



Oregon School Activities Association  
25200 SW Parkway Avenue, Suite 1  
Wilsonville, OR 97070  
503.682.6722 fax: 503.682.0960 [www.osaa.org](http://www.osaa.org)



August 13, 2014

To: Athletic Directors and Head Football Coaches  
From: Brad Garrett, Assistant Executive Director  
Subject: Football Reminders for the 2014 Season

Included within this memo are several items specific to football that I would like you to review with your staff as we begin a new fall season and other reminders to share with coaches and administrators.

1. Practice Model <http://www.osaa.org/docs/handbooks/PracticeModelBP.pdf>  
The new Practice Model, in effect beginning August 18, will require most schools to change their practice structure. Please familiarize yourself with this policy. Notable requirements contained in the policy include:
  - Prohibition on consecutive days of multiple practice sessions
  - A teaching session as one of the practice sessions on the first two multiple practice days (the intensity, duration and pace of all practice components in a teaching session shall be modified from a normal practice session)
  - Maximum of one hour of weight training before and/or after practice on a single practice session day. Players may only attend one weight training session on a single practice day.
  - Helmets only on Days 1 and 2. Helmets and shoulder pads only on Day 3. Full protective equipment on Day 4.
  - Beginning Week 3 teams are restricted to a maximum of three day of full contact in any week, excluding games. Full contact is defined using the USA Football definitions of levels of contact. Control, Thud, and Live Action are considered "full contact" - a video showing these levels has been posted to the OSAA website at <http://www.osaa.org/activities/fbl/information/video>.
2. Heat Index <http://www.osaa.org/heat-index>  
Ads and coaches should subscribe to heat alerts through the OSAA website. Alerts are sent about 11am daily when the forecasted heat index in your area is high. If an alert is received, the policy requires that schools check the actual heat index within one hour prior to the start of practice to determine if modifications must be made. If no alert is received, no action is required by the school.
3. Concussion Management <http://www.osaa.org/docs/handbooks/ConcussionManagementBP.pdf>  
The implementation of Jenna's Law has resulted in a new concussion management policy for OSAA member private schools. Once a private school player has been removed from a contest for exhibiting signs, symptoms or behaviors consistent with a concussion due to an observed or suspected blow to the head or body, the official may not allow that private school player to participate in the contest. Additionally, 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 a 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.
4. Lightning Safety Guidelines – The OSAA has made a concerted effort to educate member schools and officials associations regarding the suspension and restarting of practices and contests based on the presence of lightning or thunder. Once thunder is heard within 30 seconds of a visible lightning strike or a cloud-to-ground lightning bolt is seen, all personnel, athletes and spectators should evacuate to available safe structures or shelters.  
Proactive Planning:
  - 1) Assign staff to monitor local weather conditions before and during practices and contests.
  - 2) Develop an evacuation plan, including identification of appropriate nearby safe areas.
  - 3) Develop criteria for suspension and resumption of play:
    - a) Recognition. When thunder is heard within 30 seconds of a visible lightning strike, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play for thirty minutes and take shelter immediately.



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- b) **Thirty-Minute Rule.** Once play has been suspended, wait at least thirty minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
  - c) Any subsequent lightning or thunder after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
  - 4) Review annually with all administrators, coaches and game personnel.
  - 5) Inform student athletes of the lightning policy at start of season.
5. While **Jamborees** do not need approval from the OSAA, there are specific rules regarding the format of Jamborees in Football. You can find this information in the OSAA Handbook under the Participation Limitations section and on the OSAA website within the OSAA Football Plan at <http://www.osaa.org/docs/fbl/fblplan.pdf>.
6. **State Rule Interpreter Updates** will be distributed to all coaches beginning this year. These updates are provided to all officials each week and contain information regarding rule interpretations, enforcement procedures, and general comments on a variety of issues that occurred the week prior. Questions regarding the SRI Updates should be directed to Clark Sanders (OSAA Football State Rules Interpreter) at [clarks@oreofficials.org](mailto:clarks@oreofficials.org).
7. **Any person (paid or volunteer)** who is located within the team box or press box and has the potential to provide instruction to players or coaches is required to meet the coaching certification requirements outlined in OSAA Rule 1.2. This includes individuals who are acting in any type of support role. This interpretation would exclude any individuals providing medical support during a contest.

#### **2014 NFHS Football Rule Changes**

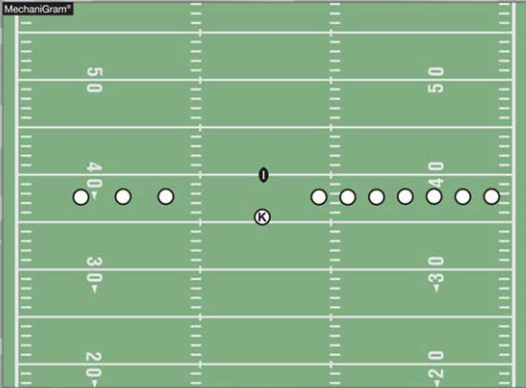
1. A video containing a variety of clips providing illustrations of **targeting fouls** and fouls on **defenseless players** has been posted to the OSAA website for Coaches, Parents, and Players to review. Game officials have been required to watch the video in order to more clearly define the NFHS Football Rules Committee's expectations related to these fouls. You can view this video on the OSAA website at <http://www.osaa.org/activities/fbl/information/video>.
2. Changes to the free kick formations are in effect for this year – the following slides illustrate those changes:

RULE CHANGE



## Free-Kick Formation

### Rules 6-1-3b (NEW); 6-1-3c (NEW)



After the ready-for-play has been signaled and until the ball is kicked for a free kick, team K must have at least four players on either side of the kicker. As shown in the MechaniGram, K is guilty of a dead-ball foul.

