



Oregon School Activities Association

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To: Athletic Directors and Head Track Coaches
From: Brad Garrett, Assistant Executive Director
Subject: 2021 Track and Pre-Season Memo

OSAA Track and Field Plan Book - <https://www.osaa.org/docs/planbooks/cs3/tfplanseason3.pdf>

The 2020-21 OSAA Track and Field Plan Book is available on the OSAA website. This plan book contains information regarding important season dates, rules information, OSAA policies, as well as Covid-19 requirements and recommendations.

2020-21 Minimum Practice Requirement

As students return to participation in activities, it is important to assess whether or not they are physically prepared to participate in competition. For the 2020-21 sports seasons, there is a minimum requirement of 5 practices that a student must participate in before they can compete against another school. If an athlete participated with a Season 2 sport, then the student would not need to meet the minimum practice requirement before competing during Season 3.

NFHS Rules Considerations due to COVID-19

Schools should abide by all NFHS rules as a default, adjusting relevant rules as needed to allow for COVID-19 risk mitigation factors where necessary for this year. Below are two modifications that are allowed during the 2021 Track and Field season.

- **RULE 5-10-5 CURRENT RULE** – The baton is the implement which is used in a relay race and is handed by each competitor to a succeeding teammate. Gloves are not permitted in relay events.
 - States may permit the use of gloves for this year.
 - Schools can bring their own batons, or they should be disinfected after each heat/race.
- **RULE 6-4-11 and RULE 6-5-24** – Lowering the cross bar after competition has begun is allowed in the vertical jumps. With small numbers of competitors, states may wish to jump each athlete to completion.

General Covid-19 OSAA Track and Field Guidelines

1. Masks shall be worn at all times by all individuals in attendance.
2. Physical distancing measures shall be in place at all times other than when engaged in competition.
3. Sportsmanship is a key component, while physical contact of handshakes, fist-bumps, etc., are not allowed teams are encouraged to acknowledge their opponents in pregame and postgame rituals with a physical distance observance of the team's choosing.
4. Shot Put, Discus Throw, Javelin Throw should enforce physical distancing for all athletes and officials.
5. To limit contact athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws.
6. Long Jump and Triple Jump should enforce physical distancing for all athletes and officials.
7. High Jump and Pole Vault should enforce physical distancing for all athletes and officials.
8. To limit contact: athletes should not share vaulting poles.

Updated Participation Limitations for 2021

TRACK AND FIELD

(Revised March 2021)

- A. **Team.** A school team shall not compete in more than **10 meets** at each level of competition, exclusive of the varsity district meet and state championships. ***A meet, whether one day or two days, shall count as one meet.*** There is no limitation on the number of schools that may participate in a track and field meet. Any time a student participates representing ***their*** school, it shall count toward the school's team limitation.
- B. **Individual.** A student shall not compete in more than **10 meets**, exclusive of the varsity district meet and state championships. A one-day meet shall count as one meet and a two-day meet shall count as two meets.

A contestant shall not enter or compete in more than two distance races – 800, 1500 and 3000. If a contestant does enter or compete in all three-distance events, that contestant's school shall forfeit the meet. If a contestant violates the Rules Book limit of four events but does not violate the Executive Board distance race limit, then all points earned by that contestant in the meet are forfeited.

Health and Safety Information

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

Lightning Safety Guidelines

The OSAA has made a concerted effort to educate member schools and officials associations regarding the suspension and restarting of practices and contests based on the presence of lightning or thunder. Once thunder is heard or a cloud-to-ground lightning bolt is seen, all personnel, athletes and spectators should evacuate to available safe structures or shelters.

We will continue to provide updated information on our OSAA website for both boys track and field at <http://www.osaa.org/activities/btf> and girls track and field at <http://www.osaa.org/activities/gtf> .