



Boys & Girls Lacrosse

OHSAA Coach & Player Transition Guide

OHIO HIGH SCHOOL ATHLETIC ASSOCIATION
4080 ROSELEA PLACE
COLUMBUS, OH 43214
WWW.OHSAA.ORG

Quick Reference

Introduction to the OHSAA

- Who to Contact
- Scheduling
- Season Dates
- OHSAA Materials and References

General Sport Regulations

- What Can Be Found Here?
- Changes for the 2016-17 School Year

Types of Teams

- School vs Non-School Team
- Non-School Team Limitations

Lacrosse Specific Sport Regulations

- Boys Regulations
- Girls Regulations

Eligibility Overview

- Who to Contact
- May 2016 Release

Coaching

- Coaching Certification Requirements
- Rules Interpretation Meetings

No-Contact Period

- No Contact Period Q & A

Out-Of-Season

- Individual Instruction
- Fall Ball
- Indoor Lacrosse
- Open Gyms

During the Season

- Scrimmages and Regular Season Contests
- Out-Of-State Travel
- National Governing Body Tournaments
- Non-Interscholastic Competition
- During the Season Q & A

Summer (June 1-July 31)

- 10-Day Rule
- Individual Instruction
- Camps

Middle School

- Teams
- Season Date Waivers
- Combined Middle School Programs

Tournament

- Divisions
- Structure

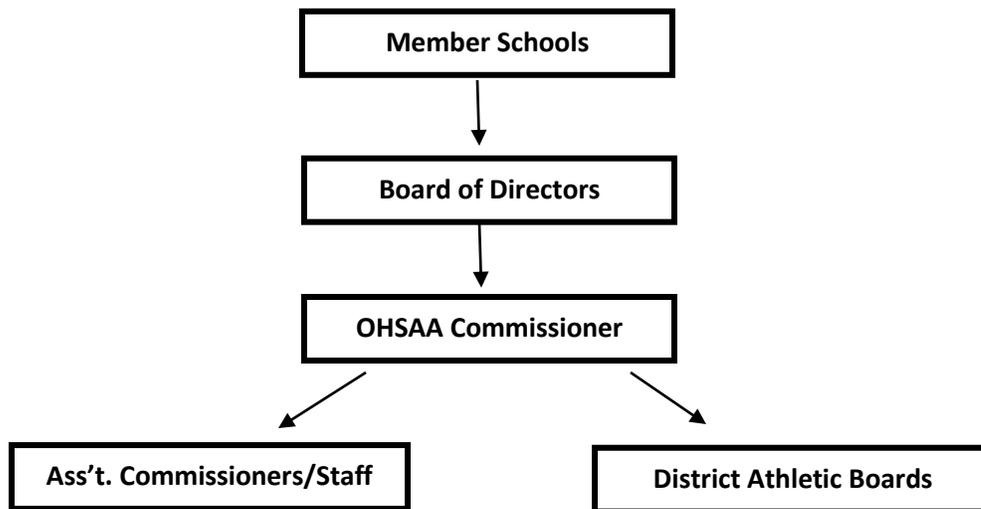
Introduction to the OHSAA

The OHSAA is a member school driven organization. Its members determine its rules and regulations either by direct vote or through representation to its governing board – referred to as the Board of Directors. Rules and regulations are referred to in the OHSAA policies as “Bylaws”, “General Sport Regulations” and “Specific Sport Regulations”. Briefly, this is how they are devised and what they mean.

Bylaws: Bylaws are a set of rules and regulations that must be voted upon by the member schools. Each year, the member schools (in spring) have an opportunity to vote ‘yea’ or ‘nay’ on any proposals brought forth as changes. Before these changes are brought for a vote, the elected Board of Directors must approve them for “referendum:”. This assures that the members have a voice in any changes that are being proposed and ultimately approved or denied. These changes can be recommended by member schools, Board of Director members or the OHSAA Staff. However, they cannot be changed without a majority vote of the member schools.

General Sport Regulations: General Sport Regulations are a set of rules that govern specific aspects of all sports. No-Contact Periods, out of season coaching, restrictions on players outside the season, etc. are all part of the General Sport Regulations. General Sport Regulation changes are generally proposed by Coaches’ Associations or Sport Advisory Groups, the OHSAA’s elected Board of Directors, or the OHSAA staff. Changes to these regulations do NOT need member school approval – only the approval of the elected Board of Directors.

Sport Specific Regulations: Sport Specific Regulations – just as the name implies – are *specific* to each sport. The start date of a season, how many halves/quarters are permitted by each player per season, the number of scrimmages and regular season contests permitted are all examples of “Sport Specific Regulations”. These regulations are approved annually by the OHSAA’s elected Board of Directors and changes are proposed by Coaches’ Associations or Sport Advisory Groups, the elected Board of Directors or the OHSAA’s Sport Administrator for that sport.



Who to Contact

Your school athletic administrator should always be your first point of contact for all OHSAA related questions.

Beau Rugg Assistant Commissioner Lacrosse Sport Administrator
Jenn Close Program Coordinator Lacrosse Sport Administrator
Lissa Fickert Director of Officiating Development- Girls Lacrosse
Lee Spitzer Director of Officiating Development- Boys Lacrosse

brugg@ohsaa.org
jclose@ohsaa.org
oslahs@gmail.com
laxspitz@columbus.rr.com

Scheduling

The OHSAA does not oversee regular season scheduling. Scheduling is done through individual schools and by some leagues. All contests are memorialized by contract. Approved league schedules are recognized as binding contracts.

