



Oregon School Activities Association

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2020 SEASON 1 PLAN BOOK – VOLLEYBALL

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OSAA COMPETITION GUIDELINES

Competitions against other OSAA Member Schools are allowed when a school returns to in-person instruction. During Season 1, 14 playing dates for volleyball are allowed with six of those dates being multi-match dates. Three of the multi-match dates can be tournaments. For more information, see [Statewide Reopening Guidance –K-12 School Sports, Limited Return to Play](#)

SEASON 1 DATES

First Practice Date August 31
First Contest Date After nine days of practice
Season 1 Cutoff Date December 27

COVID-19 REQUIREMENTS AND CONSIDERATIONS

1. SCREENINGS

- A. All coaches and students should be screened daily for signs/symptoms of COVID-19 prior to participating.
- B. Responses to screening questions for each person should be recorded and stored.
- C. Any person with positive symptoms reported should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional.
- D. Encourage vulnerable individuals (over 65 and/or have underlying medical conditions) to consider not supervising or participating.

2. FACILITIES CLEANING CONSIDERATIONS

- A. Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- B. Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- C. Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- D. Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- E. Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment.
- F. Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- G. Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- H. Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

3. VOLLEYBALL SPECIFIC GUIDELINES FOR SCHOOLS IN DISTANCE LEARNING MODELS

- A. **Practice Guidelines** – While in distance learning, schools can have volleyball teams engage in training and conditioning sessions.
 - 1) Indoor Guidelines
 - a) Volleyball drills and conditioning models designed for athletes to remain 6 feet apart.

- b) Volleyball drills with competition aspects should also be designed for athletes to remain 6 feet apart at all times.
 - c) Coaches, players and trainers are required to wear a mask or face covering at all times when indoors.
 - d) Sanitizing efforts should be made throughout the allotted training and conditioning time.
 - (1) Sanitize ball regularly.
 - (2) Athletes should wash their hands or use hand sanitizer regularly.
 - (3) Shared equipment and the floor should be sanitized during breaks.
 - (4) Restrooms and high traffic areas should be sanitized after practice is completed.
 - e) No full 6 V. 6 intra-squad scrimmages or competitions against other member schools can take place when a school is in Distance Learning only.
 - f) Clothing/towels/knee pads should be washed and cleaned after every workout.
 - g) Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual (weight equipment).
- 2) Outdoor Guidelines – Full team practice can resume including intra-squad scrimmages when practices are held outdoors during distance learning. Sanitize volleyballs regularly throughout the practice and in between sessions. It is also suggested that each team remain on its own court if multiple teams are practicing at one time. When possible, separate teams by gyms.
- a) Maintain physical distancing when possible in drills and breaks during practices.
 - b) Coaches, players and trainers are required to wear a mask or face covering at all times outdoors when 6 feet of distance cannot be maintained.
 - c) Intra-squad scrimmages are allowed outdoors.
 - d) Competitions against other Member Schools are allowed outdoors. No OSAA certified officials are required as we do not sanction outdoor volleyball competitions.

4. VOLLEYBALL SPECIFIC GUIDELINES FOR SCHOOLS IN IN-PERSON LEARNING MODELS

- A. Practice Guidelines – Full team practice can resume including intra-squad scrimmages. Sanitize volleyballs regularly throughout the practice and in between sessions. It is also suggested that each team remain on its own court if multiple teams are practicing at one time. When possible, separate teams by gyms.
- 1) Maintain physical distancing when possible in drills and during breaks during practices.
 - 2) Facemasks required at all times during indoor practices. Outdoor practice, masks are required when 6 feet of physical distance cannot be maintained.
- B. Competition Guidelines
- 1) Oregon Health Authority Gathering Restrictions must be met. 100 people indoors maximum or the capacity allowed while maintaining 35 sq. feet per person in the facility.
 - 2) Facemasks must be worn by everybody in the facility.
 - 3) Six feet of physical distancing should be between each spectator if they are not in the same family.
 - 4) Six feet of physical distance should be met during pre-game meetings and meetings throughout the match with officials.
 - 5) No pre-game and post-game handshakes/high-fives/fist bumps.
 - 6) Nets, standards and officials stands should be cleaned and sanitized after set up and before contest.
 - 7) Each team is responsible for its own hand sanitizer and its own med kit.
 - 8) Only athletes will touch the balls; ball should be set on the floor during a timeout.
 - 9) A sanitized back up ball should be available at the score table (someone needs to be designated to sanitize the ball.)
 - 10) Players would need to use hand sanitizer before entering and when exiting the court during substitutions or with libero; no hand touching allowed during substitutions (sanitizer could be set up on a chair at end of bench.)

11) Each school is responsible to bring towels to wipe up sweat off the floor; host schools are recommended to provide a roll of paper towels at the scorer's table.

12) Hydration stations may be utilized but must be cleaned after every practice or competition.

C. **Tournament/Jamboree Guidelines** – With six multiple-match days allowed, three of which can be tournaments.

1) Gathering restrictions must be followed. 100 or less people allowed including tournament staff, officials, coaches and students.

2) Time between matches is critical for sanitization. It is suggested that at least one hour is allowed between matches to ensure the air is circulated appropriately and sanitization processes can take place for cleaning the floor, equipment and volleyballs properly.

3) Sixteen sets are the maximum amount of sets allowed during any tournament date.

5. **OFF THE COURT – BEST PRACTICES FOR NON-ATHLETES, ADMINISTRATORS AND HOST MANAGEMENT**

A. **Coaches**

1) Communicate your guidelines in a clear manner to students and parents.

2) Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.

3) Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

B. **Students**

1) Consider making each student responsible for their own supplies.

2) Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.

3) Hand sanitizer should be plentiful at all contests and practices.

4) Students should tell coaches immediately when they are not feeling well.

5) Bring your own water bottle.

C. **Officials**

1) Bring personal hand sanitizer. Wash hands frequently.

2) Don't share equipment.

3) Follow social distancing guidelines.

4) Consider using electronic whistle.

5) Do not shake hands.

