



Oregon School Activities Association

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Excerpt from 2022-2023 OSAA Handbook, Executive Board Policies

55. PRACTICE LIMITATION RULE (3A, 2A, 1A)

(Revised July 2022)

C. **Team Sports Limitation.** Schools may conduct practices and/or compete in contests in team sports (baseball, basketball, football, softball, soccer, volleyball) only during the designated OSAA sports seasons as outlined in Rule 6. It shall be a violation of the rule if there is any attempt during the Association year to gather together more than two members of the same high school, with remaining eligibility in that sport, per day outside the OSAA defined season to receive specialized athletic instruction from any coach associated with the participating athletes' high school. Attempts to circumvent the rule by encouraging team members to attend out-of-season practices or camps during the Association year other than through general dissemination of information or brochures shall be considered a violation of this rule. **EXCEPTION:** Baseball and softball coaches may begin pitching instruction and throwing workouts with pitchers and catchers only (maximum of eight total per day) two weeks prior to the Spring Sports First Practice Date. **NOTE:** The use of football protective equipment is prohibited from the conclusion of a school's regular and/or post-season until the end of the Association Year as outlined in Rule 6.6. This does not prohibit an individual student from using football protective equipment owned by the school when attending camps/clinics not organized by any member school personnel.

36. Q. On what date may baseball and softball coaches begin pitching instruction and throwing workouts with pitchers and catchers only (maximum of eight total per day)?

A. **February 13, 2023**, which is two weeks prior to the start of spring practices on **February 27, 2023**.

37. Q. During this two-week early window for baseball and softball coaches, how many students are coaches allowed to work with each day?

A. If non-pitchers and non-catchers, a maximum of two a day. If pitchers and/or catchers only, a maximum of eight a day. This maximum applies to a school's entire coaching staff in that activity.

38. Q. During this two-week early window for baseball and softball coaches, are coaches allowed to work with eight pitchers and catchers and two additional students on the same day?

A. No. During this timeframe, coaches are allowed to work with a maximum of eight on a single day but all eight must be pitchers and/or catchers, or the coaches may work with two non-pitchers and non-catchers on a single day, but not both.

39. Q. During this two-week early window for baseball and softball coaches, are coaches allowed to work with six pitchers and catchers and two additional students, for a total of eight?

A. No. During this timeframe, coaches are allowed to work with a maximum of eight on a single day but all eight must be pitchers and/or catchers. During this timeframe, coaches would be allowed to follow the standard "Rule of Two" and work with two players only on a single day. These players are not required to be pitchers and/or catchers.

40. Q. During this two-week early window for baseball and softball coaches, if coaches are working with pitchers and/or catchers, is live hitting allowed?

A. No, live hitting is not allowed but a coach is allowed to stand in the batter's box.