
2022-2023

Oregon School Activities Association
Cheerleading Handbook



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<http://www.osaa.org>

How to find information in the Cheerleading Handbook

*This handbook can be found on 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.*

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CHEERLEADING PLAN

1. SEASON DATES

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|--|---------------|
| First Practice Date | August 15 |
| First Contest Date | August 25 |
| Registration Forms Available | December 7 |
| Registration and Supplemental Materials Deadline / Cutoff Date | January 17 |
| All State Championships | February 11 |
| 2021-22 Sanction Application Deadline..... | April 3, 2023 |

2. STATE CHAMPIONSHIP INFORMATION

A. Staff Contact: Kelly Foster, Assistant Executive Director, 503.682.6722 x233, kellyf@osaa.org

B. State Championships Posting Timelines:

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

Detailed information regarding Registration will be posted on the OSAA website by 4pm on **Wednesday, December 7, 2022**. It is essential that all participating schools access this information. Included will be information regarding submission of program information, upcoming posting dates, as well as information regarding general Cheerleading State Championship information. Deadline to submit registration and supplemental materials is **Tuesday, January 17, 2023**. Late entries and/or supplemental materials will not be accepted.

2) **AD/Coach and Spectator Information:** <http://www.osaa.org/activities/che/>

Detailed information regarding the Cheerleading State Championships will be posted on the OSAA website by noon on **Friday, January 27, 2023**. It is essential that participating teams and individuals access this information prior to the state championships. Included will be information regarding where to purchase tickets and prices, parking, maps, how to submit souvenir program information, souvenir merchandise, etc.

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

Championship Schedule will be posted by noon on **Friday, January 27, 2023**. This schedule contains the performance order, team photo schedule, check-in time, practice schedule and performance time. Check the OSAA website frequently prior to the State Championships for any schedule changes.

C. State Championship Locations and Times:

1) **Finals:** Saturday, February 11, 2023.

2) **Site:** *Oregon City HS, 19761 S Beaver Creek Rd, Oregon City, OR 97045*

NFHS 2022-23 SPIRIT RULES

Order a NFHS Volleyball Rules Book on the [OSAA Corner Store](#) or contact the OSAA (503.682.6722) for more information.

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

2022-23 RULES CHANGES

| | |
|----------------------------|---|
| Rule 1: Definitions | Airborne - A type of skill performed state in which a person is free of contact with from a person or the performing surface. Rationale: Better describes the term airborne is not a skill in itself but is instead a body position. |
| Rule 1: Definitions | Headspring – A tumbling skill in which a person places both hands and his or her head on the performing surface, pushes off with the hands while flipping the legs overhead and landing on his or her feet. It is non-airborne in approach but airborne in descent following the inversion. Rationale: Clarification added to explain at what point the person executing the skill should be airborne |
| 2-1-5: General | ART. 5... Hair control devices, accessories, and other adornments in the hair that are securely fastened, appropriate for the activity, and do not present an increased risk to the participants are allowed. Hair must be worn in a manner that is appropriate for the activity involved. Hair devices and accessories must be secure. Rationale: The language “securely affixed to the hair” was in 2.1.5 Situation A as a “Comment”. |

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| | <p>This helps to clarify the importance of devices and accessories being securely affixed to the hair in the actual rule instead of the comment.</p> <p>The NFHS aims to be inclusive of all students from varying cultural backgrounds to access athletic or activity programs provided at member schools, while providing a fair and safe environment. The NFHS also endeavors to provide fair competition and eliminate competitive advantages and disadvantages in each sport and activity.</p> |
| 2-1-11: General | <p>ART. 11... Soft, nonabrasive, and/or non-hardening supports, braces, soft casts, etc., that are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces that have been altered from the manufacturer's original design/production. Hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, forearm, elbow, or upper arm must be padded with a closed-cell, slow-recovery foam padding no less than one-half-inch thick if the participant is involved in partner stunts, pyramids or tosses. A participant wearing a lower body plaster cast or a walking boot must not be involved in partner stunts, pyramids, tosses, jumps or tumbling. Rationale: In the interest of risk minimization, this proposal disallows supports and or braces that are altered from the manufacturer's original design, production, and/or intended use. The change also clarifies the padding requirements of hard and soft support equipment.</p> |
| 3-2-1: Stunting Personnel | <p>ART. 1... A base must not:</p> <ul style="list-style-type: none"> a. Assume a back-bend, headstand or handstand position. b. Hold objects in a hand that is supporting a top person. <p>Exception: A base and top person may share a pom during a mount or dismount from a thigh stand, shoulder sit/straddle, shoulder stand, or prep. Rationale: The original rule was intended to address bases holding poms while basing preps. Sharing poms during mounts and dismounts has not been a safety issue. Teams are changing their grips to grab wrists while climbing into shoulder stands, which is poor technique. Even when doing so, it is difficult for rules interpreters to see that change and teams are getting called for deductions unnecessarily. When teams have climbed into shoulder stands with shared poms, we have not seen any increased risk.</p> |
| 3-3-5a: Inversions | <p>ART. 5... Braced flips in a pyramid are permitted provided all the following conditions are met:</p> <ul style="list-style-type: none"> a. Both of the top person's hands/arms are in continuous contact with a bracer. If a single bracer is used, there must be a hand/arm connection between both hands/arms of the top person and bracer. The top person and at least one bracer(s) must have a hand to hand/arm connection. This connection can be with one or both hands/arms. Rationale: Would allow a new set of pyramid visuals that are all lower in the progression skill list than some current braced flip skills that are allowed. EX: Rewind off the ground to extended with one bracer. |
| 3-3-5d: Inversions | <p>ART. 5... Braced flips in a pyramid are permitted provided all the following conditions are met:</p> <ul style="list-style-type: none"> d. Bracer(s) must be in a multi-based prep with a spotter and remain stationary. Rationale: Aligns the braced release skills. Currently, there's nothing preventing a braced flip from "walking". |
| 3-5-4: Release Stunts/Tosses | <p>ART. 4... A switch up toss caught in a vertical stunt by the original bases is permitted as an exception to Rules 3-5-2 and 3-5-3. Toss must not go significantly higher than the intended skill. A ball up position would not be considered against the significantly higher measurement. Rationale: Currently switch ups are allowed and inverted releases to upright stunts are allowed. Both could be considered harder than suggested rule change with inverted releases off ground harder than all skills that would be allowed. Also spinning switch ups are harder than all skills that could be allowed with change.</p> |
| 3-5-5c: Release Stunts/Tosses | <p>ART. 5... Release transitions are permitted provided all of the following conditions are met throughout the transition:</p> <ul style="list-style-type: none"> c. The top person and at least one bracer maintain contact except for the following skills: <ul style="list-style-type: none"> 1: A non-braced top person in a vertical position at prep level or above may be released to the original bases to a stunt at any level provided the top person remains in a position where the upper body remains vertical and the legs are not in a seated/pike position. Vertical releases from an extended position to an extended position may not perform more than a ¼ turn. |

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| | <p>2: A non-braced top person in a cradle position or horizontal position at prep level or below may be released to the original bases in a loading position or stunt at any level with no more than a ¼ turn.</p> <p>Rationale: From a horizontal position releasing to a horizontal position and twisting is allowed in the log roll rules, so this creates a contradiction. And, twisting from a horizontal to vertical will be limited by their skills.</p> |
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Requests for interpretations or explanations should be directed to the OSAA. The NFHS will assist in answering rules questions from the state associations whenever called upon.

