



Oregon School Activities Association
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2018-19 CHEERLEADING PLAN BOOK

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SEASON DATES

First Practice Date	August 13
First Contest Date.....	August 23
Registration Forms Available.....	December 5
Registration and Supplemental Materials Deadline / Cutoff Date.....	January 16
All State Championships.....	February 9
2019-20 Sanction Application Deadline	March 29

NFHS 2018-19 SPIRIT RULES

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

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

2018-19 NFHS RULES REVISIONS:

1-Definitions (NEW)	Head Spring - A tumbling skill in which a person places both hands and their head on the performing surface, pushes off with the hands while flipping the legs overhead and landing on their feet. Rationale: A rule regarding head springs was added.
1-Definitions (NEW)	Head Spin - A skill in which a person balances on their head while rotating on the performing surface. Rationale: A rule regarding head spins was added.
1-Definitions (NEW)	Headstand - A skill in which a person balances on their head on the performing surface. Rationale: A rule regarding headstands was added.
1-Definitions	Non-release Stunt – A stunt in which contact is maintained between a top person and base(s) a person on the performing surface. Rationale: Contact can be maintained by a base, spotter, or post. The revised definition more accurately describes the skill.
1-Definitions	Swedish Fall – An extended stunt in which the top person in a prone position supports her own upper body by placing her hands on the shoulders of a base while her lower body is supported by another base's extended arms. Rationale: The revised definition more accurately describes the stunt.
1-Definitions	Suspended Roll: A stunt in which upright base(s) or post(s) hold a top person's hand(s)/arm(s) while the top person performs continuous hip-over-head rotation. Rationale: Eliminating “upright” allows more skills to be used without increasing risk.
1-Definitions	Assisted Inverted Floor Skill – An inverted participant on the performing surface that is partially supported by non-inverted participant(s) who is/are also on the performing surface. Rationale: There are no rules or situations that use this definition. Remove excess content.
1-Definitions	Tension Drop - A partner stunt (e.g. shoulder stand) in which the base leans forward until the top person dismounts to the performing surface without assistance. 3.7.11 Tension drops are not permitted. Rationale: Eliminate duplicate content.
1-Definitions (NEW)	Shoulder stand - A top person stands on a base's shoulders. Rationale: Definition needed to interpret skill.

<p>1-Definitions</p>	<p>Release Transition/Release Pyramid Transition – A top person changes from one stunt to another (including loading positions) during a temporary loss of physical contact with his/her base(s). <u>all personnel on the performing surface.</u></p> <p>Rationale: The revised definition more accurately describes the stunt.</p>
<p>3-1-11 (NEW) 4-1-11 (NEW)</p>	<p>Apparel / Accessories: <u>ART. 11 ... For religious reasons, in the event there is documented evidence provided to the state association that a participant may not expose his/her uncovered head, the state association may approve a covering or wrap which is not abrasive, hard or dangerous to any other participant and which is attached in such a way it is unlikely to come off during performance.</u></p> <p>Rationale: This language is aligned with other NFHS rule books. Religious head covering, wrap, or other required religious garments that are not dangerous or likely to come off during participation are not a risk.</p>
<p>3-2-8 4-2-8</p>	<p>Stunting Personnel: (p)ART. 8 ... A spotter is required for tosses to single base shoulder stands and single base prep-level stunts in which the foot/feet of the top person are in the hands of the base.</p> <p>Rationale: Often when performing this skill, the top person's feet get caught on the front of the shoulders of the base and the momentum takes the top person off the back of the stunt with their head toward the ground. The spotting requirement will help decrease safety risk to the top person's head and neck area.</p>
<p>3-3-5b (NEW) 3-3-5g (NEW)</p>	<p>ART. 5... Braced flips in a pyramid are permitted provided all the following conditions are met: ... b. The top person shall have at least three people involved who were the original bases or spotters. <u>There must be three people involved in the toss and catch of the top person either as a base or spotter.</u> g. <u>When the catchers are not the original bases, the new catchers are in place when the flip is initiated, remain close to the original bases and are not part of any other skill.</u></p> <p>Rationale: Allowing three new catchers to catch the top person during a braced flip does not increase the safety risk to the top person.</p>
<p>3-3-6a</p>	<p>1) ART. 6... In all other inversions: a. Inversions may release to the following provided there is a spotter: 1. <u>Non-inverted</u> dismounts with no more than a ½ turn.</p> <p>Rationale: Releases from inversion to the performing surface or a cradle should not end in an inverted position for the safety of the top person.</p>
<p>3-3-6b (1) 4-3-6b(1)</p>	<p>ART. 6... In all other inversions: ... b. In inversions where the base of support begins and remains below prep level at least one person shall be in a position to protect the head/neck of the top person and shall maintain contact with the top person upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact shall be sufficient to stabilize/control the top person's position.</p> <p>Rationale: This will allow additional inversions below prep level while maintaining contact with a base. The risk is limited due to the fact that the top person's base of support is below prep level and the base will have contact with the top person until they are no longer inverted or have their hands on the performance surface.</p>
<p>3-3-6c 4-3-6c 3-3-6c(2) Exceptions 1,2</p>	<p>: ART. 6... In all other inversions: ... c. Inversions where the base of support begins at or passes through prep level: 1. Require two bases or a base and a spotter. <u>2. Requires</u> at least two people on the performing surface must be to be in a position to protect the head/neck of the top person, one of whom must maintain contact with the top person's upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position.</p> <p>EXCEPTIONS: 1. A foldover that begins at or below prep level and does not stop in an extended position is allowed. <u>When the catchers are not the original bases, the new catchers shall be in place when the inversion is initiated, remain close to the original bases and are not part of any other skill.</u> 2. In a single-base suspended roll, there must be continuous hands-to-hands contact between the base and the top person.</p> <p>Rationale: Combining c1 and 2 clarifies and simplifies the rule. Exception 1- Allowing new catchers to catch the top person during a foldover does not increase the safety risk of the top person. Exception 2- Eliminating the criteria for continuous hands-to-hands contact does not increase the safety risk. The safety of the top person in a single base suspended roll is covered in the rule and does not require an exception to address the safety of the skill.</p>

