



Oregon School Activities Association

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2021 SEASON 2 PLAN BOOK - FOOTBALL

03/09/21

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OSAA COMPETITION GUIDELINES

- [OHA Sector Guidance – Indoor Recreation and Indoor Fitness Establishments](#)
- [OHA Sector Guidance – Outdoor Recreation and Outdoor Fitness Establishments](#)
- Guidance for K-12 School Sports are now based on a county's COVID-19 risk level (lower, moderate, high, extreme). **Guidelines for K-12 School Sports is no longer tied to a school's instructional model.**
- Outdoor full-contact sports, including practices and games, are allowed in **moderate and lower risk counties** following health and safety guidance from the OHA.
- Outdoor K-12 full-contact sports, including full-contact practice and competition, may take place in counties that are in **extreme or high risk**, as long as the following is met:
 - K-12 public school districts or governing bodies of private schools may opt-in to practice and compete in outdoor K-12 full-contact sports only if the school is offering Comprehensive Distance Learning with Limited In-Person Instruction (LIPI) or Hybrid or On-Site Instructional Models as described in the [Ready Schools, Safe Learners guidance](#). Districts and private school governing bodies are required to submit a plan for practice and competition for outdoor K-12 full-contact sports that includes an assurance and commitment that all participants will be required to [quarantine](#) if exposed to COVID 19 or [isolate](#) if they contract COVID-19. This plan will be submitted to the Oregon Department of Education (ODE) and posted on the ODE website.
 - Districts and private school governing bodies opting-in to outdoor K-12 full-contact sports in **extreme or high risk** counties, must complete an Outdoor Contact Sports Opt-In Form (found on ODE website) and include the following:
 - Offer, at a minimum, Comprehensive Distance Learning with Limited In-Person Instruction (LIPI), with the goal of implementing Hybrid or full On-Site Instructional Models for students before the end of the 2020-21 school year.
 - Comply with the [Oregon School Testing Plan](#).
 - Limit sports field capacity to 120 people maximum.
 - Prohibit spectators.
 - Offer on-site responsive testing for symptomatic individuals and for those with known exposures to individuals with COVID-19. This applies to athletes, support staff and volunteers.
 - Collect contact information for contact tracing:
 - Record participant, visitor and customer contact information, date and time of outdoor recreation or outdoor fitness establishment use. Unless otherwise required, this information may be destroyed after 60 days from the session date.
 - Collect a waiver from each participant or their parent/guardian that acknowledges the health and safety risks of COVID-19 when participating in outdoor full-contact sports.
 - For those schools in Extreme and High Risk Counties, there is a 2-part process for schools to submit/upload onto the ODE website
 - [Outdoor Full Contact Sports Opt-in Form](#)
 - [Outdoor Full Contact Sports Submission Link](#)

Competitions between member schools are allowed in outdoor activities. During Season 2, five games for football are allowed.

SEASON 2 DATES

First Practice Date	February 8
First Contest Date	March 1
Cutoff Date.....	April 3
Culminating Week.....	April 5 - 10

COVID-19 REQUIREMENTS AND CONSIDERATIONS

1. CONTACT TRACING

- A. Record participant and visitor information, date and time of recreation. If there is a positive COVID-19 case associated with the recreation, public health officials may need the school to provide this information for a contact tracing investigation. Unless otherwise required, this information may be destroyed after 60 days from the session date.
- B. Screen participants and visitors prior to start of the outdoor recreation such as asking:
 - 1) Have you had a new or worsening cough?
 - 2) Have you had a fever?
 - 3) Have you had shortness of breath?
 - 4) Have you been in close contact with anyone with these symptoms or anyone who has been diagnosed with COVID-19 in the past 14 days?
 - 5) If the participant or visitor responds “yes” to any of the screening questions, ask them to return home and wait to return to the facility until all symptoms, including fever have been resolved for at least 24 hours without medication, or at least 14 days after contact with a person with a cough, fever, or diagnosed with COVID-19.
- C. Strongly encourage a participant or visitor exhibiting symptoms of illness to immediately leave the facility and not return until at least 24 hours after symptoms have resolved without medication.
- D. Strongly encourage participants or visitors at higher risk for severe COVID-19 complications (persons over age 65 or with underlying medical conditions) to continue to stay home to reduce their risk of exposure.

2. CLEANING AND DISINFECTION

- A. Thoroughly clean all areas and use disinfectants that are included on the [EPA List N: Disinfectants for Coronavirus \(COVID-19\)](#) for the SARS-CoV-2 virus that causes COVID-19.
- B. As applicable, require individuals to wipe down all equipment (e.g., balls, weights, machines, etc.) immediately before and after each use with a disinfectant that is included on the EPA-approved products for the SARS-CoV-2 virus that causes COVID-19. A solution of 70%-95% alcohol content is also acceptable.
- C. Frequently clean and disinfect high-traffic areas and commonly touched surfaces. Encourage individuals to bring their own hand sanitizer for personal use.
- D. Any equipment such as weight benches, athletic pads, etc., having holes with exposed foam should be covered.
- E. Encourage handwashing and provide handwashing stations and/or hand sanitizer in and around the premises.
- F. Thoroughly clean restrooms at least twice daily and ensure adequate sanitary supplies (e.g., soap, toilet paper, 60-95% alcohol content hand sanitizer) throughout the day. Consider using a “one-in-one-out” policy, where only one individual is permitted within the restroom at one time.
- G. Appropriate clothing / shoes should be worn at all times to minimize sweat from transmitting onto equipment / surfaces.
- H. Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

3. OPERATIONS

- A. Review and implement [OHA Statewide Reopening Guidance - Masks, Face Coverings, Face Shields](#) – ensuring all individuals are complying.
- B. A mask, face covering or face shield is not required when it is not feasible, such as when swimming or when taking a shower. The face covering is meant to protect other people in case you are infected. People can spread COVID-19 to others even if they do not feel sick.

- C. Ensure that any outside spaces meet the definition for “outdoor”. **If the space does not meet the definition of outdoor, then it’s considered indoor and therefore must comply with the requirements and guidance for indoor recreation.**
- D. “Outdoor” means any open-air space including any space which may have a temporary or fixed cover (e.g. awning or roof) and at least **50%** of the square footage of its sides open for airflow ***such that open sides are not adjacent to each other.***
- E. Post [clear signs](#) listing COVID-19 symptoms, asking individuals with symptoms to stay home, and listing who to contact if they need assistance.
- F. Post [clear signs](#) about the mask and face covering requirements.
- G. Use [signs](#) to encourage physical distancing throughout facility, including but not limited to reception areas, locker rooms, and Establish one-way traffic flow, where possible. Use signs to direct one-way flow of traffic.
- H. Provide handwashing stations or hand sanitizer (60-95% alcohol content) throughout the facility for individuals.
- I. Strongly encourage individuals to bring their own filled water bottles and hygiene supplies (including hand sanitizer).
- J. INDOORS: Ensure that ventilation systems operate properly. Increase air circulation and ventilation as much as possible by opening windows and doors. In indoor spaces, fans should only be used when windows or doors are open to the outdoors in order to circulate indoor and outdoor air. Do not open windows and doors if doing so poses a safety risk.

4. **LOCKER ROOMS**

- A. Develop and implement a plan to limit the number of individuals using showers and changing rooms at the same time in order to keep at least six feet of physical distance between people.
- B. Ensure that the locker room does not exceed maximum occupancy. Use the total square footage of the locker room to determine the maximum occupancy of the locker room based on a minimum of 35 square feet per person.

