



Oregon School Activities Association
 25200 SW Parkway Avenue, Suite 1
 Wilsonville, OR 97070
 503.682.6722 fax: 503.682.0960 <http://www.osaa.org>



2017 TRACK & FIELD PLAN BOOK

Staff Contact: Brad Garrett, Assistant Executive Director, 503.682.6722 x299, bradg@osaa.org

SEASON DATES

First Practice Date February 27
 First Contest Date..... March 13
 Cutoff Date May 13
 All State Championships..... May 18-20

2017 NFHS TRACK & FIELD RULES

Order a 2017 NFHS Track & Field and Cross Country I Rules Book on the [OSAA Rules Book Order Form](#) or contact the OSAA (503.682.6722) for more information.

For more information about NFHS Track & Field and Cross Country Rules, visit <http://www.nfhs.org/activities-sports/track-fieldcross-country/>

2017 NFHS RULES REVISIONS:

3-2-4u NEW	The games committee should have responsibility for providing liquids during the race and not leave this duty to each coach.
3-6-1, 3-4-7	Signifying with a bell with one lap remaining in the 800 alerts timers, place judges and FAT operators on notice, builds excitement for spectators and is a positive signal for the competitors. Updates to current trends in the sport.
3-6-1	The authority to disqualify a runner for a false start should be extended by rule to the starter as well as the referee.
3-10-7	Clarifies field event judge’s protocol for signifying the performance result when flags are not being utilized.
4-3-1b(5) 8-6-1b(4)	Removes the NOTE limiting the placement of the American flag to one piece of uniform apparel as this is contradictory to the rule.
4-6-5 NEW g, 8-7e	Although uncommon that appropriate health-care professionals are not available to assist an injured/ill competitor, there may be occasions when a competitor is needing assistance to confirm his/her health status or to arrive to a location for health care. Should another competitor assist, such competitor shall not be disqualified, only the assisted competitor shall be disqualified for not completing the race unassisted. Reorganize rule to indicate why competitor is disqualified.
4-6-5h NEW	The rule should include coverage of the actions of competitors and nonparticipating team members as well as assistance/aid from other parties.
5-1-3	In the absence of a curb, the placement of cones ensures the competitors run the prescribed race distance.
5-6-4	The results of running events are based on head-to-head competition and all contestants should have the opportunity to compete in the heat earned by the athlete’s place and/or qualifying times. Consistent with current trends in the sport.
5-7-3	Reinforces the concept that distance races (800, 1600 or 3200) only use a standing start. Consistent with current trends in the sport.
Rules 6 and 7	Reorganizes Rules 6 and 7 into one rule “Field Events” to avoid duplicity in the rules, remove unnecessary language, be more concise in the presentation of the events rules and create a section on general rules for all field events.

6-2-6	For purposes of risk management, warm-ups in a field event may not take place until the venue is declared open and required supervision is in place. For further risk minimization for athletes, spectators and officials involved in the event, athletes should be prohibited from picking up an implement and doing turns while other competitors are completing their throws or using the runway during the competition unless they have been called for their attempt.
6-2-10	Clarifies how trials are recorded when a legal implement breaks during competition. More appropriate to list within rule rather than a NOTE.
6-7-9e	The top or sides of the stopboard are outside of the ring and touching outside of the ring is not compliant with leaving from the back half of the circle and is a foul.
7-2-1	The NFHS rules allow several special events to be added to the order of events but no specific event rules are written. By utilizing USATF Youth event rules, there are standard rules which are age appropriate. However, state associations may already have appropriate rules in place and this should be an option stated in the rules.
8-1-3b	Clarifies that either directional flags and/or sign posts shall be used in cross country
9-2-2 3-17-2	Officials need guidance as to where to place the wind gauge when there are multiple takeoff boards. As the rule is currently written, it implies either having to move the wind gauge between jumps or having a second gauge. As the better jumpers will most likely use the farther board, it is logical to have the wind gauge at the location farthest from the pit.

2017 MAJOR EDITORIAL CHANGES:

3-4-4	Clarifies the referee has the sole authority for ruling on irregularities not covered within the rules.
6-4-8	Clarifies the three consecutive passed heights must take place before the competitor attempt a jump.
6-5-15	Clarifies when the two minutes of warm-up jumps are permitted when a competitor has passed three consecutive heights with no attempted jump.
8-7-a-f	Reorganized actions resulting in disqualification for clarity.

