



# THE REBOUNDERS REPORT



The Ohio High School Athletic Association

Junior High Report

February 4, 2016

## Off-Season Regulations

The season generally ends earlier for Jr. High than High School, especially in schools that have “split seasons”. The parents, the coaches, the players all want to know what they can do in the off-season to improve. As you know, there are regulations in place designed to give kids a chance to participate in other sports. But, they always want ‘more’. I have taken the more common Questions and Answers surrounding off-season regulations and placed these in an easy to read “Q and A” posted on our web. Some of these address grades 9-12 but many are all-inclusive while some are directly related to Junior High questions. You can get these at: These can be directly accessed at: <http://www.ohsaa.org/sports/bk/2014-15BasketballQ&A.pdf> and I would even recommend printing them off and providing them to each Junior High basketball coach. These are reviewed annually with HEAD coaches (High School) at mandatory Rules Interpretation Meetings.

## AAU, Club, Travel, Spring Basketball

Regardless of the name, we tend to refer to all the programs out of season as “AAU”. But regardless of what they are, junior high parents especially want their kids to get that Division I full scholarship by getting them involved in more and more ‘spring’ basketball. So, here is some GREAT advice to provide those that ask questions about what they CAN and CANNOT do. You may want to provide this to your coaches as they often are on the front line of receiving the questions. It is posted online for anyone to read at:

<http://www.ohsaa.org/sports/bk/ReboundersReport/2015/2015ReboundersReport-AAU-NonSchoolCoachesAdvice.pdf>

## 8<sup>th</sup> Graders on 7<sup>th</sup> Grade Teams

It is late in the season but often times with injuries, ineligibilities and players quitting teams, I am often asked about 8<sup>th</sup> graders playing on 7<sup>th</sup> grade teams (and vice versa). Our regulations permit 7<sup>th</sup> & 8<sup>th</sup> graders to play together (and 9-12 together). So nothing ‘prohibits’ an 8<sup>th</sup> grader from playing on a 7<sup>th</sup> grade team, but I always advise to see how your **contract** is written. If the agreement is 7<sup>th</sup> grade basketball....nothing prevents 8<sup>th</sup> graders from playing, but communicate with the opposing school to at least adjust the contract language. Why? As soon as the fan in the stand notices an 8<sup>th</sup> grader on the team, they will all cry ‘foul’. Keep in mind, a player may play in 5 quarters in any one day and 64 on the season.

## Quarter Limitations

As you know, I (through the Board of Directors approving Basketball Regulations annually) have maintained a limitation of 64 quarters per player for several years. With 16 games permitted – that provides no flexibility for a player to play much more than his/her 4 quarters per day. 4/day x 16 = 64. I have maintained this as I do not want to encourage many non-school coaches from taking the next LeBron James that is a 7<sup>th</sup> grader and ‘playing him up’ on the 8<sup>th</sup> grade team (‘playing up’, a term that should be banned from youth sports!). So, though I look at it each year, I have held firm on it. I am strongly considering, however, adding quarters for next season. Why? I am hearing more and more of the numbers crunch and the struggle to maintain both a 7<sup>th</sup> and an 8<sup>th</sup> grade team. Anytime we have added quarters/halves or games (baseball/softball) in recent years, it has been done with this in mind. So, just a heads up that I am CONSIDERING proposing this for next year. I though you may want to know since it may be something that has (and maybe will) affected you.

## Next Year’s Dates

Speaking of ‘next year’, the calendar changes considerably next year again. Most do not realize the entire basketball season dates are determined on the back end by the date of Easter (exceptionally early THIS year, very late NEXT year). So, dates for next year are:

Girls’ First Practice Date:	10/28	Boys’ First Practice Date:	11/4
Girls’ First Game Date:	11/20	Boys’ First Game Date:	THURSDAY, 12/1

Incidentally, Thursday is the correct date for boys’. It was done to provide an early season Friday night for girls’ games after several requests to grant Thursday as the start date for boys’.

## No Contact Periods

Jr. High’s have ‘no contact periods’ also. They begin on the day after the last contest for **that team** and run for 28 consecutive days. They do NOT need to wait until the VARSITY’s last game. A link to specifics of the No-Contact period that you can provide you coach can be found at:

<http://www.ohsaa.org/sports/bk/ReboundersReport/BasketballNo-ContactRule.pdf>

## Help for Coaches

No doubt, finding good Jr. High coaches is proving more and more challenging. The season closes in and “who do we get”. You find them....THEN what? The NFHS has developed some **great** resources for coaches. Through the “NFHSLearn” website ([www.nfhslearn.com](http://www.nfhslearn.com)) many different courses are geared toward subjects that are so helpful to coaches BEYOND the skills that need to be taught. “How to deal with parents” (Engaging Effectively with Parents), Coaching Sports in Middle School (the exact name of the course), are great resources for young coaches. Some of the courses have an affordable \$20.00 fee, while many are FREE. I think you’ll find the “Learning Center” an excellent resource to help train and maintain good coaches.