



OSSAA

Oklahoma Secondary School Activities Association

2026-2027

CROSS COUNTRY

COACHES MANUAL

TABLE OF CONTENTS

CROSS COUNTRY

Pages are numbered to correspond with the OSSAA Rules and Regulations Handbook.

DATES TO REMEMBER / RULES MEETING	CC2-CC3
INTRODUCTION	CC3
CROSS COUNTRY CALENDAR FOR THE 2026-27 SCHOOL YEAR	CC4
CROSS COUNTRY REGULATIONS	CC5
RULE 9 - RULES ADOPTED BY NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS	CC8
NOT HONORING A PROTEST	CC11
VIOLATIONS OF CONSTITUTION, RULES, REGULATIONS OR OSSAA POLICIES	CC12
COACHES' ETHICS PROFESSIONAL STANDARDS	CC12
PUBLIC CRITICISM OF CONTEST OFFICIALS AND SCHOOL REPRESENTATIVES	CC12
HAZING	CC12
TAUNTING	CC13
EMERGENCY ACTION PLAN	CC13
SUMMERTIME DEAD PERIOD	CC13
TEAM CHAMPIONS (BOYS)	CC14-CC15
INDIVIDUAL CHAMPIONS (BOYS)	CC16-CC21
TEAM CHAMPIONS (GIRLS)	CC22-CC23
INDIVIDUAL CHAMPIONS (GIRLS)	CC23-CC27

I. CROSS COUNTRY DATES TO REMEMBER

July 15	Organized Practice May Begin
September 9	Online Entry Forms Due (A-2A-3A-4A-5A-6A) (THIS WILL BE DONE THROUGH A SHARED GOOGLE FORM)
October 6	Final A-2A-3A-4A Team Rankings Due (OSSAARankings.com)
October 9	Regional Assignments Released (A-2A-3A-4A)
October 13	Final 5A-6A Team Rankings Due (OSSAARankings.com)
October 16	Regional Assignments Released (5A-6A)
October 17	A-2A-3A-4A Regional Meets
October 19	A-2A-3A-4A Academic Achievement Form Due
October 24	5A-6A Regional Meets
October 24	A-2A-3A-4A State Meet - Carl Albert High School
October 26	5A-6A Academic Achievement Form Due
October 31	5A-6A State Meet at Edmond Santa Fe
November 3	Cross Country Coaches Advisory ZOOM Meeting at 2:00 p.m.

RULES MEETING

2026 State Cross Country Rules Meeting

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 competition until the coach is in compliance.

The rules meeting will be conducted at the OCA Coaches Clinic on Tuesday, July 28, 2026, at 1 p.m. If you are unable to attend the rules meeting during the OCA clinic, there will be a ZOOM meeting August 5th, 2026, at 7:00 p.m. You can find the link on the Cross Country page of our website. If you are unable to attend either of these meetings, you may view the ZOOM meeting on the Cross Country page of OSSAA.com no later than August 7th, 2026.

***IF A SCHOOL MISSED THE ENTRY FORM DEADLINE, THE COACH WILL BE SUSPENDED ONE CONTEST.**

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 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.

I. INTRODUCTION

A. Purpose

The girls and boys Cross Country manual has been designed and prepared to provide general information and for use in the administration of cross-country meets. We believe many of your questions will be answered by your thorough review of the contents of this manual.

II. CROSS COUNTRY CALENDAR FOR THE 2026-2027 SCHOOL YEAR

- A. Organized practice for Cross Country may begin no earlier than July 15, with the first contest being allowed on August 11 or the first day of school, whichever comes first. 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 Cross Country to the start date of July 15, no organized practice in the sport may take place. However, certified school coaching personnel for the sport are permitted to provide instruction in the 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 the additional one-hour period.
- B. Contest limits for 2026 season:
 - High School teams/individuals are limited to eight meets, four of which must occur when there is no loss of instructional time, including travel time.
 - Junior High teams are limited to six meets, two of which must occur when there is no loss of instructional time, including travel time.
 - Two practice meets are allowed and will not count against meet limitations if the following criteria is met: No more than four teams will participate; No entry fee is charged; No awards are given; There is no loss of school time including travel time.
- C. 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:
 - The contest(s) which exceed the limits must be forfeited.
 - 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 the school year.
 - The head coach in the activity shall be suspended from coaching in any regular season contests, at the same level, in the same activity, for one-half of the regular season the next school year.

- The school will not be allowed to host any play-off contests in that activity during the school year in which the violation occurred.
 - The program will be placed on warning for a period of one year.
- D. Regional entry forms will be shared through a Google form and can be found on the XC page of our website, ossaa.com. The forms must be completed no later than September 9, 2026, for ALL CLASSES.
- If a school misses the entry form deadline, the coach will be suspended for one contest.**
- E. Regional assignments will be released no later than October 9, 2026, for Classes A-2A-3A-4A and October 16, 2026, for Classes 5A-6A.
- F. Cross Country Regional meets - October 17, 2026, for Classes A-2A-3A-4A and October 24, 2026, for Classes 5A-6A.
- G. Academic Achievement Award Forms can be found on the OSSAA website (www.ossaa.com). Online Forms must be submitted no later than October 19, 2026, for Classes A-2A-3A-4A and October 26, 2026, for Classes 5A-6A.
- H. Cross Country State Meet - October 24, 2026, for Classes A-2A-3A-4A at Carl Albert High School and October 31, 2026, for Classes 5A-6A at Edmond Santa Fe.
- I. Cross Country Coaches Advisory Committee Meeting - November 3, 2026, at 2:00 p.m. through ZOOM or in person.
- J. 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 competition until the coach is in compliance. The in-person rules meeting will be conducted at the OCA clinic on July 28th. We will offer a rules meeting by ZOOM on August 5th at 7:00 PM as well. If you are unable to attend either meeting, it will be posted on the Cross-Country page of ossaa.com no later than August 7th.

Here's the content organized chronologically by date:

State Rules Meetings (mandatory for head coaches; must be completed by September 1)

- July 28 -- In-person at the OCA clinic
 - August 5 -- Zoom, 7:00 PM
 - August 7 -- Recording posted on the Cross Country page of ossaa.com (if unable to attend either session)
- Failure to comply will result in suspension from all interscholastic competition until the coach is in compliance.*

Regional Assignments Released

- No later than October 9, 2026 -- Classes A-2A-3A-4A
- No later than October 16, 2026 -- Classes 5A-6A

Cross Country Regional Meets

- October 17, 2026 -- Classes A-2A-3A-4A
- October 24, 2026 -- Classes 5A-6A

Academic Achievement Award Forms (*submit online at ossaa.com*)

- No later than October 19, 2026 -- Classes A-2A-3A-4A
- No later than October 26, 2026 -- Classes 5A-6A

Cross Country State Meet

- October 24, 2026 -- Classes A-2A-3A-4A (Carl Albert High School)
- October 31, 2026 -- Classes 5A-6A (Edmond Santa Fe)

Cross Country Coaches Advisory Committee Meeting

- November 3, 2026, 2:00 p.m. -- Zoom or in person

III. CROSS COUNTRY REGULATIONS

Figures from 2026-2027 ADM will be used for classification if available from the OSDE two weeks prior to regional assignments being released. If the ADM sheets are not available on time, schools will be classified using the preceding years ADM.

