



2009 OSAA Football Plan



GENERAL FOOTBALL INFORMATION

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1. SEASON DATES:

August 24.....	Practice Starts
September 3	First Contest
November 7	Cutoff
November 13-14	6A, 5A, 4A, 3A, 2A, 1A First Round
November 20-21	6A, 5A, 4A Second Round; 3A, 2A, 1A Quarterfinals
November 27-28	6A, 5A, 4A Quarterfinals; 3A, 2A, 1A Semifinals
December 4-5	6A, 5A, 4A Semifinals
December 5	3A, 2A, 1A State Championships
December 12	6A, 5A, 4A State Championships

STATE CHAMPIONSHIPS INFORMATION:

- a. **Athletic Directors, Coaches and Spectators:** Detailed information regarding the 2009 Football State Championships will be posted on the OSAA website (www.osaa.org) on Friday, October 16. 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. **Event Management Information (EMI):** Beginning Friday, October 16, schools that host state championship games must download Event Management Information from the OSAA website (www.osaa.org). Included will be information regarding expenses, admission policies, game management & ticket report, ticket booth signs, PA script, etc.

2. STATE CHAMPIONSHIPS LOCATIONS AND TIMES:

- a. **First Round – Quarterfinals:** Refer to brackets for locations, times and home team designation.
- b. **Semifinals:** Neutral field, (preferably artificial turf) as determined by the OSAA.
- c. **Finals:** 1A, 2A, 3A – Hillsboro Stadium, 4400 NW 229th, Hillsboro 97124
4A, 5A, 6A – Oregon State University, Corvallis 97330
- d. **Times:** Friday, 7 p.m./7:30 p.m., or Saturday, 1 p.m. for all rounds prior to the semifinals; OSAA to determine the day and time for semifinal and final games.

NOTE: Except in those instances where the OSAA designates the day and time, games are to be played at times indicated above unless both schools involved agree otherwise and approval is granted from the OSAA office. If schools cannot mutually agree, the OSAA will make the final decision.

3. QUALIFICATION FOR STATE CHAMPIONSHIPS:

- a. **6A**
 - 1) PIL – Three teams.
 - 2) Metro – Four teams.
 - 3) Mt. Hood – Five teams.
 - 4) Three Rivers – Four teams.
 - 5) Pacific – Four teams.
 - 6) Southwest – Four teams.
 - 7) Central Valley – Four teams.

b. **5A**

- 1) PIL – Two teams.
- 2) Northwest Oregon – Four teams.
- 3) Mid-Willamette – Four teams.
- 4) Midwestern – Three teams.
- 5) Southern Sky – Three teams.
- 6) Intermountain – Four teams.

c. **4A**

- 1) Cowapa – Three teams.
- 2) Capital – Three teams.
- 3) Far West – Three teams.
- 4) Val-Co – Three teams.
- 5) Sky-Em – Three teams.
- 6) Skyline – Two teams.
- 7) Greater Oregon – Three teams.

d. **3A**

- 1) Lewis & Clark – Three teams.
- 2) West Valley – Three teams.
- 3) PacWest – Four teams.
- 4) Sunset Conference – Three teams.
- 5) Eastern Oregon – Three teams.

e. **2A**

- 1) Northwest – Three teams.
- 2) Mountain View – Four teams.
- 3) Tri-River – Three teams.
- 4) Southern Cascade – Three teams.
- 5) Blue Mountain – Three teams.

f. **1A**

- 1) SD #1 – Three teams.
- 2) SD #2 – Three teams.
- 3) SD #3 – Three teams.
- 4) SD #4 – Three teams.
- 5) SD #5 – Two teams.
- 6) SD #6 – Two teams.

4. STATE CHAMPIONSHIPS – TEAM SIZE: (OSAA Handbook, Executive Board Policies)

The following limitations shall apply to replacement players and maximum team sizes for State Championship events, first round through championship final.

Penalties for excessive team size: Suiing up too many players shall be considered a gross act of unsportsmanlike conduct punishable by fines or other penalties as determined by the OSAA Executive Board. Participants in excess of the maximum allowed in each sport shall be considered ineligible and shall result in the forfeiture of the contest in which the ineligible participant appeared.

Replacement of players applies to each game. A player replaced on the roster may be reinstated to the roster in subsequent games. Maximum in uniform: 6A-60; 5A-50; 4A-40; 3A-33; 2A-33; 1A-24.

5. OFFICIAL BALL ADOPTION: Wilson is the officially adopted football of the OSAA. Schools are encouraged to use Wilson footballs during regular season play. Due to contractual obligation the OSAA will mandate use of these balls for all state championship games, first round through final sites. It is the host school's responsibility to provide an official Wilson football for games at home sites. Wilson footballs will be provided at state championship semifinal and final sites by the OSAA.