OSAA ADOPTED CHEERLEADING RULES AND INTERPRETATIONS

The 2022-23 NFHS Spirit Rules Book will be used with the following clarifications:

- A. **General.** Cheerleading squads representing OSAA member schools are required to conform to the rules set forth in the current NFHS Spirit Rules Book.
- B. **Coverage.** The rules set forth in the current NFHS Spirit Rules Book must be followed regardless of the capacity in which the cheerleading squad is functioning. The rules apply equally to squads performing at competitions and squads performing in a support function at a game or contest.
- C. **Violations.** In addition to the penalties specified for squads competing at OSAA sanctioned cheerleading contests, schools represented by cheerleading squads, which violate the cheerleading safety rules at any time may be subject to sanctions and penalties as determined by the OSAA Executive Board.
- D. **Questions.** Questions about the legality of a particular stunt should be addressed to the OSAA prior to practicing or performing the stunt.

OSAA CHEERLEADING 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 First Practice Date to End of HS Season.

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

(Revised July 2021)

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

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) 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.
- 4) 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 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, Cheerleading*)

(Revised Fall 2009)

A. Individual. A JV cheerleader may participate in both the varsity and JV performances at the same cheerleading competition no more than twice each school year. Under no circumstances may a varsity cheerleader participate on a JV team performance at any cheerleading competition.

CHEERLEADING HANDBOOK

1. Cheerleading State Championships Rules and Procedures

1.1. Eligibility.

- 1.1.1. School.** Schools that are registered with the OSAA to compete in cheerleading activities are eligible to participate in the Cheerleading State Championships.
- 1.1.2. Student.** Students wishing to participate in the Cheerleading State Championships must satisfy the current OSAA eligibility rules. See OSAA Handbook, [Rules, Rule 8, "Individual Eligibility"](#) for more information.
- 1.1.3. Alternates.** Each squad may bring two alternates to the Cheerleading State Championships in addition to the maximum number of participants allowed by the division constraints. Alternates must be listed on the Registration Form and shall satisfy the same eligibility requirements as other Cheerleading State Championships participants, except that alternates may be members of the junior varsity or freshman squads.
- 1.1.4. Coaches Certification.** Coaches must meet all OSAA Certification requirements, including the yearly OSAA Spirit Safety Clinic in order for their teams to be eligible. See OSAA Handbook, [Executive Board Policies, "Certification – Athletic Directors and Coaches"](#) for more information.
- 1.1.5. Penalty for use of an ineligible student.** Any school for which an ineligible student performs shall be disqualified from consideration for awards and reported to the OSAA Executive Board for possible further sanctions and penalties.
- 1.1.6. School Representation.** Only one varsity squad from each Oregon high school shall be allowed to compete *in one division*. The squad may be a combination of two or more varsity squads (i.e., football and basketball squads may be combined for the Cheerleading State Championships.)
- 1.1.7. Varsity Level Only.** In order to represent a school as a participant at the Cheerleading State Championships, a cheerleader must have participated on squads at a majority of VARSITY games for at least one season for the year.
- (a)** A cheerleader who participates on the varsity during the Winter sport season only must have participated on squads at a majority of the entire Winter sport season's contests prior to the Cheerleading State Championships in order to be eligible to represent the school at the Cheerleading State Championships.
- (b) EXCEPTION.** Alternates may be members of a school's junior varsity or freshman squad and may replace a varsity squad member due to special circumstances (i.e., injury, illness, ineligibility of a varsity team member) if the substitution is reported to and approved by the OSAA prior to participation.
- 1.1.8. Previous Qualifying Competition.** All squads entering the Cheerleading State Championships must have competed in at least two OSAA sanctioned competitions during the school year of that Cheerleading State Championships unless a specific exception to this rule has been granted in writing by the OSAA. Performing in an exhibition does not satisfy this requirement.

The routine performed at the qualifying competition must include all or most of the team's planned ~~two and one-half minute~~ Cheerleading State Championships routine, including stunts and gymnastics, so that they may be reviewed by a safety judge prior to the Cheerleading State Championships. Neither the OCCA All-State Individual, ~~Game Day and Stunt Team Competition~~, nor any other invitational competition allowing ***routine types other than Traditional or Game Day*** routines of fewer than two and one-half minutes in length or routines that do not include stunts and gymnastics may be used to satisfy the "previous qualifying competition" requirement.

1.2. State Championship Registration.

- 1.2.1.** Registration materials to be submitted include the
- (a)** Registration Form.
 - (b)** Team roster.
 - (c)** Team picture.
 - (d)** A list of two completed OSAA sanctioned competitions with full routine.

- 1.2.2.** AD's / Coaches are responsible to meet the registration deadline, including submission of registration form, required support material and verifying accuracy of all materials prior to submission.
- 1.2.3. Deadline.** The deadline for online receipt by the OSAA of Registration Forms and supplemental materials for the Cheerleading State Championships shall be clearly marked on the Registration Forms available on the OSAA website, <http://www.osaa.org/activities/che/>
- 1.3. Entry Fees.** Neither team nor individual entry fees shall be charged to schools competing in the Cheerleading State Championships. Funds for administration of the Cheerleading State Championships shall be generated from school membership dues, activity fees, contest gate receipts and corporate sponsorship agreements.
- 1.4. Divisions.** The divisions at the Cheerleading State Championships shall include varsity level squads based upon school classification and squad gender as indicated below. NOTE: Squads with one or more male squad members shall participate in a Coeducational **Traditional or Game Day** Division. Once Divisions have been established, changes will not be permitted.