6) All event workers should be masked and gloved as appropriate.

7) Officials personnel may wear cloth face coverings at all times.

8) Table crews and lines judges need to be committed for the entire match. Crews cannot switch between sets.

9) Provide a separate restroom for officials only.

D. **Parents** – A family's role in maintaining safety guidelines for themselves and others.

1) Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home).

2) Provide personal items for your child and clearly label them.

NFHS RULES MODIFICATIONS DUE TO COVID-19

1. **VOLLEYBALL RULES MODIFICATIONS**

A. **Volleyball Rules Considerations**

1) **Prematch Conference (1-2-4a; 1-6-2; 1-6-3; 2-1-10; 5-4-1h, k; 5-6-1; 7-1-1; 7-1-1 PENALTIES 1; 9-1a; 12- 2-3)**

- a) Limit attendees to one coach from each team, first referee and second referee.
 - b) Move the location of the prematch conference to center court with one coach and one referee positioned on each side of the net. All four individuals maintain a social distance of 3 to 6 feet.
 - c) Suspend the use of the coin toss to determine serve/receive. The visiting team will serve first in set 1 and alternate first serve for the remaining non-deciding sets.
 - d) Suspend roster submission at the prematch conference. Rosters are submitted directly to the officials' table before the 10-minute mark.
- 2) Team Benches (5-4-4b, 9-1-2, 9-1-2 NOTE, 9-3-3b)
- a) Suspend the protocol of teams switching benches between sets. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present.
 - b) Limit bench personnel to observe social distancing of 3 to 6 feet.
- 3) Deciding Set Procedures [1-2-4b, 5-4-4c, 5-5-3b(26), 9-2-3c]
- a) Move the location of the deciding set coin toss to center court with team captains and the second referee maintaining the appropriate social distance of 3 to 6 feet. A coin toss, called by the home team, will decide serve/receive.
 - b) Suspend the protocol of teams switching benches before a deciding set. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present.
- 4) Substitution Procedures (2-1-7, 10-2-1, 10-2-3, 10-2-4)
- a) Maintain social distancing of 3 to 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.
- 5) Officials Table (3-4)
- a) Limit to essential personnel which includes home team scorer, libero tracker and timer with a recommend distance of 3 to 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.

2. Volleyball Officials Manual Considerations and Pre and Post Match Ceremony

- A. Establish volleyball specific social distancing match protocols including the elimination of handshakes before and after the match.

3. Volleyball Rules Interpretations

A. Rule 4-1 Equipment and Accessories

- 1) Cloth face coverings are permissible. (4-1-4)
- 2) Gloves are permissible. (4-1-1)

B. Rule 4-2 Legal Uniform

- 1) Long sleeves are permissible. (4-2-1)
- 2) Long pants are permissible. [4-2-1i (1)]
- 3) Under garments are permissible, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom. [4-2-1h (3), 4-2-1i (2)]

C. Rule 5-3 Officials Uniform and Equipment

- 1) By state association adoption, long-sleeved, all-white collared polo shirt/sweater are permissible. (5-3-1 NOTES 2)
- 2) Electronic whistles are permissible. (5-3-2a, b)
- 3) Cloth face coverings are permissible.
- 4) Gloves are permissible.

2020-21 NFHS VOLLEYBALL RULES

Order a NFHS Volleyball Rules Book on the [OSAA Corner Store](#) or contact the OSAA (503.682.6722) for more information.

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

2020-21 RULES CHANGES

4-1-4 (NEW)	Allows the use of a molded protective face mask made of hard material during play. Rationale: Creates consistency with other NFHS rules codes.
7-1-1; 7-1-1 PENALTIES; 7-1-1 PENALTIES 2 (NEW); 9-9-1a (NEW); 10-3-7b	Eliminates the loss of rally/point penalty for failure to submit the team roster during the pre-match conference and replaces the penalty with an unnecessary delay (administrative yellow card). Rationale: Eliminates the double penalty for a late roster and an incorrect roster before the start of the match.
7-1-4a(1) & (2) NEW	Allows a team to correct a submitted lineup if it lists a libero number that no team member is wearing. Rationale: Creates consistency in allowing the correction of a clerical error (listing a number that no team member is wearing) on the lineup for a starting position and the libero position.
12-2-6	Establishes that a yellow card issued for unsporting conduct to the head coach, assistant coach(es) or team bench will no longer require the head coach to remain seated, while maintaining that a red unsporting conduct card will require the head coach to remain seated for the remainder of the match. Rationale: Creates a penalty progression by allowing an official to warn a head coach with a yellow unsporting conduct card without requiring the coach to remain seated for the remainder of the match.
Official Signal #15	Establishes that an official will rotate their forearms around each other with closed hands to signal substitution. Rationale: Aligns with current trends of the sport.

2020-21 MAJOR EDITORIAL CHANGES

4-2-1e	Removes language referencing the size restrictions of mascots and/or school names placed on the uniform sleeve as a part of the 2019-20 uniform rules changes.
10-3-6b, 10-3-6c, 10-3-6 NOTE (NEW)	Clarifies the order of priority for an exceptional substitution for an injured/ill player aligning the language with Rule 10-4-3b.

2020-21 EDITORIAL CHANGES

5-4-3c(22); 5-4-4b, c; 5-5-3b(20); 9-7 PENALTIES 3; Rule 9 Unnecessary Delay Chart (NEW)

2020-21 POINTS OF EMPHASIS

Bench Behavior/Sportsmanship

Volleyball is a dynamic sport that displays both athleticism and tenacity through both individual and team play. It is important that all team members feel engaged in a contest whether they are on the court or on the bench. Student-athletes should have an opportunity to celebrate when exciting athletic plays occur in a match. Rule 12-2-7a allows bench personnel to, "Spontaneously react to an outstanding play by members of their own team." It has become apparent that these spontaneous reactions have become, at times, more than a short-lived spontaneous reaction. Bench personnel are coming to the sideline or even onto the court to celebrate. These excessive and disruptive reactions may result in an unsporting conduct penalty as described in Rule 12-2 PENALTIES. The goal of this Point of Emphasis is NOT to prevent engagement and celebration, but to remind coaches to educate their teams of appropriate ways to celebrate.