The following balls have been adopted for use during all OSAA football state championship games:

- Wilson F1705, F1715 composite
- Wilson F1552 rubber

- Wilson F1003, F1001, F1005, F1201, and F1205 leather

Any model of Wilson football will be allowed for use during the state championships provided it has an NFHS authenticating mark.

- 6. AWARDS:** Team trophies will be presented immediately following each championship game. Medals will be distributed to the athletic director of each school following each championship game.
- Trophies** – Trophies will be presented to the champion and second place teams in each classification. A trophy will also be sent to each semifinal team.
 - Medals** – The following number of medals will be presented to the champion and second place teams in each classification: 6A – 65; 5A – 55; 4A – 44; 3A – 36; 2A – 36; 1A – 27.

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS **2009 FOOTBALL RULES**

Order a 2009 NFHS Football Rules Book on the [OSAA Rules Book Order Form](#) or contact the OSAA (503.682.6722) for more information.

For more information about NFHS Football Rules visit www.nfhs.org

2009 NFHS RULES REVISIONS:

1-2-3b NOTE All required field markings must be clearly visible.
2 (NEW)

1-3-1c Stripes located on the football must be adjacent to and perpendicular to the seam upon which the laces are stitched.

2-14-2; 7-2-5 The definition of a scrimmage-kick formation was clarified to differentiate formations that have been used traditionally for attempting a field goal or kick try from those used for a punt. The circumstances under which the numbering exception can be used have been changed to clarify what can be done on first, second, third and fourth downs.

Table 3-1; 9-8-1g The mandatory three-minute warm-up period begins immediately following the conclusion of the halftime intermission. The head coach of each team is responsible for his team being on the field for the warm-up period.

3-3-4b5 (NEW) If a penalty resulting in a safety occurs on the last timed down of a period, the period is not extended.

8-2-2; 8-2-3; 8-2-4 (NEW); 10-5-1f Three rules were refined and a new article created regarding penalty enforcement for dead-ball, non-player or unsportsmanlike fouls that occur during or after a touchdown scoring play. Now, the scoring team, in most situations, has the option of enforcing the penalty on the subsequent kickoff.

9-4-3h It is now illegal to grasp the opponent's chin strap.

9-4-3k (NEW) The horse-collar tackle has been added to the list of illegal personal contact fouls, regardless of where it occurs on the field. It is illegal to grasp the inside back or side opening of the collar of the jersey or shoulder pads of the runner and subsequently pull the runner to the ground.

9-7-2 EXCEPTION The kicking team cannot bat a scrimmage kick that has not yet been grounded unless it is toward its own goal line. Scrimmage kicks may only be batted by the kicking team towards its own goal line.

1-2-3g; 9-8-3 A restricted area has been defined where a maximum of three coaches may communicate with players and substitutes during dead-ball situations. The coaches must move into the team box before the ball becomes live. There will no longer be an allowance for three coaches to remain in an area adjacent to the sideline during play.

Editorial and Other Changes: 1-2-1; 1-2-3d; 1-3-1f; 1-5-1c(5b, 6b); 1-5-1i; 1-5-3a, b, c; 1-5-3k, l, n, o (NEW); 2-11; 2-16-2h; 2-35; 2-41-1, 9; 3-3-4b; 3-3-4b NOTE; 3-4-3j (NEW); 3-5-10c; 6-2-1; 7-5-2; 7-5-6a; 8-2-2, 3; 8-5-2a

EXCEPTION; 9-4 PENALTY; 9-8-1; 9-9 PENALTY NOTE; 10-2-2b; 10-2-3; 10-4-2c; 10-5-1f; 10-6;
FUNDAMENTALS: II-5, II-6 (NEW), IV-6, IX-3, X-4; OFFICIAL FOOTBALL SIGNALS 15, 25 (NEW)

POINTS OF EMPHASIS:

- NFHS Guidelines on Handling Contests During Lightning Disturbances
- Illegal Personal Contact
- Blocking and Illegal Blocks
- Helmet and Face Mask
- Uniforms
- Sportsmanship