2017 EDITORIAL CHANGES:

4-6-1 NOTE 1, 4-6-1 NOTE 2, 5-10-9, 5-10-10, 6-1-8, 6-5-11,6-5-15, 6-9-10f
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2017 NFHS POINTS OF EMPHASIS:

1. Heat Acclimatization and the Prevention of Heat Illness

Exertional Heatstroke (EHS) is the leading cause of preventable death in high school athletics. Students participating in high-intensity, long-duration or repeated same-day session sports during the summer months or other hot-weather days are at the greatest risk. EHS also results in thousands of emergency room visits and hospitalizations throughout the nation each year.

The NFHS Sports Medicine Advisory Committee (SMAC) has published a position statement and the NFHS has created a free online course “Heat Illness Prevention” at www.nfhslearn.com, regarding this life-threatening topic. The position statement is intended to provide an outline of “Fundamental Musts” and to be used as a guiding document for each state association. Further and more detailed information will be found within the NFHS online course, as well as the fourth edition of the NFHS Sports Medicine Handbook, and the NFHS SMAC position statement “Recommendations for Hydration to Minimize the Risk for Dehydration and Heat Illness” and other resources.

The position statement and online course are intended to reduce the risk and incidence of EHS and the resulting deaths and injuries. The NFHS recognizes that various states and regions of the country have unique climates and an assortment of resources, and that there is no “one-size-fits-all” optimal acclimatization plan. However, the NFHS and the NFHS SMAC strongly encourage member state associations to incorporate all of the “Fundamental Musts” into any heat acclimatization plan to improve athlete safety. In addition, the online “Heat Illness Prevention” course should be required viewing for all coaches.

Heat Acclimatization and Heat Illness Prevention Keys for Coaches

- Recognize that Exertional Heatstroke (EHS) is the leading preventable cause of death among high school athletes.
- Know the importance of a formal pre-season heat acclimatization plan.
- Know the importance of having and implementing a specific hydration plan, keeping your athletes well hydrated, and providing ample opportunities for, and encouraging, regular fluid replacement.
- Know the importance of appropriately modifying activities in relation to the environmental heat stress and contributing individual risk factors (e.g., illness, obesity) to keep your athletes safe and performing well.
- Know the importance for all staff to closely monitor all athletes during practice and training in the heat, and recognize the signs and symptoms of developing heat illnesses.
- Know the importance of, and resources for, establishing an emergency action plan and promptly implementing it in case of suspected EHS or other medical emergency.

Fundamental Musts of a Heat Acclimatization Plan

1. Physical exertion and training activities should begin slowly and continue progressively. An athlete cannot be “conditioned” in a period of only two to three weeks.
2. Keep each athlete’s individual level of conditioning and medical status in mind and adjust activity accordingly. These factors directly affect heat illness risk.
3. Adjust intensity (lower) and rest breaks (increase frequency/duration), and consider reducing uniform and protective equipment, while being sure to monitor all players more closely as conditions are increasingly warm/humid, especially if there is a change in weather from the previous few days.
4. Athletes must begin practices and training activities adequately hydrated.
5. Recognize early signs of distress and developing exertional heat illness, and promptly adjust activity and treat accordingly. First aid should not be delayed!
6. Recognize more serious signs of exertional heat-related distress (clumsiness, stumbling, collapse, obvious behavioral changes and/or other central nervous system problems), immediately stop activity and promptly seek medical attention by activating the Emergency Medical System. Onsite rapid cooling should begin immediately.
7. An Emergency Action Plan with clearly defined written and practiced protocols should be developed and in place ahead of time.

2. Use of Rubber Discus in Practice and Competition

NFHS Track and Field rules allow the use of a discus made of rubber, plastic, wood, fiberglass, carbon fiber or metal alloy. Regardless of the material composition of the implement, the nature of the event itself will eventually lead to a discus that does not comply with established weight and measurement standards and therefore should not be allowed for use during competition.

In general, a rubber discus is more susceptible to physical and environmental factors that affect its size, shape and weight. Because of cost, most track and field programs implement inventory will include more rubber discuses when compared to discuses made of other types of materials. As such, rubber discuses are widely used at all levels during practice and competition.

Irregularities in a rubber discus occur more frequently because of contact with the ground, cage and other hard surfaces and therefore it should be evaluated periodically during the season by coaches and participants to ensure that the discus meets weights and measurements standards. Practicing with an implement that will not pass these standards is not restricted but can adversely affect athlete performance if the implement is disallowed for competition.