Management of Non-Team Personnel

Volleyball has grown significantly in both participation and popularity earning the respect of the school community as well as local communities as a major interscholastic sport. This increase in popularity has created increased desire for non-team personnel to be involved in match day affairs, which has created both excitement and confusion. It is necessary to remind coaches of their responsibility to educate school administration and their school community as to the sportsmanship nuances of the game of volleyball. This should include, but is not limited to:

- Appropriate times cheerleaders may or may not cheer and proper location to cheer;
- Appropriate comments, timing of announcements and good sportsmanship by PA announcers;
- Appropriate time for music and sound effects (1-8);
- Appropriate location and behavior of fans and mascots, etc.

Officials have the responsibility to enforce rules that apply. Inappropriate behavior of non-team personnel is the sole responsibility of home management (12-3).

Officials' Communication

The officials' pre-match conference is a vital tool for all officials, regardless of experience, and should be used to set the ground rules in a proactive approach to officiating. The first referee (R1) should be deliberate in the topics that are discussed in the pre-match conference. The second referee (R2) should be prepared to ask questions and to understand the expectations of the R1.

One topic of discussion should be the administration of penalties (unnecessary delay and unsporting conduct). Clarifying the responsibilities and mechanics will create a seamless penalty administration.

Second Referee Initiating Penalty Administration

- When the R2 administers an unnecessary delay, the R2 shall step to the side at fault, whistle and signal unnecessary delay (signal 20). The R1 mimics the unnecessary delay signal with the appropriate card, without a whistle.
- When the R2 requests a card due to a behavior issue (unsporting conduct), the R2 uses the appropriate card at chest level. The R1 can accept the request with a whistle and display the requested card.

First Referee Initiating Penalty Administration

- When the R1 administers an unnecessary delay or a card for unsporting conduct, without the R2's request, the R1 will whistle and show the appropriate card using the appropriate signal.
- Following the assessment of a card, the R2 will communicate with the scorer and then the offending team's coach, while the R1 communicates with the offending team's captain.
- The review of informal signals should also take place during the pre-match conference. It is essential for officiating crews to be on the same page when it comes to both the delivery and the receipt of informal signals.

Review of Informal Signals

- The R1 will discuss his/her need for potential back-row situations from the R2.
- Only the R1 signals "below" when the potential back-row player contacts a ball that is not completely above the height of the net. Only the R1 signals "behind" when the potential back-row player attacks the ball over the net, if the player attacks the ball legally from behind the attack line. **The R2 does not use either of these signals.**
- The R2 whistles an antenna fault when the ball contacts the antenna on his/her side of the net. The R2 will provide an additional signal indicating that the ball was off of the attacker or blocker.
- When the ball contacts the net tape and goes immediately out of bounds, the R2 will assist the R1 by indicating which team contacted the ball last, without a whistle (Out, off you).

Uniform Bottom Compliance

For the 2020-21 season, the NFHS Volleyball Rules Committee is emphasizing the importance of adhering to the uniform rules as they apply to uniform bottoms – specifically, manufacturer logos. Rule 4-2-1f states, "A single partial/whole manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on each piece of the uniform provided placement does not interfere with the visibility of the player's number." Manufacturers are producing spandex marketed for volleyball with multiple large logos along the waistband. These bottoms, worn with uniform tops tucked or untucked, violate Rule 4-2-1f.

The committee understands that many times players and parents are responsible for purchasing uniform bottoms. It is the responsibility of the head coach to ensure that his/her players are properly equipped, which includes items purchased by the individual athlete. Additional rules relating to uniform bottoms can be found in Rule 4-2-1i.

2020-21 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.

SITUATION 1: Team A is playing with only seven players on its roster. One player is designated as the libero. An injury occurs to one of the position players on Team A and he/she cannot continue in the match. The coach for Team A cannot locate the extra team uniform and sends the libero into the set as the exceptional substitute in his/her current libero uniform. The set continues without further delay. **RULING:** Incorrect procedure. **COMMENT:** Team A should do everything it can to locate a team uniform. This includes assisting the injured player away from the playing area to switch jerseys with the libero/exceptional substitute. If the injured player cannot remove his/her jersey and a team jersey cannot be located, a loss of rally/point shall be awarded to the opponent for an illegal uniform, and the state association shall be notified. Play resumes with the libero as the exceptional substitute. (4-2 PENALTIES 3, 10-3-6c, 10-4-3b)

SITUATION 2: A player on Team B's bench is questioning the line judge's judgment, influencing his/her decision on an in/out call in the first set. The first referee issues a yellow conduct card to the head coach as a warning to control his/her bench personnel. The card is recorded on the scoresheet and the head coach is allowed to continue to stand and coach his/her players. During the third set, the first referee issues a red conduct card to the head coach as the team's second offense for bench conduct. The card is recorded on the scoresheet, a loss of rally/point is awarded to the opponent and the head coach is required to remain seated throughout the rest of the match. **RULING:** Correct procedure. **COMMENT:** Cards for unsporting conduct carry over from set to set. A yellow conduct card issued to the head coach for actions by the head coach, assistant coach(es) or team bench in Set 1 does not require the head coach to remain seated. A second unsporting conduct card issued to the coach for inappropriate actions by the head coach, assistant coach(es) or team bench does require the head coach to remain seated for the remainder of the match. (12-2-6, 12-2-8, 12-2 PENALTIES, 12-2 NOTES 2)

