



# Oregon School Activities Association

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## **2019 TENNIS PLAN BOOK**

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### **SEASON DATES**

First Practice Date .....	February 25
First Contest Date .....	March 11
Cutoff Date.....	May 11
6A Championships .....	May 16-18
5A Championships .....	May 17-18
4A/3A/2A/1A State Championships.....	May 17-18

### **2019 USTA TENNIS RULES**

Order an Official Rules of Tennis on the [OSAA Rules Book Order Form](#) or contact the OSAA (503.682.6722) for more information.

For more information about USTA Tennis Rules, visit <http://www.usta.com>.

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

### **OSAA ADOPTED TENNIS RULES AND INTERPRETATIONS**

*The 2019 USTA Official Rules of Tennis will be used with the following clarifications:*

1. USTA Rules will govern play. All rules, such as foot faults, will be enforced.
2. A contestant may enter in one event, i.e., either Singles or Doubles.
3. It is recommended that players from the same school be dressed similarly. If any wording, other than the school name, appears on a player's uniform, it shall be no larger than two and one-quarter (2 ¼) inches square. Players with inappropriate attire will not be permitted to participate and may be subject to delay of match penalties per USTA rules.

### **OSAA TENNIS 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**

*(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, Tennis)

(Revised Winter 2019)

- A. **Team.** A school team shall not compete in more than 16 **playing dates** at each level of competition, exclusive of the varsity district tournament and state championships. Any time a student participates representing **their** school, it shall count toward the school’s team limitation.

Teams with limited players (no more than two) may fill open slots in a match between two other schools’ teams. The match shall count as only one **playing date** for all teams concerned.

- B. **Individual.** A student shall not compete in more than 16 **playing dates**, exclusive of the varsity district tournament and state championships. Additionally, a student shall not compete in more than three sets per day in a dual match format. **A varsity player may play one set or pro-set against a junior varsity player provided they complete their varsity match in straight sets.**

C. **Double Duals and Tournaments.**

- 1) **A maximum of eight playing dates may be multiple matches in the form of double duals or tournaments.**
- 2) A one-day tournament shall count as one **playing date** for the team. A two-day tournament shall count as two **playing dates** for the team.
- 3) **In a double dual or tournament format, an individual may compete in a maximum of six sets per day.**
- 4) **In double dual play which involves three team competing in a dual format against each other in one day, a student may participate in multiple levels of play. In addition, a student may compete in both doubles and singles competitions on the same day, but not against the same school. The student may only participate in two matches or a maximum of six sets during a double dual competition.**
- 5) **In tournament play, a student may participate in only one level of competition.**

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

(Revised Fall 2015)

Following is the policy concerning interrupted athletic contests. **NOTE:** For state championship final games, the OSAA staff shall take jurisdiction and make any decisions rather than the schools involved.

- I. **Tennis.** Match shall be continued from point of interruption. **NOTE:** Previous set(s), game(s), score of game and previous occupancy of courts shall hold unless teams mutually agree otherwise or there are athletic district rules that apply.

## **STATE CHAMPIONSHIP INFORMATION**

1. **STATE CHAMPIONSHIPS POSTING TIMELINES:**

- A. **Athletic Directors, Coaches and Spectators:** Detailed information regarding the Tennis State Championships will be posted on the OSAA website (<http://www.osaa.org/activities/btn>) by April 17. 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 Directors:** Detailed information regarding the District Meet Director responsibilities, including the state championship entry form, will be posted on the OSAA website (<http://www.osaa.org/activities/btn>) by April 17. Each District Meet Director must submit all state championship entries electronically.

## 2. STATE CHAMPIONSHIP LOCATIONS:

- A. **6A:** Tualatin Hills Tennis Center, 15705 SW Walker Road, Beaverton, OR 97006.
- B. **5A:** Portland Tennis Center, 324 NE 12<sup>th</sup> Avenue, Portland, OR 97232.
- C. **6A, 5A Finals:** Tualatin Hills Tennis Center, 15705 SW Walker Road, Beaverton, OR 97006.
- D. **4A/3A/2A/1A Finals:** Oregon State University, 211 Dixon Recreation Center, Corvallis, OR 97331.

