



PAGES ARE NUMBERED TO CORRESPOND WITH THE OSSAA RULES AND REGULATIONS HANDBOOK.

2025 Fall Fast-Pitch Softball Dates to Remember

August 11 Or the first day of school if before August 11	Season opens
August 29	Entry form due (complete the entry and facility form on
September 12	Class A and B District Tournament pairings released
September 20	Class 2A District play must be completed
September 22	Class 2A Regional pairings released
September 25	Class 3A and 4A Districts must be completed
September 25-26	Class 2A Regionals
September 25-26	Class A and B District Tournament
September 29	Class B, A, and 2A Academic applications must be received by this date
September 30	Class B, A, 3A, 4A Regional pairings and Classes 2A, Area (Super Regionals)
September 30	Class 5A and 6A District play must be complete
October 2-3	Class B, A, 3A, 4A Regional Tournaments and Class 2A, Area (Super)
October 3	Class 5A and 6A Regional Tournament pairings released
October 6	Class 3A, 4A, 5A, 6A Academic applications must be received by this date
October 6	Class 3A, 4A Area (Super Regional) Pairings released
October 9-11	Class B-2A State Tournaments
October 9-10	Class 5A and 6A Regional tournaments and Class 3A, 4A Area (Super
October 16-18	Class 3A, 4A, 5A and 6A State Tournaments

2025 State Fall Fast-Pitch Softball Rules Meetings

State Rules meetings are mandatory for head coaches and must be completed by September 1. Failure to comply will result in the suspension of the head coach from all interscholastic competitions until the coach is in compliance.

There will be a face-to face rules meeting July 30, 2025 at OCA Clinic.

The Rules meeting will be conducted via ZOOM on August 6, 2025, at 5:00 p.m. If you are unable to attend the meeting via ZOOM, you may view the meeting on the Fast-Pitch page of OSSAA.com on or after August 11, 2025.

SPORTSMANSHIP RESPONSIBILITIES

Ensuring good sportsmanship at OSSAA member schools requires the responsibilities of different groups be coordinated and carried out at each contest involving secondary level students.

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.

Coaches: Head coaches must communicate expectations for fan/parents 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.

Officials: Officials shall, upon arrival at the contest, meet with 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 removal of any fan.

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.

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 has the opportunity to 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 the 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.

NOTE: ALL NEW RULES, REGULATIONS, AND POLICIES ARE UNDERLINED.

I. SCHOOL PARTICIPATION

High schools that plan to participate in the 2025 Fall Fast-Pitch softball should be completed by August 29, the Fall Fast-Pitch Softball Entry and Facility Form. The form can be found on [OSSAARankings.com](https://ossaa.org/rankings).

II. CLASSIFICATION

- A. Class 6A 32 largest schools on the ADM sheet
- B. Class 5A next 32 largest schools on the ADM sheet
- C. Class 4A next 64 largest schools on the ADM sheet
- D. Class 3A next 64 largest schools on the ADM sheet
- E. Class 2A next 64 largest schools on the ADM sheet
- F. Class A next 96 largest schools on the ADM sheet
- G. Class B all remaining schools

There will be four 16- team districts in Class 2A. There will be eight 8-team districts in Class 3A and 4A, and four 8-team districts in Classes 5A and 6A. Districts will be for a two-year cycle. The 2025-2026 school year is the first year of the current two-year cycle for Classes 2A-6A. The ADM from the 2023-2024 school year was used to determine the districts for 2025-2026 and 2026-2027 school years. The OSSAA will take input from the Fast-Pitch coaches when determining Districts. Plans submitted to the OSSAA must be approved by the OSSAA Staff and are subject to change before being submitted to the OSSAA Board of Directors for approval.

Additionally, since there may be an uneven split between East and West teams, the OSSAA will select teams to travel to either the East or West side of the State. The OSSAA will take input from schools where there may be an imbalance of teams, but the OSSAA will have the final say when determining the East/West split.

NOTE: The OSSAA will use the most current ADM sheet available for classifying Class B and A activities if the ADM for all schools is finalized at least two weeks prior to the release date of classifications.

III. 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 a 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.

IV. BEGINNING OF SEASON, CONTEST LIMITS, PLAY-OFF DATES, RANKINGS

- A. Organized practice for fast-pitch softball, may begin no earlier than July 15.

Organized practice is defined as school or anticipated school personnel directly or indirectly giving individual or team instruction concerning the fundamentals of a particular sport.

From the close of the season for fast-pitch softball to the start date of July 15, no organized practice in that sport may take place. However, while school is in session, certified school coaching personnel for that sport are permitted to provide instruction in that sport in a physical education class during the regular school day.

If a member school does not schedule a physical education class during the regular school day, then an additional period may be scheduled immediately after the close of the regular school day, not to exceed one hour for the purpose of conducting a physical education class, and instruction in a particular sport may be provided by certified school coaching personnel to students during that additional one-hour period.

Time spent transporting student participants to an off-site facility or from one school site to another for the purpose of providing instruction in a particular sport during a physical education class or during the one-hour period immediately following the school day shall not be counted toward the time allowed for off-season instruction. The practice period shall begin immediately upon the arrival of the athletes.

- B. Fast-Pitch Softball teams may not attend a team camp after the beginning of the season. (July 15)
- C. Teams may start playing scheduled games the same day as limited football practice is allowed to begin, or the first day of school for that respective school district, if the date is before August 11. No scrimmages are allowed after the first contest has been played for schools that begin prior to August 11. No team shall be permitted to scrimmage in Fast-Pitch Softball after August 11 or after that school's season opens if school begins before August 11. A scrimmage is defined

as competition against another school without keeping records such as scores, etc. There shall be no loss of instructional time for a scrimmage.

