



## **2018-19 SWIMMING PLAN BOOK**

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### **SEASON DATES**

First Practice Date .....	November 12
First Contest Date .....	November 28
Cutoff Date.....	February 9
All State Championships .....	February 15-16

### **NFHS 2018-19 SWIMMING RULES**

Order the current NFHS Swimming Rules Book on the [OSAA Rules Book Order Form](#) or contact the OSAA for more information.

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

#### **2018-19 NFHS RULES REVISIONS:**

<b>Rule 1</b>	Rule 1 has been reorganized to more accurately reflect and define meet specifications and organization. <b>Rationale:</b> Clarifies and consolidates terminology and reorganizes sections to reflect the order in which rules appear in the rules book.
<b>2-4-5</b>	The 16.4-yard/15-meter marks must be visible on both sides of the pool deck. <b>Rationale</b> Although markings may be integrated into each lane marker/lane line, because the position of such floats are often irregular, the marks on the sides of the pool are the uniform default marking for all lanes.
<b>2-7-2b</b>	Backstroke starting ledges are not permitted in high school swimming. <b>Rationale:</b> Clarifies that backstroke starting ledges are prohibited in high school swimming due to risk minimization.
<b>2-7-2c (NEW)</b> <b>2-7-2 NOTE (NEW)</b>	Options for starting platform malfunctions are provided, and direction for malfunctioning swimming equipment has been re-organized. <b>Rationale:</b> Clarifies directives when swimming equipment malfunctions or is non-compliant.
<b>4-2-1d</b>	The referee shall conduct a pre-meet conference with the starter, the coach and the captain of each team for all non-championship meets. <b>Rationale:</b> Emphasizes the importance that participants are aware of all details associated with the event.
<b>4-5-3</b> <b>4-7</b>	The responsibilities of stroke inspectors and turn/finish judges can now be combined by the referee. <b>Rationale:</b> Specifies when the availability of officials is limited, the referee has the option to staff the deck effectively and efficiently with available officials.
<b>5-1-2a</b>	In non-championship meets, the diving event maybe held first, last or simultaneously with the swimming events, in addition to the traditional placement as Event 5 between the 50-yard freestyle and the 100-yard butterfly. <b>Rationale:</b> Allows for flexibility in conducting the diving event within the dual meet program which will permit more options for competing teams.
<b>5-3</b> <b>5-3-2</b> <b>5-3-6 NOTE</b>	Section 5-3 has been updated to provide lane and heat assignment protocol from the dual meet to the championship meet. <b>Rationale:</b> Clarifies direction for situations in which the number of teams and/or entries cannot be equally divided into the number of available lanes.

<b>5-4-2</b>	New language provides scoring protocol based on pool facilities with differing numbers of available lanes. <b>Rationale:</b> Clarifies protocol for number of qualifiers and scoring for facilities that have 4, 6, 8, 9, or 10 lanes available.
<b>9-4-6 NOTE 2 (NEW)</b>	The NOTE clarifies that it is permissible to conduct eleven-dive competitions during dual meets, double-dual meets, and other non-championship multi-team meets. <b>Rationale:</b> Provides for additional options for competitors to prepare for tournament series events.

### **2018-19 NFHS MAJOR EDITORIAL CHANGES:**

<b>2-6</b>	Reorganizes water condition requirements and provides directives for non-compliant conditions.
<b>2-7-9, 7-2-5</b>	Clarifies the recommendation for posting team scores through a meet.
<b>4-1-2</b>	Clarifies that a meet committee and meet director are only required for championship meets. Other meets are administered by the referee or other officials appropriate to the type of meet.
<b>8-3-3 NOTE</b>	Instruction for the starting procedure during a backstroke relay was moved to a NOTE, as this is not an NFHS event. The NOTE can provide the guidance that may be needed.

### **2018-19 NFHS EDITORIAL CHANGES:**

1-2-3, 3-1-1, 3-1-2, 3-2-1, 3-2-2, 3-2-3, 3-2-3 PENALTIES, 3-6-1 PENALTY, 4-1-2, 4-1-4, 4-1-7, 4-3-1b, 4-6-2, 4-6-3, 4-6-4, 4-9-3, 5-1-1 NOTE, 7-1-2, 7-1-3, 9-1-1f, g, 9-2-4
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### **2018-19 NFHS POINTS OF EMPHASIS:**

1. **Suit Coverage** – Rule 3-3-1 states all suits shall be of one piece and competitors shall not be permitted to participate wearing a suit that is not of decent appearance. Boys shall wear suits which cover the buttocks while girls shall wear suits which cover the buttocks and breasts. If individuals or teams are in violation of this rule, officials are encouraged to contact the head coach of the offending team, rather than the student, requesting that all team members be appropriately equipped with uniforms that meet specified standards. School administrators and coaches are also asked to be proactive in monitoring their athletes' compliance with this rule. If the athlete cannot or will not comply with the suit coverage rule, they will be disqualified from events until they are in legal attire. Coaches are encouraged to select team suits that provide appropriate coverage as it pertains to NFHS rules.
2. **Guidelines on Handling Contests During Lightning or Thunder Disturbances** – The NFHS Sports Medicine Advisory Committee (SMAC) convened in March 2018 and revised its "Guidelines on Handling Practices and Contests During Lightning or Thunder Disturbances" (see Appendix H). These revised guidelines provide a model policy for consideration by 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.  
  
Even though large, substantial buildings containing electrical wiring and plumbing are generally considered as safe, there may still be a potential risk of lightning injury in certain situations indoors. Lightning can enter a building through electrical or telephone wiring and plumbing, which makes locker-room shower areas, swimming pools (indoor and outdoor), landline telephones, and electrical appliances unsafe during thunderstorms because of the potential contact injury. Even if the building is customarily grounded for electricity, lightning is often fast enough and powerful enough to spread and injure someone before the ground fault interrupters or other systems are triggered to protect the person touching any of these systems. Indoor swimming pools are just as dangerous as outdoor pools because lighting, heating, plumbing, and drains used in indoor pools ultimately connect to materials outside the building that can be used to transmit the lightning energy into the building or pool. If people cannot reach a safer location when thunderstorms are in their area, they should at least avoid the riskiest locations and activities, including elevated places, open areas, tall isolated objects, and being in, on, or at the edge of large bodies of water, including swimming pools, as all of these locations are not lightning safe!  
  
Remember, The NFHS Guidelines state that activities should be suspended at the first sound of thunder or sighting of lightning and should not be resumed until 30 minutes after the last thunder is heard or lightning is seen. Host management should have a plan in place regarding inclement weather that includes assignment of a staff member to monitor local weather conditions, development of an evacuation plan, and development of criteria for suspension and resumption of play. The lightning safety policy should be reviewed annually with all administrators, coaches, officials, and meet personnel. Student-athletes and their parents should be informed of the lightning policy at the start of each sports season. A lightning safety policy is only effective if

it is enforced. Everyone should be aware of lightning as a threat, and those who oversee participants, whether they are responsible for health care, are coaches, or meet officials, should be proactive in vacating all student-athletes and spectators to a safer location.

