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## **EDUCATION-BASED ACTIVITY PROGRAMS**

The National Federation of State High School Associations and the Oklahoma Secondary School Activities Association recognize the numerous potential benefits of participation by students in education-based activities. While education-based activities may differ between the stakeholder groups, all should be centered on optimizing the student's scholastic activity experience. Students will change, develop, and expand abilities over time; coaches, administrators and parents should not only be cognizant of the fluid process, but also foster a safe, positive environment in which development can occur. Education-based activities must always be viewed as an evolving and unpredictable path.

The NFHS and the OSSAA recognize the influential role played by coaches and directors in all activities, and therefore emphasis should be placed on those individuals to instill and reinforce fundamentals and best practices, not only to minimize risk but also to promote an environment in which a student can reach his or her full potential. The common goal for all the stakeholders involved with education-based activities should be to make the experience enjoyable and rewarding for all.

While our position is not intended to squelch dreams of achieving a college scholarship or professional or Olympic glory, we do place emphasis on the student's entire scholastic activity experience with the goals of enhancing participation, reducing injury risk, and optimizing performance and success (however defined) during the student's high school career. The ultimate goal: Producing an individual who is competent, confident, connected to his or her peer group and community, and of high character. This essential principle is at the core of the scholastic activity experience and is fundamental to the mission of the OSSAA and NFHS.

### **DIVERSITY, EQUITY AND INCLUSION (DEI)**

Promoting education and the understanding of groups that have social and cultural differences is an integral part of education-based activities. Every student participating in activities at an OSSAA member school is entitled to participate in a safe school environment that is free from bias. Any form of bias (including demeaning comments, racial, ethnic, or homophobic slurs) based on social or cultural differences will not be tolerated in education-based activities.

#### **A. EDUCATIONAL OPPORTUNITIES**

All OSSAA member schools shall provide opportunities for educating and promoting the understanding of social and cultural differences on an annual basis. Opportunities can include intentional dialogue between groups and/or individuals, group and/or individual on-line courses, speakers, and conferences.

The OSSAA Staff and Board of Directors will make resources available to member schools for the purpose of promoting diversity, equity and inclusion education.

1. The OSSAA Staff and Board of Directors will participate in diversity, equity and inclusion training annually.
2. Each school year, each activity is required to engage the respective participants in diversity, equity and inclusion training.

#### **B. OSSAA BOARD SUB-COMMITTEE**

A sub-committee (DEI Committee) of the Board of Directors, will engage annually with school administration, students and coaches/directors for the purpose of reviewing the DEI Policy and to explore educational opportunities available to create a better understanding of social and cultural differences.

#### **C. OFFICIALS**

All contest officials shall be required to view the *Implicit Bias* course annually. The course is available at NFHSLearn.com. Other educational resources will also be made available including intentional dialogue, speakers, workshops, and conferences.

#### **D. PUBLIC ADDRESS ANNOUNCERS AND BROADCAST CREWS**

Any person or persons making public address announcements at a regular season or post season contest; and any person associated in any manner with a broadcast crew, including but not limited to regular season or post season contests being streamed, televised or broadcast over the radio must provide in writing they have completed an educational opportunity in the form of on-line classes, speaker led workshops or conferences prior to being a part of any OSSAA activity.

### **ENSURING GOOD SPORTSMANSHIP**

1. **School Administration**: The responsibility for fan behavior resides with the participating school administrations from each participating school (combined with the host site security in neutral site contests). School administration must provide adequate supervision at the venue. Negative behavior targeting participants or officials must not be tolerated. Removal of non-compliant fans shall be managed by the administrative team. A report detailing the circumstances must be sent to the OSSAA anytime a fan is removed from a contest.
2. **Coaches**: Head coaches must communicate expectations for fan/parent, and player behavior. Communications should include consequences for unruly fan/parent or player behavior and be shared with each player and the player's parent/guardian.
3. **Officials**: Officials shall, upon arrival at the contest, meet with the on-site administration to ensure lines of communication are open and officials know where to find school administration should a problem arise outside the playing area. Under no circumstances should an official directly remove a person outside the playing area from the venue. The administrative team or designee will be responsible for the removal of any fan.
4. **Participants**: Participants experiencing inappropriate behavior from other participants and/or non-participants during the contest must communicate those issues directly to their coaching staff to ensure identifiable issues are addressed by the administrative teams.

**2025 Football Dates to Remember**

July	30	FB Rules OCA Clinic 1:30 p.m. (2A-A-B-C)
July	31	FB Rules OCA Clinic 11:00 a.m. (6A-5A-4A-3A)
August	6	Football Rules via ZOOM
August	11	Limited Practice May Begin (no pads)
August	15	Practice with Full Pads may Begin
August	28-30	Zero-Week for Varsity Football
September	1	Season Opens for JV and Jr. High Teams
September	5	Season Opens for Varsity Teams
November	14	First Round of Play-offs
November	21	Academic Achievement Awards Application Due

**Rules Meetings**

July	30	FB Rules OCA Clinic 2:00 p.m. (2A-A-B-C)
July	31	FB Rules OCA Clinic 2:00 p.m. (6A-5A-4A-3A)
August	6	ZOOM meeting at 7:00 p.m. The Rules meeting will be conducted via ZOOM on August 6, 2025, at 7:00 p.m. If you are unable to attend the meeting via ZOOM, you may view the meeting on the Football page of OSSAA.com on or after August 14.

**PLAY-OFF BRACKETS WILL BE POSTED ON THE OSSAA WEB PAGE BY 2:00 P.M. ON THE SUNDAY PRIOR TO EACH WEEK OF THE CHAMPIONSHIP SERIES.**



## ***2025 FOOTBALL CHAMPIONSHIP SCHEDULE***

*THURSDAY, DECEMBER 4th*

12:00 pm = CLASS B-II

7:00 pm = CLASS B-I

*FRIDAY, DECEMBER 5th*

12:00 pm = CLASS C

7:00 pm = CLASS 6A-II

*SATURDAY, DECEMBER 6th*

12:00 pm = CLASS 5A

7:00 pm = CLASS 6A-I

*THURSDAY, DECEMBER 11th*

12:00 pm = CLASS A-II

7:00 pm = CLASS A-I

*FRIDAY, DECEMBER 12th*

12:00 pm = CLASS 2A-II

7:00 pm = CLASS 2A-I

*SATURDAY, DECEMBER 13th*

12:00 pm = CLASS 3A

7:00 pm = CLASS 4A

### **SEMI-FINALS SCHEDULE**

*FRIDAY, NOVEMBER 28th*

B-I, B-II, C, 6A-I, 6A-II, 5A

### **SEMI-FINALS SCHEDULE**

*FRIDAY, DECEMBER 5th*

A-I, A-II, 2A-I, 2A-II, 3A, 4A

### **BYE WEEK SCHEDULE**

*FRIDAY, NOVEMBER 28th*

A-I, A-II, 2A-I, 2A-II, 3A, 4A

**I. CLASSIFICATION**

- A. For the purpose of determining the football championships for the 2025 and 2026 seasons, the first quarter ADM from the fall of 2023 were used for public schools. Non-public schools submitted first quarter numbers as described in OSSAA Board Policy Football is classified on a two-year cycle. **NOTE:** In regard to football re-classification, the OSSAA will consider input from all member football playing schools. Plans submitted by the schools must be approved by the OSSAA staff and are subject to change before being submitted to the OSSAA Board of Directors for approval. In establishing plans for new districts, Classes 5A-6A shall be sensitive to teams who traveled during the previous two-year classification plan. Also, since there may not be an even east/west split in Classes 5A-6A teams, a team(s) will be selected by the OSSAA to balance the number of teams on either the east or west side of the state. The OSSAA will consider requests by Classes 5A-6A teams to be assigned to the area where there is an imbalance in the number of teams but will have final authority on the east/west split.
- B. The following is the classification used for Classes 6A, 5A, 4A, 3A, 2A, 1A, B, and C:
1. Class 6A shall include the 32 largest eleven-man football playing schools.
    - a. Division I shall include the largest 16 schools in Class 6A.
    - b. Division II shall include the next largest 16 schools in Class 6A.
  2. Class 5A shall include the next 32 largest eleven-man football playing schools.
  3. Class 4A shall include the next 32 largest eleven-man football playing schools.
  4. Class 3A – the next 32 largest eleven-man football playing schools.
  5. Class 2A – the next 64 largest eleven-man football playing schools.
  6. Class A – the remaining eleven-man football playing schools.

**Classes B and C will consist of the smallest 80 Class A football schools that petition to play eight-man football. For the 2024-25 and 2025-26 school years those classifications will be as follows:**

7. Class B – the remaining eight-man football playing schools to total 80.
8. Class C – the smallest 32 eight-man football playing schools.

**II. BEGINNING AND ENDING OF FOOTBALL SEASON**

- A. The football season shall open officially in week nine on the OSSAA calendar. Varsity games for students in grades nine through twelve must be scheduled on Thursday, Friday, or Saturday of that week. Junior High and junior varsity teams may schedule games on earlier days during week 9. Varsity teams may choose to open their season on the weekend of week eight (zero week) on the OSSAA calendar. Schools who choose to open their season during week eight (zero week) will be limited to one inter-school scrimmage.
- B. The football season for member schools, school personnel, and players shall close on Saturday of week eighteen on the OSSAA calendar, except for those teams having elimination games following week eighteen, whose season shall close with their last elimination game. An individual who has represented his/her school during the current season shall not participate in football unattached or as a member of a team for the remainder of the school year.
- C. In case of death, impassable roads, or extreme weather conditions, unforeseen circumstances, a game that is postponed with no date open to play the postponed game, the Board of Directors shall have jurisdiction in deciding whether the season shall be extended.

**III. PRACTICE REGULATIONS**

- A. A school team may begin practice without pads on Monday of week 6 of the OSSAA calendar. Practice shall not be permitted on Sundays during the pre-season practice period. For the 2025 season, practice without pads may begin on Monday, August 11.
- B. For the 2024 season, practice with pads may begin on Friday, August 15th.
- C. Schools must have a minimum of three days of conditioning without pads immediately preceding the beginning of practice with pads.
- D. During the first four days of the pre-season training period, the only protective equipment to be used is helmets. Players **shall not** participate in drills that are designed to cause direct contact with another person. There must be a form of protection between any player and incidental contact. Training devices such as air and stand-up dummies, tackling wheels, or blocking shields, which are non-attached, as well as tires, ropes, boards, and any other equipment not requiring body contact, may be used.
- E. During the four days of practice without pads, practice must be held on a team's home field or practice field. Practice held after the four days of practice without pads may be on or off the home field or practice field.
- F. From the start of the limited practice through the close of the season, school teams are limited to a maximum of 90 minutes per week of "full contact" practice. "Full Contact" is considered "Thud" or "Live Action" drills as defined by USA Football "levels of contact". Those levels of contact consist of the following definitions:
- 1.) **Air**- Players run a drill unopposed without contact.
  - 2.) **Bags**- Drill is run against a bag or another soft-contact surface.
  - 3.) **Control**- Drill is run at assigned speed until the moment of contact: one player is pre-determined "winner" by the coach. Contact remains above the waist and players stay on their feet.
  - 4.) **Thud**- Drill is run at competitive speed through the moment of contact; no pre-determined "winner". Contact remains above the waist; players stay on their feet and a quick whistle ends the drill.
  - 5.) **Live Action** - Drill is run in game-like conditions and is the only time that players are taken to the ground.