- D. In addition to the Activities Association sponsored Championship Tournament Series, teams shall be limited to not more than the number of match games and tournaments as established by the OSSAA Board of Directors. This regulation shall apply separately to fall and spring softball seasons. Each game played shall be counted as a match game. Junior High teams shall be limited to the number of games and tournaments as established by the OSSAA Board of Directors.
- E. High school teams may play a total of 37 regular-season games. **The tournament restriction has been removed; however, you cannot miss more than 5 days of school.** (This does not include play-off events) All games played in a tournament or festival will count toward the 37 total game count. Junior High teams may play 25 regular season games in total.

A 9th-grade student is eligible to participate on both the junior high and senior high team.

FESTIVALS: Teams may play in any number of festivals. Each game played in a festival will count as one of the regular season games. (Total cannot exceed 37) A softball festival is defined as any number of teams that come together to play at predetermined times against predetermined opponents. No trophies, plaques, medals, or awards of any kind can be awarded during festival play. Schools are encouraged to play festivals on non-school days in order to reduce loss of school time.

NOTE: There will be no play of regular season or tournament games on Wednesday if school is in session. Weekend tournaments are defined as tournaments scheduled Thursday through Saturday and may not begin prior to 10:00 a.m., and no game shall be scheduled to begin later than 9 p.m. Tournaments scheduled to be played Monday through Friday, (excluding Wednesday if school is in session) may not be scheduled to begin prior to 4:00 p.m. and no game shall be scheduled to begin later than 9 p.m. No more than 5 instructional days shall be missed, with any part of a day to be counted toward the total of five days. If there is an athletic hour at the end of the regular school day, missing that hour shall not count against the total of five days. OSSAA play-off games will be excluded from the 5-day total.

- F. Violation of contest limits (teams and/or individuals) (Board Policy I-D-2)
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:
 1. The contest(s) that exceed the limitations will be forfeited.
 2. 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.
 3. The head coach in the activity may be suspended from coaching any regular season contests, at the same level, in the same activity, in the subsequent season for that activity.
 4. The school will not be allowed to host any play-off contests in that activity during the school year in which the violation occurred.

G. **A DOUBLE FIRST BASE IS REQUIRED.**

- H. The OSSAA has an online ranking program for use by school administrators, coaches, and the general public, OSSAARankings.com. The program is also accessible at the OSSAA website (www.ossaa.com). In Class B and A, coaches are required to participate in the rankings each week in accordance with the rankings schedule posted to each school's fast-pitch rankings page on OSSAARankings.com. Classes B and A Regional Qualifiers will rank one additional time as soon as possible after the District Tournaments. Classes 2A through 6A will not rank weekly. In Classes 2A-4A, only Area (Super Regional) qualifiers will rank, and this ranking will carry over to the State Tournament. This ranking will consist of dropping the highest and the lowest rankings.

In 5A-6A, only the teams participating in the State Tournament will rank after the Regional Tournament have been completed. Rankings will consist of dropping the highest and the lowest rankings.

For Fast-Pitch Softball, 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.

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.

CLASS A AND B FAST PITCH RANKING COMMITTEE

Coaches will be required to rank each week according to the ranking schedule posted on each school's respective ranking page at OSSAARankings.com. Coaches will rank 20 teams each week; the high and the low ranking will be dropped. Rankings will open at NOON on Friday of each week and close on Monday at NOON.

A committee selected by the Fast Pitch Coaches Association will monitor the rankings each week. Should a particular team be dropped more than 5 positions in a ranking from one week to the next, the committee will contact that coach for justification for the rankings he or she submitted. Should the justification not meet the established criteria for dropping a team more than 5 positions, the offending school's rankings will be voided, and the team penalized 16 points in the current week's rankings.

V. PLAYOFF-STRUCTURE FOR CLASSES B and A

- A. Classes B and A will be assigned within their class to thirty-two (32) double-elimination district tournaments. The winner of each district will advance to regional tournament competition. Classes B and A Regional Qualifiers will rank one additional time as soon as possible after the District Tournaments. The rankings from OSSAARankings.com will be used to determine strength. Geography will also be a consideration.
- B. If a team is not assigned an opponent in a District tournament, then that team may play 2 games against any other team also not assigned an opponent in a District tournament.
- C. Classes B and A district tournament assignments will be released by September 12, 2025, to the OSSAA website by 4:00 p.m. All information regarding district tournaments will be posted to www.ossaa.com. There will be nothing sent to the school in regular mail. In Class B and A, the assigned chairman of each district should schedule a district tournament meeting no earlier than September 17, 2025, and no later than September 19, 2025. The district meetings should be conducted over the phone or by email.
- D. At the district tournament meeting, the following should be decided:
 1. Umpires should be agreed upon. Two umpires are to be used in each game. The umpires should be enrolled OSSAA fast-pitch softball umpires (have paid the 2025-2026 school year enrollment fee; taken and passed current season National Federation Fast-Pitch Softball Examination).
 2. Draw the tournament brackets. NOTE: In district tournament play, no team will be required to play more than three games during any day of the tournament unless there is consent by the team's head coach.
 3. Plan in general for the tournament. NOTE: The OSSAA will assign playing sites for all fast-pitch softball play-off tournaments. An assigned site may only be changed by mutual agreement of all coaches of the teams assigned to the district tournament. When determining playing sites for OSSAA assigned play-off tournaments, fields that have scraped (dirt) or turf infields will be given first priority, if possible. All play-off sites must have lights.
- E. Within Classes B and A each district winner will be assigned to one of eight (8) double elimination regional tournaments with four teams in each regional. The OSSAA will draw the brackets and select the sites for the regionals. The rankings from OSSAARankings.com will be used to determine strength, however geography will also be considered. For regional tournament play, the OSSAA will secure the best facility available for fast-pitch softball even if the facility is a neutral site. All regional sites must have lights.
- F. The winner of each Classes B and A regional tournament will advance to the state championship tournament.
- G. By mutual agreement of all teams involved in Classes B-A regional tournament play, the dates and times may be changed.
- H. The OSSAA will draw the brackets and select the site for the state championship tournament, using the last rankings from OSSAARankings.com for seeding. All state championship tournaments are single elimination.
- I. In all play-off games, home team will be decided by a coin toss.

