



Oregon School Activities Association
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August 24, 2009

To: Athletic Directors and Head Football Coaches
From: Brad Garrett, Assistant Executive Director
Subject: Football Reminders for the 2009 Season

Included within this memo are several items specific to football that I would like you to review with your staff as we begin a new fall season and other reminders to share with coaches and administrators.

1. **Fall Practice Model** - All member schools sponsoring 8 or 11 man Football shall follow the adopted OSAA Fall Practice Model for the 2009 Season. The policy requires that schools check the "heat index" within one hour prior to the start of practice. If the "heat index" is at or above 95, practice modifications are necessary. Schools can access the "heat index" calculator on the OSAA website at <http://www.osaa.org/heatindex/>. Coaches should also review the Fall Practice Model located on the OSAA website at <http://www.osaa.org/healthandsafety/fallpracticemodel.pdf>.
2. Please review and remind coaches that teams playing any game in which JV players participate must be careful to avoid potential violations of participation limitations. OSAA policy limits sub-varsity football players to nine (9) weeks of participation during the season. Any JV player who participates in a Varsity game on any given week that has no JV game (i.e. zero week) has only eight (8) weeks of eligibility left during the season which often means they will not be able to play in all scheduled JV contests without violating the established limit.
3. While **Jamborees** do not need approval from the OSAA, there are specific rules regarding the format of Jamborees in Football. You can find this information in the OSAA Handbook under the Participation Limitations section and on the OSAA website within the OSAA Football Plan at <http://www.osaa.org/football/2009/fbplan.asp>.
4. **Health and Safety Information** in regards to heat and hydration issues, lightning safety, and head trauma are available on the OSAA website at <http://www.osaa.org/healthandsafety/>. The page contains links to informational items that all coaches should become familiar with as practices begin.

NFHS Football Rule Reminders:

1. As per **NFHS Football Rule 1-5-3 (c)**, it is illegal to participate while wearing a cast unless a player first obtains a signed medical release from a licensed medical physician prior to participation. Local officials associations have been instructed to request and retain a copy of this signed medical release. The head coach has the responsibility to provide the release to the Referee prior to the athlete's participation in the contest. Please be prepared to provide a separate note for each game as officials will retain the note and keep it on file with the local association.
2. **Eye shields on football helmets** – 2009 NFHS Football Rule 1-5-3 (n) requires that eye shields (visors) on football helmets be "clear, molded, and rigid". No degree of tinting is allowed under this rule so therefore any eye shield attached to a helmet not meeting the rule shall be removed prior to competition.

Directives for 2009 Football

For clarification, the following item is a directive rather than a suggestion. Please be advised:



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- Officials choosing not to enforce the following interpretation are subject to individual and/or association sanctions including reduction or elimination of playoff games.
- Coaches shall consider this a directive from the OSAA office and therefore are requested to work with the officials in accomplishing these tasks. Cooperation makes life better for all involved.

Exposed knees are becoming more and more commonplace in Oregon high school football. The OSAA is working pro-actively with coaches, athletic directors and officials to prevent and resolve these issues before they surface. By rule, each player shall wear mandatory equipment prior to participating. A full description of mandatory equipment can be found in NFHS Rule 1-5. Coaches are required to verify their players are properly equipped and in accordance with the rules in the pre-game meeting. While football officials will observe players in their pre-game warm-ups and verbally notify the Head Coach of equipment violations, the onus for insuring that players are properly equipped has always belonged to the coaching staff. The provisions of NFHS Rule 1-5 were written with the safety of the player's as an indisputable goal. Knowing and practicing the provisions of NFHS Rule 1-5 will help us all achieve the OSAA's goal of preventing and resolving any issues before they surface.

Prior to the initial Ready-for-Play to start the game

All officials shall observe players in their pre-game warm-ups. If an official observes any equipment violations, including but not limited to an exposed knee, he shall verbally notify the Head Coach, and the player(s) shall not be allowed to participate in the subsequent game until correction has been made. **The Pre-Game is the only time verbal warnings shall be issued!**

After the initial Ready-for-Play to start the game

Dead Ball Violations

- If a player's knees are **not continuously covered** when standing motionless, and this is the first occurrence of the game, the player is in violation of **Rule 3-6-2-d.** (*Failure to properly wear legal or required equipment when the ball is about to become live, 5-yards – S7-21-23*) The foul is charged to the offending player, the penalty is enforced from the succeeding spot, and the player shall not be allowed to participate until correction has been made.
- **Subsequent** dead ball equipment violations shall be considered a violation of **Rule 9-8-1h** (*Failure of a head coach, following verification, to have his player(s) wear or use legal and/or required equipment, 15-yards – S27*) The Unsportsmanlike Conduct foul is charged to the Head Coach, the penalty is enforced from the succeeding spot, and the player shall not be allowed to participate until correction has been made.

Live Ball Violations

If, during live ball action, a player's knee **continuously becomes exposed**, the player is in violation of **Rule 1-5-6.** (*Each player shall wear the mandatory equipment while the ball is live, 5-yards - S27-23*). The foul is charged to the offending player, the penalty is enforced from the succeeding spot, and the player shall not be allowed to participate until correction has been made.