**Football**

- G. From the close of the football season until the close of school (local district), member schools and school personnel shall not sponsor camps for their football teams and shall not hold football practice from the close of the football season until Monday of week 6, except as provided in Articles G and H of this section. Organized practice is defined as school personnel (those people who are designated as coaches or assistant coaches within the school district) or anticipated school personnel, directly or indirectly, giving team instruction concerning fundamentals of football. However, coaches are allowed to give 1 hour of skill development as part of the athletic period. School personnel may coach their team in summer passing leagues or summer camps.

**SPRING FOOTBALL**

- A. Schools are allowed to conduct spring football practice for two hours a day after their students have completed all OSSAA activities for the spring semester. Schools will be allowed 21 calendar days to complete their 10 spring practices beginning the first opportunity the school has to practice. During the 10 days of practice, schools will not be allowed to conduct full-contact (“Thud” or “Live Action”) drills on two consecutive days. Schools will only be allowed six total days when full-contact drills may be conducted. Spring practice is limited to students in **grades 8-11. Only students who currently attend your school district are eligible to participate in Spring Football; no future students are allowed to participate regardless of if the school year is complete. To participate in Spring Football a student had to attend classes in the spring semester.** Regulation equipment for full contact drills may be used during spring practice. Interschool scrimmages are **not** allowed and only students who are currently attending the school can participate in spring practice. All spring practices must be completed by Saturday of Week 49 of the OSSAA calendar. Spring football practice is limited to a total of two hours per day.
- B. When there is no organized athletic period scheduled during the school day, a school may schedule an additional class period (same time length as a school day class period and cannot exceed one hour) immediately after the close of the school day. A school that is bringing its freshman and sophomore athletes from another site may schedule its practice period immediately upon the arrival of these athletes for the purpose of conducting a physical education class. The practices will be conducted by the certified coaching staff. Any individual is limited to the maximum time of a regular class period and cannot exceed one hour.

**CAMPS**

- A. Team Camp is defined as 3 or more schools. You cannot have a team camp with just two schools. No unofficial team camp games are allowed with just two teams.
- B. Camps that are not sanctioned with the OSSAA will not be covered for catastrophic injuries. In order to sanction your camp you need to email the following to [tjohnson@ossaa.com](mailto:tjohnson@ossaa.com): 1. Sanctioning summer camp form (can be located on the OSSAA website under the miscellaneous tab), 2. Submit a camp flyer that lists the dates and cost of the camp, 3. Submit a general schedule/script for the camp.
- C. Schools can participate in two team camps with no spring football or one team camp and spring football.
- D. All team camps are limited to no longer than two consecutive weeks.
- E. Students must be enrolled in your school to participate in camp. “Potential” students are NOT allowed to participate unless they are enrolled in the school.
- F. No camps can take place during DEAD week and must be completed prior to July 15<sup>th</sup>.

**INDIVIDUAL CAMPS** – Is an instructional event focused on individual skills and techniques rather than organized team play. Individual camps need to adhere to the following: Camps must not be longer than two consecutive weeks in duration.

**IV. EXTREME HEAT POLICY**

The OSSAA recognizes that heat related illness is the leading cause of preventable death in high school students participating in activities. The Board adopted the following policies:

**Acclimatization Period:** Whenever students are participating in an environment in which the temperature cannot be controlled there should be an acclimatization period. The acclimatization period is defined as the first 14 days of participation beginning with the first date of practice in that sport or activity, or the first date a participant begins practice, whichever is later. Any speed, strength, or conditioning programs shall not be considered a part of the acclimatization period. All students participating in athletics or activities, including those who arrive at preseason practice after the first day of practice, are required to follow the guidelines of the first days of the acclimatization period.

- a. Every coach or activity sponsor is required to view *A Guide to Heat Acclimatization and Heat Illness Prevention* at [www.nfhslearn.com](http://www.nfhslearn.com), annually. A certificate of completion shall be kept on file for each coach or activity sponsor at the member school.

**FOOTBALL (Mandates)**

- a. Preseason practice shall be limited to 2 ½ hours per session with a minimum of one hour between practice sessions. No more than 5 hours of practice per 24-hour period will be allowed. There will be no physical activity during the one-hour rest period. Any time a coach is present during football practice, the time will count toward a maximum of 5 hours, except for strength training.
- b. If a practice session is interrupted by inclement weather or heat restrictions, it is required the session be divided for the good of the student-athlete’s welfare as long as the total practice time does not exceed 2 ½ hours.
- c. When multiple practices are conducted in the same day, it is required that either practice does not exceed 2½ hours in length and students not participate in more than five total hours of practice activities, including walk-through sessions. Warm-up, stretching,

cool down and conditioning activities are included as part of the practice time. Practices should be separated by at least one hour, where there is no physical activity between the end of the first practice and the beginning of the second practice.

- d. Immediately prior to any practice, coaches are required to use a smart-phone APP, or other mechanism or program to get heat index, such as Coach Smart or the OSHA APP. There are also programs available on the Internet, such as AccuWeather, or Weather.com. These programs are free and can be used on any smart-phone, tablet, or computer. A chart outlining recommendations for making concessions for extreme heat is available on the OSSAA website, as well as a form for schools to record the heat index for each practice session. Schools may develop their own form to record the heat index each practice session.
- e. All practices must be held under the supervision of a coach employed by the school.
- f. Practices must always be conducted with an open-water policy.
- g. Cooling stations should be made available when possible (buckets of cool water, wet towels, sponges, etc.)
- h. Each program must always have a heat-related emergency plan on hand.

#### Guidelines for any activities:

- a. Coaches or activity sponsors should use a smart-phone APP, or other mechanism or program to get heat index, such as Coach Smart or the OSHA app. There are also programs available on the Internet, such as AccuWeather, or Weather.com. These programs are free and can be used on any smart-phone, tablet, or computer. A chart outlining recommendations for making concessions for extreme heat is available on the OSSAA website, as well as a form for schools to record the heat index for each practice session. Schools may develop their own form to record the heat index each practice session.
- b. All practices should be held under the supervision of a coach, director, or sponsor employed by the school.
- c. Practices should always be conducted with an open water policy.
- d. Each program should always have a heat-related emergency plan on hand.
- e. Preseason practice should be avoided, if possible, between the hours of 12 p.m. and 6 p.m.
- f. Parents and students should be educated on the importance of hydration during extreme heat conditions.
- g. Cooling stations should be made available when possible (buckets of cool water, wet towels, sponges, etc.)
- h. Equipment should be removed for conditioning.

#### V. GAMES AND SCRIMMAGES

- A. In Classes 6A, 5A, 4A, 3A, 2A, 1A, B, and C, senior high varsity teams can play a maximum of ten regular season games.
- B. In Classes 6A and 5A, teams which include only ninth grade students, sophomore teams, and junior varsity teams can play a maximum of nine regular season games. **NOTE: If a student below the ninth grade is participating on a team, only eight regular season games can be played.**
- C. In Classes 6A, 5A, 4A, 3A, 2A, 1A, B, and C, any team on which seventh and eighth graders participate can play a maximum of eight regular season games.
- D. In Classes 4A, 3A, 2A, 1A, B, and C, all teams other than the high school varsity team can play a maximum of eight games. **NOTE: This includes seventh grade teams, eighth grade teams, ninth grade teams, a junior high team consisting of seventh, eighth, and ninth graders, sophomore teams, and junior varsity teams.**
- E. Before the opening date of the regular season, member schools and individual students are limited to two inter-school scrimmage dates. (Note: Schools that choose to open the varsity season Zero week are limited to one pre-season inter-school scrimmage). No inter-school scrimmages are allowed once the regular season begins. In inter-school scrimmages, there will be no kick-off or return of any kicks. Coaches shall be responsible for the supervision and administration of the scrimmage. All OSSAA rules and regulations, and all National Federation football playing rules apply in scrimmages.
- F. VIOLATION OF CONTESTS LIMITS

Generally, if the contest, meet, or tournament limits for a particular activity have been exceeded, by either a school team or by individual participants from a school, the following sanctions will be applied:

- a. **The contest(s) that exceed the limits must be forfeited.**
- b. The head coach in that activity shall be suspended from coaching in any regular season contests, at the same level, in the same activity, for the remainder of the current regular season and any championship play-off events for that school year.
- c. The head coach in that activity may also be suspended from coaching any regular season contests, at the same level, in the same activity, in the subsequent season for that activity.
- d. The school will not be allowed to host any play-off contest in that activity during the school year in which the violation occurred.
- e. The program will be placed on warning for a period of one year.

#### VI. VIOLATIONS OF CONSTITUTION, RULES, REGULATIONS OR OSSAA POLICIES

When a violation of OSSAA's Constitution, Rules, Regulations, or Policies has been determined to have occurred, the Executive Director is authorized to impose sanctions or remedies, which may include suspending coach or other school personnel from coaching and/or activity program management responsibilities, or imposing limits or conditions on those coaching and/or activity management responsibilities.

#### VII. HAZING

Hazing incidents have no place in the activity programs of our member schools. The OSSAA encourages each member school to develop procedures to inform their students that this type of behavior is not acceptable and should not be tolerated.



**VIII. TAUNTING**

Any form of taunting which is intended or designed to anger, bait, embarrass, ridicule, or demean others is subject to penalty.

**IX. PARTICIPANT PLAYING LIMITATIONS**

A student may participate in a maximum of **two football games** during a week (Monday through Sunday). A student in uniform with his/her team shall be considered as having participated.