## 3. CHAMPIONSHIP QUALIFICATIONS:

### A. **6A – 28-person OSAA bracket**

- 1) **Automatic Qualifiers – Twenty-eight singles and doubles teams automatically qualify for the OSAA’s 28-person bracket. Each league determines how they will select their allotted playoff spots. PIL – 4; Metro – 4; Pacific – 4; Mt. Hood – 4; Three Rivers – 4; Mountain Valley – 4; Southwest – 4**
- 2) **Cutoff Date – The automatic qualifiers must be determined by 10pm Saturday, May 11. Once the qualifiers are determined, the seeding committee will seed the top eight players/doubles for 6A and top four players/doubles for 5A and 4A/3A/2A/1A. Placement on the bracket will be according to USTA rules and the OSAA seeding committee process. The process includes the following exception: Players or doubles teams from the same district shall not meet prior to the round of sixteen for 6A or the quarterfinals for 5A and 4A/3A/2A/1A. If the first and second place finishers in the district are from the same school, they shall not meet prior to the final. No players/doubles teams from the same school shall meet prior to the semifinals.**

### B. **5A – 16-person OSAA bracket**

- 1) **Automatic Qualifiers – Sixteen singles and doubles teams automatically qualify for the OSAA’s 16-person bracket. Each league determines how they will select their allotted playoff spots. Northwest Oregon – 4; Mid-Willamette – 4; Midwestern – 4; Intermountain – 4**
- 2) **Cutoff Date – The automatic qualifiers must be determined by 10pm Saturday, May 11. Once the qualifiers are determined, the seeding committee will seed the top eight players/doubles for 6A and top four players/doubles for 5A and 4A/3A/2A/1A. Placement on the bracket will be according to USTA rules and the OSAA seeding committee process. The process includes the following exception: Players or doubles teams from the same district shall not meet prior to the round of sixteen for 6A or the quarterfinals for 5A and 4A/3A/2A/1A. If the first and second place finishers in the district are from the same school, they shall not meet prior to the final. No players/doubles teams from the same school shall meet prior to the semifinals.**

### C. **4A/3A/2A/1A – 16-person OSAA bracket**

- 1) **Automatic Qualifiers – Sixteen singles and doubles teams automatically qualify for the OSAA’s 16-person bracket. Each special district determines how they will select their allotted playoff spots. Special District 1 – 4; Special District 2 – 4; Special District 3 – 4; Special District 4 – 4**
- 2) **Cutoff Date – The automatic qualifiers must be determined by 10pm Saturday, May 11. Once the qualifiers are determined, the seeding committee will seed the top eight players/doubles for 6A and top four players/doubles for 5A and 4A/3A/2A/1A. Placement on the bracket will be according to USTA rules and the OSAA seeding committee process. The process includes the following exception: Players or doubles teams from the same district shall not meet prior to the round of sixteen for 6A or the quarterfinals for 5A and 4A/3A/2A/1A. If the first and second place finishers in the district are from the same school, they shall not meet prior to the final. No players/doubles teams from the same school shall meet prior to the semifinals.**

- 4. **COACHING:** All coaches are asked to be available for championship duties such as announcing matches, getting matches started or acting as assistant referees if necessary. Head coach, assistant coach or a team captain may provide coaching during 90-second changeover at baseline of court – through the fence. Coaching may also occur during the two-minute rest period between sets (if even) but not during change of a tiebreak game. During a ten-minute rest period between split sets, any NFHS certified coach may coach if high school coach and player permit.

## 5. 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.

### E. **Tennis**

- 1) **Singles:** Any substitutions for singles qualifiers may be made until 4pm two business days prior (**ALL – Tuesday, May 14**) to the first day of the state championships.

If a singles player is replaced after the start of the seeding meeting for the state championships, the replaced person is not eligible to replace someone else on a doubles team.