| <u>Division</u> | <u>Squad Size</u> | <u>Squad Gender</u> | <u>Minimum Division Entry</u> |
|--------------------------------|-------------------|---------------------|-------------------------------|
| 3A/2A/1A – Small – Traditional | 15 or fewer | Females | 5 |
| 3A/2A/1A – Large – Traditional | 16 – 30 | Females | 5 |
| 4A – Small – Traditional | 15 or fewer | Females | 5 |
| 4A – Large – Traditional | 16 – 30 | Females | 5 |
| 5A – Small – Traditional | 15 or fewer | Females | 5 |
| 5A – Large – Traditional | 16 – 30 | Females | 5 |
| 6A – Small – Traditional | 15 or fewer | Females | 5 |
| 6A – Large – Traditional | 16 – 30 | Females | 5 |
| 4A/3A/2A/1A Coed - Traditional | 30 or fewer | Coeducational | 5 |
| 6A/5A – Coed – Traditional | 30 or fewer | Coeducational | 5 |
| 4A/3A/2A/1A – Game Day | 30 or fewer | Coeducational | 5 |
| 6A/5A – Game Day | 30 or fewer | Coeducational | 5 |

- 1.5. Minimum Division Entry.** If fewer than the designated number of entries registers to compete in any given division, the division shall be combined with another division **within division type (traditional, coed, or game day) or classification. Example: if three teams register for 5A Small and nine teams register for 5A Large, both divisions would collapse and become the 5A division with small and large teams combined. Game day divisions will not be combined with traditional divisions.**
- 1.6. Performance Requirements.**
- 1.6.1. Content of the Traditional Routine.** Each squad shall perform a routine containing at least the following elements within the specified time limit. Elements may be presented in any order.
- (a) One cheer.
 - (b) Music Portion.
 - (c) **Penalty for Violation.** Any squad that performs a routine that does not include both of the required elements shall be disqualified from consideration for awards.
- 1.6.2. Time Limit for Traditional Routine.** A two and one-half minute maximum time limit shall be allowed each squad; there shall be no minimum time limit. The timing shall begin at the first word, motion or note of music; timing shall end when the advisor or designee signals the timekeeper.
- (a) Entrances on to the performance floor are neither timed nor judged. To help keep the Cheerleading State Championships on schedule, it is requested that teams be prepared to take the floor immediately when introduced, and to vacate the floor quickly at the conclusion of the performance.

(b) Penalty for Violation. Any squad whose performance exceeds the maximum time limit shall have points deducted from the final average score prior to determining placement based on the following graduated scale:

- (1) 1-3 seconds over = 3-point deduction from the final average score.
- (2) 4-6 seconds over = 5-point deduction from the final average score.
- (3) More than 6 seconds over = 10-point deduction from the final average score.

1.6.3. Content of the Game Day Routine. *Each squad shall perform a routine containing the following elements within the specified time limit. Each element should have a beginning and end. Note: Spirited crowd leading interaction between each component is encouraged to continue the game day feel. Stunts are not allowed as a transition before/between each element. Schools are encouraged to include other sideline spirit groups (i.e., dance team, song/pom, mascot, etc.) but all members of spirit groups performing must be official members of their school teams. Members of any spirit group should only perform once during the event and the performance will be judged as one unified team. Elements must be presented in the following order:*

(a) Band Dance

- (1) *Teams will begin with the band dance element.*
- (2) *No stunting or tumbling during this element.*
- (3) *Teams may perform jumps and kicks.*
- (4) *Music in this element should be music traditionally played by a school pep band/jazz band.*

(b) Situational Cheer

(1) *Following the completion of the band dance element, the announcer will give teams a game scenario indicating an offense or defense situation. All possible situational cues are:*

○ **OFFENSE:**

- *And that's another... first down for the home team.*
- *Our team keeps the drive alive with that first down play.*
- *What a catch! That sets our team up in the red zone ready to score.*
- *It's a close game and our home team is driving down the field for a score.*

○ **DEFENSE:**

- *Our team needs a big stop here, let's push em back.*
- *The home team is digging in to get the stop on our own goal line.*
- *Our home team needs to make a stop here to seal the win.*
- *After that home team turnover, our team needs to make a stand.*

(2) *Teams will NOT be informed of the situational cue ahead of the event.*

(3) *Teams should show their definitive understanding of the situation with an offensive or defensive crowd leading response.*

(4) *No music is allowed during this element.*

(5) *Skills should be utilized to lead the crowd and include stunts, tumbling, jumps, and kicks. Any number of skills can be performed and used to encourage crowd response. Certain skills are not required, but at least one skill is required to be performed during this element.*

(c) Crowd Leading / Cheer

(1) *Following completion of the situational chant element, teams will transition to their crowd leading/cheer element.*

(2) *No music is allowed during this element.*

(3) *Skills should be utilized to lead the crowd and include stunts, tumbling, jumps, and kicks. Any number of skills can be performed and used to encourage crowd response. Certain skills are not required, but at least one skill is required to be performed during this element.*

(4) This is a separate crowd leading cheer that is not related to the situational chant.

(5) Teams should utilize their crowd leading strengths. The use of props is HIGHLY ENCOURAGED.

(d) Fight Song

(1) Following the completion of the crowd-leading/cheer element, teams will transition to their fight song.

(2) Teams are encouraged to use their traditional school fight song.

(3) Skills should be utilized to lead the crowd and include stunts, tumbling, jumps, and kicks. Any number of skills can be performed and used to encourage crowd response. Certain skills are not required, but at least one skill is required to be performed during this element.

(e) Penalty for Violation. Any squad that performs a routine that does not include all of the required elements shall be disqualified from consideration for awards.

(f) Skill Restrictions. The below skill restrictions apply to all elements of the game day routine. Skills that are performed outside of the restrictions below will receive a penalty.

(1) No baskets, sponge, elevator, or similar type tosses permitted.

(2) No inversions are allowed.

(3) No twisting released dismounts are allowed.

(4) Single leg stunts are limited to liberties and liberty hitches.

(5) No running tumbling is allowed.

(6) Standing tumbling is limited to one tumbling skill and a back tuck is the most elite tumbling skill allowed.

○ **Examples:**

- **Standing full is not allowed**
- **Rippled Single Back Handsprings would be allowed**
- **Jump to tumble (single skill) would be allowed**

1.6.4. Time Limit for Game Day Routine. A three minute maximum time limit shall be allowed each squad; there shall be no minimum time limit but all elements must be performed. The timing shall begin at the first word, motion or note of music; timing shall end when the advisor or designee signals the timekeeper. Teams may place props prior to performance.

(a) Entrances onto the performance floor are neither timed nor judged. To help keep the Cheerleading State Championships on schedule, it is requested that teams be prepared to take the floor immediately when introduced, and to vacate the floor quickly at the conclusion of the performance.