**X. DISTRICT PLAY AND ADVANCEMENT IN TO PLAY-OFF SERIES**

- A. District Assignments - The Board of Directors shall determine the number of districts for each classification.
- B. District Schedules - A chairperson for each district shall be appointed by the OSSAA. If it is necessary, each chairperson shall call a meeting of the representatives of the schools in his/her district to complete district schedules. Games between any two schools of a district will be alternated between their home fields unless otherwise mutually agreed upon. The entire district schedule must be completed before contracts for games with schools outside the district become binding. Each team is to play all other teams of the assigned district. In district play, games are to be played on Friday. By mutual agreement between the two participating schools, a district contest may be moved to another day of the week. Member schools within multi-high districts that share facilities with other schools within the multi-high district, or member schools that rent or lease facilities may designate another night for district play when the shared or rented facility is not available due to another district game that causes a facility conflict.
- C. The first, second, third and fourth place finishers in classes from each district shall be eligible to participate in the elimination games.
- D. District Standings - The first, second, third and fourth place finishers in each district shall be determined in percentage of games won and lost in district play. In case two or more teams are tied in percentage of games won and lost in district play, the highest available position in the district standings and next highest available position(s) in the district standing shall be determined in the following manner:
  1. When two teams are tied in percentage of district games won and lost, the highest available position in the district standings will go to the team that won over the other in district play. The team that lost to the other tied team will occupy the next highest available position in the district standings.
  2. When three or more teams are tied in percentage of district games won and lost, the highest available position in the district standings will go to the team that won over the other tied teams in district play. The next highest available position in the district standings will go to the team that won over the remaining tied team(s) in district play. This procedure shall continue until all unoccupied positions are filled.
  3. When three or more teams are tied in percentage of games won and lost in district play, and no team is the winner over the other tied teams in percentage of games won and lost in district play, the representative(s) for the highest available position(s) in the district standings shall be determined by:
    - a) Total the marginal points each tied team had in all district games only. Marginal points will be the difference in score. Winners will add the difference in score to their marginal point total and losers will subtract the difference in score from their marginal point total. No team will add more nor subtract more than fifteen points in any district game. Example: Winning score, Team A, 21 points; Team B, 18 points; Team A will add three points to its marginal point total and Team B will subtract three points from its marginal point total. No team will add more nor subtract more than one point in any district game that goes into overtime(s). The team with the greatest number of marginal points will occupy the highest available position in the district standings. The team which has the next greatest number of marginal points will occupy the next highest available position in the district standings. This procedure shall continue until all unoccupied positions are filled. Any time two teams are tied in marginal points, the teams shall advance in the order as to which team won over the other in district play.
    - b) In the event ties cannot be broken by the criteria in the paragraph (s) above, the highest available position in the district standings shall be determined by lot. After lot has decided the highest available position in the district standings when three teams are tied in marginal points, the next highest available position in the district standings will go to the team that won over the other tied team in district play. When four teams are tied in marginal points, the highest available position in the district standings will be decided by lot. The next highest available position in the district standings will go to the team that won over the other two tied teams in district play. If the next available position in the district standings cannot be determined by who won over the other tied teams, then the lot will determine the next highest available position in the district standings. The two remaining tied teams will determine their district standing position by which team won over the other in district play.
  4. Should it become necessary for a representative to be determined by lot, the OSSAA will call a meeting of the schools involved and conduct the necessary procedure to determine the representative.
  5. If the first, second, third, or fourth place team in any class does not elect to play or is ineligible to play in the elimination games, the Board of Directors shall select the next team in line until a team is found to represent the district in the play-off series.
- E. **OSSAA RANKING PROGRAM**  
 The OSSAA has an on-line ranking program for use by school administrators, coaches, and the general public. The program is accessible at the OSSAA website ([www.ossaa.com](http://www.ossaa.com)).  
 For Football, it is mandatory that results from each regular season contest be entered into the ranking program within 24 hours of the conclusion of the contest throughout the season. Once any athletic activity, except for Cross Country, Swimming, Track and Field and Tennis, enters the play-off series for that activity, those results must also be entered within 24 hours of the conclusion of the play-off contest.  
 Any coach failing to report the score within 24 hours of the conclusion of a contest will initially be notified in writing of his or her failure to comply by OSSAA Staff. A copy of that correspondence will be sent to the coach's school administrator as well.

A second incident of failure to report will result in the coach being placed on warning for a period of one year. A third, and each subsequent failure to report will result in the suspension of the coach for the next contest.

## XI. STATE PLAY-OFF SERIES

- A. On week nineteen of the OSSAA calendar, a series of elimination games in all classes shall start and shall be continued by the winning teams playing one game each week until a champion is determined. The first, second, third and fourth place finishers in all classes from each district shall be eligible to participate in the elimination games.
- B. All first and second round games, except for possible multi-high school district conflicts, will be played on Friday night at 7:00 p.m. of week nineteen on the OSSAA calendar. By mutual agreement between the two participating schools, a district contest may be moved to another day of the week. Member schools within multi-high districts that share facilities with other schools within the multi-high district, or member schools that rent or lease facilities may designate another night for district play when the shared or rented facility is not available due to another district game that causes a facility conflict. Game dates and game times of other rounds will be determined by the pre-determined championship brackets and other related criteria. The Activities Association has the authority to alter game times to accommodate teams that have excessive travel, for security reasons, and other issues that may develop. Host play-off schools cannot alter assigned game times without OSSAA and visiting school approval. **NOTE: In a multi-high school district, games may be adjusted between Friday and Saturday by mutual agreement if a field conflict exists. Thursday may be used, if the visiting team agrees to play on Thursday.** The district administration of the multi-high school district shall have priority in determining the first-round play-off dates when a conflict exists between the host schools of a multi-school district. If the district administration cannot resolve the conflict(s), the following criteria shall be used to resolve the conflict(s): (1) If two teams are involved, the team that finished highest in its district standings shall have first priority; (2) If district standings will not determine first priority, then regular season head-to-head competition shall determine which team has first priority; (3) If three or more multi-high school district teams have first round home games, the team(s) that finished highest in its district standings shall have priority and regular season head-to-head competition shall determine any additional conflicts; (4) if the criteria in 1, 2, and 3 does not determine which team(s) have priority, the OSSAA shall determine the playing dates.
- C. The home field for all second-round games shall be played on the home field of the district winner providing the district winner advances. In the event that they do not advance, the team that did not host a game in the first round shall have the home field unless neither team had a home game in the first round, then the team on the even-numbered line of the respective class championship bracket in the even-numbered calendar years will host and the teams on the odd-numbered lines of the respective class championship bracket in the odd-numbered calendar years will host. **NOTE: In Class 6A, teams that received "byes" to advance in the first round will host in the second round.**
- D. All semi-final games shall be played at neutral sites.  
By definition, a "neutral site" is a site that is not the "home" site for regular season competition by either participating school. When possible, geographic consideration for both schools will be given to determine neutral site selection.
  1. In determining sites for semi-finals and finals games in classes 5A & 6A, the following criteria will be used: In an even-numbered calendar year, the best available site on the east side of the state will be selected. In an odd-numbered calendar year, the best available site on the west side will be selected. For games that include schools outside the Tulsa or Oklahoma City areas, the OSSAA will select play-off site. If an adequate facility is not available using this criterion, the OSSAA shall determine the play-off site.
  2. Preference will be given to sites with artificial surfaces when making neutral site selection.
- E. The OSSAA shall select the sites, set the dates and times, and appoint the manager for neutral site games in each class.
- F. In the semi-final and final rounds of the football championship series, the OSSAA shall determine the home team. Consideration in determining the home team will be given to the facility being used, the participating schools' fan following in the previous rounds and the number of playoff games hosted by each participant in the previous rounds. **NOTE: The home team shall wear its dark color jerseys, and the visiting team shall wear its light color jerseys. If there is a disagreement regarding jersey colors, the OSSAA will determine which color jersey each team will wear. NOTE: Cross-bracketing in the play-offs will begin in the quarter-final round.**

## XII. PLAY-OFF EXPENSES

- A. All teams will participate at their own expense during the football play-offs.
- B. All reimbursements will be made through the OSSAA office using the uniform reimbursement schedule adopted by the Board of Directors.
- C. Local game expense amounts for host schools will be determined by the Board of Directors.
- D. After games expenses have been deducted, the net receipts will go to the OSSAA.
- E. The host school shall have all concession rights.
- F. The expense of the game officials will be paid by the OSSAA.
- G. In games of the state play-off series, the following will apply:
  1. When the game is played on the home field of either school, a representative of the home team will serve as the game manager, and he/she will be responsible for completing arrangements for the game and financial accounting.
  2. If the game is played on a neutral field, the OSSAA will appoint a game manager, who will be responsible for completing arrangements for the game and financial accounting.
  3. A detailed, itemized financial statement provided by the OSSAA shall be completed by the game manager, and a copy shall be sent to each school involved and the OSSAA as soon as possible following the game.
- H. Ticket prices for all games of the state play-off series will be established by the OSSAA.
  1. Ticket Prices - Admission prices have been set by the Board of Directors
  2. 1. Regionals - \$7.00 per online ticket plus a processing fee of \$1.35 (\$8.35) or a \$10 cash option
  3. 2. State - \$10.00 per ticket plus a processing fee of \$1.50 (\$11.50) or a \$13 cash option

**NOTE:** Host schools may sell reserved seats for an admission price higher than \$7.00. OSSAA permission must be requested in writing and OSSAA tickets must be used. All money received from reserved ticket sales must be reported on the financial form provided by the OSSAA. Reserved seating shall not affect seating for the visiting fans, nor cause them to purchase tickets at an increased price.

- I. Complimentary admissions for the state play-off series will be as follows:
  1. The OSSAA Complimentary Pass for the current school year is the only pass that will admit the holder to a play-off game. A driver's license must be shown with all complimentary passes. The passes are not transferable.
  2. Bands and cheerleaders of competing schools will be admitted, if in uniform. Arrangements for bands out of uniform must be made with the game manager before arrival at the game site.
  3. Any workers who aid in the administration of the game.

### **XIII. AWARDS AND PRESENTATIONS**

- A. The following awards will be presented:
  1. Championship plaques to each district champion
  2. Championship plaques to each regional champion (second round winners)
  3. Championship plaques to each area champion (semi-final round winners)
  4. Championship trophy to each state champion and individual medals.
  5. Runner-up trophy to each runner-up state champion and individual medals.
- B. State championship and runner-up trophies will be presented on the field after the conclusion of the championship game. An administrator from each participating school shall be present on the field to aid the OSSAA staff with the presentations.

