



2005 OSAA Football Plan



GENERAL FOOTBALL INFORMATION

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1. SEASON DATES:

August 22.....	Practice Starts
September 6	First Contest
November 5	Cutoff
November 11-12.....	4A, 3A, 2A, 1A First Round
November 18-19.....	4A, 3A, 2A Second Round; 1A Quarterfinals
November 25-26.....	4A, 3A, 2A Quarterfinals; 1A Semifinals
December 2-3	4A, 3A, 2A Semifinals
December 9	2A, 1A State Championships
December 10	4A, 3A State Championships

STATE CHAMPIONSHIPS INFORMATION:

- a. **Athletic Directors, Coaches and Spectators:** Detailed information regarding the 2005 Football State Championships will be posted on the OSAA website (www.osaa.org) on Thursday, October 13. 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. **Game Management Information:** Beginning Thursday, October 13, schools that host state championship games must download Game 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:** Autzen Stadium (University of Oregon), December 9 (1A, 2A) and December 10 (3A, 4A).
- 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. **4A** – See [4A Football Rotation](#) posted on OSAA website.

1) <u>PIL</u> – Four teams.	6) <u>Southern</u> – Three teams.
2) <u>Metro</u> – Four teams.	7) <u>Intermountain</u> – Four teams.
3) <u>Mt. Hood</u> – Three teams.	8) <u>Valley</u> – Four teams.
4) <u>Three Rivers</u> – Four teams.	9) <u>Pac-9</u> - Three teams.
5) <u>Midwestern</u> – Three teams.	
- b. **3A** – Three teams from each district.
- c. **2A** – Three teams from each district.

- d. **1A** – See [1A Football Rotation](#) posted on OSAA website.
- 1) **SD #1** – Two teams.
 - 2) **SD #2** – Three teams.
 - 3) **SD #3** – Two teams.
 - 4) **SD #4** – Three teams.
 - 5) **SD #5** – Three teams.
 - 6) **SD #6** – Three 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: Suiting 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: 4A-50; 3A-40; 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:

- a. **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.
- b. **Medals** – The following number of medals will be presented to the champion and second place teams in each classification:

4A - 55

3A - 44

2A - 36

1A - 27

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS
2005 FOOTBALL RULES

Order a 2005 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

1. 2005 NFHS RULES REVISIONS:

- 1-2-3e** A mark 12 inches in length, 4 inches in width and 9 yards from each sideline shall be located on each 10-yard line. These marks shall not be required if the field is visibly numbered.
- 1-5-1a, i** Beginning with the 2006 season, all helmets shall be secured with a four-snap chin strap and a tooth protector shall be of any readily visible color, other than white or clear.
- 1-5-2c** Beginning with the 2008 season, hand pads must meet the same standard as gloves concerning the level of tackiness. The hand pads shall bear the NF/NCAA label indicating compliance with test specifications on file with the Sporting Goods Manufacturers Association as of January 1, 1994.
- 1-5-3l** The manufacturer logo/trademark restriction now includes any company reference.
- 3-3-4 NEW** A period shall not be extended when a foul occurs that specifies a loss of down.
- 3-7; 7-2-1; 9-6-4a** Substitution and participation rules have been clarified.
- 7-2-1** Penalty: "Illegal procedure" terminology has been removed from the rules book and Signal Chart.
- 7-5-1; 7-5-2e** Only one forward pass may be thrown during a down.
- 7-5-10 NEW** Hindering an opponent's vision without making an attempt to catch, intercept or bat the ball is pass interference, even though no contact was made.
- 7-5-11** Contact by a defender obviously away from the direction of the pass is not considered pass interference.
- 8-5-2a Exception** All types of loose balls now included in momentum exception.
- 9-4-3** Non-players added to those who are covered under the Illegal Personal Contact rule.
- Six & Eight Players:** At least five offensive players shall be on their line of scrimmage at the snap and may have any legal jersey number.

