



Oregon School Activities Association  
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## 2018 BASEBALL PLAN BOOK

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### SEASON DATES

Rule of Eight – Pitchers / Catchers ( <a href="#">Executive Board Policies, Practice Limitation Rule, Q&amp;A#35-39</a> )	February 12
First Practice Date	February 26
First Contest / Jamboree Date	March 12
Cutoff – Contests vs. Teams More than one Classification Away ( <a href="#">Executive Board Policies, State Championships – Rankings</a> )	April 4
Cutoff – Contests Added After a Certain Date ( <a href="#">Executive Board Policies, State Championships – Rankings</a> )	April 11
6A, 4A Freeze Date	10pm, May 12
5A Freeze Date	10pm, May 14
6A Cutoff Date	May 17
3A, 2A/1A Freeze Date	10pm, May 19
5A, 4A, 3A, 2A/1A Cutoff Date	May 19
6A First Round	May 21
5A, 4A, 3A, 2A/1A First Rounds; 6A Second Round	May 23
All Quarterfinals	May 25
All Semifinals	May 29
3A, 2A/1A State Championships	June 1
6A, 5A, 4A State Championships	June 2

Reporting Schedules and Scores – Find Account Instructions on our Help Page at <http://www.osaa.org/help>

### 2018 NFHS BASEBALL RULES

Order a 2018 NFHS Baseball Rules Book on the [OSAA Rules Book Order Form](#) or contact the OSAA (503.682.6722) for more information.

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

#### 2018 NFHS RULES REVISIONS:

<b>1-3-1</b>	The ball shall be a sphere formed by yarn wound around a small core of cork, rubber or similar material and covered with two strips of white horsehide or two strips of white cowhide tightly stitched together. It shall be 5 to 5 1/4 ounces in weight and have a circumference of 9 to 9 1/4 inches. The Coefficient of Restitution (COR) shall not exceed .555. The ball shall meet the NOCSAE standard at the time of manufacture and the mark is required on all balls. (Effective January 1, 2019) A minimum of three umpire-approved baseballs shall be provided to <u>start the game</u> . Unless otherwise mutually agreed upon, the home team has this <u>responsibility</u> . No less than two baseballs shall be used to complete the game. The NFHS Authenticating Mark is required on all balls that will be used in high school competition. A current list of NFHS authenticated products can be found on the website: <a href="http://www.nfhs.org">www.nfhs.org</a> . <b>Rationale:</b> To maintain a consistent and uniformed standard for high school baseball competition. To ensure that every baseball manufactured meets the same level of quality and playability. This proposal is recommended and endorsed by the NFHS Sports Medicine Advisory Committee (SMAC) to minimize risk.
<b>1-3-2a2</b>	Non-wood bats shall not have exposed rivets, pins, rough or sharp edges or any form of exterior fastener or attachment(s) that would present a potential hazard. <b>Rationale:</b> Clarification to better delineate what cannot be attached on a bat.
<b>1-5-3</b>	The catcher shall wear, in addition to a head protector, a mask with a throat protector, body/chest protector that meets the NOCSAE standard at the time of manufacture (Effective January 1, 2020), protective cup (male only), and baseball protective shin guards. <b>Rationale:</b> A NOCSAE standard has been developed to protect the heart and the cardiac silhouette from commotio cordis. The NOCSAE standard could be included in a product that is either a separate device/apparel or a device constructed into

	a traditional chest protector. This proposal is recommended and endorsed by the NFHS Sports Medicine Advisory Committee (SMAC) to minimize risk.
<b>8-2-7</b>	A batter-runner who reaches first base safely and then over-runs or over-slides may immediately return without liability of being put out provided he does not attempt or feint an advance to second. <b>Rationale:</b> This is a simple change that is fair for all batters and is more umpire-friendly.

## **2018 NFHS MAJOR EDITORIAL CHANGES:**

<b>NFHS Casebook</b>	It has been recommended to amend the entire NFHS Casebook to reflect the nomenclature of how runners are identified in case situations. R1, R2, R3 will now represent the base that they (the runners) are occupying. In addition, the Batter-Runner will now be known as “BR” and the Batter will be identified as “B”. <b>Rationale:</b> Moving to this new identification of base runners will assist in promoting and educating officials through various NFHS print and electronic mediums.
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## **2018 NFHS POINTS OF EMPHASIS:**

The NFHS Baseball Rules Committee and the NFHS Board of Directors believes there are areas of the game of interscholastic baseball that need to be addressed and given special attention. These areas of concern are often cyclical, some areas need more attention than others, and that is why they might appear in the rules book for consecutive editions. These concerns are identified as “Points of Emphasis.” For the 2018 high school baseball season, attention is being called to: Sportsmanship (bench jockeying celebrations, negative comments between opponents), Jewelry Rule Enforcement, Administration of NFHS Rules and Proper Pitching Positions. When a topic is included in the Points of Emphasis, these topics are important enough to reinforce throughout the academic year because they are not being given the proper attention.

### **SPORTSMANSHIP**

**National Anthem Standoff** – The standing and singing of the national anthem is a valued tradition that is held prior to sporting events. Staring down an opponent after the national anthem, trying to intimidate them or refusing to leave the respective baseline before the other team departs is not consistent with the mission of education-based athletics. Coaches are the closest role models to these students and are held accountable for the behavior of their players as they represent their school and community. If those actions are not representative of high school sports and what they stand for, then corrective measures should take place.

**Bench Jockeying, Celebrations and Negative Comments Between Opponents** – Coaches, players, substitutes, attendants or other bench personnel shall not leave the dugout during live ball for any unauthorized purpose. Coaches or team personnel may not sit outside the dugout/bench on buckets or stools. Players are not allowed to stand or kneel outside their dugout/bench and make “cat-calls” or any other disparaging remarks while the other team is taking infield practice. Rooting for your team is an integral part of high school baseball. However, making disparaging remarks toward your opponent does not improve the game; in fact it detracts from the contest. The purpose of interscholastic sports is educational. Chants/intentional distractions/loud noises (natural or artificial) directed at the opponent’s pitcher prior to his pitching, or the batter getting ready to hit, or a fielder getting ready to make a play is not good sportsmanship. We should strive to have our young people play to the best of their ability and let their natural talent be the barometer of their success.

This is unsportsmanlike behavior and shall not be tolerated in interscholastic baseball. Umpires and coaches need to work together for the benefit of the students they officiate and teach. It is these game situations that provide coaches and umpires excellent “teachable moments” to reinforce proper behavior and perspective. The positive values that are learned at the baseball diamond will serve the young people long after their high school careers have ended.

### **Enforcement of NFHS Jewelry Rule**

Items that are attached except medical appliances/devices are considered to be jewelry. The primary cause for the restriction of jewelry is primary for risk minimization for the wearer and for the opponent. Earrings and various other piercings can be problematic for a player if the piercing gets caught on equipment and torn away from the body. Obviously, if a physician has provided documentation in support of a particular piercing, the local state association has the latitude (with proper justification) to make a special accommodation for the player. We need to be more vigilant to protect our players and their opponents.

### **Enforcement and Administration of NFHS Rules**

The rules of high school baseball are written for the age and skill level of varsity high school players. The role of interscholastic athletics is not to prepare young people for the next level. In fact, the purpose of education-based athletics is three-fold. First, the purpose of high school baseball rules is to minimize risk. Second, the rules are designed to maintain the balance between offense and defense. Third, the rules are to preserve the sound traditions of the game. Essentially, the NFHS and its member state associations use athletics to teach valuable life lessons. In addition, simplicity, fairness and ease to implement as an umpire or to teach or illustrate as a coach are additional reasons why our playing rules are designed in this manner. Other rules codes have

significantly different objectives and rationales for their rules. When non-approved interpretations or rulings that are contradictory to NFHS rules as written are used, they can confuse students, coaches, umpires and fans.

### **Proper Pitching Positions**

The rules that govern the pitcher's movement and his position on the pitcher's plate have not varied over the years. However, modified or hybrid positions continually are developed and are attempted to be introduced into the high school game. While these creative pitcher's stances might work for advance levels of baseball, they are not appropriate for interscholastic baseball. Our rules are perfect for the age and skill level of the students for whom we write playing rules. The game has evolved over the years and new equipment and strategies have been very beneficial for our game. However, there are some things that stand the test of time and the proper position of the pitcher is one of those rules that enjoys a rich tradition.

The pitching requirements begin once he engages the pitcher's plate. In NFHS sanctioned baseball, there are only two positions the pitcher can possess, the windup and the set (also known as the stretch) position. The starting position of the non-pivot foot determines whether the pitcher is going to pitch from the windup or set position.

Pitchers in the windup position are required to have their non-pivot foot in any position on or behind a line extending through the front edge of the pitcher's plate. If a pitcher's non-pivot foot is in front of that line and he attempts to pitch from the windup, he has made an illegal pitch or committed a balk.

In the set position, he shall stand with his entire non-pivot foot in front of a line extending through the front edge of the pitcher's plate and with his entire pivot foot in contact with or directly in front of the pitcher's plate. He shall go to the set position without delay and in one continuous motion; he shall come to a complete and discernible stop, which does not include a change of direction with both hands in front of his body and his glove at or below his chin.

Going to the mouth while in contact with the pitcher's plate is a balk, not because the pitcher goes to his mouth, but because the action simulates the start of the pitching motion.

Umpires must be aware of the position of the non-pivot foot. Practice the skills to determine if the pitch is legal or illegal. It is imperative that the pitching positions and movement are completely understood. These requirements provide guidance that the batter and base runner(s) know when they can swing and run and when the pitcher is in a position to deliver the ball, creating a level playing field for all involved with the game.

## **2018 NFHS RULES INTERPRETATIONS:**

**Publisher's Note:** The National Federation of State High School Associations is the only source of official high school interpretations. They do not set aside nor modify any rule. They are made and published by the NFHS in response to situations presented. **Robert B. Gardner**, Publisher, NFHS Publications © 2018

**SITUATION 1:** With a runner on second base and one out, the batter attempts to check his swing on a 3-2 count. As the pitch skips by the catcher, the batter takes off for first base. The plate umpire eventually checks with the base umpire as to whether the batter checked his swing (in which case it would be ball four) or if the batter did swing at the pitch (in which case it would be strike three). As the batter runs through first base, the base umpire answers the plate umpire by announcing that the batter did not swing, that he successfully checked his swing. The catcher throws the ball to the first baseman, who tags the batter as he directly returns to first base. **RULING:** The batter is not out. A batter-runner who reaches first base safely and then overruns or over slides may immediately return without liability of being put out provided he does not attempt or feint an advance to second. This applies to base hits as well as a base on balls. (8-2-7)

**SITUATION 2:** The home team gives the home plate umpire and the opposing team its lineup card at the plate conference. No one notices that only eight players are listed to bat in the lineup. The pitcher is the defensive position that was not listed. In the bottom of the second inning, the ninth batting position comes to bat and the starting pitcher gets in the batter's box. At that time, the visiting team calls "Time," and shows the plate umpire that the ninth player for the home team is not listed. The visiting team's head coach argues that the game should be forfeited or the opposing coach should be ejected or the team must bat for the rest of the game with only eight players and each time the ninth position comes to bat an out must be called. **RULING:** The omission should have been caught by the umpire and the coaches at the pre-game conference before the game. However, knowing that it is the pitcher who was left off the lineup, the plate umpire should allow the lineup card to be corrected by adding the pitching position and putting the starting pitcher in the spot. The game continues with no penalty to the home team. (1-1-2, 4-1-3)

**SITUATION 3:** Adams is the catcher for the home team and is to lead off in the bottom of the third inning. Smith pinch-hits for Adams and hits a lead-off single. The home team's head coach legally re-enters Adams into the game and then requests to have a courtesy runner run for Adams. The opposing coach argues that this is not legal. **RULING:** This is legal. Smith was not the catcher of record the last half-inning the home team was on defense and, as a result, a courtesy runner cannot run for him. But the coach may choose to re-enter Adams, the catcher of record, and have a courtesy runner run for him. (Case Book CR 17)

