

OHSAA

OHIO HIGH SCHOOL ATHLETIC ASSOCIATION



2016

OHSAA GIRLS & BOYS LACROSSE TRANSITION GUIDE

A Guide for Transition from OHSAA/OSLA to OHSAA

A Message from OHSAA Assistant Commissioner, Jerry Snodgrass



Here we go. As everyone knows, the OHSAA will not recognize Girls' and Boys' Lacrosse as one of its 'sponsored' sports, but not until the 2016-17 school year. Despite the OHSLA's wishes to align itself with OHSAA rules and regulations, there are most likely some that have not been aligned. This year becomes a critical year for schools and coaches to familiarize themselves with ALL Ohio High School Athletic Association rules and regulations that affect IN-season play as well as OUT of season coaching and playing. This lacrosse "Transition Guide" has been put together to help explain these as well as assist to make a smoother transition.

Approximately 6 weeks prior to the permitted start to all sport seasons, each sport administrator here at the OHSAA puts together a "Coaches Guide" to explain various NFHS or sport governing body (US Lacrosse in the case of girls' lacrosse) as well as to detail any changes in OHSAA regulations affecting coaches and players. In the future, there will be separate girls' and boys' coaches' guides. Currently there is ONE "Lacrosse" web page on our website and beginning in the summer of 2016 it will separate into separate Boys' and Girls' webpages.

The 2016 Lacrosse season begins (which means **coaching** may begin on February 22, 2016 for **all players**).

We both feel strongly that communication is a big key to this transition. There will be rules and regulations that Lacrosse coaches may not like at times as they will feel they are too restrictive and there are some rules and regulations coaches will find that enhance and help the sport of Lacrosse grow in Ohio. I DO encourage you to check the Lacrosse webpage as it grows throughout the season to assist with the transition from the OHSLA to the OHSAA.

This "Manual/Transition Guide" is geared toward making Lacrosse coaches and administrators familiar with rules and regulations they will encounter next year – during the 2016-17 school year. And as mentioned, knowing the OSLA and the OHSLA have made all attempts to mirror current OHSAA rules and regulations, there are some current differences. It is important to understand that while you may read something in this manual that differs – Lacrosse teams will still follow the OSLA/OHSLA rules for this season.

Please know that we WANT the sport of Lacrosse to grow and will do all we can to assist that while also being respectful of the longstanding Bylaws and Regulations our member schools vote on for the benefit of ALL sports and ALL student-athletes and coaches.

This is wishing each of you a successful season. We look very forward to working with you as this transition occurs as well as serving as the sport administrators for Boys' and Girls' Lacrosse when it is a full-fledged recognized and sponsored sport.

Yours In High School Sports,
Jerry Snodgrass,
Assistant Commissioner

Jenn Close
OHSAA Sport Program Coordinator

The Ohio High School Athletic Association Mission Statement

The Ohio High School Athletic Association's mission is to regulate and administer interscholastic athletic competition in a fair and equitable manner while promoting the values of participation in interscholastic athletics as an integral part of a student's educational experience. The OHSAA represents its member schools by recognizing and promoting academics, the safety of participants, good citizenship and lifelong values as the foundation of interscholastic athletics.



OHSAA Dates & Contact Info

2016 Important Girls Lacrosse Dates

First Day of Coaching: February 22, 2016
Regular Season Contests May Begin: March 18, 2016
Tournament Seed Meeting: May 8, 2016
State Finals: June 3 & 4, 2016
Coaching and Season End: June 11, 2016
No-Contact Period: August 8 – September 5, 2016

2016 Important Boys Lacrosse Dates

First Day of Coaching: February 22, 2016 (Acclimation Period)
First Day of Full Practice: February 29, 2016
Regular Season Contests May Begin: March 18, 2016
Tournament Seed Meeting: May 15, 2016
State Finals: June 1 & 4, 2016
Coaching and Season End: June 11, 2016
No-Contact Period: August 8 – September 5, 2016

OHSAA Contact Information

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Lissa Fickert	Director of Development- Girls Lacrosse	Coordinated Education & Recruitment of Officials	
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Lacrosse Informational Links

OHSAA Lacrosse Webpage: <http://www.ohsaa.org/sports/lx/default.asp>

Lacrosse-Ohio Webpage: <http://www.lacrosse-ohio.com/>

OHSAA (Boys) Regulations: http://assets.ngin.com/attachments/document/0087/8645/Boys_Lacrosse_Regulations_2015-2016_Final_rev_2-8-2016_.pdf

