



Oregon School Activities Association

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Excerpt from 2022-2023 OSAA Handbook, Executive Board Policies

54. **PRACTICE LIMITATION RULE (6A, 5A, 4A Pilot)**

(Revised July 2022)

- A. **Philosophy/Rationale.** The following statements outline the philosophy of this policy regarding in-season and out-of-season sports.
- 1) The spirit of the Practice Limitation Rule (6A, 5A, **4A** Pilot) is that every school and participant shall have the same opportunity to practice prior to the first contest.
 - 2) The mission of OSAA member schools is to foster well-rounded individuals. The purpose of interscholastic athletics is to help educate boys and girls and not to prepare students for college athletics, which is a by-product of interscholastic competition available to a very small percentage of high school athletes.
 - 3) For most students, specialization in a single athletic activity is not in their best long-term interests.
 - 4) Students should be encouraged by coaches, administrators and parents to participate in a variety of school activities, including more than one sport during the school year.
 - 5) Schools should not allow use of school equipment, including uniforms and school district vehicles, and facilities by non-school organizations that promote a philosophy contrary to the above statements.
 - 6) 6A, 5A, **4A** Schools are looking to provide coaches with more opportunities for fundamental skill development at specified times during the Association Year.
 - 7) 6A, 5A, **4A** Schools believe that high school coaches are the individuals best-trained to guide and promote the health and physical welfare of all participants.
 - 8) 6A, 5A, **4A** Schools want to work with the OSAA to educate parents regarding the impact on the health and physical welfare of students who choose to specialize in one sport, year-round.
 - 9) There should be no promotion or publicity within a school for non-school programs, which promote a philosophy contrary to the above statements.
- B. **Individual Sports Limitation.** Schools may conduct practices and/or contests in individual sports (cross country, golf, swimming, tennis, track & field, wrestling) only during the designated OSAA sports seasons as outlined in Rule 6. Local school districts and/or leagues should establish their own policy restricting the involvement of their individual sports coaches in out-of-season programs.
- C. **Closed Period.** The Closed Period for out-of-season team sports begins on the first practice date of each Fall, Winter, and Spring season. Dates shall follow the NFHS Numbered Calendar, as adopted by the OSAA. The Closed Period shall last six weeks. During the six-week Closed Period, conditioning is the only activity allowed between out-of-season coaches and student(s) from their high school. Conditioning is defined as a session where students work on physical fitness and conditioning by use of weights, running, and/or exercises. Conditioning does not allow for the use of individualized and specialized sports equipment or apparatus, including but not limited to balls, bats, protective equipment, blocking dummies, batting cages, charging sleds and other implements related to specific OSAA activities. Participation in conditioning activities must be optional.
- D. **Open Period.** The Open Period for all out-of-season team sports begins on the first practice date of each season Monday following the six-week Closed Period and ends when the next OSAA defined season begins. Dates shall follow the NFHS Numbered Calendar, as adopted by the OSAA. Fundamental skill development with an unlimited number of the school's student-athletes is allowed for a maximum of six hours each week per program. All open facility times shall be included in the weekly limitation. It shall be a violation of the Practice Limitation Rule (6A, 5A, **4A** Pilot) if there is any attempt by a coach during the Open Period to coach student-athletes from their high school in a contest in the activity they coach at that high school. For the purpose of this rule, a contest is any event (practice, scrimmage, game, etc.) that involves anyone other than the students at your high school. While boys' and girls' basketball (and soccer) are examples of the same sport, for the purpose of this rule they are considered different activities.

Participation in Open Period fundamental skill development and/or conditioning must be optional. NOTE: The use of football protective equipment is prohibited from the conclusion of a school's regular and/or post-season until the end of the Association Year as outlined in **Rule 6.7**. This does not prohibit an individual student from using football protective equipment owned by the school when attending camps/clinics not organized by any member school personnel.

E. **Dates for the 2022-23 School Year.**

1) **OSAA Fall Season.**

- a) Official Practices begin for Fall Team Sport Coaches – Monday, **August 15** (Week 7).
- b) Closed Period for all Winter and Spring Team Sport Coaches – Monday, **August 15** – Sunday, **September 25** (Weeks 7-12).
- c) Open Period for all Winter and Spring Team Sport Coaches – Monday, **September 26** – Sunday, **November 13** (Weeks 13-19).
- d) Coaching Ends for Fall Team Sport Coaches – On the cutoff date or when all state championship contests have concluded for that school in that sport.