Season Dates

	2017	2018	2019	2020	2021	2022
Boys Lacrosse						
Coaching Begins	2/20	2/19	2/18	2/24	2/22	2/21
First Date for Full Practice	2/23	2/22	2/21	2/27	2/25	2/24
Season Begins	3/17	3/16	3/15	3/20	3/19	3/18
Non-Interscholastic Date	4/17	4/16	4/15	4/20	4/19	4/18
Regional Qualifying	5/13-5/18	5/12-5/17	5/11-5/16	5/16-5/21	5/15-5/20	5/14-5/19
Regional Quarterfinals	5/17-5/20	5/16-5/19	5/15-5/18	5/20-5/23	5/19-5/22	5/18-5/21
Regional Semis & Finals	5/22-5/27	5/21-5/26	5/20-5/25	5/25-5/30	5/24-5/29	5/23-5/28
State	5/30-6/3	5/29-6/2	5/28-6/1	6/2-6/6	6/1-6/5	5/31-6/4
Season Ends	6/3	6/2	6/1	6/6	6/5	6/4
Easter	4/16	4/1	4/21	4/12	4/4	4/17
Girls Lacrosse						
Coaching Begins	2/20	2/19	2/18	2/24	2/22	2/21
Season Begins	3/17	3/16	3/15	3/20	3/19	3/18
Non-Interscholastic Date	4/17	4/16	4/15	4/20	4/19	4/18
Regional Qualifying	5/13-5/18	5/12-5/17	5/11-5/16	5/16-5/21	5/15-5/20	5/14-5/19
Regional Quarterfinals	5/17-5/20	5/16-5/19	5/15-5/18	5/20-5/23	5/19-5/22	5/18-5/21
Regional Semis & Finals	5/22-5/27	5/21-5/26	5/20-5/25	5/25-5/30	5/24-5/29	5/23-5/28
State	5/30-6/3	5/29-6/2	5/28-6/1	6/2-6/6	6/1-6/5	5/31-6/4
Season Ends	6/3	6/2	6/1	6/6	6/5	6/4
Easter	4/16	4/1	4/21	4/12	4/4	4/17

OHSAA Materials and References

Girls Lacrosse Coaches and Officials Manual- Posted on OHSAA website late fall 2016

Boys Lacrosse Coaches and Officials Manual- Posted on OHSAA website late fall 2016

Girls Lacrosse Tournament Regulations- Posted on OHSAA website early 2017

Boys Lacrosse Tournament Regulations- Posted on OHSAA website early 2017

General Sport Regulations

Complete OHSAA Bylaws can be found at www.OHSAA.org.

Complete OHSAA General Sports Regulations can be found at: <http://ohsaa.org/sports/rglts/GeneralSportsRegulations.pdf>

What Can Be Found Here?

The OHSAA's General Sports' Regulations are just that – “General” in nature and are written to address all OHSAA Sponsored Sports, its coaches and its players. They differ from “Bylaws”. These General Sports Regulations ‘trump’ all individual sport regulations and are written to define the ‘what you can do’ and the ‘what you cannot do’ as coaches and student-athletes. The OHSAA categorizes its sponsored sports into 2 basic categories – **TEAM** sports and **INDIVIDUAL** Sports thus these General Sports Regulations are written as such.

Changes for the 2016-17 School Year

Sports Regulation 11.2, No Contact Periods

The Change: Added the sports of Boys' & Girls' Lacrosse to this regulation and also changed the first no contact period before school starts (for baseball, basketball, ice hockey, lacrosse and softball – lacrosse added) **to August 1 through August 31** (rather than going from four weeks before Labor Day to Labor Day).

The Rationale: *This no-contact period was initially established to give kids/coaches a break but also to permit the start of fall sports without the influence to be involved in other sport season open gyms, etc. When this was created, fall practices general began '28 days prior to Labor Day'. Now, with fall practices beginning August 1, this merely made sense to make the No-Contact Period coincide with that. And...simpler.*

Sports Regulation 14.2, Ejections for Coaches

The Changes: Added that the penalty is different for the sport of wrestling since “points” are utilized. Also added that *coaches* also have a penalty if they are ejected during a scrimmage or preview.

The Rationale: *Wrestling has always been different because it utilizes 'points' instead of contests and therefore it needed to be explained that ejected players/coaches were out for a specific number of POINTS. Also, a change was made a year ago to place a suspension on players when ejected from a scrimmage. It was intended to include coaches in that language/suspension but was omitted. Now it is there*

Sports Regulation 7.5.1, Regulations Permitting Coaches to Coach Their Own Athletes on Non-School Teams Outside the School Team's Season (10-Day Rule for Team and Selected Individual Sports)

The Change: This is a MAJOR Change. Added an exception to the regulation that prohibits coaches from coaching players from their own schools outside the season of play (except during June and July) in team play (anything involving more than 4 individuals from the coach's school teams). Previously, even a school coach who is also a parent of a player on his/her school team was not permitted to coach their own son/daughter in any team play except during the June/July window. Now they (and ANY school coach) will be able to do that **at the 7-8 grade level only.**

The Rationale: *It is the belief that more and more parents are serving as school coaches at the 7-8 grade level. The previous regulation – as mentioned above – prohibited them from coaching their own child in any non-school (Club/Travel/AAU) sport outside the season. This will now permit them and rather than just trying to permit JUST a parent – it was agreed to permit ANY school coach 7-12 the opportunity to do this at the 7-8 grade level. In other words, any coach at any level is now permitted to coach an out of season team consisting of 7-8 grade players (only) from their school. Obviously this will be experienced more by parents than anyone else. Again, ONLY at the 7-8 grade level.*

Types of Teams

School vs. Non- School Team

Sport Regulation 7.1.1) **Definition of a Non-School Program or Team** – A non-school (non-interscholastic) program, also known as a non-school team, is one in which a student-athlete participates in team play or as an individual, and that program or team is not under the direct or indirect control of the OHSAA member school. This means the OHSAA member school does not sponsor (one that is Board of Education- or other governing board-approved), supervise or have financial responsibility for that non-school program or team.

The non-school program or team may be composed of participants in grades 7 through 12 and may be located within or operate outside the OHSAA member school. Admission may be charged and fees or expenses may be collected for training and/or competitions sponsored by that non-school program or team. It is not necessary for a coach to be present or for instruction to be given for a program or team to be considered a non-school program or team.

Examples of or names associated with non-school programs or teams are: church, intramural, rec (recreation), YMCA, CYO, AAU, USAVB, USSF, USA Swimming, all-star, club, non-interscholastic or any combination of players involved in team play.

Sport Regulation 7.1.2) **Definition of a School Program or Team** – A school (interscholastic) program or team is one in which a student-athlete participates in team play or as an individual, and that program or team is under the direct or indirect control of the OHSAA member school. This means the OHSAA member school sponsors, supervises or has financial responsibility for that program or team.

Non- School Team Limitations

OHSAA Sports Regulations limit the number of participants on any non-interscholastic roster to no more than 50% of those that make up a starting lineup of a team. In girls lacrosse that number is 6 and boys lacrosse it is 5. The only exception to this is explained in Sports' Regulation 7.3.1(f) in which all members of the non-interscholastic squad are siblings (by blood or adoption) and no other player from the same school squad is a participant on the non-school team.

