



Oregon School Activities Association

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2026 TRACK & FIELD PLAN BOOK

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SEASON DATES

First Practice Date	March 2
First Contest Date.....	March 16
Cutoff Date	May 23
3A, 2A, 1A State Championships	May 28-29
6A, 5A, 4A State Championships	May 29-30

2026 NFHS TRACK & FIELD RULES

Order a NFHS Track & Field / Cross Country Rules Book from the [OSAA Corner Store](#) or contact the OSAA (503.682.6722) for information.

For more information about NFHS Track & Field Rules, visit <https://www.nfhs.org/activities-sports/track-fieldcross-country/>.

2026 NFHS RULES CHANGES

3-2-3k (NEW): Permits the Games Committee to determine takeoff board placement in horizontal jumps.

Rationale: The change gives the games committee authority to determine takeoff board placement in the long jump and triple jump aligning with existing role in setting starting heights for high jump and pole vault. The rules previously did not assign this responsibility, and clarification ensures consistency, fairness and appropriate oversight. Athletes may still change which approved takeoff board to use during competition.

3-8-6: Expands the acceptable calibers and provides flexibility for starting devices.

Rationale: Due to increased cost and limited availability .32 caliber blanks. Expanding the acceptable calibers provides flexibility for meet management while maintaining the safety and functionality required for starting devices.

4-6-5: Permits an appropriate health care professional, designated by the games committee, to evaluate a downed competitor without resulting in disqualification.

Rationale: The change permits the games committee to designate an appropriate health care professional to evaluate a downed competitor on the course without resulting in disqualification provided no assistance is given in progressing along the course. It prioritizes athlete safety by permitting on-course evaluation while preserving the integrity of the competition.

4-6-6c (NEW): Clarifies athletes are not permitted to wear any type of audio or video recording devices during a race, trial, or while in restricted areas.

Rationale: No athlete participating in a meet is permitted to wear any type of audio or video device to record or transmit in a race, trial or in restricted areas. This language aligns with other NFHS rules books.

6-2-2 NOTES (3) (NEW): Clarifies that the time limit for a consecutive attempt applies within a height and at a height change.

Rationale: The chart does not differentiate whether consecutive trials are within a height or at a height change. Adding this note will clarify the rule and establish a standard procedure.

6-3-2b4(a): Incorporates metric measurements alongside imperial to promote clarity and consistency in meet management.

Rationale: Standard metric progressions are typically in 5 cm increments, with 15 cm aligning closely to the traditional 6 inches. This change simplifies implementation, aligns with common metric practices, and supports consistency in meet management.

6-8-6 (NEW): Standardizes warm up times for athletes entering the high jump and pole vault after 60 minutes have elapsed.

Rationale: The current rule allows warm-up only after passing three consecutive heights, which can result in long periods of inactivity—sometimes over an hour—in large competitions. This can be a disadvantage and potential safety concern for athletes entering later. Changing the rule to provide a standardized 1.5 minutes for high jump or 2 minutes for pole vault warm-up for any athlete entering after 60 minutes have elapsed promotes fairness, consistency, and risk minimization.

6-9-21: Clarifies that padding is required for hard and unyielding surfaces that are elevated relative to the ground.

Rationale: The addition of "above ground level" clarifies that the padding requirement applies specifically to hard and unyielding surfaces that are elevated relative to the ground. This refinement helps differentiate between surfaces that present a greater risk of impact during a fall (such as raised concrete, asphalt, wood, or platform extensions) versus ground-level areas that may already be accounted for with landing system setup.

6-10-5: Incorporates javelin construction specifications into the rules book for clarity and consistency.

Rationale: Moving the implement construction specifications for the javelin into the rules book provides greater clarity, consistency, and accessibility for high school coaches, athletes, and meet officials. By incorporating the construction requirements directly into the NFHS rules book, we ensure that all necessary information is readily available, specific to the high school level, and aligned with the intent of education-based athletics. This approach maintains appropriate equipment standards while promoting ease of understanding, consistent enforcement, and fairness across all levels of high school competition.