VI. ASSIGNMENTS AND SEEDING OF CLASS B AND A DISTRICT AND REGIONAL TOURNAMENTS

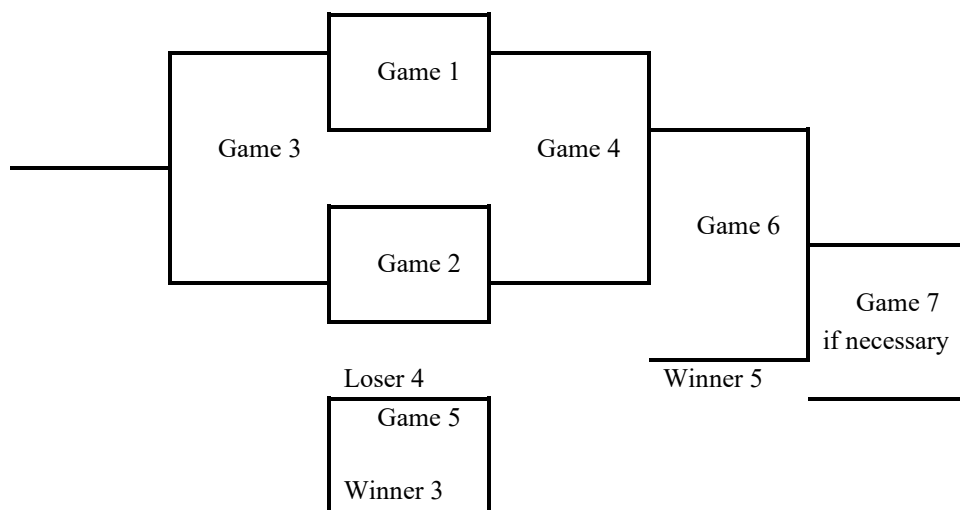
- A. In determining the strengths of teams within classes B and A the OSSAA will use OSSAARankings.com. The top 20 ranked teams will be considered as ranked teams.
- B. The OSSAA will make the final decision on all play-off assignments and seeding.
- C. Assignment criteria for Classes B and A district tournaments will be as follows:
 1. The geographic location of each team will be the primary factor; fields must have lights.
 2. If possible, stronger teams within a geographical area will be separated.
 3. If possible, teams that have had sportsmanship problems with each other will be separated.

- D. Assignment criteria for Classes B and A regional tournaments will be as follows:
1. Geographics will be considered, and additional travel will be considered in an attempt to balance the strengths of each regional tournament; only fields with lights must be used. **NOTE:** District number will have no significance in assigning teams to a regional tournament.
 2. In Regional pairings, there can be no more than two of the top 16 teams paired in any one regional. There will be one final ranking for the 16 regional qualifiers that will take place immediately after the district tournament.
 3. In Classes B and A, the four teams assigned to each of the eight double-elimination regional tournaments will be seeded one through four. On the tournament bracket, the number one-seeded team will play the number four-seeded team, and the number two-seeded team will play the number three-seeded team. **NOTE:** Seeding and bracketing will be done by the OSSAA.
- E. The assignment criteria for Classes B and A state tournament will be as follows:
The tournament teams will be seeded one through eight using the last ranking from OSSAARankings.com as determined by the ranking schedule. The two highest-seeded teams shall be bracketed with the two lowest-seeded teams, and the two second-highest-seeded teams shall be bracketed with the two second-lowest-seeded teams. **NOTE:** Seeding and bracketing will be done by the OSSAA.

VII. BRACKETING FOR B AND A DISTRICT TOURNAMENTS

- A. For seeding purposes, Classes B and A teams will be seeded by the most recent rankings posted on OSSAARankings.com. The top 20 teams listed will be considered as ranked teams. All others will be seeded according to record. A minimum of fifteen (15) games played will be required for seeding purposes. The OSSAA may reduce the number of games needed for seeding purposes if there are long periods of inclement weather during the softball season.
- B. The following criteria will be used in bracketing the District Tournament:
1. When three or four teams are involved in a tournament, teams will be seeded by the most recent ranking posted on OSSAARankings.com.

THREE AND FOUR TEAM BRACKET



VIII. PLAY-OFF STRUCTURE FOR CLASSES 2A-3A-4A-5A-6A

- A. District standing will be determined by the percentage of games won/lost in district play. Marginal point totals will be kept for all District games, in case of the need for a tie-breaker in District standings. 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 or subtract more than ten points in any district game. In the case of an extra-inning game, no more than one marginal point will be added or subtracted from a team's total. In the case two or more teams are tied in percentage of games won/lost in district play, the highest available position in the district standings and the next highest available position(s) in the district standings shall be determined in the following manner:
1. When two teams are tied in percentage of district games won and lost, the highest position available in the district standings will go to the team that won over the other in district play. In the event the teams split the games played between each other in district play, the team with the highest marginal point total in the two games played between the two tied teams will be given the highest position in the standings. In the event the two teams are still tied, marginal points from all District games will be considered, games and the team with the highest marginal point total will be given the highest position in the standings.
 2. When three or more teams are tied in percentage of district games won and lost, the highest position available 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 available 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. The team with the highest winning percentage in games between the tied teams shall be given the highest available position. The next highest percentage shall receive the next position.
 - b. Total the marginal points each tied team had in all games between tied teams. 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 available positions are filled. Any time two teams are tied in marginal points; refer to the process for breaking a two-team tie.
 - c. In the event ties cannot be broken by the criteria 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.
 4. When four or more 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 lot will determine the next highest available position in the district standings. The remaining tied teams will determine their district standing position by which team won over the other in district play.
 5. Should it become necessary for a position to be determined by lot, the OSSAA will call a meeting of the involved schools and conduct the necessary procedure to determine the position.
 6. A forfeiture of a district game will require the forfeiting team to subtract 10 marginal points per game forfeited from their marginal point total. The team receiving the forfeit will gain 10 marginal points for each game forfeited. Forfeiture only affects the two teams involved. All other standings for other teams in the district will remain. Any time a team forfeits a game, the team will automatically be placed on probation. Probation status prohibits the team from participating in invitational tournaments and any post-season contests. A team placed on probation has the right to appeal their status to the OSSAA Staff. A scheduled district game that is canceled will be treated as a forfeited contest. In the event that a re-scheduled game(s) cannot be played prior to the designated date of completion, the re-scheduled games have no impact on the final district standings for either team and both teams agree not to play the contest(s); the teams involved may seek approval from the OSSAA to eliminate those contest(s) from the district schedule without declaring forfeiture.
 7. In all play-off games, home team will be decided by a coin toss.