Outside of the June 1- July 31 time period coaches of school teams are NOT permitted to coach their high school student athletes. Middle school coaches are now permitted to coach their athletes out of season as long as teams and players abide by the 50 % limitation.

Lacrosse Specific Sport Regulations

Boys Regulations: <http://www.ohsaa.org/sports/rglts/BLXrglts.pdf>

Girls Regulations: <http://www.ohsaa.org/sports/rglts/GLXrglts.pdf>

Eligibility

Who to Contact

The OHSAA phone policy does not allow phone calls from parents and students. School administrators will be able to assist you with all eligibility related questions.

School principals or athletic administrators have always been the first and preferred contact resource for parents and students. This OHSAA policy reinforces school personnel as the source to whom parents and students must direct their questions. As always, if a school administrator needs assistance in answering a question, they will contact an OHSAA administrator for a "final answer" and then pass it along to the parent or student.

More resources regarding eligibility can be found on the Eligibility page on www.ohsaa.org.

May 2016 Eligibility Release

The information below has been posted on the OHSAA website and was released by our Eligibility Department



Ohio High School Athletic Association
4080 Roselea Place, Columbus, Ohio 43214

Clarification of OHSAA Lacrosse Student Eligibility Standards for 2016-17 School Year

May 2016- In June 2015 the Ohio High School Athletic Association (OHSAA) Board of Directors approved a recommendation from an OHSAA subcommittee that boys and girls lacrosse become sports sponsored by the OHSAA beginning with the 2016-17 school year. Subsequently, lacrosse was assigned to be a spring sport with the first OHSAA statewide tournament series beginning in 2017. To assist with the transition of lacrosse from being an Ohio High School Lacrosse Association (OHSAA)/Ohio Schoolgirls Lacrosse Association (OSLA) sponsored sport to an OHSAA "emerging sport," the Commissioner's Office has developed this summary of the required eligibility standards, found within Bylaw 4, Student Eligibility, all lacrosse players will have to meet.

- **Age Limitation-** At the high school level, once a student attains the age of 20 the student will no longer be eligible for lacrosse. If a student enrolled in grade 7 or 8 attains the age of 15 before August 1, the student shall be ineligible to participate in 7th & 8th grade lacrosse for the school year commencing in that calendar year. There are exceptions to this Bylaw outlined in the OHSAA Handbook under Bylaw 4-2.
- **Enrollment and Attendance-** All lacrosse students must be enrolled in and attending full-time in accordance with all duly adopted Board of Education or similar governing board policies of that school. There are exceptions to this Bylaw outlined in the OHSAA Handbook under Bylaw 4-3.
- **Scholarship-** All lacrosse students will be required to meet the scholastic standard found in Bylaw 4-4-1 in the immediately preceding grading period. For example, in order to be eligible for the first part of the season, which may begin during the third grading period, a student would need passing grades in five one credit courses or the equivalent (OTE) at the end of the 2nd grading period. The same would hold true for the bulk of the season which takes place during the 4th grading period - i.e. passing grades in five one credit course OTE at the end of the 3rd grading period. There are exceptions to this Bylaw outlined in the OHSAA Handbook under Bylaw 4-4.
- **Conduct, Character & Discipline-** In matters pertaining to personal conduct in which athletic contests and their related activities are not involved, the school itself is to be the sole judge as to whether the student may participate.
- **Residence-** A student whose parents reside outside the state of Ohio will be ineligible for lacrosse at a member school. There are exceptions to this Bylaw outlined in the OHSAA Handbook under Bylaw 4-6.
- **Transfers- *For the sport of lacrosse, any student who transfers schools after August 1, 2016*** (i.e. the "date of enrollment" as listed in the student's profile is after August 1, 2016) shall be ineligible for all contests, including all scrimmages, until the first 9 contests have been competed in lacrosse (GIRLS - then eligible for no more than 23 halves for the remainder of the regular season; BOYS- then eligible for no more than 46 quarters for the remainder of the regular season). Students who transfer prior to the August 1 date, and are not accountable to the transfer bylaw

for lacrosse, will still be accountable to the 50% consequence in all other sports played in the previous 12 months. There are exceptions to this Bylaw outlined in the OHSAA Handbook under Bylaw 4-7.

- **International & Exchange Students-** International & Exchange students are ineligible for lacrosse in Ohio. There are exceptions to this Bylaw outlined in the OHSAA Handbook under Bylaw 4-8.
- **Recruiting-** If a student-athlete is recruited in the sport of lacrosse, as recruiting is defined in the OHSAA Handbook under Bylaw 4-9, the student shall be ineligible upon enrollment to the new school.
- **Amateur-** An athlete forfeits amateur status, and thus interscholastic athletic eligibility in the sport of lacrosse, if any of the standards of amateurism outlined in the OHSAA Handbook under Bylaw 4-10 are violated.

NOTE: This document is not intended to be an all-encompassing review of eligibility standards. Its purpose is to be a summary overview to assist students and parents. School administrators are expected to continue to conduct their due diligence when reviewing each student's eligibility.

Coaching

The OHSAA defines coaching as: providing instruction or being present with a team or individual during contests, tryouts, training and practices. If a school coach, whether paid, volunteer or designated, is approved for his/her coaching position by a Board of Education or similar governing board prior to June 1, the coach is accountable to all OHSAA rules and regulations beginning June 1. For additional regulations on school coaches, see Bylaw 6.

The OHSAA's General Sports Regulations define what coaches may do outside the season of play. These regulations **MUST BE UNDERSTOOD BY ALL COACHES**. A few simple facts:

- **Coaches are expected to know, understand and abide by all General Sports Regulations**
- **Member schools AGREE to abide and self-enforce the General Sports Regulations**
- **All Coaches, whether PAID or VOLUNTEER are bound by ALL General Sports Regulations**

The following areas are often misunderstood and violated. Though difficult in today's world, it is important to understand the role of ETHICS as they relate to high school sports – not only in Ohio but across the nation. The regulations governing high school athletics in Ohio are voluntarily enforced **by the member schools**. No doubt, this is a challenge in today's world. But the fact remains; the regulations are created by the very member schools of the OHSAA. It is the responsibility of the OHSAA to help with the education of these regulations and the schools AND COACHES to self-enforce them. It is generally 'easiest' to break these regulations affecting coaches into FOUR general categories:

- **During the Season**
- **Summer Rules (June 1 – July 31)**
- **The No- Contact Period**
- **Outside the Season (except during June/July)**

Coaching Certification Requirements

As outlined in Ohio Administrative Code, **ALL COACHES** of Middle School/Jr. High and High School teams **MUST** possess a "Pupil Activity/Coaching Permit" to coach in Ohio. This includes paid coaches AND volunteer coaches. School administrators are responsible for maintaining records on compliance and most schools provide opportunities for their coaches to obtain the necessary coursework. Information on obtaining your Permit can be found at:

<http://education.ohio.gov/Topics/Teaching/Educator-Licensure/Audiences/Coaching-Permits>

To obtain the required certificate through the ODE, one must:



- Have completed a Sports' First Aid Course
- Possess a valid CPR Card
- Have been approved by their local Board of Education or similar governing body
- Complete the NFHS Fundamentals of Coaching course
- Complete 1 of the 2 approved Concussion Recognition/Management Courses

Completion of the NFHS Fundamentals of Coaching course was made part of the requirement to coach in Ohio as a result of Board of Directors action in June of 2008. Completion of an approved "Concussion Course" was signed into law effective April of 2013.

Rules Interpretation Meetings

Any school sponsoring a sport recognized by the OHSAA in which a state tournament is held, must have the head varsity coach or assistant varsity coach in that sport or the athletic administrator attend or participate in an OHSAA-sponsored state rules interpretation meeting in that sport if such a meeting is held in order for teams or individuals from that school to be eligible to enter the OHSAA-sponsored tournament.

Rules interpretation meetings will be offered throughout the winter; more information can be found on the Lacrosse page at www.OHSAA.org.

No Contact Period

All team sports are required to observe a “No-Contact Period” for their sport. Sometimes known as a “Dead Period”, the time period is different for different sports. The fundamental purpose of this “No-Contact Period” is to give student-athletes a time to ‘get away’ from a long season that just ended while also protecting the start-up period for the next season’s sports and therefore encouraging multi-sport participation. Below is an overview of the “No-Contact Period” and its effect on coaches and players for **Lacrosse**:

1. The following sports must observe an additional No-Contact Period **during the month of August** (August 1 – August 31) of each year: Ice Hockey, Boys’ Basketball, Girls Basketball, Girls and Boys Lacrosse, Baseball & Softball.
2. During a No-Contact Period, board approved 7-12 school coaches are not permitted to have sport related contact with players that played for their school teams (7-12) during the previous season. This “sport related contact” includes – but is not limited to:
 - Conducting Open Gyms/Open Nets/Open Facilities for individuals that played for the school teams (7-12) the previous season.
 - Physical Conditioning Programs
 - Viewing Video/films
3. All coaches that observe an August No-Contact period MAY **supervise** the weight room. This is not to be confused with ‘conditioning programs’ or ‘open fields’ which CANNOT occur during the No-Contact Period. But supervision of the weight room CAN now take place by coaches. This became effective with the 2015-16 school year.

COMMENT: This was done primarily to permit schools that cannot afford to have separate strength coaches that permit lacrosse players to lift during this time to be on the same level playing field as schools that DO have that ‘luxury’ of separate strength coaches.
4. There are no differences between paid and volunteer coaches relative to OHSAA Sport Regulations. Thus, paid coaches and volunteer coaches are bound by the same regulations regarding No-Contact Period.
5. There is NO waiver provided for school coaches to coach their own sons/daughters in team play during any No-Contact Period.

EXAMPLE: The freshman lacrosse coach at Ronald Regan High School has a son that plays on the “Team Earth Red/Blue Elite Premier Superstar Intergalactic” Travel Lacrosse team. That freshmen coach also served as the head coach of that “Travel” team between June and July and wants to continue doing so during the August No-Contact period. He is not permitted to do that as he must comply with the No-Contact Period whether it is his son or not.
6. School Administrators are expected and required to monitor compliance as a condition of membership in the OHSAA.

The purpose of the “No-Contact Period” is essentially 2-fold:

1. Give the kids **AND COACHES** a break!
2. To permit the fall sport season to begin without undue influence on lacrosse players to play fall ball, etc. and thus prohibiting them from participating in a fall sport at the school.

No-Contact Period Q & A’s

Q: Can players meet to turn in equipment and be provided an evaluation of the previous season?

A: Yes. That is permitted as long as it is done during the equipment turn-in time. You can provide them information for your season-ending awards program, etc.

Q: Can players attend Awards Banquets during this time?

A: Yes.

Q: Are players permitted to meet regarding college plans or with a college recruiter that may come?

A: Yes.

Q: Can players ‘weight lift’ in the school’s weight room during the no-contact period?

A: Yes. Effective the 2015-16 school year, supervision of the weight room is now permitted during No-Contact Periods.

Q: Does the No-Contact Period apply to someone that was just a volunteer on my staff?

A: Yes. All coaches, whether paid or volunteer must be approved by your board of education, must have an ODE issued Pupil Activity Permit and are under all regulations of the OHSAA just as the paid coaches are.

Out-Of-Season

For explanation purposes, the “Out-of-Season” period is defined as the period:

- Outside the defined season of play (official start date to team’s last contest),
- Outside the “No-Contact Period”
- Outside of June 1 – July 31

Below is an overview of the “Out-of-Season” Regulations and its effect on coaches and players.

COACHES:

1. All OHSAA sponsored sports have a defined Start Date and End Date for each sport season.
2. Sports Regulation 7 defines all activities that can be conducted by coaches and participated in by players during ‘Out-of-Season’ time.
COMMENT: All Sports Regulations are approved annually by the OHSAA’s elected Board of Directors that represent the schools that voluntarily join the OHSAA. Their voluntary membership (which is free) is also an agreement to monitor, comply and administrate the OHSAA’s Sport Regulations.
3. During the Out-of-Season period, school lacrosse coaches for grades 9-12 are not permitted to coach individuals in grades 9-12 that played for **their school team** the previous season in team play at any time. They MAY utilize the permissions in Gen. Sports Reg. 8.2.1 (Individual Instruction Regulation)
COMMENT: A school **7-8 coach** may coach an individual in **grades 9-12** in team play during the Out-of-Season period.
4. During the Out-of-Season period, school lacrosse coaches in grades 7-8 are not permitted to coach individuals in grades 7-8 that played for **their school team** in team play at any time. They MAY utilize the permissions in Gen. Sports Reg. 8.2 (Individual Instruction Regulation)
COMMENT: A school 9-12 coach may coach an individual in grades 7-8 in team play during the Out-of-Season period.
5. Players grade is considered to be the current grade they played in the previous season until August 1 of the next school year.
EXAMPLE: An 8th grader that played lacrosse for Spiro T. Agnew Junior High during the previous season remains considered an 8th grader for this regulation until August 1 of the next school year.
6. Volunteer coaches and Paid coaches must comply with all regulations.
COMMENT: All individuals in the state of Ohio that work with student-athletes as part of a school program whether paid or volunteer, are required to be approved by their respective Boards of Education (or governing body). Therefore, there is no distinction regarding off-season regulations whether a coach is paid or not and must comply. ALL must comply.
7. Coaches that indicate they will not return to coach the team the next season are still under the Out-of-Season Regulations for the school they coached at the previous season.
8. There is no regulation that would prohibit a school coach from coaching individuals in team play from other schools.
9. There is no regulation that would prohibit a school coach from coaching individuals in team play that played for a non-member school.
COMMENT: Many middle schools/junior highs are members of the Catholic Youth Organization (CYO) and not the OHSAA. Individuals that play in the CYO programs are not under OHSAA regulations and therefore there is no regulation prohibiting school coaches from coaching them.
10. A school coach (paid OR volunteer) that is also a parent of a player that plays for the same school is not provided an exception that would permit him/her to coach his/her son/daughter on an out-of-season team.
EXAMPLE: Mary Doe is a volunteer assistant coach for Will Ferrell High School’s girls’ lacrosse team. Mary has a daughter that played freshmen lacrosse during the previous season for WFHS. Mary is NOT permitted to coach a ‘travel/club’ team outside the season of play that her daughter is on - except during June and July.
11. School Administrators are expected and required to monitor compliance as a condition of membership in the OHSAA.
12. Attendance at any Out-of-Season Activity cannot be made mandatory nor considered to be criteria for team selection in the coming year.

PLAYERS:

1. Individuals that played for a school sponsored team the previous season are governed by the Out-of-Season Regulations.
2. Individuals that played for a school sponsored team the previous season are permitted to receive INDIVIDUAL INSTRUCTION anytime during the season or out-of-season. They may receive this instruction individually OR in a group **BUT** the instruction must be INDIVIDUAL instruction.
COMMENT: Individuals are not permitted to receive TEAM instruction. This prohibits a group of players that played for a school team the previous season from getting together and being coached in team concepts outside the season.

Individual Instruction

These regulations were adopted by the OHSAA's Board of Directors to provide an opportunity to school coaches for them to provide fundamental skill instruction to individuals. **They were NOT designed to increase or add any additional time for TEAM instruction.**

Effective with the implementation of this regulation, coaches approved by a school's Board of Education (or other governing body) will be permitted to provide **INDIVIDUAL SKILL INSTRUCTION** to individuals that participated on their school team(s) the previous season. A few of the parameters:

- Mandatory attendance at any Individual Instruction is not permitted.
 - Individual instruction may NOT take place during currently defined 'no-contact period' of August 1-31.
 - There will be a limit of 4 (four) individuals in all combined facilities where the instruction is taking place. There is no designation of whether any of the 4 played for the school team or not. In other words, there is a limit of 4 individuals whether they played the sport the previous season or not. FOUR individuals period. There cannot be 4 'offensive players' and 4 'defensive players'. There will be a limit of FOUR total in all combined facilities. "Four means FOUR".
 - 10 days of instruction will continue to exist during June and July. Any part of a day during June and July in which more than 4 individuals are present (as currently defined in the General Sports Regulation 8.3.1) permitting Individual instruction will count toward one of the 10 days permitted.
 - It is the responsibility of each school to understand, comply and enforce the parameters of this General Sports Regulation.
1. Now that a school coach is permitted to provide INDIVIDUAL instruction outside the season of play, what is the intent of this regulation?
Answer: First, the regulation intends to permit EDUCATION-based (school) coaches to be on the same level as non-school based coaches. School coaches are trained as education-based coaches and the feeling is to provide the same opportunity for these coaches that non-school coaches currently have.
 2. Does this mean I can coach my TEAM during "Club" lacrosse and other times outside the season now?
Answer: No...no more than you were permitted in the past. The OHSAA permits a school's entire coaching staff a total of 10 days of instruction/team coaching between June 1 and July 31. This regulation has not changed. There was no intent to increase or decrease the number of days before or during June 1 – July 31. The regulation was changed to provide coaches the opportunity to provide INDIVIDUAL instruction to players.
 3. So, how do you define INDIVIDUAL instruction?
Answer: The coach may provide individual instruction (utilizing the definition of 'coaching') for no more than FOUR players in all combined facilities where the instruction is taking place.
 4. What if I have 1 player present, is that ok?
Answer: Yes, because the limit is 4.
 5. What if I have 4 players present, is that ok?
Answer: Yes, because the LIMIT is 4.

6. What if I have 4 players present and 4 of my coaches present, is that ok?
Answer: Yes, because the limit is 4 INDIVIDUALS receiving instruction present.
7. What if I am working with 4 players and a volunteer assistant coach is working with 4 others on the other end of the field, is that ok?
Answer: No, because the limit is 4 in all combined facilities where the instruction is taking place.
8. What if we simply ‘drop a curtain’ in the gym so 4 players are being instructed on one end of a gym while 4 others are being instructed on the other. Is this ok?
Answer: No, because the limit is 4 in all combined facilities where the instruction is taking place.
9. If there are other individuals on the field but the coach(es) are only working with 4 individuals at a time, is this ok?
Answer: No, because the limit is 4 in all combined facilities where the instruction is taking place.
10. Can I have 2 current 11th graders and 2 current 8th graders present to make the total number 4 receiving instruction?
Answer: Yes, because the limit is 4 and the restriction on 9-12 players with 7-8 players is not in effect outside the season of play.
11. But, based upon the above, I thought 7-8th graders could not participate/play with 9-12th graders.
Answer/Comment: That regulation is true during the season of play and not in effect outside the season. Local school policy may determine whether you are permitted to do this or not. Ask your school Athletic Director?
12. But, wouldn't this new regulation permit me to coach my son or daughter's team in the off-season such as in Club Lacrosse....since my son/daughter would only be ONE person?
Answer: No. First, because it would be in TEAM play and not individual skill instruction. Secondly because “4 MEANS 4” – though your son or daughter may be ONE person, there are going to be MORE than 4 present in the competition in all team sports.
13. May a player receive individual skill instruction during the school's sport season from a non-interscholastic (“Club”/”Travel”/”AAU”, etc.) coach?
Answer: While it is not the position of the OHSAA to encourage outside instruction during the school season, individual skill instruction MAY be received by a squad member at any time in individual lessons *provided* that these individual skill instructions do not violate any Board of Education, school administrators’ or coaches’ policies.

