



## SOOK / OSSAA Guidelines & Qualifications

### Sports Partnered W/ OSSAA as of 2024

*Fall- Unified Volleyball & Unified Cheerleading    Spring- Unified Esports & 4X100 Unified Relay*

- 1) Athletes must attend the High School they are competing with. Athletes must be in 9<sup>th</sup> grade (Freshman) through 12<sup>th</sup> grade (Senior). They can continue to compete while in their schools Transitional Program. Once an athlete turns 22yrs old they can no longer compete in OSSAA driven leagues. If they turn 22 during the season, they can finish that season.
  - a. Athletes get 4years of HS eligibility + Transitional Program
  - b. If an athlete is held back during high school and still a part of the HS and/or the Transitional Program, they are still eligible to compete until they are 22.
  
- 2) Unified Partners must attend the High School they are competing with. Unified Partners must be in 9<sup>th</sup> grade (Freshman) through 12<sup>th</sup> grade (Senior).
  - a. Unified Partners only get 4 years of eligibility. If they are held back during high school, for example a sophomore gets held back and has competed with their team for the last 2 years, they only have 2 more years of eligibility left. So, they either take a year off or will have no eligibility for their senior year.
  
- 3) You do not have to be a UCS school to compete in SOOK/OSSAA leagues. You do however need to be a UCS school to receive any SOOK UCS matching funds for competing in SOOK/OSSAA leagues. All Delegations must complete all that follows:
  - a. Your school must be a member of OSSAA
  - b. Your coach must have all the certifications of a SOOK coach
  - c. Your athletes must have a proper medical form
  - d. Your unified partners must have the proper UP Release form
  
- 4) Commitment: 8-12 weeks depending on sport or league with a state championship title. Just like in varsity athletics during season this league should be a priority to limit forfeits. Too many forfeits can lead to disqualification for a State Title.
  
- 5) Rules: In every sport there are rules to be followed. We want to hold everyone to the standards that it takes to compete in a SOOK/OSSAA league. Constant breaking of the rules can cause a disqualification for a State Title.