



Oregon School Activities Association

25200 SW Parkway Avenue, Suite 1
Wilsonville, OR 97070
503.682.6722 <http://www.osaa.org>



2022-23 SWIMMING PLAN BOOK

Staff Contact: K.T. Emerson, Assistant Executive Director, 503.682.6722 x227, kte@osaa.org

SEASON DATES

First Practice Date	November 14
First Contest Date.....	November 30
Cutoff Date	February 11
All State Championships.....	February 17-18

NFHS 2022-23 SWIMMING RULES

Order the current NFHS Swimming Rules Book from the [OSAA Corner Store](#) or contact the OSAA (503.682.6722) for information.

For more information about NFHS Swimming Rules, visit <http://www.nfhs.org/activities-sports/swimming-diving/>.

2022-23 RULES CHANGES

2-3-1, 2-4-4	Moves all language from referencing end wall height Rule 2-3-1 and establishes new nationally recognized standards for newly constructed or renovated facilities after January 1, 2023. Rationale: The new specifications provide consistency for high school swimming and adheres to national trends.
2-4 Table	Establishes new nationally recognized standards for newly constructed or renovated facilities after January 1, 2023. Rationale: The new specifications provide consistency for high school swimming and adheres to national trends.

2022-23 EDITORIAL CHANGES

2-7-2b, 2-7-3, 3-4 PENALTY, 4-2-2e, 6-5-3, 7-2-4, 8-1-3 PENALTY 2, 8-3-2 NOTE, 9-7-5 NOTE

2022-23 POINTS OF EMPHASIS

- Sportsmanship.** Good sporting behavior is one of the fundamental ingredients to the continued success and enjoyment of education-based high school sports and activities. In fact, in the 103-year history of organized high school sports in the United States, good sportsmanship has been one of the most important outcomes of high school activity programs. NFHS playing rules are written to encourage sportsmanship. Participation in these programs should promote respect, integrity and sportsmanship. However, for these ideals to occur, everyone involved in these programs must be doing their part. The NFHS is concerned that unsporting behavior in education-based athletics has increased across all sports. As a result, the NFHS has made sportsmanship the No. 1 Point of Emphasis for the 2022-23 school year. Sportsmanship, or good sporting behavior, is about treating one another with respect and exhibiting appropriate behavior. It is about being fair, honest and caring. When these types of appropriate behavior occur, competitive play is more enjoyable for everyone. Coaches set the tone at athletic contests with their display of sportsmanship. If these individuals act in a sportsmanlike manner, their behavior sets the tone for players, spectators and others. If coaches, however, are complaining constantly about the decision of contest officials, spectators are more likely to do the same. There must be a collaborative, working relationship between contest officials and game administration to promote good sportsmanship and safely conduct the contest. Everyone has their roles to play in creating a positive, sportsmanlike atmosphere at contests. Officials should focus on the actions of players, coaches and other bench/sideline personnel. A positive, open line of communication between officials and coaches ultimately results in a better contest for everyone involved. Contest officials, however, should never engage with spectators who are exhibiting unsporting behavior. Once the contest begins, school administration is responsible for dealing with unruly spectators. A proactive approach by school administration includes monitoring the behavior of spectators and intervening as needed. If spectators are using demeaning or profane language at officials – or at others in the stands – those individuals should be removed from the contest by school administration. In recent years, a heightened level of unsportsmanlike behavior has been occurring by spectators at high school sporting events, and it must be stopped. The use of demeaning language, or hate speech, by students, parents and other fans must cease. High school

sports and other activities exist to lift people up, not demean or tear people down. The goal is to treat everyone fairly and treat each other with respect. Any speech or harassment that is insulting, demeaning or hurtful will not be tolerated. High schools must establish a culture that values the worth of every single person – both players on the school’s team and players on the opposing team. There must be a no-tolerance policy regarding behavior that shows disrespect for another individual. Good sports win with humility, lose with grace and do both with dignity. It takes the efforts of everyone every day to ensure that sportsmanship remains one of the top priorities in education-based activity programs.

- **Relay Entries.** A competitor becomes a participant in an event when the official entry card is delivered to the meet director, or designee, at a specified time and place. For relays, eight individuals may be designated, if the state association requires. The penalty for submitting an inaccurate entry card, one that does not bear the name of the event, coach’s signature, school name, and submitted time if one exists, is disqualification from the event. Four swimmers declared on the relay card, submitted at the designated time and place prior to the start of the event, are permitted to report to the blocks and compete. The coach shall submit the name of the lead-off swimmer at the specified time and place prior to the start of the event, although there is no penalty for incorrectly listing that name. There is no NFHS mandate to list the order of swimmers, which is not a required part of the entry process.
- **Provide Deck Space for Officials.** NFHS swimming and diving officials work in swimming facilities with a wide variety of pool configurations which sometimes necessitate creative ways to officiate strokes. Schools are reminded of the importance of officials to be provided space on the deck that allows for free movement during the swimming event. It is recommended that a minimum of 3 feet be established for officials on the deck. In addition, adequate space should be provided for coaches and competitors to safely move about on deck. The referee shall determine the positioning and jurisdiction of all deck officials, which depend on the number of officials being used and the pool configuration. Officials may need to ask meet management for assistance in keeping a clear path to move up and down the sides and ends of the pool.

2022-23 COMMENTS ON THE RULES

<p>2-3-1, 2-4-4, 2-4 Table</p>	<p>All language addressing end wall height is now located in Rule 2-3-1. Nationally recognized standards for newly constructed or renovated facilities after January 1, 2023, provides consistency for high school swimming. Facilities constructed prior to this date will remain in compliance in accordance with current specifications and will not require prior mutual consent of the competing teams unless state association regulations determine otherwise. After January 1, 2023, pools undergoing renovation or repair that makes repainting or replacing of tile feasible, should utilize the updated pool markings. Because “old” and “new” pools will be marked differently, it is important that one aspect of warm up include becoming aware of where the markings are in relationship to the end walls so that competitors are able to turn safely.</p>
---	---

2022-23 RULES INTERPRETATIONS

Publisher’s Note: *The National Federation of State High School Associations is the only source of official high school interpretations. They do not set aside nor modify any rule. They are made and published by the NFHS in response to situations presented. Dr. Karissa L. Niehoff, Publisher, NFHS Publications © 2022*

CLARIFICATIONS:

3.4 SITUATION E: During the 500- yard freestyle, the team member designated as lap counter for Lane 5 (a) is shouting splits to the Lane 5 swimmer; (b) is encouraging the Lane 5 swimmer to “pick it up”; (c) tells the Lane 5 swimmer, “you’ve got to catch Lane 4.” The referee disqualifies the Lane 5 swimmer in all three instances. **RULING:** Incorrect procedure. In (a), (b) and (c), the counter is providing no physical assistance to the swimmer and is behaving appropriately. **COMMENT:** “Aid” to the swimmer requires some sort of physical action that creates a competitive advantage. Verbalization of information that is concurrently displayed in the venue is not a violation.

4.1.6 SITUATION A: At the conclusion of a relay event, a coach brings a recording device to the meet referee to show that the opposing team’s third swimmer left the block prior to the second swimmer touching the end wall. **RULING:** Electronic devices, including video, shall not be used to review officials’ decisions made during the meet. The use of video review is not permitted.

SITUATION 1: By league policy each school may enter two teams in the prelims of each relay event in the league championship meet (3-1-1), with only the faster of the two advancing to finals. One of the swimmers who was declared for and competed on Team B in prelims has an exceptionally fast split, causing the coach to move that swimmer to Team A, which had the fastest overall time, for the finals. **RULING:** Improper. **COMMENT:** The swimmer may not move to the new relay team as this would be considered an additional event. A swimmer cannot participate in the same event on two different relay teams. The same conclusion would apply if relay entries are identified by listing eight names per team and the same swimmer is listed on both teams. Once a swimmer competes in the event as part of one relay team, the swimmer is limited to that relay team only during that event. (3-1-1)

SITUATION 2: The coach of Team A requests the following accommodations by the meet referee prior to the start of the meet: (a) the wearing of full-body-coverage attire for religious reasons, (b) starter's use of hand signals for forward and backstroke starts to assist hearing impaired; (c) use of a "tap pole" at each end of the lane of a blind swimmer to notify the swimmer of the proximity of the turning walls; (d) use of an artificial hand by an amputee. In all cases, the referee refuses without a specific letter from the state association permitting such accommodation. **RULING:** In (a), incorrect procedure. If the referee believes the attire creates a competitive advantage for the swimmer, his/her opinion should be communicated directly to the state association AFTER the competition is concluded. In (b), (c) and (d), correct procedure. **COMMENT:** Current NFHS rules (see Appendix B, pages 105-106) provide for accommodations requiring written state association approval which should be provided to the meet referee, describing the specific accommodation the state association will permit to assure that no advantage is gained thereby. (3-3-5)

SITUATION 3: A diver performs 301C using an undeclared standing forward takeoff. In the process of performing the dive, the diver hits the board with the diver's toes. Upon completion of the dive, the referee instructs the scorer that the score for the dive is zero. **RULING:** Correct. The diver's undeclared standing forward takeoff reduces the score to a maximum of two points (unsatisfactory dive); hitting the board further reduces the score by two points, resulting in no score. This is NOT considered to be a failed dive for purposes of implementing Rule 9-8-3. **COMMENT:** Other examples of zero-sum dives include a failure to come out of a somersault after committing a balk, doing a dive clearly in the wrong position on an undeclared standing forward takeoff, failing to come out of a twist with a balk or undeclared standing forward takeoff. (9-3-7)

SITUATION 4: In the eighth round of diving during a championship meet, the announcer reads the dive for the ninth round, and the diver performs that dive. The error is immediately discovered, the diver chooses to accept the scores and the referee instructs the scorer to record the awards for the dive performed and to announce the diver's eighth dive in the next round. The coach informs the referee that switching these two dives would place the diver out of compliance per NFHS diving order requirements with respect to diving sessions in a championship event. **RULING:** The referee should verify that acceptance will not create a violation of a legal order of dives, causing an unfair competitive advantage (and possibly result in a penalty in a later round). Before allowing the diver to accept the scores, the referee needs to check the diver's list to verify that no rules are being violated. Within these limitations, the diving referee has broad discretion to assure the least possible negative impact upon the diver for the official's error. If it is necessary for the diver to perform Dive #8 before competition continues, the diver should be provided an adequate time to rest, and then should perform dive #8. (9-6-4)

2022-23 UNIFORM RULES

Rule 3-3 Uniforms

Art. 1 . . . It is recommended all swimmers and divers on the team wear suits of identical coloring and pattern.

