



Oregon School Activities Association

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August 5, 2023

To: Athletic Directors and Head Football Coaches
From: Kris Welch, Assistant Executive Director
Subject: Football Reminders for the 2023-24

Included within this memo are reminders regarding OSAA policies and NFHS rules specific to football that each coaching staff should review as we begin the season. The links on the right side will take you directly to more detailed information regarding that specific reminder. Each school offering football should have received one copy of the NFHS Football 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.

GENERAL INFO

OSAA Football Plan Book

<https://www.osaa.org/docs/planbooks/fblplan.pdf>

Our plan books include all information necessary for schools. The plan contains the season dates, NFHS rule changes, OSAA football rules and policies, state championship information and qualifications, plus OSAA general policies.

Field Dimensions

All classifications are using the traditional 100-yard field no matter if you are playing 6-player football, 8-player football, 9-player football, or 11-player football. Our state has not adopted the 80-yard field for the smaller classifications.

Air Quality Guidelines:

<http://www.osaa.org/health-safety/air-quality>

It's important to review the updated [Air Quality Guidelines](#). The OSAA Executive Board recently amended this policy which allows schools to participate in contests up to an AQI of 150 (previously 100). Schools should consider rescheduling to a different time and/or area with a lower AQI when the AQI is between 101-150 (orange). Cancellation is required for outdoor events when AQI reaches 151 (red). It also clarifies that schools in remote areas not near a DEQ reporting station may refer to Purple Air monitors for monitoring air quality using the [EPA's Fire and Smoke Map](#). The policy suggests schools consider the impact of elevated AQI lasting for multiple days and the impact of prolonged exposure for athletes and staff on multiple practice session days when making decisions.

Heat Index Alerts

<http://www.osaa.org/heat-index>

ADs and coaches should subscribe to heat alerts through the OSAA website. Alerts are sent about 11am daily when the forecasted heat index in your area is high. If an alert is received, OSAA policy requires that schools check the actual heat index within one hour prior to the start of practice to determine if modifications must be made. If no alert is received, no further action is required by the school that day.

Practice Model

The Practice Model will require most schools to change their practice structure. 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)
- Maximum of one hour of weight training before and/or after practice on a single practice session day. Players may only attend one weight training session on a single practice day.
- Helmets only on Days 1 and 2. Helmets and shoulder pads only on Day 3. Full protective equipment on Day 4.
- Beginning Week 3 teams are restricted to a maximum of 90 minutes of full contact in any week, excluding games. Full contact is defined using the USA Football definitions of levels of contact. Thud, and Live Action are considered "full contact".
- On multiple session practice days, only one of those sessions can include "full contact" as defined above.

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.

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 and six quarters for the 5A, 4A, 3A, 2A and 1A each week. To be eligible for six quarters (5A, 4A, 3A, 2A, 1A) there has to be a minimum of 48 hours between contests. All players (6A – 1A) are limited to **45** 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 **45** total quarters during the regular season, the game in which the student exceeds the limit shall be forfeited.

NOTE: 6A 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**.

1. **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.

2. **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).

3. **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.
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.