9-1-1: Adds the 200 meter dash as an option for indoor meets.

Rationale: Adding the option of the 200 or 300 meter dash in indoor meets provides states with greater flexibility to structure events based on facility size, athlete development, and meet goals. This change supports broader participation and aligns with the varied formats of indoor track and field across the country.

9-6-1: Establishes a standardized 20-meter exchange zone for indoor relays.

Rationale: A uniform 20m exchange zone in indoor track and field creates a single standard for ease of officiating.

2026 NFHS POINTS OF EMPHASIS

Throws Safety – Shot Put, Discus, and Javelin

Safety in the throwing events must be a top priority during both practices and competition. Coaches, meet officials, event managers, competitors and volunteers should review proper safety protocols during the preseason and before each meet to reduce the risk of potentially dangerous situations, during both warm-ups and competition periods. These safety measures must also be implemented consistently at practice.

Each throwing venue should be carefully regulated and set up with safety for athletes, officials, and spectators in mind. A clearly marked safety zone must be established for each event, using flagging or rope placed outside the sector lines and the farthest potential landing area of the implement. It's important to recognize that the flagged safety sector indicates the primary danger zone, but not the only one. Implements such as the discus and javelin can deviate significantly from their expected flight paths, and even well-marked venues require constant vigilance.

Officials must inspect venues for hazards, including checking cages for holes, loose netting, or other deficiencies. Any damage must be repaired prior to the start of throwing activities. Event personnel and athletes must be reminded to never turn their back to the throwing area during warm-ups or competition and to always wait for an official's signal before retrieving implements or leaving the designated area. These precautions are essential to prevent accidents due to premature entry or unexpected throws. Ongoing attention to safety by all involved is critical to protecting participants and ensuring the integrity of the competition.

Restricted Areas – An often underestimated responsibility of the games committee is the designation of restricted and unrestricted areas within the meet facility. This delineation is key to all meets, not just the state meet series. Clearly defining these areas supports risk minimization, maintains the integrity of competition and ensures efficient meet operations.

Restricted areas are those where only competitors currently involved in an event, meet officials, and designated personnel are permitted. All others, including non-competing athletes and coaches, must remain in unrestricted areas, such as coaching boxes or designated viewing zones.

Per Rule 4-6-6, electronic devices can only be used in unrestricted areas. This rule applies to coaches and managers recording performances for review and instructional purposes, but also to athletes. Use of headphones, cell phones and other devices are

prohibited by competitors in restricted areas. Athletes using an electronic device while crossing the track or approaching a field event venue may be distracted and unaware of their surroundings which increases the risk not only to themselves and others.

Coaching from a restricted area is considered assistance under Rule 4-6-5, which results in the coach's athlete being disqualified from the event. Coaches wandering from a designated coaching box into a restricted area of the facility can interfere with the competition and expose themselves to risk.

The games committee must make clear designations of restricted and unrestricted areas, communicate them effectively to all and enforce them consistently throughout the meet. This proactive approach promotes safety and fairness.

Protest/Appeal Process – During a track and field competition there are instances where there are disagreements with an official's call. In these cases, a protest may be made to the Meet Referee.

The referee shall review each written protest. The referee shall review all allowable evidence, such as an umpire's written report, and circumstances regarding the protest. Video replay or television monitoring equipment, other than the official finish line equipment approved by the games committee prior to the start of competition, shall not be used to make decisions related to the meet. Video or photos from the bleachers, streaming footage or any electronic means cannot be used as part of the appeal process. After the referee renders any decision, the referee shall notify the coach of the competitors affected by the decision and if necessary, results revised, posted and announced.

At meets where a Jury of Appeals is appointed by the games committee a coach may protest if they believe that the stated terms and conditions of competition or the application of the rule(s) have been misapplied or misinterpreted by the Referee, a written appeal may be made to the Jury of Appeals.