IX. PLAY-OFF STRUCTURE FOR 2A

- A. There will be 16 four-team districts in 2A. District teams would play each other twice. Class 2A District games must be completed by Saturday, September 20, 2025.
- B. All teams will advance to a predetermined Regional Tournament, based on their district finish. Regional Tournaments would be double elimination with seeding based on their finish in district play. District Champions will host Regional Tournaments. Regional Tournaments will be played on September 25-26, 2025. Regional Champions advance to an Area (Super Regional).

REGIONAL TOURNAMENTS WILL BE DESIGNATED AS FOLLOWS.**REGIONAL 1**

District 1 winner plays District 4 number 4
 District 2 runner-up plays District 3 number 3

REGIONAL 2

District 2 winner plays District 3 number 4
 District 1 runner-up plays District 4 number 3

REGIONAL 3

District 3 winner plays District 2 number 4
 District 4 runner-up plays District 1 number 3

REGIONAL 4

District 4 winner plays District 1 number 4
 District 3 runner-up plays District 2 number 3

REGIONAL 5

District 5 winner plays District 8 number 4
 District 6 runner-up plays District 7 number 3

REGIONAL 6

District 6 winner plays District 7 number 4
 District 5 runner-up plays District 8 number 3

REGIONAL 7

District 7 winner plays District 6 number 4
 District 8 runner-up plays District 5 number 3

REGIONAL 8

District 8 winner plays District 5 number 4
 District 7 runner-up plays District 6 number 3

REGIONAL 9

District 9 winner plays District 12 number 4
 District 10 runner-up plays District 11 number 3

REGIONAL 10

District 10 winner plays District 11 number 4
 District 9 runner-up plays District 12 number 3

REGIONAL 11

District 11 winner plays District 10 number 4
 District 12 runner-up plays District 9 number 3

REGIONAL 12

District 12 winner plays District 9 number 4
 District 11 runner-up plays District 10 number 3

REGIONAL 13

District 13 winner plays District 16 number 4
 District 14 runner-up plays District 15 number 3

REGIONAL 14

District 14 winner plays District 15 number 4
 District 13 runner-up plays District 16 number 3

REGIONAL 15

District 15 winner plays District 14 number 4
 District 16 runner-up plays District 13 number 3

REGIONAL 16

District 16 winner plays District 13 number 4
 District 15 runner-up plays District 14 number 3

CLASS 2A AREA (SUPER REGIONAL) SERIES

All Regional Champions are placed in an Area (Super Regional). Area (Super Regional) pairings released on September 30, 2025.

Area (Super Regional) teams will be ranked from 1-16 by participating coaches.

Area (Super Regional) will be a best-of-three series with a higher-ranked team hosting.

Area (Super Regional) will be played by October 2-3, 2025. (Games can be moved up by mutual agreement)

Area (Super Regional), the highest-seeded team will have their choice of home or visitors in games one and three.

AREA (SUPER REGIONAL) PAIRINGS

#1 host #16

#2 host #15

#3 host #14

#4 host #13

#5 host #12

#6 host #11

#7 host #10

#8 host #9

STATE TOURNAMENT FORMAT

All Area (Super Regional) Champions advance to the State Tournament on October 9-11, 2025. The seeding for the State Tournament will be based on the Area (Super Regional) Rankings.

State Tournament will be designated as follows.

#1 seed vs #8 seed

#2 seed vs #7 seed

#3 seed vs #6 seed

#4 seed vs #5 seed

X. PLAY-OFF STRUCTURE FOR 3A-4A

- A. There will be 8 districts and each district will have up to 8 teams.
- B. In Classes 3A and 4A, the Regional Tournaments will be double elimination with seeding based on district standings. All teams will be placed in a regional and the highest-seeded finisher in each regional will host. Regional champions will advance to an Area (Super Regional) Series.

REGIONAL TOURNAMENTS WILL BE DESIGNATED AS FOLLOWS.**REGIONAL 1**

District 1 winner vs District 4 number 8
 District 2 number 4 vs District 3 number 5

REGIONAL 2

District 1 runner-up vs District 4 number 7
 District 2 number 3 vs District 3 number 6

REGIONAL 3

District 2 winner vs District 3 number 8
 District 1 number 4 vs District 4 number 5

REGIONAL 4

District 2 runner-up vs District 3 number 7
 District 1 number 3 vs District 4 number 6

REGIONAL 5

District 3 winner vs District 2 number 8
 District 4 number 4 vs District 1 number 5

REGIONAL 6

District 3 runner-up vs District 2 number 7
 District 4 number 3 vs District 1 number 6

REGIONAL 7

District 4 winner vs District 1 number 8
 District 3 number 4 vs District 2 number 5

REGIONAL 8

District 4 runner-up vs District 1 number 7
 District 3 number 3 vs District 2 number 6

REGIONAL 9

District 5 winner vs District 8 number 8
 District 6 number 4 vs District 7 number 5

REGIONAL 10

District 5 runner-up vs District 8 number 7
 District 6 number 3 vs District 7 number 6

REGIONAL 11

District 6 winner vs District 7 number 8
 District 5 number 4 vs District 8 number 5