5. **DISTANCING AND OCCUPANCY** – [Sector Risk Level Guidance Chart](#)

- A. Limit maximum capacity based on the designated level of risk for the county in which the recreation is located.
 - 1) [Maximum Gathering Size](#) includes participants, coaches, officials, event staff and spectators.
 - 2) [Indoor – Maximum Occupancy Definition](#). The maximum occupancy permitted by law, or if the maximum occupancy is unknown the capacity equivalent to:
 - a) For 75% capacity: 86 square feet of space per person.
 - b) For 50% capacity: 120 square feet of space per person.
 - c) For 25% capacity: 240 square feet of space per person.
 - d) *Includes gyms, indoor K-12 Sports, indoor collegiate sports, indoor fitness organizations, indoor recreational sports, indoor pools.
 - 3) [Outdoor Definition](#). Any open-air space including any space which may have a temporary or fixed cover (e.g., awning or roof) and at least **50%** of the square footage of its sides open for airflow ***such that open sides are not adjacent to each other.***
 - a) **Includes outdoor gyms, outdoor fitness organizations, outdoor K-12 Sports, outdoor collegiate sports, outdoor recreational sports, outdoor pools, outdoor parks and hiking trails, outdoor campgrounds.
- B. Ensure that physical distancing of at least six feet between individuals is maintained at all times.
- C. Consider holding recreation outdoors if it can be done safely, when it does not violate any local ordinances, and when participants and instructors can maintain six feet of physical distance.
- D. As applicable, limit exercise equipment stations to those located at least six feet apart. If equipment cannot be moved to facilitate physical distancing, it must be blocked from being used.
- E. As applicable, space out player equipment to prevent players from coming into direct contact with one another.
- F. Assign a physical distancing monitor to ensure compliance with all distancing requirements, including at entrances, exits, restrooms and any other area where people may gather.
- G. Develop a plan to limit the number of individuals admitted so that six feet of physical distancing can be maintained.
- H. Prohibit parties from congregating in parking lots for periods longer than reasonable to retrieve/return gear and enter/exit vehicles.
- I. Stagger arrival and departure times for individuals to minimize congregating at entrances, exits and restrooms to follow

required physical distancing requirements.

- J. Encourage one-way flow with marked entrances and exits, but do not block egress for fire exits. Use signs to direct one-way flow of traffic.
- K. Assign designated areas for individuals, when not participating, to ensure physical distancing is maintained.
- L. When multiple events occur at the same sports complex/venue at the same time, operators are required to:
 - 1) Ensure staff, participants and spectators do not share space, including but not limited to restrooms, hallways, concession stands.
 - 2) Clean and sanitize commonly touched surfaces, such as door handles, between subsequent events.
 - 3) Ensure that high-traffic areas such as entrances, exits, check-in tables, restrooms and concession areas, are cleaned and sanitized between subsequent events.
 - 4) If staff, participants and spectators at the same event share a restroom, leave entrance/exit doors open, if possible, and ensure that commonly touched surfaces such as stall door handles and faucets are regularly cleaned and sanitized.

6. **TRAINING AND PLAYING**

- A. Statewide, masks or face coverings are required to be worn by all individuals at all times, even while participating in activities. “Face covering” means a cloth, polypropylene, paper or other face coverings that covers the nose and the mouth and that rests snugly above the nose, below the mouth and on the sides of the face.
 - 1) Coaches, players, trainers and spectators are required to
 - a) Wear a mask or face covering at all times when indoors and outdoors.
 - b) Ensure that there is only the minimal or medium contact among participants during the contest (i.e., field, court, etc.)
 - c) Sideline participants (i.e., team bench, dugout, etc.) must maintain six feet of physical distance between individuals at all times.
- B. Consider conducting workouts in “pods” of students working out together weekly. Smaller pods can be utilized for weight training.
- C. Free weight exercises that require a spotter cannot be conducted while honoring physical distancing norms. Safety measures in all form must be strictly enforced in the weight room.
- D. Ensure that there is only the minimal or medium contact among participants needed to play the game.
- E. Prohibit handshakes, high fives, fist/elbow bumps, chest bumps and group celebrations.
- F. Encourage players to use only their own equipment when feasible. Avoid or minimize equipment sharing, when feasible.
- G. Some critical equipment may not be available to each player. When it is necessary to share critical or limited equipment, all surfaces of each piece of shared equipment must be cleaned and disinfected frequently, as appropriate for the sport (e.g. between players, sets, periods, or games). Use disinfectants that are included on the [EPA List N: Disinfectants for Coronavirus \(COVID-19\)](#) for the SARS-CoV-2 virus that causes COVID-19.
- H. Clean all equipment that directly contacts the head, face and hands with extra attention and detail.
- I. Allow only trainers, coaches and players to attend practices to ensure physical distancing and prevent people from gathering.
- J. Schedule enough time between practices and games so all people from a previous practice can leave the premises before the next group enters. This minimizes gathering at entrances, exits and restrooms while providing sufficient time to sanitize the facilities/equipment.
- K. Require individuals to enter the premises through a designated entrance and exit through a designated exit. Do not block fire exits.
- L. Encourage staff, players and spectators to stay outside of the premises (e.g. in vehicles) until scheduled practice or play time. This allows people to leave the premises before entering and minimizes gathering.
- M. The OSAA’s required protective equipment progression starts on day one of the required nine days of on-field practice prior to participation against another team (no earlier than February 15). For schools in extreme or high risk counties, no protective equipment may be worn prior to uploading your school’s opt in form to the ODE website.
- N. The OSAA Executive Board has approved football alternate activities including 7 on 7, Flag Football, a Virtual Lineman Challenge, and a Virtual Combine. There is no limit on the number of teams or individuals per school that may participate in these alternate activities. Specifics and rules for these adopted alternatives will be forwarded to schools next week. These

activities will follow Season 2 timelines – first practices can occur on February 22 along with Soccer, Volleyball, and Cross Country.

7. TRAVEL – OHA Statewide Guidance (Recommendations) for Travel

- A. Limit exposure to those outside the travel unit during transit:
- B. All members of a travel unit including drivers, if on a bus or in a car, must wear a mask, face shield or face covering and ensure a minimum of three feet between passengers within the travel unit.
- C. Limit travel to those who have been in regular contact and are considered essential personnel (i.e., athletes, coaches, medical staff).
- D. Document the names of all passengers including the driver, along with the date and time of the trip and the vehicle number/license, if applicable.
- E. Allow drivers to transport multiple travel units if wearing a mask and sanitizing hands before and after each driving each group. Vehicles must be cleaned between transport of each travel unit following [transportation guidelines](#).
- F. To the extent possible, self-quarantine for 14 days upon return to Oregon if the individual has traveled out of state for recreational purposes or as part of an athletic traveling team.
- G. To the extent possible, travel and play the same day to avoid overnight stays, when feasible. For overnight stays or same-day travel, prepackaged meals or room service should be considered. If restaurant dining is the only option, consider take-out food or outdoor eating as alternatives.

OSAA FOOTBALL GUIDELINES

1. FACILITY COVID PROTOCOLS

- A. The host site shall designate a cleaned and disinfected area for teams to unload and load buses separate from fans, spectators, and other individuals not essential to the team or group.
- B. Before each game, contest, or event, schools shall follow the screening protocols described above to screen all staff members, contractors, volunteers, sports officials, contest judges, and any individuals otherwise involved in working the event. These individuals shall also self-screen as described in the screening protocols.
- C. Other areas used by participants, such as press box areas, shall be cleaned and disinfected prior to and after use. Sites shall develop plans for providing access to these areas that limit or remove potential contact between participants and non-participants.
- D. The host site shall provide sports and contest officials an area to enter and exit separate from fans when possible. Officials shall be provided a dressing and meeting area, if applicable, that has been cleaned and disinfected prior to their arrival.
- E. All participants shall be provided with entry and exit plans for contest areas that maintain separation from non-participants and fans. Individuals not essential to the team or group shall not be given access to contest areas, performance areas, courts, or fields at all before, during, or after contests and events.
- F. Teams are responsible for providing a plan for individualized hydration supplies for their student athletes on competition days. Bench water shall be provided by host site, but the traveling team shall supply its own coolers unless agreed upon by the host school.

2. LOCKER ROOMS AND OTHER CONGREGATE SETTINGS

- A. Designate total number of occupants allowed in the locker room at any given time and the length of time that they may be present in the locker room. This shall be posted at the entrance and inside the locker room.
- B. Schools shall make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant readily available in these areas.
- C. All congregate areas shall be regularly and frequently cleaned and disinfected including all frequently touched surfaces such as doorknobs, tables, chairs, lockers, and restrooms.
- D. Any equipment that will be kept in student lockers and/or in these areas shall be thoroughly cleaned and disinfected each day prior to students accessing these areas. Schools shall develop a plan for managing the storage, cleaning and disinfecting, and redistribution of student equipment.
- E. Schools shall consider identifying staff to monitor locker rooms and other areas where students may congregate to ensure effective use of school protocols. When possible, schools shall open windows and/or doors or otherwise work to improve air flow by allowing outside air to circulate in these areas.

- F. Schools must require staff and students to wear face coverings while inside locker rooms, meeting rooms, training rooms, band halls and other areas where students may congregate other than shower facilities.
- G. As part of their overall plan, schools shall develop a plan for mitigating risk of spreading COVID-19 when disinfecting, cleaning, and laundering items such as towels, practice clothes, and uniforms. This plan shall include protocols for redistributing these items to students. Involved staff shall be trained specifically on these protocols.

