



Oregon School Activities Association

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



Updated September 17, 2020

Highlighted sections indicate revisions since original version released August 17.

The following FAQ's are provided to help guide schools as they reopen, the Association Year begins, and school sports and activities return. This document will be updated frequently and is subject to change as additional guidance is released from the Oregon Health Authority (OHA), Governor's Office and the Oregon Department of Education (ODE). The Executive Board is committed to providing regular updates as information becomes available. Note that these FAQs are subject to change based upon changes to national, state or local guidelines/directives.

Upcoming Executive Board Topics of Conversation

The OSAA Executive Board understands that there are several clarifications needed as the year progresses and they will continue to meet regularly in work sessions to address those questions. Upcoming items for discussion include but are not limited to:

- Practice Limitation Rules (Rule of 2 / 6A,5A Pilot) and how they will be applied in Seasons 2, 3 and 4.
- Culminating Event Weeks. The Board will be working with each contingency group to discuss structures, qualifying, formats, current OHA/Governor's Office Guidance and all other related items. We request your patience and grace as these groups begin and/or continue their work.
- Season 1 Participation Limitations for each sport.
- Baseball/Softball pitchers and catchers two-week practice extension.
- Transfer policies that could restrict a student from participating in the same sport in multiple seasons in different states.

K-12 School Sports, Limited Return to Play Guidance

- Q. When does the "[Statewide Reopening Guidance – K-12 School Sports, Limited Return to Play](#)" take effect?
A. ***On your ODE-approved school reopening date. Until that point, sports and activities must adhere to county phase requirements and OSAA policies once the Association Year (August 31) begins.***
- Q. Are recreational sports tied to county phases?
A. ***Yes, recreational sports are separate from the K-12 School Sports Guidance and are still connected to the Recreational Sports Guidance from OHA. OHA is considering potential revisions to the Recreational Sports Guidance to align the two.***
- Q. Do gathering limits listed (100 indoor maximum/250 outdoor maximum) include coaches, participants, event management?
A. ***Yes, the limits include everyone at the venue.***
- Q. Must masks be worn at all times, indoor and outdoor, even during exercise / competition, when 6 feet of social distance cannot be continuously maintained?
A. ***Yes.***
- Q. Can a student wear a face shield instead of a face covering while participating in training, practice & competition?
A. ***The answer depends on the activity. Face shields are allowed while participating in cross country, golf, tennis, and track and field (except pole vault). Face shields are prohibited while participating in soccer, volleyball, baseball and softball, as well as band, orchestra and choir. Face shields are allowed when not actively participating while on the sidelines. In performing arts, a well-fitting mask is required when rehearsing or performing indoors. For wind instruments, the well-fitting masks may have a small slit in it for the musical instrument to be able to move through to make contact with the performer's mouth.***
- Q. Does 7-on-7 football fall in the same category as Flag Football?
A. ***Yes, provided there is no contact and no protective equipment is used.***
- Q. If volleyball is conducted outside (grass or sand), is that permissible?
A. ***Yes.***
- Q. Does the OSAA have any stance on middle school activities?

- A. *The Governor's "[Statewide Reopening Guidance – K-12 School Sports, Limited Return to Play](#)" applies to all levels of school-based sports and activities.*
- Q. How do cohort groups apply to sport teams / sport transportation?
- A. **According to ODE, athletics are separated from the daytime and transportation cohorts.**

