



Oregon School Activities Association
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2017-18 WRESTLING PLAN BOOK

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SEASON DATES

First Practice Date.....	November 13
First Contest Date	November 29
6A, 3A, 2A/1A Special District Tournaments.....	February 2-3
5A, 4A Special District Tournaments.....	February 9-10
Cutoff Date.....	February 10
All Championships.....	February 16-17

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

NFHS 2017-18 WRESTLING RULES

Order the current NFHS Wrestling Rules Book on the [OSAA Rules Book Order Form](#) or contact the OSAA for more information.

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

2017-18 NFHS RULES REVISIONS:

4-1-1a-c	<p>Clarified the criteria for an alternative uniform.</p> <p>Rationale: The alternate 2-piece uniform has been added to increase participation for boys and girls. The uniform modification received favorable support on the NFHS Wrestling questionnaire. In addition, a member state association experimented with a 2-piece uniform this past wrestling season and received favorable results and comments from their member schools, wrestlers, coaches and referees.</p>
4-5-3	<p>Modified what is appropriate and allowable in the designated weigh-in area.</p> <p>Rationale: If an athlete misses weight on the first attempt on the scale, he/she shall not be allowed to do anything (activities which promote dehydration, remove/adjust/modify clothing, cut hair, etc.) which might result in weight loss before stepping back on the scale(s). The same should be the case for an athlete who is trying to qualify for a higher weight class and is too light. He/she shall not be allowed to drink fluids before getting back on the scale.</p>
5-11-1	<p>Clarified the definition of a fall.</p> <p>Rationale: This change will allow for fewer match interruptions. Provided the clock is running, a fall shall be able to be earned. Referees shall permit wrestling to continue as long as the offensive wrestler’s supporting parts remain inbounds, and as long as no body part of the defensive wrestler goes off the mat.</p>
5-11-5	<p>Modified the location of where a fall or near-fall can be awarded.</p> <p>Rationale: Offensive wrestling shall be rewarded. If wrestling is continuing during a match, then falls and near-falls should be awarded/earned with no deference to the out-of-bounds line.</p>
5-15-2b, c	<p>Clarified the scoring of points in relation to the location on the mat.</p> <p>Rationale: Offensive wrestling shall be rewarded. While the clock is running, takedown, escape, reversal, near-fall and falls will be allowed/earned as long as the supporting points of either wrestler are inbounds.</p>
5-19-10	<p>Modified the position of the referee at the beginning of the start of a match.</p> <p>Rationale: When starting the wrestlers in the down position, the referee shall be in front of, stationary and at an angle to the contestants. The referee shall also establish eye contact with the scorer’s table.</p>

<p>6-6-4a1</p>	<p>Clarified the process of correcting an error by the timekeeper during a dual meet.</p> <p>Rationale: Errors by the timekeeper, official scorer or referee must be corrected prior to the offended contestant leaving the mat area and before the start of the next match on that mat, if additional wrestling is necessary. If additional wrestling is not necessary, the error may be corrected as long as the offended contestant or coach remains in the mat area after the match has concluded and before the start of the next match on that mat.</p>
<p>6-6-5a1</p>	<p>Clarified the process of correcting an error by the timekeeper during a tournament.</p> <p>Rationale: Errors by the timekeeper, official scorer or referee must be corrected prior to the offended contestant leaving the mat area and before the start of the next match on that mat, if additional wrestling is necessary. If additional wrestling is not necessary, the error may be corrected as long as the offended contestant or coach remains in the mat area after the match has concluded and before the start of the next match on that mat.</p>
<p>7-1-2</p>	<p>Modified that two moves (straight-back suplay and straight-back salto) are now illegal.</p> <p>Rationale: The straight-back salto and straight back suplay are dangerous regardless of which body part (head, neck, or shoulder(s)) hits the mat first.</p>
<p>7-1-5w</p>	<p>Clarified that a specific maneuver is not allowed.</p> <p>Rationale: The front flip or hurdle from the neutral position is attempted when there is short time left in a match and a wrestler needs to secure a takedown of his opponent, who has a strong defensive neutral position, in order to either tie or take a lead in a match. This maneuver is a last-ditch effort attempt to score; however, the attempt to flip or hurdle one's opponent from a neutral position is not only an elevated risk to the wrestler attempting the maneuver, it also places the opponent in a disadvantage position as he/she is not only left to counter the scoring attempt but is also placed in a position of responsibility for not reacting in a manner that may cause a slam or unsafe return to the mat of the wrestler who actually initiated the maneuver.</p>
<p>7-6-4d</p>	<p>Modified another determinant for stalling.</p> <p>Rationale: This will provide rule support for a casebook interpretation.</p>

2017-18 NFHS POINTS OF EMPHASIS:

1. **Off the Scale Activities** – Off the scale activities have been identified as an area of concern and a subsequent rule change brings the topic to prominence. Any activities that are conducted to either lose or gain weight are prohibited. Activities (is not limited to) such as modifying clothing, hair, drinking fluids, gorging and regurgitation are not allowed. The practice of trying to modify a wrestler’s weight is unhealthy and unsportsmanlike.
2. **Cleanliness of Uniforms and Pads** – Communicable diseases are a major concern in the sport of wrestling and any infectious disease outbreak has the potential to end a team’s season, or even suspend the sport across an entire state. It is imperative that ALL school officials, coaches and wrestlers continually use best practices to control the spread of communicable diseases.

A major aid in preventing the spread of communicable disease is to properly clean all wrestling mats and wrestling equipment. Cleaning wrestling mats prior to each use is highly recommended. An effective disinfectant is 10% bleach (mix 1 part household bleach to 9 parts water). There is no advantage of using a stronger chlorine bleach and water solution than what is recommended above. Commercial disinfectant products are also available. Be sure that any product used states that it is effective against viruses, fungi and bacteria. Typically, the label will state the cleaner is bactericidal, fungicidal and virucidal. Please follow the directions on the label closely for the best effectiveness. When cleaning wrestling mats, it is recommended to walk backwards while mopping in an effort to minimize contamination from the shoes.

Likewise, it is imperative to clean all wrestling equipment and clothing daily. All workout gear should be cleaned after each practice. This includes towels, clothing, headgear, shoes, knee pads and any bags used to transport this equipment. In addition to cleaning wrestling equipment and wrestling mats properly, a few basic steps must be taken by all involved in the sport in order to minimize the risk of spreading communicable diseases. Communicable diseases are preventable. Following these steps will decrease the risk that these communicable diseases will be spread among the athletes in the wrestling room and/or during competition.

- Educate coaches, athletes, referees and parents about communicable skin conditions and how they are spread. <http://www.nwcaskinprevention.com/webinar/>
- Maintain proper ventilation in the wrestling room to prevent the build-up of heat and humidity.
- Emphasize to the athletes the importance of showering immediately after each practice and competition. Soap must be used. If shower facilities are unavailable, athletes should clean all exposed skin with “baby wipes” immediately after practices and competitions.
- Wash all workout clothing and personal gear after each practice and competition.
- Coaches or athletic trainers should perform daily skin checks to ensure early recognition of potential communicable skin conditions. Athletes must not be allowed to practice or compete if an active infection is suspected, even if the infection is covered. Any suspicious lesions must be evaluated by an appropriate health-care provider prior to an athlete practicing or competing.
- Athletes must not share practice gear, towels or personal hygiene products (razors) with others.
- Athletes should refrain from any cosmetic shaving (chest, arms, abdomen) other than face.
- Athletes should clean hands with an alcohol-based gel prior to every wrestling match to decrease bacterial load on the hands.
- Make certain that athletes and coaching staff are current on all required vaccinations (MMR, Hepatitis B, Chickenpox, etc.) and strongly encourage yearly influenza vaccination.

3. Braces that are Properly Padded and Covered – As defined by rule, any equipment that does not permit normal movement of the joints and prevents a wrestler’s opponent from applying normal holds/maneuvers shall not be allowed. Any such equipment not limited to legal hair coverings, ear guards, face masks, braces, casts, supports, eye protection, prosthetics and socks must fit snug against the wrestler’s body and if the equipment is hard and/or abrasive must be covered and properly padded with a closed-cell, slow-recovery foam padding no less than ½-inch thick. This precaution is for the wrestler and his opponent so that they can compete to the best of their abilities.