3. CONTEST MODIFICATIONS

- A. Hand sanitizing shall be used as much as possible. The NFHS Sports Medicine Advisory Committee recommends using hand sanitizer when going to and from the field. Players are encouraged to provide their own hand sanitizer and/or sanitizing wipes.
- B. The team box may be extended on both sides of the field to the 10-yard lines in order for more physical-distancing space for the teams.
 - 1) For the extended team box, a back limit, six feet from the from limit line shall be added.
 - 2) Only players and coaches are allowed in the extended team box.
 - 3) Enforcement of the extended team box is the responsibility of game management.
 - 4) Physical distancing of six feet shall be maintained at all times while in the team box.
 - 5) Players, coaches, and auxiliary team members shall maintain physical distancing of six feet from all game officials and chain crew members.
- C. Face coverings are required to be worn by players, game officials, chain gangs, ball retrievers, statisticians, managers, athletic trainers and coaches.
- D. Plastic shields covering the entire face (unless clear and integrated into the face mask and attached to the helmet) shall not be allowed during the contest.
- E. It is recommended that players keep their tooth and mouth protector in their mouths at all times. Each time they touch their tooth and mouth protector, they shall sanitize their hands.
- F. For the mock coin toss, the referee, umpire and one designated representative from each team. Coin toss shall take place in the center of the field with designated individuals maintaining social distancing of six feet. No handshakes prior to and following the coin toss. For the overtime procedure, same procedure as used at the start of the contest for the coin toss.
- G. The ball shall be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
- H. Teams shall NOT exchange handshakes following the contest – teams can acknowledge opponent with other appropriate non-contact measures.

4. GAME OFFICIALS

- A. Game officials are responsible for bringing their own beverages and own food items to the site.
- B. Officials are responsible for bringing their own hand sanitizer and sanitizing wipes.
- C. If available, dressing facilities for game officials shall be large enough for them to use social-distancing protocols and shall be properly cleaned and sanitized prior to their arrival.
- D. Maintain social distancing of six feet while performing duties.

- 5. **OFFICIALS CONFERENCES** – The authorized conference for the game officials’ timeout shall take place between the 9-yard marks and not at the sideline for social-distancing purposes.

OSAA FOOTBALL ALTERNATIVE GUIDELINES

1. 7 on 7 FOOTBALL – NO protective gear

- A. Contest Limitations
 - 1) Eleven play dates/ maximum of four games per day.
 - 2) Practice begins on February 22; contests begin on March 1.
- B. General Rules
 - 1) Each contest required the use of two certified officials. At a rate of \$15 per official, per contest.

- 2) Games are 21:00 long. The clock runs continuous during the first 20 minutes and stops according to rules during the final 1:00.
 - 3) Seven defenders (may not line up eight & drop one before snap) and six offensive players (must use a center or extra player to snap).
 - 4) Each possession starts on the 40-yard line – going in.
 - 5) First downs are made by crossing the 25-yard line and the 10-yard line.
 - 6) Three downs to make a first down including series inside the 10-yard line.
 - 7) PAT snaps are at the 5-yard line, offensive choice of hash.
 - 8) Two-point conversions will be from 10-yard line with choice of hash.
 - 9) One-hand touch anywhere.
 - 10) No running plays allowed.
 - 11) No double passes or shuffle passes.
 - 12) No coaches on the field, coach from the sidelines.
 - 13) All offensive formations must be legal sets.
- C. Playing field
- 1) The field dimensions shall be; min.-max. of 35- 40 yards wide and 80 yards long.
 - a. (NOTE- schools may use lacrosse lines on the synthetic turf fields)
 - 2) An official down marker “the down box” to be used. Instructions to be provided by the officials prior to the game.
- D. Scoring:
- 1) Touchdown – Six points
 - 2) Interception – Three points (no points for INT on PAT)
 - 3) Turnover on downs – two points
 - 4) PAT - One point (may opt for two in OT)
 - 5) If the margin of score between the two teams is 21 points or greater at the end of the first 20 minutes, the clock will continue to run continuously for the remainder of the game; regardless if the margin of score becomes less than 21 points.
- E. Timing regulations
- 1) 4.0 seconds to get pass off. It will be a loss of down and treated as a sack if not thrown in time (4.01 or greater). The clock will be stopped on a sack in the final 1:00 of the game.
 - a. NOTE: Passes may be thrown behind the line of scrimmage, but receiver must advance beyond L.O.S. or play will be treated as a sack.
 - 2) Four second clock starts on snap of ball.
 - 3) Possession changes after PAT attempt, failure to make a first down, or turnover.
 - 4) One time-out per team per game. One additional time-out per overtime.
 - 5) Twenty-five seconds to get the play off.
- F. Overtime:
- 1) Consists of three plays from 10-yard line. Each team has an attempt to score in each overtime period. Starting with the third and subsequent overtimes, all PAT’s must be two-point attempts from the 10-yard line. Overtime periods are not timed.
- G. Player Uniforms and Equipment
- 1) No protective equipment of any type can be used during the game (including soft shell helmets).

- 2) Jerseys/Shirts – The home team shall wear matching “dark” jerseys or shirts. The visiting team shall wear “white” jerseys/shirts. It is recommended that the number be a contrasting color and at least 6” in height.
- 3) Headwear – Players may wear a knit stocking cap, elastic headband, or a cap without a bill. Players are not permitted to wear bandanas.
- 4) Mouthpieces are mandatory for all players and must cover all teeth.
- 5) Game Ball – The official game ball shall be the intermediate/junior size ball for girls and standard size ball for boys.
- 6) Illegal Uniforms & Equipment (Penalty- 5 yards) Jerseys/Shirts shall be tucked in at all times or meet the 4” above or 12” below rule. NOTE: Referee may send off players who do not conform.

H. Penalty Table

Type	Description	Yardage
Defensive pass interference	The defensive player significantly hinders an eligible receiver’s opportunity to catch the ball	+5 yards and automatic first down
Defensive Holding	The defensive player restrains an eligible receiver who is not in possession of the ball.	+5 yards and automatic first down
Defensive Encroachment	A defensive player crosses the line of scrimmage before the ball is snapped	+5 yards from the line of scrimmage
Illegal Procedure	A player charges or moves in a way that indicates the start of the play before the ball is snapped	Loss of down
Offensive Pass Interference	The eligible receiver significantly hinders the defensive player’s opportunity to intercept the ball	Previous spot and loss of down.
Delay of game	Team fails to snap the ball and put it in play	Loss of down and clock stops in final 1:00

Personal Fouls:

Type	Description	Yardage
Offense	Make any contact which is deemed unnecessary and which incites roughness	-5 yds and loss of down
Defense	Make any contact which is deemed unnecessary and which incites roughness	+5 yds from original line of scrimmage and automatic 1 st down.

Unsportsmanlike Conduct:

Type	Description	Yardage
Individual	Examples include excessive celebration, using abusive or confrontational language, punching, or kicking an opponent.	1 st offense = ejection from the game. 2 nd offense = ejection from entire event
Team	Situations involving players leaving the sideline to participate in an on-field incident.	Any player leaving the sideline is ejected and the contest is terminated.

2. **FLAG FOOTBALL** – NO protective Gear

A. Contest Limitations

- 1) Eleven playing dates / maximum of two games per day.
- 2) Practice begins February 22; contests begin March 1.

B. General Rules

- 1) The game shall be played between two teams of a maximum of eleven players each.
 - a. Teams may start, or finish, the game with (6) players.
- 2) It is recommended that three OSAA certified officials be used, but not required. At the rate of \$25 per official, per contest.
- 3) Three minutes prior to the start of each game one representative from each team and one official shall conduct a pregame conference. It is the responsibility of each head coach to ensure their players are legally equipped and meet uniform standards.
- 4) Each team shall designate a "speaking captain" to appropriately address the officials and request timeouts.

C. Playing field

- 1) The field dimensions shall be; min.-max. of 35- 40 yards wide and 80 yards long.
 - a. (NOTE- schools may use lacrosse lines on the synthetic turf fields)
- 2) An official down marker "the down box" to be used. Instructions to be provided by the officials prior to the game.

D. Scoring

- 1) All touchdowns shall be six points, and extra points shall be either one, two or three points.
 - a. Teams have the options to attempt the extra point from the three-yard line for one point, from the 10-yard line for two points, or from the 15-yard line for three points. NOTE: The field captain will confer the choice to the referee following a touchdown. Once the spotters have been placed a team cannot change their mind unless they are able to use a remaining timeout.
 - b. The Defense cannot score on an extra point try. The ball is dead on the change of possession.
- 2) A safety shall be two points.
 - a. Following a safety or touchback, the ball is spotted of the offenses own 14-yard line. First down and six yards to go.
- 3) Sportsmanship Rule – If a team is leading by 21 or more points at the one-minute point or less in the second half, the game shall be officially finished.