Meet officials are reminded that an implement can pass inspection prior to the event but any implement can become illegal during competition and should be disallowed if this occurs. A rubber discus in particular is susceptible to nicks, notches, cuts and indentations after contact with hard surfaces and therefore needs special attention during the event. Athletes should always check-in two implements in the case that one does not pass weights and measurements or becomes illegal during competition.

3. NFHS Track and Field Uniform Regulations

Rule 4-3 and 9-6 outline NFHS Track and Field and Cross Country uniform regulations. In most cases, the clerk of the course has the responsibility to check and enforce uniform, visible apparel and shoe regulations. The ultimate responsibility regarding uniform compliance rests with the school coach. If the school does not issue some component of the required uniform, it is the coach's responsibility to educate parents and student-athletes regarding garments that will comply with NFHS rules prior to purchase.

Garments worn under the track bottom that do not extend below the knees are considered "foundation" garments and therefore are not subject to color or logo restrictions. A sports bra and/or boxer style undergarment, if worn as the intended, are considered foundation garments therefore could contain more than one color in the fabric and/or have multiple logos.

If two or more athletes participating as a member of a cross country team or as relay team members are wearing visible undergarments extending below the knees, the rules require the color of the undergarments be the same regardless of length of the undergarment worn by the remaining members. The purpose of this requirement is to ensure that members of any cross country or relay team are easily identifiable to meet officials and competitors.

4. Sportsmanship

Sportsmanship rules exist to help officials, parents, coaches, and student-athletes develop and reinforce values that are applicable to the development of the whole person. Respect for others, honesty, fair play, and learning and understanding the rules are critical actions/skills that when practiced will enhance any individual's character. The absence of good sportsmanship jeopardizes one of the fundamental principles of participation in education-based athletics and complicates the team building process.

A sportsmanship priority is keeping winning and losing in perspective. Understanding that losing with dignity is winning is an important lesson everyone must learn and practice. Accepting responsibility for a losing performance rather than blaming the outcome on officials or fellow competitors is a skill that will manifest itself in all areas of life.

It is important to understand that winning means you were the best that day, and you can always continue to improve and no one wins every time. Individuals who promote sportsmanship are the first to congratulate their opponents and to thank those individuals who have helped them to be successful. Winning is the easy part. The hardest part is understanding how to be a good winner. This is the action most people will use to judge your character.

Student-athletes should always show respect to coaches, teammates, opponents and meet officials. Learning what showing respect means is as simple as treating each individual as you would like to be treated.

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 TRACK & FIELD RULES AND INTERPRETATIONS

The 2017 NFHS Track & Field and Cross Country Rules Book will be used.

OSAA TRACK & FIELD POLICIES

Effective outside Association Year.

1. **SUMMER POLICY** (*OSAA Handbook, Executive Board Policies*) (**Revised May 2016**)

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** (*OSAA Handbook, Executive Board Policies*) (*Revised Spring 2014*):

- 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.

Effective First Practice Date through End of HS Season.

1. **PRACTICE MODEL** (*OSAA Handbook, Executive Board Policies*) (*Revised Fall 2015*):

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 minimize 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 full contact 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 only 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 min 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, Track and Field) (Revised Fall, 2007):

- A. **Team.** A school team shall not compete in more than 12 meets at each level of competition, exclusive of the varsity district meet and state championships. A one-day meet shall count as one meet and a two-day meet shall count as two meets. There is no limitation on the number of schools that may participate in a track and field meet. Any time a student participates representing his/her school, it shall count toward the school’s team limitation.
- B. **Individual.** A student shall not compete in more than 12 meets, exclusive of the varsity district meet and state championships. A one-day meet shall count as one meet and a two-day meet shall count as two meets.

A contestant shall not enter or compete in more than two distance races – 800, 1500 and 3000. If a contestant does enter or compete in all three-distance events, that contestant's school shall forfeit the meet. If a contestant violates the Rules Book limit of four events but does not violate the Executive Board distance race limit, then all points earned by that contestant in the meet are forfeited.

3. **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.

- J. **Track and Field.** Contest shall be continued from point of interruption unless teams mutually agree otherwise or there are athletic district rules that apply. **NOTE:** If contest was interrupted during a running event, the event shall be repeated.