### **XIV. OFFICIALS AND PROTESTS**

- A. The regulations of the OSSAA provide that all officials used in regular season basketball and football competition and OSSAA sanctioned tournaments where participants are 7th-12th graders must be enrolled and tested with the OSSAA. In secondary school football games that include participants in grades 9 through 12, a minimum of four game officials shall be used. In secondary school football games that include participants in grades 7 and 8 only, a minimum of three game officials shall be used.
- B. The game officials in all elimination games shall be selected and assigned by the OSSAA. In elimination games, five officials shall be used. The game fees for elimination games will be determined by the Board of Directors. **NOTE:** Football teams that qualify for the play-offs will be allowed to list a maximum of five officials who they do not want to officiate their play-off game(s).
- C. Beginning a game with an official(s) constitutes agreement. The official's decision(s) shall be final. **NOTE:** For additional information on agreement of game officials.
- D. **NOT HONORING A PROTEST** OSSAA will not consider requests to overturn the determinations of game/contest officials in interpreting or enforcing rules at games or contests. In agreeing to participate in a game or contest, a member school, and the individual participants and the coaches or sponsors representing that member school, accept the risk that game/contest officials may make errors in interpreting or enforcing rules at games of contests. Any errors by game/contest officials should be raised with those officials, in a respectful manner, and in accordance with the rules established for that particular activity. The decisions of the game/contest officials are accepted as final. An exception to this Policy may be granted if in the case of an ejection of a participant from a contest, the game/contest official misidentifies the individual who should have been ejected. The request to review the misidentified player must be submitted to the OSSAA in writing.

### **XV. LOCAL RESPONSIBILITY - COACHES CONDUCT**

- A. A certified faculty member designated as sponsor or coach shall oversee the training and participation of contestants. Any assistance rendered by parties other than a designated sponsor or coach must be with the approval of the administration and will not relieve the designated sponsor or coach of his/her responsibility.
- B. When an official banishes a coach or sponsor from the vicinity of the game or contest and there is no other qualified assistant or faculty member present to assume full responsibility for the team or organization, the game or contest must be forfeited. Any school in violation of this section of the rules shall forfeit the game, meet, or contest to the offended school and the school in violation shall be placed on warning.
- C. Any coach who is ejected from an interscholastic game, meet, or contest shall be suspended from coaching the next regular scheduled game, meet, or contest (same team and level) in which the team participates. This includes all OSSAA sponsored and play-off activities. A coach who has been suspended from coaching may attend the contest, but he or she must be seated in the spectator area and may not give instructions to the players, or the individual who has been assigned to coach the team, anytime during the contest including half time. The coach may not coach directly or indirectly in any capacity. The coach may not enter the dressing room at half-time, nor will he or she be allowed to be on the court, field, etc., before or during the contest. The suspended coach must also complete the NFHS "Teaching and Modeling Behavior" course within seven days of the ejection before he/she can be reinstated. Any coach who is ejected from a contest a second time during the same activity season shall be suspended from coaching until reinstated by the OSSAA Board of Directors. **NOTE:** The ejected coach is not to be seated in the press box during the game.
- D. When an athletic coach removes his/her team from the playing area, the game or contest shall be forfeited, and the school or team automatically placed on probation.

**XVI. PUBLIC CRITICISM OF CONTEST OFFICIALS AND SCHOOL REPRESENTATIVES**

- A. Any school representative who publicly criticizes a contest official, and any contest official who publicly criticizes a school representative in connection with a contest meet or tournament is subject to sanctions. The member school represented by an individual who publicly criticizes a contest official may also be subject to sanctions if the school fails to take appropriate action in response to the school representative's public criticism of the contest official. The sanctions could include warning or suspension. Public criticism includes but is not limited to comments made to the media or during a broadcast event, and comments made in a public forum.

**XVII. CONDUCT OF STUDENTS – EJECTIONS**

- A. A student who is disqualified during a game or contest because of a flagrant foul or unsportsmanlike conduct shall be ineligible. When an ejection occurs for unsportsmanlike conduct, the sit-out period will be a minimum of 4 quarters, beginning with the subsequent quarter after the ejection. If the ejection occurs at the end of a season and there are not enough contests left in the activity for the season to satisfy the sit out period, then the student shall sit out an appropriate number of contests in the next activity in which the student participates. If the student is a senior and there are not enough contests left in the activity for the season to satisfy the sit out period, then the student shall sit out an appropriate number of contests in the next activity in which the student participates.

- B. A student whose flagrant or unsportsmanlike conduct consists of cursing or using foul language toward a game official will be automatically suspended from participating in a minimum of the next two regularly scheduled games or contests on the same level of competition that his/her team plays. In football, a student ejected for fighting will be suspended for a minimum of 4 quarters at the same level of play, beginning with the quarter following the quarter in which the ejection occurred. The suspension may be extended for extreme acts of unsporting conduct. Fighting is defined, but is not limited to any player or non-player (bench personnel) striking an opponent with arm(s), leg(s), foot (feet), or other object(s); attempting to strike an opponent with arm(s), leg(s), foot (feet), or other object(s), regardless if there is contact with an opponent; or instigating a fight by committing an act(s) that causes an opponent to retaliate by fighting related to an OSSAA sponsored activity in which the players and non-players are participating. A player or non-player who retaliates by fighting is in violation of the fighting rule. The fighting rule will apply to pre-contest and post-contest sponsored activities. It is mandatory that all head coaches remind his/her team that fighting during the post-game hand shaking ceremonies or conducting themselves in an unsportsmanlike manner after the game will be severely penalized. The head coach and team will be subject to additional suspension penalties beyond the normal penalties imposed on fighting and unsportsmanlike acts that occur during the contest. Injuries have occurred because of fans climbing over walls and fences, being trampled, or partaking in dog-pile celebrations, etc., at the conclusion of a contest. Therefore, school administrators should be aware that if their student body and fans come onto the playing area after a contest, penalties may be imposed. Any substitute or team member, who leaves the team bench (football player leaving the team box, baseball or softball player leaving the dugout, basketball player or wrestler leaving the team bench, etc.) and enters the playing area during a fight or any other serious unsportsmanlike act, shall be ejected. Those players or team members identified by game officials, school administrators, or video tape will be suspended a minimum of one game if they were not involved in the altercation and a minimum of two games if they participated in the altercation. This rule applies to both regular season and play-off games. The suspension applies to individuals/teams on the same level of competition, i.e., varsity to a varsity game, junior varsity to a junior varsity game, etc. Any additional penalties by the National Federation Rule Book and OSSAA Rules and Regulations Handbook would also apply. The rule will apply to all OSSAA sponsored activities. Any student involved directly or indirectly for fighting or any other serious unsportsmanlike act a second time during a season shall be suspended for the remainder of the season.

Students' ineligible under (A) or (B) are not eligible until reinstated by the principal after the minimum penalty is enforced.

A disqualified student shall be ineligible until reinstated by the principal and a written report of the details of the incident and the action taken has been filed with the Executive Director for review with the Board of Directors.

If a student is ineligible under (A) or (B) transfers, the principal should notify the principal of the receiving school and the OSSAA Executive Director of the student's eligibility status.

Any student currently suspended from an activity or expelled from school who enrolls in another school will be ineligible for the duration of the original suspension or expulsion or until reinstated by the OSSAA Board of Directors.

**XVIII. FORFEITED, CANCELED, OR POSTPONED GAMES**

- A. The minimum penalty for the participation of an ineligible student during the regular season is the forfeiture of all contests in which the student participated.
- B. The minimum penalty for the participation of an ineligible student during the play-offs is the forfeiture of the most recently played game. The exception in A above will also apply.
- C. Any team that is unable to play a district football game and forfeits will be eliminated from district contention for a play-off position. The results of district games previously played before the forfeited contest and district games played after the forfeited contest shall have no bearing on the district standings. (Including wins, losses and marginal points.) Exceptions to forfeiting a district football game(s) can be appealed to the OSSAA Board of Directors.
- D. In the event a school must forfeit a game due to an unavoidable circumstance, the home game site the following year should be determined by the schools involved. In the event this cannot be agreed upon, the Board of Directors shall set up the site.
- E. A scheduled game that is canceled will be forfeited.
- F. District games which are postponed due to some urgent emergency must be played no later than Monday of next week if circumstances allow.
- G. A postponed play-off series championship game may be played on a corresponding day of the following week.

- H. Non-district games interrupted because of events beyond the control of the responsible administrative authority shall be continued from the point of interruption unless the teams agree to terminate the game with the existing score. Interrupted non-district games should be played no later than Monday of the following week if circumstances allow.

#### **XIX. OTHER OSSAA RULES AND POLICIES THAT RELATE TO FOOTBALL**

- A. The use of any device of an explosive nature is prohibited before, during or after an athletic contest on site or in the visual area of the site. Examples: Shotguns, cannons, fireworks of any nature, etc.
- B. If a host school has a play clock on both ends of the playing field and both are operable, they may be used without mutual agreement of the opponent. If a host school has a play clock at only one end of the field, the host school must acquire permission from the visiting team before the clock may be used.
- C. During the play-offs, if a host school has a play clock on both ends of the playing field and both are operable, they are to be used. If a host school has a play clock at only one end of the field, the clock shall not be used. During the semi-final and final round games of the playoffs that are played at neutral sites which have a play clock on both ends of the playing field, the clocks will be used if staff are available to operate the clocks. If only one play clock is available, it will not be used.
- D. Be it resolved that the representatives of the member schools of the OSSAA request all colleges and universities to discontinue the practice of extending invitations to students of Oklahoma high schools to participate in try-outs before they have finished high school and limit invitations for visits to campuses to times when it would not interfere with a student's high school classes or activities.
- E. A team's spirit line is not to extend onto any part of the other team's half of the playing field and area leading up to the playing field. A team's half of the field will be the side on which its team bench is located, with the playing field and area leading up to the playing field being dissected equally down its length. This includes the end zones. No spirit line is to extend over the fifty-yard line. No players, coaches, team attendants, or anyone associated with the opposing team is to enter or interfere with the opponent's spirit line.
- F. In games during the elimination series, played on neutral fields, spirit lines will not be allowed onto the playing field including the end zones.
- G. Practice or competition in athletics will not be allowed on a site after the site has been announced in any play-off activity except for a regularly scheduled contest or the host school may practice at the site if that is the team's regular practice site. **NOTE:** The OSSAA will consider approval of practice on an artificial field play-off site if both competing teams have reasonable access to the field, and the management of the artificial field approves. No practice at an artificial field play-off site will be considered without OSSAA approval.
- H. If the referee is notified 30 minutes before game time by the radio station(s) broadcasting the game that they would like radio time-outs during the game, the referee can grant one per quarter. The radio time-out is to be called only after a change-of-possession play. The referee will be the sole judge in determining when the radio time-out will be called during a quarter.
- I. Any paint or cosmetic material worn by players that is considered offensive, unsportsmanlike, or inappropriate by the game officials must be removed before a player may participate in the game.
- J. **NOISE MAKERS**

**For indoor activities:** Boom boxes or any type of device that plays music, sounds, or voices, and noise makers of any kind such as air horns, cow bells, etc. will not be allowed to function/operate. This will also apply to pre-game/contest and post-game contest activities. This rule applies to both regular and post-season games/contests.