(b) Penalty for Violation. Any squad whose performance exceeds the maximum time limit shall have points deducted from the final average score prior to determining placement based on the following graduated scale:

(c) 1-3 seconds over = 3-point deduction from the final average score.

(d) 4-6 seconds over = 5-point deduction from the final average score.

(e) More than 6 seconds over = 10-point deduction from the final average score.

1.6.5. Safety Rules. Schools are required to conform to the rules set forth in the current NFHS Spirit Rules Book. Schools should review the rules carefully prior to the Cheerleading State Championships.

(a) Penalty for Violation. Any squad that performs a stunt in violation of the rules set forth in the current NFHS Spirit Rules Book shall have 10 points, 5 points, or 3 points deducted at the discretion of the safety judges from the final average score prior to determining placement.

(b) Tumbling and Stunt Faults. The safety judges shall deduct 1 point for each fall from a stunt, deduct 1 for each landing of tumbling on anything other than the feet and deduct 1 for each head or body part

hitting the floor during or after a tumbling trick. Tumbling and stunt fault deductions shall be subtracted from the total score prior to determining placement.

(c) Toss Faults. The safety judges shall deduct 1 point for each toss fault. Toss fault deductions shall be subtracted from the total score prior to determining placement.

1.6.6. Participation Requirements. Squad members performing at the Cheerleading State Championships must start and remain on the competition mat during the performance. No member may exit the mat unless they are removing themselves from the performance. Once a participant exits the performance area, they cannot return to the competition.

1.6.7. Sportsmanship/Conduct Rules. Squads are required to conform to the Sportsmanship/Conduct rules set forth in the current NFHS Spirit Rules Book.

Penalty for Violation. If the safety judges or competition staff determine that a participant, coach, alternate, trainer or other person affiliated with a team commits an unsporting act as set forth in the current NFHS Spirit Rules Book. The team shall have 10 points deducted from the final total score prior to determining placement.

1.6.8. Props. Pom-poms, megaphones, hand-held signs and flags or the equivalent are the only acceptable props.

Penalty for Violation. Any school using props other than pom-poms, megaphones, hand-held signs and flags or the equivalent shall have 10 points deducted from the final total score prior to determining placement.

1.6.9. Spotters. Qualified and experienced spotters shall be provided on the performance floor to help reduce the chance of injury to participants.

1.6.10. Practice Area. When feasible, a supervised practice area shall be maintained at which all squads shall be scheduled for equal practice time. A separate supervised practice area shall be available for warming up tosses.

(a) Teams shall not practice stunts in the team rooms, nor shall teams practice on the actual performance floor prior to the Cheerleading State Championships or during breaks.

(b) Penalty for Violation. Any team practicing stunts in the team rooms or practicing on the actual performance floor prior to the Cheerleading State Championships or during breaks shall have 10 points deducted from the final total score prior to determining placement.

1.7. Determination of Rules Violations. The OSAA representative (or designee) at the Cheerleading State Championships has the authority and responsibility to determine if the Cheerleading State Championships rules have been violated. If it is determined that a Cheerleading State Championships rule has been violated, the consequence listed in the "Penalty for Violation" section following each rule shall be imposed upon the offending school.

The decision by the OSAA representative (or designee) regarding violations and deductions is final and is not open to review, debate or appeal.

1.8. Performance Procedures.

1.8.1. Music. All teams must provide their own MP3 device or smart phone for use on the event provided sound system. Music must be recorded at the correct tempo. ~~Although it is not recommended due to interference that may be caused during a routine, a smart phone may be used for playing music.~~ No cover may be on any MP3 player or smart phone so that an auxiliary cord may be easily inserted into the device. Please ensure that jacks are clean and free of any debris which may impact connectivity. You must ensure that your device has a jack into which an auxiliary cord may be inserted. Note that you may need to acquire an adapter in advance if your player does not have a headphone *or iPhone* jack. One or several selections of music may be used as long as they follow the music licensing rules.

Please keep your routine music in your possession until you are called to enter the performance floor. You will hand carry your music to the sound table.

Advisors/Coaches/Directors are asked to remain at the sound table while their squad performs and to take their music with them at the conclusion of the performance. Representatives will be asked to press "play" and "stop" for their routines.

There will be no sound checks permitted on the main sound system.

Competition music must be properly licensed, and a team must be able to provide proof of licensing (upon request).

1.8.2. Performance Order. The order of performances shall be randomly drawn by the OSAA prior to the Cheerleading State Championships and posted on the OSAA website, <http://www.osaa.org/activites/che/>

1.8.3. Performance Surface. There will be five panel cheer mats in the practice area, and nine panel mats on the arena floor.

1.9. Judges

1.9.1. Qualifications

(a) Judges must be out of high school for at least three years or have been recommended by their coach.

(b) Judges must be currently unaffiliated with any participating squad in the division they are judging.

(c) Judges must have experience as cheerleading coaches, squad members and / or camp instructors and must have completed the OCCA Judges' Workshop.

1.9.2. Selection. Judges for the Cheerleading State Championships shall be nominated by the OCCA and approved by the OSAA.

1.10. Determination of Winners. The Official Scorer shall compute the score for each squad by computing the total of the judges' scores.

1.10.1. Deductions due to violations, if any, shall be subtracted from the total score prior to determining placement.

1.10.2. The highest total score in each division shall be first, the second highest score shall be second, and so on.

1.10.3. In the case of a tie, duplicate trophies shall be awarded for that position, and the following position shall not receive an award.

1.11. Awards. School awards shall be provided to 50% of the teams in a division up to a maximum of five awards per division. Individual medallions shall be provided to the members of the top two squads in each division.

2. Other Cheerleading Competitions [\(OSAA Cheerleading Competition Sanctioning Application\)](#)

2.1. Sanctioning. Any organization wishing to host a cheerleading competition in the state of Oregon must apply for sanction of the competition by the OSAA.

2.1.1. NO OSAA MEMBER SCHOOL MAY ATTEND A CHEERLEADING COMPETITION IN OREGON, WHICH HAS NOT RECEIVED OFFICIAL SANCTION BY THE OSAA PRIOR TO THE CONTEST. Schools wishing to confirm sanction of a specific event may consult the [OSAA Sanctioned Cheer Competition Calendar](#).

2.1.2. Timeline. Any school or organization may submit a single Sanction Application for the following school year by **April 3** of the preceding school year after which the OSAA shall post a preliminary calendar on the OSAA website with events received prior to **April 3** being the only events listed. If more than one sponsor has requested the same date, sanctions shall be granted using the criteria listed below. Following the release of the preliminary calendar, OSAA will consider other requests for sanctioned events to be added to the calendar.