Fall Ball

Fall ball falls within the out-of-season coaching and playing time period. No coaches (other than 7th & 8th grade) may coach their athletes outside of individual instruction. No athletes from the same school team may play in excess of the 50 % limitation (6 girls and 5 boys players). Please see out-of-season individual instruction for more specific guidelines.

Note: There is a separate section in this manual addressing the “Indoor Lacrosse” regulation.

Indoor Lacrosse

As written in the lacrosse specific sport regulation 2.6) Indoor lacrosse shall be defined as a game played by two teams each consisting of not more than 7 players, nor fewer than 2 players, one of whom must be the goalkeeper, and played indoors between the end of the no-contact period and the day before the first day of coaching for the interscholastic season is permitted. The number of interscholastic lacrosse players from the same school on a non-interscholastic squad of an indoor lacrosse roster is not limited. 2.7) In accordance with Sports Regulation 7.5, interscholastic boys lacrosse coaches are prohibited from coaching members of their own interscholastic squad members in indoor boys lacrosse except for 10 days from June 1-July 31.

Open Gyms

Open Gyms (or facilities) are clearly defined in **Rule 10 of the OHSAA Sports' Regulations**. An abbreviated version states:

- A school may open its athletic facilities for **unstructured free play** provided the activity is supervised by a school employee who may remove participants or spectators for disciplinary reasons.
- The school may designate the sport or sports that will be played during the free play period, but **may not limit participation** to a select group of students from within the school. Participation **may** be limited to students enrolled in that specific school.
- There can be no designation of who will play on which team or who will play whom. Only those students participating may be involved in the selection of teams.
- Regulation timing of games is not permitted.
- Written scorekeeping is not permitted.
- No individual invitations, written or oral, are permitted.
- A coach, paid or volunteer, violates the provision of these regulations when the coach requires, suggests or in any way implies that a student's chance to be selected for an interscholastic squad is contingent upon participation at an open gymnasium or facilities program.
- Mandatory attendance at open gyms/facilities is **not permitted**.
- Transporting athletes to a school or non-school open gym/facility is a violation for any member of the coaching staff, paid or volunteer.
- Coaches **may participate** in the unstructured free play in the open gym/facilities.
- Schools **MAY** restrict individuals from observing the open gym/facility activity.

During the Season

Scrimmages and Regular Season Contest

Throughout various OHSAA Bylaws, General Sport Regulations and Specific Lacrosse Regulations, the OHSAA references scrimmages, Previews, Regular season games and Tournament games as “Contests”. This basically means that all administrative regulations are to be followed for ALL contests – whether they are a scrimmage, preview, regular season game or a tournament game.

Each sport has a defined number of scrimmages, Previews and regular season contests that are permitted.

Exceeding the number of contests permitted is a severe penalty – OHSAA Regulations (General Sports Regulation 20) requires being removed from the OHSAA’s post season tournament.

Out-Of-State Travel

The OHSAA is one of the few states that does not limit who its teams participate against. And what this means is:

- Participation against ‘club’ teams is permitted (most states do not permit it)
- Participation by a Varsity team vs a JV team is permitted (most states do not permit it)
- Participation vs teams in a bordering state is permitted an unlimited number of times
- Traveling to participate against a team in a bordering state is permitted an unlimited number of times

For participation against a Team in a NON-BORDERING STATE:

- There is NO limit on the number of times it is permitted if the contest is played in Ohio
- Travel TO participate against a team in a state not bordering Ohio is permitted **one time and only if no school time is missed for the travel to and from and during the competition time.**

This could have an effect on any team that was planning on a ‘southern trip’ to a non-bordering state.

- If you scrimmage another opponent, it must be part of the other team’s allotted scrimmages also. In other words, it cannot be a ‘scrimmage’ for YOUR team and a regular season contest for the OTHER team. ANY contest in a non-bordering state MUST be counted as a GAME or SCRIMMAGE for both schools involved.
- Teams may not travel out of state **JUST to practice** but may practice while out of state for a contest.
- Teams may travel to a non-bordering state ONE TIME ONLY per season only and MAY NOT MISS ANY SCHOOL FOR TRAVEL OR COMPETITION

Relative to regular season ‘in-state’ contests: Teams may schedule games right up until the board adopted “Season Ends” date. This means that even though you are in tournament or eliminated from tournament, you may still schedule (usually ‘make up’) a contest up until this date. Keep in mind that playing this late also eliminates any opportunity for a player to play non-interscholastic lacrosse until the school season is complete.

You may also conduct a “scrimmage” at any point in the season, including during tournament play provided you have a scrimmage remaining (as does your opponent). Just keep in mind that if you scrimmage another team, it must be counted as a ‘scrimmage’ for both teams so that implies that the opponent must have a scrimmage remaining on their schedule as well.

National Governing Body Tournaments

Sport Regulation 7.7.2) **National Governing Body Selection** – After a student becomes a member of a school (interscholastic) team sponsored by the Board of Education or other governing board, the student may participate as a member of a national team, as determined by the National Governing Body in that sport, or in a national or international competition by virtue of his/her past performance in an OHSAA sport. a.) The waiver process, should one exist for a specific sport, is contained within the specific regulations for that sport. b.) A specific waiver in the sport of golf is listed under Golf Regulation 5.2. c.) A specific waiver in the sport of lacrosse is listed under Boys Lacrosse Regulation 2.1 and Girls Lacrosse Regulation 2.1.

Non-Interscholastic Competition

A member of an interscholastic lacrosse squad (grades 7-12) sponsored by the Board of Education **cannot participate in a non-interscholastic Lacrosse program** (such as ‘club or ‘travel’), which includes tryouts, practice and contests as an individual OR a member of a team in the sport of lacrosse anytime during the school team’s season. A student-athlete becomes a member of the school team when he/she participates in a scrimmage, preview OR regular season or tournament game as a substitute OR as a starter.

