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Oregon School Activities Association
Handbook



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<https://www.osaa.org>

How to find information in the OSAA Handbook

*The first section of the OSAA Handbook includes a Table of Contents to the entire publication. The Cheerleading, Dance and Drill, Music and Speech Handbooks have been removed from this publication. These handbooks can be found on their respective activities pages of the OSAA website. Wording that has been changed from previous years is indicated by **bold italic** lettering. Linked references to other sections are shaded and Questions and Answers are shaded.*

OSAA Mission Statement

The mission of the OSAA is to serve member schools by providing leadership and state coordination for the conduct of interscholastic activities, which will enrich the educational experiences of high school students. The OSAA will work to promote interscholastic activities that provide equitable participation opportunities, positive recognition and learning experiences to students, while enhancing the achievement of educational goals.

Non-Discrimination Policy

(Executive Board Policies, Revised July 2019)

- A. The Oregon School Activities Association does not discriminate on the basis of race, color, religion, sex, sexual orientation, national origin, marital status, age or disability in the performance of its authorized functions, and encourages its member schools, school personnel, participants and spectators to adopt and follow the same policy.
- B. A claim of discrimination against a member school shall be brought directly to the member school of concern.
- C. Any party that believes he/she has been subjected to an incident involving discrimination or discriminatory harassment at an OSAA sanctioned event, may submit a written complaint through the online complaint process provided on the OSAA website ([Complaint Form](#)). When the coaches, players students, staff or spectators of any members school engage in discriminatory behaviors, or act in a manner disruptive to the school environment, or cause disorder or infliction of damage to persons or property in connection with any festival, meet, contest or championship sanctioned by the Association, the Executive Board may treat such acts as a violation by the school of the Rules of the Association. See **Rule 3, "Contests – Sportsmanship – Crowd Control"** for additional information.

OSAA Sportsmanship Statement

Interscholastic activities are an integral part of the educational curriculum and experience. High school activities promote the character development of participants, enhance the educational mission and promote civility in society. Therefore, student-athletes, coaches, spectators and all others associated with high school activities programs and events should adhere to the fundamental values of respect, fairness, honesty and responsibility. These values should be established as a priority among all OSAA member high schools.

It is the responsibility of each member high school to establish policies for sportsmanship and ethical conduct consistent with the educational mission and goals of that school and to continually educate students, coaches, teachers, parents and all involved about those policies.

being blocked or tackled to the ground. This policy does not preclude light contact with blocking sleds and tackling dummies. However, it is strongly recommended that any such contact be carefully controlled.

- 6) Following two days of helmet only practices, students may wear helmets and shoulder pads on Day 3. On this day, the only optional pieces of protective equipment that may be worn by individuals are shoes, shoulder pads and helmets. No other pads (e.g., knee, thigh, hip, and rib) are to be worn. During helmet/shoulder pad practice, no full contact drills or any other activity may occur which would result in a player completing a tackle or being blocked or tackled to the ground. This policy does not preclude light contact with blocking sleds and tackling dummies. However, it is strongly recommended that any such contact be carefully controlled.
- 7) After completing the first three days, a student may participate in a contact practice. During a contact practice the remainder of the football gear as described in the NFHS Football Rules Book may be worn and activity is not restricted with regard to contact as defined by USA Football Levels of Contact. A school shall not permit an individual to participate in a contact practice unless that individual has had at least two days of helmet only practice and one day of helmet/shoulder pad practice. Contact with another person on the fourth and fifth days should be controlled.
- 8) Beginning the third week of Football practice (Week 9 on NFHS Standardized Calendar) students may participate in three days of full contact each week, excluding games. A maximum of 90 minutes of Full Contact combined is allowed during these three days. Full contact is defined as follows:
 - a) Thud – Drill is run at a competitive speed through the moment of contact, no predetermined “winner.” Contact remains above the waist; players stay on their feet and a quick whistle ends the drill. This applies to simulations and drills involving any number of players.
 - b) Live Action – Drill is run in game-like conditions and is the only time that players are taken to the ground. This applies to simulations and drills involving any number of players.
- 9) A student may not practice or participate in a contest for more than six consecutive days without a rest day. A rest day must be complete rest – no organized team physical activity is allowed. Travel is allowed on a rest day.
- 10) A student shall become eligible to participate in a jamboree or interscholastic contest after completing a minimum of nine days of actual on-field practice.