REGIONAL 12

District 6 runner-up vs District 7 number 7
 District 5 number 3 vs District 8 number 6

REGIONAL 13

District 7 winner vs District 6 number 8
 District 8 number 4 vs District 5 number 5

REGIONAL 14

District 7 runner-up vs District 6 number 7
 District 8 number 3 vs District 5 number 6

REGIONAL 15

District 8 winner vs District 5 number 8
 District 7 number 4 vs District 6 number 5

REGIONAL 16

District 8 runner-up vs District 5 number 7
 District 7 number 3 vs District 6 number 6

CLASS 3A AND 4A AREA (SUPER-REGIONAL) SERIES

All Regional Champions will be placed in an Area (Super Regional) series. Area (Super Regional) Teams will be ranked from 1-16 by the participating coaches. Area (Super Regional) Series will consist of the best-of-three series, with the higher-ranked team hosting. Area (Super Regional) Winners advance to the State Tournament. Rankings for the State Tournament will be the same rankings used for the Area (Super Regional) Series.

Area (Super Regional), the highest-seeded team will have their choice of home or visitors in games one and three

AREA (SUPER REGIONAL) PAIRINGS

#1 host #16	#5 host #12
#2 host #15	#6 host #11
#3 host #14	#7 host #10
#4 host #13	#8 host #9

CLASS 3A AND 4A STATE TOURNAMENT

All Area (Super Regional) Champions will be placed on the State Tournament bracket based on the rankings used for the Area (Super Regional) Series.

The State Tournament would be designated as follows.

- #1 seed vs #8 seed
- #2 seed vs #7 seed
- #3 seed vs #6 seed
- #4 seed vs #5 seed

PLAY-OFF STRUCTURE FOR CLASS 5A AND 6A

In Classes 5A and 6A, all 8 teams from the 4 Districts will advance to the Regional tournament. Teams will be placed on the Regional bracket according to the chart below. Regional champions will advance to the State Tournament and be placed on a single elimination bracket in accordance with coaches' rankings involving only the 8 teams in the State Tournament.

CLASS 5A AND 6A REGIONAL TOURNAMENT PAIRINGS**(Regional 1-4 West)****Regional 1**

District 1 winner plays District 2 number 8
District 2 number 4 plays District 1 number 5

Regional 2

District 1 runner-up plays District 2 number 7
District 2 number 3 plays District 1 number 6

Regional 3

District 2 winner plays District 1 number 8
District 1 number 4 plays District 2 number 5

Regional 4

District 2 runner-up plays District 1 number 7
District 1 number 3 plays District 2 number 6

(Regional 5-8 East)**Regional 5**

District 3 winner plays District 4 number 8
District 4 number 4 plays District 3 number 5

Regional 6

District 3 runner-up plays District 4 number 7
District 4 number 3 plays District 3 number 6

Regional 7

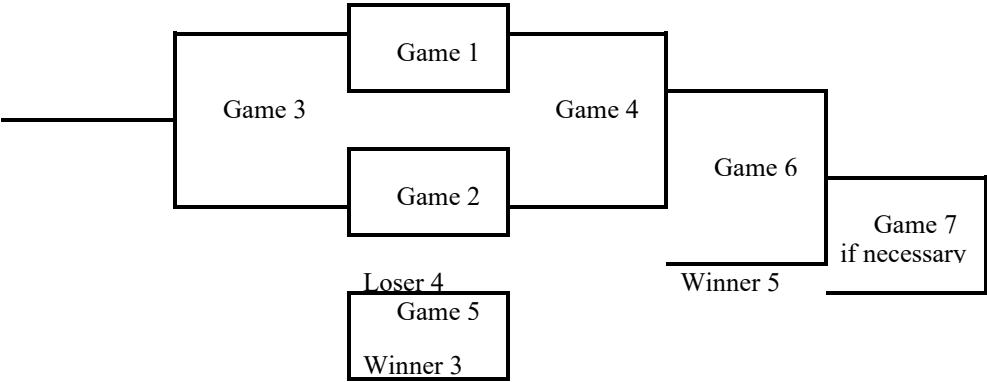
District 4 winner plays District 3 number 8
District 3 number 4 plays District 4 number 5