4. Stalemate/Fleeing the Mat – There are occasions that during a wrestling match the contestants are interlocked in a position other than a pinning situation in which neither wrestler can improve his/her respective position or gain an advantage. As soon as that situation is identified, the referee shall stop the match and wrestling shall continue. Hands locked around one leg of an opponent without the intent of taking him/her down or preventing the opponent from scoring is considered stalling. There is no passive wrestling. Wrestling is an aggressive endeavor and should be coached and executed in that manner. Regardless of the position, top, bottom or neutral, stalling is not acceptable. The referee shall be firm in enforcing the letter and spirit of the rule and consistently penalize any stalling infraction without hesitation.

Conversely, fleeing the mat to avoid wrestling at any time during a match is not permitted and will be penalized. Wrestlers shall make every attempt to stay inbounds and compete. Leaving the mat without permission from the referee or forcing an opponent out of bounds is a technical violation.

5. Illegality of Straight Back Salto and Suplay – Risk minimization of the wrestlers is paramount. With the advent of new and innovative holds/maneuvers influencing our sport from other levels of combat sports, grappling and various martial arts, we have to remain vigilant for any holds/maneuvers used in a way that endangers life and limb of our students. Any act that exceeds typical aggressive wrestling becomes unnecessary roughness. The use of a full straight back salto and straight back suplay are two examples that when applied (regardless of which body part hits the mat first) are illegal holds and should be stopped immediately.

6. Consistency of the Start of Each Match – Consistency of the start of the match is imperative for the wrestlers, coaches and spectators. There is a uniformity that creates a familiarity for the wrestling world. Knowing what to expect each and every time speaks to the professionalism of the referee and the importance of conducting the match in a professional businesslike manner. The referee starts the match from the neutral position, the wrestlers shall be between the referee and the scorer’s table. The referee will glance at the scorer’s table to make sure that they are ready and then indicate to the wrestlers to shake hands (not hand slaps). After the handshake, the referee moves in partially between the two wrestlers to discourage a false start. Then the referee will blow his/her whistle while simultaneously giving the signal to start the match. Understanding the positioning for the referee in relationship to the two wrestlers and the scorer’s table is critical to have and necessary in maintaining control of the match. For officials, they have to hone their skills in being consistent with the start of each wrestling match they work.

2017-18 NFHS COMMENTS ON THE RULES:

Publisher's Note: *The National Federation of State High School Associations is the only source of official high school interpretations. They do not set aside nor modify any rule. They are made and published by the NFHS in response to situations presented. Robert B. Gardner, Publisher, NFHS Publications © 2017*

- SITUATION 1:** Wrestler A appears on the mat wearing a tight-fitting compression shirt tucked into loose-fitting shorts designed for wrestling with loose-fitting boxer shorts that extend beyond the inseam but above the knees. **RULING:** Any undergarment worn under the uniform shall be tight-fitting. Wrestler A would be penalized one match point and will have 90 seconds of injury time to correct this violation. (4-1-1)
- SITUATION 2:** Wrestler B appears on the mat wearing a tight-fitting compression shirt tucked into full-length tights with stirrups. **RULING:** Full-length tights with stirrups are acceptable under the singlet, compression shorts or shorts designed for wrestling. Wrestler B would be penalized one match point and will have 90 seconds of injury time to correct this violation. (4-1-1)
- SITUATION 3:** Wrestler A is wearing a suitable undergarment and a pair of shorts. Wrestler A doesn't make weight on the first attempt and steps off the scale to remove the shorts before the second attempt. **RULING:** Wrestler A would not be able to remove the shorts to lose or increase weight. (4-5-3)
- SITUATION 4:** The wrestlers have chosen to start the second period in the down position. The referee moves behind the wrestlers to start the match. **RULING:** The referee must be in front of, stationary and at an angle to the wrestlers. (5-19-10)
- SITUATION 5:** The referee penalizes Wrestlers A for an illegal hold for executing a straight back suplay. The coach of Wrestler A : informs the referee that Wrestlers B's shoulder landed on the mat first – not the head – and there should be no penalty. **RULING:** The straight-back salto or suplay are illegal holds/maneuvers regardless of which body part(s) hits the mat first. (7-1-2)
- SITUATION 6:** Both wrestlers are neutral. Wrestler B is behind by two points with 15 seconds to go. Wrestler B executes the flying squirrel. **RULING:** This is considered an illegal move and the referee will have to penalize accordingly. (7-1-5w)
- SITUATION 7:** When the defensive wrestler can stand, how long does the offensive wrestler have to return the defensive wrestler to the mat? **RULING:** There is no time limit for the offensive wrestler to return the defensive wrestler to the mat. If the referee does not feel the offensive wrestler is working to return or release, then stalling shall be called. (7-6-4d)
- SITUATION 8:** The coach of Team A realizes that his team should have won the previous match at 106 pounds during the dual meet. The official scorekeeper did not award his wrestler a two-point takedown. The coach brings this scoring error to the attention of the referee during the 113-pound match. **RULING:** Match scoring errors must be corrected prior to the start of the next match on the same mat. (6-6-4)
- SITUATION 9:** Wrestler A appears on the mat wearing shorts designed for wrestling that have the manufacturer's 2-1/4-inch name multiple times around the waistband. **RULING:** The shorts would not be considered a legal uniform because the manufacturer's logo or reference can only appear once on each uniform apparel. (4-1-2)
- SITUATION 10:** The assistant coach of Team A is at mat-side and the referee noticed that the coach is chewing tobacco. **RULING:** The assistant coach will be charged with a flagrant misconduct which requires a deduction of three team points and removal from the facility for remainder of the event. (5-12-2b)
- SITUATION 11:** During the pre-dual meet disk toss, Team A is required to send its wrestler to the scorer's table first. Team B's wrestler reports first and proceeds to the 10-foot circle. Team A's wrestlers report to the table and the coach from Team B wants to replace his wrestler. **RULING:** Because Team B's wrestler did not report in the proper sequence, he/she can be replaced by an eligible wrestler without penalty. (6-2-2)
- SITUATION 12:** Both wrestlers shoot for a takedown at the same time and butt heads. Both wrestlers are injured and require injury time. Which wrestlers are placed on injury time? **RULING:** Both wrestlers would be placed on injury time simultaneously. (8-2-1)
- SITUATION 13:** Can unnecessary roughness be called after the match has ended? **RULING:** No, unnecessary roughness is an act that occurs during the match. (5-29-1)
- SITUATION 14:** If the wrestlers both have a supporting point on the line, are they considered out of bounds? **RULING:** Wrestlers are out of bounds when both wrestlers have a supporting point beyond the boundary line. (5-18)
- SITUATION 15:** Can the assistant referee signal a caution, illegal holds, out-of-bounds or potentially dangerous? **RULING:** The assistant referee can use a visual signal for lock hands; all other infractions must be verbally communicated. (3-2-2)

- SITUATION 16:** Wrestler A has Wrestler B in a near-fall situation, and the referee has reached a five count. Wrestler B grabs the ear guard of Wrestler A but is unsuccessful in getting out of the near-fall. Wrestler B while in the near-fall situation begins to bleed and the referee stops the match. How many points will Wrestler A receive? **RULING:** Wrestler A would receive four points for the near-fall and one point for the technical violation. There are not additional near-fall points issued because of the blood stoppage. (7-3-2, 9-1-5)
- SITUATION 17:** Wrestler B has Wrestler A in a near-fall situation. Wrestler B has supporting points inbounds; Wrestler A has both shoulder and scapula out of bounds. Can Wrestler A be pinned in this situation? **RULING:** A near-fall or fall shall be earned while the supporting points of either wrestler are in-bounds. (5-15-2c)
- SITUATION 18:** The coach of Team A requests a conference with the referee at the scorer's table to question the score of the match. The coach questions if the referee awarded two or three points for the near-fall. What is the penalty for the coach for questioning the referee? **RULING:** There is no penalty for a coach who questions the official at the table to clarify the score of the match. If the coach has questioned why the referee only scored two points and not three, then the coach could have been charged a misconduct penalty for questioning the judgment of the referee. (5-5-2)
- SITUATION 19:** Wrestler B appears on the mat and is wearing a tight-fitting, short-sleeved compression shirt under the singlet. Is this a legal uniform? **RULING:** Contestants may wear a tight-fitting, short-sleeved compression shirt under the singlet that complies with the uniform rules without the permission of the referee. (4-1-1b)
- SITUATION 20:** Wrestler A appears on the mat wearing elbow sleeves. The referee asks the reason for wearing the elbow sleeve. The wrestler doesn't have a valid reason. What is the violation? **RULING:** All special equipment should be inspected by the referee prior to the start of the dual meet or tournament. The wrestler was not properly equipped when reporting to the mat and will be charged a technical violation and one match point and will use injury time to correct the violation. (3-1-6, 7-3-5)

