



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



August 3, 2016

To: Athletic Directors and Head Football Coaches  
From: Brad Garrett, Assistant Executive Director  
Subject: Football Reminders for the 2016 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

The Practice Model, in effect beginning August 15, will require most schools to change their practice structure. Please familiarize yourself with this policy. Notable requirements contained in the policy include:

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

2. Quarter Rule.

- 1) **Daily.** A student shall not compete in more than four quarters each day. Participation in any play in a quarter shall constitute participation in that quarter. If a student appears in more than four quarters in a day, the game in which the student exceeds the limit shall be forfeited.
  - a) **NOTE:** A student may be allowed a fifth quarter of participation if the student plays 12 plays or less in any two of the student's first four quarters that day.
- 2) **Weekly.** A student shall not compete in more than five quarters for the 6A, 5A and *six quarters for the 4A, 3A, 2A and 1A each week. To be eligible for six quarters (4A, 3A, 2A, 1A) there has to be a minimum of 60 hours between contests. All players (6A – 1A) are limited to 45 total quarters per year during the regular season. The week is defined* as running from Tuesday through Monday. Participation in any play in a quarter shall constitute participation in that quarter, **no exceptions**. If a student appears in more than five quarters in one week, the game in which the student exceeds the limit shall be forfeited. ***If a student appears in more than 45 total quarters during the regular season, the game in which the student exceeds the limit shall be forfeited.***
  - a) **NOTE:** **6A and 5A students** may be allowed a sixth quarter of participation if the student plays 12 plays or less in any two of the student's first five quarters that week.
- 3) **Adding a Fifth Quarter.** A fifth quarter may be played at the freshman level, or at the junior varsity level if there is no freshman team, providing both schools agree and the officials agree. The extra quarter is intended to provide an opportunity for those students whose play was limited in the regular contest. In no case shall a student exceed the quarter **limits outlined above**.

1. **Q.** May a student participate in two quarters at the varsity level during one week and three quarters at the JV level during another week and count the participation as one game?
  - A.** No. At all classifications, in order for quarters at multiple levels to be counted as one game under the individual participation limitation, the participation must occur during the same week running from Tuesday through Sunday.



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2. Q. *May a student play 12 plays or less in his fifth quarter of a day (or sixth quarter in a week) and count that as one of the two quarters of 12 plays or less?*
  - A. *No. The allowance of a fifth quarter in a day (or sixth quarter in a week) can only be triggered by two quarters of 12 plays or less during the student's first four quarters in a day (or first five quarters in a week).*
3. Q. *May a student be allowed a sixth quarter in a day (or seventh quarter in a week) by playing four quarters of 12 plays or less?*
  - A. *No. A maximum of one additional quarter may be allowed in a day (or a week). Even with the allowance of an additional quarter, there is no scenario under which a student may play more than five quarters in a day (or six quarters in a week).*

3. Heat Index - Athletic Directors and coaches should subscribe to heat alerts through the OSAA website at <http://www.osaa.org/heat-index>. 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.
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:

- A. Assign staff to monitor local weather conditions before and during practices and contests.
  - B. Develop an evacuation plan, including identification of appropriate nearby safe areas.
  - C. Develop criteria for suspension and resumption of play:
    - (i) 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.
    - (ii) 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.
    - (iii) Any subsequent lightning or thunder after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
  - D. Review annually with all administrators, coaches and game personnel.
  - E. 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/activities/fbl>.
  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 [clark@oreofficials.org](mailto:clark@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 Executive Board Policy #8 – Certification of Athletic Directors and Coaches. This includes individuals who are acting in any type of support role. This interpretation would exclude any individuals providing medical support during a contest.
  8. A video containing a variety of clips providing illustrations of **unnecessary and excessive** fouls 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



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clearly define the NFHS Football Rules Committee's expectations related to these types of fouls. You can view this video on the OSAA website at <http://www.osaa.org/activities/fbl/information/video>.

### 2016 NFHS Football Rule Changes

1. The exception that allowed clipping in the Free Blocking Zone has been eliminated. While this type of block occurs less frequently than other exceptions it can lead to serious injury. This change does not prohibit a player from clipping an opponent who is a runner or pretending to be a runner..

Rule Change

### CLIPPING RULES 2-17, 9-3-6, 9-3 PENALTY

- The exception that allowed clipping in the free-blocking zone has been eliminated.



www.nfhs.org

Rule Change

### CLIPPING RULES 2-17, 9-3-6, 9-3 PENALTY

- It is still legal to clip a player who is a runner or is pretending to be a runner.



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### Reminders for 2016 Football

The jerseys shown in the slides below are illegal under 1-5-1b (1). The sleeve design shown in both photos clearly allows the shoulder pad to remain uncovered with little to no hope of conforming to the rule. Teams attempting to participate in this style of jersey are not properly equipped and shall be required to comply with the rule prior to continued participation. If illegal equipment is found after verification by the head coach that all players are properly equipped an unsportsmanlike conduct foul shall be assessed against the head coach and the corresponding 15-yard penalty assessed prior to the start of the game. All players in the illegal jerseys will be required to comply with 1-5-1b (1) prior to participating.

The NFHS Football Rules Committee continues to see examples of auxiliary equipment not limited to back pads, rib-belts and other types of equipment containing hard surfaces that go uncovered during play. Coaches and game officials are reminded that if illegal equipment is observed prior to the snap the play will not be allowed to start and a 5-yard penalty assessed for failure to properly wear mandatory equipment prior to the snap against the offending team.