3-5-5f	<p>ART. 5 ... Release transitions are permitted provided all of the following conditions are met throughout the transition: ... f. The top person is caught by original base(s). <u>When the catchers are not the original bases, the new catchers are in place when the transition is initiated, remain close to the original bases and are not part of any other skill.</u></p> <p>Rationale: Allowing new catchers to catch the top person during a release does not increase the safety risk for the top person because the new catchers have to remain close to the original bases and must be in place prior to the initiation of the release.</p>
<p>3-7-2 4-7-2 3-7-3 4-7-3 3-7-2 4-7-2 (NEW)</p>	<p>ART. 2 ... Dismounts to the performing surface from prep level or above require assistance from a base or spotter. This assistance must be sufficient to slow the momentum of the top person. ART. 3 ... Dismounts to the performing surface from prep level or above that involve a skill (e.g., toe touch, twist, etc.) require two bases or a base and a spotter. Assistance is required from at least one base or spotter. This assistance must be sufficient to slow the momentum of the top person. ART. 2 ... Dismounts to the performing surface from prep level or above are permitted provided the following conditions are met: a. Assistance from a base or spotter is required and the assistance must be sufficient to slow the momentum of the top person. b. If the dismount involves a skill (e.g., toe touch, twist, etc.) two bases or a base and a spotter is required, and the assistance must be sufficient to slow the momentum of the top person.</p> <p>Rationale: This does not change the criteria or rule for dismounts to the performing surface. This change is for formatting purposes, which makes the rule easier to understand and interpret.</p>
4-8-2b	<p>(p) ART. 2 ... Tumbling while holding props is not permitted except for the following: ... b. holding one or <u>props</u> during airborne or non-airborne tumbling skills in which hand(s) are not being used for support. <u>The props shall not be made of hard material, have corners, or sharp edges.</u></p> <p>Rationale: Allowing soft props for dance for interpretive purposes conforms to the current trends of the sport.</p>
4-8-8 (NEW)	<p>Tumbling: ART. 8 ... Headstands, head spins and head springs in which the hands are not used for support <u>are prohibited.</u></p> <p>Rationale: When hands are not used for support in headstands, headspins and headsprings, the performer cannot stabilize him/herself, increasing the risk of injuries to the neck</p>

Requests for 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 CHEERLEADING RULES AND INTERPRETATIONS

The NFHS Spirit Rules Book will be used.