Regional 8

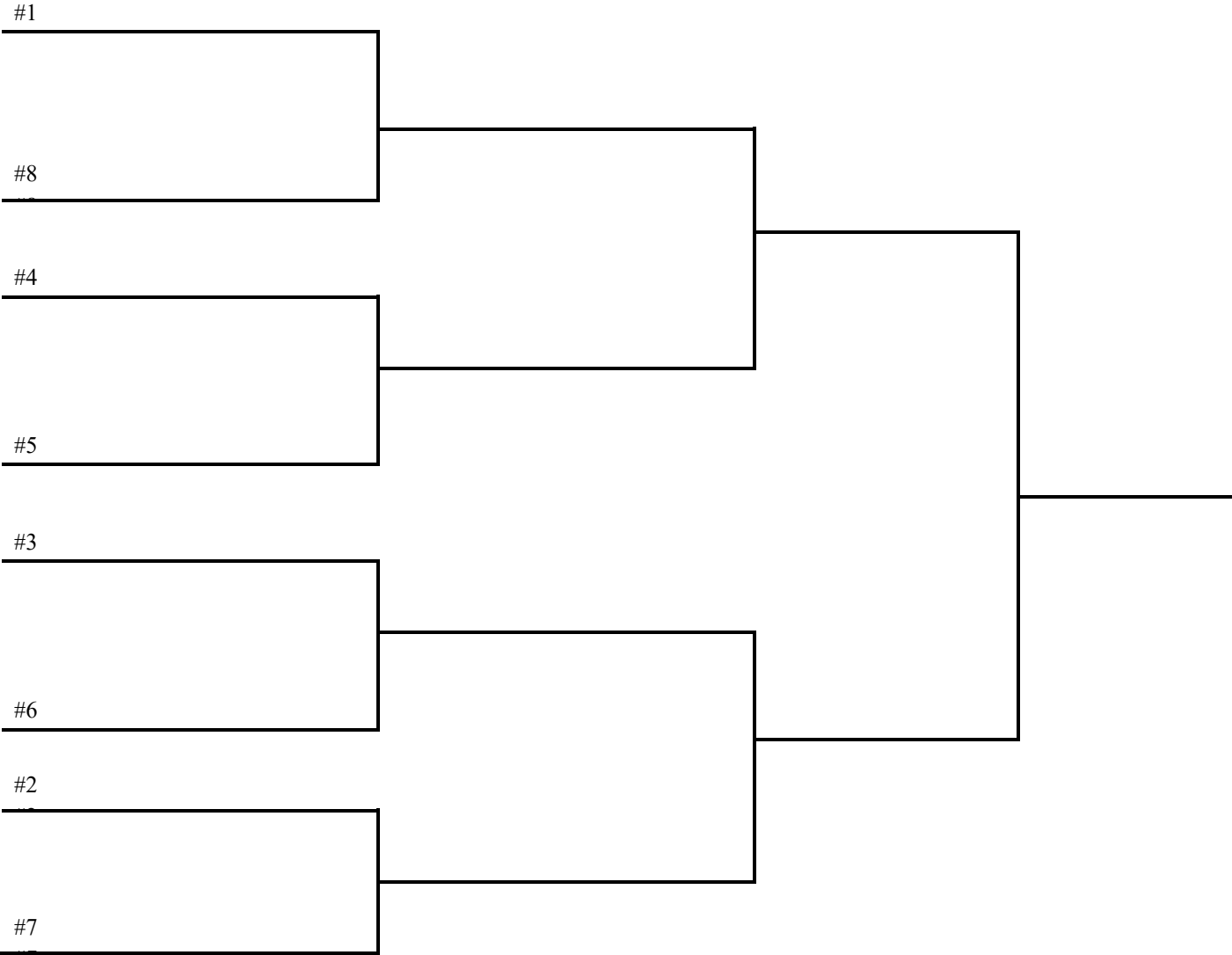
District 4 runner-up plays District 3 number 7
District 3 number 3 plays District 4 number 6

In the event there are only 3 teams in a Regional tournament, teams will be seeded by the district finish. All Regionals will use a standard four-team bracket.

THREE AND FOUR TEAM BRACKET



STATE BRACKET FOR ALL CLASSES



XI. PLAY-OFF FINANCIAL INFORMATION

- A. For Class B and A district tournaments, the host school will use their own tickets, no gate receipts will be returned to the OSSAA. Host schools will pay for all of the expenses out of the gate. If the gate will not cover the cost of the officials and the cost of game balls, the OSSAA will reimburse 50% of the loss from these two items. The OSSAA suggests \$5.00 for adults and students to offset the cost of hosting.
- B. In all regional and area tournament play, online tickets through GoFan shall be \$7.00 plus a convenience fee for adults and students. There will be a cash option of \$10. If the gate will not cover the cost of the officials and the game balls, the OSSAA will reimburse 75% of the loss from these two items.
- C. The online tickets through GoFan for all classes of State Tournament play will be \$10.00 plus a convenience fee. There will be a cash option of \$13.

Fast-Pitch Softball reimbursements are to be determined by the OSSAA Board of Directors.

XII. ADDITIONAL PLAY-OFF INFORMATION

- A. For the OSSAA softball play-off tournaments, each team will be limited to twenty-two (22) suited team members. The twenty-two suited team members will be the only participants eligible to participate during a play-off game. The same twenty-two team members do not have to be suited for each play-off game.
- B. For each game played in district and regional tournaments, a team shall furnish one official top grade fast-pitch softball with a .47 COR. The Wilson WTA 9011 BSST optic yellow 12-inch leather softball will be used exclusively throughout the play-offs.
- C. The ten (10) run rule will be in effect throughout the play-off series.
- D. The host tournament sites (both district and regional sites) will pay the umpires. The umpires shall be selected from **within** a reasonable driving distance of the tournament site.
- E. The OSSAA will assign and pay the umpires for the State Championship tournament. Three umpires will be used in each game at the State Tournament.
- F. If weather, darkness, or other circumstances interfere with play so that a play-off tournament game is called (ended) by the umpire, it is a regulation game provided: (a) five full innings have been played; or if the home team has scored a greater number of runs in four or four and a fraction turns at bat than the visiting team has scored in five turns; or (b) play has gone beyond five full innings and is called when the teams have not had an equal number of completed turns at bat. The score shall be the same as it was at the end of the last completed inning; unless the home team, in its half of the incomplete inning scores a run (or runs) which exceeds the opponent's score, in which case, the final score shall be recorded when the game is called. Otherwise, it will be a suspended game. A suspended game shall continue from the point of suspension on the earliest possible day, with the line-up and batting order for each team the same as it was at the time of suspension. All State Tournament games shall be completed through 7 innings.
- G. Designated Media Area: - National Federation Softball rules do not allow for a media in live ball territory. The host site may designate a dead ball area for media.
- H. During the regular season teams may use the tiebreaker procedure, but during the play-offs no tiebreaker procedure will be used.

XIII. AWARDS

- A. Plaques will be awarded to the champions of each Class A and B District Tournament. Teams receiving a Bye and not playing a District tournament will not be sent a plaque.
- B. Plaques will be sent to all Regional and Area tournament champions in all classes.
- C. Trophies will be awarded to the runner-up and championship teams from each class of the state tournament; in addition, twenty-two (22) team members of the runner-up and championship teams will receive individual medals.

XIV. RULES OF PLAY

The rules of play will be those of the 2025 National Federation Softball Rule Book. **NOTE:** It is the responsibility of each participating coach to be familiar with these rules.

XV. NOISE MAKERS

For indoor activities: 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/contest.

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.