OSLA (Girls) Regulations: http://assets.ngin.com/attachments/document/0092/9709/OSLA_Girls_Lacrosse_Regulations_2015-2016_Final_.pdf

OHSAA GENERAL Sports' Regulations: <http://www.ohsaa.org/sports/rglts/GeneralSportsRegulations.pdf>

US Lacrosse: <http://www.uslacrosse.org/>

NFHS (Rules, Field Diagrams, etc.): www.nfhs.org

Coaches' Education: www.nfhslearn.com

The Role of the Parent in Sports: www.nfhslearn.com/electiveDetail.aspx?courseID=18000

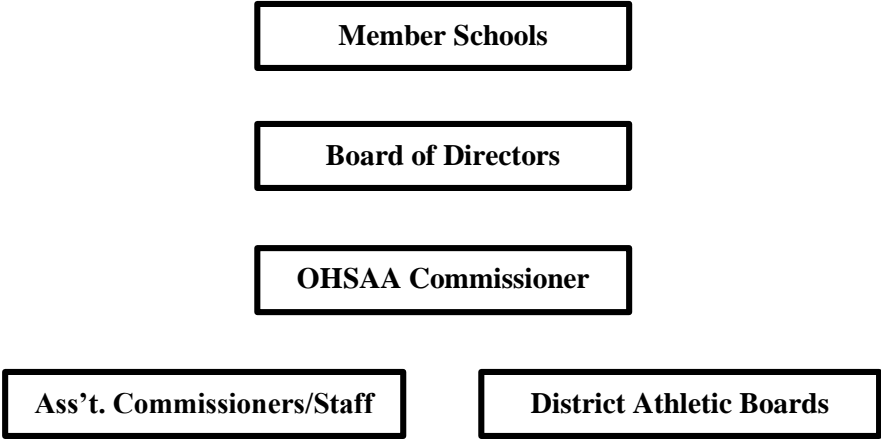
The Structure of the OHSAA

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 sport specific things. 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.



Rules Interpretation Meeting Information

Each recognized sport at the OHSAA requires head coaches of that sport to attend a Rules Interp meeting. This is addressed in the OHSAA's General Sports' Regulation 2 (page 62 of the OHSAA Handbook). Though we encourage EVERYONE to complete the Rules Interpretation meeting ONLINE. Completion of the meeting is **MANDATORY** for coaches. We have asked the OHSLA as well as member schools sponsoring Lacrosse to require this online rules meeting for THIS year to help with the transition. Beginning in the fall of 2016, since Lacrosse will be a recognized sport at that time, rules and regulations that will affect out-of-season coaching and play will be in place at that time. Completing this meeting now will go a long way in helping understand the various OHSAA rules and regulations that will affect you and the players.

ONLINE METHOD OF COMPLETION

When the meeting is available, here is how it works:

Coaches should access the online version by navigating to the OHSAA's LACROSSE webpage at: <http://www.ohsaa.org/sports/lx/default.asp> . You will need your **SCHOOL ID NUMBER**, which can be provided by your school's Athletic Director. Please note that **all screens of the presentation must be viewed and any quiz and/or survey completed** for attendance credit to be provided. **The computer MUST have Adobe Flash Player (a free download) to watch the presentation online.**

Please do not call the OHSAA office to inquire about attendance.

Though it may be an inconvenience – please do not watch the presentation on a mobile device or tablet. It can be viewed...that is not the issue. There is an inability with the recording software to capture an individual's completion when he/she takes it on a mobile device. So....though it is an inconvenience to some, PLEASE view the presentation on a desktop/laptop computer.

Pre-Season Parent/Player Meetings

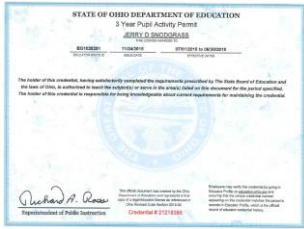
OHSAA Bylaws (Bylaw 3-1-4) requires all schools to conduct a Pre-Season meeting for coaches and players. Since Lacrosse has been a school sport (though not recognized by the OHSAA) most schools have required these meetings for Lacrosse just as they have for all other spring sports. These meetings are an encouragement for coaches to lay out expectations, letter requirements, etc., while encouraging school Athletic Administrators to review such things as Student Conduct Codes, Academic Eligibility requirements, as well as inclement weather policies, etc. (We have encouraged coaches to invite local officials to meet with their team and parents at these meetings. It allows the officials to meet the athletes and discuss new rules. It gives athletes an opportunity to ask questions and have a discussion prior to game days. Since Pre-Season meetings are a requirement for all teams/schools, we also recommended inviting an umpire to these pre-season meetings. Again, it provides a forum for healthy discussions and an opportunity for parents to learn more about the game.