Incomplete sanction applications (missing location, etc.) shall not be accepted.

2.1.3. Maximum number of events per date. The OSAA shall grant a maximum of TWO event sanctions for any particular date with the option of a third competition on a particular date at the discretion of the OSAA and the Advisory OCCA Calendar Subcommittee.

If more than two contest sponsors request sanction for events on the same date, sanctions shall be granted to only two contests except as indicated above using the following criteria the order of priority listed:

(a) Priority shall be given to events for which the sponsor has previously hosted a contest on that date. In order to receive priority, the event must have actually been held the previous year (with the exception of a weather-related cancellation), and the previous host shall be required to apply for an event sanction by **April 3** prior to the school year during which the event is to be held.

- (b) To the extent possible, avoid sanctioning more than one contest in the same region of the state on the same date.
 - (c) Priority shall be given to sponsors from whom the fewest requests for sanction have been received this season.
 - 2.1.4. Advisory OCCA Calendar Subcommittee.** A subcommittee of the Oregon Cheerleading Coaches Association (OCCA) Executive Board shall advise the OSAA in resolving cheerleading date conflicts, but the OSAA shall retain final decision-making authority.
- 2.2. Required Contest Conditions.** Organizations applying for OSAA sanction shall agree to the following contest conditions.
 - 2.2.1. Safety Rules.** Participating squads must be required to conform to the rules set forth in the current NFHS Spirit Rules Book.
 - 2.2.2. Eligibility.** Participating squads must represent high schools registered with the OSAA to compete in cheerleading, and the individual squad members must satisfy the OSAA student eligibility rules for cheerleading. The signature of the school principal on the Registration Form for the competition shall constitute fulfillment of this requirement.
 - 2.2.3. Rules Interpretations.** An OSAA representative or designee shall be named as Safety Judge prior to the competition. That person or a committee formed by that person shall be the only and final interpreter of the safety rules at the competition.
A decision of the Safety Judge is final and is not open to review, debate or appeal.
 - 2.2.4. Judges.** Judges for locally sponsored contests (including the Safety Judge) shall be assigned from the "OCCA Judges List" available from the current OCCA Judge Coordinator. Any exception must be granted in writing by the OSAA.
Scores assigned by the Performance Judges are final and are not open to review, debate or appeal.
 - 2.2.5. Spotters.** At least two qualified and experienced spotters shall be provided on the performance floor by the competition sponsor to help reduce the chance of injury to participants and shall be assigned from the "OCCA Spotter List" available from the OCCA Spotter Coordinator. In addition, a team with multiple stunt groups may also provide a designated team member or coach to serve as a spotter to help reduce the chance of injury to participants so long as the additional spotter does not coach the team from the floor while serving as a spotter.
 - 2.2.6. Performance Surface.** A wrestling or cheerleading mat is required for all levels of competition.
 - 2.2.7. Awards.** Students may only accept awards of a symbolic nature without resale value such as letters, medals, ribbons, certificates, plaques, trophies and other emblems. Awards with monetary or resale value must be presented to the school.
- 2.3. Contest Recommendations.** The following are suggestions which sponsoring organizations may wish to include in their competitions.
 - 2.3.1.** Coaches appreciate a short meeting on the morning of the competition to introduce competition personnel, answer last minute questions, etc.
 - 2.3.2.** Depending upon the quantity of squads entered, divisions may be subdivided based upon school size, squad size and / or squad gender.
 - 2.3.3.** Coaches appreciate having score sheets and specific competition results available to them immediately following the competition.

OSAA GENERAL POLICIES

1. ADVERSE WEATHER CONDITIONS / AREA-WIDE EMERGENCY PROCEDURES (OSAA Handbook, Executive Board Policies) (May 2020)

There may be times in the interest of minimizing risk due to adverse weather conditions and/or a clear area-wide emergency that it becomes necessary to postpone, cancel, and/or reschedule regular season or postseason events. The intent of this policy is to outline procedures and policies to provide guidance to OSAA member schools when such conditions impact an event.

A. Regular Season Events.

- 1) Administrators have the responsibility to define and communicate contingency plans in the event of adverse weather conditions and/or a clear area-wide emergency. A stepwise progression that places emphasis on minimizing risk for athletes, coaches, contest staff, spectators, and contest officials will be used to help guide decision makers on the appropriate course of action.
- 2) The following steps shall be taken:
 - a) Suspend the Event: NFHS rules allow officials to “delay” or “suspend” any contest where factors may endanger the participants. At no time may officials “terminate” a contest between schools unless administrators or representatives from each school mutually agree to end the contest. If the participating schools involved mutually agree to end the game the contest will be considered complete. Officials should use the following guidelines when choosing to suspend a contest:

| | | | | |
|----------------------------|-------------|-------------------|---------------|-----------|
| Starting Time of the Event | 8am to 12pm | 12:01pm to 3:30pm | 3:31pm to 6pm | After 6pm |
| Maximum Suspension | 3 hours | 2 hours | 1.5 hours | 1 hour |

- b) Modify the Event: NFHS rules in most sports and activities allow for modifications to timing and structure if necessary, with mutual agreement of participating schools, to address factors that may endanger the participants.
- c) Reschedule the Event: When situations arise involving a suspension of play and the participating schools cannot reach mutual agreement on ending the contest, the following steps shall be taken:
 - (1) Convene a meeting between representatives from participating teams
 - (2) Review and record contest details up to the point of suspension
 - (3) Review each of the following options

| Option | Implication | Contest Result |
|---|--|----------------------------------|
| Schools agree to reschedule contest during the current game week (i.e. Friday game, continued on Saturday or Sunday). | See Executive Board Policy, “Interrupted Contests” procedures for specific sport/activity. | Upon conclusion result is final. |
| Schools agree to reschedule contest during a future game week (i.e. Friday game, continued on following Tuesday). | See Executive Board Policy, “Interrupted Contests” procedures for specific sport/activity. | Upon conclusion result is final. |
| Schools cannot reach agreement on when to reschedule contest. | Contest is suspended. | No Result. |

- d) Cancel the Event: Cancelling the contest is not an option if the cancellation has a bearing on advancing a team(s) to the final site.

B. OSAA Final Site Events.

- 1) A culminating event shall be defined as the event(s) conducted at the final site only. Early round contests and district qualifying should tournaments follow the stepwise progression listed in part A.
- 2) School personnel have the responsibility of making alternative travel plans to final sites based upon adverse weather forecasts and any other pertinent information. It shall be the responsibility of the participating school(s) to notify the OSAA Executive Director or OSAA staff designee if the school is having difficulty traveling to the final site and may not arrive in time for the scheduled event(s) due to adverse weather conditions or a clear area-wide emergency.

