



## Oregon School Activities Association

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February 17, 2021

To: Athletic Directors and Head Football Coaches

From: Brad Garrett, Assistant Executive Director

Subject: Football Reminders for the 2020-21 Alternative Season

Included within this memo are several items 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. **COVID Information (DOWNLOAD AND REVIEW)**

Protocols, guidelines, and recommendations for practice and contests are located in the Football Season Plan Book posted at <https://osaa.org/docs/planbooks/cs2/fblplanseason2.pdf>.

### 2. **Quarter Rule**

- 1) **Daily.** A student shall not compete in more than four quarters each day. Participation in any play in a quarter shall constitute participation in that quarter. If a student appears in more than four quarters in a day, the game in which the student exceeds the limit shall be forfeited.

a) **NOTE:** A student may be allowed a fifth quarter of participation if the student plays 12 plays or less in any two of the student's first four quarters that day.

- 2) **Weekly.** A student shall not compete in more than five quarters for the 6A, 5A and six quarters for the 4A, 3A, 2A and 1A each week. To be eligible for six quarters (4A, 3A, 2A, 1A) there has to be a minimum of 48 hours between contests. All players (6A – 1A) are limited to **30** total quarters per year during the regular season. The week is defined as running from Tuesday through Monday. Participation in any play in a quarter shall constitute participation in that quarter, no exceptions. If a student appears in more than five quarters in one week, the game in which the student exceeds the limit shall be forfeited. If a student appears in more than **30** total quarters during the regular season, the game in which the student exceeds the limit shall be forfeited.

a) **NOTE:** 6A and 5A students may be allowed a sixth quarter of participation if the student plays 12 plays or less in any two of the student's first five quarters that week.

- 3) **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 **limits outlined above**.

- Q.** May a student participate in two quarters at the varsity level during one week and three quarters at the JV level during another week and count the participation as one game?

**A.** No. At all classifications, in order for quarters at multiple levels to be counted as one game under the individual participation limitation, the participation must occur during the same week running from Tuesday through Monday.

- Q.** May a student play 12 plays or less in his fifth quarter of a day (or sixth quarter in a week) and count that as one of the two quarters of 12 plays or less?

**A.** No. The allowance of a fifth quarter in a day (or sixth quarter in a week) can only be triggered by two quarters of 12 plays or less during the student's first four quarters in a day (or first five quarters in a week).

- Q.** May a student be allowed a sixth quarter in a day (or seventh quarter in a week) by playing four quarters of 12 plays or less?

**A.** No. A maximum of one additional quarter may be allowed in a day (or a week). Even with the allowance of an additional quarter, there is no scenario under which a student may play more than five quarters in a day (or six quarters in a week).

3. While **Jamborees** do not need approval from the OSAA unless fewer than three teams are involved, 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/activities/fbl>.
4. **State Rule Interpreter Updates** will be distributed to all coaches during the season. These updates are provided to all officials each week and contain information regarding rule interpretations, enforcement procedures, and general comments on a variety of issues that occurred the week prior. Questions regarding the SRI Updates should be directed to Kevin Hatfield (OSAA Football State Rules Interpreter) at [kevin@hatcom.us](mailto:kevin@hatcom.us).
5. **Any person (paid or volunteer)** who is located within the team box or press box and has the potential to provide instruction to players or coaches is required to meet the coaching certification requirements outlined in Executive Board Policy #8 – Certification of Athletic Directors and Coaches. This includes individuals who are acting in any type of support role. This interpretation would exclude any individuals providing medical support during a contest.

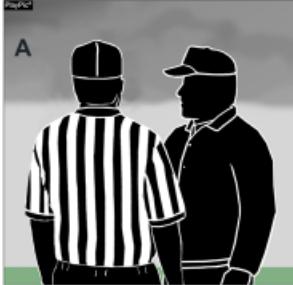
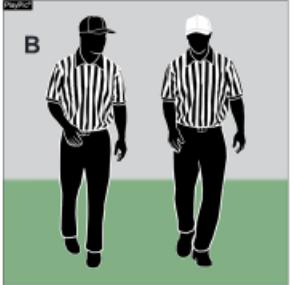
**Highlighted 2020 NFHS Football Rule Changes:**

(See <http://nfhs.org/sports-resource-content/football-rules-changes-2020/> for complete list of changes)

Rule Change

## DESIGNATING TEAM REPRESENTATIVE

### RULES 1-4-1, 1-4-4 (NEW), 2-32-5, 3-5-2, 10-1-1, 10-1-2, 10-2-4

**A**

PlayPic A

**B**

PlayPic B

Prior to the game the head coach will notify the referee of the designated representative (coach or player) who will make decisions regarding penalty acceptance or declination (PlayPic A). When a foul occurs, the linesman or line judge will inform the referee as to the penalty decision if a coach is the decision maker (PlayPic B).