- 2) **Doubles:** Any changes in doubles qualifiers may be made until 4pm two business days prior (**ALL – Tuesday, May 14**) to the first day of the state championship.

A doubles player may be replaced only by another team member who is no higher on the team ladder than the player he/she is replacing.

6. **STATE CHAMPIONSHIPS – ADOPTED BALL** (OSAA Handbook, Executive Board Policies) (Fall 2010)

The OSAA shall require that the officially adopted ball for that sport be used in all state championship contests, first round through final sites.

A. **State Championship Contests at Home Sites.**

1) **Team sports (other than football).**

a) **Procedure.** Officials shall confirm that the game balls provided by the home team are the officially adopted balls (**Wilson US Open Extra Duty Felt tennis ball**). If the home team does not have the officially adopted ball, officials shall inquire if the visiting team has the officially adopted ball, and use them if they are available. If neither team has the officially adopted ball, the contest shall be played, and officials shall report the violation by the host school to the OSAA.

b) **Penalty.** If no officially adopted balls are available for use at an OSAA state championship contest, the host school shall be subject to fines, forfeiture and/or other penalties as determined by the OSAA Executive Board.

B. **State Championship Contests Administered by OSAA Staff.** Officially adopted balls (**Wilson US Open Extra Duty Felt tennis ball**) shall be provided by OSAA staff administering the contests.

## **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.



**(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.

**5. HEAT INDEX (OSAA Handbook, Executive Board Policies) **(Heat Index Calculator)** **(Heat Index Record)** (Fall 2014)**

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

- A. **Subscribe.** Athletic directors and coaches shall subscribe to OSAA Heat Index Notifications at <http://www.osaa.org/heat-index>. An OSAA Heat Index Alert is generated for areas where the forecasted high temperature and relative humidity indicate a forecasted heat index that may require practice modifications. Only those areas that have a forecasted heat index of 95 or higher receive alerts. Notifications are sent daily via e-mail and/or SMS to subscribers.
- B. **Designate.** Schools shall designate someone who will take the necessary steps to determine and record the heat index for your geographic area within one hour of the start of each team's practice. This is only necessary on days when the school receives an OSAA Heat Index Alert. Depending on practice schedules, it is possible that the designated person will have to record the heat index multiple times on the same day.
- C. **Calculate.** Within one hour of the start of each team's practice on days when the school receives an OSAA Heat Index Alert, the designated person shall utilize the OSAA Heat Index Calculator to determine the actual heat index.
- D. **Record.** If the actual heat index is 95 or higher, the designated person shall record it using the OSAA Heat Index Record or by printing out a copy to be kept at the school for inspection at the request of the OSAA. A separate record shall be kept for each fall sport at each level. Practice modifications, as necessary, shall also be recorded. If the actual heat index is less than 95, no action is needed.
- E. **Act.** If the actual heat index is 95 or higher, activity should be altered and/or eliminated using the following guidelines:
  - 1) **95° to 99° Heat Index** – OSAA Recommendation: Consider postponing practice to later in the day.

- a) Maximum of five hours of practice.
  - b) Practice length a maximum of three hours.
  - c) Mandatory three-hour recovery period between practices.
  - d) Contact sports and activities with additional equipment - helmets and other possible equipment removed if not involved in contact or necessary for safety.
  - e) Provide ample amounts of water.
  - f) Water shall always be available and athletes should be able to take in as much water as they desire.
  - g) Watch/monitor athletes for necessary action.
- 2) **100° to 104° Heat Index** – OSAA Recommendation: Postpone practice to later in the day.
- a) Maximum of five hours of practice.
  - b) Practice length a maximum of three hours.
  - c) Mandatory three-hour recovery period between practices.
  - d) Alter uniform by removing items if possible - allow for changes to dry t-shirts and shorts.
  - e) Contact sports and activities with additional equipment - helmets and other possible equipment removed if not involved in contact or necessary for safety.
  - f) Reduce time of planned outside activity as well as indoor activity if air conditioning is unavailable.
  - g) Provide ample amounts of water.
  - h) Water shall always be available and athletes should be able to take in as much water as they desire.
  - i) Watch/monitor athletes for necessary action.
- 3) **Above 104° Heat Index** – OSAA Recommendation: Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