**3. Scratches/Declared False Starts/Failing to Compete** – Scratches, declared false starts, and the penalty for failing to compete are applied differently to championship and non-championship meets. Competitors, once officially entered, shall compete in all races. In championship meets:

- A.** A scratch is the withdrawal of a competitor from the remainder of his/her events in the meet. (1-4-10)
  - 1) A declared false start is the withdrawal of a competitor from a specific event (1-4-11). A competitor may withdraw from a preliminary event or final with a declared false start, if submitted to the referee/designee at the specified time and place. The time and place could be during a pre-competition coaches meeting, at some point prior to the start of the meet, or prior to the start of that specific event. The designated time and place must be specified in the meet announcement (1-4-7). The event shall still count as an entry, although it does not disqualify the competitor from further competition. When a relay team withdraws by a declared false start, the coach shall designate which four swimmers from among the potential participants in the event are charged with an entry.
  - 2) By state association adoption, an alternate qualifier is one of the next two fastest swimmers/relays after the finalists are designated with the faster of the two being the first alternate qualifier and the next being second alternate qualifier. If a finalist cannot participate, an alternate qualifier may be called to take his/her place. The process and procedures for moving alternate qualifiers into finals and consolation finals must be specified in the meet announcement. (1-4-7)
  - 3) A competitor who fails to compete in an event in which he/she has officially entered, shall be disqualified from further competition unless the failure to compete is due to a medical reason certified by an appropriate medical professional and declared to the referee in advance of the event. The competitor shall not be disqualified from events for which he/she has previously qualified. (3-2-2 PENALTY 3)
- B.** In non-championship meets: A competitor who fails to compete in an event in which he/she has officially entered, shall be disqualified from that event only. (3-2-2 PENALTY 2)

**4. Officials Recruitment and Retention** - High school swimming needs dedicated men and women to become involved so that the sport can continue to prosper for years to come. Administrators, coaches, and officials are encouraged to reach out to local graduating seniors, area college students, retiring coaches, and/or officials who are licensed in other sports to recruit new individuals as prospective swimming and diving officials.

**2018-19 NFHS COMMENTS ON THE RULES:**

<b>Rule 1</b>	Rule 1 has been reorganized and terminology has been added and removed to more accurately reflect and define meet specifications and organization. The changes provide clarity while also consolidating the terminology used in the rules book. Also, sections were re-ordered to reflect the order in which rules appear in the NFHS Swimming and Diving rules book.
<b>2-4-5</b>	New wording clarifies that 16.4-yard/15-meter marks must be visible on both sides of the pool deck. The 16.4-yard/15-meter markings may also be integrated into each lane marker/lane line. However, because the position of such floats are often irregular, the marks on the sides of the pool deck are the uniform default marking for all lanes.
<b>2-7-2b</b>	Backstroke starting ledges are not permitted to be used in high school swimming. The NFHS Swimming and Diving Rules Committee has consistently opposed the use of backstroke starting ledges because of concerns about athlete safety and risk minimization, which is one of the principal responsibilities of the Committee.
<b>2-7-2c 2-7-2 NOTE</b>	Language regarding options for starting platform malfunctions are provided in this new provision and updates have been made with regard to the penalties. PENALTY 2, which is applied in situations of improper water conditions, was removed because it is not applicable to the subject matter within the rule. PENALTY 3 verbiage is now contained in Rule 2-7-2c <del>ART. 2c</del> , which provides directives when starting platforms are not secured <del>non-compliant</del> . PENALTY 1 was moved to a NOTE <del>ART. 3</del> and describes what occurs when water depth or distance from the starting platforms to the water are non-compliant.
<b>4-2-1d</b>	The pre-meet conference is now a requirement of the referee, the starter, the coach and the captain of each team. This serves a risk minimization function and promotes positive sporting behavior. Suggested topics to be covered include sportsmanship, illegal attire, medical issues involving tape, students with a disability, and any general concerns/comments.

4-5-3 4-7	The responsibilities of stroke inspectors and turn/finish judges can now be combined by rule. When the availability of officials is limited, it is important that the flexibility to staff the deck effectively and efficiently with the available officials is preserved.
5-1-2a	In non-championship meets, the diving event maybe held first, last or simultaneously with the swimming events, in addition to the traditional placement as Event 5 between the 50-yard freestyle and the 100-yard butterfly. Allowing for flexibility in conducting the diving event within the dual meet program will permit more options for the competing teams. Regardless of when the diving event is conducted, there shall be a break of at least 15 minutes, with at least 10 minutes warmup in the water, prior to the 100-yard butterfly.
5-3-2, 5-3-6 NOTE	Section 5-3 has been updated to provide lane and heat assignment protocol in a logical fashion from the dual meet to the championship meet. This change also clarifies direction for situations in which the number of teams and/or entries cannot be equally divided into the number of available lanes. Meet hosts should have the responsibility/right of deciding between seeding and leaving lanes open, because that decision affects meet duration and facility constraints.
5-4-2	New language provides scoring based on pool facilities with different numbers of available lanes. It clarifies the use of finals and consolation finals heats and provides an opportunity to use more than 6 lanes for each and thus score more than 12 swimmers. It also stipulates that when both a finals heat and a consolation finals heat are swum, the finals heat is to be full even if doing so leaves only 1 or 2 athletes in the consolation finals heat.
9-4-6 NOTE	The NOTE clarifies that it is permissible to conduct eleven dive competitions during dual meets, double-dual meets, triple-dual meets and other non-championship multi-team meets. This provides additional options for competitors to prepare for tournament series events.

## **2018-19 NFHS RULES INTERPRETATIONS:**

**Publisher's Note:** *The National Federation of State High School Associations is the only source of official high school interpretations. They do not set aside nor modify any rule. They are made and published by the NFHS in response to situations presented.*

*Dr. Karissa L. Niehoff, Publisher, NFHS Publications © 2018*

**RULES BOOK CORRECTIONS:** (Underlining shows additions; ~~strikethrough~~ shows deletions.)

**Page 2, Major Rule Change Summary 4-2-1d:** The referee shall conduct a pre-meet conference with the starter, the coach and the captain of each team for all ~~non-championship~~ meets;

**Page 37, 4-1-2:** In championship ~~multi-team~~ meets, a meet committee and a meet director shall assume responsibility for all aspects of meet management.

**SITUATION 1:** A non-varsity meet is conducted using events that are shorter distances than what is prescribed in Rule 5-1-1.  
**RULING:** Legal, provided the state association permits such modifications for non-varsity competition.  
**COMMENT:** NFHS playing rules are written specifically for varsity competition. Modifications for levels other than varsity are at the discretion of the state association. The policy permitting state associations to modify events and distances for non-varsity competition remains in effect. (5-1-1 NOTE 1)

**SITUATION 2:** A meet is being conducted in a facility that cannot physically accommodate 16.4-yard/15-meter deck markings on both sides of the pool ('L' shape pool, a 25-yard course in the middle of a 50-meter pool). **RULING:** The 16.4-yard/15-meter marking should be placed at the appropriate position on the deck, regardless of the distance between the deck and the lanes being used. (2-4-5)

**SITUATION 3:** During a non-championship/ multi-team meet, a swimmer from one of the participating teams is disqualified, and her coach asks that a meet committee be convened to discuss a misapplication of a rule. **RULING:** A meet committee is only a requirement of championship meets. As a result, the request should be denied. **COMMENT:** Other meets are administered by the referee or other officials appropriate to the type of meet. (4-1-2)

**SITUATION 4:** Prior to a triple-dual meet, the referee and starter determine that a pre-meet conference is not necessary. **RULING:** Incorrect procedure. **COMMENT:** The pre-meet conference is now mandatory for all participating teams to review meet procedures, special instructions and any unusual pool conditions. A comprehensive list of items to be covered is included in Appendix G of the 2018-19 Swimming Officials Guidelines Manual. State associations may determine an alternative method of communication in situations where the size of the meet makes a pre-meet conference impractical. (4-2-1d)

**SITUATION 5:** A meet is scheduled in a five-lane pool involving (a) two teams, (b) four teams. In (a), the host team chooses to close Lane 1, and the visiting team chooses the odd-numbered lanes for competition. In (b), the host team determines that

entries are to be seeded. **RULING:** Correct procedure in (a) and (b). **COMMENT:** In a dual meet, when the number of teams cannot be equally divided into the number of lanes, the visiting team selects lanes in which to compete, but the host team may choose when to close a lane. In a non-championship/multiteam meet, when the number of teams cannot be equally divided into the number of lanes, the host school meet management shall determine whether the entries are seeded or lanes are assigned by lots. Host schools are encouraged to notify participating schools of the protocol in advance. (5-3-1, 5-3-2)