Also, though mentioned later in this manual, a course titled "The Role of the Parent in Sports" has recently been offered by the NFHS and is FREE to parents. Encourage them to watch this VERY informative video course. The course is available through the www.nfhslearn.com website.

Coach Certification & Education 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.

OHSAA Officiating and Lacrosse

All sport officials are approved and licensed by the OHSAA's Officiating Dept. The OHSAA has a Director of Officiating (OHSAA Assistant Commissioner Beau Rugg) and each sport has an individual responsible for the education and recruitment of new officials. That individuals' title is the “Director of Development” for that sport. A separate “DoD” will be hired for Girls' and Boys'.

Sport Regulations and Coaching Restrictions

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)**

DURING THE SEASON

Special Note on “Scheduling” & Out of State Contests

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 amount of times is permitted

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.**

The first date for GAMES is **March 18, 2016**. This could have an effect on any team that was planning on a ‘southern trip’ to a non-bordering state.

- You may not play any regular season contest prior to March 18, 2016
- 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 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

The adopted and approved penalty for violations of the above are **INELIGIBILITY FOR THE OHSAA TOURNAMENT**

Relative to regular season ‘in-state’ contests: Teams may schedule games right up until the board adopted “Season Ends” date of **June 11, 2016**. 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.

Scrimmages, Previews, Regular Season Contests

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.

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. This is explained in OHSAA Bylaw 10-3-1. 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.

Lacrosse Non-Interscholastic Date

The OHSAA establishes a "non-interscholastic" date for each sport that is 6 weeks from the first tournament date. This date identifies a date that renders a player ineligible for tournament play if he/she participates in any non-school lacrosse while also playing on the school team. This will be covered in detail in Rules Interpretation meetings prior to the start of each season. It is designed to protect the school team and the school coach from players 'drifting off' to non-school sports of the same season.

During the Season Q & A

This is probably the easiest to understand (and certainly EXPLAIN on my part). You and all Board approved coaches may COACH your team. Coach them up! A few common Q and A's here:

Q: When can we begin practice?

A: The approved first day of coaching by the OHSLA/OSLA or the OHSAA (in 2017 and beyond)

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 OHSLA/OSLA or the OHSAA (in 2017 and beyond)

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.

Q: During the season, a player is invited by a college to 'workout' 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 GUIDELINES (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 8.6 (soon to be renumbered) 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 or 6 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 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.

Lacrosse “Camps” and Individual Instruction

The above often leads to questions regarding “Camps” and “individual instruction”.

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 4 individuals present that played for the school teams the previous season.

And again, these could only be conducted during June and July. The following “Q and A’s” are designed to give additional help:

Q: Can I charge for athletes to attend a camp that I conduct as a coach?

A: A very complex question. Though not an area the OHSAA regulates, it is an issue ethically and legally between you and the school district. Essentially, it depends a little on whether YOU are conducting the camp (you would therefore be a private business individual) or the school district is conducting the camp (you would then be considered an employee of the school). I **STRONGLY** recommend you sit down and discuss all legal and ethical ramifications with your school administration prior to holding a camp in which a fee is charged.

Q: Am I permitted to bring a private instructor in to conduct a camp?

A: Yes, you could. Keeping all the above mentioned items in mind, if YOU organize it as the coach, it would still be considered one of the 10 days of instruction permitted. If you have absolutely nothing to do with the organization of the camp, it still could only be done during June/July but would not be part of the 10 days. Again, if you had *absolutely nothing* to do with the organization of the camp.

Individual Instruction: This is all defined within Sports Regulation 7 of the OHSAA’s General Sports Regulations. Here are a few basics 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.

NO-CONTACT PERIOD

The No-Contact period is designed to provide student-athletes an opportunity to participate in fall sports without undue influence to start training right away for the next lacrosse season. Any coach, paid or volunteer, approved by the Board of Education to coach lacrosse is prohibited from providing coaching, providing instruction or supervising conditioning and physical fitness programs or open gyms to members of a school team in their sport for the period of time ending with Labor Day and beginning four weeks prior to Labor Day. This includes any type of tryouts in or out of school for purposes of non-interscholastic competition.