Academic Eligibility

- Q. If a school has changed their grading system (i.e. traditional semesters to quarters) or because of cohorting, FTE issues, etc., has an academic plan that doesn't fit within current OSAA eligibility guidelines, how should the school proceed to make sure its students are remaining academically eligible to participate?
- A. **The OSAA understands that schools have had to get creative with scheduling for grading periods during the pandemic and that this may lead to conflicts with traditional OSAA requirements for academic eligibility. The Executive Board has instructed staff to be flexible in working with schools in this area. Athletic Directors should contact Peter Weber at the OSAA to explain their school's particular approach for the 2020-21 school year so we can work together on a resolution.**
- Q. Does a student need to be academically eligible to participate in Season 1?
- A. **Students must be academically eligible to be able to compete against another school.**
- Q. If a senior completes their courses and graduates in January, can they participate after that point?
- A. **No, a student must be enrolled full time to be able to compete in school sports and activities.**
- Q. If a school is reducing their number of classes per semester, how does that effect eligibility?
- A. **Please reference the Full Time Enrollment Chart in the OSAA Handbook to review the minimum number of classes needed to pass along with the minimum number of credits that need to be earned. Contact OSAA staff with questions.**
- Q. Can a student take this year off and get an extra year of eligibility?
- A. **No, a student's eligibility is four consecutive years from initial enrollment in the 9th grade.**
- Q. What adjustments have been made to eligibility requirements for the preceding transcripted grading period?
- A. **In alignment with ODE's Safeguarding Student Opportunity Clause, the OSAA Executive Board has amended the academic waiver process for the 2020-21 school year. Schools will be able to use transcripted grades from the grading period prior to the COVID-19 shutdown to determine eligibility for students that are academically ineligible based on incompletes from the final grading period of 2019-20. These students will not be denied access to school sports and activities provided that the student was eligible entering the final grading period of 2019-20, the school has a Credit-Earning Assurance Plan in place for that student and the student maintains eligibility in the current grading period based on progress reports.**
- Q. What adjustments have been made to eligibility requirements for Satisfactory Progress Toward Graduation?
- A. **In alignment with ODE's Safeguarding Student Opportunity Clause, the OSAA Executive Board has amended the academic waiver process for the 2020-21 school year. Schools will be able to use a student's progress toward graduation prior to the COVID-19 shutdown to determine eligibility for students that are not on track based on incompletes from the final grading period of 2019-20. These students will not be denied access to school sports and activities provided that the student was on track to graduate entering the final grading period of 2019-20, the school has a Credit-Earning Assurance Plan in place for that student and the student maintains eligibility in the current grading period based on progress reports.**
- Q. Do seniors need to be enrolled full time to participate?
- A. **Yes, all students must be fully enrolled in and passing the appropriate number of classes in order to be eligible.**
- Q. Does a student who doesn't plan to participate until Season 4 need to be eligible throughout the year?
- A. **Yes, students need to be academically eligible in both current and previous grading periods.**
- Q. As school districts offer additional online/virtual options, how is a student's eligibility at my school determined?
- A. **It depends on how the online school is structured in a district. If a school is opening under a separate School Institution ID# through ODE then they would need to become an Associate Member of the OSAA and those students would only be eligible back at their resident public school. If a school district is opening online options as programs and not a separate School Institution ID#, then the student is considered a part of the full member school for eligibility. During the pandemic, it will be imperative for schools to understand where students reside and where they are eligible.**
- Q. If a school adjusts the minimum number of credits to graduate after a student has begun high school, is the student held to the minimum number of credits from when they enrolled or the modified credit requirements?
- A. **The student would be held to the most up to date / revised minimum number of credits to graduate.**

- Q. If a school changes its structure to transcribing on a quarterly basis for 2020-21 and quarter two is transcribed before the start of Season 2, did the student need to be eligible in quarter one?
- A. **No. To be academically eligible a student needs to be on track to graduate, currently enrolled in and passing and previously enrolled in and passing the appropriate number of classes. In this example, quarter two was not the previously transcribed grading period.**
- Q. What does a home school student need to do to be eligible?
- A. **A homeschool student must register with the local ESD and take an approved home school test by August 15 in order to be eligible to compete for their resident public school (or a private school physically located within the resident public school attendance boundary). (NOTE: The test is NOT required of students prior to entering the 9th grade for the first time or for students who transfer to home school between school years after previously being eligible at a member school.)**
- Q. What is the difference between being home schooled and schooled from home?
- A. **The biggest difference is how and where the education is being delivered. Home school students must have registered with their local ESD as a home school student and taken the test prior to August 15 in order to be eligible at their resident public school or a private school within that public school's attendance boundary. A student being schooled from home is taking online courses from a non-full member school based in Oregon (public, private or charter). For a schooled from home student to be eligible back at their resident public school that school must be an Associate Member of the OSAA.**
-