Equipment Violation Procedure for Game Officials

- 1) **Rationale:** *As requested by Commissioners, Coaches, Fans and Officials, in a continuing effort to officiate equipment violations on a simple yet consistent, statewide basis, officials shall use the following three step method for improperly worn required equipment and/or illegal equipment which shall always include, but not be limited to:*
 - Jerseys and T-shirts shall be long enough to reach the top of the pants and shall be tucked in if longer **1-5-1b(1)**
 - T-shirts shall not be exposed at any time. **1-5-1b(1)**
 - Jerseys with a knot or knot-like protrusion. **1-5-3b(3)**
 - Shoulder pads may not be exposed and shall be fully covered by the jersey (**1-5-1d(3)**)
 - Towels which are not a solid color. **1-5-3a(5)a**
 - Hoodies are illegal however they are worn. **1-5-3c(9), 1.5.3 COMMENT**
 - Knee Pads not covering the knees. **1-5-3d(2)**
 - Pants not covering the knee pads. **1-5-3e**
 - Knee Braces worn over the pants. **1-5-3b(2)**
 - Jewelry. (*Religious and medical alert medals are not considered jewelry*) **1-5-3c(6)**
 - Any Visor which is not clear and without the presence of any tint. **1-5-3c(4)b**
 - Sweat Bands worn anywhere other than the wrist. **1-5-3a(5)b, 1.5.3 COMMENT**
 - Eye Shade that is not a single solid stroke above the cheek bone or outside the eye socket and/or includes numbers, logos or other symbols within the eye shade. **1-5-3c(3), 1.5.3 COMMENT**
 - Rib Pads or Back Pads not fully covered by the jersey **1-5-3b(5)**
 - Any head covering not fully covered by the helmet (*Oregon Exception - approved Hijab*) **1-8, 1.5.3 COMMENT**
 - Play cards worn anywhere other than the wrist or arm. **1-5-3c(8)**
 - A second unused tooth and mouth protector (or unused strap) hanging from the facemask **1-5-3a(5)**
 - Any equipment not worn as intended by the manufacturer **1-5-3c(9)**
 - Any equipment which, in the opinion of the U/CJ is dangerous, confusing or inappropriate. **1-5-4**
 - Any and all questions regarding legality of player's equipment or the presence of required equipment shall be resolved by the U/CJ. **1-5-4**

PROCEDURE - MUST BE SAME PLAYER - Stop the Game and...

1. **1st Violation** – Send player out for minimum one play, note time, notify/advise Head Coach. **1-5-4, 1-5-5**
2. **2nd Violation on same player:** – Send the player out for minimum one play, note time, notify/advise Head Coach, charge the offending team with a Delay of Game Foul. **1-5-4, 1-5-5, 3-6-2e**
3. **3rd and subsequent violations on same player** - Send the player out for a minimum one play, note time, notify/advise Head Coach, Head Coach is assessed an Unsportsmanlike Conduct Foul. **1-5-4, 1-5-5, 9-8-1h**

EXCEPTION 1 - *OREGON ONLY* - When a player is found to be wearing illegal cleats, the offending player is disqualified for a Flagrant Unsportsmanlike Conduct Foul and the Head Coach is issued an Unsportsmanlike Conduct Foul. An ejection report is required.

EXCEPTION 2 - *OREGON ONLY* - When a PLAYER is found to be wearing (*functioning or not*) audio and/or video equipment there is no warning. The Player, AND the Head Coach shall both be disqualified for individual Flagrant Unsportsmanlike Conduct Fouls. Both fouls shall be enforced, and two ejection reports are required.

Questions or Clarifications: Kevin Hatfield, OSAA State Rules Interpreter 503-978-8889 or kevin@hatcom.us

Highlighted 2023 NFHS Football Rule Changes:

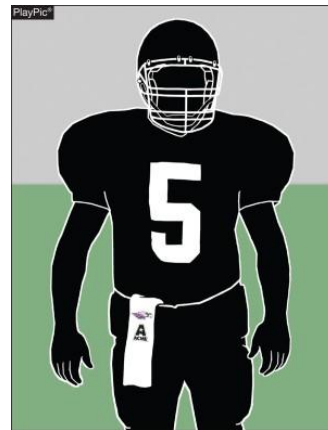
(See <http://nfhs.org/sports-resource-content/football-rules-changes-2023/> for complete list of changes)

Rule Change

RULE 1-5-3a(5)a 4, 5 (NEW) UNIFORM ADORNMENTS- TOWELS

It is legal for a player to have one moisture -absorbing solid-colored towel that has no more than one visible manufacturer's logo/trademark reference that does not exceed 2¼ square inches and does not exceed 2¼ inches in any dimension; and has no more than one school logo/trademark reference that does not exceed 2¼ square inches and does not exceed 2¼ inches in any dimension.

Towels do not have to be the same solid color for each player.



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RULE 1 – SECTION 5 PLAYER EQUIPMENT

ART. 3 . . . Illegal equipment. No player shall participate while wearing illegal equipment. This applies to any equipment, which in the opinion of the umpire is dangerous, confusing or inappropriate. Illegal equipment shall always include but is not limited to:

a. The following items related to the Game Uniform: ...