The following situations are subject to protest and appeal:

- Misapplication of the rules which must be filed within 30 minutes after the announcement of event results.
- Correction of clerical or team scoring errors - corrected up to 48 hours after the end of the meet.
- Another time period may be specified in advance by the games committee or meet director.
- Correction of meet results involving an ineligible participant
- May be made at any time when discovered.
- Failure to follow a procedure contained in the terms and conditions of competition
- This would include such items as the time schedule, the number of qualifiers to advance, number of trials, etc.

Coaches may **NOT** protest

1. Any judgment decision pertaining to violations or alleged violations of the rules.
2. A decision made by the finish judges or timers that does not involve misapplication of a rule, or the terms and conditions of competition.
3. Whether a start is fair and legal.

2026 NFHS RULES INTERPRETATIONS

2026 NFHS COMMENTS ON THE RULES

3-2-3k: The games committee has the authority to determine takeoff board placement in the horizontal jumps aligning with existing rule in setting starting heights for vertical jumps. Athletes may still change which approved takeoff board to use during competition.

3-8-6: The rule change recognizes the increasing cost and limited availability of .32 caliber blanks used in starting devices. By expanding the range of acceptable calibers, meet management is provided greater flexibility in selecting starting equipment, while maintaining the safety, reliability, and functionality necessary for proper race administration. Electronic or gunless devices are also still permissible.

4-6-5: The change affirms that the safety of student-athletes is a top priority and supports the use of appropriate health care professionals to evaluate a downed competitor on the course when designated by the games committee. This evaluation may occur without resulting in disqualification, provided the competitor is not assisted in progressing along the course. This interpretation maintains the integrity of the competition while ensuring that timely medical evaluation can occur when necessary. It reinforces the balance between competitive fairness and the health and well-being of participants.

4-6-6c: The rule clarifies that athletes are not permitted to wear any audio or video recording or transmitting devices during a race, trial, or while in restricted areas. This restriction minimizes potential distractions and interference with performance. This

language is consistent with policies found in other NFHS rules books and reinforces a uniform standard across interscholastic sports.

6-2-2 NOTES (3) NEW: The addition of the note clarifies changes made in previous years that the time limit for a consecutive attempt applies within a height and at a height change.

6-3-2b4(a): The committee supports the continued inclusion of metric measurements alongside imperial units in the rules book to promote clarity and consistency in meet management. This approach acknowledges the increased use of metric measurements in field events. Standard metric progressions are typically 5cm increments with 15cm aligning closely to the traditional 6 inches. Including both units supports coaches, athletes and officials in conducting fair and accurate competition and ensures the rules book remains a practical resource for all users.

6-8-6: In large competitions, the current rule allowing warm-up only after passing three consecutive heights can result in extended periods of inactivity, sometimes exceeding an hour, for athletes who enter later in the event. This can pose both a competitive disadvantage and a potential safety concern. The revised rule promotes fairness, consistency, and risk minimization. This change ensures that all athletes have an adequate opportunity to prepare, regardless of when they enter the competition.

6-9-21 and 6-9-28: The rule change clarifies that the padding requirement applies specifically to hard and unyielding surfaces that are elevated relative to the ground. This refinement helps differentiate between surfaces that present a greater risk of impact during a fall (such as raised concrete, asphalt, wood, or platform extensions) versus ground-level areas that may already be accounted for with landing system setup.

6-10-5: The addition of the implement construction specifications for the javelin ensures that all necessary information is readily available, specific to the high school level, and aligned with the intent of education-based athletics. This addition reinforces consistent equipment standards and enhances clarity and accessibility for high school coaches, athletes and meet officials.

9-1-1: The addition of the 200-meter dash to indoor meets provides states with greater flexibility to structure events based on facility size, and meet goals.

9-6-1: The rule change establishes a uniform 20-meter exchange zone for indoor relays and creates a single standard for ease in officiating.

Requests for rule 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 TRACK & FIELD RULES AND INTERPRETATIONS

The 2026 NFHS Track & Field and Cross Country Rules Book will be used.

OSAA TRACK & FIELD POLICIES

Effective outside Association Year.

1. **SUMMER POLICY**

See OSAA Executive Board Policy "SUMMER POLICY" in the OSAA Handbook, revised Fall 2017.

Effective First Practice Date through End of HS Season.