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

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:
 - 9) **Track & Field.** One additional meet 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 Track & Field State Championships will be posted on the OSAA website (<http://www.osaa.org/activities/btf>) by April 14. 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. **District Meet Directors:** Detailed information regarding District Meet Director responsibilities, including the state championship entry form, will be posted on the OSAA website (<http://www.osaa.org/activities/btf>) by April 14. Each District Meet Director must submit all state championship entries electronically via Athletic.net.

2. STATE CHAMPIONSHIP LOCATIONS AND TIMES:

- A. **Site:** Hayward Field, University of Oregon, Eugene, OR 97401.
- B. **3A, 2A, 1A:** Thursday, May 18, Preliminaries / Friday, May 19, Finals
- C. **6A, 5A, 4A:** Friday, May 19, Preliminaries / Saturday, May 20, Finals

3. QUALIFICATION FOR STATE CHAMPIONSHIPS:

- A. All District Meets will follow 2017 NFHS Track and Field Rule 4-2-4(c) – "In meets which involve four or more schools, not more than three contestants from a given school shall be allowed to enter an individual event."

B. **Individual Qualifying:**

- 1) **6A Meet Qualification:** First and second place finishers from the District Meet for each event, including relays, automatically qualify for the State Championships. All ties for second place, if the performance does not meet the Qualifying Standard for the event, must be resolved at the district level.
 - a) A minimum of 16 competitors will qualify at the 6A classification level. Twelve participants per event will be automatic qualifiers. The remaining qualifying spots will be filled in order of the following method:
 - (1) All athletes meeting the adopted qualifying standard in that event – regardless of number.
 - (2) If application of (i) does not produce at least 16 then a “wildcard” qualifier(s) will be added. Wildcard qualifiers will have the next best time/mark in that event from a combination of all times/marks from all District Meets.
- 2) **5A, 1A Meet Qualification:** First and second place finishers from the District Meet for each event, including relays, automatically qualify for the State Championships. All ties for second place, if the performance does not meet the Qualifying Standard for the event, must be resolved at the district level.
 - a) A minimum of 12 competitors will qualify at the 5A and 1A classification levels. Ten participants per event will be automatic qualifiers. The remaining qualifying spots will be filled in order of the following method:
 - (1) All athletes meeting the adopted qualifying standard in that event – regardless of number.
 - (2) If application of (i) does not produce at least 12 then a “wildcard” qualifier(s) will be added. Wildcard qualifiers will have the next best time/mark in that event from a combination of all times/marks from all District Meets.
- 3) **4A, 3A, 2A Meet Qualification:** First and second place finishers from the District Meet for each event, including relays, automatically qualify for the State Championships. All ties for second place, if the performance does not meet the Qualifying Standard for the event, must be resolved at the district level.

C. **Qualifying Standard:**

- 1) Any additional participants meeting the Qualifying Standard for an event in the District Meet may qualify for the State Meet.
- 2) Qualifying Standards must be met in the District Meet finals only. (**EXCEPTION:** If met in one of the three preliminary attempts in the Shot Put, Discus, Javelin, Triple Jump or Long Jump, the performance shall count.)
- 3) No performance mark in sub-district or qualifying heats shall count for qualification to the State Championships.

D. **High Jump and Pole Vault:**

Suggestion for State qualifying: In the rare case where Rule 7-3 does not break a tie for second place, equal team points shall be awarded to those tied for second place. If those tied for second place are below the Qualifying Standard, it is suggested that the second qualifier from that district be determined by Rule 7-4-17 or 7-5-30.

E. ***Para-Athletes: The top nine times statewide from the different Districts Meets combined in the 100M and 400M automatically qualifies regardless of gender or disability. Documentation of the disability must be provided to the OSAA prior to competing in the district meet. If more than nine students compete in district meets, the OSAA will explore splitting out the events by gender (creating 100M boys, 100M for girls, 400M for boys and 400M for girls).***

- 1) ***The para-athlete division will include wheelchair participants and ambulatory participants. Definitions of athletes eligible to compete in this division are as follows:***
 - a) ***Wheelchair - All athletes with a permanent physical disability on file with the school. All athletes in grades 9-12 must meet OSAA eligibility requirements.***
 - b) ***Ambulatory - All athletes shall have a permanent orthopedic, neuromuscular or other physical disability. This would include Visually Impaired, Cerebral Palsy, Dwarf and Amputees. Permanent orthopedic impairment shall be verified by a licensed physician and maintained on permanent file at the school. All athletes in grades 9-12 must meet OSAA eligibility requirements.***
- 2) ***It is an expectation that those para-athletes who wish to attempt to qualify are participating in these events during the regular season and that they establish a qualifying time at the league/conference/district***

qualifying meet. The qualifying time established at the league/conference/district meet will be used to seed as many heats as necessary to accommodate the qualifying field for both events at the State Championships.

