



## Oregon School Activities Association

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November 1, 2019

TO: Athletic Directors and Coaches  
FROM: OSAA Staff  
SUBJECT: Out-of-Season Coaching and Practice Limitation Rule (4A, 3A, 2A, 1A)

The mission of OSAA member schools is to foster well-rounded individuals. Students should be encouraged by coaches, administrators and parents to participate in a variety of school activities, including more than one sport during the school year. The spirit of the Practice Limitation Rule is that every school and participant shall have the same opportunity to practice prior to the first contest.

Since the Practice Limitation Rule was put into effect many years ago there have been many questions regarding specific situations and many of those questions are answered in the Q and A section. Please review the Q and A portion of the policy as they may pertain to your specific situation. Please contact OSAA staff with any questions.

Here are some of the most common questions that we receive regarding volunteer coaches, program limit of working with two students per day, club team tryouts, owning a club, whether coaches can be present at practices or out-of-season contests. Each of these, plus many others, are identified in the Q and A section of the policy.

- 4. Q.** Is a school in violation of the Practice Limitation Rule if an unpaid volunteer coach coaches both the high school team and the out-of-season team during the OSAA year?
- A.** Yes, this would be a violation.
- 15. Q.** Under the Practice Limitation Rule, may the head coach work with two students, the assistant coach work with two other students, the JV coach work with two other students, etc.?
- A.** No. All coaches in a program are collectively allowed to work with no more than two students from that school on any given day.
- 23. Q.** Under the Practice Limitation Rule, may a high school coach conduct club team tryouts prior to the end of the association year?
- A.** ***Yes, provided that the tryouts don't include more than two students from the coach's high school in the activity he/she coaches. Coaches may also conduct club team tryouts for non-high school students, students from other high schools, and/or students from the coach's high school in an activity he/she doesn't coach.***
- 27. Q.** Under the Practice Limitation Rule, may a coach own a club on which there are teams, which include more than two members of his/her school?
- A.** Yes, but the coach may not personally coach a team with more than two members of his/her school.
- 28. Q.** May a coach be present at a camp, clinic or practice during the Association Year outside of their sport's designated season if more than two or his/her high school students are attending as participants?
- A.** No, a coach may not attend as an instructor or observer.
- 29. Q.** May a high school coach be present as a spectator at an out-of-season club team contest if his/her high school student(s) are participating on the team?
- A.** Yes, this is allowed.



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*Excerpt from 2019-2020 OSAA Handbook, Executive Board Policies*

### 55. **PRACTICE LIMITATION RULE**

*(Revised Fall 2017)*

- A. **Philosophy.** The following statements outline the philosophy of the OSAA regarding in-season and out-of-season sports.
- 1) The mission of OSAA member schools is to foster well-rounded individuals. The purpose of interscholastic athletics is to help educate boys and girls and not to prepare students for college athletics, which is a by-product of interscholastic competition available to a very small percentage of high school athletes.
  - 2) For most students, specialization in a single athletic activity is not in their best long-term interests.
  - 3) Students should be encouraged by coaches, administrators and parents to participate in a variety of school activities, including more than one sport during the school year.
  - 4) Schools should not allow use of school equipment, including uniforms and school district vehicles, and facilities by non-school organizations that promote a philosophy contrary to the above statements.
  - 5) There should be no promotion or publicity within a school for non-school programs, which promote a philosophy contrary to the above statements.
- B. **Preface.** The spirit of the Practice Limitation Rule is that every school and participant shall have the same opportunity to practice prior to the first contest. Practice is defined as the involvement of individuals from a member high school in any program, demonstration, instruction, or participation conducted in part or in its entirety by a person or a group of people who are or who have been involved in the coaching of any of these athletes in that sport at the high school, including volunteer coaches. Unless a person has been approved by the school district as a member of the coaching staff, that person may not practice against a team or a team member (example- throwing batting practice or working against a basketball post player).
- C. **Team Sports Limitation.** Schools may conduct practices and/or compete in contests in team sports (baseball, basketball, football, softball, soccer, volleyball) only during the designated OSAA sports seasons as outlined in Rule 6. It shall be a violation of the rule if there is any attempt during the Association year to gather together more than two members of the same high school, with remaining eligibility in that sport, per day outside the OSAA defined season to receive specialized athletic instruction from any coach associated with the participating athletes' high school. Attempts to circumvent the rule by encouraging team members to attend out-of-season practices or camps during the Association year other than through general dissemination of information or brochures shall be considered a violation of this rule. **EXCEPTION:** Baseball and softball coaches may begin pitching instruction and throwing workouts with pitchers and catchers only (maximum of eight total per day) two weeks prior to the Spring Sports First Practice Date. **NOTE:** The use of football protective equipment is prohibited from the conclusion of a school's regular and/or post-season until the end of the Association Year as outlined in Rule 6.6. This does not prohibit an individual student from using football protective equipment owned by the school when attending camps/clinics not organized by any member school personnel.
- D. **Individual Sports Limitation.** Schools may conduct practices and/or contests in individual sports (cross country, golf, swimming, tennis, track & field, wrestling) only during the designated OSAA sports seasons as outlined in Rule 6. Local school districts and/or leagues should establish their own policy restricting the involvement of their individual sports coaches in out-of-season programs.
- E. **Open Facility.** The intent of an open facility is to provide an opportunity for a recreational activity to occur. The facility is provided so that any student in the school has an opportunity to participate. (See Team Sports Limitation listed above for additional information.)
- F. **Conditioning.** Conditioning is defined as a session where students work on physical fitness and conditioning by use of weights, running, and/or exercises. Conditioning does not allow for the use of individualized and specialized sports equipment or apparatus, including but not limited to: balls, bats, protective equipment, blocking dummies, batting cages, charging sleds and other implements related to specific OSAA activities. Participation in conditioning activities must be optional.