A member of an interscholastic lacrosse team sponsored by the Board of Education **MAY** participate in non-interscholastic lacrosse (such as ‘club’ or ‘travel’) PRIOR TO and AFTER the school season under the following conditions:

- The number of interscholastic lacrosse players from the same school on a non-interscholastic team is limited to **FIVE (Boys) or SIX (Girls) on the roster** of that non-interscholastic team. This number includes all players that played on the school team in the previous season from grades 9-11*.
 - A player may continue to play with a non-interscholastic squad in a national qualifying tournament only in excess of the 5 or 6 player limit until the squad is eliminated but no later than Labor Day.
 - A player may play in non-interscholastic lacrosse ONLY WHEN the student’s team has completed its season.
- *Graduating seniors are exempt from this particular 5 or 6 player limitation.

Special Note Regarding Non-Interscholastic Lacrosse Teams

Rule 7.2.1 of the OHSAA General Sports’ Regulations addresses Non-Interscholastic Participation by stating: *“A member of an interscholastic lacrosse squad sponsored by the Board of Education **shall not participate in a non-interscholastic program (Tryouts, practice or contest)** as an individual or a member of a team in the sport of lacrosse during the school’s season.” This defines they cannot PRACTICE as well as play in a game. The basic “rule of thumb ‘is that once an individual DOES tryout, practice or compete in a game for a non-interscholastic team, that individual may not ‘come back’ to be part of the high school team. Coaches should have heightened awareness of this at tournament time. As mentioned in the section above, you are encouraged to read the section titled “Frequently Asked Questions” later in this manual to get more in-depth questions answered relative to non-interscholastic lacrosse.*

During the Season Q & A

Q: When can we begin practice?

A: The approved first day of coaching by the OHSAA which is February 20, 2017.

Q: Though practice does begin on the approved date as indicated above, when are we permitted to have TRYOUTS?

A: Tryouts and practice are ‘one in the same’... The approved first day of coaching by the OHSAA of February 20, 2017

Q: How many days do I have to give before making ‘cuts’ or ‘team selections’?

A: The OHSAA does not regulate this. But, common sense is always urged and I STRONGLY recommend you ask this question to your Athletic Director prior to making any ‘cuts’ or team selections (JV-A, JV-B, etc.)

Q: Can we practice on Sunday?

A: That is entirely up to your school. The OHSAA has no restriction prohibiting Sunday practice, like many regulations, we leave it up to the individual school district.

Q: Can kids from a middle school travel team practice or train with us?

A: No. OHSAA Regulations do not permit 7-8 graders to practice or train with 9-12 graders anytime during the defined lacrosse season (August 1 – until the last game).

Q: Can we practice against another school as part of a ‘practice’?

A: You may, but it **must** count as a scrimmage. Anytime two different schools practice together, it must be counted as a scrimmage.

Q: Can I, as the school coach, coach a travel team during my school season?

A: Yes. There are no regulations that prohibit this. I always remind coaches doing this they are NOT exempt from any “Recruiting Bylaws” within the OHSAA’s Bylaws. You may not coach your own athletes.

Q: During the season, a player is invited by a college to ‘workout’ or come to a “college ID camp” for them to determine if they might get athletic grant-in-aid money. Is this permissible for the player?

A: NO. This is a growing concern and any participation violates the Non-Interscholastic Regulations and will result in **ineligibility** for the player.

Q: There continues to be a reference to “non-interscholastic” lacrosse. What is considered ‘non-interscholastic’ lacrosse?

A: ANYTHING that is not the school sponsored team. This includes but is not limited to ‘club’, ‘travel’, ‘Rec.’, collegiate tryouts/workouts, and includes any training, practicing, competing or even ‘trying out’.

Summer (June 1- July 31)

Between June 1 and July 31, the out of season and non-interscholastic regulations change considerably. The regulations governing school programs are often known as “Summer Rules”. OHSAA Regulations in place during this time period have an impact on both **coaches** and **players**. Below is an overview of how the period between June 1 and July 31 affect each:

COACHES

1. Coaches may provide individual or team instruction anytime between June 1 and July 31. **INDIVIDUAL INSTRUCTION** is defined as ‘one on one’ anytime 4 individuals or less that played for the school team the previous season are present. **TEAM INSTRUCTION** is defined as any instruction – team or individual – that takes place when MORE THAN 4 individuals that played for the school team the previous season are present.
2. There is a limit of 10 total days that an entire coaching staff combined may provide any team instruction (more than 4 present).
3. There is a ‘separation’ of the team instruction days permitted for 7-8 grade and 9-12 grade. In other words, there are 10 total days of instruction permitted for 7-8 graders and 10 total days permitted for 9-12 graders.
4. General Sports’ Regulation 7.5 is in effect during June and July, as it is in other times of the year. This simply means that anytime ALL the conditions of this regulation are met, the regulation may be used independently of the 10 days permitted for TEAM instruction.
5. EXAMPLE: If a “JV coach” is providing instruction to one player or several players, and the head coach is providing instruction to one player or several players at another location on the same day – it counts as one of the 10 days permitted.
6. Volunteer coaches and Paid coaches are treated the same – they are under the same OHSAA Regulations.
7. All Volunteer coaches and Paid coaches are identified by where they coached the previous season. EXAMPLE: If a volunteer coach that coached during the most recent season indicates he/she will not return to coach at the school the next season, they are STILL regulated by the OHSAA ‘out of season’ coaching regulations.
8. New coaches to a school district are not provided exceptions – they are NOT given ‘more’ days nor are they permitted any extension of the 10 days past July 31.
9. A new coach to a school district is considered a coach at that school and immediately under the ‘out of season’ coaching regulations as soon as the school names him/her as the coach of that school – regardless of when that person signs a contract.
10. When school coaches coach a team comprised of members of the previous year’s team’s **IN TEAM PLAY** (important), anytime there are more than 5 (boy) or 6 (girl) individuals that played for the school’s 9-12 teams the previous season present on the team (whether on the court/field or as substitutes) the day of coaching is counted as 1 of the 10 days permitted. Anytime there are 5/6 or less **IN TEAM PLAY**, the day would not count as one of the 10 permitted.
11. Attendance at “Team Play” or “Individual Instruction” **CANNOT** be mandated to individuals or be part of any implied decision for team selection during the regular season.
12. School Administrators are expected and required to monitor compliance as a condition of membership in the OHSAA.