**For outdoor activities:** Noise makers are allowed at outdoor activities unless they interrupt the normal game/contest procedure of announcers, bands, cheer squads, drill teams or any other game/contest related activities. The game officials have the authority to stop the use of any noisemakers or disruptions that interrupt the normal game/contest procedures. This rule applies to both regular and post-season games or contests.

- K. In all sub-varsity high school and junior high games, the following timing rule will be used:

##### **Starting and Stopping the Clock**

Article 1 - The clock shall start for a period:

- If a period begins with a free kick when the kick is touched, other than first touching by K.
- If a period begins with a snap, when the ball is legally snapped.

Article 2 - The clock shall start with the ready-for-play signal for situations other than a free kick if the clock was stopped:

- For an official's time-out.
- Because the ball has become dead following any foul provided in either (a) or (b).
  - There has been no charged time-out during the dead ball interval.
  - Down is not an extension of a period or a try.
  - The action which caused the down to end did not also cause the clock to be stopped.
- Because of an inadvertent whistle.

Article 3 - The clock shall start with the snap or when any free kick is touched, other than first touching by K, if the clock was stopped because of the following:

- The ball goes out-of-bounds.
- A fair catch is made.
- A fair catch is awarded.
- The ball became dead behind the goal line.
- A forward pass is incomplete.
- A request for a charged or television/radio time-out is granted.
- A period ends.
- A team attempts to consume time illegally.
- The penalty for a delay of game foul is accepted.

- L. In eight-man football, a game will conclude when a team leads by 45 points at halftime or anytime during the second half.

## XX. OFF SEASON TRY-OUTS

Only students attending school in the district for which the try-out is held may be permitted to participate in a try-out. Try-outs should only be conducted for the purpose of the selection of a school team and may not be used for practice time. Each day of the try-out may be up to 2 hours in length. No off-season try-out will be approved for more than three days, and all sessions of the try-out must conclude by 9 p.m. A record of all try-outs should be kept on file at the member school. The OSSAA reserves the right to request try-out forms from a member school. Exception: Cheerleading is exempt from the try-out Policy.

## XXI. OSSAA STATE RULES MEETINGS

Each head coach of all varsity teams shall attend an OSSAA state rules meeting for that sport for the current school year. If the head coach does not attend a meeting, an online rules meeting is available at [www.ossaa.com](http://www.ossaa.com). Written verification of the online rules meeting must be submitted to the OSSAA. All head coaches of fall activities must complete their state rules meeting by **September 1<sup>st</sup>**, all head coaches of winter activities must complete their state rules meeting by **December 1<sup>st</sup>**, and all head coaches of spring activities must complete their state rules meeting by **March 1<sup>st</sup>**. The penalty for failure to attend a state rules meeting or to complete an online rules meeting and proper documentation submitted to the OSSAA office by the prescribed deadlines, will result in the school suspending the head coach for all interscholastic competition until the coach is in compliance and proper documentation has been submitted and verified by the OSSAA.

## XXII. RECOMMENDATIONS TO ADMINISTRATORS OF ATHLETIC CONTESTS

- A. It is recommended that an administrator of all athletic contests meet with the game officials prior to the contest advising them of the game time, dressing facilities, pre-game and half-time activities, inclement weather protocol, etc. The game administrator should also record officials' ID numbers. After the officials enter the field or court, the administrator in charge should advise the head official as to the location of the game administrator during the contest(s) should a problem arise.
- B. The game administrator or his/her designee shall meet the officials to assure their safe return to the dressing room after the contest. This applies to regular seasons as well as play-off contests.

## XXIII. ACADEMIC ACHIEVEMENT AWARDS

- A. General Regulations:
  1. Teams must meet all qualifications required of the respective activity to qualify.
  2. Entries received after the entry deadline will not be considered. Incorrect information submitted on the entry form will also void the entry. Please report any corrections or changes on your academic application to the OSSAA office. The OSSAA will confirm finalists for the state championship award.
  3. The academic GPA will be based on a 4-point system and computed to the nearest thousandth percentile: A = 4; B = 3.000; C = 2.000; D = 1.000. If you have a weighted grading system, it must be converted to a 4-point system in computing the team GPA.
  4. All classes that count towards graduation shall be used in determining each individual student's GPA.
  5. Teams will be eligible to receive one award each year for each activity. The award will be for the highest level of achievement.
- B. Three levels of competition for academic awards:
  1. Academic Achievement Certificate: Teams must have a minimum 3.25 GPA and rank in the upper 1/3 of their classification to qualify.
  2. Distinguished Academic Plaque: Teams must have a minimum 3.50 GPA and rank in the upper 10% of their classification to qualify.
  3. State Academic Champion: The team with the highest GPA will be declared the state academic champion for their respective class.
- C. Team Qualifications:

Football - The roster of academic achievement participants will consist of all team members who participate in football at the conclusion of the final regular season game. This will include any team member who did not suit up for the final regular season but is participating in football. The GPA of participants will be based on the grades from the preceding semester. (Non-traditional semester: An approximate 18-week grading period used to divide the school year in half.) **Academic applications** must be submitted no later than **Friday, November 21<sup>st</sup>**. The link can be found on the football page of our website. **NOTE:** Participants in football at the conclusion of the final regular season game will include ninth graders who were participating with the high school team at the conclusion of the final regular season game. **TEAM TRAINERS, EQUIPMENT MANAGERS, AND OTHER ATTENDANTS ARE NOT TO BE LISTED AS TEAM PARTICIPANTS.**

## XXIV. HALF-TIME PERIODS

According to the National Federation Football Rule, half-time periods may last no longer than 20 minutes and no less than 10 minutes. There will be a three-minute warm-up period following the half-time period. By mutual consent, schools may shorten the half-time period to less than 20 minutes.

## XXV. COACHES ETHICS AND PROFESSIONAL STANDARDS

- A. Exemplify the highest moral character, behavior, and leadership.
- B. Respect the integrity and personality of the individual athlete.
- C. Abide by the rules of the game in letter and in spirit, regardless of the consequences.
- D. Respect the integrity and judgment of sports' officials, never baiting or taunting officials in any way, or seeking out an official during half-time or at the conclusion of a contest.

- E. Demonstrate a mastery of, and continuing interest in, coaching principals and techniques through professional improvement.
- F. Encourage and respect all athletes and their values.
- G. Display modesty in victory and graciousness in defeat.
- H. Promote ethical relations among coaches.
- I. Fulfill responsibilities to provide emergency health procedures and ensure an environment free of obvious safety hazards.
- J. Encourage the highest standards of conduct and scholastic achievement among all athletes.
- K. Seek to instill good health habits, including the establishment of sound training rules.
- L. Strive to develop in each athlete the qualities of leadership, initiative, and good judgment.
- M. Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- N. Any time a coach who does not hold a valid Oklahoma teaching certificate (lay or volunteer coach) is ejected from a contest for unsportsmanlike conduct, including but not limited to arguing a call, language or gestures directed toward a game official, he or she will be required to complete the NFHS Teaching and Modeling Behavior course within seven (7) days of the ejection, the course can be found at [NFHSLearn.com](http://NFHSLearn.com). Additionally, personnel not holding a valid Oklahoma teaching certificate must meet with a representative of the OSSAA prior to being reinstated to coach the school team. A school administrator will also be required to attend the meeting.

## XXVI. PARTICIPATION IN CAMPS, SUMMER PRACTICES, LEAGUES AND TOURNAMENTS

### DEFINITIONS UNDER THIS POLICY

1. **Summertime**—Summertime begins after the conclusion of the spring semester and continues through the first full week in August except for football and basketball, which must conclude by July 15. (See XII-B-3)
2. **School team**—A school team is defined as a team using school equipment, school uniforms and/or school transportation.
3. **Individual camp**—An individual camp is an instructional event for a particular activity, at which instruction is focused on individual skills and techniques rather than organized team play.
4. **Team camp**—A team camp is an instructional event for a particular sport involving team members from at least three schools participating as a team during instruction, scrimmages, and/or games. All school team members must be enrolled at the school for which they participate during the team camp. No session of any summertime training camp will be approved for more than two consecutive weeks.
5. **League**—A league consists of three or more teams playing games against one another and maintaining standings according to wins and losses and played over the course of a minimum of three consecutive weeks.
6. **Tournament**—A tournament is an event involving six or more participating teams, competing for no more than three consecutive days.
7. **Combine**—A combine is an assessment of certain sport specific conditioning drills to determine speed, strength and skill level. No instruction may be given.

#### A. SCHOOL PERSONNEL AND SCHOOL TEAMS

School personnel who are serving or are designated to serve as coaches or assistant coaches:

1. May not conduct practice for a school team, in a direct or indirect manner, during the summertime period.
2. May coach a team that includes individuals that are members of a school team during the summertime period, in a camp, summer league, or summer tournament.
3. May coach a non-school team in basketball that includes no more than two students who participate or are expected to participate on the same school team.
4. In football and basketball, school personnel who are serving or are designated to serve as coaches or assistant coaches may not coach a school team in a league or tournament before the conclusion of the school year or after July 15.
5. In all other OSSAA athletic activities, school personnel who are serving or are designated to serve as coaches or assistant coaches may not coach a school team in a league or tournament before the conclusion of the school year.

An exception to the above limitations may be granted by the OSSAA, but approval for such an exception must be requested and granted in writing, in advance.

#### B. SCHOOL PERSONNEL AND CAMPS

School personnel who are serving or are designated to serve as coaches or assistant coaches are permitted to conduct or provide instruction at individual camps in a particular sport, including camps in which members of the school team in that sport are participating, provided that:

1. No session of the camp is held before the school year has concluded or after the first week in August (except in Football, any camp using OSSAA member school facilities must be concluded by July 15).
2. In Cross Country, Fall Baseball, Fast-Pitch Softball and Volleyball, no session of team camp may be held after the beginning of the season. (July 15)

#### C. INDIVIDUAL STUDENTS

An individual student who is attending or who is enrolled and planning to attend a member school in grades 7-12:

1. **Only students who currently attend your school district are eligible to participate in Spring Football; no future students are allowed to participate regardless of whether the school year is complete. To participate in Spring Football, a student had to attend classes in the spring semester. Spring practice is limited to students in grades 8-11.**
2. May participate in a non-school team in a league or tournament, including during this summertime period as defined above, (such as in AAU competition).

