



## Oregon School Activities Association

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To: Athletic Directors and Head Football Coaches  
From: Kris Welch, Assistant Executive Director  
Subject: Football Reminders for the 2022-23

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

### **GENERAL INFO**

#### **OSAA Football Plan Book**

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

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

#### **Field Dimensions**

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

#### **Air Quality Guidelines:**

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

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

#### **Heat Index Alerts**

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

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

#### **Practice Model**

The Practice Model will require most schools to change their practice structure. Please familiarize yourself with this policy. Notable requirements contained in the policy include:

- Prohibition on consecutive days of multiple practice sessions
- A teaching session as one of the practice sessions on the first two multiple practice days (the intensity, duration and pace of all practice components in a teaching session shall be modified from a normal practice session)
- Maximum of one hour of weight training before and/or after practice on a single practice session day. Players may only attend one weight training session on a single practice day.
- Helmets only on Days 1 and 2. Helmets and shoulder pads only on Day 3. Full protective equipment on Day 4.
- Beginning Week 3 teams are restricted to a maximum of 90 minutes of full contact in any week, excluding games. Full contact is defined using the USA Football definitions of levels of contact. Thud, and Live Action are considered "full contact".
- On multiple session practice days, only one of those sessions can include "full contact" as defined above.

## Quarter Rule.

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

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

- 2) **Weekly.** A student shall not compete in more than five quarters for the 6A, 5A and six quarters for the 4A, 3A, 2A and 1A each week. To be eligible for six quarters (4A, 3A, 2A, 1A) there has to be a minimum of 48 hours between contests. All players (6A – 1A) are limited to **45** total quarters per year during the regular season. The week is defined as running from Tuesday through Monday. Participation in any play in a quarter shall constitute participation in that quarter, no exceptions. If a student appears in more than five quarters in one week, the game in which the student exceeds the limit shall be forfeited. If a student appears in more than **45** total quarters during the regular season, the game in which the student exceeds the limit shall be forfeited.

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

- 3) **Adding a Fifth Quarter.** A fifth quarter may be played at the freshman level, or at the junior varsity level if there is no freshman team, providing both schools agree, and the officials agree. The extra quarter is intended to provide an opportunity for those students whose play was limited in the regular contest. In no case shall a student exceed the quarter **limits outlined above.**

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

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

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

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

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

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

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

## Highlighted 2022 NFHS Football Rule Changes:

(See <http://nfhs.org/sports-resource-content/football-rules-changes-2022/> for complete list of changes)

**Rule Change**

### JERSEY NUMBERS

**RULE 1-4-3, FIGURE 1-4-2, RULE 1-5-1c(1),  
RULE 7-2-5b EXCEPTIONS, RULE 7-5-6a**

Each player shall be numbered 0 through 99 inclusive. Any number preceded by the digit zero such as "00" is illegal.

Legal Illegal

www.nfhs.org

### RULE 1 – SECTION 4 PLAYER DESIGNATIONS

ART. 3 . . . Each player shall be numbered 0 through 99 inclusive. Any number preceded by the digit zero is illegal. See 7-2-5.

### RULE 1 – SECTION 5 PLAYER EQUIPMENT ...

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

#### c. Numbers

1. The numbers shall be clearly visible and legible using Arabic numbers 0-99 inclusive and shall be on the front and back of the jersey.

### RULE 7 – SECTION 2 FORMATION/POSITION, NUMBERSING AND ACTION AT THE SNAP

ART. 5 . . . Player formation and numbering requirements include:

- a. No more than four A players may be backs and only one A player
- b. At the snap, at least five A players on their line of scrimmage must be numbered 50-79.

#### EXCEPTIONS:

1. On first, second or third down, when A sets or shifts into a scrimmage-kick formation as in 2-14-2a, the snapper may be a player numbered 0 to 49 or 80 to 99. If Team A has the snapper in the game under this exception, Team A shall have four players wearing numbers 50-79 on its line of scrimmage. The snapper in the game under this exception must be between the ends and is an ineligible forward-pass receiver during that down unless the pass is touched by B (7-5-6b).
2. On fourth down or during a kick try, when A sets or shifts into a scrimmage-kick formation, any A player numbered 0 to 49 or 80 to 99 may take the position of any A player numbered 50 to 79. A player in the game under this exception must assume an initial position on his line of scrimmage between the ends and he remains an ineligible forward-pass receiver during that down unless the pass is touched by B (7-5-6b).