1. **PRACTICE MODEL**

See OSAA Executive Board Policy "PRACTICE MODEL" in the OSAA Handbook, revised July 2021.

2. **PARTICIPATION LIMITATIONS**

See OSAA Executive Board Policy "PARTICIPATION LIMITATIONS" in the OSAA Handbook, revised December 2020.

3. **OFFICIALS – CERTIFIED REQUIREMENT**

See OSAA Executive Board Policy "OFFICIALS-CERTIFIED REQUIREMENTS" in the OSAA Handbook, revised Summer 2023.

4. **INTERRUPTED CONTESTS**

See OSAA Executive Board Policy "INTERRUPTED CONTESTS" in the OSAA Handbook, revised Fall 2015.

5. ENDOWMENT GAMES

See OSAA Executive Board Policy “ENDOWMENT GAMES” in the OSAA Handbook, revised September 2022.
([Endowment Game Application](#))

STATE CHAMPIONSHIP INFORMATION**1. STATE CHAMPIONSHIPS POSTING TIMELINES:**

- A. **Athletic Directors, Coaches and Spectators:** Detailed information regarding the Track & Field State Championships will be posted on the OSAA website (<https://www.osaa.org/activities/btf>) by May 7. It is essential that participating teams and individuals access this information prior to the state championships. Included will be information regarding ticket prices, parking, maps, how to submit souvenir program information, souvenir merchandise, etc.
- B. **District Meet Directors:** Detailed information regarding District Meet Director responsibilities, including the state championship entry form, will be posted on the OSAA website (<https://www.osaa.org/activities/btf>) by April 30. Each District Meet Director must submit all state championship entries electronically via Athletic.net.

2. STATE CHAMPIONSHIP LOCATIONS AND TIMES:

- A. **3A, 2A, 1A:**
 - 1) **Site:** University of Oregon, Hayward Field, Eugene, OR 97403
 - 2) Thursday, May 28 -- Friday, May 29
- B. **6A, 5A, 4A:**
 - 1) **Site:** University of Oregon, Hayward Field, Eugene, OR 97403
 - 2) Friday, May 29 -- Saturday, May 30

3. CHAMPIONSHIP QUALIFICATIONS:

- A. All District Meets will follow NFHS Track and Field Rule 4-2-4(c) – “In meets which involve four or more schools, not more than three contestants from a given school shall be allowed to enter an individual event.”
- B. **6A:**
 - 1) **Automatic Qualifiers:** Top two placers in each individual and relay event at each district meet automatically qualifies for the OSAA State Championships. If there is a tie for second place, it shall be determined by the league prior to submitting the official state championship entries to the OSAA.
 - 2) **Wildcards:** There are 2 additional spots for the next fastest times / marks from district meet finals.
 - 3) **Qualifying Standards:** Championship finalists in individual and relay events at each district meet who meet the qualifying standard (fourth place average of the last four OSAA State Championships) for individual events and (third place average of the last three OSAA State Championships) for relays automatically qualify.
- C. **5A:**
 - 1) **Automatic Qualifiers:** Top two placers in each individual and relay event at each district meet automatically qualifies for the OSAA State Championships. If there is a tie for second place, it shall be determined by the league prior to submitting the official state championship entries to the OSAA.
 - 2) **Wildcards:** There are five additional spots for the next fastest times / marks from district meet finals.
 - 3) **Qualifying Standards:** Championship finalists in individual and relay events at each district meet who meet the qualifying standard (fourth place average of the last four OSAA State Championships) for individual events and (third place average of the last three OSAA State Championships) for relays automatically qualify.
- D. **4A:**
 - 1) **Automatic Qualifiers:** Top two placers in each individual and relay event at each district meet automatically qualifies for the OSAA State Championships. If there is a tie for second place, it shall be determined by the league prior to submitting the official state championship entries to the OSAA.
 - 2) **Wildcards:** There is one additional spot for the next fastest time / mark from district meet finals.

- 3) **Qualifying Standards:** Championship finalists in individual and relay events at each district meet who meet the qualifying standard (fourth place average of the last four OSAA State Championships) for individual events and (third place average of the last three OSAA State Championships) for relays automatically qualify.

