

# The OHSAA Rebounder's Report

The Ohio High School Athletic Association

## Junior High Edition



Many, many questions arise from Jr. High coaches and administrators not only on IN-season regulations but the often misunderstood OFF-season regulations. This special "Junior High Edition" is designed to serve as help to many of those questions.

### Looking Ahead

Beginning last season, the OHSAA's Board of Director's permitted an additional 2 contests at the Junior High Level. Next season (2012-13) HIGH SCHOOL teams (9-12) will be permitted an additional 2 games on the schedule, increasing the total permitted to 22. There are no plans to add any additional beyond the 16 currently permitted at the Junior High level.

Each year, "Sport Regulations" that are exclusive to each sport are reviewed, revised and recommended to the Board of Directors for approval.

A 'trend' though not statistically validated, seems to be diminishing numbers in Junior High basketball. This has led to many questions this year regarding 'playing up or down' (7<sup>th</sup> graders on 8<sup>th</sup> grade teams and vice versa) to have enough to play. Again, this is not true everywhere but appears to be a trend. Current regulations permit Junior High players to play in 64 quarters on the year.  $16 \text{ games} \times 4/\text{game} = 64$ . High school players get an additional 10 or 90 on the regular season.  $20 \times 4/\text{game} + 10 = 90$ . I will be studying the necessity and feasibility of adding a few at the Junior High level. Since players ARE permitted to play 5 in any one day, this would help those that need to use players 'up and down' and give them a little wiggle room at the end so they simply do not run out of quarters.

Nothing concrete yet, but it will be studied. The OHSAA listens to a "Junior High Committee" and this will be put to them for input.

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

I am often asked, especially with diminishing numbers. Our regulations permit 7<sup>th</sup> & 8<sup>th</sup> graders to play together (and 9-12 together). So nothing 'prohibits' it, 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.

### 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.

### 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 situations that have occurred at Penn State and Syracuse have heightened everyone's awareness and put us all 'on guard'. 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.

### Help for Parents

It doesn't end with coaches. The NFHSLearn website also is a great tool for parents. Their course offering "The Role of the Parent in Sports" is excellent, FREE, and a good tool to show at your pre-season meetings to the entire group.

### 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/girls/2012/RROffseason11-12.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 of the 16 permitted at the Junior High level.

Jerry Snodgrass  
Assistant Commissioner



### Out of Season "Instruction"

School approved coaches are not permitted to provide instruction to players that played on school teams. In other words, a junior high coach is not permitted to bring in a player that played on the 7<sup>th</sup> OR 8<sup>th</sup> grade team (or 9-12 for that matter) and give them shooting instruction. This long standing regulation is being reviewed with the increase in SO many non-school facilities and so called 'experts' in the field, with the idea we might want to give opportunities to SCHOOL coaches to do this. Maintaining the balance and the pressures on kids AND coaches is the challenge.

### 6<sup>th</sup> Graders and "Where they Fit in"

I receive many questions regarding 6<sup>th</sup> graders, especially since most school districts now have 6<sup>th</sup> graders at their Middle School. The "junior high" concept is a faded memory for many, yet our regulations address "Junior High". 6<sup>th</sup> graders are not permitted to participate with 7-8<sup>th</sup> graders at any time during a season of play. They cannot practice, they cannot compete nor can 'the best group of 6<sup>th</sup> graders your district has ever seen' scrimmage the 7<sup>th</sup> grade team. But what about "Open Gyms"? Our regulations address the scholastic sports' season, NOT anything out of season. Therefore, we do not regulate who participates in an open gym. If you permit 6<sup>th</sup> graders to attend....they are certainly permitted to do so.

2 Number permitted on any off-season team that were on the same Jr. High roster last season

28 Number of days of the "no contact period" for coaches.

10 Number of 'instructional days' a schools' coaching staff is permitted with Jr. High players during June & July.

0 Number of days a Jr. High board approved coach is permitted to coach players from his school on off-season teams (except during June & July)

### By the Numbers