Art. 2 . . . Suits shall be of one piece. A competitor shall not be permitted to participate wearing a suit that is not of decent appearance. Males shall wear suits which cover the buttocks and shall not extend above the waist or below the top of the kneecap. Females shall wear suits which cover the buttocks and breasts and shall not extend beyond the shoulders or below the top of the kneecap, nor cover the neck.

Penalties: when an official discovers a competitor wearing illegal attire as described in article 2, the official shall:

- 1. When observed prior to the start of the heat/dive, notify the coach of the competitor to make the suit legal before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat/dive, the competitor is disqualified from that event/dive and shall not be eligible for further competition until in legal attire;**
- 2. When observed after the heat/dive officially begins, disqualify the competitor at the completion of the heat/dive; nullify the competitor's performance time/score and he/she shall not be eligible for further competition until in legal attire.**

Art. 3 . . . The uniform consists of a suit and, if worn, cap(s).

- a. The suit or cap(s) may display the competitor's name, school name, school nickname and/or the school logo.
- b. Advertising or name other than that permitted in 3-3-3c is prohibited.
- c. A single visible manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches is permitted on each item of the uniform [suit and cap(s)].
- d. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

NOTE: the FINA mark, individual barcode and/or USA swimming approved checkmark logo on certain suits designating that the suit has been approved for FINA and/or USA swimming competition is not considered to be a second manufacturer's logo nor a form of advertising. Such suits with a FINA marking and/or checkmark, if otherwise legal, shall be legal for NFHS competition.

Art. 4 . . . Suits worn by swimmers (excluding divers) shall be limited to the following requirements:

- a. Only one suit shall be permitted in competition. (a swimmer with special needs may request for customization to the state association through his/ her school.)
- b. The suit shall be:
 1. Constructed of a woven/knit textile material;
 2. Permeable (100 percent to air and water), except for one post-construction, impermeable school name and/or logo which shall not exceed 9 square inches;
 3. Made so as not to aid in buoyancy and shall not be altered to aid in buoyancy;
 4. Made with no zippers or other fastening system other than a waist tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings and waist openings); and
- c. Suits with a FINA marking, if otherwise legal, shall be legal for NFHS competition.

Penalties: when an official discovers a competitor wearing illegal attire as described in articles 3 and 4, the official shall:

- 1. When observed prior to the start of the heat/dive, notify the coach or the competitor to make the attire legal before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat/dive, the competitor is disqualified from the event/dive and shall not be eligible for further competition until in legal attire;**
- 2. When observed after the heat/dive officially begins, disqualify the competitor at the completion of the heat/dive; nullify the competitor's performance time and he/she shall not be eligible for further competition until in legal attire.**

Art. 5 . . . For religious reasons, suits providing full-body coverage are permitted. The suit must meet requirements of 3-3-4b(1-3). If a competitor's suit does not meet rule specifications, the referee must notify the state association following the completion of the contest.

Art. 6 . . . Competitors shall not wear or use any device or foreign substance to aid their speed, buoyancy or body compression. The following may be used within the stated conditions:

- A. A foreign substance may be applied if not considered excessive by the referee (if excessive, the referee shall require the competitor to remove it);
- B. Adhesives are not allowed for swimmers;
- C. Divers may wear tape or wraps for support and may also use temporarily applied adhesives.
- D. Tape may be used by a swimmer to treat a documented medical condition. The referee must be presented signed documentation from an appropriate health-care professional before permitting the athlete to compete.

Note: each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.

Penalty: when team personnel/competitor uses an unapproved artificial device during an event, the competitor(s) is disqualified from further competition.

Art. 7 . . . Prior to the meet, the coach shall verify with the meet referee that all competitors are legally attired.

NOTE: Religious and medical-alert medals are not required to be taped to the body. It is recommended the medical alert itself is visible to assist in care by a health-care professional.

Requests for rule interpretations or explanations should be directed to the OSAA. The NFHS will assist in answering rules questions from the state associations whenever called upon.

OSAA ADOPTED SWIMMING RULES AND INTERPRETATIONS

The 2022-23 NFHS Swimming Rules Book will be used with the following clarifications:

1. USE OF WHISTLES AS PREPARATORY COMMANDS: (2022-23 NFHS Swimming & Diving Rules Book, Appendix A)

To be used for all OSAA competitions, including regular season, district and state championship meets.

A. Forward Starts

- 1) Referee/starter signals the swimmers with a series of short whistles (no fewer than 4) to approach the blocks and prepare to swim, followed by the announcer or referee/starter announcing the event/distance/heat.
- 2) When all swimmers have approached the blocks, referee/starter blows a long whistle for the heat to step onto the blocks and take their preparatory position.
- 3) Once all swimmers are on the blocks, the referee immediately turns the heat over to the starter.

- 4) When the swimmers are prepared, the starter says, "Take your mark."
- 5) When swimmers have assumed the correct starting position and are stationary, starter activates the starting signal.

B. Backstroke Starts

- 1) Referee/starter signals the swimmers with a series of short whistles (no fewer than 4) to approach the blocks and prepare to swim, followed by the announcer or referee/starter announcing the event/distance/heat.
- 2) When all swimmers are at the side of the blocks, referee/starter blows a long whistle for the heat to immediately step into the water. When all swimmers have surfaced, referee/starter blows a second long whistle to have the swimmers return to the wall and immediately assume their starting positions.
- 3) The procedure is then the same as in steps 3, 4 and 5 in the Forward Start section.
- 4) Optional: If a swimmer (or swimmers) has not responded to the whistles, referee/starter may say "step up" or "step in."

2. GUIDELINES FOR MEET WARM-UP

A. The following guidelines are recommended for warm-up periods at all meets:

- 1) A designated supervisor shall be on the deck during the entire warm-up period.
- 2) Swimmers shall enter the water feet-first except for starts which are limited to specified lanes.
- 3) Specify Lanes 2 and 5 (six-lane pool) or Lanes 2 and 7 (eight-lane pool) as one-way sprint lanes with racing starts permitted at the starting end of the pool.
- 4) Place a cone marker or similar sign on starting platforms in lanes not specified as one-way sprint lanes.
- 5) Specify center lanes for circle swimming (two lengths of the pool beginning at the starting end of the pool).
- 6) Specify the outside lanes as pace lanes (swimmers swim one or two lengths from an in-water push-off position from the starting end of the pool).
- 7) May specify lanes for relay practice during the last 15 minutes of the warm-up.
- 8) Coaches should stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
- 9) Swimmers should not be allowed on a starting platform when a backstroker is executing a start in the same sprint lane.

B. Meet management or a designated official may remove a swimmer, coach and/or team from the deck for violations of these recommendations. In facilities that have a warm-up and/or warm-down area, management shall provide supervision of the area(s) at all times.

OSAA SWIMMING POLICIES

Effective outside Association Year.

1. SUMMER POLICY (OSAA Handbook, Executive Board Policies)

(Revised Fall 2017)

A. **All Sports.** Summer activities under the direction of any person affiliated with the high school program, including practices, contests, weight training and conditioning, are permissible throughout the summer, excluding the defined Moratorium Week, and must consider the following points:

- 1) OSAA regulations regarding the Heat Index Calculator are in effect at all times. Athletes must be encouraged to stay well hydrated at all times, especially in hot and humid conditions. This applies to outdoor activities and indoor activities without air conditioning. See the [NFHS](#) statements on heat and hydration.
- 2) Implement a slow and gradual preseason-conditioning regimen that prepares the athlete for the rigors of the sport.
- 3) Slowly build up the intensity of activity over several days.
- 4) Have fitness tests (mile run, shuttle run times, maximum repetition exercises) scheduled the second week of practices. Use a progressive, periodized program and evaluate performance once athletes are acclimated to the stress about to be placed upon them.

- 5) Take into account the level of conditioning of all individuals and what their previous conditioning has been. Athletes who have just finished a sports season should have at least a short period (one to two weeks) of relative rest.
- 6) Slowly introduce new exercises or workout routines to allow for adaptation by muscle groups.
- 7) Provide adequate rest and recovery between repetitions in the weight room and especially during “gassers” and intense station or “mat” drills.
- 8) Athletes should refrain from consuming high caffeine energy drinks and supplements, or other stimulants, as they may contribute to dehydration. See the [NFHS](#) statement on energy drinks.
- 9) Athletes should refrain from extreme exercise during acute illness, if feeling ill, or while experiencing a fever.

Effective during Association Year, outside the designated OSAA sport season.