REFEREE

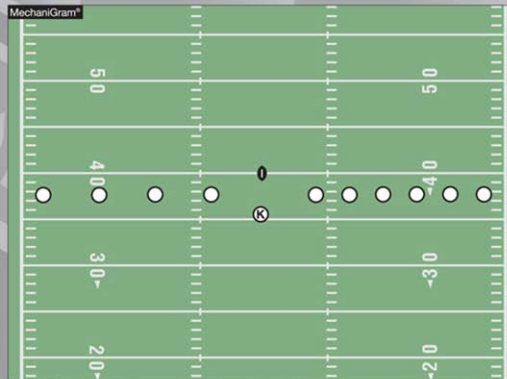
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RULE CHANGE



## Free-Kick Formation Rules 6-1-3b (NEW); 6-1-3c (NEW)



On a free kick, from the time the ready-for-play is signaled until the ball is kicked, no K player other than the kicker may be more than five yards from his free-kick line. The formation in the MechaniGram becomes legal when the ball has been declared ready-for-play.

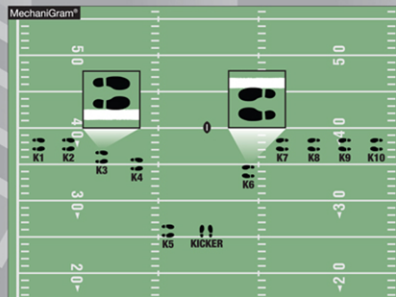
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RULE CHANGE



## Free-Kick Formation Rules 6-1-3b (NEW); 6-1-3c (NEW)



The formation in the MechaniGram becomes illegal when the ball has been declared ready-for-play. K3, K4, K5 and K6 are all more than five yards from their free kick line. No K players, with the exception of the kicker may be more than five yards behind the kicking team's free kick line. A player satisfies this rule when no foot is on or beyond the line five yards behind K's free kick. If one player is more than five yards behind the restraining line and any other player kicks the ball, it is a foul.

REFEREE

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**Directives for 2014 Football**

1. **Required Equipment** -For clarification, the following item is a directive rather than a suggestion. Please be advised:

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

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

**Prior to the initial Ready-for-Play to start the game**

All officials shall observe players in their pre-game warm-ups. If an official observes any equipment violations, including but not limited to an exposed knee, he shall verbally notify the Head Coach, and the player(s) shall not be allowed to participate in the subsequent game until correction has been made. **The Pre-Game is the only time verbal warnings shall be issued!**

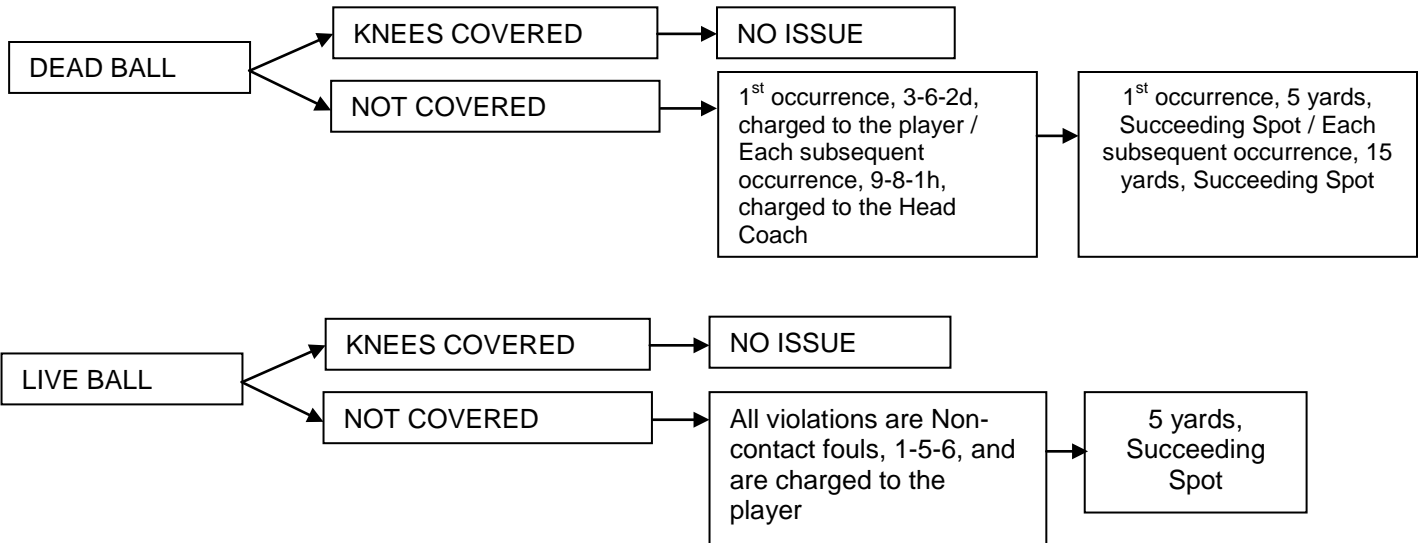
**After the initial Ready-for-Play to start the game**