SITUATION 3: The head coach of Team A is issued a yellow conduct card for disrespectfully addressing an official. The card is recorded on the scoresheet and the match proceeds without further penalty. The coach continues to stand and coach his/her team in the appropriate area. In the same set, a player on the court for Team A is issued a yellow conduct card for using profanity. Since this is the second conduct card given in the match to Team A, a red card is issued to the coach, a loss of rally/point is awarded to the opponent and the coach is notified that he/she must stay seated for the remainder of the match. **RULING:** Incorrect procedure. **COMMENT:** The head coach assumes responsibility for the team bench. Any conduct card issued for behavior by a head coach, substitute, assistant coach(es) or team attendant is assessed to the head coach. Conduct cards assessed to players on the court are assessed to the player committing the violation. The head coach only loses his/her ability to stand when a red conduct card for first serious offense or second minor offense is issued to bench personnel. (12-2-6, 12-2-9, 12-2 PENALTIES)

2020-21 COMMENTS ON THE RULES

4-1-4 (NEW)	Adds rules language to support players protecting facial injuries by allowing the wearing of protective face masks. The face mask shall be made of a hard material and molded to the face. This change creates consistency with other NFHS rules codes.
7-1-1, 7-1-1 PENALTIES, 7-1-1 PENALTIES 2 (NEW), 9-9-1a (NEW), 10-3-7b	The 2019-20 rules change requiring coaches to submit rosters during the pre-match conference created an unintended consequence that potentially double penalized teams if they were both late with the submission of their roster and had to make a change with under 10 minutes remaining on the pregame clock. The elimination of the loss of rally/point penalty and the addition of the unnecessary delay penalty for failure to submit the team roster during the pre-match conference creates an appropriate penalty progression for roster violations.
7-1-4a(1), 7-1-4a(2) (NEW)	Establishes a way to correct a clerical error made on the lineup when the libero number is misprinted. This change creates consistency by allowing the correction of a clerical error (listing a number that no team member is wearing) on the lineup for a starting position and the libero position.
12-2-6	In response to overwhelming support from both coaches and officials to eliminate the requirement for a coach to stay seated for the remainder of the match if a yellow card is issued for unsporting conduct to the head coach, assistant coach(es) or team bench, the requirement has been eliminated. When a red unsporting conduct card is issued to the head coach, assistant coaches or team bench, the head coach will be required to remain seated for the remainder of the match. This change creates a penalty progression by allowing an official to warn a head coach with a yellow unsporting conduct card without requiring the coach to remain seated for the remainder of the match.

Official Signal 15	In order to align official mechanics with the current trends of the sport, a change is made to the Substitution signal. This change establishes that an official will rotate his/her forearms around each other with closed hands to signal substitution.
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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 VOLLEYBALL RULES AND INTERPRETATIONS

The 2020-21 NFHS Volleyball Rules Book will be used with the following clarifications:

11-5-1, 2	Provides that a two-minute intermission, for promotional or special recognition activities only, may be used between sets two and three in addition to the regular three-minute interval for a total of five minutes. <u>OSAA ADOPTION:</u> This intermission may be used at the varsity level only.
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Warm-Up Safety. Risk minimization continues to be a priority for the NFHS Volleyball Rules Committee and the OSAA. Though volleyball continues to have one of the lowest injury rates of the 22 high school sports under surveillance, the growing number of concussions occurring during warm-ups as reported annually by the National High School Sports-Related Injury Surveillance System (High School RIO) has increased awareness regarding warm-up procedures before and during the match.

With the risk for injury being highest during shared net warm-up time, no shared net warm-up time is allowed. Leagues shall adopt a protocol for warming up that does not include shared net time. Teams can warm up on either side of the net without attacking or serving over the net.

Regular Season Match Warm-Up Suggestions:

- 20-minute warm-up time: 4 minutes shared court time, each team stays on their chosen or assigned side of the net. Then the serving team takes the full court for 8 minutes, followed by the receiving team taking the full court for 8 minutes.
- 18-minute war- up: 4 minutes of shared court time, each team stays on their chosen or assigned side of the net. Then the serving team takes the full court for 7 minutes, followed by the receiving team taking the full court for 7 minutes.

Tournament Match Warm-Up Suggestions:

- 10-minute warm-up: 2 minutes shared court time, then the serving team has the full court for 4 minutes followed by the receiving team taking the court for 4 minutes.
- 5-minute warm-up: Serving team has the full court for 2.5 minutes, followed by the receiving team taking the full court for 2.5 minutes.

Some things to consider when establishing best practices are: facility space, shared court time, placement of athletes and those assisting with warm-ups, and familiarity of all team members with the warm-up procedures for the match. In addition to pre-game warm-ups, it should be noted that warming up between sets is allowed. Rule 11-5-3 clarifies that teams must remain on their side of the net, in their playable area. No hitting or serving is allowed and volleyballs may be used only on their own side of the playing area.

OSAA VOLLEYBALL POLICIES

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

1. [PRACTICE LIMITATION RULE \(6A, 5A Pilot\)](#) *SUSPENDED for Season 1 (August 31, 2020 – December 27, 2020)*
2. [PRACTICE LIMITATION RULE](#) *SUSPENDED for Season 1 (August 31, 2020 – December 27, 2020)*

Effective First Practice Date through End of HS Season.

1. [PRACTICE MODEL](#) (*OSAA Handbook, Executive Board Policies*) *(Revised Summer 2020)*

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

A. 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. **Multiple practice sessions per day are prohibited for the 2020-2021 school year.**
 - 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 nine days of actual practice.**

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, Volleyball) **(Revised Summer 2020)**