OSAA CHEERLEADING HANDBOOK: <http://www.osaa.org/docs/handbooks/chehandbook.pdf>

1. **General.** Cheerleading squads representing OSAA member schools are required to conform to the rules set forth in the current National Federation Spirit Rules Book. Copies of the rules book are available for purchase from the OSAA, and should be reviewed at least yearly by cheerleading coaches.
2. **Coverage.** The rules set forth in the current National Federation Spirit Rules Book must be followed regardless of the capacity in which the cheerleading squad is functioning. The rules apply equally to squads performing at competitions and squads performing in a support function at a game or contest.
3. **Violations.** In addition to the penalties specified for squads competing at OSAA sanctioned cheerleading contests, schools represented by cheerleading squads, which violate the cheerleading safety rules at any time may be subject to sanctions and penalties as determined by the OSAA Executive Board. See Cheerleading Handbook, State Championships Rules and Procedures, for more information.
4. **Questions.** Questions about the legality of a particular stunt should be addressed to the OSAA prior to practicing or performing the stunt.

OSAA CHEERLEADING 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 First Practice Date to 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 practice 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, Cheerleading (Competitive)*) (*Revised Fall 2009*)
A. Individual. A JV cheerleader may participate in both the varsity and JV performances at the same cheerleading competition no more than twice each school year. Under no circumstances may a varsity cheerleader participate on a JV team performance at any cheerleading competition.

STATE CHAMPIONSHIP INFORMATION

1. STATE CHAMPIONSHIPS POSTING TIMELINES:

- A. REGISTRATION INFORMATION:** <http://www.osaa.org/activites/che/>

Detailed information regarding Registration will be posted on the OSAA website by 4pm on Wednesday, December 5, 2018. It is essential that all participating schools access this information. Included will be information regarding submission of program information, upcoming posting dates, as well as information regarding general Cheerleading State Championship information. Deadline to submit registration and supplemental materials is Wednesday, January 16, 2019. Late entries and/or supplemental materials will not be accepted.

B. **AD/COACH AND SPECTATOR INFORMATION:** <http://www.osaa.org/activities/che/>

Detailed information regarding the Cheerleading State Championships will be posted on the OSAA website by noon on Friday, January 18, 2019. It is essential that participating teams and individuals access this information prior to the state championships. Included will be information regarding where to purchase tickets and prices, parking, maps, how to submit souvenir program information, souvenir merchandise, etc.

C. **CHAMPIONSHIP SCHEDULE:** <http://www.osaa.org/activities/che/>

Championship Schedule will be posted by noon on Friday, January 18, 2019. This schedule contains the performance order, team photo schedule, check-in time, practice schedule and performance time. Check the OSAA website frequently prior to the State Championships for any schedule changes.

2. **STATE CHAMPIONSHIP LOCATIONS AND TIMES:**

A. **Finals:** Saturday, February 9, 2019.

B. **Site:** Veterans Memorial Coliseum, 300 Winning Way, Portland, OR 97208

3. **DIVISIONS.** The divisions at the Cheerleading State Championships shall include varsity level squads based upon school classification and squad gender as indicated below. NOTE: Squads with one or more male squad members shall participate in a Coeducational Division. Once Divisions have been established, changes will not be permitted.

<u>Division Title</u>	<u>Squad Size</u>	<u>Squad Gender</u>	<u>Minimum Division Entry</u>
3A/2A/1A	20 or fewer	Females	5
4A	20 or fewer	Females	5
5A	20 or fewer	Females	8
6A	20 or fewer	Females	8
Coed (Small; 1-2 males)	20 or fewer	Coeducational	8
Coed (Large; 3 or more males)	20 or fewer	Coeducational	8

4. **DIVISION CHANGES:** The schedule and divisions will be set based upon registration forms received. Once Divisions have been established, changes will not be permitted. See [Cheerleading Handbook, Rule 1.5, "Minimum Division Entry"](#) for more information.

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. **AIR QUALITY GUIDELINES** (*OSAA Handbook, Executive Board Policies*) (May 2018)

These guidelines, created in consultation with the Oregon Health Authority (OHA), provide a default policy to those responsible or sharing duties for making decisions concerning the cancelation, suspension and/or restarting of practices and contests based on poor air quality.