2. [PRACTICE LIMITATION RULE \(6A, 5A, 4A Pilot\)](#) (OSAA Handbook, Executive Board Policies) (Revised July 2022)

- A. **Philosophy/Rationale.** The following statements outline the philosophy of this policy regarding in-season and out-of-season sports.
 - 1) The spirit of the Practice Limitation Rule (6A, 5A, **4A** Pilot) is that every school and participant shall have the same opportunity to practice prior to the first contest.
 - 2) 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.
 - 3) For most students, specialization in a single athletic activity is not in their best long-term interests.
 - 4) 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.
 - 5) 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.
 - 6) 6A, 5A, **4A** Schools are looking to provide coaches with more opportunities for fundamental skill development at specified times during the Association Year.
 - 7) 6A, 5A, **4A** Schools believe that high school coaches are the individuals best-trained to guide and promote the health and physical welfare of all participants.
 - 8) 6A, 5A, **4A** Schools want to work with the OSAA to educate parents regarding the impact on the health and physical welfare of students who choose to specialize in one sport, year-round.
 - 9) There should be no promotion or publicity within a school for non-school programs, which promote a philosophy contrary to the above statements.
- B. **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.
- C. **Closed Period.** The Closed Period for out-of-season team sports begins on the first practice date of each Fall, Winter, and Spring season. Dates shall follow the NFHS Numbered Calendar, as adopted by the OSAA. The Closed Period shall last six weeks. During the six-week Closed Period, conditioning is the only activity allowed between out-of-season coaches and student(s) from their high school. 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.
- D. **Open Period.** The Open Period for all out-of-season team sports begins on the first practice date of each season Monday following the six-week Closed Period and ends when the next OSAA defined season begins. Dates shall follow the NFHS Numbered Calendar, as adopted by the OSAA. Fundamental skill development with an unlimited number of the school’s student-athletes is allowed for a maximum of six hours each week per program. All open facility times shall be included in the weekly limitation. It shall be a violation of the Practice Limitation Rule (6A, 5A, **4A** Pilot) if

there is any attempt by a coach during the Open Period to coach student-athletes from their high school in a contest in the activity they coach at that high school. For the purpose of this rule, a contest is any event (practice, scrimmage, game, etc.) that involves anyone other than the students at your high school. While boys' and girls' basketball (and soccer) are examples of the same sport, for the purpose of this rule they are considered different activities. Participation in Open Period fundamental skill development and/or conditioning must be optional. 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 6.7**. 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.

E. **Dates for the 2022-23 School Year.**

1) **OSAA Fall Season.**

- a) Official Practices begin for Fall Team Sport Coaches – Monday, **August 15** (Week 7).
- b) Closed Period for all Winter and Spring Team Sport Coaches – Monday, **August 15** – Sunday, **September 25** (Weeks 7-12).
- c) Open Period for all Winter and Spring Team Sport Coaches – Monday, **September 26** – Sunday, **November 13** (Weeks 13-19).
- d) Coaching Ends for Fall Team Sport Coaches – On the cutoff date or when all state championship contests have concluded for that school in that sport.

2) **OSAA Winter Season.**

- a) Official Practices begin for Winter Team Sport Coaches – Monday, **November 14** (Week 20).
- b) Closed Period for all Fall and Spring Team Sport Coaches – Monday, **November 14** – Sunday, **December 25** (Weeks 20-25).
- c) Open Period for all Fall and Spring Team Sport Coaches – Monday, **December 26** – Sunday, **February 26** (Weeks 26-34).
- d) Coaching Ends for Winter Team Sport Coaches – On the cutoff date or when all state championship contests have concluded for that school in that sport.

3) **OSAA Spring Season.**

- a) Official Practices begin for Spring Team Sport Coaches – Monday, **February 27** (Week 35).
- b) Closed Period for all Fall and Winter Team Sport Coaches – Monday, **February 27** – Sunday, **April 9** (Weeks 35-40).
- c) Open Period for all Fall and Winter Team Sport Coaches – Monday, **April 10** – Sunday, **May 29** (Weeks 41-47).
- d) Coaching Ends for Spring Team Sport Coaches – On the cutoff date or when all state championship contests have concluded for that school in that sport.

4) **OSAA Summer Season.**

- a) Summer Season for Fall, Winter and Spring Team Sport Coaches – Tuesday, **May 30** – Sunday, **August 13** (Weeks 48-6).
- b) Moratorium Week – Sunday, **July 23** – Saturday, **July 29** (Week 4).

1. **Q.** Under the Practice Limitation Rule (6A, 5A, **4A** Pilot), may a coach work on fundamental skill development with two students a day as was allowed previously?

A. Yes, but only during the Open Period. During the Open Period coaches may work with an unlimited number of students on fundamental skill development for a maximum of six hours each week per program. All open facility times shall be included in the weekly limitation. During the Closed Period coaches are prohibited from working on fundamental skill development with any students.

2. **Q.** Under the Practice Limitation Rule (6A, 5A, **4A** Pilot), may students who do not currently attend your school and/or students planning to transfer to your high school participate in fundamental skill development during the Open Period?

A. No. Only full-time students currently attending your school, or students eligible to participate for your school via Rule 8.5 School Representation, are allowed to participate in fundamental skill development during the Open Period.

3. Q. Under the Practice Limitation Rule (6A, 5A, **4A** Pilot), is a coach allowed to coach student-athletes from their high school in a contest during the Association Year outside their sport season in the activity they coach at that high school?
- A. No.
4. Q. Under the Practice Limitation Rule (6A, 5A, **4A** Pilot), are coaches allowed to work on fundamental skill development with their students during the Open Period and organize their students to participate in contests while being coached by someone else?
- A. No.
5. Q. Under the Practice Limitation Rule (6A, 5A, **4A** Pilot), how does the maximum of six hours each week per program work during the Open Period?
- A. Any fundamental skill development involving a coach and any number of students from the coach's school in the activity they coach at that high school counts toward the maximum of six hours each week per program (football, girls' basketball, boys' basketball, etc.). A week is defined as Monday-Sunday. All open facility times shall be included in the weekly limitation. **General weight training and conditioning may take place prior to or after fundamental skill development and that time does not count towards the maximum six hours per week.**
6. Q. Are open gyms still permissible under the Practice Limitation Rule (6A, 5A, **4A** Pilot)?
- A. Yes, provided they occur during the Open Period and fall within the maximum of six hours each week per program. The terminology has been changed to "open facility" and is applicable to gymnasiums, fields, tracks, etc.
7. Q. What are the penalties if a high school coach violates the Practice Limitation Rule (6A, 5A, **4A** Pilot) by coaching members of their team during the Closed Period or in an out-of-season contest?
- 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.
8. Q. Is a school in violation of the Practice Limitation Rule (6A, 5A, **4A** Pilot) if an unpaid volunteer coach coaches both the high school team and an out-of-season team during the OSAA year?
- A. Yes, this would be a violation. The Practice Limitation Rule (6A, 5A, **4A** Pilot) applies to any coach associated with a high school program (paid, volunteer, etc.).
9. Q. Under the Practice Limitation Rule (6A, 5A, **4A** Pilot), may two high school coaches "trade" teams and coach each other's teams in an out-of-season contest, or may a person coach a high school team and then arrange for their parent/spouse/family member to coach the out-of-season club team during the Association Year?
- A. No. The intent of the rule is to provide high school coaches with more opportunities to teach fundamental skill development during specified times during the Association Year.
10. Q. A coach of a high school team arranges for a parent/spouse/family member to coach that same team in an out-of-season contest during the Association Year. Is this legal under the Practice Limitation Rule (6A, 5A, **4A** Pilot)?
- A. No, this would be considered a violation.
11. Q. Under the Practice Limitation Rule (6A, 5A, **4A** Pilot), may a high school coach work with a group of 9th graders before they turn out for a sport?
- A. Yes, provided it occurs during the Open Period.
12. Q. Under the Practice Limitation Rule (6A, 5A, **4A** Pilot), 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 students from the coach's high school in the activity they coach. Coaches may 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 they don't coach.
13. Q. Under the Practice Limitation Rule (6A, 5A, **4A** Pilot), may 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) **The clinic or camp occurs during the Open Period.**
 - 2) **All participants at a clinic or camp are non-high school.**
 - 3) **Each school is limited to only one clinic or camp to which this interpretation applies per program per school year.**
 - 4) **Clinic or camps to which this interpretation applies may be no more than two days in length.**
14. Q. Under the Practice Limitation Rule (6A, 5A, **4A** Pilot), may a coach own a club on which there are teams, which includes members of their school?

A. Yes, but the coach may not personally coach a team with members of their school in the activity they coach at that high school during the Closed Period. During the Open Period the coach may conduct fundamental skill development and/or conditioning but may not coach members of their school in a contest in the activity they coach at that high school.

15. Q. May a coach be present at a camp, clinic or practice during the Closed Period in the activity they coach at that high school if their high school students are attending as participants?

A. No, a coach may not attend as an instructor or observer.

16. Q. Would it be a violation of the Practice Limitation Rule (6A, 5A, **4A** Pilot) for a coach to teach 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.

17. Q. Would it be a violation of the Practice Limitation Rule (6A, 5A, **4A** Pilot) 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 members of the high school program outside of the season for that sport during the Association Year?

A. Yes.

18. 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, they are 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.

19. 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."

20. Q. A school is conducting interviews for a vacant coaching position. Is the interviewee allowed to conduct a practice in part of the interview process?

A. Yes, but the trial practice session shall be no longer than 30 minutes in length.

21. Q. Under the Practice Limitation Rule (6A, 5A, **4A** Pilot), may a high school coach work with their own children during the Closed Period?

A. Yes, a coach may work with their own children at any time.

22. Q. May a high school coach be present as a spectator at an out-of-season club team contest if their high school student(s) are participating on the team?

A. Yes, this is allowed during both the Closed and Open Period.

23. Q. During the Closed Period, may a high school facility be used by an out-of-season student from that high school?

A. Yes, provided no coach from that school organizes the usage, is involved in it or is in attendance.

24. Q. During the Closed Period, may a high school facility be used by an out-of-season coach to hold an out-of-season event or open facility?

A. Yes, provided no student from their high school is present.

3. **PRACTICE LIMITATION RULE (3A, 2A, 1A)** (OSAA Handbook, Executive Board Policies) (Revised July 2022)

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 *their* 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 their 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 their 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 their 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., they 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 their 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 their 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 their 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 their 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 they coach. 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 they don’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 their 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 their 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 their school?
- A. Yes, but the coach may not personally coach a team with more than two members of their 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 of their 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 their 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 their 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, they are 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 13, 2023**, which is two weeks prior to the start of spring practices on **February 27, 2023**.
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.

Effective First Practice Date through End of HS Season.

1. **PRACTICE MODEL** (OSAA Handbook, Executive Board Policies)

(Revised July 2021)

Schools and students are required to adhere to the following practice model.