PLAYERS

1. “Players” are identified as those that played for the 9-12 school sponsored team the previous season and those that played for 7-8 school sponsored team the previous season. EXAMPLE: All players that played for a freshmen, JV or Varsity team the previous season ‘count together’. All players that played for a 7-8 team the previous season are counted together but separately from 9-12.
2. Individuals that did not play for a school sponsored team the previous season do not count in any of the out-of-season regulations affecting players.
3. Individuals that “indicate” they are NOT going to play NEXT season still count in the out-of-season regulations if they played the previous season.
4. There is NO LIMIT to the number of players from the previous year’s school sponsored teams that may play together between June 1 and July 31.
5. There is no restriction anytime outside the season of play (including June and July) that would prohibit 8th graders from playing with 9-12 graders. The restriction ONLY exists during the defined sports season.
6. Players are considered in their ‘current grade’ until August 1 of the upcoming school year.
7. During the June 1 – July 31 period of time, there is no regulation that prohibits a player from “School A” playing on a team with members of “School B”. “Anyone may play with anyone” during the June/July period of time.

10-Day Rule

Sport Regulation 7.5.1) **Team and Selected Individual Sports** – Members of a school team’s coaching staff in the team sports of baseball, basketball, field hockey, football, ice hockey, lacrosse, soccer, softball and volleyball and the individual sports of cross country, track and field and wrestling may coach students from their school teams for a maximum of 10 days from June 1 through July 31. In addition:

- a.) The 10-day limitation applies to the entire coaching staff. Each individual coach is not entitled to 10 different days for coaching. Ten days refers to any amount of time utilized during those 10 days (i.e. the regulation does NOT permit 240 total hours of coaching... 10 days of 24 hours each).
- b.) In the sport of football, only non-contact football is permitted.
- c.) The Board of Directors may further limit the number of contact days during this period as specified in the specific sports regulations.
- d.) See General Sports Regulation 8.2.1 for regulations pertaining to out-of-season instruction, which is different than this regulation on coaching.

Exception 1: A paid or unpaid school (interscholastic) coach employed by a Board of Education or other governing board may coach students from his/her school teams without limitation from June 1 through July 31 so long as the 50 percent limitation is observed. See General Sports Regulation 7.3.1 for more details on the 50 percent limitation.

Exception 2: So long as the 50 percent limitation is observed, a paid or unpaid school (interscholastic) coach employed by a Board of Education or other governing board may coach students from his/her school teams team in a national qualifying tournament after July 31 until the team is eliminated from the tournament but no later than Labor Day.

Exception 3: Coaches employed by a Board of Education or other governing board to coach students in 7th and 8th grade may coach students from his/her school team without limitation so long as the 50 percent limitation is observed.

Exception 4: Graduating seniors are exempt from the 50 percent participation limitation and may be coached by a coach employed by a Board of Education or other governing board once the graduating senior’s school season in the same sport has been completed.

Individual Instruction

This is all defined within Sports Regulation 7 of the OHSAA’s General Sports Regulations. Individual Instruction may occur during the summer months in addition to the off-season. Here are a few basics and repeats:

of the regulation:

- **Team members may receive INDIVIDUAL INSTRUCTION anytime outside the season of play**
- **Team members may receive INDIVIDUAL INSTRUCTION DURING the season of play by ‘outside’ individuals unless the school or team coach has a policy against it.**
- **INDIVIDUAL INSTRUCTION is defined as nothing more than 1 vs 1**
- **Team members may receive any INDIVIDUAL INSTRUCTION in an Individual or Group lesson**
- **Each day of Instruction by a school coach, whether paid or volunteer, during June and July must count as 1 of the 10 days of instruction permitted from June 1 – July 31 if there are more than 4 individuals present.**
- **General Sports Regulation 8.2 that permits SCHOOL COACHES to provide instruction outside the season to *‘no more than 4 individuals in all the combined facilities where the instruction takes place’* IS PERMITTED during the summer months also. Anytime there are MORE than 4 individuals present, the day of instruction would have to count toward the 10 days permitted to a coaching staff.**

Camps

Many different types of instruction often fall under the general term of “camps”. Camps can be conducted by school coaches but must fall under all previously mentioned OHSAA regulations regarding out of season instruction. A camp conducted during June and July would be permissible and would count toward the 10 days of instruction permitted **anytime there are more than 5 (boy) or 6 (girl) individuals present that played for the school teams the previous season.** If there are 5/6 or less then the 50% rule is in effect and this will not count toward your 10-days of instruction.

Middle School

Teams

7th & 8th grade students and teams must follow all OHSAA Bylaws and Sport Regulations. Specific 7th & 8th grade exceptions are listed within each bylaw and regulation.

7th & 8th grade students may not practice with, participate on the same team with or compete against 9th through 12th grade students. Students below the 7th grade may not practice with or participate with 7th through 12th grade students.

Season Date Waivers

Per OHSAA Sport Regulation 35.2 Schools, leagues or conferences may adjust seasons to accommodate school teams because of the lack of availability of physical facilities or personnel. Proposed changes in seasons shall be submitted in writing to the Commissioner's office and include the proposed dates of the 7th & 8th grade season not to exceed the length of the interscholastic season for the sport concerned. All other regulations regarding contest limitations, required practice time and coaching requirements shall be followed.

Combined Middle School Programs

Bylaw 1-6-4 Interscholastic teams/squads sponsored by a member school may not consist of students from more than one school unless otherwise mandated within the Ohio Revised Code or in accordance with the exception below:

EXCEPTION: Member schools containing grades 7 and 8 may combine students from two or more schools within the school district to form one interscholastic team in a sport. Requests for permission to combine students from two or more schools in the same non-public or public school system must be submitted annually to the OHSAA in writing by the superintendent of the non-public or public school system. The written request must contain the following:

- 1 — Names of schools involved.
- 2 — Total number of students from each school involved in the sport.
- 3 — Total number of boys or girls in each grade of each school in the combination.
- 4 — The name of the principal, name of the school and the complete address of the Administrator responsible for the conduct and operation of the combined team or teams.

Tournament

Divisions

There will be two divisions in both boys and girls lacrosse. These divisions will be determined based upon the 2016-17 school year participation card filled out by athletic administrators. Division alignments will hopefully be released in September.

Structure

The structure of the girls and boys lacrosse tournament will be approved by the OHSAA Board of Directors and released within the Tournament Regulations later this school year.