2017-18 NFHS RULES INTERPRETATIONS:

1. **Clarified the Criteria for an Alternate Uniform (4-1-1a-c):** The alternate 2-piece uniform has been added to increase participation for boys and girls. The uniform modification received favorable support on the NFHS Wrestling questionnaire. In addition, a member state association experimented with a 2-piece uniform this past wrestling season and received favorable results and comments from their member schools, wrestlers, coaches and referees.
2. **Modified What is Appropriate and Allowable in the Designated Weigh-in Area (4-5-3):** If an athlete misses weight on the first attempt on the scale, he/she shall not be allowed to do anything (activities which promote dehydration, remove/adjust/modify clothing, cut hair, etc.) which might result in weight loss before stepping back on the scale(s). The same should be the case for an athlete who is trying to qualify for a higher weight class and is too light. He/she shall not be allowed to drink fluids before getting back on the scale.
3. **Clarified the Definition of a Fall (5-11-1):** This change will allow for fewer match interruptions. Provided the clock is running, a fall shall be able to be earned. Referees shall permit wrestling to continue as long as the offensive wrestler's supporting parts remain inbounds, and as long as no body part of the defensive wrestler goes off the mat.
4. **Modified the Location Where a Fall or Near-Fall Can Be Awarded (5-11-5):** Offensive wrestling shall be rewarded. If wrestling is continuing during a match, then falls and near-falls should be awarded/earned with no deference to the out-of-bounds line.
5. **Clarified the Scoring of Points in Relation to the Location on the Mat (5-15-2b, c):** Offensive wrestling shall be rewarded. While the clock is running, takedown, escape, reversal, near-fall and falls will be allowed/earned as long as the supporting points of either wrestler are in-bounds.
6. **Modified the Position of the Referee at the Beginning of the Start of a Match (5-19-10):** When starting the wrestlers in the down position, the referee shall be in front of, stationary and at an angle to the contestants. The referee shall also establish eye contact with the scorer's table.
7. **Clarified the Process of Correcting an Error by the Timekeeper During a Dual Meet (6-6-4a1):** Errors by the timekeeper, official scorer or referee must be corrected prior to the offended contestant leaving the mat area and before the start of the next match on that mat, if additional wrestling is necessary. If additional wrestling is not necessary, the error may be corrected as long as the offended contestant or coach remains in the mat area after the match has concluded and before the start of the next match on that mat.
8. **Clarified the Process of Correcting an Error by the Timekeeper During a Tournament (6-6-5a1):** Errors by the timekeeper, official scorer or referee must be corrected prior to the offended contestant leaving the mat area and before the start of the next match on that mat, if additional wrestling is necessary. If additional wrestling is not necessary, the error may be corrected

as long as the offended contestant or coach remains in the mat area after the match has concluded and before the start of the next match on that mat.

9. **Modified Two Moves That Are Now Illegal (7-1-2):** The straight-back salto and straight back suplay are dangerous regardless of which body part (head, neck, or shoulder(s)) hits the mat first.
10. **Clarified That a Specific Maneuver is Not Allowed (7-1-5):** The front flip or hurdle from the neutral position is attempted when there is short time left in a match and a wrestler needs to secure a takedown of his opponent, who has a strong defensive neutral position, in order to either tie or take a lead in a match. This maneuver is a last-ditch effort attempt to score; however, the attempt to flip or hurdle one's opponent from a neutral position is not only an elevated risk to the wrestler attempting the maneuver, it also places the opponent in a disadvantage position as he/she is not only left to counter the scoring attempt but is also placed in a position of responsibility for not reacting in a manner that may cause a slam or unsafe return to the mat of the wrestler who actually initiated the maneuver.
11. **Modified Another Determinant for Stalling (7-6-4d):** This will provide rule support for a casebook interpretation.

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 WRESTLING RULES AND INTERPRETATIONS

The 2017-18 NFHS Wrestling Rules Book will be used with the following clarifications:

1. **UNIFORMS:** All uniforms shall meet the specifications in the 2017-18 NFHS Wrestling Rules Book, Rule 4. School uniforms only are to be worn by contestants.
2. **OREGON WRESTLING WEIGHT MONITORING PROGRAM** <http://www.osaa.org/activities/wre/information/owwmp/>
 - A. League/Conference/District Committees do not have the authority to waive the requirements set forth in the Oregon Wrestling Weight Monitoring Program.
 - B. All wrestlers participating at OSAA member schools will be required to conform to the policy and regulation outlined in the Oregon Wrestling Weight Monitoring Program. The Oregon Wrestling Weight Monitoring Program webpage contains all program information.
 - C. The school shall have on file for each wrestler a copy of the wrestlers initial assessment data, the wrestlers individual season long weight loss plan and if needed a copy of the physicians release form for any wrestler assessed with a body fat below 7% for males and 12% for females. The OSAA may request any of these forms on an as needed basis.
 - D. A wrestler may appeal the results of the initial body fat assessment by following the guidelines outlined in Section VII of the Oregon Wrestling Weight Monitoring Program.
3. **INDIVIDUAL SEASON LONG WEIGHT LOSS PLAN**
 - A. Each school entered into a Special District tournament must present, prior to the drawing of any tournament bracket, a roster containing a listing of their potential wrestlers and the two eligible weight classes for each wrestler on that competition date to determine weight class(es) of eligibility.
 - B. Special District Tournament Directors in each league/conference/district qualifying tournament have the responsibility to determine the eligibility of all wrestlers entered into the event.
 - 1) **MINIMUM WRESTLING WEIGHT** – The NWCA Optimal Performance Calculator powered by TrackWrestling will be used to calculate a wrestler's minimum wrestling weight.
 - 2) **WEIGHT CLASSES OF PARTICIPATION** – The season-long weight loss plan will determine which weight classes a wrestler may participate at each week.
 - 3) For each contest or event during the season:
 - a) If a wrestler's weigh-in qualifies the wrestler for either of the two eligible weight classes listed on his/her season long weight loss plan for that given week, the wrestler may participate at the weight class for which they qualify or one weight class higher.

- b) If a wrestler's weigh-in does not qualify the wrestler for the lowest eligible weight class listed on his/her season long weight loss plan for that given week, and he/she participates, the wrestler will be considered an ineligible participant and the represented school is subject to penalties outlined in Rule 5 of the OSAA Handbook.
- 4) If a wrestler's weigh-in does not qualify the wrestler for the highest eligible weight class listed on his/her season long weight loss plan for that given week, and he/she participates, the wrestler's lowest eligible weight class for the season shall be immediately re-certified up one weight class. In these cases, prior to any future competition each member school is responsible to manually raise the wrestler's lowest eligible weight class within the schools TrackWrestling OPC account.
- 5) Any wrestler whose body fat was assessed below 7% males and 12% females at the time of initial assessment shall not use the growth allowance granted in Part V of the policy to achieve a lower minimum wrestling weight.
- 6) APPEAL - A wrestler's season-long weight loss plan can only be recalculated by following the appeal procedures listed in Section VII of the Oregon Wrestling Weight Monitoring Program.

4. WEIGH-INS

- A. A contestant shall weigh-in for each match according to the 2017-18 NFHS Wrestling Rules Book, Rule 4, Section 5. There are no exceptions.
- B. Weigh-in and designation of contestant shall be in accordance with the policy and regulation contained within the Oregon Wrestling Weight Monitoring Program.
- C. Prior to any weigh-in during the regular season each school is required to provide a roster containing a listing of their potential wrestlers and the two eligible weight classes for each wrestler on that competition date. Each wrestler's actual weight and weight class of participation that day will be recorded on the schools roster and submitted to the represented school's Athletic Director directly after the conclusion of the event.
- D. The school's Athletic Director is responsible to verify that the season long weight loss plan for any wrestler who has failed to qualify at one of their eligible weight classes for an event has been modified, as outlined above, prior to any future competition.
- E. A wrestler may not weigh in at another school unless his school is included in the meet.
- F. If a school is traveling, the school may not conduct the official weigh-in at home. All weigh-ins must be conducted shoulder to shoulder at the site of the meet.
- G. Only those wrestlers who are eligible to wrestle in a match may weigh in. Each school's Alpha Master Report indicates eligible wrestlers for each event. League/Conference/District rules may require that at the time of weigh-in the coach provide the school's Alpha Master to the opposing coach or tournament director to verify that the wrestler's assessment data has been entered in the NWCA Optimal Performance Calculator and that a minimum wrestling weight has been assigned. A wrestler whose name does not appear on the Alpha Master is an ineligible participant.
- H. League/Conference/District rules may require that wrestlers whose body fat is assessed below 7% for males and 12% for females must have a copy of the Physicians Clearance Form at the time of weigh-in. This form will indicate the minimum wrestling weight class that he/she can participate in.