NFHS



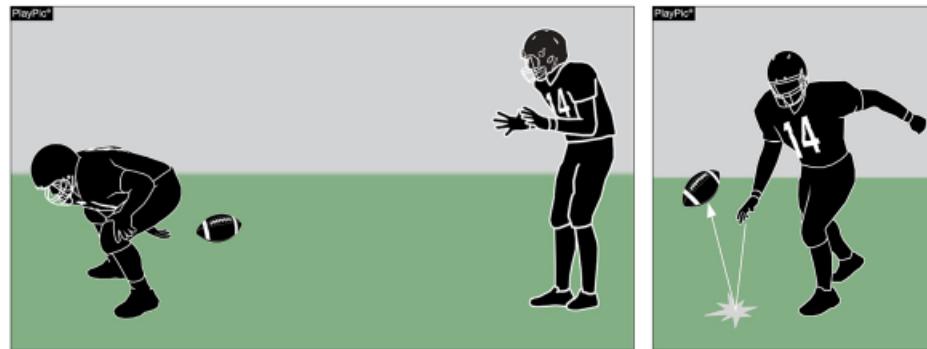
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This change now allows all teams an additional option when determining who will be responsible to make penalty enforcement decisions.

Rule Change

## SPIKING THE BALL TO CONSERVE TIME 7-5-2e EXCEPTION, TABLE 7-5-2e EXCEPTION, TABLE 7-5e EXCEPTION



The exception to allow a player to conserve time by intentionally throwing the ball forward to the ground immediately after receiving the snap has been expanded. This exception now includes snaps that are not hand-to-hand.



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Previously, it was legal to conserve time only by intentionally throwing the ball forward to the ground immediately after receiving a direct hand-to-hand snap. The committee expanded the exception to permit a player positioned directly behind the center (shotgun formation) to intentionally ground the ball.

### Directives for 2020 Football

1. **Coin Flip Mechanic** – The pre-game coin flip will be conducted 3-min prior to scheduled game time. A recommended timeline is listed below: (*Adjust as necessary for various start times*). Failure by a team to have captains present and ready for the coin flip 3-min prior to scheduled kickoff will result in an Unsportsmanlike penalty charged to the Head Coach.

5:30pm -	Field open for pre-game warm-up
6:30pm -	Officials should meet the head coaches to cover any issues before the game, provide a list of the officials for the game, cover any unusual plays, ensure all players are legally equipped, discuss halftime length, etc. The game clock should be set at 30 minutes.
6:50pm -	National Anthem and teams should be introduced
6:57 pm-	With 3-min on the game clock the field must be cleared, and no more than four team members in uniform meet with officials for the coin toss and sportsmanship message.
7:00 pm-	Kickoff

2. **Enforcement of Required Equipment Rules**

- Officials choosing not to enforce the following interpretation 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 and therefore are requested to work with the officials in accomplishing these tasks. Cooperation makes life better for all involved.

The OSAA is working pro-actively with coaches, athletic directors and officials to prevent and resolve illegal equipment issues before they surface. By rule, each player shall wear mandatory equipment prior to participating. A full description of mandatory equipment can be found in NFHS Rule 1-5. Coaches are required to verify their players are properly equipped and in accordance with the rules in the pre-game meeting. While football officials will observe players in their pre-game warm-ups and verbally notify the Head Coach of equipment violations, the onus for insuring that players are properly equipped has always belonged to the coaching staff. The provisions of NFHS Rule 1-5 were written with the safety of the player's as an indisputable goal. Knowing and practicing the provisions of NFHS Rule 1-5 will help us all achieve the OSAA's goal of preventing and resolving any issues before they surface.

## **OSAA Medical Aspects of Sports Committee Statement on Football Helmets and Concussion Risk**

The recognition and proper management of concussions in all sports continues to receive a great deal of attention. With this attention has come a focus on preventing these injuries. In football, much of the discussion about prevention in the media has centered upon the helmet. Despite limited evidence to support such beliefs, parents, athletes and even coaches place much faith in the ability of the helmet to prevent a concussion. **It is this committee's concern, and the concern of other medical experts, that the primary focus on the helmet to prevent concussion is misguided.** Though it sounds counter-intuitive, there is no evidence that helmets actually prevent concussions from occurring. It must be remembered that helmets were introduced to football decades ago to eliminate skull fractures, not concussions.

The heightened concern for concussion and the increasing variety of football helmets available has led parents and coaches to seek out the helmet that they believe will best protect a player from concussion. While a number of new football helmets have incorporated new materials and designs, there is no reliable evidence that any single brand or style of football helmet is protective against concussion. Based upon the current available medical evidence, **the OSAA SMAC believes that no current football helmet brand or style offers superior protection from concussion in comparison to other helmets.**

The OSAA MASC endorses the proper fitting and maintenance of all NOCSAE-certified football helmets. Coaches should be trained in proper helmet fitting and helmets should be inspected regularly for proper inflation, cracks, or damage to the chinstrap and its attachments. The OSAA MASC believes that the most important step in preventing concussions in football is the elimination of helmet to helmet contact and strongly supports the enforcement of the current rules to limit the initiation of contact with the helmet and to eliminate helmet to helmet contact.

In 2009, 65% of all concussion in high school football resulted from helmet to helmet contact. Much like cervical spine injuries diminished greatly with the adoption of the rule banning spearing in the 1970's, we believe that a reduction in helmet to helmet contact will result in a reduced number of concussions in high school football. This principle must apply to practices, as well as games.