EXCEPTIONS — Activities which may be conducted by a coach with members of a school team in their sport during the mandatory no-contact period include: all-star contests, awards ceremonies, fund-raisers; providing oversight during weight training; verbal contact with underclass athletes for the purpose of reviewing the season that just concluded and goal setting for the next season; verbal contact with a senior athlete for the purpose of facilitating the college recruitment process; contact as a faculty member assigned to teach in the regular curriculum (ex.: physical education courses such as weight training, fitness, etc.); contact as a certified athletic trainer involved with athlete rehabilitation and treatment, pick up and return of school-issued equipment, and attendance at OHSAA tournaments.

No-Contact Period Q & A

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 2016-16 school year, weight lifting 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. (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.

Open Gyms/Facilities/Fields at Member Schools

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.

Out of Season Q & A

Q: Can I coach athletes from my school's team in the off-season?

A: No. Current regulations prohibit you from coaching individuals from your school in TEAM or INDIVIDUAL instruction anytime outside the season of play (except of course during June and July).

Q: Can I coach athletes from other schools in the off-season?

A: Yes. There is no regulation that would prohibit you from coaching athletes at any level from another school. In fact, we would encourage it.

Q: How many players from our school are permitted to be on the same NON-school team (such as club or travel)?

A: No more than 5 or 6 players that played for the 9-12 school team(s) are permitted to be on the same NON-school team anytime outside the season of play except during June and July.

Q: When are players from our school team permitted to play for their 'club' or 'travel' team (non-interscholastic team)?

A: As soon as their season is complete.

Q: If a player is a JV player only, do they have to wait until the Varsity team is out of the OHSAA Tournament before playing in club or travel lacrosse?

A: No, however, once a player DOES play in club or travel lacrosse (non-interscholastic), they are not eligible to dress or compete on the tournament roster.

Q: If players are permitted to play Futsal outside the season of play in excess of the 50% limitation, does that mean I can coach my own players in Futsal?

A: No. It is still not permissible to coach players that played on your own school team the previous season (except graduating seniors).

Note: There is a separate section in this manual addressing all "Indoor Lacrosse" regulations.

Out-of-Season Regulations- INDIVIDUAL INSTRUCTION

The newly adopted **Out-of-Season Individual Instruction Regulations** became effective **last season**. 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 periods'. The 28 day 'no-contact period' at the conclusion of a team's season does not change.
- 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 7.9) 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.

Individual Instruction Regulation Q & A

*The OHSAA's Board of Directors approved the revisions to the OHSAA's General Sports Regulation #8.6 that will permit school coaches to provide **INDIVIDUAL** instruction outside the season of play to players that were part of their school teams the previous season.*

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.

Coaches' Code of Ethics



From the NFHS Lacrosse Rules Book

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

The Coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

The Coach shall uphold the honor and dignity of the profession. IN all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The Coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

The Coach shall promote the entire interscholastic program of the school and direct the program in harmony with the total school program.

The Coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The Coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

The Coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

The Coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

The Coach shall not exert pressure on faculty members to give students special consideration.

The Coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

Miscellaneous Information

Professionalism

Your professionalism is of the utmost importance. Your athletes and fans will follow your lead. If you are respectful of the game and the officials, your athletes and fans are more likely to do the same. If you are disrespectful of the game and the officials, it will be reflected in the words and actions of your athletes and fans. Officials aren't perfect and mistakes will be made, but it is all part of the learning process for our young student-athletes. So please take those disappointments and turn them into positive learning experiences. What you permit, you promote.

Pre-Season Preparations

As you know, pre-season meetings are **required**. As part of your pre-season preparations, you are encouraged invite a local official(s) to meet with your team during pre-season workouts. It allows the officials to meet your athletes and discuss new rules. It gives your athletes an opportunity to ask questions and have a discussion prior to game days. We would also recommend inviting an official to a pre-season meeting with your parents. Again, it provides a forum for healthy discussions and an opportunity for your parents to learn more about the game.

Scheduling Conflicts

Certainly, scheduling conflicts are going to arise. **PLEASE COORDINATE WITH YOUR ATHLETIC ADMINISTRATOR TO ENSURE THAT OFFICIALS ARE NOTIFIED IN ADVANCE OF ANY CHANGES.** When dates, times, and / or locations are changed it not only affects the officials scheduled for that game, but also other games they are scheduled to work. They will appreciate your help in this area.