OSAA WRESTLING POLICIES

Effective outside Association Year.

1. SUMMER POLICY (OSAA Handbook, Executive Board Policies) *(Revised Fall 2017)*
 - A. **All Sports.** Summer activities under the direction of any person affiliated with the high school program, including practices, contests, weight training and conditioning, are permissible throughout the summer, excluding the defined Moratorium Week, and must consider the following points:
 - 1) OSAA regulations regarding the Heat Index Calculator are in effect at all times. Athletes must be encouraged to stay well hydrated at all times, especially in hot and humid conditions. This applies to outdoor activities and indoor activities without air conditioning. See the [NFHS](#) statements on heat and hydration.
 - 2) Implement a slow and gradual preseason-conditioning regimen that prepares the athlete for the rigors of the sport.
 - 3) Slowly build up the intensity of activity over several days.

- 4) Have fitness tests (mile run, shuttle run times, maximum repetition exercises) scheduled the second week of practices. Use a progressive, periodized program and evaluate performance once athletes are acclimated to the stress about to be placed upon them.
- 5) Take into account the level of conditioning of all individuals and what their previous conditioning has been. Athletes who have just finished a sports season should have at least a short period (one to two weeks) of relative rest.
- 6) Slowly introduce new exercises or workout routines to allow for adaptation by muscle groups.
- 7) Provide adequate rest and recovery between repetitions in the weight room and especially during “gassers” and intense station or “mat” drills.
- 8) Athletes should refrain from consuming high caffeine energy drinks and supplements, or other stimulants, as they may contribute to dehydration. See the [NFHS](#) statement on energy drinks.
- 9) Athletes should refrain from extreme exercise during acute illness, if feeling ill, or while experiencing a fever.

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

1. **PRACTICE LIMITATION RULE (6A Pilot)** (Approved Feb 2017 for a one-year trial during the 2017-18 SY) (Revised September 2017)
 - A. **Philosophy/Rationale.** The following statements outline the philosophy of *this policy* regarding in-season and out-of-season sports.
 - 1) ***The spirit of the Practice Limitation Rule (6A Pilot) is that every school and participant shall have the same opportunity to practice prior to the first contest.***
 - 2) The mission of OSAA member schools is to foster well-rounded individuals. The purpose of interscholastic athletics is to help educate boys and girls and not to prepare students for college athletics, which is a by-product of interscholastic competition available to a very small percentage of high school athletes.
 - 3) For most students, specialization in a single athletic activity is not in their best long-term interests.
 - 4) Students should be encouraged by coaches, administrators and parents to participate in a variety of school activities, including more than one sport during the school year.
 - 5) Schools should not allow use of school equipment, including uniforms and school district vehicles, and facilities by non-school organizations that promote a philosophy contrary to the above statements.
 - 6) ***6A schools are looking to provide coaches with more opportunities for fundamental skill development at specified times during the Association Year.***
 - 7) ***6A schools believe that high school coaches are the individuals best-trained to guide and promote the health and physical welfare of all participants.***
 - 8) ***6A schools want to work with the OSAA to educate parents regarding the impact on the health and physical welfare of students who choose to specialize in one sport, year-round.***
 - 9) There should be no promotion or publicity within a school for non-school programs, which promote a philosophy contrary to the above statements.
 - B. **Individual Sports Limitation.** Schools may conduct practices and/or contests in individual sports (cross country, golf, swimming, tennis, track & field, wrestling) only during the designated OSAA sports seasons as outlined in Rule 6. Local school districts and/or leagues should establish their own policy restricting the involvement of their individual sports coaches in out-of-season programs.
 - C. **Closed Period.** ***The Closed Period for out-of-season team sports begins on the first practice date of each Fall, Winter, and Spring season. Dates shall follow the NFHS Numbered Calendar, as adopted by the OSAA. The Closed Period shall last six weeks. During the six-week Closed Period, conditioning is the only activity allowed between out-of-season coaches and student(s) from their high school.*** Conditioning is defined as a session where students work on physical fitness and conditioning by use of weights, running, and/or exercises. Conditioning does not allow for the use of individualized and specialized sports equipment or apparatus, including but not limited to: balls, bats, protective equipment, blocking dummies, batting cages, charging sleds and other implements related to specific OSAA activities. ***Participation in conditioning activities must be optional.***
 - D. **Open Period.** ***The Open Period for all out-of-season team sports begins on the first Monday following the six-week Closed Period and ends when the next OSAA defined season begins. Dates shall follow the NFHS Numbered Calendar, as adopted by the OSAA. Fundamental skill development with an unlimited number of the school's student-athletes is allowed for a maximum of nine hours each week per program. All open facility times shall be included in the weekly limitation. It shall be a violation of the Practice Limitation Rule (6A Pilot) if there is any attempt by a coach during the Open Period to coach***

student-athletes from his/her high school in a contest in the activity he/she coaches at that high school. For the purpose of this rule, a contest is any event (practice, scrimmage, game, etc.) that involves anyone other than the students at your high school. While boys and girls basketball (and soccer) are examples of the same sport, for the purpose of this rule they are considered different activities. Participation in Open Period fundamental skill development and/or conditioning must be optional. NOTE: The use of football protective equipment is prohibited from the conclusion of a school's regular and/or post-season until the end of the Association Year as outlined in Rule 6.6. This does not prohibit an individual student from using football protective equipment owned by the school when attending camps/clinics not organized by any member school personnel.

E. Dates for the 2017-18 School Year

1) OSAA Fall Season.

- a) *Official Practices begin for Fall Team Sport Coaches – Monday, August 14 (Week 7).*
- b) *Closed Period for all Winter and Spring Team Sport Coaches – Monday, August 14-Sunday, September 24 (Weeks 7-12).*
- c) *Open Period for all Winter and Spring Team Sport Coaches – Monday, September 25-Sunday, November 12 (Weeks 13-19).*
- d) *Coaching Ends for Fall Team Sport Coaches – Day Following Last Varsity Contest.*

2) OSAA Winter Season.

- a) *Official Practices begin for Winter Team Sport Coaches – Monday, November 13 (Week 20).*
- b) *Closed Period for all Fall and Spring Team Sport Coaches – Monday, November 13-Sunday, December 24 (Weeks 20-25).*
- c) *Open Period for all Fall and Spring Team Sport Coaches – Monday, December 25-Sunday, February 25 (Weeks 26-34).*
- d) *Coaching Ends for Winter Team Sport Coaches – Day Following Last Varsity Contest.*

3) OSAA Spring Season.

- a) *Official Practices begin for Spring Team Sport Coaches – Monday, February 26 (Week 35)*
- b) *Closed Period for all Fall and Winter Team Sport Coaches – Monday, February 26-Sunday, April 8 (Weeks 35-40).*
- c) *Open Period for all Fall and Winter Team Sport Coaches – Monday, April 9-Monday, May 28 (Weeks 41-47).*
- d) *Coaching Ends for Spring Team Sport Coaches – Day Following Last Varsity Contest*

4) OSAA Summer Season.