2) **OSAA Winter Season.**

- a) Official Practices begin for Winter Team Sport Coaches – Monday, **November 14** (Week 20).
- b) Closed Period for all Fall and Spring Team Sport Coaches – Monday, **November 14** – Sunday, **December 25** (Weeks 20-25).
- c) Open Period for all Fall and Spring Team Sport Coaches – Monday, **December 26** – Sunday, **February 26** (Weeks 26-34).
- d) Coaching Ends for Winter Team Sport Coaches – On the cutoff date or when all state championship contests have concluded for that school in that sport.

3) **OSAA Spring Season.**

- a) Official Practices begin for Spring Team Sport Coaches – Monday, **February 27** (Week 35).
- b) Closed Period for all Fall and Winter Team Sport Coaches – Monday, **February 27** – Sunday, **April 9** (Weeks 35-40).
- c) Open Period for all Fall and Winter Team Sport Coaches – Monday, **April 10** – Sunday, **May 29** (Weeks 41-47).
- d) Coaching Ends for Spring Team Sport Coaches – On the cutoff date or when all state championship contests have concluded for that school in that sport.

4) **OSAA Summer Season.**

- a) Summer Season for Fall, Winter and Spring Team Sport Coaches – Tuesday, **May 30** – Sunday, **August 13** (Weeks 48-6).
- b) Moratorium Week – Sunday, **July 23** – Saturday, **July 29** (Week 4).

1. **Q.** Under the Practice Limitation Rule (6A, 5A, **4A** Pilot), may a coach work on fundamental skill development with two students a day as was allowed previously?

A. Yes, but only during the Open Period. During the Open Period coaches may work with an unlimited number of students on fundamental skill development for a maximum of six hours each week per program. All open facility times shall be included in the weekly limitation. During the Closed Period coaches are prohibited from working on fundamental skill development with any students.

2. **Q.** Under the Practice Limitation Rule (6A, 5A, **4A** Pilot), may students who do not currently attend your school and/or students planning to transfer to your high school participate in fundamental skill development during the Open Period?

A. No. Only full-time students currently attending your school, or students eligible to participate for your school via Rule 8.5 School Representation, are allowed to participate in fundamental skill development during the Open Period.

3. **Q.** Under the Practice Limitation Rule (6A, 5A, **4A** Pilot), is a coach allowed to coach student-athletes from their high school in a contest during the Association Year outside their sport season in the activity they coach at that high school?