E. Timing Regulations

- 1) The length of the game shall be 40-minutes, divided into two halves of 20-minutes, with a five-minute halftime interval.
 - a. The game will be played using a "running clock".
 - i. The clock starts when the ball is legally snapped and will run continuously for the first 19-minutes unless it is stopped for a team timeout or a referee stoppage of play.
 - ii. Each team is entitled to three charged timeouts per game and must be requested by the designated team captain or Head Coach. Any unused timeouts will not carry over into overtime.
 - iii. On or near the one-minute point in each half the Referee shall stop the clock and inform both teams of the remaining playing time, this clock stoppage may be used by the team as an uncharged time-out. The clock will start at the snap following the one-minute warning.
- 2) During the final one-minute of each half the clock will be stopped for the following, and resume on the snap of the next play:
 - a. Incomplete pass attempt, out-of-bounds, score, team timeout, fair catch, penalty administration, referee timeout, touchback, and/or change of possession.
 - i. Prior to the beginning of the game, or during the halftime intermission, the playing time may be shortened by mutual agreement of both teams.

F. Overtime

- 1) Consists of three plays from 10-yard line. Each team has an attempt to score in each overtime period. Starting with the 3rd and subsequent overtimes, all PAT's must be 2-point attempts from the 10-yard line. Overtime periods are not timed.

G. Player Uniforms and Equipment

- 1) No protective equipment of any type can be used during the game (including soft shell helmets).
- 2) Jerseys/Shirts – The home team shall wear matching “dark” jerseys or shirts. The visiting team shall wear “white” jerseys/shirts. It is recommended that the number be a contrasting color and at least 6” in height.
- 3) Headwear – Players may wear a knit stocking cap, elastic headband, or a cap without a bill. Players are not permitted to wear bandanas.
- 4) Mouthpieces are mandatory for all players and must cover all teeth.
- 5) Game Ball – The official game ball shall be the intermediate/junior size ball for girls and standard size ball for boys.
- 6) Illegal Uniforms & Equipment (Penalty-five yards) Jerseys/Shirts shall be tucked in at all times or meet the 4” above or 12” below rule. NOTE: Referee may send off players who do not conform.

H. Penalty Charts

1) **Defensive spot fouls**

All flag football penalties are assessed from the line of scrimmage, except for spot fouls. Spot fouls are penalties that are assessed from the spot on the field where the foul occurred.

Here are the flag football penalties categorized as defensive spot fouls:

Type	Description	Yardage
Defensive pass interference	The player significantly hinders an eligible receiver’s opportunity to catch the ball	Automatic first down
Holding	The player restrains another player who is not in possession of the ball	+5 yards and automatic first down
Stripping	A player smacks or grabs the football out of the ball-carrier’s possession	+10 yards and automatic first down

2) **Offensive spot fouls**

Offensive spot fouls are also assessed from the spot on the field where the foul occurred. All of these flag football penalties result in a loss of down. But any loss of down on the third down results in a turnover, with the other team taking possession. Here are flag football penalties categorized as offensive spot fouls:

Type	Description	Yardage
Screening, blocking or running with the ball	The player uses physical attempts to gain yardage by obstructing the path of their opponent	-10 yards and loss of down
Charging	The player challenges their opponent for space without using their arms or elbows	-10 yards and loss of down
Flag guarding	The ball-carrier intentionally obstructs the defender’s access to their flag	-10 yards and loss of down

3) **Defensive flag football penalties**

You’ll find that many defensive flag football penalties are behavior-oriented and can take on several definitions. Unsportsmanlike conduct, for example, can include any physical acts, like intentional tackling, elbows, or cheap shots, as well as verbal, such as confrontational language. Referees can also dish out a flag football penalty to fans who aren’t

keeping the field safe and kid-friendly. Bottom line: these flag football penalties are designed to teach youth players the importance of respect and good sportsmanship.

Type	Description	Yardage
Unnecessary roughness	Using methods beyond what is necessary to pull the flag off the opponent	+10 yards and automatic first down
Unsportsmanlike conduct	Examples include excessive celebration, using abusive language, punching or kicking an opponent	+10 yards and automatic first down
Offside	A player crosses the line of scrimmage before the ball is snapped	+5 yards from the line of scrimmage and automatic first down
Illegal rush	The rusher is not lined up at least seven yards off the line of scrimmage	+5 yards from the line of scrimmage and automatic first down
Illegal flag pull	A player pulls the flag off an opponent before they have full possession of the ball	+5 yards from the line of scrimmage and automatic first down
Roughing the passer	A player makes contact with the passer after they've thrown a forward pass	+5 yards from the line of scrimmage and automatic first down
Taunting	A type of unsportsmanlike conduct where the player purposely creates ill will between teams	+5 yards from the line of scrimmage and automatic first down

4) Offensive flag football penalties

Similar to defensive flag football penalties, offensive flag football penalties include infractions for unsportsmanlike behavior, whether it's physical or verbal. On offense, there are also penalties for improper movements on the line of scrimmage, such as moving before the play starts or delaying the game. For example, each time the ball is spotted, a team has 25 seconds to snap the ball. Delay-of-games penalties are enforced after one warning. Here's a list of offensive flag football penalties:

Type	Description	Yardage
Unnecessary roughness	Using methods beyond what is necessary to pull the flag off the opponent	-10 yards and loss of down
Unsportsmanlike conduct	Examples include excessive celebration, using abusive language, punching or kicking an opponent	-10 yards and loss of down
Offside/false start	A player charges or moves in a way that indicates the start of the play before the ball is snapped	-5 yards from line of scrimmage and loss of down
Illegal forward pass	A player throws the ball forward once they are past the line of scrimmage	-5 yards from line of scrimmage and loss of down
Pass interference	The eligible receiver significantly hinders the defensive player's opportunity to intercept the ball	-5 yards from line of scrimmage and loss of down
Illegal motion	Players shifting and not coming to a complete stop before the ball is snapped	-5 yards from line of scrimmage and loss of down
Delay of game	Team fails to snap the ball and put it in play	-5 yards from line of scrimmage and loss of down
Impeding the rusher	The rusher's path or line is occupied by a moving offensive player	-5 yards from line of scrimmage and loss of down
Illegal procedure	A technical rules violation, such as illegal formation	-5 yards from line of scrimmage and loss of down

3. VIRTUAL LINEMAN TEAM CHALLENGE

A. Team Size

- 1) Minimum team size is five players with no maximum
- 2) Any five members of the team can participate in an event

B. Scoring

- 1) Scoring will be based on the best team performance in the events. Example: if your team gets the best time in the obstacle course, they will get points equal to the number of teams there are in the competition. As an example, if there are 20 teams total in the competition you will receive 20 points for finishing first, second place will receive 19, third place 18, fourth place 17, etc. For every first-place finish in an event you receive two bonus points, on top of the points for first place. If there is a tie between two or more teams the points for those places will be added up & divided equally between the teams.

C. Event Descriptions and Requirements

1) Bench Press for Reps

- a) Each athlete will be given the chance to bench press 185 lbs., 205 lbs., or 225 lbs. as many times as they can before they fail. For a press to be counted by the judges the contestant must touch their chest with the bar and then press it up, locking the elbows at the top of each lift. *If the athlete does not meet both of these requirements the repetition will not be counted. All athlete totals will be combined for a team total.

2) Pro Agility Drill

- a) The shuttle drill will cover 20 yards. Five athletes will be given two attempts and the fastest time of the two will be submitted. Start by straddling a yard line (cone) facing the timer and on the athlete's movement the clock will start. The athlete will have to touch the first line (cone) five yards away to their left or right with their hand, cut facing the timer and touch the other line (cone) ten yards away with their hand. The athlete must cut facing the timer again and finish five yards back through the start. If the athlete neglects to cut facing the correct direction or does not touch the line, the attempt will not count. If the athlete scratches both attempts, the time will be recorded as a zero. Times will be combined for a team total.

3) Standing Broad Jump

- a) Five athletes will get two chances to jump as far as they can from a stand, with two feet planted firmly on the ground. They will be tested for distance and they will be marked from the closest part of them to the starting position. If an athlete falls backwards, they will be judged from where their closest body part lands relative to the start. They also must stick the landing: meaning contestants may not jump and roll out like a long jumper would. The athlete will also not be able to touch the ground to stabilize himself. Bracing on the ground or taking a step to catch themselves nullifies the jump. The farther of the two distances will be recorded. All team jumps will be joined into a team total.