- A. **Team.** A school team shall not compete on more than ~~18 playing dates~~ **14 playing dates / 26 matches** at each level of competition, exclusive of the varsity district playoffs and state championships.
- B. **Individual.** A student shall not compete on more than ~~18 playing dates~~ **14 playing dates / 26 matches**, exclusive of varsity district playoffs and state championships. Additionally, a student shall not compete in more than one set in addition to one match per day. Once a player participates in the second set of a match that constitutes their match for that day. If a student exceeds the limit, the match in which the limit is exceeded shall be forfeited. A student may participate in only one jamboree.
- EXCEPTION:** The individual limit of one set in addition to one match per day does not apply to double duals or tournament play. In tournament play, a student may participate in only one level of competition during that day. Double duals involve two or three teams competing on one day. In double dual play, a student may participate in multiple levels of play and may play in a maximum of 10 sets during that day.
- C. **Jamboree.** A school may participate in only one jamboree at each level of competition. A jamboree shall include at least three teams and shall not be counted as a contest. Jamborees may be held only on the first playing date and for 30 days thereafter. A jamboree is limited to not more than four sets per team and limited to not more than one set appearance against any school (three or more teams). Sets played in jamborees shall use rally scoring to 25 points.
- D. **Playing Dates.**
- 1) A maximum of ~~nine playing dates~~ **six playing dates** may be multiple matches in the form of double duals and/or tournaments.
 - 2) A school team may participate in a maximum of ~~five~~ **three** tournaments, exclusive of varsity district playoffs and state championships.
 - 3) A one-day tournament shall count as one playing date and one tournament. A two-day tournament shall count as two playing dates and two tournaments.
 - 4) The remaining playing dates, up to a maximum of ~~18~~ **14**, shall be a single match between two schools.
- E. **Double Duals.**
- 1) All matches shall count in the OSAA rankings and shall be recorded on the OSAA website.
 - 2) Schools shall play a maximum of two matches.
 - 3) Matches shall be best 3/5 sets and shall be to 25 points with the decisive set to 15 points, no cap.
- F. **Tournaments.**
- 1) Tournament play may not commence prior to 8am and no scheduled round may begin after 7pm. Host schools may apply to the OSAA office for time changes in extenuating circumstances.
 - 2) All sets shall begin with a score of 0-0.
 - 3) The maximum number of matches **is three when using best 3/5 format and five matches when using the best 2/3 format.**

- 4) Tournaments shall be limited to 16 sets per team, including pool play. ***The only allowable*** formats within 16 sets limit ***are as follows (any other formations would need approval prior to the competition from the OSAA):***
- a) **Pool Play with Bracket Tournament Format.**
 - (1) Pool Play – four team pools (6 sets) ***or three team pools (6 sets)***
 - (a) ***Pool Play. Each team participating in pool play will advance to bracket rounds based on their results in pool play.***
 - (b) ***Pool play sets / matches are not recorded on the OSAA website because they are used to determine play for bracket competitions.*** Pool play shall not count in the OSAA rankings.
 - (c) All pool play ***competitions*** for a four-team pool shall be a maximum of two sets. ***All pool play competitions in a three-team pool shall be a maximum of three sets.***
 - (d) All pool play sets shall be played to a maximum of 25 points, cap or no cap.
 - (2) Bracket Play – two rounds of best 3/5 (10 sets) or three rounds of best 2/3 (9 sets).
 - (a) ***All bracket play results must be recorded on the OSAA website.***
 - b) **Round Robin Tournament Format.** Four teams playing best 3/5 (15 sets ***maximum***), ***five teams playing best 2/3 (12 sets maximum)*** or six teams playing best 2/3 (15 sets ***maximum***).
 - (1) ***All round robin tournament results must be recorded on the OSAA website.***
 - c) **Two-Day Format.** ***Each day of tournament play must remain below the 16-set limitation per day.***
 - (1) **Two-Day Format – Option One.**
 - (a) ***Day-one, pool play conducted to determine the bracket portion of the tournament. No sets/matches shall be recorded on the OSAA website.***
 - (b) ***Day-two bracket play using full match format (best 2/3 or 3/5 format allowed). Day-two Bracket Play results shall be recorded on the OSAA website.***
 - (2) **Two-Day Format – Option Two**
 - (a) ***Day-one, pool play (two set for each pool play match played) with one match played to determine bracket placement for the second day (best 2/3 or 3/5 format). Only the match results shall be recorded on the OSAA website.***
 - (b) ***Day-two bracket play using full match formats (2/3 or 3/5). Day-two Bracket Play results shall be recorded on the OSAA website.***

3. **OFFICIALS – CERTIFIED REQUIREMENT** (OSAA Handbook, Executive Board Policies)

(Revised Fall 2013)

- A. **General requirement.** Member schools shall secure certified officials from officials’ associations that have been recognized and certified by the OSAA for all interscholastic activities requiring those officials. **EXCEPTION:** Any request for an exception to this policy must receive the approval of the Executive Director. Exceptions shall be considered only when adherence to this policy presents a financial hardship to the school or when the local officials’ association is unable to service the member school. Any out-of-state official used under this exception in a contest in Oregon shall represent an association whose commissioner was an attendee at the OSAA Rules Interpreters’ Clinic for that year.

OSAA certified officials are required for all sanctioned activities at the varsity and junior varsity levels including jamborees. **EXCEPTION:** OSAA certified officials are required in baseball and softball at the varsity level only. OSAA certified officials are required in football at all sub-varsity levels.

Schools, leagues and tournaments are limited to using a maximum of the quantity of officials assigned to State Championship contests unless written permission to exceed that quantity is received from the OSAA Executive Director prior to the event(s).

Schools have the responsibility to request permission from their local associations to use non-certified officials at sub-varsity contests where certified officials are not required.

- B. **Quantity requirements.** See **Officials Fee Schedule** for additional information.

- 6) **Volleyball.** Two officials are required at the varsity and junior varsity levels. One referee may be used in an emergency situation only. JV2 and Freshman: Two officials should be assigned, but one official may be assigned at the rate of 1.33 the “per official fee.”

4. **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.

- B. **Soccer.** Contest is declared official if at least one complete half of game has been played. If less than one-half of game has been played, it is declared “no contest” and is completely replayed unless two teams mutually agree otherwise or there are athletic district rules that apply.

5. **ENDOWMENT GAMES** **SUSPENDED for the 2020-21 School Year**

OSAA GENERAL POLICIES

1. **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.*

2. **AIR QUALITY GUIDELINES** (OSAA Handbook, Executive Board Policies)

(May 2018)

These guidelines, created in consultation with the Oregon Health Authority (OHA), provide a default policy to those responsible or sharing duties for making decisions concerning the cancelation, suspension and/or restarting of practices and contests based on poor air quality.