1. **Q.** Does the Practice Limitation Rule apply during the summer?  
**A.** No. The Executive Board Policy is only in effect during the Association year, which starts on the first day of fall practice and ends after Memorial Day is observed.
2. **Q.** May a school or an individual student compete in an indoor track meet?  
**A.** The OSAA does not have a season designated for indoor track. Therefore, indoor track is not an OSAA sanctioned activity. Since track and field is an individual sport, it falls under the Individual Sports Limitation. A participant in indoor track must do so unattached and may not represent his/her high school. No school uniforms, equipment or transportation may be used.
3. **Q.** What are the penalties if a high school coach violates the Practice Limitation Rule by coaching more than two members of his or her team in an out-of-season program?  
**A.** **Rule 5, "Violations of Regulations – Penalties"** - outlines violations of rules and penalties. As outlined in Rule 5.2., violations of any rule of the OSAA could include probation, forfeiture, fines, suspension or expulsion from the Association. The Executive Board would determine the penalty.
4. **Q.** Is a school in violation of the Practice Limitation Rule if an unpaid volunteer coach coaches both the high school team and the out-of-season team during the OSAA year?  
**A.** Yes, this would be a violation.
5. **Q.** May high school team members belong to the same club team?  
**A.** Yes, if the high school team members independently try out and/or belong to the same club team through no influence or direction from the high school coach, then no violation would occur.
6. **Q.** Is it a violation of the Practice Limitation Rule if a high school coach works at a YMCA, "The Hoop," "Sports Nation," etc., during the Association year?  
**A.** No, as long as the high school coach is not involved in directly coaching more than two players from his or her high school team on any given day.
7. **Q.** Under the Practice Limitation Rule, may two high school coaches "trade" teams and coach each other's teams in an out-of-season program, or may a person coach a high school team and then have his/her spouse coach the out-of-season club team?  
**A.** No. The intent of the rule is to prevent the high school coach from directly or indirectly pressuring players from the high school team to play on an out-of-season club team. If the high school coach organizes the high school team members to congregate on the same out-of-season club team and then secures someone else to coach them, e.g., spouse, parent, another high school coach, etc., he or she would violate the intent of the rule and it would be considered a violation.
8. **Q.** Under the Practice Limitation Rule, may the high school boys' basketball coach work with the girls' basketball club team?  
**A.** Yes. Boys' and girls' programs at a high school in the same sport are considered separate sports for the purpose of the Practice Limitation Rule.
9. **Q.** Under the Practice Limitation Rule, may the local golf pro coach the high school team and still give lessons to team members outside the high school season?  
**A.** The Individual Sports Limitation Rule would allow this if allowed by the local school district and/or league.
10. **Q.** A coach of a high school team allows a parent to coach that same team in an out-of-season program. Is this legal under the Practice Limitation Rule?  
**A.** Yes, as long as the high school coach does not organize or require members of the high school team to participate on the out-of-season team coached by the parent.
11. **Q.** Under the Practice Limitation Rule, may a high school coach work with a group of 9th graders before they turn out for a sport?  
**A.** No. A coach may work with no more than two players (or potential players) outside the designated sports season.
12. **Q.** Under the Practice Limitation Rule, may a high school coach work with 8th grade students before they enter high school?  
**A.** Yes, so long as the contact occurs prior to the Fall first practice date on the OSAA Calendar. From that point, the students are considered high school students.
13. **Q.** Under the Practice Limitation Rule, may a high school coach work with two students at a time, rotating the students every half-hour?  
**A.** No. A high school coach may work with no more than two students from his or her school on any given day.
14. **Q.** Under the Practice Limitation Rule, may a high school coach work with two students at one basket, then two different students at another basket, etc.?  
**A.** No. A high school coach may work with no more than two students from his or her school on any given day.