XVI. PUBLIC CRITICISM FROM SCHOOL REPRESENTATIVES

Any school representative who publicly criticizes a contest official, or members of the OSSAA Staff or Board of Directors and any contest official who publicly criticizes a school representative, or members of the OSSAA Staff or Board of Directors 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. 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 injury or loss of life and property.

XVIII. APPROVAL OF TOURNAMENTS, MEETS, AND CONTESTS

- A. Weekday invitational softball tournaments may begin no earlier than 4:00 p.m. Weekend tournaments may begin no earlier than 10:00 a.m.
- B. There will be no play during the regular season on Wednesday.
- C. All OSSAA meets and tournaments where three or more schools participate must be approved by the Board of Directors before member schools shall enter. An OSSAA Application for Athletic Event can be found on the OSSAA website.

XIX. OFF SEASON TRY-OUTS

During the school year, 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 allowed 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 detailing the dates, times, and grade level of all participants in the tryout. The OSSAA reserves the right to request these records from a member school.

Exception: During the school year, Spirit may conduct a clinic of no more than 4 days, each day of the try-out clinic may be up to two hours in length. All students participating in the tryout must be attending school in the district for which the tryout is being held.

After the school year concludes, Fast-Pitch Softball, Volleyball, Cross Country and Fall Baseball may conduct a tryout on or after July 15; all other activities may not conduct a tryout outside the school year.

XX. 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 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.

XXI. OFFICIALS

The regulations of the Oklahoma Secondary School Activities Association provide that all officials used in regular season basketball and football competition and Association-sanctioned tournaments where participants are 7th-12th grades, must be enrolled and tested with the Activities Association. These regulations also apply to regular season competitions in baseball, soccer, softball, volleyball, and wrestling where participants are 9th-12th grades. It is strongly recommended that eligible officials be used in all competitions where participants are 7th -12th grades.

In all OSSAA-sanctioned tournaments, enrolled and tested officials should be used.

XXII. 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 or contest. 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.

XXIII. COACHES CONDUCT

- A. When an official banishes a coach from the vicinity of the game, and there is no other assistant coach or faculty member present to assume full responsibility of the team, the game must be forfeited.
- B. 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. In addition, any coach who has been ejected from an OSSAA contest will be required to complete the NFHS Teaching and Modeling Behavior course. This course must be completed within seven (7) days after being ejected. The coach can be reinstated after verification of his/her completion of the course and any sit-out time that is required by OSSAA rules. 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 halftime. The coach may not coach directly or indirectly in any capacity. The coach may not enter the dressing room at halftime, nor will he or she be allowed to be on the court, field, etc., before or during the contest. 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.
- C. When a coach removes his/her team from the playing area, the game shall be forfeited, and the school will automatically be placed on probation.

XXIV. 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, nor seeking out an official during halftime or at the conclusion of a contest.
- E. Encourage and respect for all athletes and their values.
- F. Display modesty in victory and graciousness in defeat.
- G. Promote ethical relations among coaches.
- H. Fulfill responsibility to provide emergency health procedures and ensure an environment free of obvious safety hazards.
- I. Encourage the highest standards of conduct and scholastic achievement among all athletes.
- J. Seek to inculcate good health habits, including the establishment of sound training rules.
- K. Strive to develop in each athlete the qualities of leadership, initiative, and good judgment.
- L. Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.

XXV. COACHES

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. 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.

XVI. 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.

XVII. TAUNTING

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

XVIII. ACADEMIC ACHIEVEMENT AWARDS**A. Team Qualifications:**

Fast-Pitch Softball - the roster of academic achievement participants will consist of the 22 team members or lesser number suited up for Classes B-A district tournament play, and Classes 2A-3A-4A-5A-6A regional tournament play. The GPA shall be based on the grades from the preceding semester. (Non-traditional semester: An approximate 18-week grading period is used to divide the school year in half.) Applications for Classes B-A-2A teams must be postmarked, emailed, or faxed no later than September 29, and October 6 for Classes 3A-4A-5A-6A teams.

B. General Regulations

1. Teams must meet all qualifications required of the respective activity in order 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 toward graduation shall be used in determining each individual student's GPA.
5. Teams will be eligible to receive one award each year in each activity. The award will be for the highest
6. level of achievement.

C. 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 of 3.50 GPA and rank in the upper 10% of
3. their classification.
4. State Academic Champion: The team with the highest GPA in their respective class of fast-pitch softball will be the state academic champion.

D. The application link for the Academic Achievement Award can be found on the fastpitch page at www.ossaa.com.**XIX. COMMUNICABLE DISEASES**

The proper handling of body fluid spills should be a concern of teachers, coaches, officials and student-athletes. All concerned individuals must be aware that any time there is blood and/or other body fluids present, there is the possibility of an infectious disease being transmitted. However, this possibility can be reduced if precautions are observed. A complete list of protocols and procedures can be found on the Sports Medicine link of OSSAA.com.

XXX. PRACTICE AT PLAY OFF SITE

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.

XXXI. SCHOLASTIC ELIGIBILITY

A student's current scholastic eligibility status would not change if an OSSAA play-off contest was delayed into the next week due to inclement weather or other extreme circumstances. NOTE: Refer to Rule 3 in the 2024-2025 OSSAA Rules and Regulations Handbook for additional scholastic eligibility information.