A. **Designate Personnel:** Given the random behavior of wind and air currents, air quality may change quickly. Schools shall designate someone who will monitor the air quality prior to and during outdoor activities. While typically due to wildfires, schools need to also consider non-wildfire situations if the air quality is unhealthy.

- B. **Areas with Air Reporting Stations:** The Air Quality Index (AQI) should be monitored throughout the day, and during an event, to have the best data possible to make informed decisions about conducting practices and competitions. School personnel shall review the AQI information for all regions throughout the state on either the Oregon Department of Environmental Quality (DEQ) website at <https://oraqi.deq.state.or.us/home/map>, the Oregon DEQ app “OregonAir”, or on the Environmental Protection Agency (EPA) Air Now website at https://airnow.gov/index.cfm?action=airnow.local_state&stateid=38 to determine if action is necessary (see chart below). Schools shall regularly review the AQI throughout events to assess deteriorating conditions.
- C. **Areas without Air Reporting Stations:** Given the random behavior of factors related to the calculation of the AQI levels in different areas of the state (wind speed and direction) member schools not near a reporting station should consult with local state and/or federal authorities to help determine the AQI level in your specific area. If air monitoring equipment is not available, member schools should utilize the 5-3-1 Visibility Index to determine air quality.
- 1) 5-3-1 Visibility Index: Making visual observations using the 5-3-1 Visibility Index is a simple way to estimate air quality and know what precautions to take. While this method can be useful, you should always use caution and avoid going outside if visibility is limited, especially if you are sensitive to smoke.
 - (a) Determine the limit of your visual range by looking for distant targets or familiar landmarks such as mountains, mesas, hills, or buildings at known distances. The visual range is that point at which these targets are no longer visible. As a rule of thumb: If you can clearly see the outlines of individual trees on the horizon it is generally less than five miles away. It is highly recommended that schools use pre-determined landmarks that were established on a clear day to determine their visual range.
 - (b) Ideally, the viewing of any distant targets should be made with the sun behind you. Looking into the sun or at an angle increases the ability of sunlight to reflect off of the smoke, thus making the visibility estimate less reliable.
 - (c) Be aware that conditions may change rapidly and always use the more conservative of multiple metrics (AQI, 5-3-1 Visibility Index, etc.).
- D. **Act:** This chart will help determine the action needed based on the air quality in your area.

Air Quality Index (AQI)	5-3-1 Visibility Index	Required Actions for Outdoor Activities
51 -100	5-15 Miles	Athletes with asthma should have rescue inhalers readily available and pretreat before exercise or as directed by their healthcare provider. All athletes with respiratory illness, asthma, lung or heart disease should monitor symptoms and reduce/cease activity if symptoms arise. Increase rest periods as needed.
101 -150	3-5 Miles	Because they involve strenuous activity for prolonged periods of time, all outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue’s ventilation system, indoor air quality levels can approach outdoor levels.
151 -200	1-3 Miles	Because they involve strenuous activity for prolonged periods of time, all outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue’s ventilation system, indoor air quality levels can approach outdoor levels.
>200	1 Mile	Because they involve strenuous activity for prolonged periods of time, all outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue’s ventilation system, indoor air quality levels can approach outdoor levels.

- E. **Additional Resources:** Schools may also refer to OHA’s fact sheet regarding School Outdoor Activities During Wildfire Events at <https://apps.state.or.us/Forms/Served/le8815h.pdf>. NOTE: While OHA’s guidelines do allow for light outdoor activities in the orange level, the intensity and duration of high school practices/competitions are not considered light activity.

3. **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.

4. **CERTIFICATION – ATHLETIC DIRECTORS AND COACHES** <http://www.osaa.org/coaches/requirements> (Revised Spring 2019)

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. **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.
- F. **Heads Up Football Certification.** The OSAA requires that any football coach complete the USA Football Heads Up Certification prior to assuming coaching duties and to recertify annually prior to the beginning of each Association year. Additionally, 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 USA Football Master Trainer in preparation for implementing and overseeing the primary components of Heads Up Football at their school.

- 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 Heads Up Football certified?
- A.** Coaches attending an in-person PSC clinic are required to complete the following online courses in order to be Heads Up Football certified: Concussion Recognition and Training; Heat Illness Prevention.
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 Heads Up 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 Heads Up Football certified: Concussion Recognition and Training; Heat Illness Prevention; Blocking and Defeating Blocks, Shoulder Tackling & Equipment Fitting; Sudden Cardiac Arrest.

5. **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***.

6. **EJECTION POLICIES – EJECTED PLAYER OR COACH** (OSAA Handbook, Executive Board Policies) (**Ejection Report**) (Revised May 2020)

- A. If a player or coach is ejected by an official, the commissioner of officials shall notify the OSAA and the athletic director of the school of the ejected player/coach by completing the online ejection report by the next workday. Ejected coaches must leave the contest immediately and shall remain out of “sight and sound” of the team for the duration of that contest and any other school contests that day. It shall be the responsibility of the school to disallow the ejected player or coach from participating during the period of suspension specified in the Regulations, regardless of whether written notification has been received by the school from the commissioner of officials. Should an ejected player participate, or an ejected coach remain within “sight and sound” of the team during the period of suspension specified in the Regulations, and no appeal is pending, that action shall be considered use of an ineligible participant and shall result in forfeiture of that contest and other penalties as determined by the Executive Board.
- B. **Additional Requirements Regarding an Ejected Coach.** In addition to the requirements previously listed in this policy, an ejected coach shall be required to complete the online NFHS course, “Teaching and Modeling Behavior”, within seven calendar days of the school being provided a license to take the course by the OSAA. Should a coach fail to complete the course requirement within the time limit stipulated in this policy, the ejection suspension shall be reinstated, and the coach shall be ineligible to coach until the requirement has been fulfilled. Should an ejected coach remain within “sight and sound” of the team during the reinstated period of suspension specified in the Regulations, and no appeal is pending, that action shall be considered use of an ineligible participant and shall result in forfeiture of that contest and other penalties as determined by the Executive Board.
- C. **Appeal Process.** If the principal or the Athletic Director of the ejected coach/player and the commissioner of officials agree that the suspension should be set aside, the principal may appeal to the Executive Director within 48 hours of the ejection to set aside the next game suspension portion of the penalty. Unless the commissioner agrees that the suspension should be set aside, the appeal must be denied by the Executive Director ***as the final ruling***. Implementation of the next game suspension may be postponed during the time that an appeal is pending.
- D. **Appeal Process at State Championship final sites where the officials’ crew are from different local Associations.** *If the principal or the athletic director from the school of the ejected coach/player and the on-site OSAA staff member agree that the suspension should be set aside, the principal may appeal to the Executive Director within 24 hours of the ejection to set aside the next game suspension portion of the penalty. Unless the on-site OSAA staff member agrees that the suspension should be set aside, the appeal must be denied by the Executive Director as the final ruling.*