E. **3A:**

- 1) **Automatic Qualifiers:** Top two placers in each individual and relay event at each of the six special district meets automatically qualifies for the OSAA State Championships. If there is a tie for second place, it shall be determined by the special district prior to submitting the official state championship entries to the OSAA.
- 2) **Wildcards:** There is one additional spot for the next fastest time / mark from special district meet finals.
- 3) **Qualifying Standards:** Championship finalists in individual and relay events at each of the six special district meets who meet the qualifying standard (fourth place average of the last four OSAA State Championships) for individual events and (third place average of the last three OSAA State Championships) for relays automatically qualify.

F. **2A:**

- 1) **Automatic Qualifiers:** Top two placers in each individual and relay event at each of the four special district meets automatically qualifies for the OSAA State Championships. If there is a tie for second place, it shall be determined by the special district prior to submitting the official state championship entries to the OSAA.
- 2) **Wildcards:** There are four additional spots for the next fastest times / marks from special district meet finals.
- 3) **Qualifying Standards:** Championship finalists in individual and relay events at each of the four special district meets who meet the qualifying standard (fourth place average of the last four OSAA State Championships) for individual events and (third place average of the last three OSAA State Championships) for relays automatically qualify.

G. **1A:**

- 1) **Automatic Qualifiers:** Top two placers in each individual and relay event at each of the four special district meets automatically qualifies for the OSAA State Championships. If there is a tie for second place, it shall be determined by the special district prior to submitting the official state championship entries to the OSAA.
- 2) **Wildcards:** There are four additional spots for the next fastest times / marks from special district meet finals.
- 3) **Qualifying Standards:** Championship finalists in individual and relay events at each of the four special district meets who meet the qualifying standard (fourth place average of the last four OSAA State Championships) for individual events and (third place average of the last three OSAA State Championships) for relays automatically qualify.

H. **High Jump and Pole Vault:**

Suggestion for State qualifying: In the rare case where Rule 6-3 does not break a tie for second place, equal team points shall be awarded to those tied for second place. If those tied for second place are below the Qualifying Standard, it is suggested that the second qualifier from that district be determined by Rule 6-3-2.

I. **Para-Athletes** **(Para-Athlete Disability Certificate)** ***(Revised Spring 2024)***

- 1) Athletes who meet the [qualifying standards](#) at their district meet shall combine in the 100M, 400M, 1500M and Shot Put regardless of gender or disability. The Para-Athlete Disability Certificate and documentation of the disability must be provided to the OSAA prior to competing in the district meet. If more than eight students qualify in an event, the OSAA will explore splitting out the events by gender or disability type (wheelchair or ambulatory).
- 2) There are two divisions for which a para-athlete may qualify, wheelchair participants and ambulatory. All athletes in grades 9-12 must meet OSAA eligibility requirements. For additional information see OSAA Handbook, [Rule 8, Individual Eligibility](#)
 - a) Wheelchair: Athletes with permanent physical disability on file with the school.
 - b) Ambulatory: Athletes shall have a permanent orthopedic, neuromuscular or other physical disability. This would include Visually impaired, Cerebral Palsy, Dwarf, and Amputee. Permanent orthopedic impairment shall be verified by a licensed physician and maintained on permanent file at the school.
 - c) Cognitively or intellectually disabled students are not defined as Para-Athletes.

- 3) It is an expectation that those para-athletes who wish to attempt to qualify are participating in these events during the regular season and that they establish a qualifying time/mark at the league/conference/district qualifying meet. The qualifying time established at the league/conference/district meet will be used to seed as many heats/flights as necessary to accommodate the qualifying field at the State Championships.
- 4) To facilitate training and competition for para-athletes it is recommended that all leagues/conferences/districts include a para-athlete 100M, 400M, 1500M and Shot Put in their event schedules. Prior to an event the host school should verify with their invited teams whether or not they have para-athletes who would like to participate in one of these events.

