



Oregon School Activities Association
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August 10, 2005

To: Athletic Directors and Head Football Coaches
From: Brad Garrett, Assistant Executive Director
Subject: Various Football Reminders for the 2005 Season

Included with this memo are several documents specific to football that I would like you to review with your staff as we begin a new fall season and other reminders to share with coaches and administrators.

1. **Fall Practice Model** - All member schools sponsoring 8 or 11 man Football shall follow the adopted OSAA Fall Practice Model for the 2005 Season. The policy requires that schools check the temperature and humidity one hour prior to the start of practice and then calculate the "heat index". If the "heat index" is at or above 95, practice modifications are necessary. We have added a "heat index" calculator to the OSAA website at <http://www.osaa.org/heatindex/lookup.asp>. Coaches should also review the Fall Practice Model located on the OSAA website at <http://www.osaa.org/sportsmedicine/fallpracticemodel.pdf>.
2. **Defensive Score on a Try** – The Defensive Score on a Try Experiment has been extended into any Overtime period for the 2005 season. This is the second year of a two year experiment sponsored by the Oregon Athletic Coaches Association and approved by the NFHS. Coaches should familiarize themselves with the rule interpretations outlined in the experiment. You can find full documentation about the experiment on the OSAA website at <http://www.osaa.org/football/0405scoreonatriewithovertime.pdf>.
3. **9-yard marks** – 2005 NFHS Football Rule 1-2-3 (e) requires that all fields have "a mark 12 inches in length, 4 inches in width and 9 yards from each sideline" that is located on each 10 yard line. These marks shall not be required if the field is visibly numbered with the top of the numbers located at 9-yards from the sideline. Attached to this memo is a field diagram illustrating the rule change.
4. **League choice for 45 point rule** – please review the league choice that is listed and let me know any changes that have been made for this year. 4A, 3A, and 2A schools have three options – terminate the game, alternative plan, and running clock. 1A schools have two options – terminate the game and running clock. If the option used is different at the sub-varsity level please let me know. Once verified, the list will be posted to the OSAA website at <http://www.osaa.org/football/45choice.pdf>.
5. **Eye shields on football helmets** – 2005 NFHS Football Rule 1-5-3 (n) requires that eye shields (visors) on football helmets be "clear, molded, and rigid". No degree of tinting is allowed under this rule so therefore any eye shield attached to a helmet not meeting the rule shall be removed prior to competition.
6. **Plastic bracelets** – Bracelets of any type, such as the "LIVESTRONG" bracelet, are illegal equipment under 2005 NFHS Football Rule 1-5-3 (m). Officials have been instructed to penalize attempts to tape over or cover this type of jewelry in needed.
7. **Approved early games for 2005** – Please review and remind coaches that teams playing a Varsity "0" week game with no JV complement must be careful when playing JV players in the varsity contest. Please remember the policy that limits football players to nine (9) weeks of participation during the season. Any JV player who participates in the "0" week game has only eight (8) weeks of eligibility left during the regular season which often means they will not be able to play in all scheduled JV contests. If you have a game not included on the approved list please contact me as soon as possible. The list will also be posted to the OSAA website at <http://www.osaa.org/osaa/info/05earlygame.pdf>.



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8. While **Jamborees** do not need approval from the OSAA, there are specific rules regarding the format of Jamborees in Football. You can find this information in the OSAA Handbook under the Participation Limitations section on pgs 86-87 and on the OSAA website within the OSAA Football Plan at <http://www.osaa.org/football/footballplan.asp> .
9. **Sports Medicine information** in regards to heat and hydration issues, helmet fitting, lightning safety, and head trauma are available on the OSAA website within the Football page located at <http://www.osaa.org/football/> , these are important informational items that all coaches should be aware of as we start the season.
10. As per **2005 NFHS Football Rule 1-5-3c**, it is illegal to participate while wearing a cast unless a player first obtains a signed medical release from a licensed medical physician prior to participation. Local officials associations have been instructed to request and retain a copy of this signed medical release. The head coach has the responsibility to provide the release to the Referee prior to the athlete's participation in the contest. Please be prepared to provide a separate note for each game as officials will retain the note and keep it on file with the local association.
11. **4A and 1A Playoff** rotation for the 2005 season is posted to the OSAA website at <http://www.osaa.org/football/>.