Equipment that is otherwise legal and becomes illegal during play shall be corrected prior to the next down. Game officials are expected to be diligent in helping players identify and correct issues with equipment as necessary between downs. Any player unable to correct the illegal equipment shall be removed from play until the issue can be resolved.

#### ILLEGAL FOOTBALL JERSEY (SHOULDER PAD NOT COVERED)



[www.nfhs.org](http://www.nfhs.org)

#### ILLEGAL FOOTBALL JERSEY (SHOULDER PAD NOT COVERED)



[www.nfhs.org](http://www.nfhs.org)

#### ILLEGAL FOOTBALL JERSEY (BACK PAD NOT COVERED)



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Recent trends have produced a variety of slogans, sayings, and mottos being placed on football jerseys. Jerseys that contain anything other than school's nickname, school logo, school name and/or player name within the body and/or on the shoulders are not legal.

If discovered prior to the game, after verification by the head coach that all players are properly equipped, an unsportsmanlike foul shall be assessed to the head coach and a 15-yard penalty assessed prior to the start of the game.

### Editorial Change



## FOOTBALL JERSEYS RULES 1-5-1b(2)a, (3)a

- The front and back of the football jersey may contain the school name, school logo, school nickname or player name (PlayPic A). Team nicknames such as seen on the jersey in PlayPic B are illegal.







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## Directives for 2016 Football

- 2016 Blindside Block Experiment** – The OSAA will be participating with several other states again this year in a NFHS Football rules experiment during the 2016 season. The experiment requires blockers to initiate contact on defenseless players with an “open hand” technique. Coaches should review the experiment documentation and training video prior to the start of the Association year. Experiment supporting materials are located at the links below:
  - Experiment General Information – <http://www.osaa.org/activities/fbl>
  - Experiment Training Video - <http://www.osaa.org/activities/fbl/information/video>
- Sideline Management** – Responsibilities for the managing the restricted zone is a Point of Emphasis this year for all OSAA member schools. Correctly identifying and monitoring of the restricted zone is critical for many reasons including allowing game officials the opportunity to make the correct call and protecting others who may not understand the intent of the zone. . A video will be posted to <http://www.osaa.org/activities/fbl/information/video> that provides more information.
- Required Heads Up Football Certification.** Starting this season OSAA rules will require 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. To recertify coaches must complete four courses Blocking, Tackling and Equipment Fitting along with Concussion, Preventing Heat Illness, and Sudden Cardiac.

Additionally, each member school sponsoring football is required to identify a Player Safety Coach. Each Player Safety Coach Is required to attend an in person clinic 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.

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

- 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

## **4. Enforcement of Required Equipment Rules**

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

The OSAA is working pro-actively with coaches, athletic directors and officials to prevent and resolve illegal equipment issues before they surface. By rule, each player shall wear mandatory equipment prior to participating. A full description of mandatory equipment can be found in NFHS Rule 1-5. Coaches are required to verify their players are properly equipped and in accordance with the rules in the pre-game meeting. While football officials will observe players in their pre-game warm-ups and verbally notify the Head Coach of equipment violations, the onus for 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.



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**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!**

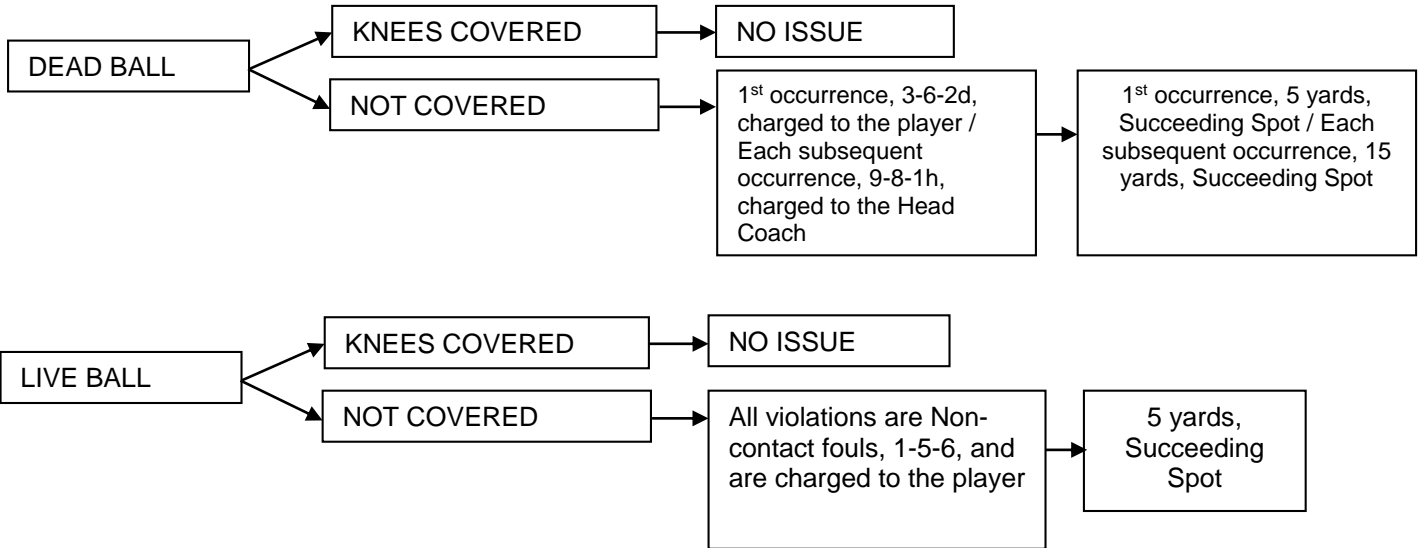
**After the initial Ready-for-Play to start the game**

**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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### 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.