J. Track Event Rules – Para-Athlete 100m, 400m & 1500m Races

The event shall follow NFHS and OSAA rules with the following OSAA modifications:

Track chair:

- The track chair shall have two rear wheels and one front wheel.
- The track chair frame shall not extend in front of the center of the front wheel hub.
- The track chair may have no mechanical gears or levers that would propel the chair.
- The steering must be hand operated. NO electronic steering is allowed.
- NO part of the track chair or frame may protrude past the furthest point of the rear wheel.
- Athlete's lower limbs must be secured to the track chair. Any touch of the ground by the lower limb results in disqualification from the event.
- Competitors are responsible for the proper functioning of the track chair. No event shall be delayed for equipment failure prior to event.

Wheels:

- The maximum diameter of the rear wheel and inflated tire is 70 cm.
- The maximum diameter of the front wheel and inflated tire is 50 cm.
- Each rear wheel may have one hand rim.

Helmet and Gloves:

- All competitors must wear a CPSC certified helmet (Bike/Skate)
- All competitors must start each event using racing gloves.
- Athletes may only propel the chair forward by pushing on the wheels or hand rims.

The Race:

- The Start: The Center of the front axle (axle plane) may not extend over the starting line.
- The Finish: The finish of the race occurs when the center of the front axles (axle plane) crossing the finish line.
- Passing or changing lanes: Competitors must have full clearance of another athlete's front wheel in order to pass or move into another lane. Failure to pass or change lanes correctly will result in disqualification.
- Obstruction: Athletes may not touch or obstruct another competitor during an event. Obstruction of an athlete will result in disqualification.
- Propulsion and steering: The wheelchair must be maneuvered with the hands and arms only.

Field Event Rules – Para-Athlete Shot Put:

- The event shall follow all OSAA and NFHS rules with the following modifications:
- Athletes who are in a wheelchair may compete in the same flight as ambulatory athletes but will be placed separately by gender.

- All wheelchair competitors must put the shot from a “chair” (manual wheelchair, throwing chair, power wheelchair).
- Scooters and “standing chairs” will not be allowed.
- The upper most part of the cushion/seat on any chair may not exceed 75 cm(29.5inches).
- The chair will be considered an extension of the athletes’ body. For example: any part of the chair touching the top of the stop board is a foul.
- A coach may assist the athlete entering the circle.
- One buttock cheek must remain in contact with the seat during the throw.
- The athlete may have an individual hold the chair during the throw to prevent excessive movement.

Shot Put Weights:

- Boys will use an 8.81 lb. (4K) shot.
- Girls Category will use a 6 lb. shot.

State Championships Scoring Procedures:

Para-athletes will compete in combined flights, regardless of gender or disability type (wheelchair or ambulatory), until we reach a minimum of at least eight wheelchair and/or ambulatory entries from qualifying events.

- If eight or more wheelchair and/or ambulatory athletes qualify, entries will be separated into timed finals by disability type and fields will continue to contain mixed genders. Scoring will be separated by gender and disability type (wheelchair or ambulatory).
- In the case of less than eight wheelchair and/or ambulatory athletes qualifying, entries will participate as a timed final regardless of disability type and fields will contain mixed genders. Scoring will be separated by gender and disability type (wheelchair or ambulatory).

Example Situation – Five para-athletes qualify in the 100M. Three of the entries are wheelchair and the other two entries are ambulatory.

Lane	Participant	Type	School	Finish	Inclusion Points Awarded
2	Boy A	Ambulatory	School 1	4	5
3	Boy B	Wheelchair	School 2	1	5
4	Girl A	Ambulatory	School 1	2	5
5	Girl B	Ambulatory	School 3	3	3
6	Girl C	Wheelchair	School 4	5	5

In this example, we have five total teams competing in the para-athlete division – two Boys Teams (one ambulatory and one wheelchair) and three Girls Teams (two ambulatory and one wheelchair). Standard NFHS scoring (outlined in the chart below) provides the point structure that will be used. Since Boy B was the timed final Boys Wheelchair winner he earns five points. Girl A (second place finisher in the timed final) is the Girls Ambulatory winner and earns five points. Boy A is the fourth place finisher (first place Boys Ambulatory winner) so he earns five points. Girl B is the second place Girls Ambulatory finisher and earns three points. Girl C is the first place Girls Wheelchair finisher and earns five points.