B. **Cross Country, Soccer, Volleyball**

- 1) All practices shall allow for water breaks and general acclimatization to hot and/or humid weather. Ample amounts of water should always be available and a student's access to water should not be restricted. In addition, all practices shall follow the fundamentals set forth in the NFHS's Heat Acclimatization and Heat Illness Prevention Position Statement. While the risk of heat illness is greatly dependent upon weather conditions, the fundamentals in the NFHS's Heat Acclimatization and Heat Illness Prevention Position Statement promote safety and diminish injury risk in any setting.
- 2) Students may participate in multiple practice sessions per day, but not on consecutive days.

- a) Single Practice Session. No single practice session shall be longer than three hours, including warm-up and cool down. On days with a single practice session, students are limited to a maximum of one hour of weight training either before or after practice but not both.
 - b) Multiple Practice Sessions. On days with multiple practice sessions, students shall not engage in more than five hours of total practice, including warm-up and cool down. No single practice session shall be longer than three hours, including warm-up and cool down. There must be at least three hours of recovery time between the end of one practice session and the beginning of the next practice session on a day with multiple practice sessions. During this recovery time, students may not engage in other physical activities (e.g., weight training, etc.).
- 3) One practice session of the first two multiple practice days shall be a teaching session only. Conditioning drills (gassers, timed runs or sprints) shall not be conducted.
 - 4) A student may not practice or participate in a contest for more than six consecutive days without a rest day. A rest day must be complete rest – no organized team physical activity is allowed. Travel is allowed on a rest day.
 - 5) ***A student shall become eligible to participate in a jamboree or interscholastic contest/meet after completing a minimum of five days of actual practice, unless the student participated in the immediately preceding season.***
1. **Q.** Can the one-hour weight training session allowed on single practice days be conducted both prior to practice and after practice if players only participate in one of the weight training sessions?
A. Yes, multiple one-hour weight training sessions may be held but individual players are limited to participation in a single session.
 2. **Q.** Is the one-hour weight training session allowed on single practice days required to be “immediately” prior to and after the practice?
A. No, the training session does not have to immediately precede or follow the scheduled practice.
 3. **Q.** Is the one-hour weight training session allowed on single practice days also allowed on multiple practice days?
A. No, weight training conducted on multiple practice days counts toward the daily five-hour practice limit.
 4. **Q.** On single practice days, may coaches conduct classroom-training sessions that would involve no physical activity?
A. Yes, classroom instruction that requires no physical activity is allowed and does not count towards the daily five-hour practice limit.
 5. **Q.** Is classroom instruction with no physical activity allowed during the required three-hour recovery period between multiple practices?
A. Yes, classroom instruction that requires no physical activity is allowed during the recovery period.
 6. **Q.** A team plans to conduct multiple practices on a single day but wants to reduce the length of each practice to 90 minutes. Can the team reduce the required recovery time of three hours between practice sessions because they have used less than the maximum practice time allowed?
A. No, the three-hour recovery period between practices is required regardless of practice length.
 7. **Q.** Are multiple practices on a single day required for all Fall teams?
A. No, teams are not required to have multiple practices on a single day. If multiple practices are conducted, the second practice of the first two multiple practices days is a teaching session only.
 8. **Q.** What is the definition of a “teaching session”?
A. During a teaching session, the intensity, duration, and pace of all practice components shall be modified from a normal practice session. The focus of a teaching session should be directed at developing skills fundamental to the sport at a significantly reduced pace. In Football, light contact with bags is allowed but Live Action situations are prohibited. Practice components in all activities intended to develop skills while conditioning the athlete at the same time are not allowed. Coaches are encouraged to use this “teaching session” to address offensive and defensive strategies, skill development drills and other types of team building activities that do not involve conditioning.
 9. **Q.** How do you calculate practice time for multiple sport athletes participating in more than one Fall sport?
A. Practice hours are cumulative. On a single practice day, the three-hour practice limit may be split between the two sports but the total practice time, including any breaks, must fit within the three-hour limit. On a multiple practice day, the daily five-hour practice limit may be split between the two sports but all required recovery periods must be implemented. Any participation for a fraction of a half hour counts as a half hour towards the daily practice limit.

10. Q. If Fall multiple sport athletes practice one hour with the Football team and two hours with the Soccer team are they required to have a recovery period between the two practices?

A. No, this is considered to be one three-hour practice and no recovery period is required. If the combined practice time, including any breaks, exceeds three hours then a three-hour recovery is required.

11. Q. May a team practice for 2 hours, take a 30-minute break, and resume for 1 hour?

A. No, this would constitute a violation. Teams may not exceed the maximum practice time of three hours, including all breaks within the schedule.

12. Q. In football, are 7-on-7 drills permissible during teaching sessions?

A. Yes, provided that they comply with the foregoing "teaching session" requirements.

2. **PARTICIPATION LIMITATIONS** (OSAA Handbook, Participation Limitations, Swimming) (Revised December 2020)

A. **Team.** A school team shall not compete in more than 12 meets at each level of competition, exclusive of the varsity district meet and state championships. There is no limitation on the number of schools that may participate in a swimming meet. Relay meets count toward the limitation. Any time a student participates representing their school, it shall count toward the school's team limitation.

B. **Individual.** A student shall not compete in more than 12 meets, exclusive of the varsity district meet and state championships.

3. **INTERRUPTED CONTESTS** (OSAA Handbook, Executive Board Policies) (Revised Fall 2015)

Following is the policy concerning interrupted athletic contests. NOTE: For state championship final games, the OSAA staff shall take jurisdiction and make any decisions rather than the schools involved.

H. **Swimming.** Contest shall be continued from point of interruption unless teams mutually agree otherwise or there are athletic district rules that apply.

4. **ENDOWMENT GAMES** (OSAA Handbook, Executive Board Policies) (**Endowment Game Application**) (Revised May 2022)

The OSAA and its member schools believe in the fundamental values associated with participation in high school activities and want to work together to ensure the future of high school activities in the state of Oregon. The establishment of the OSAA Foundation will help us realize our goal. Endowment Games are a way for member schools and local communities to be active participants in growing the OSAA Foundation. Endowment Games regulations are as follows:

A. Endowment Games applications **must** be submitted to the OSAA office by the host school **prior to the** scheduled contest. Failure to do so may result in participation limitations violations. Applications may be reviewed prior to approval to ensure that the host school is able to effectively secure the facility and charge admission.

B. Endowment Games shall not count toward a school's or an individual student's season participation limitations for each activity. Daily and weekly individual participation limitations still apply. Schools should ensure that participants meet all OSAA eligibility requirements prior to competing in an Endowment Game.

C. Endowment Games tickets will be \$6 for adults and \$4 for students. No passes shall be accepted except for the OSAA Media Pass.

D. Upon completion of an Endowment Game, the host school is responsible for submitting the necessary financial report form and 100% of the gate receipts to the OSAA Foundation. The OSAA Foundation will return 30% of the gross gate receipts to the host school within five business days after receiving the check for gross gate receipts. Operating expenses for Endowment Games are to be drawn from the 30% of the gross gates receipts returned to the host school. Financial agreements, if any, between the two participating schools are at the discretion of the schools.

E. Endowment Games are allowed at the varsity level only in the following activities:

6) **Swimming.** One additional meet between the first contest date and the cutoff date.

1. Q. Are Endowment Games required?

A. No, Endowment Games are optional for all member schools.

2. Q. What happens when one basketball team is counting the contest as an Endowment Game, but the other team has only scheduled 24 games?

A. If either team in a contest is counting the game as an Endowment Game, it is considered to be an Endowment Game.

3. Q. May a school play an Endowment Game doubleheader with its boys' and girls' basketball teams against another school?

A. Yes.

4. Q. May teams play in multiple Endowment Games?

A. Yes, as long as the team does not exceed that sports Participation Limitation by more than one game/contest. See [Participation Limitations](#) for additional information.

STATE CHAMPIONSHIPS INFORMATION

1. STATE CHAMPIONSHIPS POSTING TIMELINES

A. **Athletic Directors, Coaches and Spectators:** Detailed information regarding the Swimming State Championships will be posted on the OSAA website (<https://www.osaa.org/activities/bsw/management>) on Wednesday, January 11. 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. **District Meet Director Information (DMD):** Detailed information regarding District Meet Director responsibilities including the state championship entry form, will be posted on the OSAA website (<https://www.osaa.org/activities/bsw/management>) on Wednesday, January 11. Each District Meet Director must submit all state championship entries electronically.

2. STATE CHAMPIONSHIPS LOCATIONS AND TIMES

A. **Location:** Tualatin Hills Aquatic Center, 15707 SW Walker Road, Beaverton, OR 97006

B. **Times:** Posted on the OSAA website (<https://www.osaa.org/activities/bsw/management>) on Wednesday, January 11

3. **CHAMPIONSHIP QUALIFICATIONS:** A contestant for the State Championships shall qualify through the proper District Meet.

A. **6A:**

- 1) **Automatic Qualifiers:** First place winner in each individual and relay event at each District Meet automatically qualifies for the OSAA's State Championships.
- 2) Consolation finalists and championship finalists in individual and relay events at each District Meet who meet the qualifying standard (9th place average of last three State Meets with the standard never to be easier than the previous year) automatically qualify. Any remaining open lanes will be filled by the next fastest times from District Meet finals, up to a total of 18 participants.

