



Oregon School Activities Association  
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August 19, 2008

To: Athletic Directors and Head Football Coaches  
From: Brad Garrett, Assistant Executive Director  
Subject: Various Football Reminders for the 2008 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 2008 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. Schools can access the "heat index" calculator on the OSAA website at <http://www.osaa.org/heatindex/>. Coaches should also review the Fall Practice Model located on the OSAA website at <http://www.osaa.org/sportsmedicine/fallpracticemodel.pdf>.
2. **Approved early games for 2008** – 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, excluding participation in an endowment game, 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/osaainfo/earlygame09.pdf>.
3. 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 and on the OSAA website within the OSAA Football Plan at <http://www.osaa.org/football/2008/fbplan.asp>.
4. **Sports Medicine information** in regards to heat and hydration issues, 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.

#### **NFHS Football Rule Reminders:**

5. As per **NFHS Football Rule 1-5-3 (c)**, 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.
6. **New NFHS Rule 1-2-3 (d)** requires that a 4-inch-wide broken restraining line shall be placed around the outside of the field, at least 2 yards from the sidelines and end lines, as an extension of the line limiting the team box area. All spectators, stat personnel, media, and other personnel on the sidelines are required to stay behind the restraining line for safety purposes.
7. **Eye shields on football helmets** – 2008 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.



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## **Directives for 2008 Football**

For clarification, the following three items are directives rather than suggestions. Please be advised:

- Officials choosing not to enforce these situations as per the rulebook and this directive are subject to individual and/or association sanctions including reduction or elimination of playoff games.
- Coaches shall consider this a directive from the OSAA office are therefore requested to work with the officials in accomplishing these tasks. Cooperation makes life better for all involved.

### 1) Side line coaches box / enforcement.

Rule 9-8-3...A non player shall not be outside his team box unless to become a player or to return as a replaced player. A maximum of three coaches may be in the coaches area.

The OSAA recognizes that statewide, this rule has been inconsistently enforced at best. Because officials frequently work outside the sidelines and a maximum of 3 coaches are allowed in the coaches box at any given time, collisions are inevitable under the current NFHS rules. Coaches should be aware that even though a maximum of 3 coaches are allowed in the coaching area during a play, the onus is, and has always been, on the coaches to avoid collisions with the sideline official.

Additionally, the head coach is responsible for allowing the line-to-gain crew and equipment room to work. By rule, the line-to-gain equipment shall work a minimum of 2-yards off the sideline. Teams not allowing the line-to-gain crew and equipment room to work within the team box area shall be subject to sideline warning/sideline interference procedures. The OSAA is concerned with the safety of players, coaches, fans, and officials. In an effort to clean up the sideline area, the OSAA has made sideline enforcement a point of emphasis for 2008. Effective immediately, officials are directed to enforce this rule as per the 2008 rulebook.

- 1<sup>st</sup> Offense – Sideline Warning (which will now include a flag but no yardage)
- 2<sup>nd</sup> Offense – 5 yard penalty (Sideline Interference)
- Each subsequent offense – 15 yards (Unsportsmanlike Conduct charged to the head coach)

### 2) Equipment violations / illegal equipment.

In recent years, equipment violations reportedly have increased. Players have found creative ways to attempt to dance around equipment requirements. In an effort to end equipment violations the OSAA has made equipment violations a point of emphasis for 2008. Officials are directed to penalize any and all violations.

- Hip Pads, tailbone protector, knee pads and thigh guards must be worn and may not be altered from the manufacturer's original design/production. Shin guards, if worn, must meet NOCSAE specifications. If a player is observed without required equipment and/or wearing modified items prior to or during a play, he shall be sent to the sidelines at the next dead ball interval (for a minimum of 1 play) until the situation is corrected and a 5-yard equipment penalty shall be issued to the offending team. The head coach SHALL be notified of the situation. If said player returns without correcting the situation, a 15 yard Unsportsmanlike Conduct penalty will be charged to the head coach (9-8-1h) and the repeat violation player will be disqualified. Any additional violations will result in a second 15-yard penalty issued to the head coach and the head coach shall then be disqualified.
- Knee pads shall completely cover the knees and pants shall completely cover the knee pads. For consistency purposes, the Oregon mechanic shall be, when a player is suspect of wearing illegal pants and/or knee pads, such suspect player shall be judged to be legal if while standing motionless his knee pads cover his knee and his pants cover his knee pads. If the suspect player does not meet these requirements he will be sent to the sidelines (for a minimum of 1 play) until the situation is corrected and a 5-yard equipment penalty shall be issued to the offending team. The head coach SHALL be notified of the situation. If said player returns without correcting the situation, a 15 yard Unsportsmanlike Conduct penalty will be charged to the head



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coach (9-8-1h) and the repeat violation player will be disqualified. Any additional violations will result in a second 15-yard penalty issued to the head coach and the head coach shall then be disqualified.

- Bicep Bands, Calf Bands, and other uniform adornments have no place in Oregon High School Football. For consistency purposes, the Oregon mechanic shall be to remind coaches in the pregame meeting that these items need to be removed prior to participation. If a player is observed wearing items prior to or during a play, he shall be sent to the sidelines at the next dead ball interval (for a minimum of 1 play) until the situation is corrected and a 5-yard equipment penalty shall be issued to the offending team. The head coach SHALL be notified of the situation. If said player returns without correcting the situation, a 15 yard Unsportsmanlike Conduct penalty will be charged to the head coach (9-8-1h) and the repeat violation player will be disqualified. Any additional violations will result in a second 15-yard penalty issued to the head coach and the head coach shall then be disqualified.
- As always, in an effort to avoid penalties, Officials are encouraged to attempt to find any equipment violations during pre-game warm ups and/or the pre-game meeting with the head coach. Officials should make every attempt to get issues corrected (free of any penalties) prior to the opening kickoff. Restated, pre-game communications can re-enforce what the point of emphasis's are and how they will be handled. Preventative officiating is always recommended.

3) Unsportsmanlike acts, such as, diving into the end zone.

In recent years, nationwide, acts by players designed to draw attention to an individual and/or engender ill will have increased. Examples would include but are certainly not limited to "Diving into the end zone" when no defender is near the offender. This and other similar acts are clear violations of Rule 9-5-1c...Any delayed, excessive or prolonged act by which a player attempts to draw attention upon himself. These types of acts SHALL be flagged (Unsportsmanlike Conduct) immediately and without warning.

A second violation by the same player warrants disqualification of that player.

NFHS rule 9-5-1 clearly outlines that unsportsmanlike conduct extends to any "baiting or taunting acts". This rule extends to those acts or celebrations involving the entire team. These acts or celebrations include but are not limited to the Haka Dance, any type of gathering taking place by a visiting team on the home teams logo (located anywhere on the field), or entering the field (home or visitor) by encroaching within the other teams defined warm-up area.

Team celebrations or gatherings are to be allowed only within the confines of the respective team box. Any persons affiliated with the team performing the acts or celebrations outside of the team box shall result in a 15-yard Unsportsmanlike penalty charged to the head coach.