Below is a chart summarizing individual point structure based on number of teams participating by gender.

Number of Teams Competing in the Event	Individual Scoring
1	5 – 3

2	5 – 3 – 1
3	5 – 3 – 2 – 1
4	6 – 4 – 3 – 2 – 1
5	8 – 6 – 4 – 2 – 1
6	10 – 8 – 6 – 4 – 2 – 1
7 or more (6 scoring)	10 – 8 – 6 – 4 – 2 – 1
7 or more (7 scoring)	10 – 8 – 6 – 4 – 3 – 2 – 1
7 or more (8 scoring)	10 – 8 – 6 – 5 – 4 – 3 – 2 – 1

Team Scoring Procedures:

Team points earned by wheelchair and/or ambulatory athletes will be added back to the represented school to be added to their overall team point score. If the points from the athlete(s) moves a team to trophy consideration and those combined points overtake another school, dual trophies will be presented for that trophy position.

Example –

- 1st Team A: 80 team points (no wheelchair or ambulatory entries)
- 2nd Team B: 70 team points (no wheelchair or ambulatory entries)
- 3rd Team C: 60 team points (no wheelchair or ambulatory entries)
- 4th Team D: 50 team points (no wheelchair or ambulatory entries)
- 5th Team E: 48 team points (wheelchair or ambulatory entries)

Teams A, B, C and D do not have wheelchair or ambulatory entries. Team E had one wheelchair athlete qualify and they score three team points in the event. Adding the wheelchair athlete's team points to the overall team score move Team E into 4th place position with 51 points. Teams D and E would both receive a 4th place championship trophy.

K. Awards:

- 1) Trophies – If a school is already in trophy position and the inclusion points earned by an athlete(s) moves a school up (i.e., 3rd to 2nd) a school will receive both trophies.
- 2) Medals – Champion through 8th place medals will be awarded in each event by gender and disability type (wheelchair or ambulatory).

4. STATE CHAMPIONSHIPS – INDIVIDUAL SPORT SUBSTITUTIONS (OSAA Handbook, Executive Board Policies) (Revised Spring 2015)

- A. The following shall be the policy for substitutions in individual sport State Championship events. All individuals who are substitutes for individual qualifiers must have participated in a District or Special District Meet.

B. Track and Field

- 1) **Event Limitation.** NFHS rules allow an athlete to be entered in four events, excluding relays. Coaches of athletes entered in four events and both relays have until 4pm on the Monday preceding the state championship to notify the OSAA of the four events in which the athlete will compete in at the state championship. Failure to notify the OSAA by the indicated deadline shall result in the athlete being scratched first from the 4x100 Relay and then from the 4x400 Relay, if needed.
- 2) **Multiple Event Qualifiers and Relays.** This deadline is for a participant withdrawing from the championship in one event but remaining in others and for submission of up to six names for a relay team.
 - a) Multiple Event Qualifiers: Except as indicated below, participants who qualify in more than one event shall participate in all the events for which they qualify from preliminaries to finals.

- (1) If a District Meet Director notifies the OSAA of a change prior to 4pm on the Monday preceding the state championship, an individual may drop from one or more events in which they are qualified. The next place winner at the District Meet in the respective event or events is eligible as a substitute.
 - (2) If the OSAA has not been notified of a change prior to 4pm on the Monday preceding the state championship, the participant who has qualified in multiple events must compete in all qualified events or they shall be scratched from all events in which the participant has qualified.
- b) **Relay Event Entries:** Qualifying teams may enter the names of up to six individuals in relay events.
- (1) Qualifying relay teams failing to enter six individuals may not add individuals to the state championship meet after the established Monday 4pm deadline. However, after the established Monday 4pm deadline, any of the entered relay team members may be replaced by the Wednesday 4pm deadline by an athlete already in the meet. If only four or five relay members are entered by the Monday 4pm deadline, nobody may be added to the relay team.
 - (2) Any four of the listed individuals may compete and it shall count as an event only for the four who compete.
- 3) **Single or Multiple Event Qualifiers Dropping All Events or Substitutions only on Relays.** This deadline is for a participant dropping out of the state championship and being replaced by another participant or participants.
- a) If a District Meet Director notifies the OSAA by 4pm two business days prior to the first day of the state championship that a single event or multiple event qualifier is dropping all events, a substitution or substitutions may be made.
 - b) The next place winner at the District Meet in the respective event or events is eligible as a substitute.

