



Oregon School Activities Association
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June 1, 2016

To: Athletic Directors and Head Football Coaches
From: Brad Garrett, Assistant Executive Director
Subject: 2016 Football Summer Policy and Fall Practice Model Reminders

Below are some Football policy reminders as we head into the summer months. Thank you for taking time to review these items with your staff.

1. Summer Policy (**Starting May 31, 2016**) - http://www.osaa.org/governance/handbooks/osaa#_Toc393093267

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. (July 24 – July 30, 2016)
- 2) All levels of a program (Varsity, JV, etc.) shall use the same 10 consecutive day period.
- 3) At the beginning of the 10 consecutive day period, every participant shall be required to have three days of helmet/shoulder pad practice with limited person-to-person contact. During this period, the only optional pieces of protective equipment that may be worn by individuals are shoes, shoulder pads and helmets. NO OTHER PADS—such as knee, thigh, hip, and rib—are to be worn. During helmet/shoulder pad practice, no full contact drills or 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 during helmet/shoulder pad practice. However, it is strongly recommended that any such contact be carefully controlled.
- 4) Following the three days of helmet/shoulder pad practice, 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. 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 three days of helmet/shoulder pad practice.
- 5) 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.
- 6) 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.
- 7) 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.
- 8) 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.



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2. Fall Practice Model (Starting August 15, 2016) - http://www.osaa.org/governance/handbooks/osaa#_Toc393093227

Please familiarize yourself with this policy. Notable requirements contained in the policy include:

- Helmets only on Days 1 and 2. Helmets and shoulder pads only on Day 3. Full protective equipment on Day 4.
- One practice session of the first two multiple practice session days must be a “teaching” session. During a teaching session the intensity, duration, and pace of all practice components shall be modified when compared to a normal practice session. Conditioning drills (gassers, timed runs or sprints) shall not be conducted during a teaching session.
- Multiple practice sessions are not allowed on consecutive days at any time during the season.
- Only one practice session on any multiple practice session day may contain “full” contact.
- Beginning Week 3 teams are restricted to a maximum of 90 minutes of “full” contact per week which may be extending over a maximum of three practice sessions. Full contact is defined using the USA Football definitions of levels of contact. Thud and Live Action are considered “full” contact - a video illustrating these levels is posted to the OSAA website at <http://www.osaa.org/activities/fbl/information/video>.
- 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.



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