C. **Championship Final Site Specifics.**

- 1) If a team/individual is unable to arrive at a final site for their scheduled competition due to adverse weather conditions or a clear area-wide emergency, that team/individual will be allowed to participate in their scheduled event provided they arrive at the site and are able to compete on the day of their scheduled event. In this situation the OSAA Executive Director or OSAA staff designee, shall adjust the schedule of the event for the purpose of allowing maximum participation for all qualified schools when these conditions are present. If the team/individual is unable to arrive to compete on the day of their event, and NFHS playing rules allow the modification, a forfeit is recorded and that team/individual shall move into the consolation bracket or be dropped from competition, whichever is applicable to the event.
- 2) When the number of teams/individuals unable to reach the final site for their scheduled event due to adverse weather conditions or a clear area-wide emergency exceeds 25% of those participating, the OSAA Executive Director or OSAA staff designee, shall consider postponement or cancellation of all or part of the event. An alternative schedule shall be determined by OSAA Executive Director or OSAA staff designee. Should the need arise for the schedule of a final site to be altered the next available date, including Sunday, will be used.
- 3) For the purpose of this policy, the TOTAL number of teams/individuals scheduled to attend the final site for that classification shall be the number used from which to obtain the percentage of those needed, regardless of the total number of classifications scheduled to attend the event.
- 4) Note: For the purpose of this policy, when the percentage used results in a number that is not a whole number, the number shall be rounded up to the next whole number. For example, if a tournament is being held for 30 teams, 25% of the total would be 7.5 which would be rounded up to 8.

D. **Procedures to Follow If Contests at The Final Site Are Rescheduled.**

- 1) The OSAA Executive Director or OSAA staff designee has the final authority on final site contest rescheduling.
 - 2) If contests are rescheduled on the same day as originally scheduled but at a different site, the semifinal and championship contests will be scheduled at the same time or later than originally scheduled.
 - 3) Time between contests may be shortened. Example: If contests were originally scheduled at two-hour intervals, they may be rescheduled at one and one half-hour intervals.
 - 4) Individuals/teams shall be granted a minimum of 20 minutes for rest between contests.
 - 5) Whenever possible, contests played on the final day of the tournament shall be scheduled to allow individuals/teams to return to their home community that day.
 - 6) If during the last scheduled day at the final site, contests are unable to be restarted requiring postponement overnight, only those individuals/teams still in contention for the championship will continue play. Individuals/teams not in contention for the championship shall be awarded a tie for the highest placing that could have been earned if postponement had not been necessary.
- E. Ticket revenue will not be refunded in the event the schedule and/or day(s) of the event are changed due to adverse weather conditions or a clear area-wide emergency.

2. **AIR QUALITY GUIDELINES**

(Revised July 2022)

These guidelines, created in consultation with the Oregon Health Authority (OHA) **and the Oregon Department of Environmental Quality (DEQ)**, 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", the Environmental Protection Agency (EPA) Air Now website at <https://airnow.gov/> or the EPA's Fire and Smoke map at

<https://fire.airnow.gov/> 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 **DEQ** reporting station should consult with local state and/or federal authorities to help determine the AQI level in your specific area. **Schools in remote areas not near a DEQ reporting station may also refer to Purple Air monitors for monitoring air quality at <https://map.purpleair.com> The EPA's Fire and Smoke map at <https://fire.airnow.gov/> also includes the Purple Air monitors (DEQ monitors show as circles, Purple Air monitors show as squares.).** 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 | Athletes who are unusually sensitive to air pollution should consider indoor activities only. Athletes with asthma should have rescue inhalers readily available and pretreat before exercise if 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. |
| 101 -150 | 3-5 Miles | Athletes who are unusually sensitive to air pollution should consider indoor activities only. Athletes with asthma should have rescue inhalers readily available and pretreat before exercise if 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. Athletes with asthma or other lung diseases, heart conditions or diabetes may need additional rest breaks during practices / contests. Consider rescheduling to a different time and / or an area with a lower AQI. Schools should consider the impact of elevated AQI lasting for multiple days and the impact of prolonged exposure for athletes and staff on multiple practice session days when making decisions. Consider moving practices indoors , if available. Be aware that, depending on a venue's ventilation system, indoor air quality levels can approach outdoor levels. |
| 151 -200 | 1-3 Miles | 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. |

| | | |
|------|--------|--|
| >200 | 1 Mile | 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. |
|------|--------|--|

- 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>.
- F. **Oregon Occupational Safety and Health Administration (OSHA) Rules:** Schools should familiarize themselves with Oregon OSHA permanent rules adopted in Summer 2022 regarding reducing heat and wildfire smoke outdoor workplace exposure for employees. OSHA resources can be accessed here for Heat – <https://osha.oregon.gov/Pages/topics/heat-stress.aspx> and Wildfires <https://osha.oregon.gov/Pages/topics/wildfires.aspx>

3. **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.

4. **CERTIFICATION – ATHLETIC DIRECTORS AND COACHES** (Revised May 2022)

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.** 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.** 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.** 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.** 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. **OSAA Interrupting and Preventing Discriminatory Acts Training.** *The OSAA requires all athletic directors and coaches complete the OSAA Interrupting and Preventing Acts Training to be prepared to work collaboratively and act if discriminatory or harassing incident occurs during an interscholastic event. This is a one-time requirement.*
- F. **Spirit Safety Clinic (Cheerleading and Dance/Drill Coaches Only).** 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.
- G. **OSAA Football Certification.**
 - 1) **All Football Coaches.** The OSAA requires that any football coach complete the **OSAA Football Certification** prior to assuming coaching duties and to recertify annually prior to the beginning of each Association year.
 - 2) **Player Safety Coaches.** 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 biennially prior to the start of the Association year that is conducted by a **OSAA Football Master Trainer** in preparation for implementing and overseeing the primary components of **OSAA Football** at their school.