Over Scheduling

Scheduling more contests than the sport's regulations permit in any sport is **NOT PERMITTED**. A few short years ago, the weather in Ohio was actually good enough for nearly every regular season game to be completed. There were teams that reportedly had overscheduled and then had to cancel contracts. This led to contract disputes which could not be settled, ultimately reaching the Commissioner's office. Financial penalties apply in cases of contract disputes even if there is no financial clause listed on the contract. Over scheduling is not permitted in any sport.

Importance of Coaches Rating System

The Rating/Voting procedures have changed in recent years, however the coaches' vote is an important part of the officials' tournament selection process. Ratings are done at the conclusion of each game, allowing you to rate each official you have. Voting is now done at the conclusion of the season by your athletic administrator online with information being sent to him/her electronically. **Please vote conscientiously in your rating.** Your involvement is critical to ensuring that we can provide the best officials for our tournament.

- **Inquiries**

Our OHSAA office is here to help as needed, but depending on the time of the year it can be difficult to reach us. However, there are other sources of assistance. Our website (www.ohsaa.org) includes a great deal of information that covers many of the inquiries we often receive. The website provides lacrosse regulations, general sport regulations, tournament regulations, uniform regulations, etc. Your OHSBCA Officers are another great resource for you as well. Their contact information can be found on their website (www.ohsbca.org).

- **Coaches' Comments to the News Media** – OHSAA Media Regulation

OHSAA Bylaw 8, Section 2, reads in part, "Great care shall be exercised in the selection of officials, well in advance of the contest and agreed upon by schools involved. When the contest begins each school waives all of its rights so far as objecting to the officials." Public criticism of officials is a direct reflection upon those who were responsible for assigning the officials to the game. Officials are trained and expected to make no derogatory comments regarding the players, coaches, or schools. Coaches are expected to follow the same procedure. Failure to follow this request will result in disciplinary action.

Comments to the Media – Think First!

Blame it on professional sports, blame it on the media. It doesn't matter WHO is to blame – **think first before comments are given to the media.** This is covered in the Rules Interpretation Meeting as well. You may not agree with the officiating, you may use the overused "I fear for my kids' safety" statement. Regardless....comments to the media (including Social Media) regarding officiating or unsporting comments about an opponent are **strictly prohibited**. Think twice before speaking. Fines are administered for violations of this OHSAA Board of Directors adopted regulation and are not

Concussion Management

Implementation of State Law and NFHS Playing Rules Related to Concussion and Concussed Athletes and Return to Play Protocol

It is important for all individuals involved in interscholastic athletics to recognize the potential for catastrophic injury and even death from concussions. Thus it is extremely important that each coach, administrator, contest official and medical support personnel review their responsibilities in protecting students. Further both students and parents have responsibilities in this area as well.

Note: It has always been the ultimate responsibility of the coaching staff, in all sports, to ensure that students are only put into practice or contests if they are physically capable of performing. However, all individuals involved in the conduct of interscholastic competition have responsibilities in this endeavor.

In January 2011, the OHSAA Board of Directors adopted a sports regulation which incorporated the National Federation of State High School Associations (NFHS) playing rules related to concussion recognition and management. On April 26, 2013, legislation adopted by Ohio's General Assembly on concussion and head injuries in youth sports became effective. On February 14, 2013, the OHSAA Board of Directors mandated that these regulations become effective on April 26, 2013, for the remainder of the spring sports season and thereafter. This OHSAA regulation, as amended to incorporate this recent legislation, now reads:

Any student, while practicing for or competing in an interscholastic contest, who exhibits signs, symptoms or behaviors consistent with having sustained a concussion or head injury (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the practice or contest by either of the following:

- 1) The individual who is serving as the student's coach during that practice or competition.
- 2) An individual who is serving as a contest official or referee during that practice or competition.

RETURN TO PLAY PROTOCOL

If a student is removed from practice or competition due to a suspected concussion or head injury, the coach or referee who removes the student shall not permit the student, **ON THE SAME DAY THE STUDENT IS REMOVED**, to return to that practice or competition or to participate in any other practice or competition for which the coach or contest official is responsible. Thereafter, which means no earlier than the next day, the coach or contest officials shall not permit the student to return to practice or competition until both of the following conditions are satisfied:

- 1) The student's condition is assessed by either of the following:
 - a. A physician, who is a person authorized under Chapter 4731 of the Ohio Revised Code (OCR) to practice medicine and surgery or osteopathic medicine or surgery (M.D. or D.O.)
 - b. Any other licensed health care provider that the school district board of education or other governing authority of a chartered or non-chartered nonpublic school, authorizes to assess the student who has been removed from practice or competition.
- 2) The student receives **written authorization** that it is safe for the student to return to practice or competition from a physician or other licensed health care provider authorized to grant the clearance. Click here <http://ohsaa.org/medicine/AuthorizationToReenter.pdf> to retrieve the OHSAA's Medical Authorization to Return To Play (RTP) form.