B. Cross Country, Soccer, Volleyball

- 1) All practices shall allow for water breaks and general acclimatization to hot and/or humid weather. Ample amounts of water should always be available, and a student’s access to water should not be restricted. In addition, all practices shall follow the fundamentals set forth in the NFHS’s Heat Acclimatization and Heat Illness Prevention Position Statement. While the risk of heat illness is greatly dependent upon weather conditions, the fundamentals in the NFHS’s Heat Acclimatization and Heat Illness Prevention Position Statement promote safety and diminish injury risk in any setting.
- 2) Students may participate in multiple practice sessions per day, but not on consecutive days.
 - a) Single Practice Session. No single practice session shall be longer than three hours, including warm-up and cool down. On days with a single practice session, students are limited to a maximum of one hour of weight training either before or after practice but not both.
 - b) Multiple Practice Sessions. On days with multiple practice sessions, students shall not engage in more than five hours of total practice, including warm-up and cool down. No single practice session shall be longer than three hours, including warm-up and cool down. There must be at least three hours of recovery time between the end of one practice session and the beginning of the next practice session on a day with multiple practice sessions. During this recovery time, students may not engage in other physical activities (e.g., weight training, etc.).
- 3) One practice session of the first two multiple practice days shall be a teaching session only. Conditioning drills (gassers, timed runs, or sprints) shall not be conducted.
- 4) A student may not practice or participate in a contest for more than six consecutive days without a rest day. A rest day must be complete rest – no organized team physical activity is allowed. Travel is allowed on a rest day.

- 5) A student shall become eligible to participate in a jamboree or interscholastic contest/meet after completing a minimum of five days of actual practice unless the student participated in the immediately preceding season.
- 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) Students may participate in multiple practice sessions per day, but not on consecutive days.
 - a) **Single Practice Session.** No single practice session shall be longer than three hours, including warm-up and cool down. On days with a single practice session, students are limited to a maximum of one hour of weight training either before or after practice but not both.
 - b) **Multiple Practice Sessions.** On days with multiple practice sessions, students shall not engage in more than five hours of total practice, including warm-up and cool down. No single practice session shall be longer than three hours, including warm-up and cool down. There must be at least three hours of recovery time between the end of one practice session and the beginning of the next practice session on a day with multiple practice sessions. During this recovery time, students may not engage in other physical activities (e.g., weight training, etc.).
 - 3) One practice session of the first two multiple practice days shall be a teaching session only. Conditioning drills (gassers, timed runs, or sprints) shall not be conducted.
 - 4) A student may not practice or participate in a contest for more than six consecutive days without a rest day. A rest day must be complete rest – no organized team physical activity is allowed. Travel is allowed on a rest day.
 - 5) A student shall become eligible to participate in a jamboree or interscholastic contest/meet after completing a minimum of five days of actual practice unless the student participated in the immediately preceding season.
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 three-hour practice limit on a single practice day.
 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. In Cheerleading and Dance/Drill, choreography sessions where students are learning routine choreography while working at a reduced pace, and not conditioning, are also considered teaching sessions.

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 aforementioned “teaching session” requirements.

56. RECORDS RETENTION

(Fall 2000)

It shall be the policy of the Association to maintain school records and records concerning student eligibility for a period of five years, after which time they shall be destroyed unless a need exists to maintain records of a particular matter or case for a longer period.

57. REGULAR DISTRICT AND SPECIAL DISTRICT COMMITTEES

(Revised Summer 2020)