3) **OSAA Football Certification required courses:** <https://www.osaa.org/coaches/requirements>

- a) **Concussion Recognition and Management Training (annually).**
- b) **NFHS Heat Illness Prevention (annually).**
- c) **NFHS Football Tackling Course (annually).**
- d) **Sudden Cardiac Arrest (annually).**

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.
8. **Q.** What is required of a Player Safety Coach (PSC) during the year they attend an in-person PSC clinic in order to be **OSAA Football** certified?
A. Coaches attending an in-person PSC clinic are required to complete the following online courses in order to be **OSAA Football** certified **during the year they attend an in-person PSC clinic:** Concussion Recognition and Training; Heat Illness Prevention; **Sudden Cardiac Arrest.**
9. **Q.** What is required of every football coach, including previously certified PSC coaches, not attending an in-person PSC clinic in order to be **OSAA Football** certified?
A. **Every football coach, including previously certified PSC coaches, not attending an in-person PSC clinic is required to complete the following online courses in order to be OSAA Football certified: Concussion Recognition and Training; Heat Illness Prevention; NFHS Football Tackling Course; Sudden Cardiac Arrest. [ACHARITABLE CAUSES](#) (OSAA Handbook, Executive Board Policies) (Fall 2012)**

5. [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.

6. **CONCUSSION MANAGEMENT** (OSAA Handbook, Executive Board Policies) (Revised Summer 2020)

[\(Medical Release – Return to Participation Following a Concussion\)](#) [\(Medical Release – Return to Learn Following a Concussion\)](#)

A. **Member School’s Responsibilities (Max’s Law, [ORS 336.485](#), [OAR 581-022-0421](#)) (Jenna’s Law, [ORS 417.875](#)) (Qualified Health Care Professional, [ORS 336.490](#))**

- 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 licensed 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 a Qualified 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 a Qualified Health Care Professional is obtained, the athlete shall not be permitted to return to athletic activity. As of July 1, 2020, [ORS 336.490](#) requires athletes be cleared by one of these Oregon Qualified Healthcare Professionals: Medical Doctor (MD), Osteopathic Doctor (DO), Chiropractic Doctor (DC), Naturopathic Doctor (ND), Nurse Practitioner (NP), Physician Assistant (PA), Physical Therapist (PT), Occupational Therapist (OT) or Psychologist who is licensed or registered under the laws of Oregon. Before signing any RTP forms, except for MD and DO signers, course completion certificates from the Oregon Concussion Return-To-Play Education must be obtained by all DC, ND, PT and OT and, after July 1, 2021, by all NP, PA and Psychologists.
- 3) **Private Schools Only.** [\(Concussion-Private School Informed Consent\)](#)
On an annual basis prior to participation, private schools shall require each athlete and at least one parent or legal guardian of the athlete 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 athlete’s signed form on file for review at any time by OSAA staff.

B. **Official’s Responsibilities.**

An official shall remove an athlete from a contest when that athlete 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 their designee making sure that the head coach or designee understands that the athlete 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 athlete after they are removed from play. The official does not need written permission for an athlete to return nor does the official need to verify the credentials of the Qualified Health Care Professional who has cleared the athlete to return. The responsibility of further evaluating and managing the symptomatic athlete falls upon the school and an appropriate Qualified Health Care Professional.

7. **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:
 - 10) 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.
 - 11) 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.
 - 1) 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.

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

- 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.

9. **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:

| | | | | | |
|------|-------------------|------|--------------------|-------------|--------------------------|
| 2022 | July 24 – July 30 | 2024 | July 28 – August 3 | 2026 | July 26 – August 1 |
| 2023 | July 23 – July 29 | 2025 | July 27 – August 2 | 2027 | July 25 – July 31 |

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."**

10. HAIR DEVICE / ADORNMENT

(Revised July 2022)

The OSAA aims to be inclusive of all students from varying cultural backgrounds to access athletic and activity programs provided at member schools, while providing a fair and safe environment. This policy was developed inclusive of the language established in Oregon House Bill 2935 (**June 2021**) and in collaboration with the OSAA Equity and Diversity Committee and other stakeholders. The OSAA recognizes that this policy will need to be reviewed on a regular basis and continued education to member schools will be required to ensure understanding of this policy. The OSAA recognizes the value of **athletic and activity programs** for all students and the potential for inclusion to reduce harassment, bullying and barriers faced by certain students. The OSAA also recognizes the concerns of students, parents, and coaches to ensure a fair, equitable, and safe competitive environment.

B. Oregon Revised Statutes Language.

- 1) ORS 659A.001, amended to read:
 - a) "Protective hairstyle" means a hairstyle, hair color or manner of wearing hair that includes, but is not limited to, braids, regardless of whether the braids are created with extensions or styled with adornments, locs and twists.
 - b) "Race" includes physical characteristics that are historically associated with race, including but not limited to natural hair, hair texture, hair type and protective hairstyles.

- 2) [ORS 332.075](#), amended to read: (1) Any school district board may: (e) Authorize the school district to be a member of and pay fees, if any, to any voluntary organization that administers interscholastic activities or facilitates the scheduling and programming of interscholastic activities only if the organization: (A) Implements equity focused policies that:
 - a) Address the use of derogatory or inappropriate names, insults, verbal assaults, profanity or ridicule that occurs at an interscholastic activity, including by spectators of the interscholastic activity;
 - b) Prohibit discrimination as defined in [ORS 659.850](#);
 - c) Permit a student to wear religious clothing in accordance with the student’s sincerely held religious belief and consistent with any safety and health requirements; and
 - d) Balance the health, safety and reasonable accommodation needs of participants on an activity-by-activity basis;
- 3) [ORS 659.850](#), amended to read: (B) “Discrimination” does not include enforcement of an otherwise valid dress code or policy, as long as the code or policy:
 - a) Provides, on a case-by-case basis, for reasonable accommodation of an individual based on the health and safety needs of the individual; and
 - b) Does not have a disproportionate adverse impact on members of a protected class to a greater extent than the policy impacts person generally.
 - c) “Race” includes physical characteristics that are historically associated with race, including but not limited to natural hair, hair texture, hair type and protective hairstyles as defined in [ORS 659A.001](#).

C. **Athletic and Activity Programs Adhering to NFHS Rules Prohibiting Hair Adornments.** *Oregon Revised Statute* requires OSAA to implement equity focused policies that balance the health, safety, and reasonable accommodation needs of participants on an activity-by-activity basis. After careful review, and in alignment with ***Oregon Revised Statute*** and other rule-governing bodies, the OSAA is adhering to NFHS rules prohibiting hair adornments in the following athletics and activities due to health and safety considerations.

- 1) ***Football – Maintain current NFHS rules due to health and safety considerations.*** Prohibited per NFHS Football Rule 1-5 Article 3.
- 2) ***Wrestling – Maintain current NFHS rules due to health and safety considerations.*** Prohibited per NFHS Wrestling Rules 3-1-4b and 4-2-1.