A school district board of education or governing authority of a chartered or non-chartered nonpublic school may authorize a licensed health care provider who is NOT a PHYSICIAN to make an assessment and grant authorization for a student to return to participation ONLY if the provider is acting in accordance with one of the following as applicable to the provider's authority to practice in Ohio:

- 1) In consultation with a physician;
- 2) Pursuant to the referral of a physician;
- 3) In collaboration with a physician, or
- 4) Under the supervision of a physician.

Note: A physician or other licensed health care provider who makes an assessment or grants clearance for a student to return to participation may be a volunteer.

COACHES REQUIREMENTS

All coaches, paid and volunteer, must possess a current Department of Education-issued Pupil Activity Program/Coaching Permit. When renewing this permit, the coach will be required to complete an online concussion education course as stipulated in the section entitled **Approved Online Concussion Education Course**. This course is valid for three years and expires at the time the Pupil Activity Program/Coaching Permit expires.

CONTEST OFFICIALS REQUIREMENTS

New legislation signed into law by the Governor provides that no school “shall permit” an individual to referee interscholastic athletic contests unless the individual holds a Pupil Activity Program/Coaching Permit or has successfully completed within the last three years a training program in concussion recognition. Therefore, all OHSAA licensed officials shall possess either a current Department of Education-issued Pupil Activity Program/Coaching Permit or **show evidence of completing an approved online concussion education course** as stipulated in the section entitled **Approved Online Concussion Education Courses**. This course is valid for three years from the date of completion.

STUDENT AND PARENT REQUIREMENTS

All students and their parents or legal guardians shall review and sign the “Concussion Information Sheet” which has been developed by the Ohio Department of Health and which shall be distributed by OHSAA member schools to all students and their parents prior to each sports season. Students and parents shall review and sign this form each year and should keep a copy of the form. In addition, parents and students are encouraged to complete an approved concussion education course. The Concussion Information Sheet can be found here:

<http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Interscholastic%20Concussion%20Form%20-%20ODH%20Revised%202.ashx>

NFHS SUGGESTED MEDICAL CLEARANCE RETURN TO PLAY PROTOCOL

1. No exertional activity until asymptomatic.
2. When the athlete appears clear, begin low-impact activity such as walking, stationary bike, etc.
3. Initiate aerobic activity fundamental to specific sport such as running or skating, and may also begin progressive strength training activities.
4. Begin non-contact skill drills specific to sport such as dribbling, fielding, batting, etc.
5. Full contact in practice setting.
6. Game play/competition.
 - Athlete must remain asymptomatic to progress to the next level. (It is often suggested that an athlete not be allowed to progress more than one level per day.)
 - If symptoms recur, athlete must return to previous level and should be reevaluated by an appropriate health care professional.
 - Medical check should occur before contact. (Final written clearance from the medical professional shall be obtained before the athlete engages in any unrestricted or full contact activity.)

QUICK LINKS FROM THE OHIO DEPARTMENT OF HEALTH

Ohio Department of Health Concussion Information Sheet

<http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Interscholastic%20Concussion%20Form%20-%20ODH%20Revised%202.ashx>

Online Concussion Management Training

<http://www.healthyohioprogram.org/concussion.aspx#Training>

Ohio's Return to Play Law: Frequently Asked Questions

<http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Frequently%20Asked%20Questions%20Updated%20513.ashx>

Ohio's Return to Play Law: What Coaches and Referees Need to Know

<http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Return%20to%20Play%20-%20What%20Coaches%20Need%20to%20Know%20-%20School%20Sports%20-%20Final.ashx>

Ohio's Return to Play Law: What Parent/Guardians Need to Know

<http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Return%20to%20Play%20-%20What%20Parents-Guardians%20Need%20to%20Know%20-%20School%20Sports%20-%20Final.ashx>

ADDITIONAL CONCUSSION RESOURCES

Ohio Department of Health, Violence and Injury Prevention Program - Sports/Recreation Traumatic Brain Injuries