- 3) *To facilitate training and competition for para-athletes it is recommended that all leagues/conferences/districts should include a para-athlete 100M and 400M in your event schedules this year. Prior to an event the host school should verify with their invited teams whether or not they have para-athletes who would like to participate in one or both of these events.*

4. **STATE CHAMPIONSHIPS – INDIVIDUAL SPORT SUBSTITUTIONS** (OSAA Handbook, Executive Board Policies) (Revised Winter 2015)

- A. The following shall be the policy for substitutions in individual sport State Championship events. All individuals who are substitutes for individual qualifiers must have participated in a District or Special District Meet.

F. **Track and Field**

- 1) **Event Limitation.** NFHS rules allow an athlete to be entered in four events, excluding relays. Coaches of athletes entered in four events and both relays have until 4pm on the Monday preceding the state championship to notify the OSAA of the four events in which the athlete will compete in at the state championship. Failure to notify the OSAA by the indicated deadline shall result in the athlete being scratched first from the 4x100 Relay and then from the 4x400 Relay, if needed.
- 2) **Multiple Event Qualifiers and Relays.** This deadline is for a participant withdrawing from the championship in one event but remaining in others and for submission of up to six names for a relay team.
 - a) **Multiple Event Qualifiers:** Except as indicated below, participants who qualify in more than one event shall participate in all the events for which they qualify from preliminaries to finals.
 - (1) If a District Meet Director notifies the OSAA of a change prior to 4pm on the Monday preceding the state championship, an individual may drop from one or more events in which he/she is qualified. The next place winner at the District Meet in the respective event or events is eligible as a substitute.
 - (2) If the OSAA has not been notified of a change prior to 4pm on the Monday preceding the state championship, the participant who has qualified in multiple events must compete in all qualified events or he/she shall be scratched from all events in which the participant has qualified.
 - b) **Relay Event Entries:** Qualifying teams may enter the names of up to six individuals in relay events.
 - (1) Qualifying relay teams failing to enter six individuals may not add individuals to the state championship meet after the established Monday 4pm deadline. However, after the established Monday 4pm deadline, any of the entered relay team members may be replaced by the Wednesday 4pm deadline by an athlete already in the meet. If only four or five relay members are entered by the Monday 4pm deadline, nobody may be added to the relay team.
 - (2) Any four of the listed individuals may compete and it shall count as an event only for the four who compete.
- 3) **Single or Multiple Event Qualifiers Dropping All Events or Substitutions only on Relays.** This deadline is for a participant dropping out of the state championship and being replaced by another participant or participants.
 - a) If a District Meet Director notifies the OSAA by 4pm two business days prior to the first day of the state championship that a single event or multiple event qualifier is dropping all events, a substitution or substitutions may be made.
 - b) The next place winner at the District Meet in the respective event or events is eligible as a substitute.

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 is an every other year requirement.

D. **Anabolic Steroids and Performance-Enhancing Substances Training.** <http://www.ode.state.or.us/search/page/?=2571>

The OSAA and Oregon State Law ([ORS 342.726](#)) requires 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 attend an OSAA Spirit Safety Clinic by the first day of the Association year in which that person serves as a coach. Should a cheerleading/dance drill coach fail to attend an OSAA Spirit Safety Clinic by the first day of the Association Year, the squad of the non-attending coach shall be prohibited from performing partner stunts, lifts or tumbling until the coach has attended a 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)

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. **HEAT INDEX** (*OSAA Handbook, Executive Board Policies*) (Fall 2014): ([Heat Index Calculator](#)) ([Heat Index Record](#))

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.

6. **LIGHTNING SAFETY GUIDELINES** (Excerpt 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.

7. **MORATORIUM WEEK** (Excerpt 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:

2016	July 24 – July 30	2019	July 28 – August 3
2017	July 23 – July 29	2020	July 26 – August 1
2018	July 22 – July 28	2021	July 25- July 31

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](#).

8. **SHARED FACILITIES** (*OSAA Handbook, Executive Board Policies*) (Fall 2015): **(Shared Facility Request)**

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.

9. **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.

10. **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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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.
10. **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.
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.