A. Classification

- Class 6A - 32 schools having the largest ADM
- Class 5A - the next 40 schools by ADM
- Class 4A - the next 56 schools by ADM
- Class 3A - the next 56 schools by ADM
- Class 2A - the next 72 schools by ADM
- Class A - All remaining schools

B. Regional and State Meets

1. There will be three (3) regional meets in class A-2A-3A-4A and two (2) regional meets for classes 5A-6A.
 - a. When feasible, teams and individuals will be assigned based on geography, strength balance, and an equitable number of participants for each meet.
 - b. **STATE MEET - CLASSES A-2A-3A-4A WILL RUN AT CARL ALBERT HIGH ON OCTOBER 24, 2026 AND CLASSES 5A-6A WILL RUN AT EDMOND SANTA FE ON OCTOBER 31, 2026.**
2. 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.
3. The Regional and State course will be open at 12:00 noon, the day before the competition, if weather permits and a site manager is available.

Regional Meet Schedule

Saturday, October 17, 2026 - Classes A-2A-3A-4A

TIME	CLASS
9:00 a.m.	Race 1
9:45 a.m.	Race 2
11:00 a.m.	Race 3
11:45 a.m.	Race 4
1:00 p.m.	Race 5
1:45 p.m.	Race 6

Saturday, October 24, 2026 - Classes 5A-6A

TIME	CLASS
9:00 a.m.	Race 1
9:45 a.m.	Race 2
11:00 a.m.	Race 3
11:45 a.m.	Race 4

More information on A-6A race times to be released at a later date. Host School's classification will run the first two races then will be on a rotating schedule used from previous years.

2026 Classes A-3A-4A State Cross Country Meet Schedule

Time	Event
8:00 a.m.	A Coaches Meeting
8:30 a.m.	A Girls 3200 Meters
9:00 a.m.	A Boys 5K
9:45 a.m.	A Awards Ceremony
10:00 a.m.	3A Coaches Meeting
10:30 a.m.	3A Girls 3200 Meters
11:00 a.m.	3A Boys 5K
11:45 a.m.	3A Awards Ceremony
12:00 p.m.	2A Coaches Meeting

Time	Event
12:30 p.m.	2A Girls 3200 Meters
1:00 p.m.	2A Boys 5K
1:45 p.m.	2A Awards Ceremony
2:00 p.m.	4A Coaches Meeting
2:30 p.m.	4A Girls 3200 Meters
3:00 p.m.	4A Boys 5K
3:45 p.m.	4A Awards Ceremony

Coaches meetings in South end Bleachers. Awards Ceremony will be held on the track on the home side of bleachers..

2026 Classes 5A-6A State Cross Country Meet Schedule

Time	Event
8:30 a.m.	6A Coaches Meeting
9:00 a.m.	6A Girls 5K
9:35 a.m.	6A Boys 5K
9:50 a.m.	5A Coaches Meeting
10:20 a.m.	6A Awards Ceremony / 5A Girls 5K
11:00 a.m.	5A Boys 5K
11:45 a.m.	5A Awards Ceremony

Coaches meetings are held under home bleachers. Awards Ceremony will be held on the track on the home side of bleachers.

C. Ticket Prices

Admission prices have been set by the Board of Directors.

1. **Regionals** - \$8.00 per online ticket plus a processing fee of \$1.40 (\$9.40) or a \$11 cash option
2. **State** - \$11.00 per online ticket plus a processing fee of \$1.55 (\$12.55) or a \$14 cash option

D. State Qualifiers

In classes 5A and 6A, the top seven (7) teams and the top seven (7) individuals not on a qualifying team from each regional will qualify for state. In class 4A, the top six (6) teams and the top seven (7) individuals not on a qualifying team from each regional will qualify for state. In class 3A, the top five (5) teams and the top seven (7) individuals not on a qualifying team from each regional will qualify for state. In classes A and 2A, the top five (5) teams and the top twelve (12) individuals not on a qualifying team from each regional will qualify for state. A runner who medals at the regional XC meet will qualify for the state meet even if the runner did not meet the qualifications listed above. Teams shall be seeded for the state meet based on regional results. Preferred starting positions shall be the middle of the starting line, working outward. All individual qualifiers shall be assigned to the outside position.

In classes 5A and 6A, if a regional does not have 7 teams, the other regional will qualify additional teams in order of placement to equal 14 teams to the state cross country meet. In 4A, if one of the three regional meets does not have six teams qualify for the state meet, the 7th place team from the other two regionals will both qualify. In classes A, 2A, and 3A, if one of the three regional meets does not have a minimum of five teams qualify for the state meet, the 6th place team from the other two regionals will both qualify.

E. Entry Forms

The online-entry form deadline is September 9, 2026, for ALL CLASSES. Any entries received seven (7) days past the deadline date will automatically place the cross country team on warning. The Google Entry Form can be found on the Cross Country page on our website.

F. Aids and Hepatitis B

Please see the athletic director or principal for precautionary recommendations concerning AIDS and Hepatitis B.

G. Regional Awards

1. First place team trophy in each class.
2. Individual awards include gold medals for the first five (5) finishers; silver medals for the five (5) second place finishers; bronze medals for the five (5) third place finishers.

H. State Awards

Only the participating runners are permitted on the awards stand at the assembly: 7 in classes 2A-6A, 6 in class A

1. Championship and runner-up trophies in each class will be given for team awards. Gold medals will be given to each championship team member, silver medals will be given to second place team members and bronze medals will be given to third place team members. Teams will be given a maximum of 7 medals in classes 2A-6A and 6 medals in class A.
2. Individual awards include gold medals for the first five (5) finishers; silver medals for the five (5) second place finishers; bronze medals for the five (5) third place finishers.

I. Conduct of Students

1. Please refer to Rule 4 in OSSAA Rules and Regulations Handbook located in the principal or athletic director's office concerning the conduct and fighting rule.
2. It is mandatory, 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 which occur during the contest. School administrators should be aware that if their student body and fans come onto the playing area after a contest, penalties may be imposed.

J. Weekly 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.

K. 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/event manager 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.

L. 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

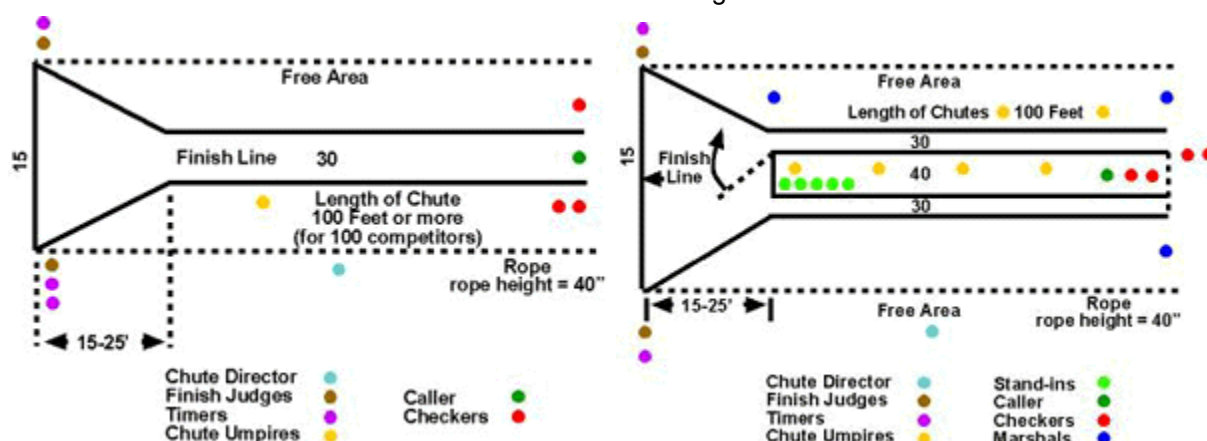
may not be used for practice time. Each day of the try-out may be up to 2 hours in length. No off-season try-out will be allowed for more than three days, and all sessions of the try-out must conclude by 9 p.m. A record of all try-outs should be kept on file at the member school detailing the dates, 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 try-out is being held.