OSAA FOOTBALL POLICIES

- 1. OSAA ADOPTED RULES AND INTERPRETATIONS:** The NFHS 2009 Football Rules Book will be used.
- 2. PARTICIPATION LIMITATIONS:** (*OSAA Handbook, Participation Limitations*)
 - Team.** A school team shall not play more than nine games at each level of competition, exclusive of the state championships.
 - Individual.** A student shall not participate in more than nine weeks, exclusive of the state championships.
 - Jamboree.** A school may participate in only one jamboree at each level of competition. ***A jamboree shall include at least three teams***, and shall not be counted as a contest. Jamborees may be held only on the first playing date and for 30 days thereafter.
 - 1) REMINDER.** All participants ***must*** have completed a minimum of nine days of actual field practice ***prior to the jamboree.***
 - In a jamboree, each team is allowed a total of 36 offensive snaps from the line of scrimmage. Any kicking play (i.e. punt, extra point, field goal) counts as an offensive snap.
 - Four-team format – Twelve offensive snaps against each opponent – 36 total snaps.
 - Three-team format – Eighteen offensive snaps against each opponent – 36 total snaps.
 - Students participating in jamborees shall adhere to the individual participation limitations set forth in this Handbook. Participation against a single opponent in a jamboree shall count as one quarter toward the weekly limit established for each classification.
 - Five Quarter Rule.** A student shall not compete in more than five quarters for 6A and 5A or six quarters for 4A, 3A, 2A and 1A 8-man each week with the week defined as running from Sunday through Saturday. Participation in any play in a quarter shall constitute participation in that quarter. For the purposes of this rule, participation during the same week in five quarters for 6A and 5A or six quarters for 4A, 3A, 2A and 1A 8-man shall be considered participation in one game. A student may participate in only one jamboree. If a student appears in more than five quarters (six quarters for 4A, 3A, 2A and 1A 8-man) in one week, the game in which the student exceeds the limit shall be forfeited.
 - Adding a Fifth Quarter.** A fifth quarter may be played at the freshman level, or at the junior varsity level if there is no freshman team, providing both schools agree and the officials agree. The extra quarter is intended to provide an opportunity for those students whose play was limited in the regular contest. In no case shall a student exceed the quarter limit for their respective classification.
- 3. FALL SPORTS PRACTICE MODEL:** (*OSAA Handbook, Executive Board Policies*) At the recommendation of the OSAA Medical Aspects of Sports Committee, the OSAA Executive Board adopted a Fall Sports Practice Model. Each year all Fall student-athletes are required to adhere to the practice regimen contained in the [**Fall Sports Practice Model.**](#)

A key component of the Fall Sports Practice Model involves calculating the current heat index for your area. To calculate the heat index use the [**OSAA Heat Index Calculator.**](#)
- 4. INTERRUPTED CONTESTS:** (*OSAA Handbook, Executive Board Policies*) Contest shall be continued from point of interruption unless the teams agree to terminate the game with the existing score, or there are athletic district rules that apply

5. CONTESTS – SPORTSMANSHIP – CROWD CONTROL: *(OSAA Handbook, Rules)*

- a. **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 students and supporters maintain a sportsmanlike attitude toward all events so that events may be conducted without unreasonable danger or disorder. When a petition is filed alleging violation of this Rule 3-2, 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 3-2, the Executive Board shall have the power to cancel or re-schedule the event involved, or to impose conditions on conducting it.
- b. **Sportsmanship Violations / Penalties:** When the 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 tournament 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 students, supporters, rooters or partisans take part in riots, fights, pilfering, painting or any other unsportsmanlike conduct shall be subject to penalty.

6. SPECTATOR CONDUCT AT OSAA EVENTS: *(OSAA Handbook, Rules)*

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:

(Revised Fall 2008)

- a. Spectators are not permitted to have signs or banners (larger than 8 ½ by 11 inches), confetti, balloons or glass containers. Spectators are required to wear shirts.
- b. Spectators are not permitted to have artificial noisemakers. Some examples of artificial noisemakers are Thunder Stix, cowbells, clappers and air horns.
- c. 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.
(Revised Fall 2008)
- d. 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.
(Revised Fall 2008)
- e. Spectators who fail to comply with Association or site management spectator conduct expectations may be expelled from the contest.
(Revised Fall 2008)

7. FOOTBALL – ARTIFICIAL LIMBS: *(OSAA Handbook, Executive Board Policies)* Any school that has a student with an artificial limb who wishes to participate in football must arrange to have an orthopedic surgeon, the OSAA attorney and the Executive Director meet with the athlete, parents and representatives of the school. Using the criteria established by the National Federation as a guideline, a determination will be made on a case-by-case basis concerning the legality and suitability of wearing an artificial limb while participating in football.

8. FOOTBALL – CLEATS: *(OSAA Handbook, Executive Board Policies)* In addition to the unsportsmanlike conduct penalty (15 yards) specified by the National Federation Rules Book, a player who wears illegal cleats in excess of 1/2" in length shall be disqualified for the remainder of the contest.