3) **Cutoff Date:** *The automatic qualifiers must be determined by 10pm on Saturday, February 11.*

6A SWIMMING QUALIFYING STANDARDS

<u>GIRLS</u>	<u>Event</u>	<u>Auto</u>	<u>Manual</u>	<u>BOYS</u>	<u>Event</u>	<u>Auto</u>	<u>Manual</u>
200 Medley Relay	1	1:53.27	1:53.2	200 Medley Relay	2	1:41.18	1:41.1
200 Freestyle	3	1:57.58	1:57.5	200 Freestyle	4	1:46.89	1:46.8
200 Ind. Medley	5	2:10.55	2:10.5	200 Ind. Medley	6	1:59.25	1:59.2
50 Freestyle	7	0:24.80	0:24.8	50 Freestyle	8	0:21.93	0:21.9
100 Butterfly	9	0:59.33	0:59.3	100 Butterfly	10	0:53.08	0:53.0
100 Freestyle	11	0:53.85	0:53.8	100 Freestyle	12	0:48.18	0:48.1
500 Freestyle	13	5:17.07	5:17.0	500 Freestyle	14	4:51.98	4:51.9
200 Free Relay	15	1:42.45	1:42.4	200 Free Relay	16	1:31.38	1:31.3
100 Backstroke	17	0:58.45	0:58.4	100 Backstroke	18	0:54.65	0:54.6
100 Breaststroke	19	1:06.96	1:06.9	100 Breaststroke	20	1:00.82	1:00.8
400 Free Relay	21	3:43.56	3:43.5	400 Free Relay	22	3:19.19	3:19.1

Ties -- Districts shall settle any ties for first place in all events unless the qualifying standard is met.

B. **5A:**

- 1) **Automatic Qualifiers:** First place winner in each individual and relay event at each District Meet automatically qualifies for the OSAA's State Championships.

2) Any remaining open lanes will be filled by the next fastest time from District Meet Finals, up to a total of 12 participants. District shall settle any ties for first place.

3) **Cutoff Date: The automatic qualifiers must be determined by 10pm on Saturday, February 11.**

C. **4A/3A/2A/1A:**

1) **Automatic Qualifiers:** First place winner in each individual and relay event at each District Meet automatically qualifies for the OSAA's State Championships.

2) Any remaining open lanes will be filled by the next fastest time from District Meet Finals, up to a total of 12 participants. District shall settle any ties for first place.

3) **Cutoff Date: The automatic qualifiers must be determined by 10pm on Saturday, February 11.**

D. **Para-Athletes:** [\(Para-Athlete Disability Certificate\)](#)

The top nine times statewide from the different Districts Meets combined in the 50-yard freestyle, 100-yard freestyle and 100-yard backstroke automatically qualifies regardless of gender or disability if they meet the qualifying standard times. A Para-Athlete Disability Certificate must be provided to the OSAA prior to competing in the district meet. If more than nine students compete in district meets, the OSAA will explore splitting out the events by gender (creating 50-yard freestyle boys, 50-yard freestyle for girls, 100-yard freestyle for boys and 100-yard freestyle for girls, 100-yard backstroke for boys and 100-yard backstroke for girls).

1) The para-athlete divisions will include wheelchair participants and ambulatory participants. Definitions of athletes eligible to compete in this division are as follows:

a) Wheelchair: All athletes with permanent physical disability on file with the school. All athletes in grades 9-12 must meet OSAA eligibility requirements.

b) Ambulatory: All athletes shall have a permanent orthopedic, neuromuscular or other physical disability. This would include Visually Impaired, Cerebral Palsy, Dwarf and Amputees. Permanent orthopedic impairment shall be verified by a licensed physician and maintained on permanent file at the school. All athletes in grades 9-12 must meet OSAA eligibility requirements.

2) It is an expectation that those para-athletes who wish to attempt to qualify are participating in these events during the regular season and that they establish a qualifying time at the league/conference/district qualifying meet. The qualifying time established at the league/conference/district meet will be used to seed as many heats as necessary to accommodate the qualifying field for both events at the State Championships.

3) To facilitate training and competition for para-athletes it is recommended that all leagues/conferences/districts should include a para-athlete 50-yard freestyle, 100-yard freestyle and 100-yard backstroke in your event schedules this year. Prior to an event the host school should verify with their invited teams whether or not they have para-athletes who would like to participate in one or both of these events.

4) **Cutoff Date: The automatic qualifiers must be determined by 10pm on Saturday, February 11.**

PARA-ATHLETES SWIMMING QUALIFYING STANDARDS

<u>GIRLS</u>	<u>Event</u>	<u>Auto</u>	<u>Manual</u>	<u>BOYS</u>	<u>Event</u>	<u>Auto</u>	<u>Manual</u>
50 Freestyle		1:45	1:45	50 Freestyle		1:30	1:30
100 Freestyle		3:00	3:00	100 Freestyle		2:30	2:30
100 Backstroke		3:15	3:15	100 Backstroke		2:45	2:45

4. **STATE CHAMPIONSHIPS – INDIVIDUAL SPORT SUBSTITUTIONS** (OSAA Handbook, Executive Board Policies) (Revised Winter 2015)

A. The following shall be the policy for substitutions in individual sport State Championship events. All individuals who are substitutes for individual qualifiers must have participated in a District or Special District Meet.

D. **Swimming**

1) **Multiple Event Qualifiers and Relays.** This deadline is for a participant withdrawing from the championship in one event but remaining in others and for submission of up to eight names for a relay team.

a) **Multiple Event Qualifiers:** Except as indicated below, participants who qualify in more than one event shall participate in all the events for which they qualify from preliminaries to finals.

- (1) If a District Meet Director notifies the OSAA of a change prior to 4pm on the Monday (**February 13, 2023**) preceding the state championship, an individual may drop from one or more events in which they are qualified. The next place winner at the District Meet in the respective event or events is eligible as a substitute if replacing the district champion. If not, the individual(s) with the next best time will be the replacement(s).
 - (2) If the OSAA has not been notified of a change prior to 4pm on the Monday (**February 13, 2023**) preceding the state championship, the participant who has qualified in multiple events must compete in all qualified events or they shall be scratched from all events in which the participant has qualified.
- b) **Relay Event Entries:** Qualifying teams may enter the names of up to eight individuals in relay events.
- (1) Qualifying relay teams failing to enter eight individuals may not add individuals to the state championship meet after the established Monday deadline.
 - (2) Any four of the listed individuals may compete and it shall count as an event only for the four who compete. It is not necessary to use the same four swimmers in the finals that participated in the preliminaries, but any substitution must already be entered into the meet.
- 2) **Single or Multiple Event Qualifiers Dropping All Events or Substitutions only on Relays.** This deadline is for a participant dropping out of the state championship and being replaced by another participant or participants.
- a) If a District Meet Director notifies the OSAA by 4pm two business days prior to the first day of the state championship (**February 15, 2023**) that a single event or multiple event qualifier is dropping all events, a substitution or substitutions may be made.
 - b) The next place winner at the District Meet in the respective event or events is eligible as a substitute if replacing the district champion. If not, the individual(s) with the next best time will be the replacement(s).

OSAA GENERAL POLICIES

1. ATTACHED AND UNATTACHED COMPETITION / EXHIBITION (*OSAA Handbook, Executive Board Policies*) (*Revised August 2012*)

Following is the policy regarding attached and unattached competition:

- A. A high school team shall not compete against an unattached team (e.g., club team).
- B. Students representing a high school shall not compete against unattached individuals.
- C. 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.

2. CERTIFICATION – ATHLETIC DIRECTORS AND COACHES (*OSAA Handbook, Executive Board Policies*) (**Revised May 2022**)

Athletic directors and coaches shall achieve certification in the following areas prior to assuming duties as an athletic director or coach. The high school principal shall be held accountable for verifying that athletic directors and coaches have been certified. **EXCEPTION:** Any emergency exception to an OSAA requirement must be authorized in writing by the OSAA.

- A. **NFHS Fundamentals of Coaching.** The OSAA requires that athletic directors and coaches must achieve a passing score on the test included with the NFHS Fundamentals of Coaching course. This is a one-time requirement.
- B. **Concussion Recognition and Management Training.** The OSAA and Oregon State Law ([ORS 336.485](#)) requires that athletic directors and coaches receive training to learn how to recognize the symptoms of a concussion and how to seek proper medical treatment for a person suspected of having a concussion. The NFHS's Concussion in Sports free course satisfies this requirement. This training is required annually.
- C. **NFHS Heat Illness Prevention.** The OSAA requires that athletic directors and coaches must achieve a passing score on the test included with the NFHS's Heat Illness Prevention free course. This training is required once every four years.
- D. **Anabolic Steroids and Performance-Enhancing Substances Training.** The OSAA and Oregon State Law ([ORS 342.726](#)) require that athletic directors and coaches receive training on identifying the components of anabolic steroid abuse and use and prevention strategies for the use of performance-enhancing substances. This training is required once every four years.
- E. **OSAA Interrupting and Preventing Discriminatory Acts Training.** *The OSAA requires all athletic directors and coaches complete the OSAA Interrupting and Preventing Acts Training to be prepared to work collaboratively and act if discriminatory or harassing incident occurs during an interscholastic event. This training is a one-time requirement.*