5. Uniform adornments, with the exception of:

(a) One moisture-absorbing solid-colored towel that:

(1) is not ball- or penalty flag-colored;

(2) is no less than 4 inches in width and 12 inches in length;

(3) is no greater than 18 inches in width and 36 inches in length;

(4) has no more than one visible manufacturer's logo/trademark reference that does not exceed 2¼ square inches and does not exceed 2¼ inches in any dimension; and

(5) has no more than one school logo/trademark reference that does not exceed 2¼ square inches and does not exceed 2¼ inches in any dimension. ...

❖ Rationale for Change:

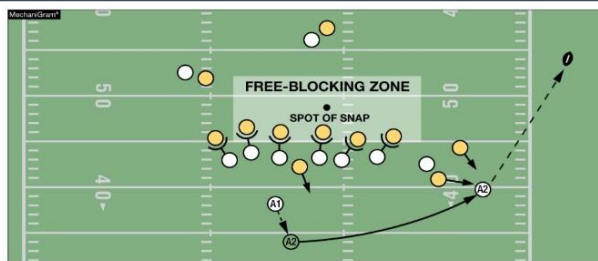
Player towels may contain one manufacturer's logo and/or one school logo neither exceeding 2¼ square inches. Towels must be a solid color but now do not have to be the same solid color for each player. Towels may not be ball- or penalty-flag colored.

❖ Case Book: See SITUATION 3.5.10L

Rule Change

RULE 7-5-2d EXCEPTION 2a, c (NEW), TABLE 7-5-2 d EXCEPTION 2a, c (NEW),
TABLE 7-5 (1) d EXCEPTION 2a, c (NEW)

INTENTIONAL GROUNDING EXCEPTION



This is a foul for intentional grounding since A2 is the second player to possess the ball. Only the player who possessed the ball after the snap ends may take advantage of the intentional grounding exception.

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RULE 7 – SECTION 5 FORWARD-PASS CLASSIFICATION

ART. 2 . . . An illegal forward pass is a foul. Illegal forward passes include:

- A pass after team possession has changed during the down.
- A pass from beyond the neutral zone.
- A second and subsequent forward pass(es) thrown during a down.
- A pass intentionally thrown into an area not occupied by an eligible offensive receiver, or thrown incomplete to save loss of yardage or to conserve time.

EXCEPTIONS:

- It is legal for a player positioned directly behind the snapper to conserve time by intentionally throwing the ball forward to the ground immediately after receiving the snap that has neither been muffed nor touched the ground.
- It is legal for a player to conserve yardage by intentionally throwing an incomplete forward pass if all of the following conditions are met:
 - The passer has possessed the ball beyond the lateral boundary of the free-blocking zone as established at the snap;
 - The pass reaches the neutral zone, including the extension beyond the sideline; and
 - The passer is the only player to possess the ball after the snap ends.

❖ **Rationale for Change:**

This change permits the exception for intentional grounding to the first and only player to possess the ball after the snap ends.

❖ **Case Book:** See SITUATION 7.5.2D

Rule Change

RULE 10-4, TABLE 10-4 (NEW), 10-6 (DELETED) BASIC SPOT

SUMMARY OF MANY FOULS THAT CAN OCCUR DURING RUNNING PLAYS AND THEIR PENALTIES AND BASIC SPOTS UNLESS OTHERWISE SPECIFIED BY RULE

FOUL BY	SPOT OF FOUL	END OF PLAY	BASIC SPOT	REFERENCE
A	Behind Line of Scrimmage	Behind Line of Scrimmage	Previous Spot	10-4-2d
A	Behind Line of Scrimmage	Beyond Line of Scrimmage	Previous Spot	10-4-2e
A	Beyond Line of Scrimmage	Behind Line of Scrimmage	Previous Spot	10-4-2f
A	Beyond Line of Scrimmage	Beyond Line of Scrimmage	Foul Behind End of Run or Related Run Spot of Foul	10-4-4d
A	Beyond Line of Scrimmage	Beyond Line of Scrimmage	Foul Advance of End of Run or Related Run – Succeeding Spot	10-4-5e
B	Behind Line of Scrimmage	Behind Line of Scrimmage	Previous Spot	10-4-2d
B	Behind Line of Scrimmage	Beyond Line of Scrimmage	Succeeding Spot	10-4-5f
B	Beyond Line of Scrimmage	Behind Line of Scrimmage	Previous Spot	10-4-2d
B	Beyond Line of Scrimmage	Beyond Line of Scrimmage	Succeeding Spot	10-4-5f

NOTE: The basic spot is the spot of the foul when A commits any foul in his end zone for which the penalty is accepted (8-5-2c).

