



Oregon School Activities Association

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2020-21 OSAA Season Calendar

Season 1 – August 31 to February 21

Sports/Activities permitted will be at the discretion of the local school district, provided they are allowed by the Governor’s Office, OHA and ODE, and the school adheres to guidance from OSAA and those entities.

OSAA policies regarding out-of-season coaching limitations have been waived during Season 1 with the caveat that participation in these sports cannot be required. All other OSAA rules and policies remain in effect at this time.

Season 2 – February 22 to April 11

- 1 Practice Week (must have 5 days of practice prior to first competition with another school) ***See below for Football Practice and Protective Equipment Policies**
- 5 Regular Season Competition Weeks (plus an additional Opt-In Culminating Week)
- Contests in the OSAA Culminating Week do not count toward Participation Limitations

Sport	First Practice Date	First Contest Date	Participation Limitations	Cutoff Date	OSAA Culminating Week
Cross Country	2/22/2021	3/1/2021	8 Meets	4/3/2021	4/5-10/2021
Volleyball	2/22/2021	3/1/2021	11 Playing Dates	4/3/2021	4/5-10/2021
Soccer	2/22/2021	3/1/2021	9 Matches	4/3/2021	4/5-10/2021
Football	2/8/2021	3/1/2021	5 Games	4/3/2021	4/5-10/2021

***Football Practice and Protective Equipment Policy:** Must have nine days of on-field football practice prior to the start of contests and follow the practice progression outlined in the [Practice Model](#). February 8-14 – no protective equipment may be worn. February 15 – protective equipment progression may begin. February 25 – first available jamboree date. March 1 – first available sub-varsity contest. March 4 – first available varsity contest. Use of football protective equipment is prohibited outside of Season 2.

Season 3 – April 5 to May 23

- 1 Practice Week (must have 5 days of practice prior to first competition with another school – requirement waived with participation in Season 2)
- 5 Regular Season Competition Weeks (plus an additional Opt-In Culminating Week)
- Contests in the OSAA Culminating Week do not count toward Participation Limitations

Sport	First Practice Date	First Contest Date	Participation Limitations	Cutoff Date	OSAA Culminating Week
Golf	4/5/2021	4/12/2021	12 Nine-Hole Rounds	5/15/2021	5/17-22/2021
Tennis	4/5/2021	4/12/2021	10 Playing Dates	5/15/2021	5/17-22/2021
Track and Field	4/5/2021	4/12/2021	8 Meets	5/15/2021	5/17-22/2021
Baseball	4/5/2021*	4/12/2021	15 Games	5/15/2021	5/17-22/2021
Softball	4/5/2021*	4/12/2021	15 Games	5/15/2021	5/17-22/2021

*Per Practice Limitation Rule, pitching instruction and throwing workouts with pitchers and catchers only (maximum of eight total per day) allowed two weeks prior to the Spring Sports First Practice Date (3/22/2021).

Season 4 – May 10 to June 27

- Practice Week (must have 5 days of practice prior to first competition with another school – requirement waived with participation in Season 3)
- 5 Regular Season Competition Weeks (plus an additional Opt-In Culminating Week)
- Contests in the OSAA Culminating Week do not count toward Participation Limitations

Sport	First Practice Date	First Contest Date	Participation Limitations	Cutoff Date	OSAA Culminating Week
Swimming	5/10/2021	5/17/2021	8 Meets	6/19/2021	6/21-26/2021
Wrestling	5/10/2021	5/17/2021	9 Events, 11 Weigh-Ins, 30 Mat Appearances	6/19/2021	6/21-26/2021
Basketball	5/10/2021	5/17/2021	14 Games	6/19/2021	6/21-26/2021

Activity Seasons

OSAA Activities, including cheerleading, dance/drill, speech and music, are not traditionally defined by a single season. This is due to their direct tie to school curriculum (speech and music) or their dual role as both a support and competitive activity (cheerleading and dance/drill). Therefore, these activities have culminating events that fall within certain seasons but are not assigned to one designated season.

Activity	First Practice Date	Cutoff Date	OSAA Culminating Week
Speech	8/31/2020	4/17/2021	4/19-25/2021
Solo Music	8/31/2020	4/24/2021	4/26-5/2/2021
Dance and Drill	8/31/2020	5/1/2021	5/3-9/2021
Cheerleading	8/31/2020	5/9/2021	5/10-16/2021
Choir	8/31/2020	5/22/2021	5/24-30/2021
Band	8/31/2020	5/22/2021	5/24-30/2021
Orchestra	8/31/2020	5/22/2021	5/24-30/2021