IV. RULE 9 - THESE RULES HAVE BEEN ADOPTED BY THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

A. Course - Art. 1

1. The cross-country run shall be a course 2500 to 5000 m (1.5 to 3.1 miles) in length as determined by the meet director or games committee.
2. Measurement of the course shall be along the shortest possible distance. The course shall be clearly marked. This may be by a wide line marked with a material which is not injurious to the eyes or skin, or by signposts with large directional arrows wherever the course turns, or by flags about 1 ft. square and mounted on stakes which hold them 6 ft. or more above the ground.



B. Flag Designations

1. A red flag indicates a turn to the left.
2. A yellow flag indicates a turn to the right.
3. A blue flag indicates a course straight ahead.

C. Art. 2

In case of a discrepancy in the course markings, directional flag markings take precedence over any other course markings.

D. Art. 3 - The racecourse should include the following features:

1. Signs and flags at least 6 ft. above the ground should be visible for 100 ft. Turns and guidelines should be marked on the ground with a material which is not injurious to the eyes or skin. The course should be at least 3 ft. wide at its narrowest place. Small survey flags of the appropriate color may be used in lieu of painted lines or survey chalk.
2. No ground obstructions which might cause tripping or turned ankles. No overhead objects such as tree branches lower than 8 ft. above the ground.
3. A 2 in. wide starting line should be marked at the beginning of a lengthy straightaway, wide enough to accommodate all teams, i.e., the width of the number of teams multiplied by 6 ft.

- At the end of the course, a straightaway of at least 150 yards ending in a rope funnel with a mouth 15 feet wide. The finish line should be at the mouth of the funnel and 15 to 25 feet from the chute. This funnel should narrow to a rope chute about 30 inches wide and at least 100 feet long. The stakes supporting the ropes should be solid enough to permit taut ropes, and the stakes and ropes near the finish line should be well-padded. Note: For large meets, the use of multiple chutes is recommended.

E. Section 2 - Scoring

- Art. 1 - Scoring shall be as shown in the following table:

Place:	First	Second	Third	Fourth	Fifth	Sixth	Etc.
Points:	1	2	3	4	5	6	Etc.

- Art. 2 - All competitors who finish the race shall be ranked and tallied in accordance with the above table. In cross country, up to seven team members retain their order of finish. Any team members beyond seven shall be disregarded and shall not displace any opposing runners. The team score shall then be determined by totaling the points scored by the first five finishers of each team. The team which scores the fewest number of points is the winner.
- Art. 3 - If fewer than five competitors of a team finish, the places of all members of that team shall be disregarded and the team scores reranked. By state association adoption, modified scoring system may be used.
- Art. 4 - Ties in team scoring shall be resolved by comparing the sixth-place finishers from the tying teams. The team with the best sixth-place finisher shall prevail. If one team does not have a sixth-place finisher, the team with the sixth-place finisher shall prevail.
- Art. 5 - If only five competitors of tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers.
- Art. 6 - The score of a forfeited dual meet in cross country shall be 15-50.

NOTE: Rules 2-3-1, through 3, on the correction of errors, also applies to cross country scoring.

F. Section 3 - Start/Conclusion

- Art. 1 - A cross-country race begins when the competitors are called to the starting line for final instructions and is considered to be official and concluded when places have been determined and the results have been recorded.
- Art. 2 - A competitor finishes a cross-country race when the torso of the runner breaks the plane of the finish line when using hand- or picture-based timing systems.
- Art. 3 - Computerized chips may be used to record the finish order of a runner in cross country. A bib transponder or two transponder/chips per runner, one attached to each shoe, is preferred. When transponder/chips are used, the official order of finish for the runner is recorded by the transponder/chips, unless management is also using an image-based timing system that indicates the order should be adjusted.

G. Section 4 - Officials

- Art. 1 - The games committee or the meet director shall establish the length of the course, assign the teams by lot to their starting positions, and provide the necessary meet facilities.
- Art. 2 - Referee - the referee shall make final decisions concerning questions which are not specifically placed under the jurisdiction of other officials and shall disqualify any runner for violation of the rules.
- Art. 3 - Prior to the meet, the referee shall, either by a meeting or written communication, address the following with all head coaches and team captains:
 - All team members are expected to exhibit good sportsmanship.
 - The head coach shall verify verbally, or in writing, that all his/her competitors are properly equipped (uniform, equipment) in compliance with these rules.
 - Any special circumstances, procedures and information pertaining to the meet.

4. Art. 4 - Starter - Once the teams have been called to the starting line by the starter for final instructions, no further run-outs shall be permitted.
 - a. The command shall be, 'On Your Marks.' When all competitors are steady, starting device shall be fired. For an unfair start, the starter or assistant starter shall recall the runners by firing the starting device. If a runner falls during the first 50 m due to contact with another runner, the race shall be recalled by firing the starting device.
 - b. Audio/Visual start: When conditions dictate, the starter may use whistle/flag commands along with the starting device.
 Because this technique is used with a large number of competitors, it is recommended, the starter take a position well in front of the runners so the competitors can see and to be able to move to the side.
 - i. Give a brief and concise review of the starting commands and procedures to be used for the start with all competitors immediately before the start.
 - ii. The starter will hold the starting device and red flag parallel to the ground and give a long blast of the whistle. This is the signal for the runners to step up to, but not touch, the starting line and become motionless.
 - iii. The starter slowly raises both arms overhead.
 - iv. When all runners are set and motionless and the recall starters signal with a white flag, the starting device is fired and at the same time, the red flag is motioned downward, indicating the start of the race.



5. Art. 5 - Clerk of the Course - the clerk shall place the teams in the proper position on the starting line and give all needed instructions. Also, the clerk should check and enforce uniform, visible apparel, and shoe regulations.
6. Art. 6 - Chute Director - The chute director shall:
 - a. Supervise the finish chute during the race finish
 - b. Assign stand-ins (fillers) to replace any runner who falls and cannot continue through the chute after crossing the finish line.
 - c. Assign gate controllers when more than one chute is used.
 - d. Assign marshals to keep the chute area free of any unauthorized individuals.
 - e. Be certain chute umpires, callers, checkers, and timers are in place when the runners finish the race.
7. Art. 7 - Finish Judges - the finish judges stand outside the chute, and on the finish line, and determine the order in which runners enter the chute.
8. Art. 8 - Chute Umpires - the chute umpires supervise the competitors after they enter the chute and see that they are properly checked to prevent any irregularity in the order of finish.
9. Art. 9 - Caller - the caller calls the number of each competitor in the order of his/her proper place in the chute.
10. Art. 10 - Checkers - the checkers keep a record of the competitors and their order of finish as announced by the caller.
11. Art. 11 - Course Umpires - the course umpires observe the activity of the competitors. If any competitor fails to run the proper course, or otherwise violates the rules, the umpires report the infraction to the referee.
12. Art. 12 - Timers - record the times of the competitors who finish. A timer may be assigned at a designated spot along the course to call elapsed times during the race.
13. Art. 13 - Marshals - shall keep the competitive area free from all persons except officials, contestants and other individuals authorized by the games committee.