**SITUATION 6:** A host team is conducting a championship meet in a six-lane pool and seeds the preliminary heats so that there are a minimum of three competitors/relay teams in each heat. Twelve places are scored for the finals. In the 500-yard freestyle, only eight swimmers entered the event and qualified for finals and consolation finals. The host team places the fastest five swimmers in the finals heat and the remaining three swimmers in the consolation finals. **RULING:** Incorrect procedure. **COMMENT:** There shall be a minimum of three competitors or relay teams seeded in any preliminary heat or timed final heat. The fastest swimmers from the preliminaries of each event shall qualify for the finals and the next fastest swimmers shall qualify for consolation finals. If there are fewer competitors than the total number of scoring lanes, the finals heat shall be filled even if that leaves two or fewer competitors in the consolation finals heat. (5-3-5, 5-4-2)

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

## **OSAA ADOPTED SWIMMING RULES AND INTERPRETATIONS**

*The 2018-19 NFHS Swimming Rules Book will be used with the following clarifications:*

### **1. USE OF WHISTLES AS PREPARATORY COMMANDS:** (2017-18 NFHS Swimming & Diving Rules Book, page 92)

To be used for all OSAA competitions, including regular season, district and state championship meets.

#### **A. Forward Starts**

- 1) Referee/starter signals the swimmers with a series of short whistles (no fewer than 4) to approach the blocks and prepare to swim, followed by the announcer or referee/starter announcing the event/distance/heat.
- 2) When all swimmers have approached the blocks, referee/starter blows a long whistle for the heat to step onto the blocks and take their preparatory position.
- 3) Once all swimmers are on the blocks, the referee immediately turns the heat over to the starter.
- 4) When the swimmers are prepared, the starter says "Take your mark."
- 5) When swimmers have assumed the correct starting position and are stationary, starter activates the starting signal.

#### **B. Backstroke Starts**

- 1) Referee/starter signals the swimmers with a series of short whistles (no fewer than 4) to approach the blocks and prepare to swim, followed by the announcer or referee/starter announcing the event/distance/heat.
- 2) When all swimmers are at the side of the blocks, referee/starter blows a long whistle for the heat to immediately step into the water. When all swimmers have surfaced, referee/starter blows a second long whistle to have the swimmers return to the wall and immediately assume their starting positions.
- 3) The procedure is then the same as in steps 3, 4 and 5 in the Forward Start section.
- 4) Optional: If a swimmer (or swimmers) has not responded to the whistles, referee/starter may say "step up" or "step in."

### **2. GUIDELINES FOR MEET WARM-UP**

A. The following guidelines are recommended for warm-up periods at all meets:

- 1) A designated supervisor shall be on the deck during the entire warm-up period.
- 2) Swimmers shall enter the water feet-first except for starts which are limited to specified lanes.
- 3) Specify Lanes 2 and 5 (six-lane pool) or Lanes 2 and 7 (eight-lane pool) as one-way sprint lanes with racing starts permitted at the starting end of the pool.
- 4) Place a cone marker or similar sign on starting platforms in lanes not specified as one-way sprint lanes.

- 5) Specify center lanes for circle swimming (two lengths of the pool beginning at the starting end of the pool).
  - 6) Specify the outside lanes as pace lanes (swimmers swim one or two lengths from an in-water push-off position from the starting end of the pool).
  - 7) May specify lanes for relay practice during the last 15 minutes of the warm up.
  - 8) Coaches should stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
  - 9) Swimmers should not be allowed on a starting platform when a backstroker is executing a start in the same sprint lane.
- B. Meet management or a designated official may remove a swimmer, coach and/or team from the deck for violations of these recommendations. In facilities that have a warm-up and/or warm-down area, management shall provide supervision of the area(s) at all times.

## **OSAA SWIMMING POLICIES**

### **Effective outside Association Year.**

#### **1. SUMMER POLICY (OSAA Handbook, Executive Board Policies) (Revised Fall 2017)**

- A. **All Sports.** Summer activities under the direction of any person affiliated with the high school program, including practices, contests, weight training and conditioning, are permissible throughout the summer, excluding the defined Moratorium Week, and must consider the following points:
- 1) OSAA regulations regarding the Heat Index Calculator are in effect at all times. Athletes must be encouraged to stay well hydrated at all times, especially in hot and humid conditions. This applies to outdoor activities and indoor activities without air conditioning. See the [NFHS](#) statements on heat and hydration.
  - 2) Implement a slow and gradual preseason-conditioning regimen that prepares the athlete for the rigors of the sport.
  - 3) Slowly build up the intensity of activity over several days.
  - 4) Have fitness tests (mile run, shuttle run times, maximum repetition exercises) scheduled the second week of practices. Use a progressive, periodized program and evaluate performance once athletes are acclimated to the stress about to be placed upon them.
  - 5) Take into account the level of conditioning of all individuals and what their previous conditioning has been. Athletes who have just finished a sports season should have at least a short period (one to two weeks) of relative rest.
  - 6) Slowly introduce new exercises or workout routines to allow for adaptation by muscle groups.
  - 7) Provide adequate rest and recovery between repetitions in the weight room and especially during “gassers” and intense station or “mat” drills.
  - 8) Athletes should refrain from consuming high caffeine energy drinks and supplements, or other stimulants, as they may contribute to dehydration. See the [NFHS](#) statement on energy drinks.
  - 9) Athletes should refrain from extreme exercise during acute illness, if feeling ill, or while experiencing a fever.

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

#### **1. PRACTICE LIMITATION RULE (6A Pilot) (Approved May 2018 for second one-year trial during the 2018-19 SY) (Revised February 2019)**

- 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 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 schools are looking to provide coaches with more opportunities for fundamental skill development at specified times during the Association Year.
  - 7) 6A 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 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 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 Pilot) if there is any attempt by a coach during the Open Period to coach student-athletes from his/her high school in a contest in the activity he/she coaches 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 6.6. 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 2018-19 School Year**
- 1) **OSAA Fall Season.**
    - a) Official Practices begin for Fall Team Sport Coaches – Monday, **August 13** (Week 7).
    - b) Closed Period for all Winter and Spring Team Sport Coaches – Monday, **August 13**-Sunday, **September 23** (Weeks 7-12).
    - c) Open Period for all Winter and Spring Team Sport Coaches – Monday, **September 24**-Sunday, **November 11** (Weeks 13-19).
    - d) ***Coaching Ends for Fall Team Sport Coaches – On the cutoff date or when all state championship contests have concluded for that school in that sport.***
  - 2) **OSAA Winter Season.**
    - a) Official Practices begin for Winter Team Sport Coaches – Monday, **November 12** (Week 20).
    - b) Closed Period for all Fall and Spring Team Sport Coaches – Monday, **November 12**-Sunday, **December 23** (Weeks 20-25).
    - c) Open Period for all Fall and Spring Team Sport Coaches – Monday, **December 24**-Sunday, **February 24** (Weeks 26-34).
    - d) ***Coaching Ends for Winter Team Sport Coaches – On the cutoff date or when all state championship contests have concluded for that school in that sport.***
  - 3) **OSAA Spring Season.**
    - a) Official Practices begin for Spring Team Sport Coaches – Monday, **February 25** (Week 35)
    - b) Closed Period for all Fall and Winter Team Sport Coaches – Monday, **February 25**-Sunday, **April 7** (Weeks 35-40).

- c) Open Period for all Fall and Winter Team Sport Coaches – Monday, **April 8**-Monday, **May 27** (Weeks 41-47).
- d) **Coaching Ends for Spring Team Sport Coaches** – ***On the cutoff date or when all state championship contests have concluded for that school in that sport.***

4) **OSAA Summer Season.**

- a) Summer Season for Fall, Winter, and Spring Team Sport Coaches – Tuesday, **May 28**-Sunday, **August 18** (Weeks 48-6).
- b) Moratorium Week – Sunday, **July 28**-Saturday, **August 3** (Week 4).

