



Oregon School Activities Association

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To: Athletic Directors, Activities Directors and Dance/Drill Coaches

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Subject: 2025-26 Dance/Drill Reminders

Included within this memo are reminders regarding OSAA policies and NFHS rules specific to Dance/Drill that each coaching staff should review as we begin a new season. The links provided will take you directly to more detailed information regarding that specific reminder. Each school offering Dance/Drill should have received one copy of the NFHS Spirit Rules Book from the OSAA, and if your Athletic Director has your email address listed on the OSAA website under your school, you will be able to have one NFHS eBook of the rules. If your school didn't receive your copy, please let me know. Feel free to contact me if you have questions and best of luck this season!

GENERAL INFORMATION

[OSAA Handbook](#)

The 2025-26 OSAA Handbook is available on the OSAA website. This handbook contains overall association rules and policies.

OSAA Handbook – Cooperative Sponsorship Updated Language

15. COOPERATIVE SPONSORSHIP (Cooperative Sponsorship Application) (Revised May 2022)

For two or more schools to qualify for cooperative sponsorship as permitted in Article 6.5., they must meet the following requirements:

- A. **Who May Apply?** Only full member schools may apply for cooperative sponsorship, not families or individuals. Cooperating schools should be located in the same geographic area. Schools requesting cooperative sponsorship approval should make every effort to co-sponsor an activity with the nearest school that also has difficulty sponsoring the activity by itself. Cooperative sponsorship shall be considered only for 4A, 3A, 2A and 1A schools.

EXCEPTION: The Executive Board also may approve cooperative sponsorships involving 4A, 3A, 2A or 1A schools with a 6A or 5A school if the 4A, 3A, 2A or 1A schools are located in an isolated area, are unable to find a closer 4A, 3A, 2A or 1A school willing to enter into a cooperative sponsorship agreement, or if the two schools are physically housed in the same building where students take classes together.

EXCEPTION: In Activities Only – 6A Schools or schools whose combined ADM would classify them as 6A, may apply for a cooperative sponsorship and if approved may participate and receive feedback (not scores) at OSAA sanctioned events but are not eligible for state championships.

[OSAA Dance/Drill Handbook](#)

The 2025 OSAA Dance/Drill Handbook is available on the OSAA website. This handbook contains information regarding important season dates, NFHS rules information, OSAA Dance/Drill rules and policies, state championship information and qualifications, etc.

2025-26 State Rules Interpreter

Casie Hanson will be the new State Rules Interpreter (SRI) for Dance/Drill. SRI bulletins throughout the season will be issued and posted on the OSAA website. All rules interpretation requests should be sent to the [2025-26 Spirit Safety Contact Form](#). Additional communication can be sent to dance_drill.sri@osaa.org.

State Dance/Drill Category Survey – Due Nov. 7th, 2025

This survey will be sent out in the coming weeks and is intended to assess what competition categories each school is planning to participate in during the OSAA Dance/Drill season and OSAA State Championship. Results will only be shared with the OSAA to determine if specific categories will meet the minimum division size standard for the OSAA State Championship competition. For categories that may not acquire the minimum division size standard, the OSAA will alert those schools and provide them with the opportunity to adjust categories. If teams do not wish to adjust or do not complete this survey and wish to participate in a category that does not meet the minimum division size standard at the OSAA State Championship, they should be prepared to be placed in another classification at the discretion of the OSAA as stated in the OSAA Dance/Drill Handbook.

Withdrawal from a State Championship

By entering participants in a state championship meet, contest or tournament, each member school certifies that, barring injury, illness or unforeseen events, or a withdrawal to avoid violating the religious convictions of team members, the team or individuals representing the school will participate in every game or competition, that is part of that championship event, until the conclusion of the meet, contest, or championship. Any withdrawal or intentional forfeiture for reasons other than those specified shall be considered a sportsmanship violation and shall be subject to reprimand and/or other penalties as determined by the Executive Board, including appearing before the Executive Board.

2025-26 NFHS Spirit Rule Changes

See the [NFHS website](#) for a complete list of changes.

OSAA Dance/Drill State Championship Venue

After feedback from the DDCA membership was received last spring regarding the state championship venue, an evaluation of the current venue and other possible venues was completed over the summer. At this time the State Championship will remain at the Salem Pavillion for the 2026 Championship.

Attached and Unattached Competition/Exhibition

As a reminder 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. Please find the OSAA Handbook language [here](#).

Examples of situations that are **NOT** legal;

A competition with a single round event where Panel A judges the Club teams and Panel B judges the OSAA teams.

An event that is two rounds, one round for Clubs; one for OSAA teams.

HEALTH & SAFETY

Health and Safety Information

The OSAA website contains a variety of information regarding heat and hydration, lightning safety, air quality, and concussion management. This page contains links to informational items that all coaches should familiarize themselves with as practices begin.

Pre-Event Safety Timeout

Prior to the start of each contest (at all levels) the site supervisor and/or home head coach shall gather the following personnel to review these questions; Site Supervisor, Coaches, Officials, and Medical Personnel.

- ✓ Who is the onsite contact for each school?
- ✓ Is there a qualified medical professional present? If not, who will lead in case of an emergency?
- ✓ Is there an Emergency Action Plan (EAP) for the venue? Who calls 911 and who meets the ambulance (and where)?
- ✓ Where's the nearest AED?

Practice Model

The Practice Model requires athletes to have a minimum of five days of actual practice prior to participation in a jamboree or interscholastic contest. Please familiarize yourself with this policy. Notable requirements contained in the policy include:

- ✓ Prohibition on consecutive days of multiple practice sessions
- ✓ A teaching session as one of the practice sessions on the first two multiple practice days (the intensity, duration and pace of all practice components in a teaching session shall be modified from a normal practice session)
- ✓ ***In Cheerleading and Dance/Drill, choreography sessions where students are learning routine.***
- ✓ ***choreography while working at a reduced pace, and not conditioning, are also considered teaching sessions.***
- ✓ Maximum of one hour of weight training before or after practice on a single practice session day