H. Section 5 - Teams

A cross-country team is represented by coaches, contestants, managers, trainers, and other associated school personnel. A cross-country team shall consist of seven members unless otherwise agreed. In cross country, up to seven team members retain their order of finish. At Regional and State, no more than seven runners from one team may participate.

I. Section 6 - Uniforms

1. Art. 1 - Visible items worn under both the top and the bottom do not have to be the same color.
2. Art. 2 - Uniforms must be worn as intended by the manufacturer. The waistband of the competitor's shorts shall be worn above the hips. There shall be no bare midriff.
3. Art. 3 - A shoe is a covering for the foot. Shoes shall be worn on both feet and shall have an upper and recognizable sole and heel. The upper must be designed so it can be fastened securely to the foot. The sole and heel may contain grooves, ridges or track spikes which are not longer than 1 in.
4. Art. 4 - Each team member shall wear the same color and design school uniform.
5. Art. 5 - A competitor shall wear the assigned unaltered contestant number, when numbers are used and computer chips when those devices are used in competition.
6. Art. 6 - Removing any part of the team uniform, excluding shoes, while in the area of competition shall lead to a warning and if repeated, to disqualification from the event.

PENALTY: For illegal uniform, the competitor is disqualified from the event.

J. Section 7 - Disqualifications

1. Art. 1 - A competitor who false starts.
2. Art. 2 - A competitor who interferes with another competitor.
3. Art. 3 - A competitor who is unsporting or uses unacceptable conduct.
4. Art. 4 - A competitor receives any assistance from any other person who could improve the competitor's performance. Note: Providing liquids during competition is not considered to be an aid or assistance.
5. Art. 5 - A competitor who fails to complete the prescribed course which is defined by a legal marking system.

PENALTY: Disqualification from the event.

V. NOT HONORING A PROTEST (BOARD POLICY XLVIII)

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 the 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.

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 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.

VII. 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 bait or taunt officials in any way, or seek out an official during halftime or at the conclusion of a contest.
- E. Demonstrate a mastery of and continuing interest in, coaching principles and techniques through professional improvement.
- F. Encourage and respect for 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 inculcate 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, 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.

VIII. PUBLIC CRITICISM OF CONTEST OFFICIALS AND SCHOOL REPRESENTATIVES

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 broadcasted event, and comments made in a public forum.

IX. 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.

X. TAUNTING

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

XI. 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, which identifies potential emergency conditions at the event site and prescribes the procedures to be followed to minimize or prevent loss of life and property.

XII. 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.

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.

XIII. TEAM CHAMPIONS (BOYS)

Year	6A	5A	4A	3A	2A	A
1937			Tulsa Central			
1938			Tulsa Central			
1939			Tulsa Central			
1940			Tulsa Central			
1941			Tulsa Central			
1942			Tulsa Central			
1943			Tulsa Central			
1944			Tulsa Central			
1945			Tulsa Central			
1946			Tulsa Rogers			
1947			Tulsa Rogers			
1948			Tulsa Central			
1949			Tulsa Central			
1950			Tulsa Central			
1951			Tulsa Central			
1952			Tulsa Central			
1953			Tulsa Central			
1954			Tulsa Central			
1955			Tulsa Rogers			
1956			Tulsa Rogers			
1957			Tulsa Central			
1958			Tulsa Rogers			
1959			Tulsa Edison			
1960			Tulsa Edison			
1961			Tulsa Central			
1962			Tulsa Edison			
1963			Tulsa Central			
1964					Ponca City	Sequoyah-Tahlequah
1965					Tulsa Hale	Sequoyah-Tahlequah
1966					Tulsa Hale	Southeast
1967					US Grant	Tulsa Kelley
1968					Northwest	Tulsa Kelley
1969					Putnam City	Sequoyah
1970			Tulsa McLain	Tulsa Webster		
1971			Tulsa Edison	Tulsa Kelley and Broken Arrow		
1972			Tulsa Hale	Riverside		
1973			Putnam City	Tulsa Kelley		
1974			Tulsa Hale and Putnam City	Tulsa Kelley		
1975			Putnam City	Tulsa Kelley		
1976			Northwest	Tulsa Kelley		
1977			Norman	Riverside		
1978			Moore	Owasso		
1979			Edmond	Anadarko		
1980			Edmond	Pryor		
1981			Edmond	Sallisaw		

Year	6A	5A	4A	3A	2A	A
1982			Edmond	Sallisaw		
1983			Edmond	Guthrie		
1984		Jenks	Guthrie	Bishop McGuinness		
1985		Edmond	Tulsa Edison	Weatherford		
1986		Jenks	Western Heights	Marlow		
1987		Edmond	Western Heights	Marlow		
1988		Jenks	Duncan	Marlow		
1989		Jenks	Altus	Weatherford		
1990		Jenks	Western Heights	Little Axe	Beaver	
1991		Jenks	Guthrie	Marlow	Keyes	
1992		Jenks	Bishop McGuinness	Marlow	Riverside	
1993		Jenks	Bishop McGuinness	Marlow	Sequoyah-Tahlequah	
1994		Jenks	Guthrie	Little Axe	Lindsay	
1995		Edmond Memorial	Bishop McGuinness	Little Axe	Sequoyah-Tahlequah	
1996		Edmond Memorial	Bishop McGuinness	Elk City	Dickson	Hydro
1997		Moore	Bishop McGuinness	Elk City	Dickson	Hydro
1998		Jenks	Bishop McGuinness	Elk City	Dickson	Oklahoma Christian
1999		Edmond Memorial	Bishop McGuinness	Little Axe	Plainview	Carnegie
2000		Edmond Memorial	Capitol Hill	Elk City	Watonga	Carnegie
2001		Edmond Memorial	Shawnee	Marlow	Watonga	Okla. Christian School
2002		Edmond Memorial	Shawnee	Marlow	Watonga	Hinton
2003		Jenks	Bishop McGuinness	Marlow	Sequoyah (T)	Hinton
2004		Edmond Memorial	Bishop McGuinness	Elk City	Sequoyah (T)	Hydro-Eakly
2005		Mustang	Bishop Kelley	Elk City	Sequoyah (T)	Okla. Bible Academy
2006		Mustang	Deer Creek	Madill	Sequoyah (T)	Okla. Bible Academy
2007		Tulsa Union	Deer Creek	Madill	Metro Christian	Hooker
2008	Union	Bishop Kelley	Madill	Metro Christian	Oklahoma Bible Aca.	
2009	Broken Arrow	Guthrie	Santa Fe South	Jones	Okla. Bible Academy	
2010	Union	Guthrie	Metro Christian	Plainview	Hooker	
2011	Norman	Deer Creek	Elgin	Plainview	Beaver	
2012	Jenks	Deer Creek (Edmond)	Anadarko	Plainview	Tonkawa	
2013	Jenks	Deer Creek-Edmond	Santa Fe South	Kansas	Hooker	
2014	Jenks	Deer Creek-Edmond	Lincoln Christian	Chisholm	Hooker	
2015	Jenks	Guymon	Lincoln Christian	Marietta	Hooker	
2016	Bartlesville	Guymon	Lincoln Christian	Marietta	Lomega/Ringwood	
2017	Bartlesville	Guymon	Lincoln Christian	Mount St. Mary	Hooker	
2018	Deer Creek-Edmond	Piedmont	Seminole	Marietta	Mooreland	
2019	Deer Creek (Edmond)	Guymon	Lincoln Christian	Kiefer	Mooreland	
2020	Mustang	Piedmont	Ok Christian School	Marlow	Carnegie	
2021	Deer Creek (Edmond)	Guymon	Cache	Marlow	Timberlake	
2022	Edmond North	Piedmont	Lincoln Christian	Regent Prep	Hooker	