- F. **Spirit Safety Clinic (Cheerleading and Dance/Drill Coaches Only).** The OSAA requires that any cheerleading or dance/drill coach receive spirit safety training by achieving a passing score on the test included with the OSAA's online Spirit Safety Clinic. This training is required annually.
- G. **OSAA Football Certification.**
- 1) **All Football Coaches.** The OSAA requires that any football coach complete the **OSAA Football Certification** prior to assuming coaching duties and to recertify annually prior to the beginning of each Association year.
 - 2) **Player Safety Coaches.** Each member school sponsoring football is required to identify a Player Safety Coach. Each Player Safety Coach is required to attend an in-person clinic biennially prior to the start of the Association year that is conducted by a **OSAA Football Master Trainer** in preparation for implementing and overseeing the primary components of **OSAA Football** at their school.
 - 3) **OSAA Football Certification required courses:** <http://www.osaa.org/coaches/requirements>
 - a) **Concussion Recognition and Management Training (annually).**
 - b) **NFHS Heat Illness Prevention (annually).**
 - c) **NFHS Football Tackling Course (annually).**
 - d) **Sudden Cardiac Arrest (annually).**
1. **Q.** Does certification through the American Sport Education Program (ASEP) satisfy the requirement in Rule 1.4?
A. Yes, so long as the athletic director or coach was certified through ASEP prior to August 1, 2007. Thereafter, only the NFHS Coach Education Program "Fundamentals of Coaching" will satisfy this requirement unless an exception is granted in writing by the OSAA.
 2. **Q.** When must a coach be certified?
A. All coaches must be certified prior to assuming coaching duties unless an emergency exception is authorized in writing by the OSAA. This includes cheerleading coaches, dance/drill coaches and choreographers at schools that do not participate in competitions.
 3. **Q.** Is certification required of volunteer coaches?
A. Yes.
 4. **Q.** Must a "guest" coach be certified?
A. No, but if the coach has contact with students more than three times in a sport season, the coach shall no longer be considered a "guest" and must be certified. A non-certified "guest" coach may not serve as a coach at a contest.
 5. **Q.** May a school bring in alumni or other non-high school personnel to scrimmage with teams or individuals as "guest coaches" if those personnel are limited to student contact on no more than three occasions during the sport season?
A. No. The "guest coach" exception is intended to allow a limited number of visits by a guest instructor; it is NOT intended to allow coaches to bring in coaches or players to participate in drills or scrimmages against teams or individuals. Any attempt to circumvent the Participation Limitations by calling practice participants "guest coaches" would be a violation of OSAA rules.
 6. **Q.** In individual sports, may a parent or non-certified coach accompany a participant to a contest as the school representative if that person is an authorized representative of the principal?
A. Yes, but the authorized representative may not coach the participant unless specific permission has been granted in writing by the Executive Director.
 7. **Q.** Does the OSAA require high school coaches to have current first aid certification?
A. No. However, coaches should check with their athletic directors as most high schools have this as a requirement.
 8. **Q.** What is required of a Player Safety Coach (PSC) during the year they attend an in-person PSC clinic in order to be **OSAA Football** certified?
A. Coaches attending an in-person PSC clinic are required to complete the following online courses in order to be **OSAA Football** certified **during the year they attend an in-person PSC clinic:** Concussion Recognition and Training; Heat Illness Prevention; **Sudden Cardiac Arrest.**
 9. **Q.** What is required of every football coach, including previously certified PSC coaches, not attending an in-person PSC clinic in order to be **OSAA Football** certified?
A. Every football coach, including previously certified PSC coaches, not attending an in-person PSC clinic is required to complete the following online courses in order to be **OSAA Football** certified: Concussion Recognition and Training; Heat Illness Prevention; **NFHS Football Tackling Course;** Sudden Cardiac Arrest.

3. **CHARITABLE CAUSES** (OSAA Handbook, Executive Board Policies) (Fall 2012)

The OSAA is supportive of charitable initiatives and has developed guidelines in regards to an athletic competition being held in the name of a charitable cause. Schools may host a contest in recognition of a charitable cause under the following conditions:

- A. Uniform color must be legal under NFHS rules. Example: Breast cancer awareness pink uniforms would not be legal in sports that require white and dark uniforms because pale pink is neither. Pale pink would be a legal color uniform in sports that require LIGHT and dark uniforms.
- B. A permanently attached commemorative patch may be worn but must adhere to NFHS rules in each specific sport.
- C. Colored game balls may not be used during competition unless they are legal under NFHS rules. They may be used during any warm-up period prior to the contest, except in softball and baseball.
- D. **Basketball Only:** Pink headbands or wristbands, not legal under NFHS basketball rules unless pink is a school color, are allowed. Note that all team members must be uniform in color of headbands or wristbands.
- E. Officials may use a colored whistle.

4. **CONCUSSION MANAGEMENT** (OSAA Handbook, Executive Board Policies) (Revised Summer 2020)

(Medical Release – Return to Participation Following a Concussion) **(Medical Release – Return to Learn Following a Concussion)**

A. **Member School's Responsibilities** (Max's Law, [ORS 336.485](#), [OAR 581-022-0421](#)) (Jenna's Law, [ORS 417.875](#)) (Qualified Health Care Professional, [ORS 336.490](#))

1) **Suspected or Diagnosed Concussion.** Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body, or who has been diagnosed with a concussion, shall not be permitted to return to that athletic contest or practice, or any other athletic contest or practice on that same day. In schools which have the services of an athletic trainer licensed by the Oregon Board of Athletic Trainers, that athletic trainer may determine that an athlete has not exhibited signs, symptoms or behaviors consistent with a concussion, and has not suffered a concussion, and return the athlete to play. Athletic trainers may also work in consultation with a Qualified Health Care Professional (see below) in determining when an athlete is able to return to play following a concussion.

2) **Return to Participation.** Until an athlete who has suffered a concussion is no longer experiencing signs, symptoms, or behaviors consistent with a concussion, and a medical release form signed by a Qualified Health Care Professional is obtained, the athlete shall not be permitted to return to athletic activity. As of July 1, 2020, [ORS 336.490](#) requires athletes be cleared by one of these Oregon Qualified Healthcare Professionals: Medical Doctor (MD), Osteopathic Doctor (DO), Chiropractic Doctor (DC), Naturopathic Doctor (ND), Nurse Practitioner (NP), Physician Assistant (PA), Physical Therapist (PT), Occupational Therapist (OT) or Psychologist who is licensed or registered under the laws of Oregon. Before signing any RTP forms, except for MD and DO signers, course completion certificates from the Oregon Concussion Return-To-Play Education must be obtained by all DC, ND, PT and OT and, after July 1, 2021, by all NP, PA and Psychologists.

3) **Private Schools Only.** **(Concussion-Private School Informed Consent)**

On an annual basis prior to participation, private schools shall require each athlete and at least one parent or legal guardian of the athlete to sign the Concussion – Private School Informed Consent form acknowledging the receipt of information regarding symptoms and warning signs of concussions. Private schools shall maintain a copy of each athlete's signed form on file for review at any time by OSAA staff.

B. **Official's Responsibilities.**

An official shall remove an athlete from a contest when that athlete exhibits signs, symptoms or behaviors consistent with a concussion due to an observed or suspected blow to the head or body. The official shall document and notify the head coach or their designee making sure that the head coach or designee understands that the athlete is being removed for exhibiting signs, symptoms or behaviors consistent with a concussion as opposed to behavior, a non-concussive injury or other reasons. The official is not responsible for evaluation or management of the athlete after they are removed from play. The official does not need written permission for an athlete to return nor does the official need to verify the credentials of the Qualified Health Care Professional who has cleared the athlete to return. The responsibility of further evaluating and managing the symptomatic athlete falls upon the school and an appropriate Qualified Health Care Professional.

5. **HAIR DEVICE / ADORNMENT** (OSAA Handbook, Executive Board Policies) (Revised July 2022)

The OSAA aims to be inclusive of all students from varying cultural backgrounds to access athletic and activity programs provided at member schools, while providing a fair and safe environment. This policy was developed inclusive of the language established in Oregon House Bill 2935 (**June 2021**) and in collaboration with the OSAA Equity and Diversity Committee and other stakeholders. The OSAA recognizes that this policy will need to be reviewed on a regular basis and continued education to member schools will be required to ensure understanding of this policy. The OSAA recognizes the value of **athletic and activity programs** for all students and the potential for inclusion to reduce harassment, bullying and barriers faced by certain students. The OSAA also recognizes the concerns of students, parents, and coaches to ensure a fair, equitable, and safe competitive environment.

A. Oregon Revised Statutes Language.

- 1) [ORS 659A.001](#), amended to read:
 - a) "Protective hairstyle" means a hairstyle, hair color or manner of wearing hair that includes, but is not limited to, braids, regardless of whether the braids are created with extensions or styled with adornments, locs and twists.
 - b) "Race" includes physical characteristics that are historically associated with race, including but not limited to natural hair, hair texture, hair type and protective hairstyles.
- 2) [ORS 332.075](#), amended to read: (1) Any school district board may: (e) Authorize the school district to be a member of and pay fees, if any, to any voluntary organization that administers interscholastic activities or facilitates the scheduling and programming of interscholastic activities only if the organization: (A) Implements equity focused policies that:
 - a) Address the use of derogatory or inappropriate names, insults, verbal assaults, profanity or ridicule that occurs at an interscholastic activity, including by spectators of the interscholastic activity;
 - b) Prohibit discrimination as defined in [ORS 659.850](#);
 - c) Permit a student to wear religious clothing in accordance with the student's sincerely held religious belief and consistent with any safety and health requirements; and
 - d) Balance the health, safety and reasonable accommodation needs of participants on an activity-by-activity basis;
- 3) [ORS 659.850](#), amended to read: (B) "Discrimination" does not include enforcement of an otherwise valid dress code or policy, as long as the code or policy:
 - a) Provides, on a case-by-case basis, for reasonable accommodation of an individual based on the health and safety needs of the individual; and
 - b) Does not have a disproportionate adverse impact on members of a protected class to a greater extent than the policy impacts person generally.
 - c) "Race" includes physical characteristics that are historically associated with race, including but not limited to natural hair, hair texture, hair type and protective hairstyles as defined in [ORS 659A.001](#).

B. Athletic and Activity Programs Adhering to NFHS Rules Prohibiting Hair Adornments. Oregon Revised Statute requires OSAA to implement equity focused policies that balance the health, safety, and reasonable accommodation needs of participants on an activity-by-activity basis. After careful review, and in alignment with **Oregon Revised Statute** and other rule-governing bodies, the OSAA is adhering to NFHS rules prohibiting hair adornments in the following athletics and activities due to health and safety considerations.

- 1) **Football – Maintain current NFHS rules due to health and safety considerations.** Prohibited per NFHS Football Rule 1-5 Article 3.
- 2) **Wrestling – Maintain current NFHS rules due to health and safety considerations.** Prohibited per NFHS Wrestling Rules 3-1-4b and 4-2-1.

C. Athletic and Activity Programs Already Allowing Hair Adornment per NFHS Rules. OSAA-sanctioned athletics and activities where hair adornments are already allowed by NFHS or rule-governing bodies.

Baseball	Cross Country	Soccer
Basketball	Dance	Softball
Cheerleading	Golf	Swimming

6. **ADVERSE WEATHER CONDITIONS / AREA-WIDE EMERGENCY PROCEDURES** (OSAA Handbook, Executive Board Policies) (May 2020)

There may be times in the interest of minimizing risk due to adverse weather conditions and/or a clear area-wide emergency that it becomes necessary to postpone, cancel, and/or reschedule regular season or postseason events. The intent of this policy is to outline procedures and policies to provide guidance to OSAA member schools when such conditions impact an event.