**Dead Ball Violations**

- If a player’s knees are **not continuously covered** when standing motionless, and this is the first occurrence of the game, the player is in violation of **Rule 3-6-2-d.** (*Failure to properly wear legal or required equipment when the ball is about to become live, 5-yards – S7-21-23*) The foul is charged to the offending player, the penalty is enforced from the succeeding spot, and the player shall not be allowed to participate until correction has been made.
- **Subsequent** dead ball equipment violations shall be considered a violation of **Rule 9-8-1h** (*Failure of a head coach, following verification, to have his player(s) wear or use legal and/or required equipment, 15-yards – S27*) The Unsportsmanlike Conduct foul is charged to the Head Coach, the penalty is enforced from the succeeding spot, and the player shall not be allowed to participate until correction has been made.

**Live Ball Violations**

If, during live ball action, a player’s knee **continuously becomes exposed**, the player is in violation of **Rule 1-5-6.** (*Each player shall wear the mandatory equipment while the ball is live, 5-yards - S27-23*). The foul is charged to the offending player, the penalty is enforced from the succeeding spot, and the player shall not be allowed to participate until correction has been made.





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

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



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### OSAA Medical Aspects of Sports Committee Statement on Football Helmets and Concussion Risk

The recognition and proper management of concussions in all sports continues to receive a great deal of attention. With this attention has come a focus on preventing these injuries. In football, much of the discussion about prevention in the media has centered upon the helmet. Despite limited evidence to support such beliefs, parents, athletes and even coaches place much faith in the ability of the helmet to prevent a concussion. **It is this committee's concern, and the concern of other medical experts, that the primary focus on the helmet to prevent concussion is misguided.** Though it sounds counter-intuitive, there is no evidence that helmets actually prevent concussions from occurring. It must be remembered that helmets were introduced to football decades ago to eliminate skull fractures, not concussions.

The heightened concern for concussion and the increasing variety of football helmets available has led parents and coaches to seek out the helmet that they believe will best protect a player from concussion. While a number of new football helmets have incorporated new materials and designs, there is no reliable evidence that any single brand or style of football helmet is protective against concussion. Based upon the current available medical evidence, **the OSAA MASC believes that no current football helmet brand or style offers superior protection from concussion in comparison to other helmets.**

The OSAA MASC endorses the proper fitting and maintenance of all NOCSAE-certified football helmets. Coaches should be trained in proper helmet fitting and helmets should be inspected regularly for proper inflation, cracks, or damage to the chinstrap and its attachments. The OSAA MASC believes that the most important step in preventing concussions in football is the elimination of helmet to helmet contact and strongly supports the enforcement of the current rules to limit the initiation of contact with the helmet and to eliminate helmet to helmet contact.

In 2009, 65% of all concussion in high school football resulted from helmet to helmet contact. Much like cervical spine injuries diminished greatly with the adoption of the rule banning spearing in the 1970's, we believe that a reduction in helmet to helmet contact will result in a reduced number of concussions in high school football. This principle must apply to practices, as well as games.





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All Oregon high school football coaches are encouraged to consider obtaining USA Football's "Heads Up" certification. The certification program contains a comprehensive collection of resources, programs, applications and promotions to create change and address the complex challenges of player health and safety in youth and high school football. - See more at: <http://usafootball.com/highschool-coach#sthash.IRU7Czst.dpuf>

The screenshot shows the USA Football website's navigation bar with links for HEADS UP FOOTBALL, MEMBERSHIP, SAFETY, TOOLS, PROGRAMS, BLOG, VIDEO, SHOP, and a search icon. A 'Log in' link and a green 'SIGN UP' button are also present. The main banner features the USA Football HEADS UP FOOTBALL logo on the left and a profile of a young man looking forward. The central text reads 'GET CERTIFIED FOR HEADS UP FOOTBALL' and 'USA Football's High School Certification is now available.' Below this is a large orange button that says 'SIGN UP TO GET CERTIFIED'. At the bottom of the banner, there are five categories: Education & Certification, Concussion Awareness, Equipment Fitting, Heads Up Tackling™, and Heat & Hydration.

## HEADS UP FOOTBALL IS USA FOOTBALL'S NATIONAL INITIATIVE TO HELP MAKE THE SPORT OF FOOTBALL BETTER AND SAFER

A comprehensive collection of resources, programs, applications and promotions to create change and address the complex challenges of player health and safety in youth and high school football.

In the fall of 2013, Fairfax County Public Schools became the first school district to launch Heads Up Football at the high school level.