Year	6A	5A	4A	3A	2A	A
2023	Deer Creek (Edmond)	Lincoln Christian	Bethany	Casady	Hooker	
2024	Deer Creek (Edmond)	Bishop Kelley	Lincoln Christian	Casady	Regent Prep	Sweetwater
2025	Deer Creek	Bishop Kelley	Lincoln Christian	Sequoyah (Tahlequah)	Regent Prep	Laverne

XIV. INDIVIDUAL CHAMPIONS (BOYS)

Year	Class	Name	School
1937		Carl Ridens	Guthrie
1938		Mode Perry	Tulsa
1939		Ted Roberts	Classen
1940		Ted Roberts	Classen
1941		James Woodward	OKC Central
1942		Bob Letson	Tulsa Rogers
1943		Eldon Ferguson	Tulsa Central
1944		R.C. Slocum	Tulsa Central (OU & OSU)
1945		Carl Jacobsen	Tulsa Central (OU)
1945		R.C. Slocum	Tulsa Central (OSU)
1946		Dick Willey	Tulsa Rogers (OU)
1946		Billy Ward	Tulsa Rogers (OSU)
1947		Bruce Drummond	Tulsa Central (OU)
1947		Dick Willey	Tulsa Rogers (OSU)
1948		Bruce Drummond	Tulsa Central (OU & OSU)
1949		Derald Smith	Capitol Hill (OU & OSU)
1949		George Gilmour	Tulsa Central (OSU)
1950		Donald Ladd	Capitol Hill (OU & OSU)
1951		Bob Buchanan	Stillwater (OU & OSU)
1952		Bob Buchanan	Stillwater (OU)
1952		Bobby Cave	Stillwater (OU)
1953		Ron Wade	Tulsa Central (OU & OSU)
1954		Floyd Cumbey	Tulsa Central (OU)
1954		Laddie Nethercutt	Capitol Hill (OSU)
1955		Clyde Davidson	Tulsa Rogers
1956		Harold Smith	Tulsa Rogers
1957		Harold Smith	Tulsa Rogers
1958		Ted Riesinger	Tulsa Rogers
1959		John English	Tulsa Edison
1960		John English	Tulsa Edison
1961		George Stroup	Tulsa Edison
1962		Ray Smith	Tulsa Rogers
1963		Bob Arnold	Tulsa Rogers
1964		Charles Brown	Ponca City
1964		Willie Rios	Lawton Eisenhower
1965		Willie Rios	Lawton Eisenhower
1965		Tommy Ward	McAlester
1966		Ron Majors	Enid
1966		Bill Hornbosted	Stillwater
1967		Ron Majors	Enid
1967		Terry Ziegler	Tulsa Kelley

Year	Class	Name	School
1968		Randy Heierding	Putnam City
1968		Wayne Wallgren	Choctaw
1969		Kim Wilson	Enid
1969		John Gula	Stillwater
1970		John Womack	Ponca City
1970		Lyn Long	Marlow
1971		Bill Welch	Tulsa Edison
1971		Chuck Barkley	Classen
1972		Dave Sanders	Tulsa Edison
1972		Chuck Barkley	Classen
1973		Brent Schooley	John Marshall
1973		Randy Prophet	Laverne
1974		Tom Story	Midwest City
1974		Tom Laden	Tulsa Kelley
1975		Tom Story	Midwest City
1975		Mark Littlebear	Sequoyah-Tahlequah
1976		John Miley	Northwest
1976		Pat Vaughan	Union
1977		John Miley	Northwest
1977		Tom Horn	Bixby
1978		Greg Avery	Ponca City
1978		Tom Horn	Bixby
1979		Dallas Cox	Muskogee
1979		Lamont Frazier	Sequoyah-Tahlequah
1980		Kevin Thatcher	Edmond
1980		Joe Scott	Western Heights
1981		Kevin Thatcher	Edmond
1981		Joe Atkin	Sallisaw
1982		Mike Bilyeu	Tulsa Hale
1982		Ronald Lee	Sallisaw
1983		Cary Brady	Norman
1983		Paul Dreesen	Guthrie
1984		Donnie Childs	Enid
1984		Paul Dreesen	Guthrie
1984		Bobby Kauliaty	Anadarko
1985		Donnie Childs	Enid
1985		Bryan Walker	Duncan
1985		David LaCour	Weatherford
1986		Bryan Yockers	Bartlesville
1986		Larry Ripee	Noble
1986		Brent Johnson	Heritage Hall
1987		Joe Weis	Stillwater
1987		Danny Walker	Western Heights
1987		Bren Johnson	Heritage Hall
1988		Tommy Green	Norman
1988		Danny Walker	Western Heights
1988		David Wahley	Marlow
1989		Tyson Echelle	Stillwater
1989		Mike Parker	Ardmore
1989		Calley Williamson	Sulphur

Year	Class	Name	School
1990		Erick Richard	Jenks
1990		Mike Parker	Ardmore
1990		Tori Holcomb	Weatherford
1990		Travis Taber	Beaver
1991	5A	Erick Richard	Jenks
1991	4A	Phillip Price	Catoosa
1991	3A	Tori Holcomb	Weatherford
1991	2A	Darin Bell	Beaver
1992	5A	Brian Young	Jenks
1992	4A	Phillip Price	Catoosa
1992	3A	R.J. Albaugh	Weatherford
1992	2A	Robert Bark	Seq.-Tahlequah
1993	5A	Brian Young	Jenks
1993	4A	Cornelius Mason	Northeast
1993	3A	Craig Blanchard	Little Axe
1993	2A	Mark Levings	Buffalo
1994	5A	Mark Thompson	Edmond Memorial
1994	4A	Cornelius Mason	Bishop McGuinness
1994	3A	David Lampkin	Dickson
1994	2A	Zac Johnson	Velma-Alma
1995	5A	Mark Thompson	Edmond-Memorial
1995	4A	Taylor Styron	Bishop McGuinness
1995	3A	Jeremy Johnson	Little Axe
1995	2A	Mylo Miller	Velma-Alma
1996	5A	Mark Thompson	Edmond Memorial
1996	4A	Kevin Connolly	Bishop McGuinness
1996	3A	Kevin Minson	Marlow
1996	2A	Bobby Holmes	Chandler
1996	A	Herbie Pebeashy	Hydro
1997	5A	Clay Cosby	Jenks
1997	4A	Kevin Connolly	Bishop McGuinness
1997	3A	Albert Kelly	Bristow
1997	2A	David Lampkin	Dickson
1997	A	Herbie Peabeashy	Hydro
1998	5A	Chris McWatters	Moore
1998	4A	Kevin Connolly	Bishop McGuinness
1998	3A	Patrick McGuire	Plainview
1998	2A	Steve Sawyer	Chisholm
1998	A	Mylo Miller	Velma-Alma
1999	5A	Joey McNair	Bartlesville
1999	4A	Brett Lowry	Bishop McGuinness
1999	3A	Travis Johnson	Elk City
1999	2A	Patrick McGuire	Plainview
1999	A	Lucian Bliss	Carnegie
2000	5A	Rem Moll	Jenks
2000	4A	Marco Jimenez	Capitol Hill
2000	3A	Chris McHone	Elk City
2000	2A	Patrick McGuire	Plainview
2000	A	Erin Rooney	Oklahoma Christian
2001	5A	Chase Hall	Jenks