<http://www.healthyohioprogram.org/vipp/child/tbi.aspx>

CDC Heads Up: Concussion in Youth Sports

Nationwide Children's Hospital – Concussion Information Toolkit <http://www.nationwidechildrens.org/concussion-toolkit>

CDC Materials on Returning to School for Parents, School Nurses and Educators

<http://www.cdc.gov/concussion/HeadsUp/schools.html>

Ohio Legislative Service Commissioner HB 143 Bill Analysis

<http://www.lsc.state.oh.us/analyses129/12-hb143-129.pdf>

Brain Injury Association of Ohio

www.biaoh.org

Return to Play Form for Schools

Though most schools have a Certified Athletic Trainer present at Varsity contests **and** all coaches are required to maintain a valid Pupil Activity Certificate through the Ohio Department of Education that includes a Sports' First Aid component, it is important to keep up to date on the remote risk that blood borne infectious diseases can be transmitted during basketball practice and contests. For example, Hepatitis B can be present in blood as well as other bodily fluids. Procedures for reducing the potential transmission of these infectious diseases should include, but should not be limited to the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform, it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood and other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling dressings, mouthguards and other articles containing body fluids.

You are encouraged to log on to the OHSAA's website at www.ohsaa.org and refer to the Sports' Medicine dropdown menu for additional information.

H1N1 Influenza Policy

The OHSAA's Board of Directors approved the following policy with advice from the Ohio Department of Health and shall observe this policy at tournament time in the event of an H1N1 Influenza outbreak.

1. The Ohio Department of Health has advised that it will be the decision of each local health authority in Ohio as to whether or not to close a school or university due to an influenza outbreak; however, at this time the Centers for Disease Control are not recommending closures except in extreme circumstances.
2. In the event schools remain open, competitors and teams shall be expected to play tournament contests on the dates scheduled.
3. In the event schools are closed, the OHSAA, in conjunction with our District Athletic Boards and tournament personnel, shall reschedule the tournament contest for the schools thus affected.
4. Please watch the OHSAA web site home page at www.ohsaa.org and the specific sport page on the web site for more information.

Lightning and Inclement Weather

Emphasis on Lightning and Inclement Weather is addressed as an OHSAA Sports Regulation (20). Though all officials received these procedures in pre-season communication, it would be wise to review with them prior to the game. The Lightning and Inclement Weather Policy is relative to ALL OHSAA Sports.

WEATHER

Recognition:

Coaches, athletic trainers, athletes, administrators and contest officials should be educated regarding the signs indicating thunderstorm development. Since the average distance between successive lightening flashes is approximately two to three miles ANYTIME that lightning can be seen or heard, the risk is already present. Weather can be monitored using the following methods:

- **Monitor Weather Patterns** – Be aware of potential thunderstorms by monitoring local weather forecasts the day before and morning of the competition, and by scanning the sky for signs of potential thunderstorm activity.
- **National Weather Service** – Weather can also be monitored using small, portable weather radios from the NWS. The NWS uses a system of severe storm watches and warnings watch indicates conditions are favorable for severe weather to develop in an area; a warning indicates severe weather has been reported in an area, and everyone should take proper precautions. Any thunderstorm poses a risk of injury or death even if it does not meet the criteria for severe weather. Therefore, anytime thunderstorms are in the forecast (even if it is only a 20 percent chance), event organizers should be at a heightened level of awareness to the potential danger of lightning.

Management:

- **Evacuation-** If lightening is imminent or a thunderstorm is approaching, all personnel, athletes and spectators shall evacuate to available safe structures or shelters. A list of the closest safe structures should be announced and displayed on placards at all athletic venues.
- **Thirty-minute rule-** Competition or practice shall be suspended once lightning has been recognized or thunder is heard. It is required to wait at least 30 minutes after the last flash of lightning is witnessed or thunder is heard prior to resuming practice or competition. Given the average rates of thunderstorm travel, the storm should move 10-12 miles away from the area. This significantly reduces the risk of local lightning flashes.

Any subsequent lightning or thunder after the beginning of the 30-minute count shall reset the clock, and another count shall begin.

Sportsmanship

Sportsmanship is EVERYONE'S Responsibility!

NFHS Sportsmanship Mission Statement



Good sportsmanship is viewed by the National Federation of State High School Associations (NFHS) as a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. The ideals of sportsmanship apply equally to all activity disciplines. Individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and model good sportsmanship.