**SITUATION 4:** Several members of Team A are wearing plastic wristbands in support of a cause for one of their team members. They were told that these bracelets are not considered jewelry. **RULING:** Plastic bracelets are jewelry and shall not be worn. (1-5-12, 3-3-1d)

**SITUATION 5:** With one out and a runner on third base, the defense is warming up a pitcher in its bullpen, which is located inside the fence in live-ball territory along the left-field fence. A ball from the bullpen gets past the bullpen catcher and goes to the fence to the left of the catcher. Meanwhile, the pitcher throws a wild pitch that gets past the catcher and goes to the fence to the right of the catcher. The catcher retreats to the fence, picks up the bullpen ball and throws it to the pitcher covering the plate for an apparent out on the runner advancing home. **RULING:** The runner is safe. Only the game ball can be used to record an out. (1-3-1)

**SITUATION 6:** The home team's pitcher, when he comes to the mound to pitch, brings his personal rosin bag with him. At the end of the half-inning, the pitcher picks up his rosin bag and takes it to the dugout with him. **RULING:** This is not legal. The same rosin bag must be made available to both teams. The home team pitcher may use his rosin bag only if he leaves it on the mound for the opposing pitcher to use. [3-3-1f(4)]

**SITUATION 7:** A team has renovated its field with artificial turf throughout the playing area. At the home plate area, a "normal" plate was not put in. A part of the turf was painted the legal size and placement of a home plate. Is this legal? **RULING:** Yes, this is legal for a home plate. (1-2-10)

**SITUATION 8:** R3 and R2 are on base with one out. B1 hits a single to the out-field. R3 scores and R2 is thrown out at home for the second out. B1 misses first base and ends up on second base. The defense appeals that the batter-runner missed first base and the appeal is up-held for the third out. Does R3's run count? **RULING:** No, it does not count. A run does not count if the runner advances to home plate during action in which the third out is made by the batter-runner before he touches first base. (9-1-1a)

**SITUATION 9:** The visiting team arrives for the game with all fielders wearing camo sleeves. The pitcher had black compression sleeves. The home team's coach complains that this is not legal as all players must be dressed the same. **RULING:** Camo sleeves worn by a pitcher are not allowed. Other players on the team may wear camo compression sleeves provided they are approximately the same length and are not ragged, frayed or slit. (1-4-2)

**SITUATION 10:** A pitcher has a black compression sleeve that comes to his elbow on his non-pitching arm and a dark-colored compression sleeve that comes to his wrist on his pitching arm. **RULING:** This is legal. (1-4-2)

**SITUATION 11:** With R2 on second base, a grounded batted ball deflects off F1's ankle. The ball deflects toward F5 as he moves in to field the ball and he is run over by R2. Both R2 and the batter-runner are safe. Is this interference or obstruction? **RULING:** This is interference and R2 will be declared out. F5 must be given the opportunity to field this batted ball on his initial attempt. The batter-runner will be awarded first base unless it is judged the interference prevented the defense from making a double play. (8-4-2g)

**SITUATION 12:** The pitcher's spot in the lineup is due to bat. The coach substitutes another player for the pitcher and, after the player gets on base, re-requests that a courtesy runner run for him. **RULING:** This is not legal. The player is a pinch-hitter, not the pitcher of record the last half-inning on defense. The team may not use a courtesy runner for him. (Suggested Speed-Up Rules)

**SITUATION 13:** With the bases loaded, the batter hits a ground ball to the second baseman, who attempts to tag out R1 who is advancing to second base from first. A short run-down ensues in which R1 is eventually tagged after the runner from third base touches home plate. The offensive team's coach argues that the run should count as it scored before the tag-out which was not played as a force out. **RULING:** The run does not score. The tag-out is still a force out and a run cannot score when the third out is made by another runner being forced out. (9-1-1b)

**SITUATION 14:** A runner is caught in a rundown between home and third base. The third baseman is chasing the runner back to third and has clear possession of the ball when he reaches out and tags the runner. After the tag, the fielder stumbles and within a few steps falls to the ground causing the ball to come out of the glove. **RULING:** The runner is safe. The fielder must maintain control of the ball from the tag through any subsequent activity. Falling down and dropping the ball results in a no tag on the runner. [2-24-4, 8-4-2h(2)]

**SITUATION 15:** The batter's hit deflects off home plate and the catcher stands up and catches the ball in mid-air. The plate umpire points fair and expects the catcher to throw to first base, but instead, the catcher throws the ball back to the pitcher who immediately assumes his pitching position on the pitching plate. No one on either team realizes the ball was declared to be fair, so neither the batter nor the defense takes any resulting action. What should the plate umpire do? **RULING:** The umpire should continue to signal a fair ball. Regardless of how much time has elapsed or how the two teams have reacted, the umpire must continue with the call as he sees it. (10-2-1)

**SITUATION 16:** While taking his warm-up pitches, the plate umpire notices the pitcher is wearing a medical-alert bracelet on his pitching hand. Is the pitcher allowed to continue to wear the medical-alert bracelet? **RULING:** If a medical-alert bracelet is to be worn by the pitcher, it shall be worn on the non-pitching hand. (1-5-12)

**SITUATION 17:** With the bases loaded and one out, the batter hits a high pop fly that is properly declared to be an infield fly. The ball glances off the first baseman's glove over fair territory and bounces into the first-base dug-out. **RULING:** The ball is dead and the batter is declared out. The runners from third base and second base are awarded home, and the runner from first base is awarded third base. (2-5-1f, 2-19-1, 5-1-1f, 8-3-3c, 8-4-1j)

**SITUATION 18:** With the game tied in the bottom of the seventh inning, the home team has runners on first base and second base. During a time-out, R1 and R2 switch places to put the fastest runner on second base so that the team has a better chance to score from second base. The ball is made live and the defensive coach notices the changes and tells the plate umpire. **RULING:** The umpire shall call both runners out (one for passing a runner and another out for running the bases in reverse order) and eject them. A warning is given to the coach unless the umpire knows without a doubt the coach was involved, in which case the coach would be ejected. If the switch was detected before the ball was made live, the infraction would be corrected with only a warning given to the team. [3-3-1f(4); 8-4-2m, n]

**SITUATION 19:** With a runner on first base, the batter hits a base hit to the right-field fence. The runner from first goes all the way to third base and, as he steps on the base, it dislodges and slides into foul territory. The runner takes several steps toward home, slips and heads back to third where he touches the ground where the base would have been as the third baseman applies a tag on him. **RULING:** The part of the ground where the base was located shall serve as the base. It will be umpire's judgment as to whether the runner reached the place where the base was located before being tagged. (8-4-2h1)

**SITUATION 20:** With one out and runners on second base and third base, the batter hits a deep ball into right center field. The right fielder makes a spectacular catch and an even more spectacular throw to get the runner from third base out at home plate for the third out. The defensive team in the first-base dugout runs out of the dugout to celebrate the catch and throw to home. One of its team members bumps the batter as he turns to head to his dugout on the third-base side. As the batter walks past the pitcher, words are exchanged and they begin to fight. **RULING:** With the ball being dead, there is no penalty for the defensive team being outside the dugout. When the one defensive player bumps the batter, a team warning (at a minimum) should be given to the team and, depending on the circumstances, the defensive player might be ejected for his action. The batter and the pitcher are ejected for fighting. Any players on either team who moved from their position when the fight began shall also be ejected. (3-3-1f PENALTY, 3-3-1p)

## **2018 NFHS COMMENTS ON THE RULES:**

<b>1-3-1</b>	<b>Modified That Baseballs Meet A NOCSAE Standard (1-3-1):</b> To maintain a consistent and uniformed standard for high school competition. To ensure that every baseball manufactured meets the same level of quality and playability. The effective date is January 1, 2019.
<b>1-3-2a(2)</b>	<b>Delineation Of What Cannot Be Attached To A Bat [1-3-2a(2)]:</b> Further clarification that attachments that would present a potential hazard are not permitted.
<b>1-5-3</b>	<b>Modified That Catcher's Chest Protectors Meet A NOCSAE Standard (1-5-3):</b> A NOCSAE standard has been developed to protect the heart and the cardiac silhouette from commotio cordis. The effective date is January 1, 2020.
<b>8-2-7</b>	<b>Modified That Runners Who Reach First Base Safely Are Protected From Being Put Out (8-2-7):</b> Runners who reach first base safely may over-run, over-slide and return without the threat of being put out as long as they do not attempt or feint an advance toward second base. This change is easy to coach, officiate and execute as a player. All batter-runners are treated equally and consistently.

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 BASEBALL RULES AND INTERPRETATIONS**

The 2018 NFHS Baseball Rules Book will be used with the following clarifications:

- OSAA BASEBALL RULES BOOK OPTIONS:** Athletic directors and baseball coaches are reminded that Oregon treats the various options provided in the 2018 NFHS Baseball Rules Book:

<b>1-2-9</b>	Oregon has not adopted the double first base.
<b>1-4-4</b>	To allow for special occasions, commemorative or memorial patches, that will be uniformly placed, not to exceed four square inches, to be worn on jerseys in an appropriate and dignified manner without compromising the integrity of the uniform. Schools must have OSAA approval.
<b>2-33-1</b>	Optional speed-up rules. (See below.)
<b>4-2-2</b>	The 10-run rule will be optional by league adoption for all regular season games. (See below.)
<b>4-2-4</b>	Contests shall be continued from the point of interruption per OSAA Executive Board Policy – Interrupted Contests. However, an athletic district may adopt a rule that the game will not be continued.
<b>4-3-1</b>	No ties permitted.

<b>4-4-1a</b>	State associations are authorized to specify the time frame and/or circumstances before a forfeit shall be declared for a late arrival by one of the teams.
<b>4-5</b>	Protests based on application of playing rules or on judgment of game officials will not be heard.
<b>10-1-9</b>	Umpires shall wear the navy-blue pullover shirt or state association-adopted shirt.

**NOTE:** Umpires are expected to enforce the rules as printed with the above options.

2. **10-RUN RULE:** Leagues have the option to adopt the 10-run rule for regular season play. In non-league contests, the league adoption of the home team will apply. The 10-run rule will NOT be in effect for state playoffs and state championship games.
3. **OPTIONAL SPEED-UP RULES** (*may be adopted by an athletic district (league), but will NOT be in effect for state playoffs and state championship games.*):
  - A. **Courtesy Runners**
    - 1) At any time, the team at bat may use courtesy runners for the pitcher and/or the catcher. When a player enters as a courtesy runner, it counts as an inning played for that individual.
    - 2) The same individual runner may not be used for both positions (pitcher and catcher) during the game.
    - 3) Neither the pitcher nor the catcher will be required to leave the game under such circumstances.
    - 4) Players who have participated in the game in any other capacity are ineligible to serve as courtesy runners.
    - 5) A player may not run as a courtesy runner for the pitcher or the catcher and then be used as a substitute for another player in that half inning. If an injury, illness or ejection occurs and no other runners are available, the courtesy runner may be used as a substitute.
    - 6) The umpire-in-chief shall record courtesy runner participation and also announce it to the scorer.
    - 7) A player who violates the courtesy runner rule is considered to be an illegal substitute. Should an injury, illness or ejection occur to the courtesy runner, another courtesy runner for the pitcher or catcher may run.
  - B. **After Putouts**
    - 1) After a putout in the outfield and with no runners on base, the ball shall be thrown to a cutoff man and, if desired, to one additional infielder before being returned to the pitcher for delivery to the next batter.
    - 2) After a putout in the infield and with no runners on base, the ball shall be returned directly to the pitcher.
    - 3) Following the final out in any inning, the ball shall be given to the nearest umpire. The plate umpire shall give the ball to the catcher. The base umpire shall place the ball on the pitcher's plate.
4. **GAME BALLS:** Schools are reminded that per NFHS Baseball Rules, the NFHS Authenticating Mark is required on all baseballs used for high school competition. This includes all levels of play (Varsity, JV, JV2, Frosh). For the regular season, any brand of baseball is legal provided it has the NFHS Authenticating Mark. At no time are baseballs required to have an OSAA stamp. During the OSAA state playoffs, teams are required to use the Wilson A1010-Pro. Also, remember that a minimum of three legal baseballs are required to start a game. Given our typical Spring weather, it's a good idea to have more than that available.
5. **VERBAL VERIFICATION FROM COACHES:** The umpire-in-chief shall receive verbal verification from both head coaches that all participants are properly uniformed and equipped with bats that are unaltered from the original manufacturer's design and production and helmets that meet NFHS and NOCSAE standards are free of cracks or damage. There have been past reports of coaches responding with "I hope so" or "As far as I know." An answer along these lines is unacceptable. The appropriate answer is "Yes."
6. **MULTIPLE BATTERS WARMING UP DURING DEAD BALL TIME:** The batter and one on-deck batter are the only players that should be in live ball territory warming up during infield warm-ups, the pre-game plate meeting, just prior to the first pitch of the game, in between innings or during a stoppage of play, including during a pitching change. This is first and foremost a safety issue as we've all seen incidents occur with overthrows, wild pitches, etc. Any other players wanting to warm up need to be in a dead ball area protected from live ball play (i.e. behind the dugout or batting cages, etc.).
7. **APPROPRIATE EQUIPMENT FOR SHAGGERS/PROTECTORS/WARM-UP CATCHERS:** In order to continue low incident rates, we must be ever vigilant to identify potential risk areas and address them immediately. One area of concern is the "shagger" or "protector" — the non-player who is allowed on the field to keep foul balls from striking players warming up in the bullpens. Remember that in Oregon, that person is required to have a glove and wear a legal batting helmet that meets the NOCSAE standard. It's also important that the shagger/protector be facing the plate and paying attention to the action taking