Year	Class	Name	School
2001	4A	Erik Hurst	Shawnee
2001	3A	Chris Orsburn	Little Axe
2001	2A	Patrick McGuire	Plainview
2001	A	Justin Edsall	Lomega
2002	5A	Aaron Snyder	Mustang
2002	4A	Tyler Kelley	Bishop Kelley
2002	3A	Josh Stewart	Byng
2002	2A	Jason Coleman	Watonga
2002	A	Justin Edsall	Lomega
2003	5A	Brian Gosnell	Tahlequah
2003	4A	Preston Swanson	Guthrie
2003	3A	Josh Stewart	Byng
2003	2A	Matt Blackwell	Tishomingo
2003	A	Cass Jaques	Hinton
2004	5A	Kevin Schwab	Mustang
2004	4A	Lance Goodwin	Harrah
2004	3A	Isaac Garcia	Victory Christian
2004	2A	Phillip Melott	Watonga
2004	A	Marshall Summa	Mt. Saint Mary
2005	5A	Kevin Schwab	Mustang
2005	4A	Roland Vasquez	Altus
2005	3A	Stormey Duncan	Marlow
2005	2A	Josh Doyel	Watonga
2005	A	Riley Voth	Hooker
2006	5A	Kevin Schwab	Mustang
2006	4A	Brice Irving	Skiatook
2006	3A	Isbek Salinas	Madill
2006	2A	Josh Doyel	Watonga
2006	A	Jordan Rouintree	Oilton
2007	5A	Steven Baker	Tulsa Union
2007	4A	Adam Young	Deer Creek
2007	3A	Isbek Salinas	Madill
2007	2A	Ryan Schooley	Metro Christian
2007	A	Eidson Cale	Calera
2008	6A	Steven Baker	Tulsa Union
2008	5A	Dakota Buck	Deer Creek
2008	4A	Ramirro Becerra	Santa Fe South
2008	3A	Lucien Carriveau	Riverside
2008	2A	Cale Edison	Calera
2009	6A	Victor Others	Ponca City
2009	5A	Taler Buck	Deer Creek
2009	4A	Martin Calderon	Blackwell
2009	3A	Lucien Carriveau	Riverside
2009	2A	Cale Eidson	Calera
2010	6A	Tanner Sattertwate	Norman
2010	5A	Taler Buck	Deer Creek
2010	4A	David Annett	Metro Christian
2010	3A	Andrew Leahey	Plainview
2010	2A	Joe Springer	Frontier
2011	6A	Arya Bahreini	Edmond Santa Fe

Year	Class	Name	School
2011	5A	Taler Buck	Deer Creek
2011	4A	Steven Ory	Cascia Hall
2011	3A	Chris Lowery	Chandler
2011	2A	Louis Chavez	Beaver
2012	6A	Noah Gade	Stillwater
2012	5A	Bryce Balanseifen	Deer Creek (Edmond)
2012	4A	Harvey Baylor	Cleveland
2012	3A	Chris Lowery	Chandler
2012	2A	Andrew Rogers	Copan
2013	6A	Ben Barrett	Norman North
2013	5A	Bryce Balenseifen	Deer Creek (Edmond)
2013	4A	Tristan Owens	Oologah-Talala
2013	3A	Colton Green	Henryetta
2013	2A	Wyatt Johnson	Watonga
2014	6A	Ben Barrett	Norman North
2014	5A	Bryce Balenseifen	Deer Creek-Edmond
2014	4A	Daniel Mazzei	Berryhill
2014	3A	Colton Green	Henryetta
2014	2A	Isai Rodriguez	Ringwood
2015	6A	Ean Beyer	Norman North
2015	5A	Eugene Grayson	Glenpool
2015	4A	Zach Black	Sallisaw
2015	3A	Cameron Corbin	Tishomingo
2015	2A	Isai Rodriguez	Lomega/Ringwood
2016	6A	Matt Young	Jenks
2016	5A	Coal Phillips	Carl Albert
2016	4A	Daniel Mazzei	Berryhill
2016	3A	Zane Nutter	Marietta
2016	2A	Isai Rodriguez	Lomega/Ringwood
2017	6A	Jed Helker	Edmond Memorial
2017	5A	Dereje Himbago	Guymon
2017	4A	Luke Murphy	Lincoln Christian
2017	3A	Clinton Baird	Holland Hall
2017	2A	Colten Brown	Boise City/Keyes/Felt
2018	6A	Gabe Simonsen	Mustang
2018	5A	Christian Arenivar	Santa Fe South
2018	4A	Miguel Duran	Madill
2018	3A	Zane Nutter	Marietta
2018	2A	Colten Brown	Boise City/Keyes
2019	6A	Gabe Simonsen	Mustang
2019	5A	Christian Arenivar	Santa Fe South
2019	4A	Caden Goss	Ft. Gibson
2019	3A	Agustin Lopez	Little Axe
2019	2A	Collen McLain	Mooreland
2020	6A	Gabe Simonsen	Mustang
2020	5A	Gage McElhane	Elgin
2020	4A	Caden Goss	Ft. Gibson
2020	3A	Riley Randall	Meeker
2020	2A	Riley Herndon	Merritt
2021	6A	AJ Antonelli	Deer Creek (Edmond)

Year	Class	Name	School
2021	5A	Terrance Allen	Carl Albert
2021	4A	Ryan McLaughlin	Harding Charter Prep
2021	3A	Riley Randall	Meeker
2021	2A	Erik Franco	Pathways
2022	6A	Keegan Thomas	Stillwater
2022	5A	Reese Frick	Piedmont
2022	4A	Andrew Smithwick	Lincoln Christian
2022	3A	Jeramiah Tangren	Regent Prep
2022	2A	Riley Bandall	Meeker
2023	6A	Zac Rutherford	Edmond North
2023	5A	Trae Baker	Tahlequah
2023	4A	Clay McKinney	Regent Prep
2023	3A	Levi Haynes	Community Christian
2023	2A	Brayden Cowan	Watonga
2024	6A	Noah Thayer	Mustang
2024	5A	Tesfaye Lire	Guymon
2024	4A	Zachary Williams	Cache
2024	3A	Landon Eubank	Dickson
2024	2A	Braden Cowan	Watonga
2024	A	Reece Hansley	Mooreland
2025	6A	Dominic Matthias	Moore
2025	5A	Carter Gibson	Claremore
2025	4A	Ethan Jones	Cache
2025	3A	Landon Eubank	Dickson
2025	2A	Thomas Odea	Regent Prep
2025	A	Bly Frieouf	Medford