- a) *Summer Season for Fall, Winter, and Spring Team Sport Coaches – Tuesday, May 29-Sunday, August 12 (Weeks 48-6).*
- b) *Moratorium Week – Sunday, July 22-Saturday, July 28 (Week 4).*

1. Q. *Under the Practice Limitation Rule (6A Pilot), may a coach work on fundamental skill development with two students a day as was allowed previously?*

A. *Yes, but only during the Open Period. During the Open Period coaches may work with an unlimited number of students on fundamental skill development for a maximum of nine hours each week per program. All open facility times shall be included in the weekly limitation. During the Closed Period coaches are prohibited from working on fundamental skill development with any students.*

2. Q. *Under the Practice Limitation Rule (6A Pilot), is a coach allowed to coach student-athletes from his/her high school in a contest during the Association Year outside their sport season in the activity he/she coaches at that high school?*

A. *No.*

3. Q. *Under the Practice Limitation Rule (6A Pilot), are coaches allowed to work on fundamental skill development with their students during the Open Period and organize their students to participate in contests while being coached by someone else?*

A. *No.*

4. Q. *Under the Practice Limitation Rule (6A Pilot), how does the maximum of nine hours each week per program work during the Open Period?*

A. *Any fundamental skill development involving a coach and any number of students from the coach's school in the activity he/she coaches at that high school counts toward the maximum of nine hours each week per program (football, girls' basketball, boys' basketball, etc.). A week is defined as Monday-Sunday. All open facility times shall be included in the weekly limitation.*

5. Q. Are open gyms still permissible under the Practice Limitation Rule **(6A Pilot)**?
 A. Yes, **provided they occur during the Open Period and fall within the maximum of nine hours each week per program.** The terminology has been changed to “open facility” and is applicable to gymnasiums, fields, tracks, etc.
6. Q. What are the penalties if a high school coach violates the Practice Limitation Rule **(6A Pilot)** by coaching members of his or her team **during the Closed Period** or in an out-of-season **contest**?
 A. **Rule 5, “Violations of Regulations – Penalties”** - outlines violations of rules and penalties. As outlined in **Rule 5.2.**, violations of any rule of the OSAA could include probation, forfeiture, fines, suspension or expulsion from the Association. The Executive Board would determine the penalty.
7. Q. Is a school in violation of the Practice Limitation Rule **(6A Pilot)** if an unpaid volunteer coach coaches both the high school team and **an** out-of-season team during the OSAA year?
 A. Yes, this would be a violation. **The Practice Limitation Rule (6A Pilot) applies to any coach associated with a high school program (paid, volunteer, etc.).**
8. Q. Under the Practice Limitation Rule **(6A Pilot)**, may two high school coaches “trade” teams and coach each other’s teams in an out-of-season **contest**, or may a person coach a high school team and then **arrange for** his/her **parent/spouse/family member** to coach the out-of-season club team **during the Association Year**?
 A. No. The intent of the rule is to **provide high school coaches with more opportunities to teach fundamental skill development during specified times during the Association Year.**
9. Q. A coach of a high school team **arranges for** a **parent/spouse/family member** to coach that same team in an out-of-season **contest during the Association Year**. Is this legal under the Practice Limitation Rule **(6A Pilot)**?
 A. **No, this would be considered a violation.**
10. Q. Under the Practice Limitation Rule, may a high school coach work with a group of 9th graders before they turn out for a sport?
 A. **Yes, provided it occurs during the Open Period.**
11. Q. Under the Practice Limitation Rule **(6A Pilot)**, may a high school coach conduct club team try-outs prior to the end of the Association Year?
 A. No.
12. Q. Under the Practice Limitation Rule **(6A Pilot)**, may students serve as demonstrators at a clinic or camp at which their school coach is making a presentation outside of the OSAA season for that sport?
 A. Yes, **provided the clinic or camp occurs during the Open Period or Summer Season.**
13. Q. Under the Practice Limitation Rule **(6A Pilot)**, may a coach own a club on which there are teams, which include members of his/her school?
 A. Yes, but the coach may not personally coach a team with members of his/her school **in the activity he/she coaches at that high school during the Closed Period. During the Open Period the coach may conduct fundamental skill development and/or conditioning but may not coach members of his/her school in a contest in the activity he/she coaches at that high school.**
14. Q. May a coach be present at a camp, clinic or practice during the **Closed Period in the activity he/she coaches at that high school** if his/her high school students are attending as participants?
 A. No, a coach may not attend as an instructor or observer.
15. Q. Would it be a violation of the Practice Limitation Rule **(6A Pilot)** for a coach to teach members of the high school program in a sport-specific class outside of the season for that sport during the Association Year?
 A. No, so long as the sport-specific class meets the following conditions:
 1. The coach must be the teacher of record for the sport-specific class, and
 2. The sport-specific class must be part of the regular school curriculum for which credit is granted, and
 3. Enrollment in the sport-specific class must not be limited to team members.
16. Q. Would it be a violation of the Practice Limitation Rule **(6A Pilot)** if a school was to offer a sport specific class for which the coach is not the teacher of record, and the coach was allowed to attend the class as a guest and teach sport specific skills to members of the high school program outside of the season for that sport during the Association Year?
 A. Yes.
17. Q. At what point does the OSAA consider a person to be a school’s coach?
 A. Once a person and a school have verbally agreed that the person will perform coaching duties for the school, he/she is considered to be that school’s coach by the OSAA. At that time, all OSAA policies are in effect for that coach until such time that the coach resigns or is notified by the school that they are no longer a coach for that school.

18. Q. May a returning coach work with students outside their designated sports season since the coach working under a one-year contract and has not signed a contract for the coming year?
- A. No. Once a person becomes a school's coach, the OSAA considers that person to be a coach for the school until such time that the coach resigns or is notified by the school that they are no longer a coach for that school. Coaches who resign and are then brought back in a coaching capacity by the same school in an attempt to circumvent OSAA policy are subject to penalties as outlined in **Rule 5, "Violations of Regulations - Penalties."**
19. Q. A school is conducting interviews for a vacant coaching position. Is the interviewee allowed to conduct a practice in part of the interview process?
- A. Yes, but the trial practice session shall be no longer than 30 minutes in length.
20. Q. ***Under the Practice Limitation Rule (6A Pilot), may a high school coach work with his/her own children during the Closed Period?***
- A. ***Yes, a coach may work with his/her own children at any time.***
21. Q. ***May a high school coach be present as a spectator at an out-of-season club team contest if his/her high school student(s) are participating on the team?***
- A. ***Yes, this is allowed during both the Closed and Open Period.***
22. Q. ***(REVISED 09/17) During the Closed Period, may a high school facility be used by an out-of-season student from that high school?***
- A. ***Yes, provided no coach from that school organizes the usage, is involved in it or is in attendance.***
23. Q. ***(REVISED 09/17) During the Closed Period, may a high school facility be used by an out-of-season coach to hold an out-of-season event or open facility?***
- A. ***Yes, provided no student from his/her high school is present.***

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

(Revised Fall 2017)

- A. **Philosophy.** The following statements outline the philosophy of the OSAA regarding in-season and out-of-season sports.
- 1) The mission of OSAA member schools is to foster well-rounded individuals. The purpose of interscholastic athletics is to help educate boys and girls and not to prepare students for college athletics, which is a by-product of interscholastic competition available to a very small percentage of high school athletes.
 - 2) For most students, specialization in a single athletic activity is not in their best long-term interests.
 - 3) Students should be encouraged by coaches, administrators and parents to participate in a variety of school activities, including more than one sport during the school year.
 - 4) Schools should not allow use of school equipment, including uniforms and school district vehicles, and facilities by non-school organizations that promote a philosophy contrary to the above statements.
 - 5) There should be no promotion or publicity within a school for non-school programs, which promote a philosophy contrary to the above statements.
- B. **Preface.** The spirit of the Practice Limitation Rule is that every school and participant shall have the same opportunity to practice prior to the first contest. Practice is defined as the involvement of individuals from a member high school in any program, demonstration, instruction, or participation conducted in part or in its entirety by a person or a group of people who are or who have been involved in the coaching of any of these athletes in that sport at the high school, including volunteer coaches. Unless a person has been approved by the school district as a member of the coaching staff, that person may not practice against a team or a team member (example- throwing batting practice or working against a basketball post player).
- C. **Team Sports Limitation.** Schools may conduct practices and/or compete in contests in team sports (baseball, basketball, football, softball, soccer, volleyball) only during the designated OSAA sports seasons as outlined in Rule 6. It shall be a violation of the rule if there is any attempt during the Association year to gather together more than two members of the same high school, with remaining eligibility in that sport, per day outside the OSAA defined season to receive specialized athletic instruction from any coach associated with the participating athletes' high school. Attempts to circumvent the rule by encouraging team members to attend out-of-season practices or camps during the Association year other than through general dissemination of information or brochures shall be considered a violation of this rule. **EXCEPTION:** Baseball and softball coaches may begin pitching instruction and throwing workouts with pitchers and catchers only (maximum of eight total per day) two weeks prior to the Spring Sports First Practice Date. **NOTE: The use of football protective equipment is prohibited from the conclusion of a school's regular and/or post-season until the end of the Association Year as outlined in Rule 6.6. This does not prohibit an individual student from using football protective equipment owned by the school when attending camps/clinics not organized by any member school personnel.**

- D. **Individual Sports Limitation.** Schools may conduct practices and/or contests in individual sports (cross country, golf, swimming, tennis, track & field, wrestling) only during the designated OSAA sports seasons as outlined in Rule 6. Local school districts and/or leagues should establish their own policy restricting the involvement of their individual sports coaches in out-of-season programs.
- E. **Open Facility.** The intent of an open facility is to provide an opportunity for a recreational activity to occur. The facility is provided so that any student in the school has an opportunity to participate. (See Team Sports Limitation listed above for additional information.)
- F. **Conditioning.** Conditioning is defined as a session where students work on physical fitness and conditioning by use of weights, running, and/or exercises. Conditioning does not allow for the use of individualized and specialized sports equipment or apparatus, including but not limited to: balls, bats, protective equipment, blocking dummies, batting cages, charging sleds and other implements related to specific OSAA activities. Participation in conditioning activities must be optional.

