



INSIDE OHSAA SOFTBALL



The Ohio High School Athletic Association

“The No-Contact Period”

Revised: July 7, 2016

Years ago, the member schools of the OHSAA passed a General Sports Regulation (General Sports Regulation 11) requiring school approved coaches to refrain from sport related contact in team sports. These were defined as “no-contact” periods. Though they are NOT called “Dead Periods” – the intent of these is to provide down time to student-athletes AND to encourage participation in other sports without the undue influence on athletes to participate in open gyms, etc., while other sports are starting their seasons.

The OHSAA’s No-Contact Period

Jerry Snodgrass *Lauren Prochaska*
Assistant Commissioner *Program Coordinator*

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

1. The following sports must observe an additional No-Contact Period **during the month of August** (August 1 – August 31) of each year: Ice Hockey, Boys’ Basketball, Girls Basketball, Baseball & **Softball**.
2. During a No-Contact Period, board approved 7-12 school coaches are not permitted to have sport related contact with players that played for their school teams (7-12) during the previous season. This “sport related contact” includes – but is not limited to:
 - Conducting Open Gyms/Open Fields/Open Facilities for individuals that played for the school teams (7-12) the previous season.
 - Physical Conditioning Programs
 - Viewing Video/films
3. All coaches that observe an August No-Contact period **MAY supervise** the weight room. This is not to be confused with ‘conditioning programs’ or ‘open fields’ which **CANNOT** occur during the No-Contact Period. But....supervision of the weight room **CAN** now take place by coaches. This became effective with the 2015-16 school year.
COMMENT: This was done primarily to permit schools that cannot afford to have separate strength coaches that permit basketball players to lift during this time to be on the same level playing field as schools that **DO** have that ‘luxury’ of separate strength coaches. This does not mean you can have conditioning programs or ‘open fields’ and disguise it as weightlifting!
4. There are no differences between paid and volunteer coaches relative to OHSAA Sport Regulations. Thus, paid coaches and volunteer coaches are bound by the same regulations regarding No-Contact Period.
5. There is **NO** waiver provided for school coaches to coach their own sons/daughters in team play during any No-Contact Period.
EXAMPLE: The JV Softball coach at Ronald Regan High School has a daughter that plays on the “Team Earth Red/Blue Elite Premier Superstar Intergalactic” Travel Softball team. That JV coach also served as the head coach of that “Travel” team between June and July and wants to continue doing so during the August No-Contact period. He is not permitted to do that as he must comply with the No-Contact Period whether it is his daughter or not.
6. School Administrators are expected and required to monitor compliance as a condition of membership in the OHSAA.
COMMENT: The fundamental structure of the OHSAA exists on member schools self-policing the very policies they have voted to implement. When schools sign their membership card annually (which all member schools must do!) they are agreeing to educate as well as enforce all the rules and regulations of the OHSAA as a condition of membership.

The purpose of the “No-Contact Period”

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