



Oregon School Activities Association  
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## OSAA PRACTICE LIMITATION RULE – “RULE OF TWO”

### Baseball and Softball

**Baseball and softball coaches may begin pitching instruction and throwing workouts with pitchers and catchers only (maximum of eight total per day) two weeks prior to the Spring Sports First Practice Date.**

Questions and Answers from the OSAA Handbook addressing this rule change:

36. Q. On what date may baseball and softball coaches begin pitching instruction and throwing workouts with pitchers and catchers only (maximum of eight total per day)?  
A. **February 16, 2026** which is two weeks prior to the start of spring practices on **March 2, 2026**
37. Q. During this two-week early window for baseball and softball coaches, how many students are coaches allowed to work with each day?  
A. If non-pitchers and non-catchers, a maximum of two a day. If pitchers and/or catchers only, a maximum of eight a day. This maximum applies to a school's entire coaching staff in that activity.
38. Q. During this two-week early window for baseball and softball coaches, are coaches allowed to work with eight pitchers and catchers and two additional students on the same day?  
A. No. During this timeframe, coaches are allowed to work with a maximum of eight on a single day but all eight must be pitchers and/or catchers, or the coaches may work with two non-pitchers and non-catchers on a single day, but not both.
39. Q. During this two-week early window for baseball and softball coaches, are coaches allowed to work with six pitchers and catchers and two additional students, for a total of eight?  
A. No. During this timeframe, coaches are allowed to work with a maximum of eight on a single day but all eight must be pitchers and/or catchers. During this timeframe, coaches would be allowed to follow the standard “Rule of Two” and work with two players only on a single day. These players are not required to be pitchers and/or catchers.
40. Q. During this two-week early window for baseball and softball coaches, if coaches are working with pitchers and/or catchers, is live hitting allowed?  
A. No, live hitting is not allowed but a coach is allowed to stand in the batter's box.

The “Rule of Two” in its entirety can be found on the OSAA website at: [Rule of 8](#)

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