4) Medicine Ball Throw

- a) Five athletes will get two chances to throw as far as they can. The athlete stands at a line with the feet side by side and slightly apart and facing the direction to which the ball is to be thrown. The ball is held with the hands on the side and slightly behind the center. The throwing action is similar to that used for a soccer sideline throw-in. The ball is brought back behind the head, then thrown forward as far as possible. The subject is permitted to step forward over the line after the ball is released. The farther of the two distances will be recorded. All team throws will be joined into a team total.

4. VIRTUAL LINEMAN COMBINE

A. Event Descriptions and Requirements

1) Bench Press for Reps

- a) Each athlete will be given the chance to bench press 185 lbs., 205 lbs., or 225 lbs. as many times as they can before they fail. For a press to be counted by the judges the contestant must touch their chest with the bar and then press it up, locking the elbows at the top of each lift. *If the athlete does not meet both of these requirements the repetition will not be counted. Progressive point values will be used for higher weights.

2) Pro Agility Drill

- a) The shuttle drill will cover 20 yards. Athletes will be given two attempts and the fastest time of the two will be submitted. Start by straddling a yard line (cone) facing the timer and on the athlete's movement the clock will start.

The athlete will have to touch the first line (cone) five yards away to their left or right with their hand, cut facing the timer and touch the other line (cone) ten yards away with their hand. The athlete must cut facing the timer again and finish five yards back through the start. If the athlete neglects to cut facing the correct direction or does not touch the line, the attempt will not count. If the athlete scratches both attempts, the time will be recorded as a zero.

3) Standing Broad Jump

- a) Athletes will get two chances to jump as far as they can from a stand, with two feet planted firmly on the ground. They will be tested for distance and they will be marked from the closest part of them to the starting position. If an athlete falls backwards, they will be judged from where their closest body part lands relative to the start. They also must stick the landing: meaning contestants may not jump and roll out like a long jumper would. The athlete will also not be able to touch the ground to stabilize himself. Bracing on the ground or taking a step to catch themselves nullifies the jump. The farther of the two distances will be recorded.

4) Medicine Ball Throw

- a) Athletes will get two chances to throw as far as they can. The athlete stands at a line with the feet side by side and slightly apart and facing the direction to which the ball is to be thrown. The ball is held with the hands on the side and slightly behind the center. The throwing action is similar to that used for a soccer sideline throw-in. The ball is brought back behind the head, then thrown forward as far as possible. The subject is permitted to step forward over the line after the ball is released. The farther of the two distances will be recorded.

5) 40-yard dash

- a) Athletes will be given two attempts and the fastest time of the two will be submitted. Mark off 40 yards on the running surface (preferably a track). From a dead stop at the starting line, athletes run through the finish line to achieve the best time possible. All results should be hand times by coaches. FAT times are preferred. All hand times will be rounded to FAT.

6) Vertical Jump

- a) Athletes will be given two attempts and the best mark of the two will be submitted. This test can be administered by marking on a wall, a jump mat, or a Vertec apparatus. To use the wall or Vertec, an athlete starts by establishing their "standing reach height." Keeping the feet flat on the ground, the point of the fingertips is marked or recorded. The athlete then stands away from the wall and leaps vertically as high as possible using both arms and legs to assist in projecting the body upwards. The jumping technique can or cannot use a countermovement. Attempt to touch the wall at the highest point of the jump. The difference in distance between the standing reach height and the jump height is the score.

NFHS RULE MODIFICATIONS DUE TO COVID-19

1. FOOTBALL RULES CONSIDERATIONS

A. Team Box (Rule 1-2-3g)

- 1) The team box may be extended on both sides of the field to the 10-yard lines (for players only) in order for more social-distancing space for the teams.
- 2) Maintain physical distancing of six feet at all times while in the team box.
- 3) Do not share uniforms, towels and other apparel and equipment.

B. BALL (RULE 1-3-2)

- 1) The ball shall be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
- 2) The ball holders shall maintain physical distancing of six feet at all times during the contest.

C. TOOTH AND MOUTH PROTECTORS [RULE 1-5-1D(5)]

- 1) ***Still being determined at this time on how to best handle the tooth and mouth protector during the contest. The NFHS SMAC will update the membership as soon as guidance is developed for all sports that require a tooth and mouth protector.*

2. FOOTBALL GAME OFFICIALS MANUAL CONSIDERATIONS

A. Game Officials Uniform and Equipment

- 1) Electronic whistles are permissible (supplies are limited).

- a) Choose a whistle whose tone will carry outside.
 - b) Fox 40 Mini -
 - c) Fox 40 Unisex Electronic – (3 tone) -
 - d) Ergo-Guard - (3 tone) - orange
 - e) Windsor - (3 tone)
 - f) Check the market for other choices
- 2) Cloth face coverings are permissible.
 - 3) Gloves are permissible.
 - 4) Do not share uniforms, towels and other apparel and equipment.

B. PREGAME CONFERENCE, COIN TOSS AND OVERTIME PROCEDURES

- C. For the coin toss, limit attendees to the referee, umpire and one designated representative from each team.
- D. Coin toss shall take place in the center of the field with designated individuals maintaining social distancing of six feet.
- E. No handshakes prior to and following the coin toss.
- F. Maintain social distancing of six feet while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, individuals handling the balls during the game and team personnel.
- G. For the overtime procedure, please use the same procedure as used at the start of the contest for the coin toss.

3. PRE AND POST GAME CONSIDERATIONS

- A. Suspend pregame protocol of shaking hands during introductions.
- B. Suspend postgame protocol of shaking hands.

4. FINAL CONSIDERATIONS FOR FOOTBALL

- A. Before, during and after the contest, players, coaches, game officials, team personnel and game administration officials shall wash and sanitize their hands as often as possible.
- B. Everyone shall have their own beverage container that is not shared.
- C. Gloves are permissible for all coaches and team staff and for all game administration officials.
- D. Limit the number of non-essential personnel who are on the field level throughout the contest.

Reporting Schedules and Scores – Find Account Instructions on our Help Page at <http://www.osaa.org/help>

NFHS 2020 FOOTBALL RULES

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

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

2020 RULES CHANGES

1-4-1, 1-4-4 (NEW), 2-32-5, 3-5-2, 10-1-1, 10-1-2, 10-2-4	Defining Team Designated Representative for Penalty Decisions — Prior to the game, the head coach will notify the referee of the designated representative (coach or player) who will make decisions regarding penalty acceptance or declination.
3-1-6c EXCEPTION (NEW)	Halftime Intermission Option Following Weather Delay — The halftime intermission may be shortened by mutual agreement of opposing coaches if a weather delay occurs during the last three minutes of the second period.
3-6-1a(1)e EXCEPTIONS 2 and 3 (NEW)	40-Second Play Clock Clarification — To eliminate a potential timing advantage gained by the defensive team, the rules committee approved the play clock being set to 40 seconds when an

	officials' time-out is taken for an injury to a defensive player or a defensive player has an equipment issue.
3-6-1a(1)f (NEW)	25-Second Play Clock Clarification — Following a legal kick when either team is awarded a new series, the play clock will be set to 25 seconds.
7-1-9 (NEW) 7-1-9 PENALTY (NEW)	Disconcerting Act Foul and Penalty Reclassified — Disconcerting acts or words by the defense has been reclassified from a unsportsmanlike foul to a disconcerting act foul, and the penalty changed from 15 yards to 5 yards.
7-5-2e EXCEPTION, TABLE 7-5-2e EXCEPTION, TABLE 7-5e EXCEPTION	Spiking the Ball to Conserve Time — The exception to allow a player to conserve time by intentionally throwing the ball forward to the ground immediately after receiving the snap, has been expanded to include any player positioned directly behind the center. This exception now includes snaps that are not hand-to-hand.

2020 EDITORIAL CHANGES

NOCSAE Warning Label, 1-3-1d and g, 1-3-1i (NEW), Table 1-7, 2-33-2, 2-41-9, 3-1-6 (NEW), 3-1-7 (NEW), Table 3-1, 3-4-8, 3-4-9 (NEW), 7-2-5a, 7-5-12, Table 7-5, 8-2-4, 9-5-1d, 9-9 PENALTY, 10-4-2 EXCEPTION, 10-5-1j, Penalty Summary, Official Signal 17 (NEW) and 23, Appendix H (NEW), Index.

