



THE REBOUNDERS REPORT



The Ohio High School Athletic Association The Individual Instruction Regulation

Updated August 15, 2016

General Sports Regulation #8.2.1 permits school coaches to provide **INDIVIDUAL** instruction outside the season of play. This includes players that were part of their school teams the previous season. This is designed as guidance for Administrators and Coaches administrating and utilizing this General Sports Regulation while also clarifying several often-confused facts surrounding other out-of-season regulations.

Go to the following link and watch the short (10 minute) presentation that will explain the regulation and allow the downloading of two important documents. This is available at:

<http://ohsaa.articulate-online.com/4244037503>

- 1. Question:** How is “coaching” defined in terms of Sports Regulation #8.2.1, Non-Interscholastic Programs as well as Instructional Program regulations?

Answer: “*Coaching*” refers to any organizational or instructional contact with student-athletes in the sport for which a coaching staff member in a member school is responsible. Specific activities include but are not limited to: practice or other instructional situations in which the coach conducts specific drills, teaches skills, supervises game or competition-like activities or in any other way supports the instructional environment; game or competition situations in which the coach sits on the team bench, is in the direct vicinity of the competition in areas reserved for coaches and/or delivers instruction to athletes while they are competing. “Watching Film/Video” with players and any classroom instruction (outside of school coursework instruction of course) is also considered coaching. It is not a violation to be a spectator at a competition and sit in those areas reserved for spectators; however, the coach must be certain not to engage in those behaviors that are specific to the coaching task.
- 2. Question:** Is it considered ‘coaching’ if I provide a list of drills to a player or a captain on my team for him/her to perform with a group of individuals (commonly known as “Captains’ Practices”)?

Answer: Yes. Given the above, this is clearly “*supporting the instructional environment.*” Commonly known as “Captains’ Practices” and would only be permitted within the permissions outlined in General Sports Regulation 8.2.1.
- 3. Question:** What may a school basketball coach do with players from his or her program during the school year OUTSIDE the defined season of the sport?

Answer: In all team sports such as basketball, the coach may supervise open fields/gyms, conduct fitness/conditioning programs (this includes WEIGHT PROGRAMS) and converse with students regarding non-interscholastic competition/training opportunities EXCEPT during the No-Contact Period. Coaches may also provide INDIVIDUAL instruction to players as defined in Gen. Sports Regulation 8.2.1. The regulations for “Open Fields/Gyms” and “Fitness/Conditioning Programs” are CLEARLY defined so as not to be confused with regulations that permit individual instruction.
- 4. Question:** When is the No-Contact Period?

Answer: Basketball’s No-Contact Period runs “the month of August” to align with the start of fall sport practices. Additionally, basketball and other team sports have no-contact periods for a period of 28 days following the team’s last game. More on this is No-Contact Period is detailed at: <http://www.ohsaa.org/sports/bk/ReboundersReport/BasketballNo-ContactRule.pdf>
- 5. Question:** 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) teacher-coaches to be on the same level as non-school based coaches. School coaches are trained as education-based teacher-coaches and the intention is to provide the same opportunity for these teacher-coaches that non-school coaches currently have. IT IS EQUALLY IMPORTANT TO INDICATE THAT IT IS NOT INTENDED AS AN OPPORTUNITY TO PROVIDE MORE TEAM WORKOUT TIME.

6. **Question:** Does this mean I can coach my TEAM during AAU and other times outside the season now?
Answer: Definitely Not (there is a slight exception to this at the MS/JH level). 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 and utilize the skills of good school basketball coaches. The individual instruction regulation is not to be confused with out of season 'team coaching permissions'.
7. **Question:** So, how do you define **INDIVIDUAL** instruction?
Answer: Instruction in individual skills (dribbling, passing, shooting, etc.) to no more than FOUR players in all combined facilities where the instruction is taking place.
8. **Question:** What if I have 1 player present, is that ok?
Answer: Yes, because the limit is 4.
9. **Question:** What if I have 4 players present, is that ok?
Answer: Yes, because the LIMIT is 4.
10. **Question:** 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.
11. **Question:** 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.
12. **Question:** 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.
13. **Question:** Can we have 4 individuals receiving instruction in the 'main gym' while 4 others receive instruction in the 'Auxiliary gym'?
Answer: No, even though the gyms are separate, they are still considered as part of the "all combined facilities" and instruction would be limited to 4 TOTAL in any and all gymnasiums.
14. **Question:** If I have an individual that did not play for us last year, can he/she be in addition to the 4 players?
Answer: No. The regulation states "*no more than 4 players in all the combined facilities.....*" So, even though they are not part of the OHSAA's regulation because they did not play – the OTHER players present ARE bound by that regulation – NO MORE THAN 4.
15. **Question:** Could I have 4 Junior High Players in addition to 4 High School Players?
Answer: No. See the above answer – No More Than 4