Coaching Restrictions / Requirements

- Q. In Season 1, can a high school coach also coach a club team that could have more than two students from our school?
- A. **Yes, the Practice Limitation Rule and 6A, 5A Pilot have been waived for Season 1.**
- Q. Do coaches need to be fully certified to resume coaching in Season 1?
- A. **Yes, all coaches must be certified prior to assuming coaching duties.**
- Q. Can Dance/Drill and Cheerleading coaches host tryouts on August 31?
- A. **Yes, provided the tryouts adhere to the "[Statewide Reopening Guidance – K-12 School Sports, Limited Return to Play.](#)" Virtual tryouts are allowed.**
- Q. Can practices be required during Season 1 for sports that are permissible by the "[Statewide Reopening Guidance – K-12 School Sports, Limited Return to Play?](#)"
- A. **No, Season 1 participation cannot be considered for the creation of teams for Seasons 2, 3 or 4.**
- Q. Can a team have multiple practices in the same day?
- A. **No, multiple practice sessions on the same day are prohibited for 2020-21. For single practice sessions: 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.**
- Q. What is the best way to handle coach contracts for this year?
- A. **Coach contracts are a local school district decision. We encourage schools to communicate within their league, classification and region for best practices amongst schools.**
-

Season 1

Note: Each local school district will determine whether to allow participation during Season 1 per K-12 School Sports Guidance.

- Q. What school sports and activities can I participate in once school begins?
- A. **This is dependent on the schools reopening plans as defined by the Governor's "[Statewide Reopening Guidance – K-12 School Sports, Limited Return to Play.](#)" This guidance includes information on Comprehensive Distance Learning formats through full in-person learning.**
- Q. If my school/district isn't offering Season 1 activities, may a student participate with another school?
- A. **No, the student must be a student at the school (or eligible through School Representation rules) in order to participate.**
- Q. Do these rules apply to both private and public schools?
- A. **Yes.**

- Q. Can a school run a fall basketball league outside of the OSAA?
A. **No, basketball is considered a full-contact sport as defined by the “[Statewide Reopening Guidance – K-12 School Sports, Limited Return to Play](#)” and is prohibited.**
- Q. How do county phases relate to these new guidance’s?
A. **As long as a county is above “baseline” as defined by the Reopening Oregon Plan, the county’s specific phase is not applicable. Phase 1 and Phase 2 counties are treated the same within the “[Statewide Reopening Guidance – K-12 School Sports, Limited Return to Play](#).”**
- Q. Can a school provide weight training and conditioning even if they are not in any in person learning?
A. **This is dependent on the schools reopening plans as defined by the Governor’s “[Statewide Reopening Guidance – K-12 School Sports, Limited Return to Play](#).” This guidance includes information on Comprehensive Distance Learning formats through full in-person learning.**
- Q. Do contests played during Season 1 count against the established limits for later seasons?
A. **No.**
- Q. Can a school have open gyms from September to December?
A. **Open facilities will be dependent on the activity and the school reopening plan in accordance with the “[Statewide Reopening Guidance – K-12 School Sports, Limited Return to Play](#).”**
- Q. Can a school schedule “practice games, scrimmages, friendlies” with other schools?
A. **Yes, but any participation involving two or more member schools is considered a contest where certified officials (if applicable) must be used.**
- Q. Does a student need to have the minimum nine days of practice in Season 1 prior to competition against another school?
A. **Yes, beginning August 31 (1st day of the Association Year).**
- Q. Can a high school team representing their school participate against a club team in Season 1 in an OSAA-sanctioned activity?
A. **No, member schools can only play other member schools during the Association Year in an OSAA-sanctioned activity.**
- Q. May a school 7 vs. 7 football team participate against a club 7 vs. 7 team during Season 1?
A. **The OSAA does not sanction 7 vs. 7, flag football or other derivatives of sanctioned activities, therefore a competition could take place. As teams are brought together, it’s important for a school to remember two important factors. If it is indeed a school team (i.e. organized by members of the high school coaching staff, students from a single school, permitted use of school facilities, use of school transportation, use of school equipment, etc.) then “[Statewide Reopening Guidance – K-12 School Sports, Limited Return to Play](#)” and OSAA rules prohibiting protective equipment are to be enforced. Even though it’s not in an OSAA-sanctioned activity, schools could assume liability for this representation. If it is truly a club program vs. a club program, those contests would fall under the OHA’s Recreational Sport Guidance which is tied to county phases.**
- Q. May a middle school student participate with a high school team (practice or contest) during Season 1?
A. **No, a middle school student cannot participate (practice or contest) with a high school team without initiating their eligibility.**

Transfers

Note: All OSAA Transfer Policies remain in effect for the 2020-21 school year.