place. A second area of concern is protective gear worn by non-adult catchers warming up pitchers. These players should be wearing a hockey-style mask and a protective cup when squatting to warm up a pitcher while the regular catcher is putting on gear. This same protective gear should also be worn by non-adult catchers warming up pitchers in the bullpen.

## OSAA BASEBALL POLICIES

### Effective outside Association Year.

1. **SUMMER POLICY** (*OSAA Handbook, Executive Board Policies*) **(Revised Fall 2017)**
  - A. **All Sports.** Summer activities under the direction of any person affiliated with the high school program, including practices, contests, weight training and conditioning, are permissible throughout the summer, excluding the defined Moratorium Week, and must consider the following points:
    - 1) OSAA regulations regarding the Heat Index Calculator are in effect at all times. Athletes must be encouraged to stay well hydrated at all times, especially in hot and humid conditions. This applies to outdoor activities and indoor activities without air conditioning. See the **NFHS** statements on heat and hydration.
    - 2) Implement a slow and gradual preseason-conditioning regimen that prepares the athlete for the rigors of the sport.
    - 3) Slowly build up the intensity of activity over several days.
    - 4) Have fitness tests (mile run, shuttle run times, maximum repetition exercises) scheduled the second week of practices. Use a progressive, periodized program and evaluate performance once athletes are acclimated to the stress about to be placed upon them.
    - 5) Take into account the level of conditioning of all individuals and what their previous conditioning has been. Athletes who have just finished a sports season should have at least a short period (one to two weeks) of relative rest.
    - 6) Slowly introduce new exercises or workout routines to allow for adaptation by muscle groups.
    - 7) Provide adequate rest and recovery between repetitions in the weight room and especially during “gassers” and intense station or “mat” drills.
    - 8) Athletes should refrain from consuming high caffeine energy drinks and supplements, or other stimulants, as they may contribute to dehydration. See the **NFHS** statement on energy drinks.
    - 9) Athletes should refrain from extreme exercise during acute illness, if feeling ill, or while experiencing a fever.

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

1. **PRACTICE LIMITATION RULE (6A Pilot)** (*Approved Feb 2017 for a one-year trial during the 2017-18 SY*) **(Revised September 2017)**
  - A. **Philosophy/Rationale.** The following statements outline the philosophy of ***this policy*** regarding in-season and out-of-season sports.
    - 1) ***The spirit of the Practice Limitation Rule (6A Pilot) is that every school and participant shall have the same opportunity to practice prior to the first contest.***
    - 2) The mission of OSAA member schools is to foster well-rounded individuals. The purpose of interscholastic athletics is to help educate boys and girls and not to prepare students for college athletics, which is a by-product of interscholastic competition available to a very small percentage of high school athletes.
    - 3) For most students, specialization in a single athletic activity is not in their best long-term interests.
    - 4) Students should be encouraged by coaches, administrators and parents to participate in a variety of school activities, including more than one sport during the school year.
    - 5) Schools should not allow use of school equipment, including uniforms and school district vehicles, and facilities by non-school organizations that promote a philosophy contrary to the above statements.
    - 6) ***6A schools are looking to provide coaches with more opportunities for fundamental skill development at specified times during the Association Year.***
    - 7) ***6A schools believe that high school coaches are the individuals best-trained to guide and promote the health and physical welfare of all participants.***
    - 8) ***6A schools want to work with the OSAA to educate parents regarding the impact on the health and physical welfare of students who choose to specialize in one sport, year-round.***

- 9) There should be no promotion or publicity within a school for non-school programs, which promote a philosophy contrary to the above statements.
- B. **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.
- C. **Closed Period.** *The Closed Period for out-of-season team sports begins on the first practice date of each Fall, Winter, and Spring season. Dates shall follow the NFHS Numbered Calendar, as adopted by the OSAA. The Closed Period shall last six weeks. During the six-week Closed Period, conditioning is the only activity allowed between out-of-season coaches and student(s) from their high school.* Conditioning is defined as a session where students work on physical fitness and conditioning by use of weights, running, and/or exercises. Conditioning does not allow for the use of individualized and specialized sports equipment or apparatus, including but not limited to: balls, bats, protective equipment, blocking dummies, batting cages, charging sleds and other implements related to specific OSAA activities. **Participation in conditioning activities must be optional.**
- D. **Open Period.** *The Open Period for all out-of-season team sports begins on the first Monday following the six-week Closed Period and ends when the next OSAA defined season begins. Dates shall follow the NFHS Numbered Calendar, as adopted by the OSAA. Fundamental skill development with an unlimited number of the school's student-athletes is allowed for a maximum of nine hours each week per program. All open facility times shall be included in the weekly limitation. It shall be a violation of the Practice Limitation Rule (6A Pilot) if there is any attempt by a coach during the Open Period to coach student-athletes from his/her high school in a contest in the activity he/she coaches at that high school. For the purpose of this rule, a contest is any event (practice, scrimmage, game, etc.) that involves anyone other than the students at your high school. While boys and girls basketball (and soccer) are examples of the same sport, for the purpose of this rule they are considered different activities. Participation in Open Period fundamental skill development and/or conditioning must be optional. 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.*
- E. **Dates for the 2017-18 School Year**
- 1) **OSAA Fall Season.**
    - a) *Official Practices begin for Fall Team Sport Coaches – Monday, August 14 (Week 7).*
    - b) *Closed Period for all Winter and Spring Team Sport Coaches – Monday, August 14-Sunday, September 24 (Weeks 7-12).*
    - c) *Open Period for all Winter and Spring Team Sport Coaches – Monday, September 25-Sunday, November 12 (Weeks 13-19).*
    - d) *Coaching Ends for Fall Team Sport Coaches – Day Following Last Varsity Contest.*
  - 2) **OSAA Winter Season.**
    - a) *Official Practices begin for Winter Team Sport Coaches – Monday, November 13 (Week 20).*
    - b) *Closed Period for all Fall and Spring Team Sport Coaches – Monday, November 13-Sunday, December 24 (Weeks 20-25).*
    - c) *Open Period for all Fall and Spring Team Sport Coaches – Monday, December 25-Sunday, February 25 (Weeks 26-34).*
    - d) *Coaching Ends for Winter Team Sport Coaches – Day Following Last Varsity Contest.*
  - 3) **OSAA Spring Season.**
    - a) *Official Practices begin for Spring Team Sport Coaches – Monday, February 26 (Week 35)*
    - b) *Closed Period for all Fall and Winter Team Sport Coaches – Monday, February 26-Sunday, April 8 (Weeks 35-40).*
    - c) *Open Period for all Fall and Winter Team Sport Coaches – Monday, April 9-Monday, May 28 (Weeks 41-47).*
    - d) *Coaching Ends for Spring Team Sport Coaches – Day Following Last Varsity Contest*
  - 4) **OSAA Summer Season.**
    - a) *Summer Season for Fall, Winter, and Spring Team Sport Coaches – Tuesday, May 29-Sunday, August 12 (Weeks 48-6).*
    - b) *Moratorium Week – Sunday, July 22-Saturday, July 28 (Week 4).*



1. Q. ***Under the Practice Limitation Rule (6A Pilot), may a coach work on fundamental skill development with two students a day as was allowed previously?***  
 A. ***Yes, but only during the Open Period. During the Open Period coaches may work with an unlimited number of students on fundamental skill development for a maximum of nine hours each week per program. All open facility times shall be included in the weekly limitation. During the Closed Period coaches are prohibited from working on fundamental skill development with any students.***
2. Q. ***Under the Practice Limitation Rule (6A Pilot), is a coach allowed to coach student-athletes from his/her high school in a contest during the Association Year outside their sport season in the activity he/she coaches at that high school?***  
 A. ***No.***
3. Q. ***Under the Practice Limitation Rule (6A Pilot), are coaches allowed to work on fundamental skill development with their students during the Open Period and organize their students to participate in contests while being coached by someone else?***  
 A. ***No.***
4. Q. ***Under the Practice Limitation Rule (6A Pilot), how does the maximum of nine hours each week per program work during the Open Period?***  
 A. ***Any fundamental skill development involving a coach and any number of students from the coach's school in the activity he/she coaches at that high school counts toward the maximum of nine hours each week per program (football, girls' basketball, boys' basketball, etc.). A week is defined as Monday-Sunday. All open facility times shall be included in the weekly limitation.***
5. Q. ***Are open gyms still permissible under the Practice Limitation Rule (6A Pilot)?***  
 A. ***Yes, provided they occur during the Open Period and fall within the maximum of nine hours each week per program. The terminology has been changed to "open facility" and is applicable to gymnasiums, fields, tracks, etc.***
6. Q. ***What are the penalties if a high school coach violates the Practice Limitation Rule (6A Pilot) by coaching members of his or her team during the Closed Period or in an out-of-season contest?***  
 A. ***Rule 5, "Violations of Regulations – Penalties" - outlines violations of rules and penalties. As outlined in Rule 5.2., violations of any rule of the OSAA could include probation, forfeiture, fines, suspension or expulsion from the Association. The Executive Board would determine the penalty.***
7. Q. ***Is a school in violation of the Practice Limitation Rule (6A Pilot) if an unpaid volunteer coach coaches both the high school team and an out-of-season team during the OSAA year?***  
 A. ***Yes, this would be a violation. The Practice Limitation Rule (6A Pilot) applies to any coach associated with a high school program (paid, volunteer, etc.).***
8. Q. ***Under the Practice Limitation Rule (6A Pilot), may two high school coaches "trade" teams and coach each other's teams in an out-of-season contest, or may a person coach a high school team and then arrange for his/her parent/spouse/family member to coach the out-of-season club team during the Association Year?***  
 A. ***No. The intent of the rule is to provide high school coaches with more opportunities to teach fundamental skill development during specified times during the Association Year.***
9. Q. ***A coach of a high school team arranges for a parent/spouse/family member to coach that same team in an out-of-season contest during the Association Year. Is this legal under the Practice Limitation Rule (6A Pilot)?***  
 A. ***No, this would be considered a violation.***
10. Q. ***Under the Practice Limitation Rule, may a high school coach work with a group of 9th graders before they turn out for a sport?***  
 A. ***Yes, provided it occurs during the Open Period.***
11. Q. ***Under the Practice Limitation Rule (6A Pilot), may a high school coach conduct club team try-outs prior to the end of the Association Year?***  
 A. ***No.***
12. Q. ***Under the Practice Limitation Rule (6A Pilot), may students serve as demonstrators at a clinic or camp at which their school coach is making a presentation outside of the OSAA season for that sport?***  
 A. ***Yes, provided the clinic or camp occurs during the Open Period or Summer Season.***
13. Q. ***Under the Practice Limitation Rule (6A Pilot), may a coach own a club on which there are teams, which include members of his/her school?***  
 A. ***Yes, but the coach may not personally coach a team with members of his/her school in the activity he/she coaches at that high school during the Closed Period. During the Open Period the coach may conduct fundamental skill development and/or conditioning but may not coach members of his/her school in a contest in the activity he/she coaches at that high school.***