- A. The Executive Board has established Regular District and Special District Committees to assist in the management of the programs and activities of the Association.
- B. Each regular district or special district is represented by a Committee of three school representatives appointed annually by the OSAA Executive Director or OSAA Staff designee. Representation for each district in each classification is listed by school rather than by name of individual serving on each Regular District or Special District Committee. The representative of the first school listed shall serve as chair.
- C. Complete plans for selection of district representatives for state competition in each sport shall be determined by the Regular District or Special District Committee. These plans should include peculiarities of each district not specifically covered by the plan book as published by the OSAA.
- D. If for some reason the district plan has not covered a particular situation that occurs in determining the district representative to the OSAA State Championships, the Regular District or Special District Committee shall determine the representative (teams or individuals).
- E. If the school represented by a member of the Regular District or Special District Committee may be affected by the decision of the Committee, the Committee member representing the potentially affected school shall be temporarily replaced. A representative of the next school in alphabetical succession to serve on the Committee shall fill the vacated position until the Committee reaches a decision.
- F. A Regular District or Special District Committee, in making its determination:
 - 1) May consult all other schools in that regular district or special district;
 - 2) May not change the final decision or outcome of a particular contest;

- 3) May not permit extra games or contests after the official published cutoff date for any sport unless an emergency exists, and permission has been received from the Executive Board.
- G. All ties for qualifying positions shall be settled at the district level. It is suggested that the method for settlement of ties be predetermined and published prior to each district meet for each sport.
- H. No district may change its representative(s) in the state championships after the official cutoff date or the official close of entries should a problem exist that precludes a school or an individual from being a district representative to a state championship. For team entries only, any change made following the official cutoff date shall be the decision of the Executive Board.

58. REPORTING SCHEDULES, ROSTERS, AND RESULTS

(Revised Summer 2024)

A. Schedules.

- 1) **Team Sports.** It shall be the responsibility of each member school to submit varsity team schedules to the OSAA through <https://www.osaa.org/> prior to the first contest date of that sport's season. Varsity schedules are required for the following OSAA-sanctioned sports: football, boys' soccer, girls' soccer, volleyball, boys' basketball, girls' basketball, baseball, softball. Subsequent changes to each varsity team's schedule shall be submitted as they occur throughout the season.
- 2) **Wrestling.** It shall be the responsibility of each member school to input varsity team schedules into the assigned TrackWrestling team profile prior to the first contest date. Subsequent changes to the schedule shall be submitted as they occur throughout the season.
- 3) **Tennis.** It shall be the responsibility of each member school to input varsity team schedules into the assigned Tennis Reporting System (<http://www.tennisreporting.com>) team profile prior to the first contest date. Subsequent changes to the schedule shall be submitted as they occur throughout the season.
- 4) **Golf.** It shall be the responsibility of each member school to input varsity team schedules into the assigned iWanamaker team profile (<https://www.iwanamaker.com/>) prior to the first contest date. Subsequent changes or additions to the schedule shall be submitted as they occur throughout the season.

B. Rosters.

- 1) **Team Sports.** It shall be the responsibility of each member school to submit varsity team sport rosters to the OSAA through <https://www.osaa.org/> prior to the first contest date of that sport's season. Varsity rosters are required for the following OSAA-sanctioned sports: football, boys' soccer, girls' soccer, volleyball, boys' basketball, girls' basketball, baseball, softball. Subsequent changes to each varsity team's roster shall be updated as they occur throughout the season.

C. Results.

- 1) **Team Sports.** The host school is required to report the result of each varsity contest through <https://www.osaa.org/> by 10pm on the day the contest is played. In neutral site contests, the designated home team shall report the result. In the case where an OSAA member school is competing outside of Oregon, it is the responsibility of the member school to report the result. Reports of varsity scores are required for the following OSAA-sanctioned sports: football, boys' soccer, girls' soccer, volleyball, boys' basketball, girls' basketball, baseball, softball.
- 2) **Wrestling.** Member schools shall verify after all Varsity dual meets and Varsity tournaments (individual and dual meet formats) that complete results are entered into the school's assigned TrackWrestling team profile and have been accepted. It is highly recommended, but not required, that all events be scored live using TrackWrestling. If the host school does not score the event live using TrackWrestling, then the host school has the responsibility for inputting results for all participating teams within 24 hours after the conclusion of the event. In the case where an OSAA member school is competing outside of Oregon, it is the responsibility of the member school to input the results.
- 3) **Tennis.** Member schools shall verify after all Varsity dual meets and Varsity tournaments (individual and dual meet formats) that complete results are entered into the school's assigned Tennis Reporting System (<http://www.tennisreporting.com>) team profile and have been accepted. The host school has the responsibility for inputting results for all participating teams within 24 hours after the conclusion of the event. In the case where