3. May participate in individual camps in a particular activity, however:
  - (a) after the school year has been completed, a student may only participate through the first week in August (except in Football, any camp using OSSAA member school facilities must be concluded by July 15).
  - (b) during the school year, a student may only participate if approved or permitted by the school, and the camp is not held at an OSSAA member school.
  - (c) no fees or expenses for the camp may be paid by the school, or by school personnel, or by any booster club or organization associated with the school, or by any non-family member; any discount or waiver of fees or expenses must be based on financial need and must be available to all participants based on the same standards.
4. May participate in spring football and no more than one team camp, or 2 team camps and no spring football. Team camps must be completed by July 15.
5. May participate in any combination of four basketball team camps or summer tournaments.
6. A student may not accept any award other than a trophy, plaque, or medal, etc., for participation or achievement on a non-school team or in any type of camp. A student may accept items commemorating participation in a league, tournament, camp which are given to all participants, such as a T-shirt or a certificate, provided that the costs of such items are included in the fees and expenses charged for those events.
7. A student who participates in a camp in violation of any of these policies shall be ineligible unless and until reinstated by the Board of Directors. A coach who violates any of these policies shall not be permitted to engage in any coaching unless and until reinstated by the Board of Directors.

#### E. RESTRICTIONS ON SCHOOLS AND BOOSTER ORGANIZATIONS

1. A member school may conduct a camp for a particular activity, or permit a camp to be conducted on school property and/or in school facilities, after the end of the school year, provided that:
  - (a) the camp is open to students from all member schools in the grade level or grade levels designated for that camp.
  - (b) the camp is concluded prior to the end of the first week in August (except in Football, any camp using OSSAA member school facilities must be concluded prior to July 15).
2. Fees for camps conducted by the school or allowed to take place on school property and/or in school facilities may be discounted for children of school employees, provided that the same discounts are available to children of all school employees on an equal basis. In addition, a volume discount may be given, based on the number of children from the same household seeking to attend, provided that the volume discount is available for all families on the same basis. Fees also may be discounted for students who are financially unable to pay the fees and expenses of the camp. The student must be able to demonstrate by objective means that financial assistance is needed, and all students must be evaluated for and granted assistance based on the same standards. Johnson-O'Malley funds available to the school may be used to pay or offset expenses associated with camps conducted on school property and/or in school facilities.
3. A member school is not required to obtain OSSAA approval in advance to hold a camp or to allow others to conduct a camp, on school grounds and/or in school facilities. If, however, approval is not given in advance, then the event is not sanctioned by OSSAA, and participants in the camp will not be covered by any catastrophic injury insurance obtained by OSSAA.
4. A member school may not conduct a camp, or allow a camp to be conducted, on school property and/or in school facilities, which is limited, or which provides preferential treatment to, certain student-athletes or to students from certain schools, or which restricts participation on an "invitation-only" basis.
5. The school, or a booster club or organization associated with the school, may pay fees and expenses of the school team to attend a team camp, provided that all members of the school team have been invited to attend, and fees and expenses are paid for team members on an equal basis. Any monies coming from a booster club or organization for this purpose must be contributed to the school and distributed from a school account to pay these fees and expenses. Neither the school, nor any booster club or organization associated with the school, may pay fees and/or expenses for students to attend an individual camp. The school may allow school-owned vehicles to be used to transport students enrolled at the school to an individual camp located in Oklahoma or a bordering state, and pay the cost of fuel for those vehicles, but the school otherwise may not pay for transportation expenses for students to attend an individual camp.
6. A member school conducting a camp or allowing a camp to be conducted on school property and/or in school facilities, must provide OSSAA, upon request, a list identifying students and personnel participating in the camp.
7. The school and/or school personnel may be penalized for any violations of these policies. If a booster club or organization associated with a school violates any of these policies, then the school may be required to end or restrict the involvement of that club or organization in school activities.

#### XXVII. HIV AND HEPATITIS B RELATED TO INTERSCHOLASTIC ATHLETICS

**NOTE:** Please see your principal or athletic director for precautionary recommendations concerning HIV (AIDS) and Hepatitis B. 2025-26 OSSAA Rules and Regulations Handbook contains relevant material.

#### XXVIII. CO-OPS

- A. Once the classifications have been established for the next two-year cycle in football, the only co-ops that will be approved will be those whose combined ADMs will not place the co-ops into a higher classification and only one of the two schools are currently in a district.



B. All other sections of the OSSAA Co-op Rule will apply.

#### **XXIX. BROADCAST AND TELECAST POLICY**

The OSSAA Board of Directors waived the play-off broadcast fees in lieu of radio slots which are to be broadcast statewide by members of the Oklahoma Broadcasters Association. Any play-off telecast that is delayed as much as four hours will be at no cost to the television station except for football and basketball. Those sports must be negotiated with the Executive Director on Monday of the week in which the game is to be played.

#### **XXX. SCHOLASTIC ELIGIBILITY**

A student's current scholastic eligibility status would not change if an OSSAA play-off contest were delayed into the next week due to inclement weather or other extreme circumstances. **NOTE:** Refer to OSSAA Rule 3 in the 2025-26 OSSAA Rules and Regulations Handbook for additional scholastic eligibility information.

#### **XXXI. MUSIC AT ATHLETIC EVENTS POLICY**

School bands or musical groups. According to the national federation rule, the standard halftime length will be 20 minutes. By mutual consent of the 2 teams, the halftime may be shortened to as little as 10 minutes, but no less.

It is the responsibility of the host school to contact the principal or band director of the visiting school no later than Monday, the week of the game to see if the visiting school is bringing its band and if the band plans to march at half time, pre-game or post-game. Note: it is common courtesy for the visiting director to contact the host school's director if the visiting school is bringing their band, and the visiting school's director has not been contacted by the host school's director. Equal time must be allowed for both bands to perform. Both bands must be allowed the opportunity to march at half time if they can perform and clear the field in twenty (20) minutes. The only exception is if half time is being used for homecoming activities; or both bands cannot perform and clear the field in twenty (20) minutes. In this case, the visiting band must then be given the opportunity to perform pre-game or post-game. The host school will need to find out the size of the visiting band and the length of the show if the band plans to march at half time, pre-game or post-game. The school band, large or small, should show respect for players on the field. The band members should also respect the performances of the other band.

Penalty: bands failing to follow time limits will be reported to the OSSAA and the OSSAA will notify the principal that their band might not be allowed to perform at halftime, pre-game, or post-game at the next game. The band will not be allowed to perform at half time, pre-game, or post-game of the first game of the next football season if the violation occurs when there is not another game during the current season. Game officials can call a "delay of game" penalty against the band if guidelines are not followed.

1. Football playoffs both bands will be allowed to perform at halftime.

(a) a police officer may need to be assigned by the host school to the visiting band and pep group for their protection.

(b) all uniformed student groups (bands, drill teams and cheerleaders) shall be admitted free, regardless if they perform on the field.

(c) pre-game and post-game band performances are permissible. Teams shall have three (3) minutes to reassemble before the start of the second half.

(d) playing during the game: play at time outs and quarters.

Injured player: Bands are not to play when there is an injured player on the field and time has been called. Playing when the time clock is on: drums should not play all through the game but only with cheerleader yells and kick-offs. The bands may play when the clock is running but the playing must not interfere with the team being able to call plays in the huddle or the team being able to hear the quarterback at the line of scrimmage. The referee will determine if the band is interfering with the playing of the game. A penalty should not be called against a band unless it is a continued violation of the rule.

#### **XXXII. FOOTBALL-SCHOOL BANDS OR MUSICAL GROUPS**

A. It is the responsibility of the host school to contact the principal or band director of the visiting school no later than Monday the week of the game to see if the visiting school is bringing its band and if the band plans to march at half time, pre-game, or post-game. **NOTE:** It is common courtesy for the visiting director to contact the host school's director if the visiting school is bringing their band, and the visiting school's director has not been contacted by the host school's director. Equal time must be allowed for both bands to perform. Both bands must be allowed the opportunity to march at half time if they can perform and clear the field in twenty (20) minutes.

B. Halftime Length

By National Federation Rule, the length of a football half time is 20 minutes. By mutual agreement of the competing schools, the half time can be as short as 10 minutes, but no less. There will not be any extensions allowed for Homecoming or OSSAA Marching contests. To help facilitate this change, the teams should leave the field 15 minutes prior to kickoff, and the next 10 minutes can be used for whatever activity the home team deems necessary (whether it be the visiting team marching, homecoming activities, dance or cheerleading routines, etc.). The time immediately after the game will also be available for any activities. Marching band directors will need to communicate with their administration, athletic directors and visiting band directors to make sure everyone is on the same page concerning this National Federation rule.

**XXXIII. EMERGENCY ACTION PLAN**

Any time a member school is hosting a planned activity at a school facility there must be an Emergency Action Plan in place. The plan must be shared with any visiting school. An Emergency Action Plan, or EAP, is a formal written plan, developed by the host site, that identifies potential emergency conditions at the event site and prescribes the procedures to be followed to minimize or prevent serious physical injury, loss of life, and property. **A template for an EAP is located on the OSSAA website under the Sports Medicine tab.**

**XXXIV. SUMMERTIME DEAD PERIOD**

The dead period will occur during the week in July that includes the 4th of July each year. The dead period will be nine (9) days in length and begin the weekend preceding the 4th of July and the weekend following the 4th of July.

Secondary-level students enrolled or pre-enrolled at a member school may not use any member school's athletic facilities during the dead period in connection with any athletic activity governed by the OSSAA. Member school coaches, assistant coaches and sponsors may not have any contact with secondary level enrolled or pre-enrolled students in that member school in any athletic activity governed by the OSSAA for the purpose of coaching, training, or instructing.

Summertime policies, including beginning and end of season restrictions, can be found in OSSAA Board Policy XI in the Administrator's Handbook.

Violations of the summertime dead period policy will result in the coach or sponsor being suspended from the first half of the regular season in that athletic activity. School personnel not designated as a coach or sponsor in violation of the summertime dead period policy will result in the head coach being suspended from the first half of the regular season in that activity.

**SUMMERTIME DEAD PERIOD QUESTIONS AND ANSWERS**

1. How do I know when the dead period begins and ends each year?  
*Answer:* The dead period will be nine (9) days in length and begin the weekend preceding or including the 4th of July and the weekend following the 4th of July.
2. Does the Summertime Dead Period Policy cover non-athletic activities?  
*Answer:* No, the Summertime Dead Period Policy only applies to athletic activities that are governed by the OSSAA.
3. Can a coach and a player have any contact during the Summertime Dead Period?  
*Answer:* No, contact between coaches, assistant coaches and sponsors with enrolled or pre-enrolled students for the purpose of coaching, teaching, training, or instructing is prohibited.
4. Can a student participate without the member school coach at member school facilities in an athletic activity during the Summertime Dead Period?  
*Answer:* No, school athletic facilities may not be used by enrolled or pre-enrolled students during the dead period in connection with any athletic activity governed by the OSSAA.
5. Can a member school coach use member school facilities to train, coach or instruct secondary-level students during the Dead Period?  
*Answer:* No, the policy prohibits the use of member school facilities during the Dead Period for the purpose of coaching, teaching, training, or instructing. Field maintenance is not prohibited by the policy.
6. Does the Summertime Dead Period Policy prohibit participation in a National level tournament during the dead period?  
*Answer:* No, the coach and any enrolled or pre-enrolled students who have qualified earlier in the summer for a national level tournament may participate in that tournament.