1. **Q.** Under the Practice Limitation Rule (6A Pilot), 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 Pilot), is a coach allowed to coach student-athletes from his/her high school in a contest during the Association Year outside their sport season in the activity he/she coaches at that high school?
  - A.** No.
3. **Q.** Under the Practice Limitation Rule (6A Pilot), 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.
4. **Q.** Under the Practice Limitation Rule (6A Pilot), 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 he/she coaches 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.
5. **Q.** Are open gyms still permissible under the Practice Limitation Rule (6A Pilot)?
  - 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.
6. **Q.** What are the penalties if a high school coach violates the Practice Limitation Rule (6A Pilot) 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.
7. **Q.** Is a school in violation of the Practice Limitation Rule (6A Pilot) 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 Pilot) applies to any coach associated with a high school program (paid, volunteer, etc.).
8. **Q.** Under the Practice Limitation Rule (6A Pilot), 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 his/her 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.
9. **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 Pilot)?
  - A.** No, this would be considered a violation.
10. **Q.** Under the Practice Limitation Rule, 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.
11. **Q.** Under the Practice Limitation Rule (6A Pilot), may a high school coach conduct club team try-outs prior to the end of the Association Year?
  - A.** No.

12. Q. Under the Practice Limitation Rule (6A Pilot), 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.
13. Q. Under the Practice Limitation Rule (6A Pilot), may a coach own a club on which there are teams, which include members of his/her school?  
A. Yes, but the coach may not personally coach a team with members of his/her school in the activity he/she coaches 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 his/her school in a contest in the activity he/she coaches at that high school.
14. Q. May a coach be present at a camp, clinic or practice during the Closed Period in the activity he/she coaches at that high school if his/her high school students are attending as participants?  
A. No, a coach may not attend as an instructor or observer.
15. Q. Would it be a violation of the Practice Limitation Rule (6A Pilot) 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.
16. Q. Would it be a violation of the Practice Limitation Rule (6A Pilot) 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.
17. 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, he/she is 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.
18. 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."**
19. 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.
20. Q. Under the Practice Limitation Rule (6A Pilot), may a high school coach work with his/her own children during the Closed Period?  
A. Yes, a coach may work with his/her own children at any time.
21. Q. May a high school coach be present as a spectator at an out-of-season club team contest if his/her high school student(s) are participating on the team?  
A. Yes, this is allowed during both the Closed and Open Period.
22. 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.
23. 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 his/her high school is present.

2. **PRACTICE LIMITATION RULE** (OSAA Handbook, Executive Board Policies) (Revised Fall 2017)

- A. **Philosophy.** The following statements outline the philosophy of the OSAA regarding in-season and out-of-season sports.
- 1) 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.

- 2) For most students, specialization in a single athletic activity is not in their best long-term interests.
- 3) 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.
- 4) 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.
- 5) There should be no promotion or publicity within a school for non-school programs, which promote a philosophy contrary to the above statements.

- B. **Preface.** The spirit of the Practice Limitation Rule is that every school and participant shall have the same opportunity to practice prior to the first contest. Practice is defined as the involvement of individuals from a member high school in any program, demonstration, instruction, or participation conducted in part or in its entirety by a person or a group of people who are or who have been involved in the coaching of any of these athletes in that sport at the high school, including volunteer coaches. Unless a person has been approved by the school district as a member of the coaching staff, that person may not practice against a team or a team member (example- throwing batting practice or working against a basketball post player).
- C. **Team Sports Limitation.** Schools may conduct practices and/or compete in contests in team sports (baseball, basketball, football, softball, soccer, volleyball) only during the designated OSAA sports seasons as outlined in Rule 6. It shall be a violation of the rule if there is any attempt during the Association year to gather together more than two members of the same high school, with remaining eligibility in that sport, per day outside the OSAA defined season to receive specialized athletic instruction from any coach associated with the participating athletes' high school. Attempts to circumvent the rule by encouraging team members to attend out-of-season practices or camps during the Association year other than through general dissemination of information or brochures shall be considered a violation of this rule. **EXCEPTION:** Baseball and softball coaches may begin pitching instruction and throwing workouts with pitchers and catchers only (maximum of eight total per day) two weeks prior to the Spring Sports First Practice Date. **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 6.6. 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.
- D. **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.
- E. **Open Facility.** The intent of an open facility is to provide an opportunity for a recreational activity to occur. The facility is provided so that any student in the school has an opportunity to participate. (See Team Sports Limitation listed above for additional information.)
- F. **Conditioning.** 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.

1. **Q.** Does the Practice Limitation Rule apply during the summer?
  - A. No. The Executive Board Policy is only in effect during the Association year, which starts on the first day of fall practice and ends after Memorial Day is observed.
2. **Q.** May a school or an individual student compete in an indoor track meet?
  - A. The OSAA does not have a season designated for indoor track. Therefore, indoor track is not an OSAA sanctioned activity. Since track and field is an individual sport, it falls under the Individual Sports Limitation. A participant in indoor track must do so unattached and may not represent his/her high school. No school uniforms, equipment or transportation may be used.
3. **Q.** What are the penalties if a high school coach violates the Practice Limitation Rule by coaching more than two members of his or her team in an out-of-season program?
  - 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.
4. **Q.** Is a school in violation of the Practice Limitation Rule if an unpaid volunteer coach coaches both the high school team and the out-of-season team during the OSAA year?
  - A. Yes, this would be a violation.

5. **Q.** May high school team members belong to the same club team?  
**A.** Yes, if the high school team members independently try out and/or belong to the same club team through no influence or direction from the high school coach, then no violation would occur.
6. **Q.** Is it a violation of the Practice Limitation Rule if a high school coach works at a YMCA, "The Hoop," "Sports Nation," etc., during the Association year?  
**A.** No, as long as the high school coach is not involved in directly coaching more than two players from his or her high school team on any given day.
7. **Q.** Under the Practice Limitation Rule, may two high school coaches "trade" teams and coach each other's teams in an out-of-season program, or may a person coach a high school team and then have his/her spouse coach the out-of-season club team?  
**A.** No. The intent of the rule is to prevent the high school coach from directly or indirectly pressuring players from the high school team to play on an out-of-season club team. If the high school coach organizes the high school team members to congregate on the same out-of-season club team and then secures someone else to coach them, e.g., spouse, parent, another high school coach, etc., he or she would violate the intent of the rule and it would be considered a violation.
8. **Q.** Under the Practice Limitation Rule, may the high school boys' basketball coach work with the girls' basketball club team?  
**A.** Yes. Boys' and girls' programs at a high school in the same sport are considered separate sports for the purpose of the Practice Limitation Rule.
9. **Q.** Under the Practice Limitation Rule, may the local golf pro coach the high school team and still give lessons to team members outside the high school season?  
**A.** The Individual Sports Limitation Rule would allow this if allowed by the local school district and/or league.
10. **Q.** A coach of a high school team allows a parent to coach that same team in an out-of-season program. Is this legal under the Practice Limitation Rule?  
**A.** Yes, as long as the high school coach does not organize or require members of the high school team to participate on the out-of-season team coached by the parent.
11. **Q.** Under the Practice Limitation Rule, may a high school coach work with a group of 9th graders before they turn out for a sport?  
**A.** No. A coach may work with no more than two players (or potential players) outside the designated sports season.
12. **Q.** Under the Practice Limitation Rule, may a high school coach work with 8th grade students before they enter high school?  
**A.** Yes, so long as the contact occurs prior to the Fall first practice date on the OSAA Calendar. From that point, the students are considered high school students.
13. **Q.** Under the Practice Limitation Rule, may a high school coach work with two students at a time, rotating the students every half-hour?  
**A.** No. A high school coach may work with no more than two students from his or her school on any given day.
14. **Q.** Under the Practice Limitation Rule, may a high school coach work with two students at one basket, then two different students at another basket, etc.?  
**A.** No. A high school coach may work with no more than two students from his or her school on any given day.
15. **Q.** Under the Practice Limitation Rule, may the head coach work with two students, the assistant coach work with two other students, the JV coach work with two other students, etc.?  
**A.** No. All coaches in a program are collectively allowed to work with no more than two students from that school on any given day.
16. **Q.** Under the Practice Limitation Rule, may a high school coach work with more than two students provided that any student(s) in excess of two are his/her children?  
**A.** Yes. When determining number of players for the purpose of this policy, the children of the person coaching shall not count toward the limitation.
17. **Q.** Are open gyms still permissible under the Practice Limitation Rule?  
**A.** Yes. The terminology has been changed to "open facility" and is applicable to gymnasiums, fields, tracks, etc. The basic philosophy of an open facility is that it is a recreational opportunity open to anyone and that no instruction is occurring. A coach may not be "at the other end" of an open facility working with two students.
18. **Q.** Are batting cages considered open facilities?  
**A.** Yes, if a batting cage is open to anyone and no coaching is taking place. Merely throwing batting practice is not considered coaching. Hitting grounders and/or fly balls is considered a violation.