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RULE 10 – SECTION 4 BASIC SPOTS

TABLE 10-4 - SUMMARY OF MANY FOULS THAT CAN OCCUR DURING RUNNING PLAYS AND THEIR PENALTIES AND BASIC SPOTS UNLESS OTHERWISE SPECIFIED BY RULE

Enforcement provisions apply to all player fouls, and the committee philosophy is based on the fact that a team is given the advantage of the distance which is gained without the assistance of a foul. All fouls are penalized from the basic spot unless the spot is otherwise specified by rule.

The type of play has significance if a foul occurs. If a foul does occur, the game officials must know the type of play as defined in 2-33, as this will aid in determining the basic spot of enforcement when the spot is otherwise specified by rule. Recent changes to 10-4 specify the data needed by the game official regarding the spot of the foul and the result of the play to help guide penalty enforcement.

❖ **Rationale for Change:**

This change restructures and clarifies the amendments to Rule 10 to eliminate the excessive penalty enforcements for offensive fouls that occur behind the line of scrimmage. This revision stipulates the basic spot for enforcement of fouls behind the line of scrimmage is the previous spot rather than the spot of the foul unless otherwise specified by rule. Current penalties for illegal kicking, batting and participation fouls, and provisions for offensive fouls occurring in the end zone that may result in a safety remain intact.

2024 UNIFORM CHANGE

2024 - FOOTBALL JERSEY NUMBERS RULES 1-5-1c; 1-5-1c(6)



Effective with the 2024 season, the entire body of the number (the continuous horizontal bars and vertical strokes) shall be a single solid color that clearly contrasts with the body color of the jersey.



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2024 – FOOTBALL JERSEY NUMBERS RULES 1-5-1c; 1-5-1c(6)



The style of the numbers on all four of these jerseys are legal now and will be in 2024 too.



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RULE 1 – SECTION 5 – PLAYER EQUIPMENT

ART. 1 . . . Mandatory equipment. Each player shall participate while wearing the following pieces of properly fitted equipment, which shall be professionally manufactured and not altered to decrease protection: ...

c. Numbers

1. The numbers shall be clearly visible and legible using Arabic numbers 0-99 inclusive and shall be on the front and back of the jersey.
2. The numbers, inclusive of any border(s), shall be centered horizontally at least 8 inches and 10 inches high on front and back, respectively.
3. The entire body of the number (the continuous horizontal bars and vertical strokes) exclusive of any border(s) shall be approximately 1½-inches wide.
4. The color and style of the number shall be the same on the front and back.
5. **Through the 2023 season**, the body of the number (the continuous horizontal bars and vertical strokes) shall be either:
 - (a) a continuous color(s) contrasting with the jersey color; or
 - (b) the same solid color(s) as the jersey with a minimum of one border that is at least ¼-inch in width of a single solid contrasting color.
6. **Effective with the 2024 season**, the entire body of the number (the continuous horizontal bars and vertical strokes) shall be a single solid color that clearly contrasts with the body color of the jersey.

❖ Comment on Slide:

Rule change in 2019. The purpose of numbers on jerseys is to provide clear identification of players. In order to enhance the ability to easily identify players, the committee has clarified the size requirements for jersey numbers through the 2023 season. The committee also added a new requirement that, effective in the 2024 season, jersey numbers must be a single solid color that clearly contrasts with the body color of the jersey.

ILLEGAL UNIFORMS STARTING IN 2024

2024 – FOOTBALL JERSEY NUMBERS RULES 1-5-1c; 1-5-1c(6)



The style of the numbers on these jerseys are legal through the 2023 season. **The following four types of number designs will be illegal in 2024.**



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2023 OSAA Adopted Rules

With the NFHS Points of Emphasis on Sportsmanship and Targeting/Defenseless Player, the OSAA has included these 2 NEW OSAA adopted rules

1. **ONE VOICE from the BENCH POLICY** – The voice shall either be the head coach or their **ONE** designee.
 - A. Initial violation shall be penalized under Rule 9-8-1a, b, c, or d AND shall include a warning to the head coach.
 - B. Subsequent violations shall be penalized to both the offending non-player **AND** the head coach with only one 15-yard penalty enforced.