14. Q. May a coach be present at a camp, clinic or practice during the ***Closed Period in the activity he/she coaches at that high school*** if his/her high school students are attending as participants?  
 A. No, a coach may not attend as an instructor or observer.
15. Q. Would it be a violation of the Practice Limitation Rule (***6A Pilot***) for a coach to teach members of the high school program in a sport-specific class outside of the season for that sport during the Association Year?  
 A. No, so long as the sport-specific class meets the following conditions:  
 1. The coach must be the teacher of record for the sport-specific class, and  
 2. The sport-specific class must be part of the regular school curriculum for which credit is granted, and  
 3. Enrollment in the sport-specific class must not be limited to team members.
16. Q. Would it be a violation of the Practice Limitation Rule (***6A Pilot***) if a school was to offer a sport specific class for which the coach is not the teacher of record, and the coach was allowed to attend the class as a guest and teach sport specific skills to members of the high school program outside of the season for that sport during the Association Year?  
 A. Yes.
17. 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.
18. 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."
19. Q. A school is conducting interviews for a vacant coaching position. Is the interviewee allowed to conduct a practice in part of the interview process?  
 A. Yes, but the trial practice session shall be no longer than 30 minutes in length.
20. Q. ***Under the Practice Limitation Rule (6A Pilot), may a high school coach work with his/her own children during the Closed Period?***  
 A. ***Yes, a coach may work with his/her own children at any time.***
21. Q. ***May a high school coach be present as a spectator at an out-of-season club team contest if his/her high school student(s) are participating on the team?***  
 A. ***Yes, this is allowed during both the Closed and Open Period.***
22. Q. (REVISED 09/17) ***During the Closed Period, may a high school facility be used by an out-of-season student from that high school?***  
 A. ***Yes, provided no coach from that school organizes the usage, is involved in it or is in attendance.***
23. Q. (REVISED 09/17) ***During the Closed Period, may a high school facility be used by an out-of-season coach to hold an out-of-season event or open facility?***  
 A. ***Yes, provided no student from his/her high school is present.***

2. **PRACTICE LIMITATION RULE** (OSAA Handbook, Executive Board Policies) **(Revised Fall 2017)**

- A. **Philosophy.** The following statements outline the philosophy of the OSAA regarding in-season and out-of-season sports.
- 1) The mission of OSAA member schools is to foster well-rounded individuals. The purpose of interscholastic athletics is to help educate boys and girls and not to prepare students for college athletics, which is a by-product of interscholastic competition available to a very small percentage of high school athletes.
  - 2) For most students, specialization in a single athletic activity is not in their best long-term interests.
  - 3) Students should be encouraged by coaches, administrators and parents to participate in a variety of school activities, including more than one sport during the school year.
  - 4) Schools should not allow use of school equipment, including uniforms and school district vehicles, and facilities by non-school organizations that promote a philosophy contrary to the above statements.
  - 5) There should be no promotion or publicity within a school for non-school programs, which promote a philosophy contrary to the above statements.

- B. **Preface.** The spirit of the Practice Limitation Rule is that every school and participant shall have the same opportunity to practice prior to the first contest. Practice is defined as the involvement of individuals from a member high school in any program, demonstration, instruction, or participation conducted in part or in its entirety by a person or a group of people who are or who have been involved in the coaching of any of these athletes in that sport at the high school, including volunteer coaches. Unless a person has been approved by the school district as a member of the coaching staff, that person may not practice against a team or a team member (example- throwing batting practice or working against a basketball post player).
- 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.**
- 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.
- E. **Open Facility.** The intent of an open facility is to provide an opportunity for a recreational activity to occur. The facility is provided so that any student in the school has an opportunity to participate. (See Team Sports Limitation listed above for additional information.)
- F. **Conditioning.** Conditioning is defined as a session where students work on physical fitness and conditioning by use of weights, running, and/or exercises. Conditioning does not allow for the use of individualized and specialized sports equipment or apparatus, including but not limited to: balls, bats, protective equipment, blocking dummies, batting cages, charging sleds and other implements related to specific OSAA activities. Participation in conditioning activities must be optional.
1. **Q.** Does the Practice Limitation Rule apply during the summer?
    - A. No. The Executive Board Policy is only in effect during the Association year, which starts on the first day of fall practice and ends after Memorial Day is observed.
  2. **Q.** May a school or an individual student compete in an indoor track meet?
    - A. The OSAA does not have a season designated for indoor track. Therefore, indoor track is not an OSAA sanctioned activity. Since track and field is an individual sport, it falls under the Individual Sports Limitation. A participant in indoor track must do so unattached and may not represent his/her high school. No school uniforms, equipment or transportation may be used.
  3. **Q.** What are the penalties if a high school coach violates the Practice Limitation Rule by coaching more than two members of his or her team in an out-of-season program?
    - A. **Rule 5, "Violations of Regulations – Penalties"** - outlines violations of rules and penalties. As outlined in **Rule 5.2.**, violations of any rule of the OSAA could include probation, forfeiture, fines, suspension or expulsion from the Association. The Executive Board would determine the penalty.
  4. **Q.** Is a school in violation of the Practice Limitation Rule if an unpaid volunteer coach coaches both the high school team and the out-of-season team during the OSAA year?
    - A. Yes, this would be a violation.
  5. **Q.** May high school team members belong to the same club team?
    - A. Yes, if the high school team members independently try out and/or belong to the same club team through no influence or direction from the high school coach, then no violation would occur.
  6. **Q.** Is it a violation of the Practice Limitation Rule if a high school coach works at a YMCA, "The Hoop," "Sports Nation," etc., during the Association year?
    - A. No, as long as the high school coach is not involved in directly coaching more than two players from his or her high school team on any given day.

- 7. Q.** Under the Practice Limitation Rule, may two high school coaches “trade” teams and coach each other’s teams in an out-of-season program, or may a person coach a high school team and then have his/her spouse coach the out-of-season club team?
- A.** No. The intent of the rule is to prevent the high school coach from directly or indirectly pressuring players from the high school team to play on an out-of-season club team. If the high school coach organizes the high school team members to congregate on the same out-of-season club team and then secures someone else to coach them, e.g., spouse, parent, another high school coach, etc., he or she would violate the intent of the rule and it would be considered a violation.
- 8. Q.** Under the Practice Limitation Rule, may the high school boys’ basketball coach work with the girls’ basketball club team?
- A.** Yes. Boys’ and girls’ programs at a high school in the same sport are considered separate sports for the purpose of the Practice Limitation Rule.
- 9. Q.** Under the Practice Limitation Rule, may the local golf pro coach the high school team and still give lessons to team members outside the high school season?
- A.** The Individual Sports Limitation Rule would allow this if allowed by the local school district and/or league.
- 10. Q.** A coach of a high school team allows a parent to coach that same team in an out-of-season program. Is this legal under the Practice Limitation Rule?
- A.** Yes, as long as the high school coach does not organize or require members of the high school team to participate on the out-of-season team coached by the parent.
- 11. Q.** Under the Practice Limitation Rule, may a high school coach work with a group of 9th graders before they turn out for a sport?
- A.** No. A coach may work with no more than two players (or potential players) outside the designated sports season.
- 12. Q.** Under the Practice Limitation Rule, may a high school coach work with 8th grade students before they enter high school?
- A.** Yes, so long as the contact occurs prior to the Fall first practice date on the OSAA Calendar. From that point, the students are considered high school students.
- 13. Q.** Under the Practice Limitation Rule, may a high school coach work with two students at a time, rotating the students every half-hour?
- A.** No. A high school coach may work with no more than two students from his or her school on any given day.
- 14. Q.** Under the Practice Limitation Rule, may a high school coach work with two students at one basket, then two different students at another basket, etc.?
- A.** No. A high school coach may work with no more than two students from his or her school on any given day.
- 15. Q.** Under the Practice Limitation Rule, may the head coach work with two students, the assistant coach work with two other students, the JV coach work with two other students, etc.?
- A.** No. All coaches in a program are collectively allowed to work with no more than two students from that school on any given day.
- 16. Q.** Under the Practice Limitation Rule, may a high school coach work with more than two students provided that any student(s) in excess of two are his/her children?
- A.** Yes. When determining number of players for the purpose of this policy, the children of the person coaching shall not count toward the limitation.
- 17. Q.** Are open gyms still permissible under the Practice Limitation Rule?
- A.** Yes. The terminology has been changed to “open facility” and is applicable to gymnasiums, fields, tracks, etc. The basic philosophy of an open facility is that it is a recreational opportunity open to anyone and that no instruction is occurring. A coach may not be “at the other end” of an open facility working with two students.
- 18. Q.** Are batting cages considered open facilities?
- A.** Yes, if a batting cage is open to anyone and no coaching is taking place. Merely throwing batting practice is not considered coaching. Hitting grounders and/or fly balls is considered a violation.
- 19. Q.** A high school baseball/softball coach wants to run a hitting camp for players prior to the first practice date for spring sports. Is this legal under the Practice Limitation Rule?
- A.** No. The high school coach may coach no more than two of his or her players on a given day outside of the OSAA designated sports season.
- 20. Q.** Under the Practice Limitation Rule, may a school have an “open gym” or “open field” where baseball/softball players play catch to get their arms in shape?
- A.** Yes, provided that no coaching is taking place.

21. Q. Under the Practice Limitation Rule, may a high school coach include graduating seniors on an out-of-season club team after the high school season in that sport has been completed?
- A. Yes. Once seniors have completed their sports season, they are no longer considered to be team members or potential team members for that sport.
22. Q. Under the Practice Limitation Rule, may a high school wrestling coach be involved with his wrestlers in AAU, Greco-Roman and/or freestyle wrestling?
- A. Yes. Under the Individual Sports Limitation Rule, local school districts and/or leagues may establish their own policy regarding the high school coach's involvement in individual sports such as wrestling.
23. Q. Under the Practice Limitation Rule, may a high school coach conduct club team try-outs prior to the end of the association year?
- A. No.
24. Q. Under the Practice Limitation Rule, may more than two students serve as demonstrators at a clinic or camp at which their school coach is making a presentation outside of the OSAA season for that sport?
- A. Yes, but with these restrictions:
- 1) More than two students may attend a camp or clinic only as demonstrators for a presentation by their coach. It would be a violation of the Practice Limitation Rule for more than two students to attend as participants at a clinic or camp at which their school coach is making a presentation unless the clinic or camp was held during the OSAA season for that sport.
  - 2) Each school is limited to only one clinic or camp to which this interpretation applies per program each school year.
  - 3) Clinic or camps to which this interpretation applies may be no more than two days in length.
25. Q. May a coach participate in an open gym with more than two members of his/her school?
- A. Yes, so long as no instruction takes place.
26. Q. May a coach participate on an organized team with more than two members of his/her school?
- A. No.
27. Q. Under the Practice Limitation Rule, may a coach own a club on which there are teams, which include more than two members of his/her school?
- A. Yes, but the coach may not personally coach a team with more than two members of his/her school.
28. Q. May a coach be present at a camp, clinic or practice during the Association Year outside of their sport's designated season if more than two or his/her high school students are attending as participants?
- A. No, a coach may not attend as an instructor or observer.
29. Q. ***May a high school coach be present as a spectator at an out-of-season club team contest if his/her high school student(s) are participating on the team?***
- A. ***Yes, this is allowed.***
30. Q. Under the Practice Limitation Rule may a high school coach work with his/her children and two additional students?
- A. Yes, a coach's children are not counted under the Practice Limitation Rule.
31. Q. Would it be a violation of the Practice Limitation Rule for a coach to teach more than two members of the high school program in a sport-specific class outside of the season for that sport during the Association Year?
- A. No, so long as the sport-specific class meets the following conditions:
- 1) The coach must be the teacher of record for the sport-specific class, and
  - 2) The sport-specific class must be part of the regular school curriculum for which credit is granted, and
  - 3) Enrollment in the sport-specific class must not be limited to team members.
32. Q. Would it be a violation of the Practice Limitation Rule if a school was to offer a sport specific class for which the coach is not the teacher of record, and the coach was allowed to attend the class as a guest and teach sport specific skills to more than two members of the high school program outside of the season for that sport during the Association Year?
- A. Yes.
33. 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.