OSAA GENERAL POLICIES

RULES

Rule 3 – Contests – Sportsmanship – Crowd Control *(OSAA Handbook, Rules)*

See RULES - Athletic, Cheerleading and Dance/Drill “Rule 3-Contests-Sportsmanship-Crowd Control” in the OSAA Handbook.

Rule 7 – Out-of-Season and Non-School Activities *(OSAA Handbook, Rules)*

See RULES - Athletic, Cheerleading and Dance/Drill “Rule 7-Out of Season and Non-School Activities” in the OSAA Handbook.

EXECUTIVE BOARD POLICIES

1. ADVERSE WEATHER CONDITIONS / AREA-WIDE EMERGENCY PROCEDURES

See OSAA Executive Board Policy “ADVERSE WEATHER CONDITIONS/AREA-WIDE EMERGENCY PROCEDURES” in the OSAA Handbook, revised May 2020.

2. AIR QUALITY GUIDELINES

See OSAA Executive Board Policy “AIR QUALITY GUIDELINES” in the OSAA Handbook, revised February 2024.

3. ATTACHED AND UNATTACHED COMPETITION / EXHIBITION

See OSAA Executive Board Policy “ATTACHED AND UNATTACHED COMPETITION/EXHIBITION” in the OSAA Handbook, revised August 2012.

4. CERTIFICATION – ATHLETIC DIRECTORS AND COACHES

See OSAA Executive Board Policy “CERTIFICATION-ATHLETIC DIRECTORS AND COACHES” in the OSAA Handbook, revised May 2024.

5. CHARITABLE CAUSES

See OSAA Executive Board Policy “CHARITABLE CAUSES” in the OSAA Handbook, revised Fall 2012.

6. CONCUSSION MANAGEMENT

See OSAA Executive Board Policy “CONCUSSION MANAGEMENT” in the OSAA Handbook, revised **September 2025**.

(Medical Release – Return to Participation Following a Concussion) **(Medical Release – Return to Learn Following a Concussion)**

7. [HAIR DEVICE / ADORNMENT](#)

See OSAA Executive Board Policy “HAIR DEVICE/ADORNMENT” in the OSAA Handbook, revised Summer 2022.

8. [HEAT INDEX](#)

See OSAA Executive Board Policy “HEAT INDEX” in the OSAA Handbook, revised Fall 2014.

[\(Heat Index Calculator\)](#) [\(Heat Index Record\)](#)

9. [LIGHTNING SAFETY GUIDELINES](#)

See OSAA Executive Board Policy “LIGHTNING SAFETY GUIDELINES” in the OSAA Handbook, revised Fall 2018.

[NFHS Position Statements & Guidelines](#)

10. [MORATORIUM WEEK](#)

See OSAA Executive Board Policy “MORATORIUM WEEK” in the OSAA Handbook, revised May 2014.

11. [NON-DISCRIMINATION POLICY](#)

See OSAA Executive Board Policy “NON-DISCRIMINATION POLICY” in the OSAA Handbook, revised July 2019.

[\(Complaint Form\)](#)

12. [SHARED FACILITIES](#)

See OSAA Executive Board Policy “SHARED FACILITIES” in the OSAA Handbook, revised Fall 2015.

[\(Shared Facility Request\)](#)

13. [WITHDRAWAL DURING A COMPETITION](#) *(OSAA Handbook, Executive Board Policies)*

See OSAA Executive Board Policy “WITHDRAWAL DURING A COMPETITION” in the OSAA Handbook.