19. Q. A high school baseball/softball coach wants to run a hitting camp for players prior to the first practice date for spring sports. Is this legal under the Practice Limitation Rule?
- A. No. The high school coach may coach no more than two of his or her players on a given day outside of the OSAA designated sports season.
20. Q. Under the Practice Limitation Rule, may a school have an “open gym” or “open field” where baseball/softball players play catch to get their arms in shape?
- A. Yes, provided that no coaching is taking place.
21. Q. Under the Practice Limitation Rule, may a high school coach include graduating seniors on an out-of-season club team after the high school season in that sport has been completed?
- A. Yes. Once seniors have completed their sports season, they are no longer considered to be team members or potential team members for that sport.
22. Q. Under the Practice Limitation Rule, may a high school wrestling coach be involved with his wrestlers in AAU, Greco-Roman and/or freestyle wrestling?
- A. Yes. Under the Individual Sports Limitation Rule, local school districts and/or leagues may establish their own policy regarding the high school coach’s involvement in individual sports such as wrestling.
23. Q. Under the Practice Limitation Rule, may a high school coach conduct club team try-outs prior to the end of the association year?
- A. No.
24. Q. Under the Practice Limitation Rule, may more than two 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, but with these restrictions:
- 1) More than two students may attend a camp or clinic only as demonstrators for a presentation by their coach. It would be a violation of the Practice Limitation Rule for more than two students to attend as participants at a clinic or camp at which their school coach is making a presentation unless the clinic or camp was held during the OSAA season for that sport.
  - 2) Each school is limited to only one clinic or camp to which this interpretation applies per program each school year.
  - 3) Clinic or camps to which this interpretation applies may be no more than two days in length.
25. Q. May a coach participate in an open gym with more than two members of his/her school?
- A. Yes, so long as no instruction takes place.
26. Q. May a coach participate on an organized team with more than two members of his/her school?
- A. No.
27. Q. Under the Practice Limitation Rule, may a coach own a club on which there are teams, which include more than two members of his/her school?
- A. Yes, but the coach may not personally coach a team with more than two members of his/her school.
28. Q. May a coach be present at a camp, clinic or practice during the Association Year outside of their sport’s designated season if more than two or his/her high school students are attending as participants?
- A. No, a coach may not attend as an instructor or observer.
29. Q. May a high school coach be present as a spectator at an out-of-season club team contest if his/her high school student(s) are participating on the team?
- A. Yes, this is allowed.
30. Q. Under the Practice Limitation Rule may a high school coach work with his/her children and two additional students?
- A. Yes, a coach’s children are not counted under the Practice Limitation Rule.
31. Q. Would it be a violation of the Practice Limitation Rule for a coach to teach more than two 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.
32. Q. Would it be a violation of the Practice Limitation Rule 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 more than two members of the high school program outside of the season for that sport during the Association Year?
- A. Yes.

33. 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, he/she is 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.
34. 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."**
35. Q. A school is conducting interviews for a vacant coaching position. Is the interviewee allowed to conduct a practice with more than two students from a school in part of the interview process?
- A. Yes, but the trial practice session shall be no longer than 30 minutes in length.
36. Q. On what date may baseball and softball coaches begin pitching instruction and throwing workouts with pitchers and catchers only (maximum of eight total per day)?
- A. **February 11, 2019**, which is two weeks prior to the start of spring practices on **February 25, 2019**.
37. Q. During this two-week early window for baseball and softball coaches, how many students are coaches allowed to work with each day?
- A. If non-pitchers and non-catchers, a maximum of two a day. If pitchers and/or catchers only, a maximum of eight a day. This maximum applies to a school's entire coaching staff in that activity.
38. Q. During this two-week early window for baseball and softball coaches, are coaches allowed to work with eight pitchers and catchers and two additional students on the same day?
- A. No. During this timeframe, coaches are allowed to work with a maximum of eight on a single day but all eight must be pitchers and/or catchers, or the coaches may work with two non-pitchers and non-catchers on a single day, but not both.
39. Q. During this two-week early window for baseball and softball coaches, are coaches allowed to work with six pitchers and catchers and two additional students, for a total of eight?
- A. No. During this timeframe, coaches are allowed to work with a maximum of eight on a single day but all eight must be pitchers and/or catchers. During this timeframe, coaches would be allowed to follow the standard "Rule of Two" and work with two players only on a single day. These players are not required to be pitchers and/or catchers.
40. Q. During this two-week early window for baseball and softball coaches, if coaches are working with pitchers and/or catchers, is live hitting allowed?
- A. No, live hitting is not allowed but a coach is allowed to stand in the batter's box.

### Effective First Practice Date through End of HS Season.

1. **PRACTICE MODEL** (*OSAA Handbook, Executive Board Policies*) (*Revised Fall 2017*)

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

- C. **All other sports** (Cheerleading, Swimming, Wrestling, Basketball, Dance/Drill, Golf, Tennis, Track & Field, Baseball, Softball)
- 1) All practices shall allow for water breaks and general acclimatization to hot and/or humid weather. Ample amounts of water should always be available and a student's access to water should not be restricted. In addition, all practices shall follow the fundamentals set forth in the NFHS's Heat Acclimatization and Heat Illness Prevention Position Statement. While the risk of heat illness is greatly dependent upon weather conditions, the fundamentals in the NFHS's Heat Acclimatization and Heat Illness Prevention Position Statement promote safety and diminish injury risk in any setting.
  - 2) 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.
1. Q. Can the one-hour weight training session allowed on single practice days be conducted both prior to practice and after practice if players only participate in one of the weight training sessions?
- A. Yes, multiple one-hour weight training sessions may be held but individual players are limited to participation in a single session.
2. Q. Is the one-hour weight training session allowed on single practice days required to be "immediately" prior to and after the practice?
- A. No, the training session does not have to immediately precede or follow the scheduled practice.
3. Q. Is the one-hour weight training session allowed on single practice days also allowed on multiple practice days?
- A. No, weight training conducted on multiple practice days counts toward the daily five-hour practice limit.