- 34. 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.”**
- 35. Q.** A school is conducting interviews for a vacant coaching position. Is the interviewee allowed to conduct a practice with more than two students from a school in part of the interview process?
- A.** Yes, but the trial practice session shall be no longer than 30 minutes in length.
- 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 12, 2018**, which is two weeks prior to the start of spring practices on **February 26, 2018**.
- 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.

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

1. **PRACTICE MODEL** (*OSAA Handbook, Executive Board Policies*) **(Revised Fall 2017)**

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 diminish 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 Live Action 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 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.** May a team practice for 2 hours, take a 30-minute break, and resume for 1 hour?  
**A.** No, this would constitute a violation. Teams may not exceed the maximum practice time of three hours, including all breaks within the schedule.
12. **Q.** In football, are 7-on-7 drills permissible during teaching sessions?  
**A.** Yes, provided that they comply with the foregoing “teaching session” requirements.

2. **PARTICIPATION LIMITATIONS** (OSAA Handbook, Participation Limitations, Baseball)

(Revised September 2017)

- A. **Team.** A school team shall not play more than 26 games at each level of competition, exclusive of varsity district playoffs and state championships.
- B. **Individual.** A student shall not participate in more than 26 games, exclusive of varsity district playoffs and state championships. A student may participate in only one jamboree.

If a student participates in no more than seven innings on one day at different levels (e.g. four innings junior varsity, three innings varsity), the student is charged with participation in one game. For every additional seven innings played, or portion thereof, the student is charged with an additional game of participation. Participation in two games at the same level in one day counts as two games.

A game that goes into extra innings is considered an extension of the 7<sup>th</sup> inning and only counts as one inning played.

**NOTE:** The OSAA pitching limitation, which states that participation for any length of time in an inning as a pitcher shall count as one inning, applies during extra innings.

- C. **Jamboree.** A school may participate in only one jamboree at each level of competition. A jamboree shall include at least three teams, and shall not be counted as a contest. Jamborees may be held only on the first playing date and for 30 days thereafter. A jamboree is limited to not more than six innings (three or more teams) and limited to not more than three innings against any school and with each pitcher limited to not more than two innings.

D. **Pitching.**

- 1) A pitcher shall not pitch more than 110 pitches per day. A pitcher will be allowed to finish pitching to a batter if he reaches the daily maximum (110 pitches) during an at-bat, but then must be removed from the mound.
- 2) Pitch Count Limits and Corresponding Days of Rest. It is strongly recommended that once a pitcher is removed from the mound, consideration be given to the throwing requirements of the fielding position he will assume. It is strongly advised that a player does not play the positions of pitcher and catcher in the same game.

All levels 110 pitches/day max (Varsity and Sub-Varsity)

1-25 pitches = 0 days' rest (Level Zero)

26-45 pitches = 1 day rest (Level One)

46-60 pitches = 2 days' rest (Level Two)

61-85 pitches = 3 days' rest (Level Three)

86+ pitches = 4 days' rest (Level Four)

**EXCEPTION:** \*If a pitcher had thrown 61-85 pitches (Level Three) the day he last pitched, on his third day of rest he would be eligible to throw a maximum of 45 pitches (Level One). If he threw less than 25 pitches on that third rest day, he would then be eligible to throw the next day with a 110-pitch maximum. If he threw 26-45 pitches on that third rest day, he would need one full day of rest prior to pitching again.

**EXCEPTION:** \*If a pitcher had thrown 86-110 pitches (Level Four) the day he last pitched, on his fourth day of rest he would be eligible to throw a maximum of 25 pitches (Level Zero). Following the 25-pitch day, he would then be eligible to throw the next day with a 110-pitch maximum.

Day of Week	Pitches Thrown	Pitches Thrown	Pitches Thrown
Monday	61-85	61-85	86-110
Tuesday	Rest	Rest	Rest
Wednesday	Rest	Rest	Rest
Thursday	1-25	26-45	Rest
Friday	Full Eligibility	Rest	1-25
Saturday		Full Eligibility	Full Eligibility
Sunday			

- 3) **Tracking.** Schools are required to enter each Varsity player's pitch count on the OSAA website following each game and **by 10am the day following the contest or the school may be fined, the head coach may be suspended** or the player may be considered an ineligible participant. The home book is official but it is recommended that opposing teams compare as the game progresses for accuracy. Umpires will not be a part of the process.
- 4) The penalty if a baseball player pitches more than 110 pitches in a day and/or violates the days of rest requirement is forfeiture of the contest in which the pitcher exceeds his limit or violates the requirement.

1. **Q.** How is an intentional base on balls counted in the pitch count policy?  
**A.** A player's pitch count is not affected when issuing an intentional base on balls, unless pitches were actually thrown during the at-bat. The pitch count policy only counts pitches that are actually thrown.
2. **Q.** Is an ambidextrous pitcher allowed to exceed the pitch count limits if he switches to other arm?  
**A.** No. The pitch count limits are in effect for the player, not just one arm or the other.
3. **Q. What constitutes a pitch?**  
**A. Any throw by the pitcher that moves in the direction of home plate during live ball. Every pitch must be counted, remember to take into account all pitches, including the pitches thrown that a batter fouls off after having two strikes and pitches thrown where an offensive/batter's interference is called. Warm-up pitches are not counted in the pitch count.**
4. **Q. Does the pitching limitation count for the second game of a double header?**  
**A. The policy is based on days, not games. Therefore, a pitcher may pitch in both games of a double header, but the total pitch count for the day will be what is considered when determining the days of rest required. The total number of pitches for the day cannot exceed the 110 pitches.**
5. **Q. Is there a mandatory form that needs to be filled out per game?**  
**A. No, the OSAA does not mandate a form, but highly recommends using the form listed on the OSAA website, under Pitch Smart Resources.**



6. Q. *If a pitcher throws 40 pitches and the game is called because of weather, do those pitches count towards that pitcher's pitch count?*  
 A. *Yes, every pitch that is thrown needs to be recorded even if the game is postponed or cancelled. Ultimately, each school is responsible for adhering to the pitch count policy.*
7. Q. *Should the opposing teams get together during/after a contest to confirm/agree with the number of pitches thrown by each pitcher?*  
 A. *It is highly recommended that the opposing coaches or their adult representative consult with each other at the end of each inning to make sure the number of pitches thrown are consistent between the two scorebooks.*
8. Q. *Do sub-varsity pitchers need to follow this pitching limitation?*  
 A. *Yes, this policy is for all levels. Schools are mandated to enter pitch counts for Varsity pitchers into the OSAA website, through your school account.*
9. Q. *May a pitcher who has reached beyond the 25, 45, 60 or 85 pitch threshold exceed that limit while finishing an at-bat and still be considered within the limit?*  
 A. *No, each pitch beyond the 25, 45, 60 or 85 pitch threshold counts and will push the pitcher into the next level. The only time a pitcher is allowed to finish pitching to a batter without it counting is when he/she reach the daily maximum of 110 pitches during an at-bat.*
10. Q. *If a pitcher is throwing during one of the two exceptions; Level Four throwing on day four with a maximum 25 pitch limit or Level Three throwing on day three with a maximum 45 pitch limit and is close to his/her pitch count daily restriction of 25 or 45, can they finish that batter?*  
 A. *No, that would be considered a violation. If a pitcher is coming back to throw a day earlier than their required rest days per the exception they cannot surpass the maximum pitch limit for that exception (25 or 45 pitches). The only time a pitcher is allowed to finish pitching to a batter without it counting is when he/she reaches the daily maximum 110 pitches during an at-bat.*

3. **OFFICIALS – CERTIFIED REQUIREMENT** (OSAA Handbook, Executive Board Policies) (Revised Fall 2013)

- A. **General requirement.** Member schools shall secure certified officials from officials' associations that have been recognized and certified by the OSAA for all interscholastic activities requiring those officials. EXCEPTION: Any request for an exception to this policy must receive the approval of the Executive Director. Exceptions shall be considered only when adherence to this policy presents a financial hardship to the school or when the local officials' association is unable to service the member school. Any out-of-state official used under this exception in a contest in Oregon shall represent an association whose commissioner was an attendee at the OSAA Rules Interpreters' Clinic for that year.

OSAA certified officials are required for all sanctioned activities at the varsity and junior varsity levels including jamborees. EXCEPTION: OSAA certified officials are required in baseball and softball at the varsity level only. OSAA certified officials are required in football at all sub-varsity levels.

Schools, leagues and tournaments are limited to using a maximum of the quantity of officials assigned to State Championship contests unless written permission to exceed that quantity is received from the OSAA Executive Director prior to the event(s).

Schools have the responsibility to request permission from their local associations to use non-certified officials at sub-varsity contests where certified officials are not required.

- B. **Quantity requirements.** See **Officials Fee Schedule** for additional information.
- 1) **Baseball.** Two officials are required at the varsity level. One umpire may be used in an emergency situation only. Sub-Varsity: Two officials should be assigned, but one official may be assigned at the rate of 1-1/3rd the "per official fee."

4. **INTERRUPTED CONTESTS** (OSAA Handbook, Executive Board Policies) (Revised Fall 2015)

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.

- A. **Baseball.**
- 1) **For darkness and/or weather:**
- a) If fewer than 4 and 1/2 or 5 innings have been played, the contest shall continue from the point of interruption.
  - b) If 4 and 1/2 (home team ahead) or 5 innings have been played and the score is not tied, the contest is declared an official game.
  - c) If play has gone beyond five full innings, teams have had an equal number of completed turns at bat and the score is tied, the contest shall continue from the point of interruption.

- d) If play has gone beyond five full innings and is called when the teams have not had an equal number of completed turns at bat, the score shall be the same as it was at the end of the last completed inning, unless the home team in its half of the incomplete inning, scores a run (or runs) which equals or exceeds the opponent's score, in which case, the final score shall be recorded when the game is called. If the score was tied at the end of the last completed inning, the contest shall continue from the point of interruption.
  - e) If the two schools mutually agree or if there is an athletic district policy, the game need not be continued if it has no bearing on state championship representation.
- 2) For other reasons, among which include light failure, sprinkler system, etc., the contest shall continue from the point of interruption unless the teams mutually agree otherwise or there are athletic district rules that apply.
- 3) **Interrupted Contests Procedures.** The following procedures shall be followed by the umpires and teams in these situations:
- a) The umpires, both head coaches and both scorekeepers shall gather together to document the point of interruption on the lineup card and in the official scorebook (including inning, score, outs, runners on base, defensive charged conferences, etc.). The crew chief shall sign the lineup card and the official scorebook to insure that there are two copies.
  - b) The crew chief should then give the signed lineup card to the home coach to be kept with the official scorebook.
  - c) The umpires shall send their game report to their local assigner. If a different umpire crew is assigned, the local assigner shall send the game report details to the new crew as part of accepting the assignment.
  - d) The lineup card shall be given to the new or returning umpire crew during the pre-game when the game is to be continued from the point of interruption.

5. **ENDOWMENT GAMES** (OSAA Handbook, Executive Board Policies)      **(Endowment Game Application)**      ***(Revised Spring 2016)***

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 passes shall be accepted except for the OSAA Media Pass.
- 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:
  - 7) **Baseball.** One additional game 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 CHAMPIONSHIP INFORMATION

### 1. STATE CHAMPIONSHIPS POSTING TIMELINES:

- A. **Athletic Directors, Coaches and Spectators:** Detailed information regarding the Baseball State Championships will be posted on the OSAA website (<http://www.osaa.org/activities/bbl>) by April 25. 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. **Event Management Information:** Schools that host state championship games must download Event Management Information from the OSAA website (<http://www.osaa.org/activities/bbl>). Included will be information regarding expenses, admission policies, game management & ticket report, ticket booth signs, PA script, etc.