D. **Athletic and Activity Programs Already Allowing Hair Adornment per NFHS Rules.** OSAA-sanctioned athletics and activities where hair adornments are already allowed by NFHS or rule-governing bodies.

| | | |
|---------------------|---------------|-------------------|
| Baseball | Dance | Swimming |
| Basketball | Golf | Tennis |
| Cheerleading | Soccer | Track & Field |
| Cross Country | Softball | Volleyball |

11. [NON-DISCRIMINATION POLICY](#) [\(Complaint Form\)](#) (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 they have 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 proved on the OSAA website. 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.

12. [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.

13. 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.

14. 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 administration, coach and other responsible officials of each member school shall take all reasonable measures to ensure that the school's coaches, players, students and spectators maintain a sportsmanlike attitude at 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. Discriminatory harassment and bullying behavior will not be tolerated. Discrimination is defined as (OAR 581-021-0045(1)(a)) "any act that unreasonably differentiates treatment, intended or unintended, or any act that is fair in form but discriminatory in operation, either of which is based on age, disability, national origin, race, color, marital status, religion, sex, and sexual orientation." Harassing conduct may take many forms, including verbal acts and name-calling; graphic and written statements, which include use of cell phones or the Internet; or other conduct that may be physically threatening, harmful, or humiliating. Examples include but are not limited to hazing, intimidation, taunting, bullying, cyberbullying or menacing another, or engaging in behavior deemed by the member school to endanger the safety or well-being of students, employees, self or others. Harassment does not have to include intent to harm, be directed at a specific target, or involve repeated incidents. Harassment creates a hostile environment when the conduct is sufficiently severe, pervasive or persistent, so as to interfere with or limit the ability to participate in or benefit from the services, activities, or opportunities offered by a school. This includes the use of, or engagement in, abusive verbal expression or physical conduct, especially if that conduct interferes with the performance of students, staff, event officials or sponsors of interscholastic activities.
- 3.4. Spectator Conduct.** The following expectations regarding spectator conduct at all OSAA sanctioned events, including regular and post season competition, are provided. Those violating or threatening to violate the following Association rules or site management spectator conduct expectations, may be ejected from the premises, issued a trespass citation, excluded from sanctioned activities temporarily or permanently and/or referred to law enforcement officials.
 - 3.4.1.** 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 unacceptable conduct include but are not limited to disrespecting players by name, number or position; negative cheers or chants; throwing objects on the playing surface; use of derogatory or racially explicit language; discriminatory harassment or conduct that creates a hostile environment that is disruptive to the educational environment.
 - 3.4.2.** Spectators shall not be permitted to use vulgar/offensive or racially/culturally insensitive language or engage in any racially/culturally insensitive action.
- 3.5. Complaint Process.** The OSAA will sanction schools whom it has found negligent in the duties of reasonably protecting those involved in interscholastic activities from derogatory or inappropriate names, insults, verbal assaults, profanity, ridicule or engaging in behavior deemed by the member school to endanger the safety or well-being of students, employees, self or others.
 - 3.5.1.** OSAA will acknowledge receipt of the complaint within 48 hours.

- 3.5.2. OSAA may prioritize the investigation of complaints based on information received.
- 3.5.3. Complaints deemed to be employee or student discipline matters only shall be returned to the complainant. Matters of employment and/or employee discipline which can best be resolved through the school district's complaint process include but are not limited to playing time, team level assignments (Varsity/JV), assignment of a student to a specific coach, equipment use, or dissatisfaction with a contract or payment term. Matters of student discipline which can best be resolved through the school district's complaint process include but are not limited to academic eligibility, drug/alcohol use, playing time or playing position, specific workout requirements, or dissatisfaction with a calendar, schedule or event location.
- 3.5.4. Complaints must include the complainant's name and contact information (phone and email or mailing address). Anonymous complaints shall not be considered.
- 3.5.5. Every effort will be made to complete the investigation process within 30 days; however, should the investigation require more time, a 30-day status update shall be provided.
- 3.5.6. To assist in investigation of the complaint, complainants are asked to note the following:
 - (a) Complaints are only accepted on the official online form and each section of the Complaint Form must be completed. [\(Complaint Form\)](#)
 - (b) Complaints which are determined to be outside the scope of the OSAA will be returned to the complainant via the contact address provided. See [Rules, Rule 3.5.3.](#) for guidance.
 - (c) Whenever possible, provide first-hand accounts, with names and contact information of witnesses.

3.6. Sportsmanship Violations/Penalties. When the coaches, players, students, staff or spectators of any member school engage in unsportsmanlike conduct, discriminatory harassing behaviors, 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 sponsored by this Association, the Executive Board may treat such acts as a violation by the school of the Rules of the Association and the school shall be subject to penalty. Penalties may vary depending on the actions taken by the school and/or school district during and after the event as it relates to trespassing spectators involved, removing players/coaches from the team for a period of time, requiring additional education/training, etc. Upon a ruling by the Executive Director or by the Executive Board the member school may be subject to probation, mandatory appearance before the Executive Board, required plan of action, forfeitures, fines, lack of institutional control penalties, suspension of membership or expulsion from the Association as determined by the Executive Board. The Executive Director or the Executive Board may determine that no penalties are necessary when an incident has been handled appropriately and in a timely fashion by the school and/or district.

- 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 ensure 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. Are "run through" signs allowed?
 - A. Yes, so long as the message is positive/supportive.
- 4. Q. May visiting schools bring signs and/or banners to hang at the host school's venue?
 - A. No.
- 5. Q. May spectators have signs at events?
 - A. Spectators are not permitted to have signs or banners larger than 8-1/2 x 11 inches. "Fathead" type items are considered signs and shall not be larger than 8-1/2 x 11 inches. Spectators are required to wear shirts.
- 6. Q. May a spectator have an artificial noisemaker?
 - A. No, spectators are not permitted to have artificial noisemakers. Some examples of artificial noisemakers are Thunder Stix, cowbells, clappers and air horns.
- 7. 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.
8. Q. May spectators use small, handheld megaphones?
A. Yes, provided they are not electric. Only cheerleaders are allowed to use large megaphones. Neither cheerleaders nor spectators may use megaphones for banging on the floor or bleachers.
9. 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. Spectators shall not turn their heads or hold up newspapers during team introductions, or jeer at cheerleaders during opposing team introductions.
10. 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.
11. 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.
12. 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.
13. Q. May a school use balloons at a state championship final site?
A. No.
14. Q. May spectators have oversized foam fingers at athletic events?
A. Yes, they are allowed so long as they are not blocking spectator viewing.
15. **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 **or activities** on participation in non-school athletic **or activity** 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 **athletics or activities**.
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 their 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.