1. **Q.** Does the Practice Limitation Rule apply during the summer?
 - A.** No. The Executive Board Policy is only in effect during the Association year, which starts on the first day of fall practice and ends after Memorial Day is observed.
2. **Q.** May a school or an individual student compete in an indoor track meet?
 - A.** The OSAA does not have a season designated for indoor track. Therefore, indoor track is not an OSAA sanctioned activity. Since track and field is an individual sport, it falls under the Individual Sports Limitation. A participant in indoor track must do so unattached and may not represent his/her high school. No school uniforms, equipment or transportation may be used.
3. **Q.** What are the penalties if a high school coach violates the Practice Limitation Rule by coaching more than two members of his or her team in an out-of-season program?
 - A.** Rule 5, "Violations of Regulations – Penalties" - outlines violations of rules and penalties. As outlined in Rule 5.2., violations of any rule of the OSAA could include probation, forfeiture, fines, suspension or expulsion from the Association. The Executive Board would determine the penalty.
4. **Q.** Is a school in violation of the Practice Limitation Rule if an unpaid volunteer coach coaches both the high school team and the out-of-season team during the OSAA year?
 - A.** Yes, this would be a violation.
5. **Q.** May high school team members belong to the same club team?
 - A.** Yes, if the high school team members independently try out and/or belong to the same club team through no influence or direction from the high school coach, then no violation would occur.
6. **Q.** Is it a violation of the Practice Limitation Rule if a high school coach works at a YMCA, "The Hoop," "Sports Nation," etc., during the Association year?
 - A.** No, as long as the high school coach is not involved in directly coaching more than two players from his or her high school team on any given day.
7. **Q.** Under the Practice Limitation Rule, may two high school coaches "trade" teams and coach each other's teams in an out-of-season program, or may a person coach a high school team and then have his/her spouse coach the out-of-season club team?
 - A.** No. The intent of the rule is to prevent the high school coach from directly or indirectly pressuring players from the high school team to play on an out-of-season club team. If the high school coach organizes the high school team members to congregate on the same out-of-season club team and then secures someone else to coach them, e.g., spouse, parent, another high school coach, etc., he or she would violate the intent of the rule and it would be considered a violation.
8. **Q.** Under the Practice Limitation Rule, may the high school boys' basketball coach work with the girls' basketball club team?
 - A.** Yes. Boys' and girls' programs at a high school in the same sport are considered separate sports for the purpose of the Practice Limitation Rule.
9. **Q.** Under the Practice Limitation Rule, may the local golf pro coach the high school team and still give lessons to team members outside the high school season?
 - A.** The Individual Sports Limitation Rule would allow this if allowed by the local school district and/or league.
10. **Q.** A coach of a high school team allows a parent to coach that same team in an out-of-season program. Is this legal under the Practice Limitation Rule?
 - A.** Yes, as long as the high school coach does not organize or require members of the high school team to participate on the out-of-season team coached by the parent.

11. Q. Under the Practice Limitation Rule, may a high school coach work with a group of 9th graders before they turn out for a sport?
A. No. A coach may work with no more than two players (or potential players) outside the designated sports season.
12. Q. Under the Practice Limitation Rule, may a high school coach work with 8th grade students before they enter high school?
A. Yes, so long as the contact occurs prior to the Fall first practice date on the OSAA Calendar. From that point, the students are considered high school students.
13. Q. Under the Practice Limitation Rule, may a high school coach work with two students at a time, rotating the students every half-hour?
A. No. A high school coach may work with no more than two students from his or her school on any given day.
14. Q. Under the Practice Limitation Rule, may a high school coach work with two students at one basket, then two different students at another basket, etc.?
A. No. A high school coach may work with no more than two students from his or her school on any given day.
15. Q. Under the Practice Limitation Rule, may the head coach work with two students, the assistant coach work with two other students, the JV coach work with two other students, etc.?
A. No. All coaches in a program are collectively allowed to work with no more than two students from that school on any given day.
16. Q. Under the Practice Limitation Rule, may a high school coach work with more than two students provided that any student(s) in excess of two are his/her children?
A. Yes. When determining number of players for the purpose of this policy, the children of the person coaching shall not count toward the limitation.
17. Q. Are open gyms still permissible under the Practice Limitation Rule?
A. Yes. The terminology has been changed to “open facility” and is applicable to gymnasiums, fields, tracks, etc. The basic philosophy of an open facility is that it is a recreational opportunity open to anyone and that no instruction is occurring. A coach may not be “at the other end” of an open facility working with two students.
18. Q. Are batting cages considered open facilities?
A. Yes, if a batting cage is open to anyone and no coaching is taking place. Merely throwing batting practice is not considered coaching. Hitting grounders and/or fly balls is considered a violation.
19. Q. A high school baseball/softball coach wants to run a hitting camp for players prior to the first practice date for spring sports. Is this legal under the Practice Limitation Rule?
A. No. The high school coach may coach no more than two of his or her players on a given day outside of the OSAA designated sports season.
20. Q. Under the Practice Limitation Rule, may a school have an “open gym” or “open field” where baseball/softball players play catch to get their arms in shape?
A. Yes, provided that no coaching is taking place.
21. Q. Under the Practice Limitation Rule, may a high school coach include graduating seniors on an out-of-season club team after the high school season in that sport has been completed?
A. Yes. Once seniors have completed their sports season, they are no longer considered to be team members or potential team members for that sport.
22. Q. Under the Practice Limitation Rule, may a high school wrestling coach be involved with his wrestlers in AAU, Greco-Roman and/or freestyle wrestling?
A. Yes. Under the Individual Sports Limitation Rule, local school districts and/or leagues may establish their own policy regarding the high school coach’s involvement in individual sports such as wrestling.
23. Q. Under the Practice Limitation Rule, may a high school coach conduct club team try-outs prior to the end of the association year?
A. No.
24. Q. Under the Practice Limitation Rule, may more than two students serve as demonstrators at a clinic or camp at which their school coach is making a presentation outside of the OSAA season for that sport?
A. Yes, but with these restrictions:
1) More than two students may attend a camp or clinic only as demonstrators for a presentation by their coach. It would be a violation of the Practice Limitation Rule for more than two students to attend as participants at a clinic or camp at which their school coach is making a presentation unless the clinic or camp was held during the OSAA season for that sport.

- 2) Each school is limited to only one clinic or camp to which this interpretation applies per program each school year.
- 3) Clinic or camps to which this interpretation applies may be no more than two days in length.

