



Oregon School Activities Association

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Excerpt 2022-2023 OSAA Handbook, Executive Board Policies

56. PRACTICE MODEL

(Revised July 2021)

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

A. Football

- 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) Teams shall have not less than nine days of on-field practice prior to playing in a jamboree or an interscholastic contest.
- 3) 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.)
- 4) Days in which multiple practice sessions are conducted are subject to the following restrictions:
 - a) One practice session of the first two multiple practice session days shall be a teaching session only. Conditioning drills (gassers, timed runs or sprints) shall not be conducted.
 - b) Only one practice of a multiple practice session day may include Full contact (defined below as Thud and Live Action).
- 5) At the beginning of football practice each year, every student shall be required to have two days of helmet only practices. During this period, the only optional pieces of protective equipment that may be worn by individuals are shoes and helmets. No other pads (e.g., shoulder, knee, thigh, hip and rib) are to be worn. During helmet only practice, no full contact drills or any other activity may occur which would result in a player completing a tackle or being blocked or tackled to the ground. This policy does not preclude light contact with blocking sleds and tackling dummies. However, it is strongly recommended that any such contact be carefully controlled.
- 6) Following two days of helmet only practices, students may wear helmets and shoulder pads on Day 3. On this day, the only optional pieces of protective equipment that may be worn by individuals are shoes, shoulder pads and helmets. No other pads (e.g., knee, thigh, hip and rib) are to be worn. During helmet/shoulder pad practice, no full contact drills or any other activity may occur which would result in a player completing a tackle or being blocked or tackled to the ground. This policy does not preclude light contact with blocking sleds and tackling dummies. However, it is strongly recommended that any such contact be carefully controlled.
- 7) After completing the first three days, a student may participate in a contact practice. During a contact practice the remainder of the football gear as described in the NFHS Football Rules Book may be worn and activity is not restricted with regard to contact as defined by USA Football Levels of Contact. A school shall not permit an individual to participate in a contact practice unless that individual has had at least two days of helmet only

practice and one day of helmet/shoulder pad practice. Contact with another person on the fourth and fifth days should be controlled.

- 8) Beginning the third week of Football practice (Week 9 on NFHS Standardized Calendar) students may participate in three days of full contact each week, excluding games. A maximum of 90 minutes of Full Contact combined is allowed during these three days. Full contact is defined as follows:
 - a) Thud – Drill is run at **a competitive** speed through the moment of contact, no predetermined “winner.” Contact remains above the waist; players stay on their feet and a quick whistle ends the drill. This applies to simulations and drills involving any number of players.
 - b) Live Action – Drill is run in game-like conditions and is the only time that players are taken to the ground. This applies to simulations and drills involving any number of players.
- 9) 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.
- 10) A student shall become eligible to participate in a jamboree or interscholastic contest after completing a minimum of nine days of actual on-field practice.

B. Cross Country, Soccer, Volleyball

- 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) One practice session of the first two multiple practice days shall be a teaching session only. Conditioning drills (gassers, timed runs or sprints) shall not be conducted.
- 4) 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.
- 5) ***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.***

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.

- 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.