**DISTRICTS BY CLASS (2024 AND 2025 SCHOOL YEARS)****CLASS 6A: Division I**

District 1: Bixby, Deer Creek, Edmond North, Enid, Jenks, Moore, Mustang, Norman  
 District 2: Broken Arrow, Edmond Memorial, Edmond Santa Fe, Norman North, Owasso, Union, Westmoore, Yukon

**CLASS 6A: Division II**

District 1: Choctaw, Eisenhower, NW Classen, Piedmont, Putnam City, Southmoore, Stillwater, US Grant  
 District 2: Bartlesville, Capitol Hill, Muskogee, Putnam City North, Putnam City West, Ponca City, Sand Springs, Sapulpa

**CLASS 5A:**

District 1: Bishop McGuinness, Classen SAS, Duncan, Guymon, MacArthur, Midwest City, Newcastle, Southeast  
 District 2: Altus, Carl Albert, El Reno, Guthrie, John Marshall, Lawton, Noble, Western Heights  
 District 3: Bishop Kelley, Booker T Washington, Coweta, Durant, East Central, Edison Prep, McAlester, Shawnee  
 District 4: Claremore, Collinsville, Del City, Memorial (Tulsa), Nathan Hale, Pryor, Tahlequah, Will Rogers

**CLASS 4A:**

District 1: Bridge Creek, Cache, Clinton, Douglass, Elgin, Elk City, Weatherford, Woodward  
 District 2: Ardmore, Bethany, Blanchard, Chickasha, Harrah, Madill, Tecumseh, Tuttle  
 District 3: Catoosa, Cushing, Ft. Gibson, Grove, Miami, Oologah-Talala, Skiatook, Wagoner  
 District 4: Ada, Broken Bow, Glenpool, Hilldale, McLain, Poteau, Sallisaw, Stilwell

**CLASS 3A:**

District 1: Anadarko, Heritage Hall, Kingfisher, North Rock Creek, Pauls Valley, Plainview, Purcell, Star-Spencer  
 District 2: Bristow, Lone Grove, Mannford, McLoud, Perkins-Tryon, Seminole, Sulphur, Victory Christian  
 District 3: Checotah, Eufaula, Holland Hall, Idabel, Lincoln Christian, Locust Grove, Muldrow, Stigler  
 District 4: Berryhill, Cascia Hall, Cleveland, Inola, Jay, Sequoyah (Claremore), Verdigris, Vinita

**CLASS 2A: DIVISION I**

District 1: Blackwell, Chisholm, Crooked Oak, Jones, Millwood, Mount St. Mary, Ok Christian School, Perry  
 District 2: Crossings Christian, Dickson, Lexington, Lindsay, Little Axe, Marietta, Marlow, Washington  
 District 3: Bethel, Heavener, Hugo, Kiefer, Kingston, Okmulgee, Prague, Roland  
 District 4: Central (Tulsa), Chandler, Daniel Webster, Dewey, Metro Christian, Sequoyah (Tahlequah), Sperry, Westville

**CLASS 2A: DIVISION II**

District 1: Alva, Casady, Hennessey, Kellyville, Luther, Meeker, Newkirk/Shidler, Stroud  
 District 2: Beggs, Coalgate, Comanche, Community Christian, Davis, Dibble, Holdenville, Tishomingo  
 District 3: Adair, Chelsea, Colcord, Commerce, Kansas, Keys (Parkhill), Salina, Wyandotte  
 District 4: Antlers, Atoka, Henryetta, Morris, Spiro, Valliant, Vian, Wilburton

**CLASS A: DIVISION I**

District 1: Cashion, Crescent, Fairview, Hinton, Hooker, Merritt, Sayre, Watonga  
 District II: Christian Heritage, Frederick, Hobart, Minco, Okemah, Stratford, Walters, Wynnewood  
 District III: Caney Valley, Morrison, Nowata, OK Union, Pawhuska, Pawnee, Quapaw, Tonkawa  
 District IV: Chouteau-Mazie, Hartshorne, Haskell, Hulbert, Panama, Pocola, Rejoice Christian, Warner

**CLASS A DIVISION II**

District I: Apache, Carnegie, Cordell, Mangum, Mooreland, Southwest Covenant, Texhoma/Goodwell, Thomas-Fay-Custer  
 District II: Elmore City-Pernell, Healdton, Konawa, Ringling, Rush Springs, Velma-Alma, Wayne, Wilson  
 District III: Allen, Central Sallisaw, Gore, Liberty, Mounds, Regent Prep, Talihina, Wewoka  
 District IV: Afton, Barnsdall, Fairland, Hominy, Ketchum, Porter Consolidated, Summit Christian, Woodland

**CLASS B: DIVISION I**

District I: Garber, Laverne, OK Bible Academy, Pioneer-Pleasant Vale, Pond Creek-Hunter, Turpin  
 District II: Burns Flat-Dill City, Central High, Empire, Hollis, Snyder, Waurika  
 District III: Cave Springs, Depew, Drumright, Foyil, Porum, Yale  
 District IV: Caddo, Canadian, Dewar, Keota, Quinton, Savanna

**CLASS B DIVISION II**

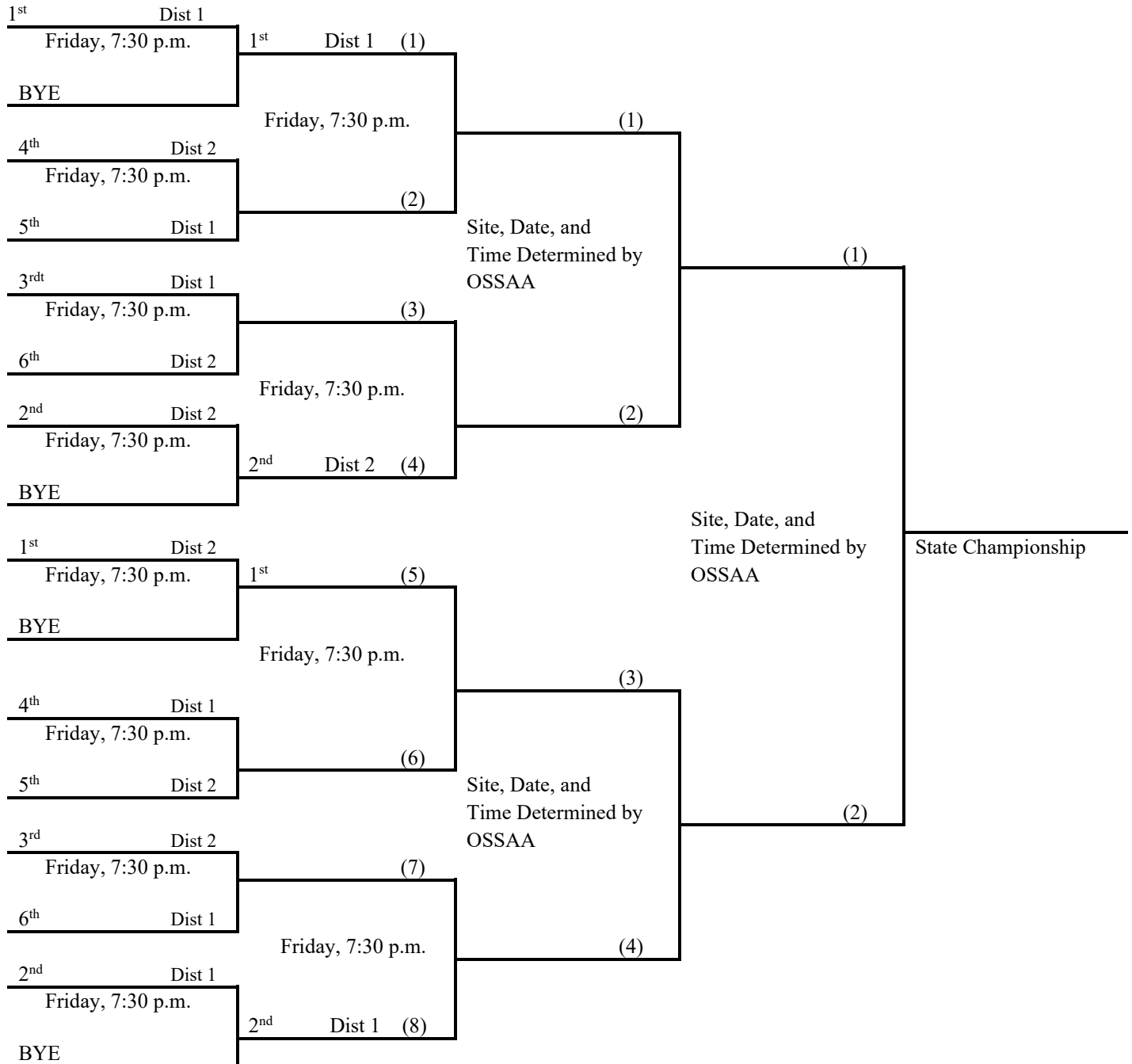
District I: Boise City, Canton, Okeene, Ringwood, Seiling, Shattuck  
 District II: Alex, Cyril, Strother, Thackerville, Weleetka, Wetumka  
 District III: Cherokee, Covington-Douglas, Coyle, Davenport, Olive, Waukomis  
 District IV: Arkoma, Copan, Gans, Webbers Falls, Wesleyan Christian, Wilson (Henryetta)