4. **Q.** On single practice days may coaches conduct classroom-training sessions that would involve no physical activity?  
**A.** Yes, classroom instruction that requires no physical activity is allowed and does not count towards the daily five-hour practice limit.
5. **Q.** Is classroom instruction with no physical activity allowed during the required three-hour recovery period between multiple practices?  
**A.** Yes, classroom instruction that requires no physical activity is allowed during the recovery period.
6. **Q.** A team plans to conduct multiple practices on a single day but wants to reduce the length of each practice to 90 minutes. Can the team reduce the required recovery time of three hours between practice sessions because they have used less than the maximum practice time allowed?  
**A.** No, the three-hour recovery period between practices is required regardless of practice length.
7. **Q.** Are multiple practices on a single day required for all Fall teams?  
**A.** No, teams are not required to have multiple practices on a single day. If multiple practices are conducted, the second practice of the first two multiple practices days is a teaching session only.
8. **Q.** What is the definition of a “teaching session”?  
**A.** During a teaching session, the intensity, duration, and pace of all practice components shall be modified from a normal practice session. The focus of a teaching session should be directed at developing skills fundamental to the sport at a significantly reduced pace. In Football, light contact with bags is allowed but Live Action situations are prohibited. Practice components in all activities intended to develop skills while conditioning the athlete at the same time are not allowed. Coaches are encouraged to use this “teaching session” to address offensive and defensive strategies, skill development drills and other types of team building activities that do not involve conditioning.
9. **Q.** How do you calculate practice time for multiple sport athletes participating in more than one Fall sport?  
**A.** Practice hours are cumulative. On a single practice day, the three-hour practice limit may be split between the two sports but the total practice time, including any breaks, must fit within the three-hour limit. On a multiple practice day, the daily five-hour practice limit may be split between the two sports but all required recovery periods must be implemented. Any participation for a fraction of a half hour counts as a half hour towards the daily practice limit.
10. **Q.** If Fall multiple sport athletes practice one hour with the Football team and two hours with the Soccer team are they required to have a recovery period between the two practices?  
**A.** No, this is considered to be one three-hour practice and no recovery period is required. If the combined practice time, including any breaks, exceeds three hours then a three-hour recovery is required.
11. **Q.** May a team practice for 2 hours, take a 30-minute break, and resume for 1 hour?  
**A.** No, this would constitute a violation. Teams may not exceed the maximum practice time of three hours, including all breaks within the schedule.
12. **Q.** In football, are 7-on-7 drills permissible during teaching sessions?  
**A.** Yes, provided that they comply with the foregoing “teaching session” requirements.

2. **PARTICIPATION LIMITATIONS** (OSAA Handbook, Participation Limitations, Swimming) (Revised Fall, 2007)

- A. **Team.** A school team shall not compete in more than 12 meets at each level of competition – if more than 10, two shall be invitational (more than two schools) – exclusive of the varsity district meet and state championships. There is no limitation on the number of schools that may participate in a swimming meet. Relay meets count toward the limitation. Any time a student participates representing his/her school, it shall count toward the school’s team limitation.
- B. **Individual.** A student shall not compete in more than 12 meets – if more than 10, two shall be invitational (more than two schools) – exclusive of the varsity district meet and state championships.

3. **INTERRUPTED CONTESTS** (OSAA Handbook, Executive Board Policies) (Revised Fall 2013)

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.

- H. **Swimming.** Contest shall be continued from point of interruption unless teams mutually agree otherwise or there are athletic district rules that apply.

4. **ENDOWMENT GAMES** (OSAA Handbook, Executive Board Policies) **(Endowment Game Application)** (Revised Spring 2016)

The OSAA and its member schools believe in the fundamental values associated with participation in high school activities and want to work together to ensure the future of high school activities in the state of Oregon. The establishment of the OSAA Foundation will help us realize our goal. Endowment Games are a way for member schools and local communities to be active participants in growing the OSAA Foundation. Endowment Games regulations are as follows:

- A. Endowment Games applications should be submitted to the OSAA office by the host school a minimum of 15 days prior to the scheduled contest. Failure to do so may result in participation limitations violations. Applications may be reviewed prior to approval to ensure that the host school is able to effectively secure the facility and charge admission.
- B. Endowment Games shall not count toward a school's or an individual student's season participation limitations for each activity. Daily and weekly individual participation limitations still apply. Schools should ensure that participants meet all OSAA eligibility requirements prior to competing in an Endowment Game.
- C. Endowment Games tickets will be \$6 for adults and \$4 for students. No passes shall be accepted except for the OSAA Media Pass.
- D. Upon completion of an Endowment Game, the host school is responsible for submitting the necessary financial report form and 100% of the gate receipts to the OSAA Foundation. The OSAA Foundation will return 50% of the gross gate receipts to the host school within five business days after receiving the check for gross gate receipts. Operating expenses for Endowment Games are to be drawn from the 50% of the gross gates receipts returned to the host school. Financial agreements, if any, between the two participating schools are at the discretion of the schools.
- E. Endowment Games are allowed at the varsity level only in the following activities:
  - 6) **Swimming.** One additional meet between the first contest date and the cutoff date.

1. **Q.** Are Endowment Games required?  
**A.** No, Endowment Games are optional for all member schools.
2. **Q.** What happens when one basketball team is counting the contest as an Endowment Game, but the other team has only scheduled 24 games?  
**A.** If either team in a contest is counting the game as an Endowment Game, it is considered to be an Endowment Game.
3. **Q.** May a school play an Endowment Game doubleheader with its boys' and girls' basketball teams against another school?  
**A.** Yes.
4. **Q.** May teams play in multiple Endowment Games?  
**A.** Yes, as long as the team does not exceed that sports Participation Limitation by more than one game/contest. See [Participation Limitations](#) for additional information.

## STATE CHAMPIONSHIPS INFORMATION

### 1. STATE CHAMPIONSHIPS POSTING TIMELINES

- A. **Athletic Directors, Coaches and Spectators:** Detailed information regarding the Swimming State Championships will be posted on the OSAA website (<http://www.osaa.org/activities/bsw/>) on Wednesday, January 16. It is essential that participating teams and individuals access this information prior to the state championships. Included will be information regarding ticket prices, parking, maps, how to submit souvenir program information, souvenir merchandise, etc.
- B. **District Meet Director Information (DMD):** Detailed information regarding District Meet Director responsibilities including the state championship entry form, will be posted on the OSAA website (<http://www.osaa.org/activities/bsw/>) on Wednesday, January 16. Each District Meet Director must submit all state championship entries electronically.

### 2. STATE CHAMPIONSHIPS LOCATIONS AND TIMES

- A. **Location:** *Tualatin Hills Aquatic Center, 15707 SW Walker Road, Beaverton, OR 97006*
- B. **Times:** <http://www.osaa.org/docs/bsw/champeventsched.pdf>

### 3. CHAMPIONSHIP QUALIFICATIONS: A contestant for the State Championships shall qualify through the proper District Meet.

- A. **6A:**
  - 1) **Automatic Qualifiers:** First place winner in each individual and relay event at each District Meet automatically qualifies for the OSAA's State Championships.
  - 2) Consolation finalists and championship finalists in individual and relay events at each District Meet who meet the qualifying standard (10<sup>th</sup> place average of last three State Meets with the standard never to be easier than the previous year) automatically qualify. Any remaining open lanes will be filled by the next fastest times from District Meet finals, up to a total of 18 participants.

## 6A SWIMMING QUALIFYING STANDARDS

<u>GIRLS</u>	<u>Event</u>	<u>Auto</u>	<u>Manual</u>	<u>BOYS</u>	<u>Event</u>	<u>Auto</u>	<u>Manual</u>
200 Medley Relay	1	1:53.79	1:53.7	200 Medley Relay	2	1:42.17	1:42.1
200 Freestyle	3	1:57.46	1:57.4	200 Freestyle	4	1:47.41	1:47.4
200 Ind. Medley	5	2:12.01	2:12.0	200 Ind. Medley	6	1:59.98	1:59.9
50 Freestyle	7	0:25.02	0:25.0	50 Freestyle	8	0:22.19	0:22.1
100 Butterfly	9	0:59.96	0:59.9	100 Butterfly	10	0:53.52	0:53.5
100 Freestyle	11	0:54.38	0:54.3	100 Freestyle	12	0:49.10	0:49.1
500 Freestyle	13	5:12.59	5:12.5	500 Freestyle	14	4:54.53	4:54.5
200 Free Relay	15	1:43.27	1:43.2	200 Free Relay	16	1:32.09	1:32.0
100 Backstroke	17	0:59.62	0:59.6	100 Backstroke	18	0:54.55	0:54.5
100 Breaststroke	19	1:08.28	1:08.2	100 Breaststroke	20	1:00.83	1:00.8
400 Free Relay	21	3:44.89	3:44.8	400 Free Relay	22	3:20.68	3:20.6

**Ties** -- Districts shall settle any ties for first place in all events unless the qualifying standard is met.

### B. 5A:

- 1) **Automatic Qualifiers:** First place winner in each individual and relay event at each District Meet automatically qualifies for the OSAA's State Championships.
- 2) Any remaining open lanes will be filled by the next fastest time from District Meet Finals, up to a total of 12 participants. District shall settle any ties for first place.