XXX. HISTORY OF FAST-PITCH SOFTBALL CHAMPIONS											
1953		Capitol Hill	1984	3A	Dewey	1995	5A	Owasso		3A	Meeker
1954		Loyal		2A	Cameron		4A	Claremore		2A	Healdton
1955		Wayne	1985	4A	Broken Arrow		3A	Tuttle		A	Davenport
1956		Atwood		3A	Dewey		2A	Adair	2003	6A	Broken Arrow
1957		Loyal		2A	Sterling		A	Davenport		5A	Claremore
1958		Pocola	1986	5A	Yukon	1996	5A	Broken Arrow		4A	Deer Creek (E)
1959		Moss		4A	Dewey		4A	Bishop Kelley		3A	Meeker
1960		Pocola		3A	Sterling		3A	Grove		2A	Dale
1961		Pocola	1987	5A	Edmond Mem,		2A	Tuttle		A	Davenport
1962		Chandler		4A	Pryor		A	Davenport	2004	6A	Edmond North
1963		Pocola		3A	Adair	1997	6A	Yukon		5A	Coweta
1964		Stuart		2A	Sterling		5A	Bixby		4A	Lone Grove
		Sperry	1988	5A	Mustang		4A	Marlow		3A	Purcell
1965		Noble		4A	Oologah		3A	Tuttle		2A	Rush Springs
1966		Pocola		3A	Dewey		2A	Adair		A	Sentinel
1967		Pocola		2A	Copan		A	Copan	2005	6A	Moore
1968		Pocola	1989	5A	Broken Arrow	1998	6A	Broken Arrow		5A	Coweta
1969		Pocola		4A	Fort Gibson		5A	Claremore		4A	Collinsville
1970		Pocola		3A	Oologah		4A	Fort Gibson		3A	Meeker
1971		Cameron		2A	Copan		3A	Oologah		2A	Washington
1972		Collinsville	1990	5A	East Central (T)		2A	Bethel		A	Davenport
1973		Cameron		4A	Western Heights		A	Copan	2006	6A	Broken Arrow
1974		Moore		3A	Dewey	1999	6A	Union		5A	Carl Albert
1975		Putnam City		2A	Copan		5A	Claremore		4A	Mannford
1976		Union (Tulsa)	1991	5A	Yukon		4A	Oologah		3A	Adair
1977	4A	Bishop Kelley		4A	Bishop Kelley		3A	Bethel		2A	Oktaha
	3A	Pocola		3A	Dewey		2A	Washington		A	Sterling
1978	4A	Putnam City		2A	Copan		A	Copan		B	Red Oak
	3A	Cameron	1992	5A	Union (Tulsa)	2000	6A	Yukon	2007	6A	Moore
1979	4A	Broken Arrow		4A	Bishop Kelley		5A	Bishop Kelley		5A	Carl Albert
	3A	Pocola		3A	Oologah		4A	Grove		4A	Tuttle
1980	4A	Sooner (B'ville)		2A	Davenport		3A	Berryhill		3A	Chelsea
	3A	Wister	1993	5A	Edmond Mem.		2A	Washington		2a	Konawa
1981	4A	P.C. West		4A	Nathan Hale (T)		A	Davenport		A	Sterling
	3A	Wister		3A	Oologah	2001	6A	Broken Arrow		B	Red Oak
1982	4A	Bartlesville		2A	Commerce		5A	Bishop Kelley	2008	6A	Broken Arrow
	3A	Crescent	1994	5A	Choctaw		4A	Skiatook		5A	MacArthur
1983	4A	P.C, West		4A	Claremore		3A	Tuttle		4A	Tuttle
	3A	Blanchard		3A	Tuttle		2A	Adair		3A	Washington
	2A	Cameron		2A	Dewey		A	Davenport		2A	Ringling
1984	4A	Bartlesville		A	Davenport	2002	6A	Broken Arrow		A	Depew
							5A	Coweta		B	Sasakwa
							4A	McLoud			

2009	6A	Broken Arrow	2015	6A	Choctaw	2021	6A	Southmoore			
	5A	MacArthur		5A	Collinsville		5A	Piedmont			
	4A	Blanchard		4A	Chickasha		4A	Lone Grove			
	3A	Caney Valley		3A	Washington		3A	Washington			
	2A	Healdton		2A	Tushka		2A	Silo			
	A	Ft. Cobb-		A	Binger-Oney		A	Roff			
	B	Sasakwa		B	Red Oak	2022	6A	Edmond Memorial			
2010	6A	Yukon	2016	6A	Southmoore		5A	Piedmont			
	5A	Carl Albert		5A	Pryor		4A	Lone Grove			
	4A	Little Axe		4A	Tuttle		3A	Washington			
	3A	Mt. Saint Mary		3A	Chandler		2A	Morrison			
	2A	Konawa		2A	Latta		A	Caddo			
	A	Dewar		A	Tushka		B	Stuart			
	B	Binger-Oney		B	Red Oak	2023	6A	Southmoore			
2011	6A	Union	2017	6A	Mustang		5A	Piedmont			
	5A	Carl Albert		5A	Carl Albert		4A	Newcastle			
	4A	Blanchard		4A	Tuttle		3A	Perry			
	3A	Little Axe		3A	Purcell		2A	Dale			
	2A	Panama		2A	Dale		A	Caddo			
	A	Binger-Oney		A	Binger-Oney		B	Tupelo			
	B	Hammon		B	Shattuck	2024	6A	Owasso			
2012	6A	Edmond North	2018	6A	Mustang		5A	Pryor			
	5A	Grove		5A	Carl Albert		4A	Weatherford			
	4A	Oologah-Talala		4A	Tuttle		3A	Lone Grove			
	3A	Little-Axe		3A	Purcell		2A	Dale			
	2A	Wayne		2A	Dale		A	Caddo			
	A	Davenport		A	Amber-Pocassett		B	Stuart			
	B	Red Oak		B	Shattuck						
2013	6A	Southmoore	2019	6A	Edmond						
	5A	Carl Albert		5A	Piedmont						
	4A	Hilldale		4A	Newcastle						
	3A	Washington		3A	Tishomingo						
	2A	Dale		2A	Silo						
	A	Davenport		A	Morrison						
	B	Red Oak		B	Kiowa						
2014	6A	Mustang	2020	6A	Southmoore						
	5A	Chickasha		5A	Coweta						
	4A	Newcastle		4A	Tuttle						
	3A	Washington		3A	Tishomingo						
	2A	Dale		2A	Latta						
	A	Rock Creek		A	Ripley						
	B	Red Oak		B	Red Oak						

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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