**CLASS C:**

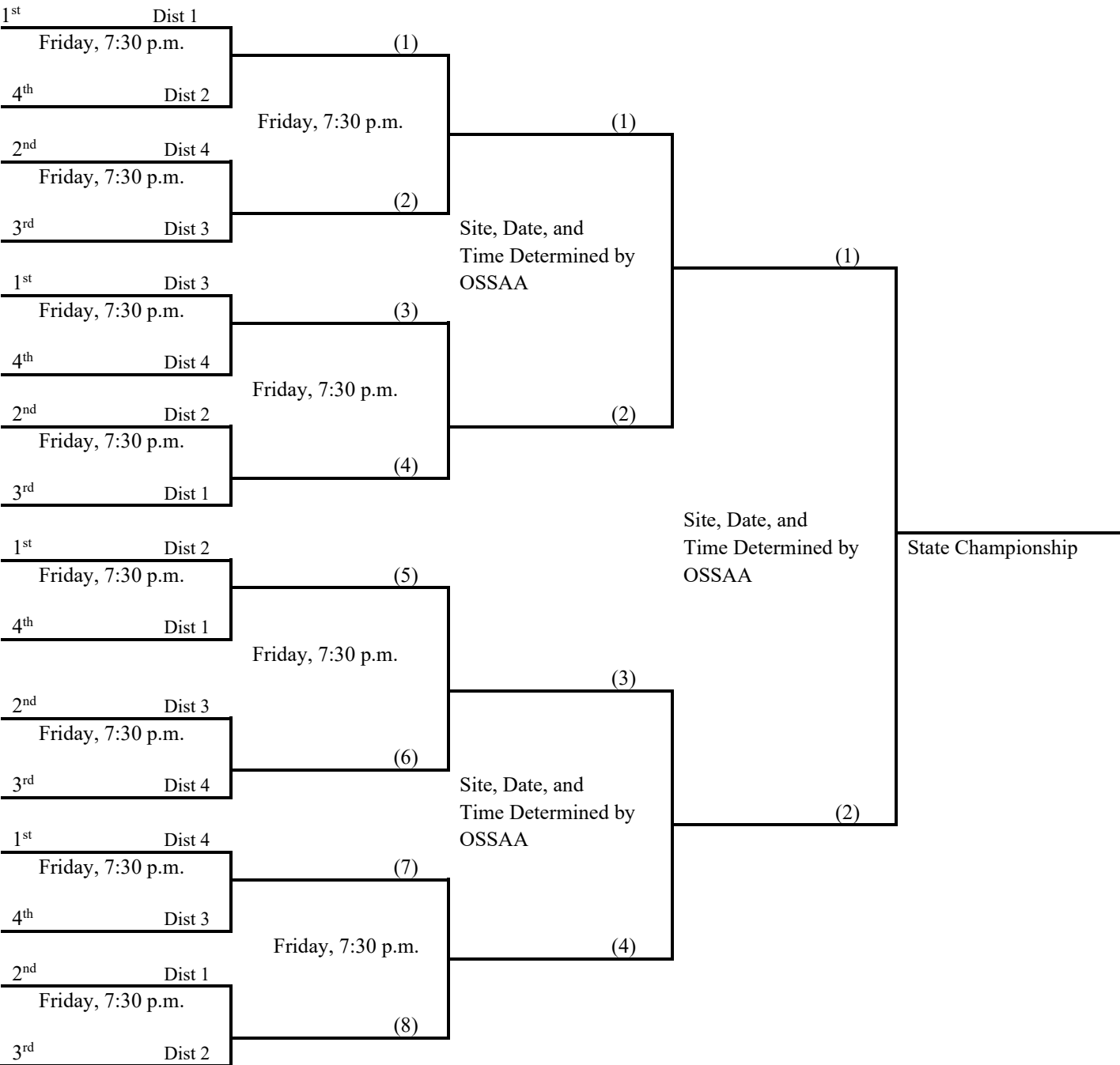
District I: Balko/Forgan, Beaver, Buffalo, Kremlin-Hillsdale, Sharon-Mutual/Taloga, Timberlake, Tyrone, Waynoka  
 District II: Bray-Doyle, Corn Bible Academy, Geary, Grandfield, Mountain View-Gotebo, Ryan, Temple, Tipton  
 District III: Billings, Bluejacket, Deer Creek-Lamont, Medford, Oaks Mission, South Coffeyville, Watts, Welch  
 District IV: Bowlegs, Fox, Graham-Dustin, Maud, Maysville, Midway, Paoli, Sasakwa

**OSSAA**

## 2025 FOOTBALL PLAY-OFF BRACKETS Class 6A-I and 6A-II



2025 FOOTBALL PLAY-OFF BRACKETS Class 5A, 4A, 3A, 2A-I, 2A-II, A-I, A-II, B-I, B-II, and C



## HISTORY OF STATE FOOTBALL CHAMPIONS (CONTINUED)

	<u>CLASS 6A-I</u>	<u>CLASS 6A-II</u>	<u>CLASS 5A:</u>	<u>CLASS 4A:</u>	<u>CLASS 3A:</u>	<u>CLASS 2A:</u>	<u>CLASS A:</u>	<u>CLASS B:</u>	<u>CLASS C:</u>
'92	Norman		Ardmore	Weatherford	Newcastle	Wynnewood	Ringling	Morrison	Grandfield
'93	Jenks		Carl Albert	Ada	Frederick	Watonga	Velma-Alma	Morrison	Central High
'94	Midwest City		Woodward	Ada	Frederick	Watonga	Velma-Alma	Morrison	Central High
'95	Midwest City		John Marshall	Ada	Frederick	Davis	Turpin	Snyder	Central High
'96	Jenks		Ada	Clinton	Seminole	Frederick	Washington	Pioneer-Pl. Vale	Waynoka
'97	Jenks		Carl Albert	Clinton	Oologah	Hobart	Turpin	Pioneer-Pl. Vale	Tipton
'98	Jenks		Carl Albert	Elk City	Oologah	Heritage Hall	Rush Springs	Garber	Balko
'99	Jenks		Carl Albert	Weatherford	Cascia Hall	Fairview	Tonkawa	Pioneer-Pl. Vale	Medford
'00	Jenks		Carl Albert	Clinton	Deer Creek-Edmond	Millwood	Tonkawa	Pioneer-Pl. Vale	Kremlin-Hillsdale
'01	Jenks		Carl Albert	Clinton	Tuttle	Millwood	Hominy	Pioneer-Pl. Vale	Pond Creek-Hunter
'02	Union		Guthrie	Glenpool	Sulphur	Millwood	Thomas-Fay-Custer	Weleetka	Pond Creek-Hunter
'03	Jenks		Shawnee	Clinton	Kingfisher	Bethany	Ringling	Morrison	Shattuck
'04	Union		Carl Albert	Clinton	Berryhill	Sulphur	Pawnee	Weleetka	Shattuck
'05	Union		East Central	Clinton	Tuttle	Chandler	Tonkawa	Morrison	Shattuck
'06	Jenks		Carl Albert	Bishop McGuinness	Sequoyah (C)	Millwood	Okeene	Morrison	Shattuck
'07	Jenks		Guthrie	Bishop McGuinness	Clinton	Cascia Hall	Okeene	Morrison	Shattuck
'08	Union		B.T. Washington	Glenpool	Cascia Hall	Heritage Hall	Morrison	Garber	Shattuck
'09	Union		Carl Albert	Star-Spencer	Cascia Hall	Lincoln Christian	Tonkawa	Garber	Timberlake
'10	Union		B.T. Washington	Douglass	Heritage Hall	Hennessey	Woodland	Cherokee	Deer Creek-Lamont
'11	Union		Guthrie	Wagoner	Anadarko	Hennessey	Wayne	Caddo	Shattuck
'12	Jenks		Carl Albert	Clinton	Blanchard	OK Christian Sch.	Ringling	Laverne	Tipton
'13	Jenks		Guthrie	Anadarko	Kingfisher	Davis	Hollis	Laverne	Cherokee
'14	Jenks	Bixby	MacArthur	Wagoner	Heritage Hall	Davis	Thomas	Alex	Tipton
'15	Jenks	Bixby	Altus	Wagoner	Heritage Hall	Adair	Stratford	Davenport	Shattuck
'16	Union	Bixby	Carl Albert	Wagoner	Jones	Millwood	Hominy	Laverne	Tipton
'17	Owasso	B.T. Washington	Carl Albert	Heritage Hall	John Marshall	Millwood	Afton	Shattuck	Tipton
'18	Broken Arrow	Bixby	Carl Albert	Tuttle	Heritage Hall	Sperry	Tonkawa	Shattuck	Tipton
'19	Owasso	Bixby	Carl Albert	Poteau	Lincoln Christian	Metro Christian	Ringling	Shattuck	Pond Creek-Hunter
'20	Jenks	Bixby	Carl Albert	Wagoner	Holland Hall	Metro Christian	Cashion	Dewar	Tyrone
'21	Jenks	Bixby	Collinsville	Clinton	Holland Hall	Marlow	Cashion	Laverne	Timberlake
'22	Bixby	Stillwater	Carl Albert	Wagoner	Heritage Hall	Washington	Fairview	Laverne	Tipton
'23	Bixby	Muskogee	Carl Albert	Blanchard	Lincoln Christian	Washington	Fairview	Seiling	Tipton
'24	Bixby	Choctaw	Carl Albert	Elgin	Lincoln Christian	Washington			

YEAR	CLASS 6A-I	CLASS 6A-II	CLASS 5A	CLASS 4A	CLASS 3A	CLASS 2A-I	CLASS 2A-II	CLASS A-I	CLASS A-II	CLASS B-I	CLASS B-II	CLASS C
2025	Bixby	Choctaw	Carl Albert	Elgin	Lincoln Christian	Washington	Davis	Rejoice Christian	Woodland	Dewar	Weleetka	Tipton





TRAVEL REIMBURSEMENTS

School Name						Class		
Charts for teams traveling to all sites & all rounds (Mileage is figured one way)								
Classes 6A & 5A	Amount	Miles	Classes 4A, 3A, 2A & A	Amount	Miles	Classes B & C	Amount	Miles
	\$ 600.00	1-50		\$ 400.00	1-50		\$ 300.00	1-50
	\$ 850.00	51-100		\$ 600.00	51-100		\$ 500.00	51-100
	\$ 1,100.00	101-150		\$ 900.00	101-150		\$ 800.00	101-150
	\$ 1,600.00	151-200		\$ 1,300.00	151-200		\$ 1,100.00	151-200
	\$ 2,100.00	201-250		\$ 1,700.00	201-250		\$ 1,400.00	201-250
	\$ 2,600.00	251 & Over		\$ 2,100.00	251 & Over		\$ 1,700.00	251 & Over

# SPORTS NUTRITION GAME PLAN

The **Sports Nutrition Game Plan** is a premier sports nutrition program. If you are looking to take your game to the next level, this free digital program provides:

- Sharable and printable educational content (to be used by teams, coaches, and parents)
- Videos (all-inclusive of nutrition, sports nutrition, and cooking demos)
- Meal plans, various types of snack lists, and fueling schedules for all seasons
- Social media - SportsYou (Access Code: UFES-7BR9)
- Short sports nutrition tips for coaches to send to athletes
- Team challenges

Each component of the program is crafted to educate athletes, coaches, trainers, and parents on proper nutrition principles, sports nutrition, and how beef plays a role in fueling training, performance and recovery.



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**REGISTER TODAY**