### 2. STATE CHAMPIONSHIP LOCATIONS AND TIMES:

- A. **First Round – Semifinals:** Refer to brackets for locations and home team designation.
- B. **Finals:** 3A, 2A/1A finals will be held on Friday, June 1 and 6A, 5A, 4A finals will be held on Saturday, June 2. OSAA will determine times for all finals.
- C. **Site:** Salem-Keizer Volcanoes Stadium, 6700 Field of Dreams Way NE, Keizer, OR 97307.

### 3. QUALIFICATION FOR STATE CHAMPIONSHIPS:

- A. **6A:** 32-team OSAA bracket
  - 1) **Automatic Qualifiers:** Twenty-four teams automatically qualify for the OSAA's 32-team bracket based on regular season and/or district tournament play. Each league determines how they will select their allotted playoff spots.  
PIL – 4; Metro – 4; Mt. Hood – 4; Three Rivers – 4; Greater Valley – 4; Southwest – 4
  - 2) **Rankings Freeze Date:** The rankings will freeze at 10pm on Saturday, May 12 (includes all games played that day).
  - 3) **At-Large Qualifiers:** Four additional teams qualify for the OSAA's 32-team bracket based on the OSAA rankings.  
Once the rankings are frozen, the four highest ranked teams not already an automatic league qualifier will qualify as At-Large teams.
  - 4) **Play-In Model:** Eight teams will qualify as Play-In teams based on the frozen OSAA rankings.
    - a) Once the 24 automatic league qualifiers and the four At-Large teams are determined, the next eight highest ranked teams will compete in four Play-In contests on Tuesday, May 15 (leaving May 16 and 17 open in case of inclement weather).
    - b) The eight teams will be ranked 1-8 with the highest ranked team hosting the lowest ranked team. Same league matchups will be avoided if possible. When a matchup of two league opponents exist, there will be ONE attempt to move the lower ranked team to avoid the matchup. If this doesn't resolve the problem then the matchup of the two opponents from the same league will take place. Winners advance to the OSAA 32-team bracket.
  - 5) **Rankings:** Once the 32 qualifying teams are determined, they will be placed on the OSAA bracket according to OSAA Executive Board Policy "[State Championships – Rankings.](#)"
- B. **5A:** 16-team OSAA bracket
  - 1) **Automatic Qualifiers:** Eight teams automatically qualify for the OSAA's 16-team bracket based on regular season and/or district tournament play. Each league determines how they will select their allotted playoff spots.  
Northwest Oregon – 2; Mid-Willamette - 2; Midwestern – 2; Intermountain – 1; Columbia River – 1
  - 2) **Rankings Freeze Date:** The rankings will freeze at 10pm on Monday, May 14 (includes all games played that day).
  - 3) **Play-In Model:** Sixteen teams will qualify as Play-In teams based on regular season and/or district tournament play. Play-In contests will take place on Friday, May 18 (leaving May 19 open in case of inclement weather). Winners advance to the OSAA 16-team bracket. The 5A Play-In matchups are as follows:
    - a) **North:** Intermountain #3 @ Northwest Oregon #3, Northwest Oregon #6 @ Columbia River #2, Columbia River #3 @ Northwest Oregon #4, Northwest Oregon #5 @ Intermountain #2.
    - b) **South:** Midwestern #6 @ Mid-Willamette #3, Mid-Willamette #5 @ Midwestern #4, Midwestern #5 @ Mid-Willamette #4, Mid-Willamette #6 @ Midwestern #3.

- 6) **Rankings:** Once the 16 qualifying teams are determined, they will be placed on the OSAA bracket according to OSAA Executive Board Policy "[State Championships – Rankings.](#)"

C. **4A:** 16-team OSAA bracket

- 1) **Automatic Qualifiers:** Eight teams, including the #1 team from the Cowapa, Tri-Valley, Oregon West, Sky-Em, Far West, Skyline and Greater Oregon leagues, along with the next highest ranked team between the #2's from the aforementioned leagues, will automatically qualify for the first round of the OSAA 16-team bracket (Group A) based on regular season and/or district tournament play. Each league determines how they will select their allotted playoff spots.
- 2) **Rankings Freeze Date:** The rankings will freeze at 10pm on Saturday, May 12 (includes all games played that day).
- 3) **Play-In Model:** The #2 teams from the Cowapa, Tri-Valley, Oregon West, Sky-Em, Far West, Skyline and Greater Oregon, along with the #3 from the league that has two representatives in Group A (guaranteeing all leagues host a play-in game) and the highest remaining ranked #3 team, will be the eight home teams in the Play-In round (Group B). This group will be placed into matchups based on their rankings (B1, B2, B3, etc.). The #3 teams from the Cowapa, Tri-Valley, Oregon West, Sky-Em, Far West, and Skyline, along with the highest ranked non-automatic qualifiers, will travel in the Play-In round (Group C). This group will be placed into the 19 open in case of inclement weather), and will be as follows: C8 @ B1, C7 @ B2, C6 @ B3, C5 @ B4, C4 @ B5, C3 @ B6, C2 @ B7, C1 @ B8. OSAA's same league matchup policy will be utilized in determining opponents for play-in contests. Winners advance to the OSAA 16-team bracket.

1. **Q.** If the Cowapa League #2 qualifies into Group A, who fills their spot in Group B?

**A.** The Cowapa League #3 would be moved to Group B to ensure that each league hosts a play-in game.

2. **Q.** Who are the non-automatic qualifiers?

**A.** Number 4, #5 and #6 from the Cowapa, Tri-Valley, Oregon West, Sky Em, Far West, Skyline and the #3 and #4 from the Greater Oregon.

- 7) **Rankings:** Once the 16 qualifying teams are determined, they will be placed on the OSAA bracket according to OSAA Executive Board Policy "[State Championships – Rankings.](#)"

D. **3A:** 16-team OSAA bracket

- 1) **Automatic Qualifiers:** Sixteen teams automatically qualify for the OSAA's 16-team bracket based on regular season and/or district tournament play on or before Saturday, May 19. Each league determines how they will select their allotted playoff spots.

**Lewis & Clark – 2; West Valley – 3; PacWest – 2; Mountain Valley – 2; Eastern Oregon – 3; Southern Cascade – 2. (OSAA Executive Board meeting 02/12/18)**

- 2) **Rankings Freeze Date:** The rankings will freeze at 10pm on Saturday, May 19 (includes all games played that day).
- 3) **At-Large Qualifier:** Two additional teams will qualify for the OSAA's 16-team bracket based on the OSAA rankings.
  - a) Once the rankings are frozen, the next two highest ranked teams not already an automatic league qualifier from Special District 3, Special District 4, Special District 5 will qualify as the At-Large team.
- 4) **Rankings:** Once the 16 qualifying teams are determined, they will be placed on the OSAA bracket according to OSAA Executive Board Policy "[State Championships – Rankings.](#)"

E. **2A/1A:** 16-team OSAA bracket

- 1) **Automatic Qualifiers:** Sixteen teams automatically qualify for the OSAA's 16-team bracket based on regular season and/or Special District tournament play on or before Saturday, May 19. Each league determines how they will select their allotted playoff spots.

**Special District 1 – 2; Special District 2 – 3; Special District 3 – 2; Special District 4 – 3; Special District 5 – 2; Special District 6 – 3. (OSAA Executive Board meeting 02/12/18)**

- 2) **Rankings Freeze Date:** The rankings will freeze at 10pm on Saturday, May 19 (includes all games played that day).
- 3) **At-Large Qualifier:** One additional team will qualify for the OSAA's 16-team bracket based on the OSAA rankings.
  - a) **Once the rankings are frozen, the highest ranked team not already an automatic league qualifier from Special District 2, Special District 3, Special District 4, Special District 5 or Special District 6 will qualify as the At-Large team.**
- 5) **Rankings:** Once the 16 qualifying teams are determined, they will be placed on the OSAA bracket according to OSAA Executive Board Policy "[State Championships – Rankings.](#)"

4. **STATE CHAMPIONSHIPS - HOME TEAM DESIGNATION** (OSAA Handbook, Executive Board Policies) (Revised Fall 2013)  
 During all rounds of each OSAA State Championship bracket, the better-ranked team shall be the designated home team.
5. **STATE CHAMPIONSHIPS – TEAM SIZE** (OSAA Handbook, Executive Board Policies) (Revised Fall 2013)
- A. The following limitations shall apply to replacement players and maximum team sizes for team sport State Championship events, first round through championship final. **NOTE:** Only players in uniform are allowed to participate in pre-game warm-ups.
- B. **Penalties for excessive team size:** Suiting up, warming up, or playing too many players shall be considered a gross act of unsportsmanlike conduct and may be punishable by fines, forfeiture and/or other penalties as determined by the OSAA Executive Board.
- 1) **Baseball.** Team: Replacement of players applies to each game. A player replaced on the roster may be reinstated to the roster in subsequent rounds. Maximum in uniform: 6A - 20; All other classifications – 18.
6. **STATE CHAMPIONSHIPS – ADOPTED BALL** (OSAA Handbook, Executive Board Policies) (Fall 2010)  
 The OSAA shall require that the officially adopted ball for that sport be used in all state championship contests, first round through final sites.
- A. **State Championship Contests at Home Sites.**
- 1) **Team sports (other than football).**
- a) **Procedure.** Officials shall confirm that the game balls provided by the home team are the officially adopted balls (**Wilson A1010-Pro**). If the home team does not have the officially adopted ball, officials shall inquire if the visiting team has the officially adopted ball, and use them if they are available. If neither team has the officially adopted ball, the contest shall be played, and officials shall report the violation by the host school to the OSAA.
- b) **Penalty.** If no officially adopted balls are available for use at an OSAA state championship contest, the host school shall be subject to fines, forfeiture and/or other penalties as determined by the OSAA Executive Board.
- B. **State Championship Contests Administered by OSAA Staff.** Officially adopted balls (**Wilson A1010-Pro**) shall be provided by OSAA staff administering the contests.

## **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 Spring 2016)  
 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 training is required once every four years.**

D. **Anabolic Steroids and Performance-Enhancing Substances Training.** <http://www.osaa.org/steroids>

The OSAA and Oregon State Law ([ORS 342.726](#)) require 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 *receive spirit safety training by achieving a passing score on the test included with the OSAA's online Spirit Safety Clinic*. This training is required annually.

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

The OSAA requires 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. 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) (Revised Fall 2015)  
**(Concussion-Return to Participation Medical Release)** **(Concussion-Return to Learn Medical Release)**

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. **EJECTION POLICIES – EJECTED PLAYER OR COACH** (OSAA Handbook, Executive Board Policies) **(Ejection Report)** (Revised December 2016)

- A. If a player or coach is ejected by an official, the commissioner of officials shall notify the OSAA and the athletic director of the school of the ejected player/coach by completing the online ejection report by the next workday. Ejected coaches must leave the contest immediately and shall remain out of "sight and sound" of the team for the duration of that contest and any other school contests that day. It shall be the responsibility of the school to disallow the ejected player or coach from participating during the period of suspension specified in the Regulations, regardless of whether written notification has been received by the school from the commissioner of officials. Should an ejected player participate or an ejected coach remain within "sight and sound" of the team during the period of suspension specified in the Regulations, and no appeal is pending, that action shall be considered use of an ineligible participant and shall result in forfeiture of that contest and other penalties as determined by the Executive Board.
- B. **Additional Requirements Regarding an Ejected Coach.** In addition to the requirements previously listed in this policy, an ejected coach shall be required to complete the online NFHS course, "Teaching and Modeling Behavior", within seven calendar days of the school being provided a license to take the course by the OSAA. Should a coach fail to complete the course requirement within the time limit stipulated in this policy, the ejection suspension shall be reinstated and the coach shall be ineligible to coach until the requirement has been fulfilled. Should an ejected coach remain within "sight and sound" of the team during the reinstated period of suspension specified in the Regulations, and no appeal is pending, that action shall be considered use of an ineligible participant and shall result in forfeiture of that contest and other penalties as determined by the Executive Board.
- C. **Appeal Process.** If the principal or the Athletic Director of the ejected coach/player and the commissioner of officials agree that the suspension should be set aside, the principal may appeal to the Executive Director within 48 hours of the ejection to set aside the next game suspension portion of the penalty. Unless the commissioner agrees that the suspension should be set aside, the appeal must be denied by the Executive Director. If the Executive Director denies an appeal, that denial may

be appealed to the Executive Board, which shall hear the appeal at its earliest convenience and issue a final ruling. Implementation of the next game suspension may be postponed during the time that an appeal is pending.