2020 POINTS OF EMPHASIS

1. Sportsmanship
2. Intentional Grounding
3. Ineligible Downfield and Line of Scrimmage Formation
 - Home
 - Sports Resource Content

Sportsmanship

When considering sportsmanship, many may first think only of the game participants (athletes and coaches) within the timeframe of the game. However, proper sportsmanship also includes the pregame warm-up period, postgame handshake activity, spectator behavior (both students and adults), parents of athletes, public-address announcements and announcers, and bands. All of the above constituents have a role in promoting good sportsmanship.

Players and coaches are the most visible in their displays of sportsmanship. Their behavior sets the tone for fans, game officials and others. As recognizable personalities, it is an expectation that coaches model good behavior. Players must represent their schools and communities as ambassadors of good sporting behavior beginning with pregame activities and concluding with end-of-game activities.

Game officials generally do not assume control until taking the field approximately 30 minutes prior to the scheduled kickoff. Therefore, coaching staffs and game administrators must be vigilant and responsible for ensuring proper sportsmanship during this time. Once the contest begins, school administrators are responsible for the proper conduct of all spectators. This may take the form of reading a sportsmanship public-address announcement prior to the contest and remaining vigilant for possible issues during the contest. Student bodies and spectators in general shall be reminded that any behaviors conducted at the expense of the opponents is unacceptable and will be addressed accordingly.

Public-address announcers are responsible for delivering pertinent game-related information – not to be a play-by-play person or cheerleader. Taking liberties with biased and/or inflammatory announcements must not be tolerated. Their purpose is not to editorialize the quality of play or incite the home crowd in any way.

Working with the band/music director, the school administration must set proper guidelines and ensure compliance regarding when live or recorded music may be utilized.

Good sportsmanship does not occur on its own. Only with specific planning and coordination by all constituents is good sportsmanship achievable. Good sportsmanship is about respect. Good sports win with humility, lose with grace and do both with dignity.

Intentional Grounding

Due to the growing prevalence of televised football, one of the most misunderstood rules at the high school level is intentional grounding. Under NFHS rules, intentional grounding is a foul whenever a legal forward pass is thrown into an area not occupied by an eligible receiver, or when a pass is thrown to prevent a loss of yardage or to conserve time. The only exception to this rule is when the passer intentionally throws the ball forward to the ground immediately after receiving the snap.

Under NFHS rules, it is a foul if there was no eligible receiver in the area of the pass, regardless of the passer's position on the field. Across the country, we are seeing more high school quarterbacks throw the ball away to avoid a sack when outside the pocket, thinking this is legal based on what is seen on television. High school referees need to be aware of these situations and, with the help of the line judge and linesman, make the correct call under NFHS football rules. This is a foul that shall be called after the game officials have gathered and discussed the play. When a foul does occur, the penalty flag needs to be thrown by the referee. The penalty is 5 yards from the spot of the foul and a loss of down.

Ineligible Downfield and Line of Scrimmage Formation

In order for the offensive team to have a legal scrimmage formation at the snap (assuming the numbering exception is not being used), at least five Team A players, numbered 50-79, must be on the line of scrimmage. Also, no more than four Team A players may be backs. Only one player may not be on the line but still penetrate the vertical plane through the waistline of his nearest teammate who is on the line. This player must be in position to receive a hand-to-hand snap but does not have to actually receive it. By rule, he is the only player allowed to be positioned in "no man's land" at the snap. All other players not on the line must be clearly positioned as backs.

Some clarification was recently provided in identifying when an ineligible Team A player is illegally downfield on a pass play. By rule, ineligible Team A players may not advance beyond the expanded neutral zone on a legal forward pass play before a legal forward pass that crosses the neutral zone is in flight. The neutral zone expands 2 yards behind the defensive line of scrimmage following the snap. The position of the ineligible Team A player at the moment of the legal pass is the only factor in determining if the player is illegally downfield. When identifying Team A players who are illegally downfield, it is important to make sure that the Team A player is clearly beyond the expanded neutral zone (2 yards) at the moment that the pass is in flight. Players can travel multiple yards in a quick period of time. These players can be legally within the expanded neutral zone when the pass is thrown but beyond as the pass moves downfield. If B touches the pass in or behind the neutral zone, this restriction is terminated.

2020 RULES CLARIFICATIONS

2020 NFHS Football Rules Book Clarifications (Underlining shows additions; ~~strikethrough~~ shows deletions.)

Page 71 – Rule 9-4-4 PENALTY: PENALTY: ... Art. 4 – roughing the passer – (~~S38-34-8~~) ...

2020-2021 NFHS Football Game Officials Manual Clarifications (Underlining shows additions; ~~strikethrough~~ shows deletions.)

Page 69 – III. HEAD LINESMAN AND LINE JUDGE –A. After ball is spotted: 5. d.:

III. HEAD LINESMAN AND LINE JUDGE

A. After ball is spotted: ...

5. Check following: ...

d. Minimum of ~~seven~~ five offensive players on line-of-scrimmage. ...

2020 NFHS Football Preseason Guide Clarifications (Underlining shows additions; ~~strikethrough~~ shows deletions.)

Page 1 – "NFHS Clarifies Play Clock Situations" – Fourth and Fifth Paragraphs in Column One: ...~~In the event both an offensive and defensive player are involved, the game officials will determine for which player the game officials' time-out was initially taken. If the offensive player was noticed first, the play clock is set to 25 seconds; otherwise, it is set to 40 seconds. ...~~

... In the event that both an offensive player and a defensive player are both injured or have an equipment issue during the same play, the play clock will be set to 25 seconds. ...

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

OSAA ADOPTED FOOTBALL RULES AND INTERPRETATIONS

The 2020 NFHS Football Rules Book will be used with the following clarifications:

1. TIE GAMES – REGULAR SEASON

- A. The procedure on page 86-88 of the 2019 NFHS Football Rules Book shall be used to decide all ties in varsity games played in Oregon with the exception that the first and second overtime series shall begin on the 25-yard line; any subsequent overtime series shall begin on the 10-yard line.
- B. **NOTE:** It is the option of each athletic district as to whether the tie-breaking method will be utilized below the varsity level. This option shall be communicated to the local officials' Association.

OSAA FOOTBALL POLICIES

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

1. PRACTICE LIMITATION RULE (6A, 5A Pilot All Classifications) IN EFFECT Season 2, 3 and 4 of 2020-21 SY (Revised February 2021)

- A. **Philosophy/Rationale.** The following statements outline the philosophy of this policy regarding in-season and out-of-season sports.
 - 1) The spirit of the Practice Limitation Rule (6A, 5A Pilot) is that every school and participant shall have the same opportunity to practice prior to the first contest.
 - 2) The mission of OSAA member schools is to foster well-rounded individuals. The purpose of interscholastic athletics is to help educate boys and girls and not to prepare students for college athletics, which is a by-product of interscholastic competition available to a very small percentage of high school athletes.
 - 3) For most students, specialization in a single athletic activity is not in their best long-term interests.
 - 4) Students should be encouraged by coaches, administrators and parents to participate in a variety of school activities, including more than one sport during the school year.
 - 5) Schools should not allow use of school equipment, including uniforms and school district vehicles, and facilities by non-school organizations that promote a philosophy contrary to the above statements.
 - 6) ~~6A, 5A~~ Schools are looking to provide coaches with more opportunities for fundamental skill development at specified times during the Association Year.
 - 7) ~~6A, 5A~~ Schools believe that high school coaches are the individuals best-trained to guide and promote the health and physical welfare of all participants.
 - 8) ~~6A, 5A~~ Schools want to work with the OSAA to educate parents regarding the impact on the health and physical welfare of students who choose to specialize in one sport, year-round.
 - 9) There should be no promotion or publicity within a school for non-school programs, which promote a philosophy contrary to the above statements.
- B. **Individual Sports Limitation.** Schools may conduct practices and/or contests in individual sports (cross country, golf, swimming, tennis, track & field, wrestling) only during the designated OSAA sports seasons as outlined in Rule 6. Local school districts and/or leagues should establish their own policy restricting the involvement of their individual sports coaches in out-of-season programs.
- C. ~~**Closed Period.** The Closed Period for out of season team sports begins on the first practice date of each Fall, Winter, and Spring season. Dates shall follow the NFHS Numbered Calendar, as adopted by the OSAA. The Closed Period shall last six weeks. During the six week Closed Period, conditioning is the only activity allowed between out of season coaches and student(s) from their high school. Conditioning is defined as a session where students work on physical fitness and conditioning by use of weights, running, and/or exercises. Conditioning does not allow for the use of individualized and specialized sports equipment or apparatus, including but not limited to balls, bats, protective equipment, blocking dummies, batting cages, charging sleds and other implements related to specific OSAA activities. Participation in conditioning activities must be optional.~~
- D. **Open Period.** The Open Period for all out-of-season team sports begins on the first *practice date of each season* Monday following the six week Closed Period and ends when the next OSAA defined season begins. Dates shall follow the NFHS Numbered Calendar, as adopted by the OSAA. Fundamental skill development with an unlimited number of the school's student-athletes is allowed for a maximum of six hours each week per program. All open facility times shall be included in the weekly limitation. It shall be a violation of the Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**) if there is any

attempt by a coach during the Open Period to coach student-athletes from **their** high school in a contest in the activity **they** coach at that high school. For the purpose of this rule, a contest is any event (practice, scrimmage, game, etc.) that involves anyone other than the students at your high school. While boys' and girls' basketball (and soccer) are examples of the same sport, for the purpose of this rule they are considered different activities. Participation in Open Period fundamental skill development and/or conditioning must be optional. NOTE: The use of football protective equipment is prohibited from the conclusion of a school's regular and/or post-season until the end of the Association Year as outlined in Rule 6.7. This does not prohibit an individual student from using football protective equipment owned by the school when attending camps/clinics not organized by any member school personnel.