25. Q. May a coach participate in an open gym with more than two members of his/her school?
A. Yes, so long as no instruction takes place.
26. Q. May a coach participate on an organized team with more than two members of his/her school?
A. No.
27. Q. Under the Practice Limitation Rule, may a coach own a club on which there are teams, which include more than two members of his/her school?
A. Yes, but the coach may not personally coach a team with more than two members of his/her school.
28. Q. May a coach be present at a camp, clinic or practice during the Association Year outside of their sport's designated season if more than two or his/her high school students are attending as participants?
A. No, a coach may not attend as an instructor or observer.
29. Q. ***May a high school coach be present as a spectator at an out-of-season club team contest if his/her high school student(s) are participating on the team?***
A. ***Yes, this is allowed.***
30. Q. Under the Practice Limitation Rule may a high school coach work with his/her children and two additional students?
A. Yes, a coach's children are not counted under the Practice Limitation Rule.
31. Q. Would it be a violation of the Practice Limitation Rule for a coach to teach more than two members of the high school program in a sport-specific class outside of the season for that sport during the Association Year?
A. No, so long as the sport-specific class meets the following conditions:
 - 1) The coach must be the teacher of record for the sport-specific class, and
 - 2) The sport-specific class must be part of the regular school curriculum for which credit is granted, and
 - 3) Enrollment in the sport-specific class must not be limited to team members.
32. Q. Would it be a violation of the Practice Limitation Rule if a school was to offer a sport specific class for which the coach is not the teacher of record, and the coach was allowed to attend the class as a guest and teach sport specific skills to more than two members of the high school program outside of the season for that sport during the Association Year?
A. Yes.
33. Q. At what point does the OSAA consider a person to be a school's coach?
A. Once a person and a school have verbally agreed that the person will perform coaching duties for the school, he/she is considered to be that school's coach by the OSAA. At that time, all OSAA policies are in effect for that coach until such time that the coach resigns or is notified by the school that they are no longer a coach for that school.
34. Q. May a returning coach work with students outside their designated sports season since the coach working under a one-year contract and has not signed a contract for the coming year?
A. No. Once a person becomes a school's coach, the OSAA considers that person to be a coach for the school until such time that the coach resigns or is notified by the school that they are no longer a coach for that school. Coaches who resign and are then brought back in a coaching capacity by the same school in an attempt to circumvent OSAA policy are subject to penalties as outlined in **Rule 5, "Violations of Regulations - Penalties."**
35. Q. A school is conducting interviews for a vacant coaching position. Is the interviewee allowed to conduct a practice with more than two students from a school in part of the interview process?
A. Yes, but the trial practice session shall be no longer than 30 minutes in length.
36. Q. On what date may baseball and softball coaches begin pitching instruction and throwing workouts with pitchers and catchers only (maximum of eight total per day)?
A. **February 12, 2018**, which is two weeks prior to the start of spring practices on **February 26, 2018**.
37. Q. During this two-week early window for baseball and softball coaches, how many students are coaches allowed to work with each day?
A. If non-pitchers and non-catchers, a maximum of two a day. If pitchers and/or catchers only, a maximum of eight a day. This maximum applies to a school's entire coaching staff in that activity.
38. Q. During this two-week early window for baseball and softball coaches, are coaches allowed to work with eight pitchers and catchers and two additional students on the same day?
A. No. During this timeframe, coaches are allowed to work with a maximum of eight on a single day but all eight must be pitchers and/or catchers, or the coaches may work with two non-pitchers and non-catchers on a single day, but not both.

39. Q. During this two-week early window for baseball and softball coaches, are coaches allowed to work with six pitchers and catchers and two additional students, for a total of eight?
- A. No. During this timeframe, coaches are allowed to work with a maximum of eight on a single day but all eight must be pitchers and/or catchers. During this timeframe, coaches would be allowed to follow the standard “Rule of Two” and work with two players only on a single day. These players are not required to be pitchers and/or catchers.
40. Q. During this two-week early window for baseball and softball coaches, if coaches are working with pitchers and/or catchers, is live hitting allowed?
- A. No, live hitting is not allowed but a coach is allowed to stand in the batter’s box.

Effective First Practice Date through End of HS Season.

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

Schools and students are required to adhere to the following practice model.

- C. **All other sports** (Cheerleading, Swimming, Wrestling, Basketball, Dance/Drill, Golf, Tennis, Track & Field, Baseball, Softball)
- 1) All practices shall allow for water breaks and general acclimatization to hot and/or humid weather. Ample amounts of water should always be available and a student’s access to water should not be restricted. In addition, all practices shall follow the fundamentals set forth in the NFHS’s Heat Acclimatization and Heat Illness Prevention Position Statement. While the risk of heat illness is greatly dependent upon weather conditions, the fundamentals in the NFHS’s Heat Acclimatization and Heat Illness Prevention Position Statement promote safety and diminish injury risk in any setting.
 - 2) A student may not practice or participate in a contest for more than six consecutive days without a rest day. A rest day must be complete rest – no organized team physical activity is allowed. Travel is allowed on a rest day.
1. Q. Can the one-hour weight training session allowed on single practice days be conducted both prior to practice and after practice if players only participate in one of the weight training sessions?

A. Yes, multiple one-hour weight training sessions may be held but individual players are limited to participation in a single session.
 2. Q. Is the one-hour weight training session allowed on single practice days required to be “immediately” prior to and after the practice?

A. No, the training session does not have to immediately precede or follow the scheduled practice.
 3. Q. Is the one-hour weight training session allowed on single practice days also allowed on multiple practice days?

A. No, weight training conducted on multiple practice days counts toward the daily five-hour practice limit.
 4. Q. On single practice days may coaches conduct classroom-training sessions that would involve no physical activity?

A. Yes, classroom instruction that requires no physical activity is allowed and does not count towards the daily five-hour practice limit.
 5. Q. Is classroom instruction with no physical activity allowed during the required three-hour recovery period between multiple practices?

A. Yes, classroom instruction that requires no physical activity is allowed during the recovery period.
 6. Q. A team plans to conduct multiple practices on a single day but wants to reduce the length of each practice to 90 minutes. Can the team reduce the required recovery time of three hours between practice sessions because they have used less than the maximum practice time allowed?

A. No, the three-hour recovery period between practices is required regardless of practice length.
 7. Q. Are multiple practices on a single day required for all Fall teams?

A. No, teams are not required to have multiple practices on a single day. If multiple practices are conducted, the second practice of the first two multiple practices days is a teaching session only.
 8. Q. What is the definition of a “teaching session”?

A. During a teaching session, the intensity, duration, and pace of all practice components shall be modified from a normal practice session. The focus of a teaching session should be directed at developing skills fundamental to the sport at a significantly reduced pace. In Football, light contact with bags is allowed but Live Action situations are prohibited. Practice components in all activities intended to develop skills while conditioning the athlete at the same time are not allowed. Coaches are encouraged to use this “teaching session” to address offensive and defensive strategies, skill development drills and other types of team building activities that do not involve conditioning.

9. **Q.** How do you calculate practice time for multiple sport athletes participating in more than one Fall sport?
A. Practice hours are cumulative. On a single practice day, the three-hour practice limit may be split between the two sports but the total practice time, including any breaks, must fit within the three-hour limit. On a multiple practice day, the daily five-hour practice limit may be split between the two sports but all required recovery periods must be implemented. Any participation for a fraction of a half hour counts as a half hour towards the daily practice limit.
10. **Q.** If Fall multiple sport athletes practice one hour with the Football team and two hours with the Soccer team are they required to have a recovery period between the two practices?
A. No, this is considered to be one three-hour practice and no recovery period is required. If the combined practice time, including any breaks, exceeds three hours then a three-hour recovery is required.
11. **Q.** May a team practice for 2 hours, take a 30-minute break, and resume for 1 hour?
A. No, this would constitute a violation. Teams may not exceed the maximum practice time of three hours, including all breaks within the schedule.
12. **Q.** In football, are 7-on-7 drills permissible during teaching sessions?
A. Yes, provided that they comply with the foregoing “teaching session” requirements.

2. **PARTICIPATION LIMITATIONS** (OSAA Handbook, Participation Limitations, Wrestling) **(Revised September 2017)**

- A. **Team.** A school team shall not compete on more than 14 events at each level of competition, exclusive of the varsity special district tournament and state championships. Each dual match or tournament shall count as one event. Any time a student participates representing his/her school, it shall count toward the school’s team limitation.
- B. **Individual.**
- 1) A student shall not participate in more than 14 events, 18 weigh-ins nor shall a student appear in more than 50 mat appearances, exclusive of the varsity special district tournament and state championships. Each victory (including forfeits accepted) or defeat is counted as a mat appearance.
 - 2) ***A student shall not participate in more than five matches per day, excluding forfeits. No match (dual, consolation or championship) shall begin prior to 8am or after 11pm.***
 - 3) ***Girls may participate in a maximum of seven female-only events. Female-only events shall not count against the 14-event school team maximum listed in A but participation in these events shall count against the individual limitations outlined in B.***

NOTE: If a wrestler does not wrestle during a dual match because no opponent is available at that weight class, either a forfeit can be accepted, counting the match as one of the wrestler’s 50 allowable mat appearances, or else a forfeit is not accepted by not appearing on the mat, thus not counting the match as one of the 50 allowable mat appearances.

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

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

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

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

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

- B. **Quantity requirements.** See **Officials Fee Schedule** for additional information.

7) **Wrestling.** An official is required at the varsity and junior varsity levels.

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

Following is the policy concerning interrupted athletic contests. NOTE: For state championship final games, the OSAA staff shall take jurisdiction and make any decisions rather than the schools involved.

- L. **Wrestling.** Contest shall be continued from point of interruption unless teams mutually agree otherwise or there are athletic district rules that apply.