A. No.

4. **Q.** Under the Practice Limitation Rule (6A, 5A, **4A** Pilot), are coaches allowed to work on fundamental skill development with their students during the Open Period and organize their students to participate in contests while being coached by someone else?
- A.** No.
5. **Q.** Under the Practice Limitation Rule (6A, 5A, **4A** Pilot), how does the maximum of six hours each week per program work during the Open Period?
- A.** Any fundamental skill development involving a coach and any number of students from the coach's school in the activity they coach at that high school counts toward the maximum of six hours each week per program (football, girls' basketball, boys' basketball, etc.). A week is defined as Monday-Sunday. All open facility times shall be included in the weekly limitation. ***General weight training and conditioning may take place prior to or after fundamental skill development and that time does not count towards the maximum six hours per week.***
6. **Q.** Are open gyms still permissible under the Practice Limitation Rule (6A, 5A, **4A** Pilot)?
- A.** Yes, provided they occur during the Open Period and fall within the maximum of six hours each week per program. The terminology has been changed to "open facility" and is applicable to gymnasiums, fields, tracks, etc.
7. **Q.** What are the penalties if a high school coach violates the Practice Limitation Rule (6A, 5A, **4A** Pilot) by coaching members of their team during the Closed Period or in an out-of-season contest?
- A.** Rule 5, "Violations of Regulations – Penalties" – outlines violations of rules and penalties. As outlined in Rule 5.2., violations of any rule of the OSAA could include probation, forfeiture, fines, suspension or expulsion from the Association. The Executive Board would determine the penalty.
8. **Q.** Is a school in violation of the Practice Limitation Rule (6A, 5A, **4A** Pilot) if an unpaid volunteer coach coaches both the high school team and an out-of-season team during the OSAA year?
- A.** Yes, this would be a violation. The Practice Limitation Rule (6A, 5A, **4A** Pilot) applies to any coach associated with a high school program (paid, volunteer, etc.).
9. **Q.** Under the Practice Limitation Rule (6A, 5A, **4A** Pilot), may two high school coaches "trade" teams and coach each other's teams in an out-of-season contest, or may a person coach a high school team and then arrange for their parent/spouse/family member to coach the out-of-season club team during the Association Year?
- A.** No. The intent of the rule is to provide high school coaches with more opportunities to teach fundamental skill development during specified times during the Association Year.
10. **Q.** A coach of a high school team arranges for a parent/spouse/family member to coach that same team in an out-of-season contest during the Association Year. Is this legal under the Practice Limitation Rule (6A, 5A, **4A** Pilot)?
- A.** No, this would be considered a violation.
11. **Q.** Under the Practice Limitation Rule (6A, 5A, **4A** Pilot), may a high school coach work with a group of 9th graders before they turn out for a sport?
- A.** Yes, provided it occurs during the Open Period.
12. **Q.** Under the Practice Limitation Rule (6A, 5A, **4A** Pilot), may a high school coach conduct club team tryouts prior to the end of the Association Year?
- A.** Yes, provided that the tryouts don't include students from the coach's high school in the activity they coach. Coaches may conduct club team tryouts for non-high school students, students from other high schools, and/or students from the coach's high school in an activity they don't coach.
13. **Q.** Under the Practice Limitation Rule (6A, 5A, **4A** Pilot), may students serve as demonstrators at a clinic or camp at which their school coach is making a presentation outside of the OSAA season for that sport?
- A.** Yes, ***but with these restrictions -***
- 1) ***The clinic or camp occurs during the Open Period.***
 - 2) ***All participants at a clinic or camp are non-high school.***
 - 3) ***Each school is limited to only one clinic or camp to which this interpretation applies per program per school year.***
 - 4) ***Clinic or camps to which this interpretation applies may be no more than two days in length.***
14. **Q.** Under the Practice Limitation Rule (6A, 5A, **4A** Pilot), may a coach own a club on which there are teams, which includes members of their school?
- A.** Yes, but the coach may not personally coach a team with members of their school in the activity they coach at that high school during the Closed Period. During the Open Period the coach may conduct fundamental skill development and/or conditioning but may not coach members of their school in a contest in the activity they coach at that high school.

- 15. Q.** May a coach be present at a camp, clinic or practice during the Closed Period in the activity they coach at that high school if their high school students are attending as participants?
- A.** No, a coach may not attend as an instructor or observer.
- 16. Q.** Would it be a violation of the Practice Limitation Rule (6A, 5A, **4A** Pilot) for a coach to teach members of the high school program in a sport-specific class outside of the season for that sport during the Association Year?
- A.** No, so long as the sport-specific class meets the following conditions:
- 1) The coach must be the teacher of record for the sport-specific class, and
 - 2) The sport-specific class must be part of the regular school curriculum for which credit is granted, and
 - 3) Enrollment in the sport-specific class must not be limited to team members.
- 17. Q.** Would it be a violation of the Practice Limitation Rule (6A, 5A, **4A** Pilot) if a school was to offer a sport specific class for which the coach is not the teacher of record, and the coach was allowed to attend the class as a guest and teach sport specific skills to members of the high school program outside of the season for that sport during the Association Year?
- A.** Yes.
- 18. 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, they are 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.
- 19. 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."
- 20. Q.** A school is conducting interviews for a vacant coaching position. Is the interviewee allowed to conduct a practice in part of the interview process?
- A.** Yes, but the trial practice session shall be no longer than 30 minutes in length.
- 21. Q.** Under the Practice Limitation Rule (6A, 5A, **4A** Pilot), may a high school coach work with their own children during the Closed Period?
- A.** Yes, a coach may work with their own children at any time.
- 22. Q.** May a high school coach be present as a spectator at an out-of-season club team contest if their high school student(s) are participating on the team?
- A.** Yes, this is allowed during both the Closed and Open Period.
- 23. Q.** During the Closed Period, may a high school facility be used by an out-of-season student from that high school?
- A.** Yes, provided no coach from that school organizes the usage, is involved in it or is in attendance.
- 24. Q.** During the Closed Period, may a high school facility be used by an out-of-season coach to hold an out-of-season event or open facility?
- A.** Yes, provided no student from their high school is present.