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

(May 2018)

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

- A. ***Designate Personnel:*** *Given the random behavior of wind and air currents, air quality may change quickly. Schools shall designate someone who will monitor the air quality prior to and during outdoor activities. While typically due to wildfires, schools need to also consider non-wildfire situations if the air quality is unhealthy.*
- B. ***Areas with Air Reporting Stations:*** *The Air Quality Index (AQI) should be monitored throughout the day, and during an event, to have the best data possible to make informed decisions about conducting practices and competitions. School personnel shall review the AQI information for all regions throughout the state on either the Oregon Department of Environmental Quality (DEQ) website at <https://oraqi.deq.state.or.us/home/map>, the Oregon DEQ app “OregonAir”, or on the Environmental Protection Agency (EPA) Air Now website at [https://airnow.gov/index.cfm?action=airnow.local\\_state&stateid=38](https://airnow.gov/index.cfm?action=airnow.local_state&stateid=38) to determine if action is necessary (see chart below). Schools shall regularly review the AQI throughout events to assess deteriorating conditions.*
- C. ***Areas without Air Reporting Stations:*** *Given the random behavior of factors related to the calculation of the AQI levels in different areas of the state (wind speed and direction) member schools not near a reporting station should consult with local state and/or federal authorities to help determine the AQI level in your specific area. If air monitoring equipment is not available, member schools should utilize the 5-3-1 Visibility Index to determine air quality.*
  - 1) ***5-3-1 Visibility Index:*** *Making visual observations using the 5-3-1 Visibility Index is a simple way to estimate air quality and know what precautions to take. While this method can be useful, you should always use caution and avoid going outside if visibility is limited, especially if you are sensitive to smoke.*
    - (a) ***Determine the limit of your visual range by looking for distant targets or familiar landmarks such as mountains, mesas, hills, or buildings at known distances. The visual range is that point at which these targets are no longer visible. As a rule of thumb: If you can clearly see the outlines of individual trees on the horizon it is generally less than five miles away. It is highly recommended that schools use pre-determined landmarks that were established on a clear day to determine their visual range.***



- (b) *Ideally, the viewing of any distant targets should be made with the sun behind you. Looking into the sun or at an angle increases the ability of sunlight to reflect off of the smoke, thus making the visibility estimate less reliable.*
- (c) *Be aware that conditions may change rapidly and always use the more conservative of multiple metrics (AQI, 5-3-1 Visibility Index, etc.).*

D. **Act:** *This chart will help determine the action needed based on the air quality in your area.*

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

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

7. **LIGHTNING SAFETY GUIDELINES** (OSAA Handbook, Executive Board Policies) **NFHS Position Statements & Guidelines** (Revised Fall 2018)

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

B. **Proactive Planning:**

- 1) Assign staff to monitor local weather conditions before and during practices and contests.
- 2) Develop an evacuation plan, including identification of appropriate nearby safe areas **and determine the amount of time needed to get everyone to a designated safe area.**
  - a) ***A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place for the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.***
- 3) Develop criteria for suspension and resumption of play:
  - a) When thunder is heard, or a cloud-to-ground lightning bolt is seen\*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for **at least 30 minutes** and **vacate the outdoor activity to the previously designated safer location immediately.**
  - b) **Thirty-minute Rule.** Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed\* prior to resuming play.
  - c) Any subsequent thunder or lightning\* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.

- d) ***When lightning detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning\* should always take precedence over information from a mobile app or lightning detection device.***

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

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

8. **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 be allowed to have conditioning with their athletes, including working out in the weight room?  
**A.** No, no contact is allowed.
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."**

9. **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.

10. **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.

11. **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 ensure 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?  
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- 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.