1. **Q.** When a player is ejected, may the player remain on the bench?
A. Yes. The player is required to sit out the remainder of the contest but may remain on the bench.
2. **Q.** When a coach is ejected, must the coach leave the playing area?
A. Yes. The coach must leave the playing area and shall be allowed no further direct or indirect contact with the team until the contest is completed. In order to avoid direct or indirect contact, the coach must be “out of sight and sound” of the team.
3. **Q.** May a player sit on the bench during a period of suspension?
A. Yes, but the player must not be in uniform.
4. **Q.** May a coach have any contact with a team at a contest following an ejection or at the contest at which the suspension is served?
A. No. The coach is allowed no direct or indirect contact with the team during the contest following ejection. In order to avoid direct or indirect contact, the coach must be “out of sight and sound” of the team. Further, the coach is allowed no direct or indirect contact with the team at the contest at which the suspension is served nor is the coach permitted to attend the contest at which the suspension is served.
5. **Q.** May a coach or participant who has been suspended at one level of competition (e.g., varsity) participate in a contest at another level during the period of suspension?
A. No.
6. **Q.** May a coach or participant who has been suspended at one level of competition (e.g., varsity) serve the suspension in a contest at another level?
A. No.
7. **Q.** When a coach or player is ejected, when and over what period of time are the ejection period and suspension period?
A. NOTE: If the ejection occurs in the last contest at a particular level, the suspension carries over to the next contest at any level in that sport in that season.

<u>Sport</u>	<u>Ejection Period</u>	<u>Suspension Period</u>
Baseball	Remainder of that day.	Sit out through next contest at that level.
Basketball	Remainder of that day.	Sit out through next contest at that level.
Football	Remainder of that day.	Sit out through next contest at that level.

Soccer	Remainder of that day.	Sit out through next contest at that level.
Softball	Remainder of that day.	Sit out through next contest at that level.
Volleyball	Remainder of that day.	Sit out through next playing date at that level.
Wrestling	Follow NFHS Rules Book.	Sit out through next contest at that level.

- 8. Q.** When does the period of suspension begin?
A. The suspension is served after the ejection has been served. The ejection and suspension may not be served simultaneously.
- 9. Q.** May a coach or participant ejected from a contest serve the one-game suspension at a jamboree?
A. No, the coach or participant may not count a jamboree as a “contest” for the purpose of serving the period of suspension. The coach or participant must sit out the jamboree and the next contest at that level of competition.
- 10. Q.** May a suspended coach have contact with team members/other coaches of the team during the period of suspension on a game day that is a school day?
A. A suspended coach may have contact with team members/other coaches of the team during regular school hours. However, once the regular school day is over, the coach must be “out of sight and sound” of the team members/other coaches of the team and have no contact with them until the game is over.
- 11. Q.** May a suspended coach have contact with team members/other coaches of the team during the period of suspension on a game day that is NOT a school day?
A. The suspended coach may have no contact with team members/other coaches of the team until the game is over.
- 12. Q.** May a suspended coach have any contact with other coaches of the team (for example, via mobile phone or wireless radio) during a game in which a suspension is being served?
A. No. The suspended coach must be “out of sight and sound” of the contest during which a suspension is served.
- 13. Q.** If a player or coach is ejected during the last contest of the season, does the unserved suspension carry forward to a subsequent season?
A. No.
- 14. Q.** In basketball, does the ejection of a player or coach as a result of receiving two technical fouls result in the player or coach being suspended through the next contest at that level?
A. Yes, a player or coach who is ejected as a result of receiving two technical fouls is ejected for the remainder of the day and must sit out through the next contest at that level.
- 15. Q.** Does the contest from which a participant is suspended due to an ejection count against the individual contest limitation for the participant?
A. Yes.
- 16. Q.** When a player or coach is ejected while acting as a spectator at a contest, but at which he or she is not serving as a player or a coach, does a period of suspension still apply?
A. Yes. The ejected player or coach is suspended from all participation for the same period of time as if he or she had been a participant in the contest at which the ejection occurred.
- 17. Q.** When a player or coach is ejected in one sport, may the player or coach participate or coach in another sport during the period of suspension?
A. No.
- 18. Q.** When a player or coach is ejected from an out-of-state contest, does the OSAA ejection policy apply?
A. Yes. It is the responsibility of the school to notify the OSAA of the ejection.
- 19. Q.** When a player or coach is ejected from an out-of-state contest, what appeals process is followed?
A. If the school of the ejected player or coach wishes to appeal to set aside the next game suspension portion of the penalty for the ejection, it is the responsibility of the school to contact the commissioner of the out-of-state officials’ association to obtain written information to submit to the OSAA in support of the appeal.
- 20. Q.** May a forfeited contest that is not actually played count toward the period of suspension for a player or coach?
A. Yes, but only for a player or coach from the team that is receiving the forfeit. It would not count toward the period of suspension for a player or coach from the team forfeiting the contest.