### RULE 7 – SECTION 5 FORWARD-PASS CLASSIFICATION

ART. 6 . . . Pass eligibility rules apply only to a legal forward pass. The following players are eligible pass receivers:

- a. All A players eligible by position and number including those who, at the time of the snap, are on the ends of their scrimmage line or legally behind the line (possible total of six) and are numbered 0-49 or 80-99. (7-2-5b EXCEPTION 2)

## CHOP BLOCK RULE 2-3-8



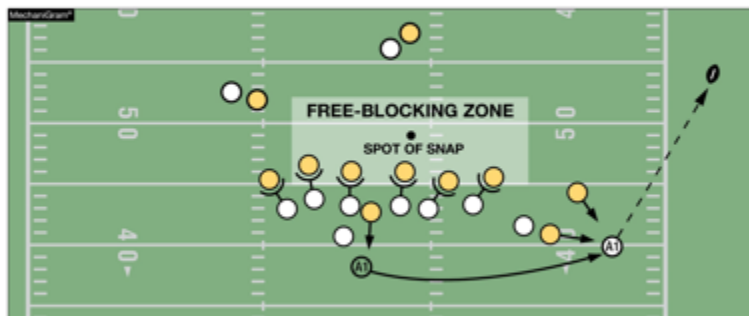
A chop block is combination block by two or more teammates against an opponent other than the runner, with or without delay, where one of the blocks is below the waist and one of the blocks is above the waist.



### RULE 2 – SECTION 3 BLOCKING

**ART. 8 . . .** Chop block is a combination block by two or more teammates against an opponent other than the runner, with or without delay, where one of the blocks is below the waist and one of the blocks is above the waist.

## INTENTIONAL GROUNDING RULE 7-5-2d EXCEPTION 2. (NEW), TABLE 7-5-2, TABLE 7-5



It is legal for a player to conserve yardage by intentionally throwing an incomplete forward pass if the passer has been beyond the lateral boundary of the free-blocking zone as established at the snap; and the pass reaches the neutral zone, including the extension beyond the sideline.



### RULE 7 – SECTION 5 FORWARD-PASS CLASSIFICATION

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

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

#### EXCEPTIONS:

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

#### **2022 OSAA Adopted Rules**

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

- 1. ONE VOICE from the BENCH POLICY** – The voice shall either be the head coach or their **ONE** designee.
  - A. Initial violation shall be penalized under Rule 9-8-1a, b, c, or d AND shall include a warning to the head coach.
  - B. Subsequent violations shall be penalized to both the offending non-player **AND** the head coach with only one 15-yard penalty enforced.
- 2. Wrap-up Tackle requirement:** To make the game safer, the wrap-up tackle will be required when taking down a defenseless in the following situations:
  - A. **Rule 2-32-16b** – Against a receiver attempting to catch a pass who has not had time to clearly become a runner.
  - B. **Rule 2-32-16c** – Against the intended receiver of a pass in the action during and immediately following an interception or potential interception.
  - c. **Rule 2-32-16e** – Against a kickoff or punt returner attempting to catch or recover a kick, or one who has completed a catch or recovery and has not yet had time to protect himself or has not clearly become a runner.
  - d. No player shall execute forceful contact against a player described in **2-32-16b, 2-32-16c or 2-31-16e** that is not;
    1. Incidental contact as a result of making a play on the ball; or
    2. Initiated with an open hand push; or
    3. A wrap-up style tackle or an attempt to tackle the receiver by wrapping the arms around the receiver.

Any contact other than the 3 stated situations above shall be interpreted as a violation of UNR 9-4-3g and assessed a 15-yard penalty.

#### **Enforcement of Required Equipment Rules**

- a. Officials choosing not to enforce the following interpretation are subject to individual and/or association sanctions including reduction or elimination of playoff games.
- b. Coaches shall consider this a directive from the OSAA office and therefore are requested to work with the officials in accomplishing these tasks. Cooperation makes life better for all involved.

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

#### **Sub-Varsity Kicking Game Modifications**

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

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

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

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

#### Kickoff Modifications

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

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

#### Scrimmage Kick (Punt) Modifications

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

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

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

#### Officials – Host School Responsibilities

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

Remember that a game manager shall be designated by the host school for all contests. It's a good idea for the game manager to introduce themselves to the officials upon arrival. A member of the coaching staff of the home team is not eligible to serve as game manager during a varsity contest at which he or she is coaching. A coach of a sub-varsity team may act as the game manager at a sub-varsity contest at which he or she is coaching. The game manager shall wear easily recognizable identification, shall be physically present and / or readily accessible by phone, and shall be responsible for:

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

#### Officials – Associations using HUDL

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

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

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