2. **Enforcement of Required Equipment Rules**

- a. Officials choosing not to enforce the following interpretation are subject to individual and/or association sanctions including reduction or elimination of playoff games.
- b. 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 ensuring 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 players 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.

Sub-Varsity Kicking Game Modifications

Mutual agreement to use the following NFHS kicking rules deviations at the sub-varsity level is required of the participating schools prior to the coin flip. Failure to have mutual agreement prior to the coin flip results in the game being played with the Kicking Game modifications below.

If modifications are being used, the kicking game modifications outlined below apply to both kickoffs and scrimmage kicks (punts.) Teams cannot agree to modify one and not the other.

Once an option is selected it can't be modified during the game for any reason.

It is recommended that these modifications be discussed and agreed upon by Athletic Directors and coaches well before game time, preferably in the week leading up to the game.

Kickoff Modifications

Options for the team that wins the coin toss will be to defer choices OR choose to go on either offense or defense OR choose the goal that team will defend. The team on offense will start 1st and 10 at their 35-yard line anywhere between the hash marks. The game clock will start on the snap.

- Following a score, the non-scoring team will put the ball in play 1st and 10 at their 35-yard line after their opponents PAT. The ball will be placed on the 35-yard line anywhere between the hash marks. The game clock will start on the snap.
- Following a safety, the ball will be placed on the Team B 45-yard line, 35 yards from the Team A 20-yard line, anywhere between the hash marks. The game clock will start on the snap.
- Following a touchback, the ball will be placed on the Team B 20-yard line anywhere between the hash marks. The game clock will start on the snap.

Scrimmage Kick (Punt) Modifications

The receiving team will put the ball in play 1st and 10 at the succeeding spot 25- yards from the previous spot anywhere between the hash marks. If the previous spot is on or inside the Team B 45-yard line, the ball will be placed at the Team B 20-yard line. The game clock will start on the snap. This does not eliminate Team A's option of "going for" a first down on 4th down.

NOTE: Field goal attempts and PAT's by placekick will be conducted under NFHS Football Rules. These are considered scoring plays; rushing by the defense is allowed and blocked or errant field goal attempts may be advanced by either team.

NOTE: Team A may "quick-kick" the ball at any time during their offensive series. However, the defense may not advance the ball. The ball becomes dead where the defense catches or recovers the ball or the ball otherwise becomes dead by rule.

Officials – Host School Responsibilities

<https://www.osaa.org/docs/planbooks/fblplan.pdf>

Remember that a game manager shall be designated by the host school for all contests. It's a good idea for the game manager to introduce themselves to the officials upon arrival. A member of the coaching staff of the home team is not eligible to serve as game

manager during a varsity contest at which he or she is coaching. A coach of a sub-varsity team may act as the game manager at a sub-varsity contest at which he or she is coaching. The game manager shall wear easily recognizable identification, shall be physically present and / or readily accessible by phone, and shall be responsible for:

- a. Designating reserved parking for officials as close as possible to the contest site; where available if requested by the commissioner of the Local Association providing the officials
- b. Designating dressing facilities for officials where available if requested by the commissioner of the Local Association providing the officials
- c. Monitoring and responding to inappropriate crowd conduct during and after the contest; and
- d. Providing an escort to the designated dressing facilities or vehicle for officials following each contest unless that offer is declined. ***(This is especially important at fields where officials must walk through the spectator area when leaving the field.)***

Officials – Associations using HUDL

One of the best tools to help officials get better is allowing local associations the option of reviewing game film after the fact. In order to facilitate this type of training it is critical that member schools are willing to share film via Hudl with their local associations each week. This process takes very little time and, in the end, helps improve officiating for all.

I encourage you to be part of the solution – sharing your film will have a positive impact on officiating.

Have a great season, looking forward to watching some fantastic football this fall!