15. Q. Under the Practice Limitation Rule, may the head coach work with two students, the assistant coach work with two other students, the JV coach work with two other students, etc.?
- A. No. All coaches in a program are collectively allowed to work with no more than two students from that school on any given day.
16. Q. Under the Practice Limitation Rule, may a high school coach work with more than two students provided that any student(s) in excess of two are his/her children?
- A. Yes. When determining number of players for the purpose of this policy, the children of the person coaching shall not count toward the limitation.
17. Q. Are open gyms still permissible under the Practice Limitation Rule?
- A. Yes. The terminology has been changed to “open facility” and is applicable to gymnasiums, fields, tracks, etc. The basic philosophy of an open facility is that it is a recreational opportunity open to anyone and that no instruction is occurring. A coach may not be “at the other end” of an open facility working with two students.
18. Q. Are batting cages considered open facilities?
- A. Yes, if a batting cage is open to anyone and no coaching is taking place. Merely throwing batting practice is not considered coaching. Hitting grounders and/or fly balls is considered a violation.
19. Q. A high school baseball/softball coach wants to run a hitting camp for players prior to the first practice date for spring sports. Is this legal under the Practice Limitation Rule?
- A. No. The high school coach may coach no more than two of his or her players on a given day outside of the OSAA designated sports season.
20. Q. Under the Practice Limitation Rule, may a school have an “open gym” or “open field” where baseball/softball players play catch to get their arms in shape?
- A. Yes, provided that no coaching is taking place.
21. Q. Under the Practice Limitation Rule, may a high school coach include graduating seniors on an out-of-season club team after the high school season in that sport has been completed?
- A. Yes. Once seniors have completed their sports season, they are no longer considered to be team members or potential team members for that sport.
22. Q. Under the Practice Limitation Rule, may a high school wrestling coach be involved with his wrestlers in AAU, Greco-Roman and/or freestyle wrestling?
- A. Yes. Under the Individual Sports Limitation Rule, local school districts and/or leagues may establish their own policy regarding the high school coach’s involvement in individual sports such as wrestling.
23. Q. Under the Practice Limitation Rule, may a high school coach conduct club team tryouts prior to the end of the association year?
- A. **Yes, provided that the tryouts don’t include more than two students from the coach’s high school in the activity he/she coaches. Coaches may also conduct club team tryouts for non-high school students, students from other high schools, and/or students from the coach’s high school in an activity he/she doesn’t coach.**
24. Q. Under the Practice Limitation Rule, may more than two students serve as demonstrators at a clinic or camp at which their school coach is making a presentation outside of the OSAA season for that sport?
- A. Yes, but with these restrictions:
- 1) More than two students may attend a camp or clinic only as demonstrators for a presentation by their coach. It would be a violation of the Practice Limitation Rule for more than two students to attend as participants at a clinic or camp at which their school coach is making a presentation unless the clinic or camp was held during the OSAA season for that sport.
  - 2) Each school is limited to only one clinic or camp to which this interpretation applies per program each school year.
  - 3) Clinic or camps to which this interpretation applies may be no more than two days in length.
25. Q. May a coach participate in an open gym with more than two members of his/her school?
- A. Yes, so long as no instruction takes place.
26. Q. May a coach participate on an organized team with more than two members of his/her school?
- A. No.
27. Q. Under the Practice Limitation Rule, may a coach own a club on which there are teams, which include more than two members of his/her school?
- A. Yes, but the coach may not personally coach a team with more than two members of his/her school.