Major Editorial Changes: Field Diagram; 1-3-1a; 1-5-2b; 1-5-3k; 1-6-1; Table 1-7; 1-1-1; 2-16-2g; 2-40-1; 3-3-3; 3-5-11; 4-2-3c; 5-2-2; 7-2-5; 7-5-6; 9; Table 7-5; 8-2-2; 9-3-6 Chart; 10-2-2; 10-2-3 NOTE; 10-4-3; Penalty Chart

2. POINTS OF EMPHASIS:

- Heat and Hydration and Their Effect on Weight
- Spearing, Butt Blocking, Face Tackling and Chop Blocks
- Sideline Management
- Game Management

OSAA FOOTBALL POLICIES

1. OSAA ADOPTED RULES AND INTERPRETATIONS: The NFHS 2005 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 a jamboree (which shall involve three or more varsity, junior varsity, sophomore and/or freshman team competition), and it shall not be counted as a contest. Jamborees may be held only on the first playing date and for 30 days thereafter.
 - 1) EXCEPTION.** A school may participate in a jamboree (excluding freshman team level) prior to the start of the sport season provided that all participants have completed a minimum of nine days of actual field practice.

- 2) 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.
 - 3) Four-team format – Twelve offensive snaps against each opponent – 36 total snaps.
 - 4) Three-team format – Eighteen offensive snaps against each opponent – 36 total snaps.
 - 5) 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.
- d. **Five Quarter Rule.** A student shall not compete in more than five quarters for 4A or six quarters for 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 4A or six quarters for 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 3A, 2A and 1A 8-man) in one week, the game in which the student exceeds the limit shall be forfeited.
- e. **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. 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.
- 4. 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.
- 5. 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 beginning with the 2005-06 school year. 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](#).
- 6. 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.

7. 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.

8. 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.
- 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.

9. TIE GAMES – REGULAR SEASON: The procedure on page 82-84 of the 2005 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.

10. DEFENSIVE SCORE ON A TRY EXPERIMENT WITH OVERTIME: In 2004 the OACA and OSAA submitted a request to the NFHS for a two-year experimental rule allowing the defense an opportunity to score should they gain control of the ball during a try. This request was granted and the OAOA wrote the necessary rules book changes and summaries. Beginning in 2005 the experimental rule has been expanded to allow the defense to score in overtime should the defense gain possession of the football. [Defensive Score on a Try Experiment with Overtime](#)

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

- a. Each 4A/3A/2A athletic district shall report to the OSAA which of the following three options has been adopted by the athletic district to address football games in which one team leads by 45 or more points at halftime. 1A athletic districts are limited to options one and three.
- 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) An official's time-out is taken.
 - b) A period ends.
 - c) A team time-out is taken.

2005 DISTRICT USE OF 45-POINT RULE / ALTERNATIVE PLAN / RUNNING CLOCK

(This information will be finalized by September 9, 2005)

	District	2005-06
<u>1A:</u>	Special District 1	Running Clock
	Special District 2	Terminate
	Special District 3	Running Clock
	Special District 4	Running Clock
	Special District 5	Running Clock
	Special District 6	Running Clock
<u>2A:</u>	1 – Northwest	Alternative Plan
	2 – West Valley	Running Clock
	3 – Tri-River	Alternative Plan
	4 – Trico	Running Clock
	5 – Big Fir	Terminate
	6 – Southern Cascade	Running Clock
	7 – Columbia Basin	Running Clock
	8 – Wapiti	Running Clock
<u>3A:</u>	1 – Cowapa	Running Clock
	2 – Tri-Valley	Alternative Plan
	3 – Far West	Alternative Plan
	4 – Val-Co	Terminate
	5 – Sky-Em	Alternative Plan
	6 – Skyline	Alternative Plan
	7 – Greater Oregon	Terminate
	8 – Capital	Running Clock
<u>4A:</u>	1 – P.I.L.	Running Clock
	2 – Metro	Alternative Plan
	3 – Mt. Hood	Alternative Plan
	4 – Three Rivers	Alternative Plan
	5 – Midwestern	Running Clock
	6 – Southern	Running Clock
	7 – Intermountain	Alternative Plan
	8 – Valley	Alternative Plan
	9 – Pac-9	Alternative Plan