5. **ENDOWMENT GAMES** (OSAA Handbook, Executive Board Policies) **(Endowment Game Application)** (Revised Fall 2014)

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 school district or league passes will be accepted.
- 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:
 - 5) **Wrestling.** One additional one-day event 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 CHAMPIONSHIPS INFORMATION

- 1. **STATE CHAMPIONSHIPS POSTING TIMELINES:** <http://www.osaa.org/activities/wre>
 - A. **Athletic Directors, Coaches and Spectators:** Detailed information regarding the Wrestling State Championships will be posted on the OSAA website on Wednesday, January 17. 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 Director Information (DMD):** Detailed information regarding District Meet Director responsibilities including the instructions / requirements on using TrackWrestling, will be posted on the OSAA website Wednesday, January 17.
- 2. **STATE CHAMPIONSHIPS LOCATIONS AND TIMES**
 - A. **Location:** Veterans Memorial Coliseum, 1401 N Wheeler Avenue, Portland, OR 97227
 - B. **Times:**
 - 1) Friday, February 16 – Session 1 / 8:30am – 9:15pm
 - 2) Saturday, February 17 – Session 2 / 8:30am – 3:00pm; Session 3 / 6:30pm - 10pm
- 3. **QUALIFICATION FOR STATE CHAMPIONSHIPS**
 - A. **6A** – Qualifiers: Top four qualifiers in each weight class from each of the six Special District Tournaments qualify to the State Championships; 24-person bracket with top six wrestlers placing. Maximum of two entries per school per weight class in the Special District Tournament.

- B. **5A** – Qualifiers: Top four qualifiers in each weight class from each of the four Special District Tournaments qualify to the State Championships; 16-person bracket with top six wrestlers placing. Maximum of two entries per school per weight class into the Special District Tournament.
 - C. **4A** – Qualifiers: Top four qualifiers in each weight class from the Special Districts 1, 2 and 3 Tournaments and top three qualifiers in each weight class from Special District 4 Tournament qualify to the State Championships. A fifth qualifier is rotated between Special Districts 1, 2, and 3 annually – 2018 (Special District 2); 16-person bracket with top six wrestlers placing. Maximum of two entries per school per weight class into the Special District Tournament.
 - C. **3A** – Qualifiers: Top three qualifiers in each weight class from each of the four Special District Tournaments qualify to the State Championships; 12-person bracket with top six wrestlers placing. Maximum of two entries per school per weight class into the Special District Tournament.
 - D. **2A/1A** – Qualifiers: Top two qualifiers in each weight class from each of four Special District Tournaments qualify to the State Championships; Eight-person bracket with top four wrestlers placing. Maximum of two entries per school per weight class into the Special District Tournament.
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.
 - G. **Wrestling**
 - 1) **Individuals:** Substitutions may be made by the Special District Meet Director until 4pm two business days prior to the first day of state championship competition.
 - 2) A one-point team penalty shall be assessed to any team failing to bring a participant who has qualified through the Special District Meet to the state championships, unless that participant was replaced prior to the substitution deadline. This penalty applies to each participant failing to appear at the state championships.

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.

(Concussion-Return to Participation Medical Release)**(Concussion-Return to Learn Medical Release)**A. **Member School's Responsibilities (Max's Law, [ORS 336.485](#), [OAR 581-022-0421](#)) (Jenna's Law, [ORS 417.875](#))**

- 1) **Suspected or Diagnosed Concussion.** Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body, or who has been diagnosed with a concussion, shall not be permitted to return to that athletic contest or practice, or any other athletic contest or practice on that same day. In schools which have the services of an athletic trainer registered by the Oregon Board of Athletic Trainers, that athletic trainer may determine that an athlete has not exhibited signs, symptoms or behaviors consistent with a concussion, and has not suffered a concussion, and return the athlete to play. Athletic trainers may also work in consultation with an appropriate Health Care Professional (see below) in determining when an athlete is able to return to play following a concussion.
- 2) **Return to Participation.** Until an athlete who has suffered a concussion is no longer experiencing signs, symptoms, or behaviors consistent with a concussion, and a medical release form signed by an appropriate Health Care Professional (Physician (MD), Physician's Assistant (PA), Doctor of Osteopathic (DO) licensed by the Oregon State Board of Medicine, nurse practitioner licensed by the Oregon State Board of Nursing, or Psychologist licensed by the Oregon Board of Psychologist Examiners) is obtained, the athlete shall not be permitted to return to athletic activity.
- 3) **Private Schools Only.** **(Concussion-Private School Informed Consent)**

On an annual basis prior to participation, private schools shall require each student and at least one parent or legal guardian of the student to sign the Concussion – Private School Informed Consent form acknowledging the receipt of information regarding symptoms and warning signs of concussions. Private schools shall maintain a copy of each student's signed form on file for review at any time by OSAA staff.

B. **Official's Responsibilities.**

An official shall remove a player from a contest when that player exhibits signs, symptoms or behaviors consistent with a concussion due to an observed or suspected blow to the head or body. The official shall document and notify the head coach or his/her designee making sure that the head coach or designee understands that the player is being removed for exhibiting signs, symptoms or behaviors consistent with a concussion as opposed to behavior, a non-concussive injury or other reasons. The official is not responsible for evaluation or management of the player after he/she is removed from play. The official does not need written permission for a player to return nor does the official need to verify the credentials of the appropriate health care professional who has cleared the player to return. The responsibility of further evaluating and managing the symptomatic player falls upon the school and appropriate health care professionals.

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

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

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

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

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

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

6. **EJECTION POLICIES – FINES** (OSAA Handbook, Executive Board Policies) (Revised Fall 2015)

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

7. **EJECTION POLICIES – MULTIPLE EJECTIONS OF INDIVIDUAL** (OSAA Handbook, Executive Board Policies) (Fall 2012)

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

8. **MORATORIUM WEEK** (OSAA Handbook, Executive Board Policies) (Revised May 2014)

A. Each year a seven-day OSAA Moratorium Week shall be in effect during which there shall be no contact between administrators/coaches/directors/advisors and students involved in any OSAA-sanctioned sport or activity, including cheer, dance/drill, speech, solo music, choir, band/orchestra. In addition, there shall be no high school athletic facility usage by athletic staff and students/teams, including dance/drill and cheer, during the OSAA Moratorium Week. Use of non-athletic facilities by athletic staff is allowed.

B. Week 4 of the NFHS Standardized Calendar shall be designated as Moratorium Week. Designated OSAA Moratorium Week dates:

2017	July 23 – July 29	2020	July 26 – August 1
2018	July 22 – July 28	2021	July 25- July 31
2019	July 28 – August 3	2022	July 24 – July 30

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 schools 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. **OFFICIALS – HOST SCHOOL RESPONSIBILITIES** (OSAA Handbook, Executive Board Policies) (Revised Winter 2014)

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

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

10. **REPORTING SCHEDULES AND RESULTS** (OSAA Handbook, Executive Board Policies) (Revised Fall 2015)

A. **Schedules.**

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

B. **Results.**

- 1) **Team Sports.** The host school is required to report the result of each varsity contest through <http://www.osaa.org/> by 10pm on the day the contest is played. In neutral site contests, the designated home team shall report the result. In the case where an OSAA member school is competing outside of Oregon, it is the responsibility of the member school to report the result. Reports of varsity scores are required for the following OSAA-sanctioned sports: football, boys' soccer, girls' soccer, volleyball, boys' basketball, girls' basketball, baseball, softball.
 - 2) **Wrestling.** Member schools shall verify after all Varsity dual meets and Varsity tournaments (individual and dual meet formats) that complete results are entered into the school's assigned TrackWrestling team profile and have been accepted. It is highly recommended, but not required, that all events be scored live using TrackWrestling. If the host school does not score the event live using TrackWrestling, then the host school has the responsibility for inputting results for all participating teams within 24 hours after the conclusion of the event. In the case where an OSAA member school is competing outside of Oregon, it is the responsibility of the member school to input the results.
- C. **Consequences of Failure to Report Complete Schedules.** Failure to report a complete schedule shall be punishable by fines, forfeiture and/or other penalties as determined by the OSAA Executive Board.
- D. **Consequences of Failure to Report Results.** Failure to report results shall cause the following progressive sanction(s) process for each individual incident and in the time stated. Failure to report results by the 3rd Level shall be punishable by fines, forfeiture and/or other penalties as determined by the OSAA Executive Board.
- 1) **Team Sports:**
 - a) 1st Level – Reminder Email (1st day after scheduled contest)
 - b) 2nd Level – Warning Email (2nd day after scheduled contest)

- c) 3rd Level – Probation Email (3rd day after scheduled contest)

2) **Wrestling:**

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

11. **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.

12. **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! boing, 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.

13. **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 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 reschedule 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?
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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.