- Q. If a student transfers out of state, can they come back and participate in Oregon later in the school year?
A. **Current OSAA policy does not prohibit a student from leaving the state for participation purposes. With this move the student could jeopardize their eligibility upon returning due to OSAA rules such as affiliation, mid-year transfer, etc.**
- Q. If a student transfers to an online school, how is their eligibility determined?
A. **Complete a [School Representation Eligibility Certificate](#) with the student and their family to determine eligibility.**

Event / Facility Protocol & Considerations

- Q. Can a school travel across county or state lines to participate in a contest?
A. Yes, in the activities approved in the “[Statewide Reopening Guidance – K-12 School Sports, Limited Return to Play.](#)” There is no prohibition on travel at this time but the OSAA strongly recommends local and regional scheduling.
- Q. Can a school run an event with more than one other team at a venue (i.e. Tournaments, Invitationals etc.)?
A. Yes, provided the event adheres to the Governor’s guidance on large event / gatherings set forth in the “[Statewide Reopening Guidance – K-12 School Sports, Limited Return to Play.](#)”
- Q. Will the OSAA be issuing guidance on scheduling for the 2020-21 year?
A. Conferences/leagues will determine their schedules as in previous years. Classification/league/conference alignments remain intact. The OSAA strongly encourages local / regional play.
- Q. Do district/league culminating events count towards participation limitations?
A. No, events to qualify into a culminating event shall not count towards participation limitations.
- Q. How were the participation limitations established for each activity?
A. The numbers are proportionally based on the length of season and the number of contests previously allowed.
- Q. Does the OSAA offer any suggestions on how to regulate sports not listed in the “[Statewide Reopening Guidance – K-12 School Sports, Limited Return to Play?](#)”
A. The OSAA does not regulate activities outside those currently sanctioned. The OSAA suggests following guidance provided by the Governor and use their best judgement in applying the low, minimal/medium, high contact designation to determine participation. Contact the OSAA staff with questions.
- Q. If a student is looking to participate in Season 4 but they participated in a sport in Season 3, do they need the nine days of practice before competition in Season 4?
A. No, the required nine days of practice would be waived (except for a student wanting to participate in Football.)
- Q. What sports and activities can a school participate in against another school?
A. Permitted activities are outlined in the “[Statewide Reopening Guidance – K-12 School Sports, Limited Return to Play.](#)”
- Q. What is an “interscholastic competition?”
A. When two or more member schools participate against each other. Member schools are not allowed to participate against club or unaffiliated groups **in an OSAA-sanctioned activity.**
- Q. Are schools still allowed to play down in the sport of Football?
A. Yes, 2019-20 classification designations will not change. Special Districts/leagues will set their own schedule.
- Q. For outdoor facilities, does a school need to monitor the maximum number of people regardless of location?
A. Yes, please reference the Governor’s guidance on large event / gatherings set forth in the “[Statewide Reopening Guidance – K-12 School Sports, Limited Return to Play.](#)”
- Q. What is the difference between a school team and a club team?
A. Schools need to be aware of the differences between school and club teams. Though not exhaustive school teams typically involve members of the school’s coaching staff, only students from that school, use of school facilities, use of school equipment/uniforms, and use of school transportation. Club teams may be coached members of the school’s coaching staff, include students from your school and rent school facilities but would not typically have access to school equipment/uniforms and school transportation. These distinctions are important when it comes to facility usage best practices, insurance liability, and what is allowed to occur per directives from OHA, the Governor’s Office and OSAA.

Officials

- Q. Do schools need certified officials in the activities permitted by the “[Statewide Reopening Guidance – K-12 School Sports, Limited Return to Play](#)” that have officials (i.e. Soccer, Baseball, Softball)?
A. Yes, please contact your local officials association to schedule. This includes Season 1 contests.
- Q. Do schools need to go through their local officials association to get certified officials?
A. Yes.
- Q. Are NFHS Rules in effect during Season 1 (including uniforms)?
A. Yes.