1. **Q.** When a player is ejected, may the player remain on the bench?  
**A.** Yes. The player is required to sit out the remainder of the contest, but may remain on the bench.
2. **Q.** When a coach is ejected, must the coach leave the playing area?  
**A.** Yes. The coach must leave the playing area and shall be allowed no further direct or indirect contact with the team until the contest is completed. In order to avoid direct or indirect contact, the coach must be “out of sight and sound” of the team.
3. **Q.** May a player sit on the bench during a period of suspension?  
**A.** Yes, but the player must not be in uniform.
4. **Q.** May a coach have any contact with a team at a contest following an ejection or at the contest at which the suspension is served?  
**A.** No. The coach is allowed no direct or indirect contact with the team during the contest following ejection. In order to avoid direct or indirect contact, the coach must be “out of sight and sound” of the team. Further, the coach is allowed no direct or indirect contact with the team at the contest at which the suspension is served nor is the coach permitted to attend the contest at which the suspension is served.
5. **Q.** May a coach or participant who has been suspended at one level of competition (e.g. varsity) participate in a contest at another level during the period of suspension?  
**A.** No.
6. **Q.** May a coach or participant who has been suspended at one level of competition (e.g. varsity) serve the suspension in a contest at another level?  
**A.** No.
7. **Q.** When a coach or player is ejected, when and over what period of time are the ejection period and suspension period?  
**A. NOTE:** If the ejection occurs in the last contest at a particular level, the suspension carries over to the next contest at any level in that sport in that season.

<u>Sport</u>	<u>Ejection Period</u>	<u>Suspension Period</u>
Baseball	Remainder of that day.	Sit out through next contest at that level.
Basketball	Remainder of that day.	Sit out through next contest at that level.
Football	Remainder of that day.	Sit out through next contest at that level.
Soccer	Remainder of that day.	Sit out through next contest at that level.
Softball	Remainder of that day.	Sit out through next contest at that level.
Volleyball	Remainder of that day.	Sit out through next playing date at that level.
Wrestling	Follow NFHS Rules Book.	Sit out through next contest at that level.
8. **Q.** When does the period of suspension begin?  
**A.** The suspension is served after the ejection has been served. The ejection and suspension may not be served simultaneously.
9. **Q.** May a coach or participant ejected from a contest serve the one-game suspension at a jamboree?  
**A.** No, the coach or participant may not count a jamboree as a “contest” for the purpose of serving the period of suspension. The coach or participant must sit out the jamboree and the next contest at that level of competition.
10. **Q.** May a suspended coach have contact with team members/other coaches of the team during the period of suspension on a game day that is a school day?  
**A.** A suspended coach may have contact with team members/other coaches of the team during regular school hours. However, once the regular school day is over, the coach must be “out of sight and sound” of the team members/other coaches of the team, and have no contact with them until the game is over.
11. **Q.** May a suspended coach have contact with team members/other coaches of the team during the period of suspension on a game day that is NOT a school day?  
**A.** The suspended coach may have no contact with team members/other coaches of the team until the game is over.
12. **Q.** May a suspended coach have any contact with other coaches of the team (for example, via mobile phone or wireless radio) during a game in which a suspension is being served?  
**A.** No. The suspended coach must be “out of sight and sound” of the contest during which a suspension is served.



13. Q. If a player or coach is ejected during the last contest of the season, does the unserved suspension carry forward to a subsequent season?  
A. No.
14. Q. In basketball, does the ejection of a player or coach as a result of receiving two technical fouls result in the player or coach being suspended through the next contest at that level?  
A. Yes, a player or coach who is ejected as a result of receiving two technical fouls is ejected for the remainder of the day and must sit out through the next contest at that level.
15. Q. Does the contest from which a participant is suspended due to an ejection count against the individual contest limitation for the participant?  
A. Yes.
16. Q. When a player or coach is ejected while acting as a spectator at a contest, but at which he or she is not serving as a player or a coach, does a period of suspension still apply?  
A. Yes. The ejected player or coach is suspended from all participation for the same period of time as if he or she had been a participant in the contest at which the ejection occurred.
17. Q. When a player or coach is ejected in one sport, may the player or coach participate or coach in another sport during the period of suspension?  
A. No.
18. Q. When a player or coach is ejected from an out-of-state contest, does the OSAA ejection policy apply?  
A. Yes. It is the responsibility of the school to notify the OSAA of the ejection.
19. Q. When a player or coach is ejected from an out-of-state contest, what appeals process is followed?  
A. If the school of the ejected player or coach wishes to appeal to set aside the next game suspension portion of the penalty for the ejection, it is the responsibility of the school to contact the commissioner of the out-of-state officials' association to obtain written information to submit to the OSAA in support of the appeal.
20. Q. ***May a forfeited contest that is not actually played count toward the period of suspension for a player or coach?***  
A. ***Yes, but only for a player or coach from the team that is receiving the forfeit. It would not count toward the period of suspension for a player or coach from the team forfeiting the contest.***

6. **EJECTION POLICIES – FINES** (OSAA Handbook, Executive Board Policies)

(Revised Fall 2015)

- A. Schools shall be assessed fines for ejections within specific sports programs. Each sport (e.g., Football, Boys Basketball, Softball) shall be tracked as separate and distinct for the purpose of calculating fines. When the first participant or coach in a sport is ejected, the school that the participant or coach is representing shall be assessed a \$50 fine by the Executive Board. A second ejection in the same sport during the same season shall result in the assessment of a \$100 fine, and each ejection thereafter in that sport during that season shall result in a fine to be increased by \$50 increments for each ejection without limitation.
- 1) **EXCEPTION:** The fine for an ejection in the last contest of the season shall be increased by \$100 over the greater of the standard fine described above or the most recent fine for that program.
  - 2) **EXCEPTION:** Soccer Player: A soccer player who is disqualified because he or she “deliberately handles a ball to prevent it from going into the goal” or “receives two cautions (yellow cards)” shall not be subject to the fine specified in this and other OSAA ejection policies, but shall be subject to the specified suspension.
- B. A school receiving five or more ejections during one school year shall be required to attend a sportsmanship training class and submit a written Plan of Correction to the OSAA, including timelines for implementation of the Plan.

7. **EJECTION POLICIES – MULTIPLE EJECTIONS OF INDIVIDUAL** (OSAA Handbook, Executive Board Policies)

(Fall 2012)

A second ejection during the same sport season will result in a two-game suspension. A third ejection during the same sport season will result in disqualification from further participation in that sport during that sport season.

8. **HEAT INDEX** (OSAA Handbook, Executive Board Policies

**(Heat Index Calculator)**

**(Heat Index Record)**

(Fall 2014)

Schools shall monitor the Heat Index for their geographic area prior to practices. Outlined below are the steps that each member school shall take in order to implement this policy. NOTE: Indoor activities where air conditioning is available are not bound by this policy.

- A. **Subscribe.** Athletic directors and coaches shall subscribe to OSAA Heat Index Notifications at <http://www.osaa.org/heat-index>. An OSAA Heat Index Alert is generated for areas where the forecasted high temperature and relative humidity indicate a

forecasted heat index that may require practice modifications. Only those areas that have a forecasted heat index of 95 or higher receive alerts. Notifications are sent daily via e-mail and/or SMS to subscribers.

- B. **Designate.** Schools shall designate someone who will take the necessary steps to determine and record the heat index for your geographic area within one hour of the start of each team's practice. This is only necessary on days when the school receives an OSAA Heat Index Alert. Depending on practice schedules, it is possible that the designated person will have to record the heat index multiple times on the same day.
- C. **Calculate.** Within one hour of the start of each team's practice on days when the school receives an OSAA Heat Index Alert, the designated person shall utilize the OSAA Heat Index Calculator to determine the actual heat index.
- D. **Record.** If the actual heat index is 95 or higher, the designated person shall record it using the OSAA Heat Index Record or by printing out a copy to be kept at the school for inspection at the request of the OSAA. A separate record shall be kept for each fall sport at each level. Practice modifications, as necessary, shall also be recorded. If the actual heat index is less than 95, no action is needed.
- E. **Act.** If the actual heat index is 95 or higher, activity should be altered and/or eliminated using the following guidelines:

- 1) **95° to 99° Heat Index:** OSAA Recommendation: Consider postponing practice to later in the day.
  - a) Maximum of five hours of practice.
  - b) Practice length a maximum of three hours.
  - c) Mandatory three-hour recovery period between practices.
  - d) Contact sports and activities with additional equipment - helmets and other possible equipment removed if not involved in contact or necessary for safety.
  - e) Provide ample amounts of water.
  - f) Water shall always be available and athletes should be able to take in as much water as they desire.
  - g) Watch/monitor athletes for necessary action.
- 2) **100° to 104° Heat Index:** OSAA Recommendation: Postpone practice to later in the day.
  - a) Maximum of five hours of practice.
  - b) Practice length a maximum of three hours.
  - c) Mandatory three-hour recovery period between practices.
  - d) Alter uniform by removing items if possible - allow for changes to dry t-shirts and shorts.
  - e) Contact sports and activities with additional equipment - helmets and other possible equipment removed if not involved in contact or necessary for safety.
  - f) Reduce time of planned outside activity as well as indoor activity if air conditioning is unavailable.
  - g) Provide ample amounts of water.
  - h) Water shall always be available and athletes should be able to take in as much water as they desire.
  - i) Watch/monitor athletes for necessary action.
- 3) **Above 104° Heat Index:** OSAA Recommendation: Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

9. **LIGHTNING SAFETY GUIDELINES** (OSAA Handbook, Executive Board Policies) (From NFHS Sports Rules Books) (Revised Fall 2015)

- A. These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder.
- B. **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) When thunder is heard or a cloud-to-ground lightning bolt is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for 30 minutes and take shelter immediately.

- b) Thirty-minute Rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
  - c) Any subsequent thunder or lightning 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.

C. For more detailed information, refer to the “Lightning and Thunder Safety” section contained in the NFHS Sports Medicine Handbook.

**10. MORATORIUM WEEK** (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:

2017	July 23 – July 29	2020	July 26 – August 1
2018	July 22 – July 28	2021	July 25- July 31
2019	July 28 – August 3	<b>2022</b>	<b>July 24 – July 30</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."**

11. **OFFICIALS – HOST SCHOOL RESPONSIBILITIES** (OSAA Handbook, Executive Board Policies)

(Revised Winter 2014)

A game manager shall be designated by the host school for all contests in sports that use certified officials. A member of the coaching staff of the home team is not eligible to serve as game manager during a varsity contest at which he or she is coaching. A coach of a sub-varsity team may act as the game manager at a sub-varsity contest at which he or she is coaching. The game manager shall wear easily recognizable identification, shall be physically present and / or readily accessible by phone, and shall be responsible for:

- A. Designating reserved parking for officials as close as possible to the contest site where available if requested by the commissioner of the Local Association providing the officials;
- B. Designating dressing facilities for officials where available if requested by the commissioner of the Local Association providing the officials;
- C. Monitoring and responding to inappropriate crowd conduct during and after the contest; and
- D. Providing an escort to the designated dressing facilities or vehicle for officials following each contest unless that offer is declined.