Sportsmanship for Parents

The NFHS has made a NO COST online course available to PARENTS...to help them understand their role in their son/daughter's athletic career. The course is titled "The Role of the Parent in Sports" and is easily accessible through the "Learning Center" at www.nfhslearn.com. And, again...it is FREE and a good tool for coaches to use in dealing with parents.

As we prepare for the upcoming seasons, the Ohio High School Athletic Association (OHSAA) wishes to emphasize to each of you the importance of your leadership role in the promotion of sportsmanship, ethics and integrity. The professional manner in which officials and coaches conduct themselves prior to, during and following a contest unquestionably impacts the behavior of others who may be involved.

The OHSAA has joined the National Federation of State High School Associations (NFHS) in its quest to improve sportsmanship, ethics and integrity. We are involved in an ongoing campaign in every sport to do just that. Printed below is the mission statement of the NFHS concerning sportsmanship, ethics, and integrity. Please take the time to read and digest this statement and then carefully consider your impact upon students, officials, coaches, and fans. Thank you and have a great season!

The Ohio High School Athletic Association challenges all of us in the basketball community to take positive steps toward the goal of attaining the high ideal of good sportsmanship. It is the responsibility of each of us to serve as a positive role model and set high expectations for others.

ADMINISTRATORS

Athletic departments are comprehensive, pre-eminent teaching departments with a subject matter all their own: self-confidence, leadership, teamwork, discipline, perseverance, respect for others, strategic thinking, dedication, the importance of rules, and sportsmanship. These are true life lessons and participation in athletics provides another forum for learning. Coaches and Officials are responsible for promoting sportsmanship and positive behavior on the field. Administrators, we need your continued assistance in promoting sportsmanship and controlling fan behavior in the stands! Let the parents and fans know what you expect!

COACHES

Your athletes will demonstrate the attitudes and behaviors they have learned from you, either through direct instruction or through observation of your actions. ***Never underestimate the influence you have on your players!*** You must:

- Abide by and teach the rules of the game in letter and in spirit.
- Set a good example for players and spectators to follow.
- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.
- Display modesty in victory and graciousness in defeat.
- Develop a program that rewards participants and spectators for displaying proper sportsmanship and enforces penalties on those who do not abide by sportsmanship standards.

It is difficult to develop a great shooter, a great rebounder or a great free-throw shooter. That is true. However, your greatest challenge is to develop mature young adults who will become great citizens and role models in your community.

OFFICIALS

Your job is not an easy one, but the official must be aware that they are an important component in the educational development of students. To carry out this responsibility, you must:

- Know the rules and mechanics of our sport and the philosophy behind them.
- Get fit and stay fit. An official with all of the rules and mechanics knowledge and people skills in the world does no good if he or she cannot physically keep up with play.
- Maintain professional and ethical relationships with athletic administrators, especially in the area of fulfilling game contracts.
- Work cooperatively with fellow officials during games and within the referees' association to improve members' performances.
- Maintain at all times and when interacting with all participants, an attitude of civility and professionalism.

- Practice effective preventive officiating as much as possible before, during, and after a match. The quiet word, proper signals, timely verbal instructions, a simple thank-you to a player for avoiding an unsporting act, and well-thought-out pre-game conferences with the teams and other game officials will result in an improvement of sportsmanship by eliminating the chance for things to go wrong.

STUDENT-ATHLETES

You serve as a role model for your younger siblings, young fans in the stands, your teammates, and your classmates. Set high expectations for everyone and help them follow-through! You must:

- Accept and understand the seriousness of your responsibility, and the privilege of representing your school and the community.
- Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly and discuss them with others. This will assist everyone in the achievement of a better understanding and appreciation of the game.
- Treat opponents as you would like to be treated.....with respect.
- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.

CONCLUSION

Good sportsmanship is everyone's responsibility. It is the essence of interscholastic athletics. Remember...some may question an official's call or a coach's substitution, but no one can question the value of good sportsmanship.

OHSAA Resources

On our website (www.ohsaa.org – click on “Sportsmanship” on the right side of the screen) you will find Fair Play Codes for athletes, coaches, and fans, as well as additional information regarding parents’ role in interscholastic athletics. The sportsmanship page also includes information about the Harold A. Meyer Sportsmanship Award, the newly adopted “Respect the Game Challenge” and the Archie Griffin Sportsmanship Award. Please feel free to contact us with any additional questions.

Respect THE GAME