- Q. Does a school need to contact their local officials association for certified officials in activities in which are not covered by the NFHS Playing Rule Books (i.e. Flag Football, 7 vs. 7, sand volleyball, **outdoor volleyball**, 4 vs. 4 volleyball etc.)
- A. **No. Certified officials are only required for OSAA-sanctioned sports/activities.**

Medical

- Q. What is best practice if a coach or student-athlete is not feeling well?
- A. **Coaches or students not feeling well should be referred to their medical provider for possible COVID-19 testing if they present with any of the following symptoms: fever, new cough, difficulty breathing, shaking chills, chest pain, gastrointestinal symptoms (nausea, vomiting or diarrhea), loss of taste or smell, sore throat, or an unusual rash or painful discoloration of the fingers or toes.**
- Q. Are physical exams required for students in Season 1?
- A. **Yes, the state law is still in effect. Physical exams must be on file prior to participation.**
- Q. What is the protocol if a student-athlete participating in athletics or activities tests positive for COVID-19?
- A. **Per the OSAA Sports Medicine Advisory Committee and American Medical Society for Sports Medicine it's recommended that schools require any athlete with a COVID-19 infection to be cleared by his or her primary care provider prior to return to activity. No exercise is recommended for 14 days from diagnosis and 7 days after all symptoms have resolved.**
- Q. How should schools respond to COVID-19 related illness events?
- A. **Schools should work with the local public health authority and utilize ODE's toolkit, [Planning for COVID-19 Scenarios in Schools](#). The toolkit details specific scenarios and immediate action steps required to respond and communicate when a student or staff member: is exposed to a confirmed case of COVID-19; becomes ill with COVID-19 symptoms; tests positive for COVID-19; tests negative for COVID-19 or does not get tested for COVID-19.**
- Q. Is creating some type of "tracking tool" to ensure students are appropriately self-monitoring and have not developed symptoms of COVID-19 required?
- A. **It is suggested that school create response team to implement policies and procedures for a safe return to sports. Policy plans developed by the response team should address a system to monitor coach and student-athlete contact, symptom screening process, and reporting requirements.**
- Q. Should student-athletes refrain from wearing tooth and mouth protectors if not required by NFHS rules?
- A. **While saliva from mouthguards is not likely to be a source of significant infection transmission we can take precautions to mitigate issues. Athletes should refrain from removing the mouthguard while on the playing field, court, or mat. When mouthguards are removed on the sidelines or the bench area, the student-athlete should use hand sanitizer each time after touching the mouthguard before returning to play.**
- Q. Can a student-athlete wear a face covering or plastic shield on the outside of any face mask?
- A. **The NFHS Sports Medicine Advisory Committee has indicated that cloth face coverings (that tie to the head or loop around the ears under the helmet) are permissible. No face mask should be worn outside of the facemask – including "neck gaiter" style face covering that pull up over the face because of concerns related to neck/tracheal/laryngeal injury potential. Plastic shields covering the entire face (unless integrated into the facemask and attached to the helmet and clear without any presence of any tint) are not allowed during any **football** contest. Member schools are encouraged to check with the manufacturer prior to attaching any third party product to a helmet to verify that the helmet will continue to comply with NOCSAE standards.**
- Q. Has the NFHS approved any type of helmet attachment related to face coverings?
- A. **The NFHS has approved the Schutt Sports – Flexible 2-piece "Splash Shield" (clear) and the Actuated Medical Inc – Polycarbonate 2-piece Face Shield (clear) for use on helmets.**
- Q. May a student participating in multiple sports/activities at the same time, divide their maximum of three (3) hours of practice in a day?
- A. **Yes, a student has a maximum of three (3) hours per day of practice. This can be divided between multiple sports provided that the student doesn't exceed three (3) hours in a day. NOTE: Students are limited to a maximum of one hour of weight training either before or after practice but not both.**

- Q. If a school decides to have virtual workouts or practices, what information does a school need from the student prior to that engagement?
- A. ***It's important for the school or a school representative to know where each student is physically participating in the virtual workout or practice to allow EMS response in case of medical emergency.***
-