A. **Regular Season Events**

- 1) Administrators have the responsibility to define and communicate contingency plans in the event of adverse weather conditions and/or a clear area-wide emergency. A stepwise progression that places emphasis on minimizing risk for athletes, coaches, contest staff, spectators, and contest officials will be used to help guide decision makers on the appropriate course of action.
- 2) The following steps shall be taken:
 - a) **Suspend the Event:** NFHS rules allow officials to “delay” or “suspend” any contest where factors may endanger the participants. At no time may officials “terminate” a contest between schools unless administrators or representatives from each school mutually agree to end the contest. If the participating schools involved mutually agree to end the game the contest will be considered complete. Officials should use the following guidelines when choosing to suspend a contest:

Starting Time of the Event	8am to 12pm	12:01pm to 3:30pm	3:31pm to 6pm	After 6pm
Maximum Suspension	3 hours	2 hours	1.5 hours	1 hour

- b) **Modify the Event:** NFHS rules in most sports and activities allow for modifications to timing and structure if necessary, with mutual agreement of participating schools, to address factors that may endanger the participants.
- c) **Reschedule the Event:** When situations arise involving a suspension of play and the participating schools cannot reach mutual agreement on ending the contest, the following steps shall be taken:
 - (1) Convene a meeting between representatives from participating teams;
 - (2) Review and record contest details up to the point of suspension;
 - (3) Review each of the following options;

Option	Implication	Contest Result
Schools agree to reschedule contest during the current game week (i.e., Friday game, continued on Saturday or Sunday).	See Executive Board Policy, “Interrupted Contests” procedures for specific sport/activity.	Upon conclusion result is final.
Schools agree to reschedule contest during a future game week (i.e., Friday game, continued on following Tuesday).	See Executive Board Policy, “Interrupted Contests” procedures for specific sport/activity.	Upon conclusion result is final.
Schools cannot reach agreement on when to reschedule contest.	Contest is suspended.	No Result.

- d) **Cancel the Event:** Cancelling the contest is not an option if the cancellation has a bearing on advancing a team(s) to the final site.

B. **OSAA Final Site Events**

- 1) A culminating event shall be defined as the event(s) conducted at the final site only. Early round contests and district qualifying should tournaments follow the stepwise progression listed in part A.
- 2) School personnel have the responsibility of making alternative travel plans to final sites based upon adverse weather forecasts and any other pertinent information. It shall be the responsibility of the participating school(s) to notify the OSAA Executive Director or OSAA staff designee if the school is having difficulty traveling to the final site and may not arrive in time for the scheduled event(s) due to adverse weather conditions or a clear area-wide emergency.

C. **Championship Final Site Specifics**

- 1) If a team/individual is unable to arrive at a final site for their scheduled competition due to adverse weather conditions or a clear area-wide emergency, that team/individual will be allowed to participate in their scheduled event provided they arrive at the site and are able to compete on the day of their scheduled event. In this situation the OSAA Executive Director or OSAA staff designee, shall adjust the schedule of the event for the purpose of allowing maximum participation for all qualified schools when these conditions are present. If the team/individual is unable to arrive to compete on the day of their event, and NFHS playing rules allow the modification, a forfeit is recorded and that team/individual shall move into the consolation bracket or be dropped from competition, whichever is applicable to the event.
- 2) When the number of teams/individuals unable to reach the final site for their scheduled event due to adverse weather conditions or a clear area-wide emergency exceeds 25% of those participating, the OSAA Executive Director or OSAA staff designee, shall consider postponement or cancellation of all or part of the event. An alternative schedule shall be determined by OSAA Executive Director or OSAA staff designee. Should the need arise for the schedule of a final site to be altered the next available date, including Sunday, will be used.
- 3) For the purpose of this policy, the TOTAL number of teams/individuals scheduled to attend the final site for that classification shall be the number used from which to obtain the percentage of those needed, regardless of the total number of classifications scheduled to attend the event.
- 4) Note: For the purpose of this policy, when the percentage used results in a number that is not a whole number, the number shall be rounded up to the next whole number. For example, if a tournament is being held for 30 teams, 25% of the total would be 7.5 which would be rounded up to 8.

D. Procedures to Follow If Contests at The Final Site Are Rescheduled

- 1) The OSAA Executive Director or OSAA staff designee has the final authority on final site contest rescheduling.
 - 2) If contests are rescheduled on the same day as originally scheduled but at a different site, the semifinal and championship contests will be scheduled at the same time or later than originally scheduled.
 - 3) Time between contests may be shortened. Example: If contests were originally scheduled at two-hour intervals, they may be rescheduled at one and one half-hour intervals.
 - 4) Individuals/teams shall be granted a minimum of 20 minutes for rest between contests.
 - 5) Whenever possible, contests played on the final day of the tournament shall be scheduled to allow individuals/teams to return to their home community that day.
 - 6) If during the last scheduled day at the final site, contests are unable to be restarted requiring postponement overnight, only those individuals/teams still in contention for the championship will continue play. Individuals/teams not in contention for the championship shall be awarded a tie for the highest placing that could have been earned if postponement had not been necessary.
- E. Ticket revenue will not be refunded in the event the schedule and/or day(s) of the event are changed due to adverse weather conditions or a clear area-wide emergency.

7. MORATORIUM WEEK (OSAA Handbook, Executive Board Policies)

(Revised May 2014)

A. Each year a seven-day OSAA Moratorium Week shall be in effect during which there shall be no contact between administrators/coaches/directors/advisors and students involved in any OSAA-sanctioned sport or activity, including cheer, dance/drill, speech, solo music, choir, band/orchestra. In addition, there shall be no high school athletic facility usage by athletic staff and students/teams, including dance/drill and cheer, during the OSAA Moratorium Week. Use of non-athletic facilities by athletic staff is allowed.

B. Week 4 of the NFHS Standardized Calendar shall be designated as Moratorium Week. Designated OSAA Moratorium Week dates:

2022	July 24 – July 30	2024	July 28 – August 3	2026	July 26 – August 1
2023	July 23 – July 29	2025	July 27 – August 2	2027	July 25 – July 31

1. **Q.** During the Moratorium Week, will coaches be allowed any contact with their athletes?
A. No.
2. **Q.** During the Moratorium Week, will schools be allowed to have open facilities?
A. Schools may only host an activity that includes high school students involved in athletics and activities if they have appealed for and been granted permission from the Executive Director prior to the Moratorium Week. Permission shall not be granted for team camps.

3. **Q.** During the Moratorium Week, will coaches be allowed to have conditioning with their athletes, including working out in the weight room?
A. No, no contact is allowed.
4. **Q.** During the Moratorium Week, may students attend camps, clinics, etc.?
A. Yes, so long as no high school administrators/coaches/directors/advisors are present, and participation is not organized or paid for by the school.
5. **Q.** Are there any exceptions to this policy?
A. Yes. There will be an appeals process in place for teams, coached by a high school coach, that have been playing together all summer and have qualified for a post-season event that is taking place during all or part of the Moratorium Week. Approval must be granted by the Executive Director prior to the Moratorium Week.
6. **Q.** What is the penalty for a Moratorium Week violation?
A. The violation penalty will be similar to that assessed for a Rule of Two violation. The standard penalty is a \$500 fine and game suspension for the offending coach.
7. **Q.** May coaches work with non-high school students during the Moratorium Week?
A. Yes, but not at a high school venue.
8. **Q.** May coaches encourage their athletes to work out at another facility during the Moratorium Week?
A. No. The intent of the policy is that coaches and students take a week off.
9. **Q.** May a school schedule their athletic physical night, or a similar event, during the Moratorium Week?
A. No, the school may schedule nothing that is related to OSAA activities.
10. **Q.** May coaches/student make contact through phone, email, etc., during Moratorium Week?
A. Yes, but with restrictions. For example, the coach may not ask the student, "What is your workout today?".
11. **Q.** May a high school coach work with another high school's students during the Moratorium Week?
A. No. Contact is not allowed by high school coaches with any high school students during the Moratorium Week.
12. **Q.** May a coach work in any capacity (coaching or not coaching) at a camp during the Moratorium Week?
A. Yes, but only if there are no high school students at the camp and not at a high school venue.
13. **Q.** May an outside entity hold an event during Moratorium Week (e.g. youth soccer camp, little league baseball tournament) that utilizes high school athletic facilities?
A. Yes, provided that no high school students and no members of the high school athletic staff are involved in any capacity (scheduling, supervising, instructing, etc.) with the event.
14. **Q.** May athletic staff members work in school offices or classrooms during the Moratorium Week, even if they may have contact with students?
A. Yes, provided that the contact with students is limited to non-athletic pursuits such as schedule changes, registration, etc.
15. **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.
16. **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."**

8. **NON-DISCRIMINATION POLICY**

(Complaint Form)

(Revised July 2019)

- A. The Oregon School Activities Association does not discriminate on the basis of race, color, religion, sex, sexual orientation, national origin, marital status, age or disability in the performance of its authorized functions, and encourages its member schools, school personnel, participants and spectators to adopt and follow the same policy.
- B. A claim of discrimination against a member school shall be brought directly to the member school of concern.
- C. Any party that believes they have been subjected to an incident involving discrimination or discriminatory harassment at an OSAA sanctioned event, may submit a written complaint through the online complaint process provided on the OSAA website.

When the coaches, players students, staff or spectators of any members school engage in discriminatory behaviors, or act in a manner disruptive to the school environment, or cause disorder or infliction of damage to persons or property in connection with any festival, meet, contest or championship sanctioned by the Association, the Executive Board may treat such acts as a violation by the school of the Rules of the Association. See [Rule 3, "Contests – Sportsmanship – Crowd Control"](#) for additional information.