XV. TEAM CHAMPIONS (GIRLS)

Year	6A	5A	4A	3A	2A	A
1975	Edmond					
1976	Union					
1977			Edmond	Union		
1978			Edmond	Union		
1979			Edmond	Union		
1980			Norman	Union		
1981			Norman	Union		
1982			Edmond	Sallisaw		
1983			Edmond	Sallisaw		
1984		Edmond	Pryor	Alva		
1985		Jenks	Tulsa Kelley	Alva		
1986		Tahlequah	Tulsa Kelley	Grove		
1987		Jenks	Pryor	Bishop McGuinness		
1988		Jenks	Pryor	Bishop McGuinness		
1989		Jenks	Pryor	Marlow		
1990		Jenks	Bishop McGuinness	Marlow	Hennessey	
1991		Bartlesville	Tahlequah	Marlow	Beaver	
1992		Moore	Bishop McGuinness	Plainview	Seq.-Tahlequah	
1993		Bartlesville	Bishop McGuinness	Plainview	Beaver	
1994		Jenks	Bishop McGuinness	Marlow	Lexington	

Year	6A	5A	4A	3A	2A	A
1995		Jenks	Bishop McGuinness	Plainview	Velma-Alma	
1996		Westmoore	Bishop McGuinness	Marlow	Lexington	Velma-Alma
1997		Sapulpa	Bishop McGuinness	Little Axe	Lexington	Velma-Alma
1998		Mustang	Bishop McGuinness	Little Axe	Warner	Velma-Alma
1999		Jenks	Bishop McGuinness	Elk City	Plainview	Canton
2000		Jenks	Bishop McGuinness	Marlow	Plainview	Okla. Bible Academy
2001		Jenks	Bishop McGuinness	Madill	Plainview	Okla. Bible Academy
2002		Jenks	Bishop McGuinness	Jay	Watonga	Carnegie
2003		Mustang	Guthrie	Madill	Plainview	Carnegie
2004		Mustang	Bishop McGuinness	Jay	Plainview	Carnegie
2005		Tulsa Union	Bishop McGuinness	Madill	Sequoyah Tahlequah	Haworth
2006		Jenks	Bishop McGuinness	Madill	Plainview	Hennessey
2007		Edmond North	Bishop McGuinness	Madill	Plainview	Watonga
2008	Westmoore	Bishop McGuinness	Seminole	Plainview	Thomas	
2009	Edmond North	Collinsville	Madill	Plainview	Watonga	
2010	Jenks	Coweta	Metro Christian	Plainview	Boise City	
2011	Edmond Memorial	Coweta	Metro Christian	Plainview	Hennessey	
2012	Jenks	Metro Christian	Mount St. Mary	Plainview	Tonkawa	
2013	Norman North	Deer Creek (Edmond)	Plainview	Marietta	Warner	
2014	Bartlesville	Deer Creek-Edmond	Plainview	Marietta	Cordell	
2015	Bartlesville	Claremore	Metro Christian	Marietta	Cordell	
2016	Bartlesville	Bishop McGuinness	Lincoln Christian	Marietta	Warner	
2017	Norman	Bishop Kelley	Plainview	Adair	Boise City/Keyes/Felt	
2018	Deer Creek-Edmond	Bishop Kelley	Kingfisher	Marietta	Boise City/Keyes	
2019	Jenks	Bishop Kelley	Lincoln Christian	Marietta	Watonga	
2020	Owasso	Bishop Kelley	Plainview	Regent Preparatory	Watonga	
2021	Jenks	Bishop Kelley	Cascia Hall	Regent Preparatory	Hooker	
2022	Owasso	Piedmont	Byng	Regent Preparatory	Hooker	
2023	Owasso	Lincoln Christian	Pauls Valley	Metro Christian	Hooker	
2024	Owasso	Bishop Kelley	Lincoln Christian	Cascia Hall	Hooker	
2025	Edmond Memorial	Bishop Kelley	Lincoln Christian	Heritage Hall	Regent Prep	Laverne

XVI. INDIVIDUAL CHAMPIONS (GIRLS)

Year	Class	Name	School
1975		Michelle Brown	John Marshall
1976		Rhona Ray	Norman
1977	4A	Rhona Ray	Norman
1977	3A	Jane Clough	Yukon
1978	4A	Denise Weeden	Edmond
1978	3A	Jane Clough	Yukon
1979	4A	Denise Weeden	Edmond
1979	3A	Rachel Williams	Union
1980	4A	Linda Maguire	Norman
1980	3A	Lori Bushyhead	Union

Year	Class	Name	School
1981	4A	Laura Blackburn	Moore
1981	3A	Lori Bushyhead	Union
1982	4A	Laura McCoy	Norman
1982	3A	Donna Kating	Pryor
1983	4A	Laura McCoy	Norman
1983	3A	Donna Kating	Pryor
1984	5A	Michelle Scholtz	Tulsa Memorial
1984	4A	Alana Gray	Pryor
1984	3A	Angela Harmon	Wynnewood
1985	5A	Michelle Scholtz	Tulsa Memorial
1985	4A	LaVeshia Martin	Okmulgee
1985	3A	Christy Wyatt	Marlow
1986	5A	Michelle Scholtz	Tulsa Memorial
1986	4A	LaVeshia Martin	Okmulgee
1986	3A	Mary Kannmore	Vinita
1987	5A	Alison Uberecken	Bartlesville
1987	4A	Shawna Charley	Noble
1987	3A	Brooke Netherton	Jay
1988	5A	Britt Smith	Jenks
1988	4A	Heather McKillip	El Reno
1988	3A	Randi Thompson	Poteau
1989	5A	Amy Tinker	Jenks
1989	4A	Annette Ackuff	Pryor
1989	3A	Randi Thompson	Poteau
1990	5A	Amy Tinker	Jenks
1990	4A	Michelle Decker	Guthrie
1990	3A	Michelle Goode	Plainview
1990	2A	Natalie Gray	Cascia Hall
1991	5A	Chery Finley	Lawton Eisenhower
1991	4A	Jenni Monette	Claremore
1991	3A	Natalie Gray	Cascia Hall
1991	2A	Amy Herchock	Beaver
1992	5A	Amy Tinker	Jenks
1992	4A	Jessica Hoke	Bishop McGuinness
1992	3A	Natalie Gray	Cascia Hall
1992	2A	Anjanette Proctor	Sequoyah-Tahlequah
1993	5A	Carissa Nix	Jenks
1993	4A	Jessica Hoke	Bishop McGuinness
1993	3A	Natalie Gray	Cascia Hall
1993	2A	Ashlee Barby	Laverne
1994	5A	Melissa Flood	Moore
1994	4A	Ashley Boothe	Bishop McGuinness
1994	3A	Sarah Harvey	Plainview
1994	2A	Amy Armer	Kansas
1995	5A	Corrie Hussar	Mustang
1995	4A	Ashley Boothe	Bishop McGuinness
1995	3A	Kelleigh Sanders	Elgin
1995	2A	Rae Ann McCurry	Velma-Alma
1996	5A	Lindsey Hughes	Westmoore
1996	4A	Ashley Boothe	Bishop McGuinness