### C. 4A/3A/2A/1A:

- 1) **Automatic Qualifiers:** First place winner in each individual and relay event at each District Meet automatically qualifies for the OSAA's State Championships.
- 2) Any remaining open lanes will be filled by the next fastest time from District Meet Finals, up to a total of 12 participants. District shall settle any ties for first place.

### D. **Para-Athletes:** The top nine times statewide from the different Districts Meets combined in the 50-yard freestyle, 100-yard freestyle **and 100-yard backstroke** automatically qualifies regardless of gender or disability **if they meet the qualifying standard times**. A documented disability must be provided to the OSAA prior to competing in the district meet. If more than nine students compete in district meets, the OSAA will explore splitting out the events by gender (creating 50-yard freestyle boys, 50-yard freestyle for girls, 100-yard freestyle for boys and 100-yard freestyle for girls, **100-yard backstroke for boys and 100-yard backstroke for girls**).

- 1) The para-athlete divisions will include wheelchair participants and ambulatory participants. Definitions of athletes eligible to compete in this division are as follows:
  - a) Wheelchair: All athletes with permanent physical disability on file with the school. All athletes in grades 9-12 must meet OSAA eligibility requirements.
  - b) Ambulatory: All athletes shall have a permanent orthopedic, neuromuscular or other physical disability. This would include Visually Impaired, Cerebral Palsy, Dwarf and Amputees. Permanent orthopedic impairment shall be verified by a licensed physician and maintained on permanent file at the school. All athletes in grades 9-12 must meet OSAA eligibility requirements.
- 2) It is an expectation that those para-athletes who wish to attempt to qualify are participating in these events during the regular season and that they establish a qualifying time at the league/conference/district qualifying meet. The qualifying time established at the league/conference/district meet will be used to seed as many heats as necessary to accommodate the qualifying field for both events at the State Championships.
- 3) To facilitate training and competition for para-athletes it is recommended that all leagues/conferences/districts should include a para-athlete 50-yard freestyle, 100-yard freestyle **and 100-yard backstroke** in your event schedules this year. Prior to an event the host school should verify with their invited teams whether or not they have para-athletes who would like to participate in one or both of these events.

## PARA-ATHLETES SWIMMING QUALIFYING STANDARDS

<u>GIRLS</u>	<u>Event</u>	<u>Auto</u>	<u>Manual</u>	<u>BOYS</u>	<u>Event</u>	<u>Auto</u>	<u>Manual</u>
50 Freestyle		1:45	1:45	50 Freestyle	1:30	1:30	
100 Freestyle		3:00	3:00	100 Freestyle	2:30	2:30	
100 Backstroke		3:15	3:15	100 Backstroke	2:45	2:45	

4. **STATE CHAMPIONSHIPS – INDIVIDUAL SPORT SUBSTITUTIONS** (OSAA Handbook, Executive Board Policies) (Revised Winter 2015)
- A. The following shall be the policy for substitutions in individual sport State Championship events. All individuals who are substitutes for individual qualifiers must have participated in a District or Special District Meet.
- D. **Swimming**
- 1) **Multiple Event Qualifiers and Relays.** This deadline is for a participant withdrawing from the championship in one event but remaining in others and for submission of up to eight names for a relay team.
- a) **Multiple Event Qualifiers:** Except as indicated below, participants who qualify in more than one event shall participate in all the events for which they qualify from preliminaries to finals.
- (1) If a District Meet Director notifies the OSAA of a change prior to 4pm on the Monday preceding the state championship, an individual may drop from one or more events in which he/she is qualified. The next place winner at the District Meet in the respective event or events is eligible as a substitute if replacing the district champion. If not, the individual(s) with the next best time will be the replacement(s).
- (2) If the OSAA has not been notified of a change prior to 4pm on the Monday preceding the state championship, the participant who has qualified in multiple events must compete in all qualified events or he/she shall be scratched from all events in which the participant has qualified.
- b) **Relay Event Entries:** Qualifying teams may enter the names of up to eight individuals in relay events.
- (1) Qualifying relay teams failing to enter eight individuals may not add individuals to the state championship meet after the established Monday deadline.
- (2) Any four of the listed individuals may compete and it shall count as an event only for the four who compete. It is not necessary to use the same four swimmers in the finals that participated in the preliminaries, but any substitution must already be entered into the meet.
- 2) **Single or Multiple Event Qualifiers Dropping All Events or Substitutions only on Relays.** This deadline is for a participant dropping out of the state championship and being replaced by another participant or participants.
- a) If a District Meet Director notifies the OSAA by 4pm two business days prior to the first day of the state championship that a single event or multiple event qualifier is dropping all events, a substitution or substitutions may be made.
- b) The next place winner at the District Meet in the respective event or events is eligible as a substitute if replacing the district champion. If not, the individual(s) with the next best time will be the replacement(s).

## **OSAA GENERAL POLICIES**

1. **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.

2. **CERTIFICATION – ATHLETIC DIRECTORS AND COACHES** (OSAA Handbook, Executive Board Policies) (Revised Spring 2016)

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.** <http://nfhslearn.com/>

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.** <http://nfhslearn.com/>

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.** <http://nfhslearn.com/>

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.** <http://www.osaa.org/steroids>

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).** <http://www.osaa.org/activities/che>

The OSAA requires that any cheerleading or dance/drill coach receive spirit safety training by achieving a passing score on the test included with the OSAA's online Spirit Safety Clinic. This training is required annually.

F. **Heads Up Football Certification.** <http://www.osaa.org/activities/fbl>

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 annually 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.

3. **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.

2. **CONCUSSION MANAGEMENT** (OSAA Handbook, Executive Board Policies) (Revised Fall 2015)

**(Concussion-Return to Participation Medical Release)**

**(Concussion-Return to Learn Medical Release)**

A. **Member School's Responsibilities (Max's Law, ORS 336.485, OAR 581-022-0421) (Jenna's Law, ORS 417.875)**

- 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 registered 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 an appropriate 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 an appropriate Health Care Professional (Physician (MD), Physician's Assistant (PA), Doctor of Osteopathic (DO) licensed by the Oregon State Board of Medicine, nurse practitioner licensed by the Oregon State Board of Nursing, or Psychologist licensed by the Oregon Board of Psychologist Examiners) is obtained, the athlete shall not be permitted to return to athletic activity.
- 3) **Private Schools Only.** **(Concussion-Private School Informed Consent)**

On an annual basis prior to participation, private schools shall require each student and at least one parent or legal guardian of the student 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 student's signed form on file for review at any time by OSAA staff.

B. **Official's Responsibilities.**

An official shall remove a player from a contest when that player 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 his/her designee making sure that the head coach or designee understands that the player 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 player after he/she is removed from play. The official does not need written permission for a player to return nor does the official need to verify the credentials of the appropriate health care professional who has cleared the player to return. The responsibility of further evaluating and managing the symptomatic player falls upon the school and appropriate health care professionals.

