



a concussion, shall not be permitted to return to that athletic contest or practice, or any other athletic contest or practice on that same day. In schools which have the services of an athletic trainer registered by the Oregon Board of Athletic Trainers, that athletic trainer may determine that an athlete has not exhibited signs, symptoms or behaviors consistent with a concussion, and has not suffered a concussion, and return the athlete to play. Athletic trainers may also work in consultation with an appropriate Health Care Professional (see below) in determining when an athlete is able to return to play following a concussion.

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

3) **Private Schools Only.** **(Concussion-Private School Informed Consent)**

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

**B. Official’s Responsibilities.**

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

**5. MORATORIUM WEEK (Excerpt OSAA Handbook, Executive Board Policies) (Revised May 2014):**

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

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

2015	July 26 – August 1	2018	July 22 – July 28
2016	July 24 – July 30	2019	July 28 – August 3
2017	July 23 – July 29	<b>2020</b>	<b>July 26 – August 1</b>

1. **Q.** During the Moratorium Week, will coaches be allowed any contact with their athletes?  
**A.** No.

2. **Q.** During the Moratorium Week, will schools be allowed to have open facilities?  
**A.** Schools may only host an activity that includes high school students involved in athletics and activities if they have appealed for and been granted permission from the Executive Director prior to the Moratorium Week. Permission shall not be granted for team camps.

3. **Q.** During the Moratorium Week, will coaches be allowed to have conditioning with their athletes, including working out in the weight room?  
**A.** No, no contact is allowed.

4. **Q.** During the Moratorium Week, may students attend camps, clinics, etc.?  
**A.** Yes, so long as no high school administrators/coaches/directors/advisors are present, and participation is not organized or paid for by the school.

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

6. [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.**

7. [SPECTATOR CONDUCT AT OSAA SANCTIONED EVENTS](#) (OSAA Handbook, Executive Board Policies) (Revised Winter 2015):

In addition to the general expectations included in the OSAA Constitution, Rule 3, that school officials...shall take all reasonable measures to ensure that the school's students and supporters maintain a sportsmanlike attitude toward all events... the following specific expectations regarding spectator conduct at all OSAA sanctioned events, including regular and post season competition, are provided:

- A. 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 inappropriate conduct or actions that are

not permitted are: turning backs, holding up newspapers or jeering at cheerleaders during opposing team introductions; disrespecting players by name, number or position; negative cheers or chants; throwing objects on the floor.

- B. Spectators are not permitted to have signs or banners (larger than 8 ½ by 11 inches), confetti, balloons or glass containers. **Fathead type items are considered signs and shall not be larger than 8 ½ by 11 inches.** Spectators are required to wear shirts.
- C. Spectators are not permitted to have artificial noisemakers. Some examples of artificial noisemakers are Thunder Stix, cowbells, clappers and air horns.
- D. Spectators shall not be permitted to use vulgar/offensive or racially/culturally insensitive language. Spectators shall not be permitted to engage in any racially / culturally insensitive action.
- E. Spectators who fail to comply with Association or site management spectator conduct expectations may be expelled from the contest.

1. 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.

2. Q. May visiting schools bring signs and/or banners to hang at the host school's venue?  
A. No.

3. Q. Are run through signs allowed?  
A. Yes, so long as the message is positive/supportive.

4. 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.

5. Q. May spectators use small, handheld megaphones?  
A. Yes, but only cheerleaders are allowed to use large megaphones. Neither cheerleaders nor spectators may use megaphones for banging on the floor or bleachers.

6. 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.

7. 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.

8. 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.

9. 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.

10. Q. May a school use balloons at a state championship final site?  
A. No.

11. Q. May spectators have oversized foam fingers at athletic events?  
A. Yes, they are allowed so long as they are not blocking spectator viewing.

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

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

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

- 3.1. The arrangement of all festivals, meets, contests or championships is the responsibility of the superintendent, assistant superintendent or high school principal, subject to the Regulations of the Association.
- 3.2. When a festival, meet, contest or championship is in progress, the National Federation of State High School Associations (NFHS) rules governing such activities shall apply, except for specific deviations as approved by the Executive Board.
- 3.3. **Sportsmanship Responsibility.** The high school principal, coach and other responsible officials of each member school shall take all reasonable measures to insure that the school's coaches, players, students and supporters maintain a sportsmanlike attitude toward 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. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Derogatory and/or unsportsmanlike language is not allowed. No player may be singled out by number, name or position with negative comments of any kind.

When a petition is filed alleging violation of this rule, the Executive Director may, at his/her discretion and with concurrence of any two Executive Board members, postpone any pending event which the Executive Director has reason to believe cannot be conducted without an unreasonable danger of disorder. All such protests shall be referred to the Executive Board, which shall proceed as provided in Rule 4. In addition to any other action the Executive Board may take regarding a protest alleging a violation of this rule, the Executive Board shall have the power to cancel or re-schedule the event involved, or to impose conditions on conducting it.

- 3.4. **Sportsmanship Violations/Penalties.** When the coaches, players, students, staff or supporters of any member school engage in unsportsmanlike conduct, 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. Any school whose coaches, players, students, supporters, rooters or partisans take part in riots, fights, pilfering, painting or any other unsportsmanlike conduct shall be subject to penalty.
- 3.5. A member school shall not participate in any festival, meet, contest or championship with a school that has been suspended or expelled from the Association.
- 3.6. The Association shall conduct state championships as directed by the Delegate Assembly.
- 3.7. A school shall not be allowed to participate in more than one state championship in a given sport.

1. Q. Is the host school exclusively responsible for crowd control?  
A. No. While the host school for any activity must assume a primary responsibility for the physical management of the activity, including providing for crowd control, this is a mutual responsibility. The visiting school also must take such measures as are necessary to insure proper behavior on the part of its own students and fans.
2. Q. May home team schools display signs and/or banners at their home venues?  
A. Yes, home team schools may display permanent signs and/or banners that are positive / supportive at their home venues. Examples are welcome signs, in-season rosters, league banners, league / state championship banners and sportsmanship banners.
3. Q. May visiting schools bring signs and/or banners to hang at the host school's venue?  
A. No.
4. Q. Are run through signs allowed?  
A. Yes, so long as the message is positive/supportive.
5. 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.
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- 11. Q.** May a school use balloons at a state championship final site?  
**A.** No.
- 12. Q.** May spectators have oversized foam fingers at athletic events?  
**A.** Yes, they are allowed so long as they are not blocking spectator viewing.

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

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