9. FOOTBALL – PRACTICE, CONDITIONING: *(OSAA Handbook, Executive Board Policies)*

- a. At the beginning of football practice each year, every participant shall be required to have three days of practice without person-to-person contact. A school shall not permit an individual to participate in a practice involving person-to-person contact unless that individual has had at least three days of practice without person-to-person contact. Contact with another person on the fourth and fifth days should be controlled.
- b. The only optional pieces of player equipment that may be worn by individuals during this three-day non-contact period are shoes, shoulder pads and helmets. NO OTHER PADS--such as knee, thigh, hip, rib – are to be worn.

- c. An individual shall become eligible to participate in an interscholastic contest after completing a minimum of nine days of actual field practice.
- d. It is strongly recommended that practices allow for water breaks and general acclimation to hot and humid weather as outlined in the Fall Practice Model.
- e. This rule does not preclude light contact with blocking sleds and tackling dummies on the first three days. However, it is strongly recommended that any such contact be carefully controlled.

10. TIE GAMES – REGULAR SEASON: The procedure on page 88-89 of the 2009 NFHS Football Rules Book shall be used to decide all ties in varsity games played in Oregon with the exception that the first and second overtime series shall begin on the 25-yard line; any subsequent overtime series shall begin on the 10-yard line.

NOTE: It is the option of each athletic district as to whether the tie-breaking method will be utilized below the varsity level. This option should be communicated to the local officials' Association. Due to safety concerns, leagues are prohibited from using on-the-field procedures such as the "Kansas Plan" to break ties in league football standings at the end of the regular season. Each league shall develop its own standard operating procedure for resolving league ties off the field.

11. FOOTBALL – 45-POINT RULE / ALTERNATIVE PLAN / RUNNING CLOCK: (OSAA Handbook, Executive Board Policies)

- a. Each 6A, 5A, 4A, 3A, 2A, **1A classification** shall report to the OSAA which of the following three options **listed in B** has been adopted by the **classification** to address football games in which one team leads by 45 or more points at halftime. **1A classification is limited to options one and three. The selected option shall apply to all levels (varsity, JV, sophomore and frosh). The selected option shall remain from year to year until the classification notifies the OSAA of a change.**
- b. In the case of a non-league contest, the option adopted by the athletic district of the host school shall be followed. In the case of 4A/3A/2A Football State Championship games, the Alternative Plan is in effect and the report from each school shall go directly to the OSAA office. In the case of a 1A Football State Championship game, Option 3 – Running Clock shall be followed.
 - 1) Option 1: 45-Point Rule. A football game is terminated if either team leads by 45 points or more at halftime or at any time thereafter.
 - 2) Option 2: Alternative Plan. A completed "Varsity Football 45-Point Alternative Plan Report" shall be submitted to the District Athletic Committee of the winning school by each school involved in any game with a final point differential of 45 points or more. Form is available for download from the OSAA website, www.osaa.org, Handbook and Forms section, and in the Forms section of this Handbook
 - a) The Reports must be received by the District Athletic Committee prior to the winning school's next contest or within seven days of the contest in question. If the losing school agrees there was no effort to run up the score, there shall be no action by the Committee, except to forward a copy of the forms to the OSAA office. If the losing school reports that the winning school did run up the score, the Committee shall consider the matter within 10 days and send a complete report to the OSAA office.
 - b) If a majority of the members of the District Athletic Committee agree that the winning school did run up the score, the Committee shall meet with the winning school's administration and coach to seek solutions that will prevent the same from happening in the future.
 - c) A second offense of running up the score by a school during the same season shall be reported to the OSAA Executive Board. In the event that a school is found by the Board to have run up the score a second time during the same season, the school shall subject to any of the penalties set forth in Rule 5 as determined by the Board.
 - 3) Option 3: Running Clock. If the point differential occurs at halftime or any time thereafter, a running clock shall be used. The running clock shall be started with the ready-for-play signal from the official. Once the running clock is started, it shall be stopped only for the following reasons:
 - a) For measurement of a possible first down.
 - b) For a player who appears to be injured.
 - c) For unusual heat or humidity which may create a health risk to players.
 - d) For a coach-referee conference concerning the misapplication of a rule.
 - e) When a TV/radio time-out is granted.

- f) For a one-minute intermission between the third and fourth periods and following a try**, successful field goal, or a safety.
- g) A team time-out is granted.
- h) When a team attempts to conserve or consume time.
- i) Any unusual circumstances (dog on field, etc.)

2009 USE OF 45-POINT RULE / ALTERNATIVE PLAN / RUNNING CLOCK

2009-10

- 1A:** Running Clock
- 2A:** Running Clock
- 3A:** Running Clock
- 4A:** Running Clock
- 5A:** Running Clock
- 6A:** Alternative Plan