28. Q. May a coach be present at a camp, clinic or practice during the Association Year outside of their sport's designated season if more than two or his/her high school students are attending as participants?  
A. No, a coach may not attend as an instructor or observer.
29. Q. May a high school coach be present as a spectator at an out-of-season club team contest if his/her high school student(s) are participating on the team?  
A. Yes, this is allowed.
30. Q. Under the Practice Limitation Rule may a high school coach work with his/her children and two additional students?  
A. Yes, a coach's children are not counted under the Practice Limitation Rule.
31. Q. Would it be a violation of the Practice Limitation Rule for a coach to teach more than two members of the high school program in a sport-specific class outside of the season for that sport during the Association Year?  
A. No, so long as the sport-specific class meets the following conditions:  
1) The coach must be the teacher of record for the sport-specific class, and  
2) The sport-specific class must be part of the regular school curriculum for which credit is granted, and  
3) Enrollment in the sport-specific class must not be limited to team members.
32. Q. Would it be a violation of the Practice Limitation Rule if a school was to offer a sport specific class for which the coach is not the teacher of record, and the coach was allowed to attend the class as a guest and teach sport specific skills to more than two members of the high school program outside of the season for that sport during the Association Year?  
A. Yes.
33. Q. At what point does the OSAA consider a person to be a school's coach?  
A. Once a person and a school have verbally agreed that the person will perform coaching duties for the school, he/she is considered to be that school's coach by the OSAA. At that time, all OSAA policies are in effect for that coach until such time that the coach resigns or is notified by the school that they are no longer a coach for that school.
34. Q. May a returning coach work with students outside their designated sports season since the coach working under a one-year contract and has not signed a contract for the coming year?  
A. No. Once a person becomes a school's coach, the OSAA considers that person to be a coach for the school until such time that the coach resigns or is notified by the school that they are no longer a coach for that school. Coaches who resign and are then brought back in a coaching capacity by the same school in an attempt to circumvent OSAA policy are subject to penalties as outlined in [Rule 5, "Violations of Regulations - Penalties."](#)
35. Q. A school is conducting interviews for a vacant coaching position. Is the interviewee allowed to conduct a practice with more than two students from a school in part of the interview process?  
A. Yes, but the trial practice session shall be no longer than 30 minutes in length.
36. Q. On what date may baseball and softball coaches begin pitching instruction and throwing workouts with pitchers and catchers only (maximum of eight total per day)?  
A. **February 17, 2020**, which is two weeks prior to the start of spring practices on **March 2, 2020**.
37. Q. During this two-week early window for baseball and softball coaches, how many students are coaches allowed to work with each day?  
A. If non-pitchers and non-catchers, a maximum of two a day. If pitchers and/or catchers only, a maximum of eight a day. This maximum applies to a school's entire coaching staff in that activity.
38. Q. During this two-week early window for baseball and softball coaches, are coaches allowed to work with eight pitchers and catchers and two additional students on the same day?  
A. No. During this timeframe, coaches are allowed to work with a maximum of eight on a single day but all eight must be pitchers and/or catchers, or the coaches may work with two non-pitchers and non-catchers on a single day, but not both.
39. Q. During this two-week early window for baseball and softball coaches, are coaches allowed to work with six pitchers and catchers and two additional students, for a total of eight?  
A. No. During this timeframe, coaches are allowed to work with a maximum of eight on a single day but all eight must be pitchers and/or catchers. During this timeframe, coaches would be allowed to follow the standard "Rule of Two" and work with two players only on a single day. These players are not required to be pitchers and/or catchers.
40. Q. During this two-week early window for baseball and softball coaches, if coaches are working with pitchers and/or catchers, is live hitting allowed?  
A. No, live hitting is not allowed but a coach is allowed to stand in the batter's box.