12. **REPORTING SCHEDULES AND RESULTS** (OSAA Handbook, Executive Board Policies)

(Revised Fall 2015)

A. **Schedules.**

- 1) **Team Sports.** It shall be the responsibility of each member school to submit varsity team schedules to the OSAA through <http://www.osaa.org/> prior to the first contest date of that sport's season. Varsity schedules are required for the following OSAA-sanctioned sports: football, boys' soccer, girls' soccer, volleyball, boys' basketball, girls' basketball, baseball, softball. Subsequent changes to each varsity team's schedule shall be submitted as they occur throughout the season.
- 2) **Wrestling.** It shall be the responsibility of each member school to input varsity team schedules into the assigned TrackWrestling team profile prior to the first contest date. Subsequent changes to the schedule shall be submitted as they occur throughout the season.

B. **Results.**

- 1) **Team Sports.** The host school is required to report the result of each varsity contest through <http://www.osaa.org/> by 10pm on the day the contest is played. In neutral site contests, the designated home team shall report the result. In the case where an OSAA member school is competing outside of Oregon, it is the responsibility of the member school to report the result. Reports of varsity scores are required for the following OSAA-sanctioned sports: football, boys' soccer, girls' soccer, volleyball, boys' basketball, girls' basketball, baseball, softball.
- 2) **Wrestling.** Member schools shall verify after all Varsity dual meets and Varsity tournaments (individual and dual meet formats) that complete results are entered into the school's assigned TrackWrestling team profile and have been accepted. It is highly recommended, but not required, that all events be scored live using TrackWrestling. If the host school does not score the event live using TrackWrestling, then the host school has the responsibility for inputting results

for all participating teams within 24 hours after the conclusion of the event. In the case where an OSAA member school is competing outside of Oregon, it is the responsibility of the member school to input the results.

- C. **Consequences of Failure to Report Complete Schedules.** Failure to report a complete schedule shall be punishable by fines, forfeiture and/or other penalties as determined by the OSAA Executive Board.
- D. **Consequences of Failure to Report Results.** Failure to report results shall cause the following progressive sanction(s) process for each individual incident and in the time stated. Failure to report results by the 3<sup>rd</sup> Level shall be punishable by fines, forfeiture and/or other penalties as determined by the OSAA Executive Board.

1) **Team Sports:**

- a) 1<sup>st</sup> Level – Reminder Email (1<sup>st</sup> day after scheduled contest)
- b) 2<sup>nd</sup> Level – Warning Email (2<sup>nd</sup> day after scheduled contest)
- c) 3<sup>rd</sup> Level – Probation Email (3<sup>rd</sup> day after scheduled contest)

2) **Wrestling:**

- a) 1<sup>st</sup> Level – Reminder Email (5<sup>th</sup> day after scheduled contest)
- b) 2<sup>nd</sup> Level – Warning Email (6<sup>th</sup> day after scheduled contest)
- c) 3<sup>rd</sup> Level – Probation Email (7<sup>th</sup> day after scheduled contest)

13. **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.

14. **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.

15. **STATE CHAMPIONSHIPS – RANKINGS** (OSAA Handbook, Executive Board Policies)

(Revised Fall 2017)

The OSAA shall use a ranking system to place qualifying teams on to OSAA State Championship brackets in the following team sports: football, boys' soccer, girls' soccer, volleyball, boys' basketball, girls' basketball, baseball and softball. Specifics regarding the ranking system and its implementation are listed below.

- A. **Overall OSAA Ranking.** The overall OSAA ranking system shall be a combination of a Rating Percentage Index (RPI) system and the Colley Rating system. Each team will have an RPI Rank and a Colley Rank that will be averaged to create their overall OSAA Ranking. The Colley Rank will be used to break ties between teams with the same OSAA Ranking.
- B. **Rating Percentage Index (RPI).** Factors included are wins, losses, ties and location of the contest (home, neutral, away). Score differential and rewards/penalties for playing teams outside one's classification are not a part of the RPI system.
  - 1) **Weighting of Contests.** The weight of a particular contest in the RPI system is determined by its location.
 

Home Win – .8 of .8	Road Win – 1.2 of 1.2	Neutral Site Win – 1.0 of 1.0
Home Tie – .4 of .8	Road Tie – .6 of 1.2	Neutral Site Tie - .5 of 1.0
Home Loss – 0 of 1.2	Road Loss – 0 of .8	Neutral Site Loss – 0 of 1.0
  - 2) **Percentage Breakdown.** The RPI system factors a team's weighted winning percentage (35%) and a team's opponents' winning percentage (65%) to create a team's RPI ranking.
- C. **Colley Rating.** This system is based on winning percentage, which is adjusted for a team's strength of schedule. Only games against opponents within the same classification are included in the formula. When this system is expanded to include all teams in a classification, a linear system is created with the same number of variables as there are equations. The result of the calculations is a rating for each team in the classification that measures the team's winning percentage against the strength of its opponents and the interactions of their opponents with all teams within the classification.
- D. **Results.** Wins and losses shall be included in the rankings for all team sports. Ties shall only be included for boys' and girls' soccer.
  - 1) **Endowment Games.** Results from contests designated as Endowment Games shall be included.
  - 2) **Independent Status Teams.** Results from contests that have been granted Independent Status by the OSAA shall be included.

- 3) **Forfeits.** Forfeits shall be included and counted as a loss for the forfeiting team and a win for the team receiving the forfeit victory. However, in the RPI system, computation of opponents' winning percentage (OWP) shall not include the results of any forfeits **where the result of the contest changes due to the forfeit**. Contests that have been legally played (using eligible players, etc.) shall not be counted as forfeits in the rankings, regardless of a league/district's standard operating procedures.
  - 4) **Out of State Teams.** In the RPI system, results from contests against out of state teams shall be included in a team's weighted winning percentage and a team's opponents' winning percentage only. Schools are strongly encouraged to utilize the Out-of-State Opponent form in order to have direct, regular contact with these teams.
  - 5) **Out of Country Teams.** In the RPI system, results from contests against out of country teams shall not be included, except for contests against teams who are members of NFHS Affiliate Associations (e.g. Canadian provinces, U.S. territories, etc.) which shall be treated like contests against out of state teams.
  - 6) **Contests vs. Teams Whose Classification's Rankings Are Frozen.** Results from contests involving any team whose classification's rankings are already frozen shall not be included in the rankings.
  - 7) **Contests vs. Teams More Than One Classification Away.** In the RPI system, results from contests added to a team's schedule after a certain date each season (**Fall – Sept. 13; Winter – Dec. 20; Spring – Apr. 4**) vs. a team more than one classification away shall not be included in the rankings. **NOTE:** bracketed contests at tournaments are not affected by this policy.
  - 8) **Contests Added After a Certain Date.** Results from contests added to a team's schedule after a certain date each season (**Fall – Sept. 27; Winter – Jan. 10; Spring – Apr. 11**) shall not be included in the rankings. **NOTE:** Contests not affected by this policy include bracketed contests at tournaments, league tiebreakers, and district/league tournaments. Schools may apply for an exception to OSAA Staff in extenuating circumstances.
  - 9) **Volleyball Pool Play.** Results from pool play in volleyball tournaments shall not be included.
  - 10) **1A Football.** Results from contests between 1A football teams (8-man) and other classifications shall not be included.
  - 11) **JV Teams.** Results from contests against JV teams shall not be included.
  - 12) **Alumni Teams.** Results from contests against alumni teams shall not be included.
  - 13) **Jamborees.** Results from jamborees shall not be included.
  - 14) **Cancellations.** Results from contests that are cancelled shall not be included.
- E. **Home/Away Designation.** Since the RPI system factors in where a contest is played, it is important that schools correctly designate this information when reporting schedules and results, especially for tournaments. Tournament play shall be considered a neutral site, except for contests played by the tournament host at its home venue. Baseball and softball contests, even those played as part of a tournament, shall not be listed as neutral due to the fundamental difference associated with being the home team in those sports (advantage of batting last).
- F. **Ranking Timelines.** The rankings for each team sport shall be available to the public through the OSAA website beginning with the first contest date of each sports season. Rankings shall be frozen on the following dates for each classification in each team sport:

<u>Sport (includes all games played on that day)</u>	<u>6A</u>	<u>5A</u>	<u>4A</u>	<u>3A &amp; 2A</u>	<u>1A</u>
<b>Volleyball - Rankings Freeze Date (10pm)</b>	<i>Thurs, Oct. 19</i>	<i>Sat, Oct. 21</i>	<i>Tues, Oct. 17</i>	<i>Tues, Oct. 24</i>	<i>Mon, Oct. 23</i>
<b>Soccer - Rankings Freeze Date (10pm)</b>	<i>Sat, Oct. 21</i>	<i>Wed, Oct. 25</i>	<i>Tues, Oct. 24</i>	<i>Sat, Oct. 28</i>	<i>Sat, Oct. 28</i>
<b>Football - Rankings Freeze Date (10pm)</b>	<i>Fri, Oct. 27</i>	<i>Fri, Oct. 27</i>	<i>Fri, Oct. 20</i>	<i>Sat, Oct. 28</i>	<i>Fri, Oct. 27</i>
<b>Basketball (Girls) - Rankings Freeze Date (10pm)</b>	<i>Wed, Feb. 21</i>	<i>Fri, Feb. 23</i>	<i>Tues, Feb. 20</i>	<i>Sat, Feb. 17</i>	<i>Sat, Feb. 17</i>
<b>Basketball (Boys) - Rankings Freeze Date (10pm)</b>	<i>Thurs, Feb. 22</i>	<i>Sat, Feb. 24</i>	<i>Tues, Feb. 20</i>	<i>Sat, Feb. 17</i>	<i>Sat, Feb. 17</i>
<b>Baseball/Softball - Rankings Freeze Date (10pm)</b>	<i>Sat, May 12</i>	<i>Mon, May 14</i>	<i>Sat, May 12</i>	<i>Sat, May 19</i>	<i>Sat, May 19</i>

- G. **Breaking Ties in the Overall Rankings.** In the event of a tie in the final overall OSAA Rankings, the teams' Colley Rank will be used to break the tie. Although the Colley Ratings are displayed to the thousandths, the Colley Ratings shall be extended to as many digits as possible in order to break the tie. If a tie still exists then head-to-head competition shall decide the higher overall OSAA ranking. If a tie still exists, the RPI ranking shall be extended to as many digits as possible in order to break the tie. If that does not resolve the tie, the RPI ranking shall be extended to as many digits as possible for each of the following components in this order: winning percentage, weighted winning percentage, opponents' winning percentage. If a tie still exists, a coin flip by the OSAA staff shall decide the higher overall OSAA ranking.

- H. **Home Games for League Champions.** League champions at the 6A, 5A, 4A, 3A, 2A and 1A classifications shall be guaranteed a home game in their first state playoff contest, provided that the league champion finished in the top 16 of the final frozen rankings. Only one team per league will be considered the league champion under this policy; ties must be broken by the league. League champions meeting this criterion shall be moved up in the rankings the least number of places in order to ensure a home game (e.g. a league champion ranked #13 in the final frozen rankings shall be moved up to #8 and affected teams will shift down accordingly). League champions not meeting this criterion shall not be moved.
- I. **Avoiding Same League Matchups in 1<sup>st</sup> Round.** The OSAA Staff shall make adjustments to the bracket to avoid teams from the same league matching up in the 1<sup>st</sup> Round. At the 1A level in volleyball and basketball, adjustments to the bracket shall be made beginning in the Round of 16 to avoid same league matchups. The following process shall be used:
  - 1) Always move the lower ranked team when a conflict occurs.
  - 2) Never take a home game away from a team when trying to resolve a conflict.
  - 3) Make a total of three moves for a team to try and fix the conflict.
  - 4) The three moves must move downward, if possible (e.g. #23 shifting with #24, #25, #26).
  - 5) If there is not room to move downward (e.g. #32 is the conflict in a 32-team bracket), then move upward.
  - 6) If the conflict is not resolved after a total of three moves, no change shall be made to fix the conflict.
- J. **Placing Teams on the OSAA Bracket.** Once any adjustments are completed per sections H and I above, teams shall be assigned an adjusted playoff ranking (APR) and placed on the bracket accordingly (e.g. 1-32, 1-16, etc.).

**16. 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.
- A. 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.
6. **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.
7. **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.
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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.