



# Oregon School Activities Association

25200 SW Parkway Avenue, Suite 1  
Wilsonville, OR 97070  
503.682.6722 <http://www.osaa.org>



November 11, 2022

To: Athletic Directors and Swim Coaches  
  
From: K.T. Emerson, Assistant Executive Director  
[kte@osaa.org](mailto:kte@osaa.org) | 503.682.6722 x227  
  
Subject: Swim Reminders for the 2022-23 Season

Please review this information with your swim staff and best of luck as you start your season! Each school offering swimming will be receiving a copy of the NFHS Swimming Rules Book from the OSAA. Feel free to contact me if you have questions.

**Season Dates:**

First Practice Date ..... November 14  
First Contest Date ..... November 30  
Cutoff Date ..... February 11  
All State Championships ..... February 17-18

**NFHS Points of Emphasis for 2022-23:**

- Sportsmanship.** Good sporting behavior is one of the fundamental ingredients to the continued success and enjoyment of education-based high school sports and activities. In fact, in the 103-year history of organized high school sports in the United States, good sportsmanship has been one of the most important outcomes of high school activity programs. NFHS playing rules are written to encourage sportsmanship. Participation in these programs should promote respect, integrity and sportsmanship. However, for these ideals to occur, everyone involved in these programs must be doing their part. The NFHS is concerned that unsporting behavior in education-based athletics has increased across all sports. As a result, the NFHS has made sportsmanship the No. 1 Point of Emphasis for the 2022-23 school year. Sportsmanship, or good sporting behavior, is about treating one another with respect and exhibiting appropriate behavior. It is about being fair, honest and caring. When these types of appropriate behavior occur, competitive play is more enjoyable for everyone. Coaches set the tone at athletic contests with their display of sportsmanship. If these individuals act in a sportsmanlike manner, their behavior sets the tone for players, spectators and others. If coaches, however, are complaining constantly about the decision of contest officials, spectators are more likely to do the same. There must be a collaborative, working relationship between contest officials and game administration to promote good sportsmanship and safely conduct the contest. Everyone has their roles to play in creating a positive, sportsmanlike atmosphere at contests. Officials should focus on the actions of players, coaches and other bench/sideline personnel. A positive, open line of communication between officials and coaches ultimately results in a better contest for everyone involved. Contest officials, however, should never engage with spectators who are exhibiting unsporting behavior. Once the contest begins, school administration is responsible for dealing with unruly spectators. A proactive approach by school administration includes monitoring the behavior of spectators and intervening as needed. If spectators are using demeaning or profane language at officials – or at others in the stands – those individuals should be removed from the contest by school administration. In recent years, a heightened level of unsportsmanlike behavior has been occurring by spectators at high school sporting events, and it must be stopped. The use of demeaning language, or hate speech, by students, parents and other fans must cease. High school sports and other activities exist to lift people up, not demean or tear people down. The goal is to treat everyone fairly and treat each other with respect. Any speech or harassment that is insulting, demeaning or hurtful will not be tolerated. High schools must establish a culture that values the worth of every single person – both players on the school’s team and players on the opposing team. There must be a no-tolerance policy regarding behavior that shows disrespect for another individual. Good sports win with humility, lose with grace and do both with dignity. It takes the efforts of everyone every day to ensure that sportsmanship remains one of the top priorities in education-based activity programs.
- Relay Entries.** A competitor becomes a participant in an event when the official entry card is delivered to the meet director, or designee, at a specified time and place. For relays, eight individuals may be designated, if the state association requires. The penalty for submitting an inaccurate entry card, one that does not bear the name of the event, coach’s signature, school name,

and submitted time if one exists, is disqualification from the event. Four swimmers declared on the relay card, submitted at the designated time and place prior to the start of the event, are permitted to report to the blocks and compete. The coach shall submit the name of the lead-off swimmer at the specified time and place prior to the start of the event, although there is no penalty for incorrectly listing that name. There is no NFHS mandate to list the order of swimmers, which is not a required part of the entry process.

- **Provide Deck Space for Officials.** NFHS swimming and diving officials work in swimming facilities with a wide variety of pool configurations which sometimes necessitate creative ways to officiate strokes. Schools are reminded of the importance of officials to be provided space on the deck that allows for free movement during the swimming event. It is recommended that a minimum of 3 feet be established for officials on the deck. In addition, adequate space should be provided for coaches and competitors to safely move about on deck. The referee shall determine the positioning and jurisdiction of all deck officials, which depend on the number of officials being used and the pool configuration. Officials may need to ask meet management for assistance in keeping a clear path to move up and down the sides and ends of the pool.

## **GENERAL INFORMATION**

**OSAA SWIM PLAN BOOK:** <http://www.osaa.org/docs/planbooks/swplan.pdf>

This plan contains information regarding important season dates, NFHS rule changes/points of emphasis, OSAA swim specific policies and OSAA general policies.

**UNIFORM REMINDERS:** » [NFHS Swimming Uniform Clarifications](#)

Common questions and clarifications regarding the NFHS Swimming Rule 3.3.2.

## **PARTICIPATION LIMITATIONS** *(OSAA Handbook, Participation Limitations, Swimming)*

*(Revised Fall, 2007)*

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

## **INTERRUPTED CONTESTS** *(OSAA Handbook, Executive Board Policies)*

*(Revised Fall 2013)*

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

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

## **ENDOWMENT GAMES** *(OSAA Handbook, Executive Board Policies)*

[\(Endowment Game Application\)](#)

*(Revised Spring 2016)*

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

- A. Endowment Games applications should be submitted to the OSAA office by the host school a minimum of 15 days prior to the scheduled contest. Failure to do so may result in participation limitations violations. Applications may be reviewed prior to approval to ensure that the host school is able to effectively secure the facility and charge admission.
- B. Endowment Games shall not count toward a school's or an individual student's season participation limitations for each activity. Daily and weekly individual participation limitations still apply. Schools should ensure that participants meet all OSAA eligibility requirements prior to competing in an Endowment Game.
- C. Endowment Games tickets will be \$6 for adults and \$4 for students. No passes shall be accepted except for the OSAA Media Pass.

- D. Upon completion of an Endowment Game, the host school is responsible for submitting the necessary financial report form and 100% of the gate receipts to the OSAA Foundation. The OSAA Foundation will return 50% of the gross gate receipts to the host school within five business days after receiving the check for gross gate receipts. Operating expenses for Endowment Games are to be drawn from the 50% of the gross gates receipts returned to the host school. Financial agreements, if any, between the two participating schools are at the discretion of the schools.
- E. Endowment Games are allowed at the varsity level only in the following activities:
- 6) **Swimming.** One additional meet between the first contest date and the cutoff date.

**HEALTH & SAFETY** <http://www.osaa.org/health-safety>

The OSAA website contains a variety of information regarding air quality, hydration and concussion management. The page contains links to informational items that all coaches should familiarize themselves with as practices begin.

**Practice Model:** <http://www.osaa.org/docs/handbooks/PracticeModelBP.pdf>

**Air Quality Guidelines:** <http://www.osaa.org/health-safety/air-quality>

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. Schools shall regularly review the AQI throughout events to assess deteriorating conditions.

**Concussion Management:** <http://www.osaa.org/docs/handbooks/ConcussionManagementBP.pdf>

OSAA Staff worked with the Oregon Legislature to align Max's Law (public schools) and Jenna's Law (private schools) when it comes to the return to participation protocol. Therefore, all OSAA member schools are subject to the same policy when a student is removed after exhibiting signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body. The state still states that, 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 a 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.