E. **Dates for the 2020-21 School Year.**

1) **OSAA Season 2.**

- a) Official Practices begin for **Season 2** Team Sport Coaches – Monday, **February 22** (Week **34**).
- ~~b) Closed Period for all **Season 3 and 4** Team Sport Coaches – Monday, **February 22** – Sunday, **April 4** (Weeks **26-29**).~~
- c) Open Period for all **Season 3 and 4** Team Sport Coaches – Monday, **February 22** – Sunday, **April 11** (Weeks **34-41**).
- d) Coaching Ends for **Season 2** Team Sport Coaches – On the **qualifying** date or when all **culminating events** have concluded for that school in that sport.

2) **OSAA Season 3.**

- a) Official Practices begin for **Season 3** Team Sport Coaches – Monday, **April 5** (Week **40**).
- ~~b) Closed Period for all **Season 2 and 4** Team Sport Coaches – Monday, **February 22** – Sunday, **March 14** (Weeks **34-37**).~~
- c) Open Period for all **Season 2 and 4** Team Sport Coaches – Monday, **April 5** – **Sunday, May 23** (Weeks **40-47**).
- d) Coaching Ends for **Season 3** Team Sport Coaches – On the **qualifying** date or when all **culminating events** have concluded for that school in that sport.

3) **OSAA Season 4.**

- a) **Official Practices begin for Season 4 Team Sport Coaches – Monday, May 10 (Week 45).**
- ~~b) **Closed Period for all Season 2 and 3 Team Sport Coaches – Monday, April 19 – Sunday, May 9 (Weeks 42-45).**~~
- c) **Open Period for all Season 2 and 3 Team Sport Coaches – Monday, May 10 – Sunday, June 13 (End of Association Year) (Weeks 45-50).**
- d) **Coaching Ends for Season 4 Team Sport Coaches – On the qualifying date or when all culminating events have concluded for that school in that sport.**

4) **OSAA Summer Season.**

- a) Summer Season for **Season 2, 3 and 4** Team Sport Coaches – **Sunday, June 13 (End of Association Year) – Sunday, August 15 (Weeks 50-7).**
- b) Moratorium Week – Sunday, **July 25** – Saturday, **July 31** (Week 4).

1. **Q.** Under the Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**), may a coach work on fundamental skill development with two students a day as was allowed previously?
 - A.** Yes, but only during the Open Period. During the Open Period coaches may work with an unlimited number of students on fundamental skill development for a maximum of six hours each week per program. All open facility times shall be included in the weekly limitation. During the Closed Period coaches are prohibited from working on fundamental skill development with any students.
2. **Q.** Under the Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**), may **students who do not currently attend your school** and/or students planning to transfer to your high school participate in fundamental skill development during the Open Period?
 - A.** No. Only full-time students currently attending your school, or students eligible to participate for your school via Rule 8.5 School Representation, are allowed to participate in fundamental skill development during the Open Period.
3. **Q.** Under the Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**), is a coach allowed to coach student-athletes from **their** high school in a contest during the Association Year outside their sport season in the activity **they** coach at that high school?
 - A.** No.

4. Q. Under the Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**), are coaches allowed to work on fundamental skill development with their students during the Open Period and organize their students to participate in contests while being coached by someone else?
- A. No.
5. Q. Under the Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**), how does the maximum of six hours each week per program work during the Open Period?
- A. Any fundamental skill development involving a coach and any number of students from the coach's school in the activity **they** coach at that high school counts toward the maximum of six hours each week per program (football, girls' basketball, boys' basketball, etc.). A week is defined as Monday-Sunday. All open facility times shall be included in the weekly limitation.
6. Q. Are open gyms still permissible under the Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**)?
- A. Yes, provided they occur during the Open Period and fall within the maximum of six hours each week per program. The terminology has been changed to "open facility" and is applicable to gymnasiums, fields, tracks, etc.
7. Q. What are the penalties if a high school coach violates the Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**) by coaching members of his or her team during the Closed Period or in an out-of-season contest?
- A. Rule 5, "Violations of Regulations – Penalties" – outlines violations of rules and penalties. As outlined in Rule 5.2., violations of any rule of the OSAA could include probation, forfeiture, fines, suspension or expulsion from the Association. The Executive Board would determine the penalty.
8. Q. Is a school in violation of the Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**) if an unpaid volunteer coach coaches both the high school team and an out-of-season team during the OSAA year?
- A. Yes, this would be a violation. The Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**) applies to any coach associated with a high school program (paid, volunteer, etc.).
9. Q. Under the Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**), may two high school coaches "trade" teams and coach each other's teams in an out-of-season contest, or may a person coach a high school team and then arrange for **their** parent/spouse/family member to coach the out-of-season club team during the Association Year?
- A. No. The intent of the rule is to provide high school coaches with more opportunities to teach fundamental skill development during specified times during the Association Year.
10. Q. A coach of a high school team arranges for a parent/spouse/family member to coach that same team in an out-of-season contest during the Association Year. Is this legal under the Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**)?
- A. No, this would be considered a violation.
11. Q. Under the Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**), may a high school coach work with a group of 9th graders before they turn out for a sport?
- A. Yes, provided it occurs during the Open Period.
12. Q. Under the Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**), may a high school coach conduct club team tryouts prior to the end of the Association Year?
- A. Yes, provided that the tryouts don't include students from the coach's high school in the activity **they** coach. Coaches may conduct club team tryouts for non-high school students, students from other high schools, and/or students from the coach's high school in an activity **they** don't coach.
13. Q. Under the Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**), may students serve as demonstrators at a clinic or camp at which their school coach is making a presentation outside of the OSAA season for that sport?
- A. Yes, provided the clinic or camp occurs during the Open Period or Summer Season.
14. Q. Under the Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**), may a coach own a club on which there are teams, which includes members of **their** school?
- A. Yes, but the coach may not personally coach a team with members of **their** school in the activity **they** coach at that high school during the Closed Period. During the Open Period the coach may conduct fundamental skill development and/or conditioning but may not coach members of **their** school in a contest in the activity **they** coach at that high school.
15. Q. May a coach be present at a camp, clinic or practice during the Closed Period in the activity **they** coach at that high school if **their** high school students are attending as participants?
- A. No, a coach may not attend as an instructor or observer.
16. Q. Would it be a violation of the Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**) for a coach to teach members of the high school program in a sport-specific class outside of the season for that sport during the Association Year?
- A. No, so long as the sport-specific class meets the following conditions:
- 1) The coach must be the teacher of record for the sport-specific class, and

- 2) The sport-specific class must be part of the regular school curriculum for which credit is granted, and
- 3) Enrollment in the sport-specific class must not be limited to team members.