Year	Class	Name	School
1996	3A	Leah McCawley	Marlow
1996	2A	Tasha Lance	Victory Christian
1996	A	Rae Ann McCurry	Velma-Alma
1997	5A	Summer Suchy	Westmoore
1997	4A	Amanda Jordan	Bishop McGuinness
1997	3A	Carrie McFall	Cascia Hall
1997	2A	Tasha Lance	Victory Christian
1997	A	Amber Thacker	Velma-Alma
1998	5A	Wendy Scott	Mustang
1998	4A	Amanda Jordan	Bishop McGuinness
1998	3A	Jesse Gordon	Plainview
1998	2A	Miley Turnbull	Warner
1998	A	Beth Hooten	Canton
1999	5A	Brianna McLeod	Jenks
1999	4A	Amanda Jordan	Bishop McGuinness
1999	3A	Susan Morford	Little Axe
1999	2A	Jessie Gordon	Plainview
1999	A	Beth Hooten	Canton
2000	5A	Brianna McLeod	Jenks
2000	4A	Amanda Jordan	Bishop McGuinness
2000	3A	Chandra Huckabay	Marlow
2000	2A	Jessie Gordon	Plainview
2000	A	Heidi Schmidt	Okla. Bible Academy
2001	5A	Alayne Thompson	Jenks
2001	4A	Alicia Dolby	Thomas Edison
2001	3A	Abigail Lillich	Jay
2001	2A	Jesse Gordon	Plainview
2001	A	Brooke Edsall	Lomega
2002	5A	Brianna McLeod	Jenks
2002	4A	Alicia Dalby	Thomas Edison
2002	3A	Carissa Fischer	Weatherford
2002	2A	Kimbri Lettkeman	Watonga
2002	A	Brooke Edsall	Lomega
2003	5A	Chelsea Baldwin	Ponca City
2003	4A	Jamie Theobald	Guthrie
2003	3A	Michaela Brannan	Victory Christian
2003	2A	Taylor Rigsby	Metro Christian
2003	A	Brooke Edsall	Lomega
2004	5A	Ina Ables	Tulsa Union
2004	4A	Lacey Akers	Harrah
2004	3A	Taylor Rigsby	Metro Christian
2004	2A	Sarah Holcomb	Sequoyah Tahlequah
2004	A	Brooke Edsall	Lomega
2005	5A	Ina Ables	Tulsa Union
2005	4A	Lacey Akers	Harrah
2005	3A	Taylor Rigsby	Metro Christian
2005	2A	Chelsea Jones	Watonga
2005	A	Kristen Radcliff	Forgan
2006	5A	Sara Vaughn	Tulsa Union
2006	4A	Molly Ferguson	Bishop McGuinness

Year	Class	Name	School
2006	3A	Jori Davis	Piedmont
2006	2A	Amber Harper	Plainview
2006	A	Kristen Radcliff	Forgan
2007	5A	Sara Vaughn	Tulsa Union
2007	4A	Andrea Lewis	Bishop Kelley
2007	3A	Kadie Peolpes	Madill
2007	2A	Amber Harper	Plainview
2007	A	Heather Braley	Chisholm
2008	6A	Paige Barnes	Jenks
2008	5A	Andrea Lewis	Bishop Kelley
2008	4A	Jori Davis	Piedmont
2008	3A	Danae McGee	Stroud
2008	2A	Angela Bigbiw	Carnegie
2009	6A	Jacquelynn Skocik	Jenks
2009	5A	Jessica Hembree	Tahlequah
2009	4A	Jori Davis	Piedmont
2009	3A	Regan Ward	Beggs
2009	2A	Coriann Hoar	Watonga
2010	6A	Noemi Hernandez	Westmoore
2010	5A	Jessica Hembree	Tahlequah
2010	4A	Kelsey McKee	Metro Christian
2010	3A	Cheyenne Choate	Hennessey
2010	2A	Jaylee Mays	Balko
2011	6A	Emily Helms	Mustang
2011	5A	Christi Dougherty	Coweta
2011	4A	Lindsey Gregory	Madill
2011	3A	Alex Davis	Plainview
2011	2A	Cheyenne Choate	Hennessey
2012	6A	Emily Helms	Mustang
2012	5A	Jessica Hembree	Tahlequah
2012	4A	Sydney Lawrence	Stilwell
2012	3A	Alex Davis	Plainview
2012	2A	Omega Reese	Tonkawa
2013	6A	Cheyenne Walden	Sand Springs
2013	5A	Michaela Werner	Grove
2013	4A	Zoie DeFehr	Weatherford
2013	3A	Daisy Vanmeter	Henryetta
2013	2A	Kailey Kilpatrick	Warner
2014	6A	Cheyenne Waldon	Sand Springs
2014	5A	Sydney Lawrence	Stilwell
2014	4A	Adrena Mazzei	Berryhill
2014	3A	Daisy Von Meter	Henryetta
2014	2A	Berkley Price	Cordell
2015	6A	Cheyenne Walden	Sand Springs
2015	5A	Tesa Potter	Tecumseh
2015	4A	Alyssa Solberg	Lincoln Christian
2015	3A	Daisy Van Meter	Henryetta
2015	2A	Ellie Gilbreath	Regent Prep
2016	6A	Cheyenne Walden	Sand Springs
2016	5A	Laynie Nichols	Claremore

Year	Class	Name	School
2016	4A	Maicie Brown	Weatherford
2016	3A	Barbara Johnson	Heavener
2016	2A	Ellie Gilbreath	Regent Prep
2017	6A	Rilee Rigdon	Bartlesville
2017	5A	Laynie Nichols	Claremore
2017	4A	Kennadi Price	Weatherford
2017	3A	Mandy Kykora	Marietta
2017	2A	Ellie Gilbreath	Regent Prep
2018	6A	Sophie Maag	Norman
2018	5A	Ella Eureste	Bishop Kelley
2018	4A	Kennadi Price	Weatherford
2018	3A	Jaylee Miller	Comanche
2018	2A	Ellie Gilbreath	Regent Prep
2019	6A	Payton Hinkle	Broken Arrow
2019	5A	Ella Eureste	Bishop Kelley
2019	4A	Jordan Hoffman	Weatherford
2019	3A	Tabitha Fox	Jones
2019	2A	Zoe Weaver	Beaver
2020	6A	Payton Hinkle	Broken Arrow
2020	5A	Stailee Heard	Sapulpa
2020	4A	Libby Rowland	Holland Hall
2020	3A	Natalia Cleveland	Regent Prep
2020	2A	Hollie Stalder	Hooker
2021	6A	Payton Hinkle	Broken Arrow
2021	5A	Gwyneth Meyers	Bishop Kelley
2021	4A	Madi Surber	Tuttle
2021	3A	Kaylie Washko	OCA
2021	2A	Kamryn Baggs	Laverne
2022	6A	Liesel Kehoe	Edmond North
2022	5A	Gwyneth Meyers	Bishop Kelley
2022	4A	Isabella Gutierrez	Pauls Valley
2022	3A	Katie Bosley	Ok Christian Ac
2022	2A	Kamryn Baggs	Laverne
2023	6A	Bella Nelson	Owasso
2023	5A	Tennyson Housley	Lincoln Christian
2023	4A	Kenzi Readnour	Pauls Valley
2023	3A	Ryleigh Hodges	Metro Christian
2023	2A	Kamryn Baggs	Laverne
2024	6A	Bella Nelson	Owasso
2024	5A	Gwyneth Meyers	Bishop Kelley
2024	4A	Baylee Woodrich	Lincoln Christian
2024	3A	Ella Stoermer	Cascia Hall
2024	2A	Reese Coleman	Watonga
2024	A	Mia Hegwood	Boise City
2025	6A	Ava Cornelius	Owasso
2025	5A	Sylvie Harper	Bishop McGuinness
2025	4A	Ava Thompson	Byng
2025	3A	Courtney Occhiuzzo	Chisholm
2025	2A	Berkley Jackson	Southwest Covenant
2025	A	Jocelyn Pope	Laverne