7. [EJECTION POLICIES – FINES](#) (OSAA Handbook, Executive Board Policies) (Revised Fall 2015)

- A.** Schools shall be assessed fines for ejections within specific sports programs. Each sport (e.g., Football, Boys Basketball, Softball) shall be tracked as separate and distinct for the purpose of calculating fines. When the first participant or coach in a sport is ejected, the school that the participant or coach is representing shall be assessed a \$50 fine by the Executive Board.

A second ejection in the same sport during the same season shall result in the assessment of a \$100 fine, and each ejection thereafter in that sport during that season shall result in a fine to be increased by \$50 increments for each ejection without limitation.

- 1) **EXCEPTION:** The fine for an ejection in the last contest of the season shall be increased by \$100 over the greater of the standard fine described above or the most recent fine for that program.
- 2) **EXCEPTION:** Soccer Player: A soccer player who is disqualified because he or she “deliberately handles a ball to prevent it from going into the goal” or “receives two cautions (yellow cards)” shall not be subject to the fine specified in this and other OSAA ejection policies, but shall be subject to the specified suspension.

B. A school receiving five or more ejections during one school year shall be required to attend a sportsmanship training class and submit a written Plan of Correction to the OSAA, including timelines for implementation of the Plan.

8. EJECTION POLICIES – MULTIPLE EJECTIONS OF INDIVIDUAL (OSAA Handbook, Executive Board Policies) (Fall 2012)

A second ejection during the same sport season will result in a two-game suspension. A third ejection during the same sport season will result in disqualification from further participation in that sport during that sport season.

9. HEAT INDEX (OSAA Handbook, Executive Board Policies) ([Heat Index Calculator](#)) ([Heat Index Record](#)) (Fall 2014)

Schools shall monitor the Heat Index for their geographic area prior to practices. Outlined below are the steps that each member school shall take in order to implement this policy. NOTE: Indoor activities where air conditioning is available are not bound by this policy.

- A. **Subscribe.** Athletic directors and coaches shall subscribe to OSAA Heat Index Notifications at <http://www.osaa.org/heat-index>. An OSAA Heat Index Alert is generated for areas where the forecasted high temperature and relative humidity indicate a forecasted heat index that may require practice modifications. Only those areas that have a forecasted heat index of 95 or higher receive alerts. Notifications are sent daily via e-mail and/or SMS to subscribers.
- B. **Designate.** Schools shall designate someone who will take the necessary steps to determine and record the heat index for your geographic area within one hour of the start of each team’s practice. This is only necessary on days when the school receives an OSAA Heat Index Alert. Depending on practice schedules, it is possible that the designated person will have to record the heat index multiple times on the same day.
- C. **Calculate.** Within one hour of the start of each team’s practice on days when the school receives an OSAA Heat Index Alert, the designated person shall utilize the OSAA Heat Index Calculator to determine the actual heat index.
- D. **Record.** If the actual heat index is 95 or higher, the designated person shall record it using the OSAA Heat Index Record or by printing out a copy to be kept at the school for inspection at the request of the OSAA. A separate record shall be kept for each fall sport at each level. Practice modifications, as necessary, shall also be recorded. If the actual heat index is less than 95, no action is needed.
- E. **Act.** If the actual heat index is 95 or higher, activity should be altered and/or eliminated using the following guidelines:
 - 1) 95° to 99° Heat Index – OSAA Recommendation: Consider postponing practice to later in the day.
 - a) Maximum of five hours of practice.
 - b) Practice length a maximum of three hours.
 - c) Mandatory three-hour recovery period between practices.
 - d) Contact sports and activities with additional equipment - helmets and other possible equipment removed if not involved in contact or necessary for safety.
 - e) Provide ample amounts of water.
 - f) Water shall always be available and athletes should be able to take in as much water as they desire.
 - g) Watch/monitor athletes for necessary action.
 - 2) 100° to 104° Heat Index – OSAA Recommendation: Postpone practice to later in the day.
 - a) Maximum of five hours of practice.
 - b) Practice length a maximum of three hours.
 - c) Mandatory three-hour recovery period between practices.
 - d) Alter uniform by removing items if possible - allow for changes to dry t-shirts and shorts.

- e) Contact sports and activities with additional equipment - helmets and other possible equipment removed if not involved in contact or necessary for safety.
 - f) Reduce time of planned outside activity as well as indoor activity if air conditioning is unavailable.
 - g) Provide ample amounts of water.
 - h) Water shall always be available and athletes should be able to take in as much water as they desire.
 - i) Watch/monitor athletes for necessary action.
- 3) Above 104° Heat Index – OSAA Recommendation: Stop all outside activity in practice and/or play and stop all inside activity if air conditioning is unavailable.

10. LIGHTNING SAFETY GUIDELINES (OSAA Handbook, Executive Board Policies)

(Revised Fall 2018)

NFHS Position Statements & Guidelines

A. These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder.

B. **Proactive Planning:**

- 1) Assign staff to monitor local weather conditions before and during practices and contests.
- 2) Develop an evacuation plan, including identification of appropriate nearby safe areas and determine the amount of time needed to get everyone to a designated safe area.
 - a) A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place for the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
- 3) Develop criteria for suspension and resumption of play:
 - a) When thunder is heard or a cloud-to-ground lightning bolt is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
 - b) Thirty-minute Rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.
 - c) Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
 - d) When lightning detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning detection device.

*At night under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.

- 4) Review annually with all administrators, coaches and game personnel and train all personnel.
- 5) Inform student-athletes of the lightning policy at start of season.

11. NON-DISCRIMINATION POLICY (OSAA Handbook, Executive Board Policies)

(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.

12. [OFFICIALS – HOST SCHOOL RESPONSIBILITIES](#) (OSAA Handbook, Executive Board Policies)

(Revised Winter 2014)

A game manager shall be designated by the host school for all contests in sports that use certified officials. 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.

13. [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.

[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 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.
15. **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 insure proper behavior on the part of its own students and fans.
16. **Q.** May home team schools display signs and/or banners at their home venues?
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27. Q. May a school use balloons at a state championship final site?
 A. No.
28. 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 on participation in non-school athletic 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 competitive athletics.

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.