17. Q. Would it be a violation of the Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**) if a school was to offer a sport specific class for which the coach is not the teacher of record, and the coach was allowed to attend the class as a guest and teach sport specific skills to members of the high school program outside of the season for that sport during the Association Year?
- A. Yes.
18. Q. At what point does the OSAA consider a person to be a school's coach?
- A. Once a person and a school have verbally agreed that the person will perform coaching duties for the school, **they** are considered to be that school's coach by the OSAA. At that time, all OSAA policies are in effect for that coach until such time that the coach resigns or is notified by the school that they are no longer a coach for that school.
19. Q. May a returning coach work with students outside their designated sports season since the coach working under a one-year contract and has not signed a contract for the coming year?
- A. No. Once a person becomes a school's coach, the OSAA considers that person to be a coach for the school until such time that the coach resigns or is notified by the school that they are no longer a coach for that school. Coaches who resign and are then brought back in a coaching capacity by the same school in an attempt to circumvent OSAA policy are subject to penalties as outlined in Rule 5, "Violations of Regulations - Penalties."
20. Q. A school is conducting interviews for a vacant coaching position. Is the interviewee allowed to conduct a practice in part of the interview process?
- A. Yes, but the trial practice session shall be no longer than 30 minutes in length.
21. Q. Under the Practice Limitation Rule (~~6A, 5A Pilot~~ **All Classifications**), may a high school coach work with **their** own children during the Closed Period?
- A. Yes, a coach may work with **their** own children at any time.
22. Q. May a high school coach be present as a spectator at an out-of-season club team contest if **their** high school student(s) are participating on the team?
- A. Yes, this is allowed during both the Closed and Open Period.
23. Q. During the Closed Period, may a high school facility be used by an out-of-season student from that high school?
- A. Yes, provided no coach from that school organizes the usage, is involved in it or is in attendance.
24. Q. During the Closed Period, may a high school facility be used by an out-of-season coach to hold an out-of-season event or open facility?
- A. Yes, provided no student from **their** high school is present.

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. **Football**

- 1) All practices shall allow for water breaks and general acclimatization to hot and/or humid weather. Ample amounts of water shall always be available and a student's access to water shall 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) Teams shall have not less than nine days of on-field practice prior to playing in a jamboree or an interscholastic contest.
- 3) 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.)

- 4) Days in which multiple practice sessions are conducted are subject to the following restrictions:
 - a) One practice session of the first two multiple practice session days shall be a teaching session only. Conditioning drills (gassers, timed runs or sprints) shall not be conducted.
 - b) Only one practice of a multiple practice session day may include Full contact (defined below as Thud and Live Action).
- 5) At the beginning of football practice each year, every student shall be required to have two days of helmet only practices. During this period, the only optional pieces of protective equipment that may be worn by individuals are shoes and helmets. No other pads (e.g., shoulder, knee, thigh, hip and rib) are to be worn. During helmet only practice, no full contact drills or any other activity may occur which would result in a player completing a tackle or being blocked or tackled to the ground. This policy does not preclude light contact with blocking sleds and tackling dummies. However, it is strongly recommended that any such contact be carefully controlled.
- 6) Following two days of helmet only practices, students may wear helmets and shoulder pads on Day 3. On this day, the only optional pieces of protective equipment that may be worn by individuals are shoes, shoulder pads and helmets. No other pads (e.g., knee, thigh, hip and rib) are to be worn. During helmet/shoulder pad practice, no full contact drills or any other activity may occur which would result in a player completing a tackle or being blocked or tackled to the ground. This policy does not preclude light contact with blocking sleds and tackling dummies. However, it is strongly recommended that any such contact be carefully controlled.
- 7) After completing the first three days, a student may participate in a contact practice. During a contact practice the remainder of the football gear as described in the NFHS Football Rules Book may be worn and activity is not restricted with regard to contact as defined by USA Football Levels of Contact. A school shall not permit an individual to participate in a contact practice unless that individual has had at least two days of helmet only practice and one day of helmet/shoulder pad practice. Contact with another person on the fourth and fifth days shall be controlled.
- 8) Beginning the third week of Football practice (Week 9 on NFHS Standardized Calendar) students may participate in three days of full contact each week, excluding games. A maximum of 90 minutes of Full Contact combined is allowed during these three days. Full contact is defined as follows:
 - a) Thud – Drill is run at assigned speed through the moment of contact, no predetermined “winner.” Contact remains above the waist; players stay on their feet and a quick whistle ends the drill. This applies to simulations and drills involving any number of players.
 - b) Live Action – Drill is run in game-like conditions and is the only time that players are taken to the ground. This applies to simulations and drills involving any number of players.
- 9) 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.
- 10) A student shall become eligible to participate in a jamboree or interscholastic contest after completing a minimum of nine days of actual on-field 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 shall 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, Football)

(Revised December 2020)

- A. **Team.** A school team shall not play more than ~~nine games~~ ~~seven games~~ ~~five games~~ **six games** at each level of competition, exclusive of the state championships.
- B. **Individual.** A student shall not participate in more than ~~nine weeks~~ ~~seven weeks~~ **five weeks**, exclusive of the state championships. A student may participate in only one jamboree.
- 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 **Friday of Week 34 of the NFHS Standardized Calendar (February 26, 2021)** and for 30 days thereafter.
- 1) **Reminder.** All participants must have completed a minimum of nine days of actual field practice prior to the jamboree.
 - 2) In a jamboree, each team is allowed a total of 36 offensive snaps from the line of scrimmage. Any kicking play (e.g., punt, extra point, field goal) counts as an offensive snap.
 - 3) **Four-team format.** Twelve offensive snaps against each opponent – 36 total snaps.
 - 4) **Three-team format.** Eighteen offensive snaps against each opponent – 36 total snaps.
 - 5) Students participating in jamborees shall adhere to the individual participation limitations set forth in this Handbook. Participation against a single opponent in a jamboree shall count as one quarter toward the weekly limit. A student may participate in only one jamboree.
- D. **Quarter Rule.**
- 1) **Daily.** A student shall not compete in more than four quarters each day. Participation in any play in a quarter shall constitute participation in that quarter. If a student appears in more than four quarters in a day, the game in which the student exceeds the limit shall be forfeited.

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

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

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

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

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

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

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

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

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

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

3. **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.

3) **Football.** Five officials are required at the varsity level at the 6A, 5A and 4A classifications. Five officials are recommended but at least four are required at the varsity level at the 3A, 2A and 1A classifications. Five officials are recommended but at least four are required at the junior varsity, sophomore and freshman levels at all classifications.

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.

- D. **Football.** Contest shall be continued from point of interruption unless the teams agree to terminate the game with the existing score, or there are athletic district rules that apply.

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

6. **FOOTBALL – CLEATS:** In addition to the unsportsmanlike conduct penalty (15 yards) specified by the National Federation Rules Book, a student who is wearing illegal cleats in excess of 1/2” in length shall be ejected from the contest, whether or not the student has participated.
7. **FOOTBALL – LEAGUE PLAYOFF PROHIBITION:** Leagues shall not use on-the-field procedures such as the “Kansas Plan” to break ties in league football standings at the end of the regular season. Each league shall develop its own standard operating procedure for resolving league ties off the field.
8. **FOOTBALL – VIDEO EXCHANGE:** Each school participating in the Football State Championships, excluding schools assigned to the 1A classification, shall be required to exchange at least two videos with their next opponent. The opposing coaches choose which videos to receive, and the exchange must be completed by noon on Sunday preceding the game in which the two schools meet.

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

- 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 shall 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. Shall 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) shall 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 shall 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 shall 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 shall 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 shall 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 shall 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 shall 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** (OSAA Handbook, Executive Board Policies) (Revised Spring 2019)
<http://www.osaa.org/coaches/requirements>

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

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

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

6. **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**.

7. **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. Shall 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. Shall 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. Shall 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 shall 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 shall 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 shall 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 shall 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.

8. **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.

9. **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.

10. **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 shall be altered and/or eliminated using the following guidelines:
 - 2) 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 shall be able to take in as much water as they desire.
 - g) Watch/monitor athletes for necessary action.
- 3) 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 shall 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.

11. 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 shall 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 shall never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* shall 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.

12. [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 proved 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.

13. [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.

14. [SCORE DIFFERENTIAL PROCEDURES](#) (OSAA Handbook, Executive Board Policies) (Summer 2020)

The following procedures shall be followed when the score differential reaches the level outlined in this policy at all contests , regardless of classification and level.

- C. **Football.** *If a 35-point score differential occurs at halftime or anytime thereafter, a running clock shall be used. The running clock shall be started with the ready-for-play signal from the official. Once the running clock is started it shall continue until the conclusion of the game and only be stopped for the following reasons:*
 - 1) **An official's timeout for an injured participant, safety reasons or a possible first down.**
 - 2) **A charged timeout.**
 - 3) **A one-minute intermission between the third and fourth quarters and following a try, successful field goal or a safety.**
 - 4) **Disqualification of a player, coach or fan.**
 - 5) **When a TV/radio timeout is granted.**

15. [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, shall 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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17. Q. Are “run through” signs allowed?
A. Yes, so long as the message is positive/supportive.
18. Q. May visiting schools bring signs and/or banners to hang at the host school’s venue?
A. No.
19. 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.**
20. Q. **May a spectator have an artificial noisemaker?**
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21. Q. May a school use an artificial noisemaker at specific times during athletic events?
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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.