4. **MORATORIUM WEEK** (OSAA Handbook, Executive Board Policies) (Revised May 2014)

- A. Each year a seven-day OSAA Moratorium Week shall be in effect during which there shall be no contact between administrators/coaches/directors/advisors and students involved in any OSAA-sanctioned sport or activity, including cheer, dance/drill, speech, solo music, choir, band/orchestra. In addition, there shall be no high school athletic facility usage by athletic staff and students/teams, including dance/drill and cheer, during the OSAA Moratorium Week. Use of non-athletic facilities by athletic staff is allowed.
- B. Week 4 of the NFHS Standardized Calendar shall be designated as Moratorium Week. Designated OSAA Moratorium Week dates:

2018	July 22 – July 28	2021	July 25- July 31
2019	July 28 – August 3	2022	July 24 – July 30
2020	July 26 – August 1	2023	<b>July 23 – July 29</b>

- 1. Q.** During the Moratorium Week, will coaches be allowed any contact with their athletes?  
**A.** No.
- 2. Q.** During the Moratorium Week, will schools be allowed to have open facilities?  
**A.** Schools may only host an activity that includes high school students involved in athletics and activities if they have appealed for and been granted permission from the Executive Director prior to the Moratorium Week. Permission shall not be granted for team camps.
- 3. Q.** During the Moratorium Week, will coaches/activity leaders be allowed to have any contact with their students?  
**A.** No. The only contact they may have with an individual or team during Moratorium Week is via email, phone, etc. but conversations may not refer to actions required for that week (i.e., student's workouts, practice plans, meetings, etc.).
- 4. Q.** During the Moratorium Week, may students attend camps, clinics, etc.?  
**A.** Yes, so long as no high school administrators/coaches/directors/advisors are present, and participation is not organized or paid for by the school.
- 5. Q.** Are there any exceptions to this policy?  
**A.** Yes. There will be an appeals process in place for teams, coached by a high school coach, that have been playing together all summer and have qualified for a post-season event that is taking place during all or part of the Moratorium Week. Approval must be granted by the Executive Director prior to the Moratorium Week.
- 6. Q.** What is the penalty for a Moratorium Week violation?  
**A.** The violation penalty will be similar to that assessed for a Rule of Two violation. The standard penalty is a \$500 fine and game suspension for the offending coach.
- 7. Q.** May coaches work with non-high school students during the Moratorium Week?  
**A.** Yes, but not at a high school venue.
- 8. Q.** May coaches encourage their athletes to work out at another facility during the Moratorium Week?  
**A.** No. The intent of the policy is that coaches and students take a week off.
- 9. Q.** May a school schedule their athletic physical night, or a similar event, during the Moratorium Week?  
**A.** No, the school may schedule nothing that is related to OSAA activities.
- 10. Q.** May coaches/student make contact through phone, email, etc., during Moratorium Week?  
**A.** Yes, but with restrictions. For example, the coach may not ask the student, "What is your workout today?".
- 11. Q.** May a high school coach work with another high school's students during the Moratorium Week?  
**A.** No. Contact is not allowed by high school coaches with any high school students during the Moratorium Week.
- 12. Q.** May a coach work in any capacity (coaching or not coaching) at a camp during the Moratorium Week?  
**A.** Yes, but only if there are no high school students at the camp and not at a high school venue.
- 13. Q.** May an outside entity hold an event during Moratorium Week (e.g. youth soccer camp, little league baseball tournament) that utilizes high school athletic facilities?  
**A.** Yes, provided that no high school students and no members of the high school athletic staff are involved in any capacity (scheduling, supervising, instructing, etc.) with the event.
- 14. Q.** May athletic staff members work in school offices or classrooms during the Moratorium Week, even if they may have contact with students?  
**A.** Yes, provided that the contact with students is limited to non-athletic pursuits such as schedule changes, registration, etc.
- 15. 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, he/she is 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.
- 16. 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](#).

5. **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.

6. **SPECTATOR CONDUCT AT OSAA SANCTIONED EVENTS** (OSAA Handbook, Executive Board Policies) (Revised Winter 2015)

In addition to the general expectations included in the OSAA Constitution, Rule 3, that school officials...shall take all reasonable measures to ensure that the school's students and supporters maintain a sportsmanlike attitude toward all events... the following specific expectations regarding spectator conduct at all OSAA sanctioned events, including regular and post season competition, are provided:

- A. 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 inappropriate conduct or actions that are not permitted are: turning backs, holding up newspapers or jeering at cheerleaders during opposing team introductions; disrespecting players by name, number or position; negative cheers or chants; throwing objects on the floor.
- B. Spectators are not permitted to have signs or banners (larger than 8 ½ by 11 inches), confetti, balloons or glass containers. Fathead type items are considered signs and shall not be larger than 8 ½ by 11 inches. Spectators are required to wear shirts.
- C. Spectators are not permitted to have artificial noisemakers. Some examples of artificial noisemakers are Thunder Stix, cowbells, clappers and air horns.
- D. Spectators shall not be permitted to use vulgar/offensive or racially/culturally insensitive language. Spectators shall not be permitted to engage in any racially / culturally insensitive action.
- E. Spectators who fail to comply with Association or site management spectator conduct expectations may be expelled from the contest.

1. **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.

2. **Q.** May visiting schools bring signs and/or banners to hang at the host school's venue?

**A.** No.

3. **Q.** Are run through signs allowed?

**A.** Yes, so long as the message is positive/supportive.

4. **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.

5. **Q.** May spectators use small, handheld megaphones?

**A.** Yes, but only cheerleaders are allowed to use large megaphones. Neither cheerleaders nor spectators may use megaphones for banging on the floor or bleachers.

6. **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.

7. **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.

8. **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.

9. **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.

10. **Q.** May a school use balloons at a state championship final site?

**A.** No.

11. **Q.** May spectators have oversized foam fingers at athletic events?

**A.** Yes, they are allowed so long as they are not blocking spectator viewing.

7. **WITHDRAWAL DURING A COMPETITION** (OSAA Handbook, Executive Board Policies):

- A. Removal of a team from competition prior to completion of that competition shall be considered a gross act of unsportsmanlike conduct.
- B. In such a case, the school shall forfeit the contest and an administrator and the coach responsible for the action shall appear before the Executive Board at its next regularly scheduled meeting. See **Executive Board Policies, Withdrawal from State Championships** for additional information.

**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 principal, coach and other responsible officials of each member school shall take all reasonable measures to insure that the school's coaches, players, students and supporters maintain a sportsmanlike attitude toward 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. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Derogatory and/or unsportsmanlike language is not allowed. No player may be singled out by number, name or position with negative comments of any kind.

When a petition is filed alleging violation of this rule, the Executive Director may, at his/her discretion and with concurrence of any two Executive Board members, postpone any pending event which the Executive Director has reason to believe cannot be conducted without an unreasonable danger of disorder. All such protests shall be referred to the Executive Board, which shall proceed as provided in Rule 4. In addition to any other action the Executive Board may take regarding a protest alleging a violation of this rule, the Executive Board shall have the power to cancel or re-schedule the event involved, or to impose conditions on conducting it.

- 3.4. **Sportsmanship Violations/Penalties.** When the coaches, players, students, staff or supporters of any member school engage in unsportsmanlike conduct, 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. Any school whose coaches, players, students, supporters, rooters or partisans take part in riots, fights, pilfering, painting or any other unsportsmanlike conduct shall be subject to penalty.
- 3.5. A member school shall not participate in any festival, meet, contest or championship with a school that has been suspended or expelled from the Association.
- 3.6. The Association shall conduct state championships as directed by the Delegate Assembly.
- 3.7. A school shall not be allowed to participate in more than one state championship in a given sport.

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 insure 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. May visiting schools bring signs and/or banners to hang at the host school's venue?

A. No.

4. Q. Are run through signs allowed?

A. Yes, so long as the message is positive/supportive.

5. 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.

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**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.
11. **Q.** May a school use balloons at a state championship final site?  
**A.** No.
12. **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 his/her 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.