- A. **Designate Personnel:** Given the random behavior of wind and air currents, air quality may change quickly. Schools shall designate someone who will monitor the air quality prior to and during outdoor activities. While typically due to wildfires, schools need to also consider non-wildfire situations if the air quality is unhealthy.
- B. **Areas with Air Reporting Stations:** The Air Quality Index (AQI) should be monitored throughout the day, and during an event, to have the best data possible to make informed decisions about conducting practices and competitions. School personnel shall review the AQI information for all regions throughout the state on either the Oregon Department of Environmental Quality (DEQ) website at <https://oraqi.deq.state.or.us/home/map>, the Oregon DEQ app "OregonAir", or on the Environmental Protection Agency (EPA) Air Now website at https://airnow.gov/index.cfm?action=airnow.local_state&stateid=38 to determine if action is necessary (see chart below). Schools shall regularly review the AQI throughout events to assess deteriorating conditions.
- C. **Areas without Air Reporting Stations:** Given the random behavior of factors related to the calculation of the AQI levels in different areas of the state (wind speed and direction) member schools not near a reporting station should consult with local state and/or federal authorities to help determine the AQI level in your specific area. If air monitoring equipment is not available, member schools should utilize the 5-3-1 Visibility Index to determine air quality.
- 1) **5-3-1 Visibility Index:** Making visual observations using the 5-3-1 Visibility Index is a simple way to estimate air quality and know what precautions to take. While this method can be useful, you should always use caution and avoid going outside if visibility is limited, especially if you are sensitive to smoke.
 - (a) Determine the limit of your visual range by looking for distant targets or familiar landmarks such as mountains, mesas, hills, or buildings at known distances. The visual range is that point at which these targets are no longer visible. As a rule of thumb: If you can clearly see the outlines of individual trees on the horizon it is generally less than five miles away. It is highly recommended that schools use pre-determined landmarks that were established on a clear day to determine their visual range.
 - (b) Ideally, the viewing of any distant targets should be made with the sun behind you. Looking into the sun or at an angle increases the ability of sunlight to reflect off of the smoke, thus making the visibility estimate less reliable.
 - (c) Be aware that conditions may change rapidly and always use the more conservative of multiple metrics (AQI, 5-3-1 Visibility Index, etc.).
- D. **Act:** This chart will help determine the action needed based on the air quality in your area.

Air Quality Index (AQI)	5-3-1 Visibility Index	Required Actions for Outdoor Activities
51 -100	5-15 Miles	Athletes with asthma should have rescue inhalers readily available and pretreat before exercise or as directed by their healthcare provider. All athletes with respiratory illness, asthma, lung or heart disease should monitor symptoms and reduce/cease activity if symptoms arise. Increase rest periods as needed.
101 -150	3-5 Miles	Because they involve strenuous activity for prolonged periods of time, all outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue's ventilation system, indoor air quality levels can approach outdoor levels.
151 -200	1-3 Miles	Because they involve strenuous activity for prolonged periods of time, all outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue's ventilation system, indoor air quality levels can approach outdoor levels.
>200	1 Mile	Because they involve strenuous activity for prolonged periods of time, all outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue's ventilation system, indoor air quality levels can approach outdoor levels.

- E. **Additional Resources:** Schools may also refer to OHA's fact sheet regarding School Outdoor Activities During Wildfire Events at <https://apps.state.or.us/Forms/Served/le8815h.pdf>. NOTE: While OHA's guidelines do allow for light outdoor activities in the orange level, the intensity and duration of high school practices/competitions are not considered light activity.

6. **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.

7. LIGHTNING SAFETY GUIDELINES NFHS Position Statements & Guidelines

(Revised Fall 2018)

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 **and determine the amount of time needed to get everyone to a designated safe area.**
 - a) **A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place for the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.**
- 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 **at least** 30 minutes and **vacate the outdoor activity to the previously designated safer location immediately.**
 - b) Thirty-minute Rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or 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.
 - d) **When lightning detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning detection device.**

***At night under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.**
- 4) Review annually with all administrators, coaches and game personnel **and train all personnel.**
- 5) Inform student athletes of the lightning policy at start of season.

8. 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:

2018	July 22 – July 28	2021	July 25- July 31
2019	July 28 – August 3	2022	July 24 – July 30
2020	July 26 – August 1	2023	July 23 – July 29

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/activity leaders be allowed to have any contact with their students?
A. No. The only contact they may have with an individual or team during Moratorium Week is via email, phone, etc. but conversations may not refer to actions required for that week (i.e., student's workouts, practice plans, meetings, etc.).
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."**

9. **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.

10. **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.

11. **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.
 - B. 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 ensure 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.
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11. **Q.** May a school use balloons at a state championship final site?
A. No.
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.