9. [SHARED FACILITIES](#) (OSAA Handbook, Executive Board Policies) [\(Shared Facility Request\)](#) (Fall 2015)

Member schools are permitted to share practice and/or competition facilities with other teams with prior approval from the OSAA. Schools requesting a shared facility are required to submit a "Shared Facility Request" for approval prior to the facility being utilized by different groups at the same time. This policy prohibits practice or competition to or between groups approved to share a facility. It is recommended that each team have their own coaching staff and that staggered practice times be utilized when possible.

10. [WITHDRAWAL DURING A COMPETITION](#) (OSAA Handbook, Executive Board Policies)

- A. Removal of a team from competition prior to completion of that competition shall be considered a gross act of unsportsmanlike conduct.
- B. In such a case, the school shall forfeit the contest and an administrator and the coach responsible for the action shall appear before the Executive Board at its next regularly scheduled meeting. See [Executive Board Policies, "Withdrawal from State Championships"](#) for additional information.

[Rule 3 – Contests – Sportsmanship – Crowd Control](#) (OSAA Handbook, Rules)

- 3.1. The arrangement of all festivals, meets, contests or championships is the responsibility of the superintendent, assistant superintendent or high school principal, subject to the Regulations of the Association.
- 3.2. When a festival, meet, contest or championship is in progress, the National Federation of State High School Associations (NFHS) rules governing such activities shall apply, except for specific deviations as approved by the Executive Board.
- 3.3. **Sportsmanship Responsibility.** The high school administration, coach and other responsible officials of each member school shall take all reasonable measures to ensure that the school's coaches, players, students and spectators maintain a sportsmanlike attitude at all events so that events may be conducted without unreasonable danger or disorder. All cheers, comments and actions shall be in direct support of one's team. Discriminatory harassment and bullying behavior will not be tolerated. Discrimination is defined as (OAR 581-021-0045(1)(a) "any act that unreasonably differentiates treatment, intended or unintended, or any act that is fair in form but discriminatory in operation, either of which is based on age, disability, national origin, race, color, marital status, religion, sex, and sexual orientation." Harassing conduct may take many forms, including verbal acts and name-calling; graphic and written statements, which include use of cell phones or the Internet; or other conduct that may be physically threatening, harmful, or humiliating. Examples include but are not limited to hazing, intimidation, taunting, bullying, cyberbullying or menacing another, or engaging in behavior deemed by the member school to endanger the safety or well-being of students, employees, self or others. Harassment does not have to include intent to harm, be directed at a specific target, or involve repeated incidents. Harassment creates a hostile environment when the conduct is sufficiently severe, pervasive or persistent, so as to interfere with or limit the ability to participate in or benefit from the services, activities, or opportunities offered by a school. This includes the use of, or engagement in, abusive verbal expression or physical conduct, especially if that conduct interferes with the performance of students, staff, event officials or sponsors of interscholastic activities.
- 3.4. **Spectator Conduct.** The following expectations regarding spectator conduct at all OSAA sanctioned events, including regular and post season competition, are provided. Those violating or threatening to violate the following Association rules or site management spectator conduct expectations, may be ejected from the premises, issued a trespass citation, excluded from sanctioned activities temporarily or permanently and/or referred to law enforcement officials.
 - 3.4.1. All cheers, comments and actions shall be in direct support of one's team. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Some examples of unacceptable conduct include but are not limited to disrespecting players by name, number or position; negative cheers or chants; throwing objects on the playing surface; use of derogatory or racially explicit language; discriminatory harassment or conduct that creates a hostile environment that is disruptive to the educational environment.
 - 3.4.2. Spectators shall not be permitted to use vulgar/offensive or racially/culturally insensitive language or engage in any racially/culturally insensitive action.

3.5. Complaint Process. The OSAA will sanction schools whom it has found negligent in the duties of reasonably protecting those involved in interscholastic activities from derogatory or inappropriate names, insults, verbal assaults, profanity, ridicule or engaging in behavior deemed by the member school to endanger the safety or well-being of students, employees, self or others.

3.5.1. OSAA will acknowledge receipt of the complaint within 48 hours.

3.5.2. OSAA may prioritize the investigation of complaints based on information received.

3.5.3. Complaints deemed to be employee or student discipline matters only shall be returned to the complainant. Matters of employment and/or employee discipline which can best be resolved through the school district's complaint process include but are not limited to playing time, team level assignments (Varsity/JV), assignment of a student to a specific coach, equipment use, or dissatisfaction with a contract or payment term. Matters of student discipline which can best be resolved through the school district's complaint process include but are not limited to academic eligibility, drug/alcohol use, playing time or playing position, specific workout requirements, or dissatisfaction with a calendar, schedule or event location.

3.5.4. Complaints must include the complainant's name and contact information (phone and email or mailing address). Anonymous complaints shall not be considered.

3.5.5. Every effort will be made to complete the investigation process within 30 days; however, should the investigation require more time, a 30-day status update shall be provided.

3.5.6. To assist in investigation of the complaint, complainants are asked to note the following:

(a) Complaints are only accepted on the official online form and each section of the Complaint Form must be completed. [\(Complaint Form\)](#)

(b) Complaints which are determined to be outside the scope of the OSAA will be returned to the complainant via the contact address provided. See [Rules, Rule 3.5.3.](#) for guidance.

(c) Whenever possible, provide first-hand accounts, with names and contact information of witnesses.

3.6. Sportsmanship Violations/Penalties. When the coaches, players, students, staff or spectators of any member school engage in unsportsmanlike conduct, discriminatory harassing behaviors, act in a manner disruptive to the school environment, or cause disorder or infliction of damage to persons or property in connection with any festival, meet, contest or championship sponsored by this Association, the Executive Board may treat such acts as a violation by the school of the Rules of the Association and the school shall be subject to penalty. Penalties may vary depending on the actions taken by the school and/or school district during and after the event as it relates to trespassing spectators involved, removing players/coaches from the team for a period of time, requiring additional education/training, etc. Upon a ruling by the Executive Director or by the Executive Board the member school may be subject to probation, mandatory appearance before the Executive Board, required plan of action, forfeitures, fines, lack of institutional control penalties, suspension of membership or expulsion from the Association as determined by the Executive Board. The Executive Director or the Executive Board may determine that no penalties are necessary when an incident has been handled appropriately and in a timely fashion by the school and/or district.

1. Q. Is the host school exclusively responsible for crowd control?

A. No. While the host school for any activity must assume a primary responsibility for the physical management of the activity, including providing for crowd control, this is a mutual responsibility. The visiting school also must take such measures as are necessary to ensure proper behavior on the part of its own students and fans.

2. Q. May home team schools display signs and/or banners at their home venues?

A. Yes, home team schools may display "permanent" signs and/or banners that are positive / supportive at their home venues. Examples are welcome signs, in-season rosters, league banners, league / state championship banners and sportsmanship banners.

3. Q. Are "run through" signs allowed?

A. Yes, so long as the message is positive/supportive.

4. Q. May visiting schools bring signs and/or banners to hang at the host school's venue?

A. No.

5. Q. May spectators have signs at events?

A. Spectators are not permitted to have signs or banners larger than 8-1/2 x 11 inches. "Fathead" type items are considered signs and shall not be larger than 8-1/2 x 11 inches. Spectators are required to wear shirts.

6. Q. May a spectator have an artificial noisemaker?

- A. No, spectators are not permitted to have artificial noisemakers. Some examples of artificial noisemakers are Thunder Stix, cowbells, clappers and air horns.
7. Q. May a school use an artificial noisemaker at specific times during athletic events?
A. In limited cases, yes. An example of an allowable use of artificial noisemakers by a school would be the firing of a cannon or the ringing of a bell after a touchdown is scored.
8. Q. May spectators use small, handheld megaphones?
A. Yes, provided they are not electric. Only cheerleaders are allowed to use large megaphones. Neither cheerleaders nor spectators may use megaphones for banging on the floor or bleachers.
9. Q. What are some examples of cheers that do not encourage a positive atmosphere?
A. Any yell that is intended to antagonize an opponent detracts from a positive atmosphere. "Air Ball! Air Ball!" booing, "You! You! You!", or "You Got Swatted!" are examples of yells that will not encourage a positive atmosphere. Conversely, a positive atmosphere is created when fans focus on positive yells in support of their team, rather than on negative yells attacking their team's opponents. Spectators shall not turn their heads or hold up newspapers during team introductions, or jeer at cheerleaders during opposing team introductions.
10. Q. May students stand on the bottom row of the bleachers?
A. Yes, but when they sit down, they must be seated on the second row.
11. Q. May students cheer during serves in volleyball and free throws in basketball?
A. Yes, so long as they are just "making noise" and not specifically addressing a contest official or an individual player from the opposing team.
12. Q. May a school use balloons at an athletic event?
A. Yes, a host school may use balloons for decoration. However, fans may not have balloons, and balloons may not be placed by the school in any manner that would block spectator viewing.
13. Q. May a school use balloons at a state championship final site?
A. No.
14. Q. May spectators have oversized foam fingers at athletic events?
A. Yes, they are allowed so long as they are not blocking spectator viewing.

Rule 7 – Out-of-Season and Non-School Activities (*OSAA Handbook, Rules*)

- 7.1. Out-of-season festivals, meets, contests or championships shall not be permitted during the school year involving member schools of this Association unless special authorization is given by the Executive Board.
- 7.2. A member school or official representative of a member school shall not participate, either directly or indirectly, in the promotion, management, supervision, player selection, coaching or officiating of an all-star contest involving high school students during the Association year.
- 7.3. No member school or official representative of a member school shall condition participation in high school athletics **or activities** on participation in non-school athletic **or activity** events or workouts, including, but not limited to camps, leagues, and any form of organized out-of-season or summer competition. Further, no member school may give consideration to such participation when determining membership on, or participation in, high school **athletics or activities**.
1. Q. May a coach require participation on a non-school team including summer teams or use participation on a non-school team as a factor in selecting members of a school team or allowing full participation in team activities?
A. No to both questions. Participation on a non-school team is a personal choice of the student and their parents and may not be required or even considered when selecting school team members or allowing full participation in team activities.
2. Q. May a coach require participation in out-of-season or summer workouts as a factor in selecting members of a school team or allowing full participation in team activities?
A. No.