Ohio High School Athletic Association

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Basketball Coaches’ Memo

End of Summer 2019

Helpful Tidbit: Do NOT Make ANY Out-of-Season Basketball Activity Mandatory for Your Players!

Basketball No-Contact Period
No Basketball related contact from August 1 – August 31. Simple as it can be! Here is what you CAN do – you can SUPERVISE the weight room. That does not mean conditioning programs, it does not mean shooting sessions. You can SUPERVISE the weight room. Just a simple reminder that the No-Contact Period for basketball (and selected other sports) runs the ‘month of August’ – from August 1 – August 31. Though it is fairly straight forward – NO Contact means NO basketball related contact.

Sport Regulation 7.5 – Coaching Out of Season
School coaches have permission to coach players from their own school on non-school teams (such as AAU) outside the season of play and not just during June and July. BUT, hold on….
Before you start thinking you can coach and have voluntary practice outside the season (such as in September or October) read further:
First, there are 3 regulations that have not changed:
1. The No-Contact Period addressed above. It still exists and that STILL means that during those 2 periods of time you will NOT be permitted to coach.
2. The regulations that limit any non-school team to only 2 players that played for the same school team still exists. That has not changed and there is no plan to change it.
3. There can be no rotating players from your school teams from one team to another. In other words, your permission to coach a team that consists of 2 players from your school does NOT give you the permission to use 2 different players in each and every game you play in. This is true whether you are coaching the non-school team or not, rotating players to ‘get around’ the 2 player limit is not permitted.

So….take the above and it is now easier to understand; the regulation DOES permit school coaches this opportunity, but other regulations remain unchanged that will not permit any coaching of any kind during the No-Contact Period AND will never permit you to coach a team that has more than 2 individuals on it (except during June and July). This permission to coach players is in ‘competitions’, it does not permit you to practice with them. The Individual Instruction regulation permits that.

Summary of “Permissions”
Take a look at what is permitted for a basketball coach:
1. You can have full blown practice during the season.
2. After the No-Contact Period – you are permitted to have “Individual Instruction’ to teach skills outside the season.
3. After the No-Contact Period – you are permitted to coach players from your school in team play with the above restrictions.
4. During June and July – you can coach your full team for 10 total days and still provide Individual Instruction
5. After the No-Contact Period in August – you are permitted to have “individual Instruction” to teach skills.
6. After the No-Contact Period in August – you are permitted to coach players from your school in team play with the above restrictions.

Where Do 7th Graders ‘fit in’?
A common question about incoming 7th graders – do they count in the 50% limitation on fall non-school teams. The simple answer is “no”. Incoming 7th graders, regardless of whether they are the next Lebron or not – have never played an OHSAA sponsored sport (in this case, basketball). So, they cannot be under any of our regulations. We certainly do not advocate this, but since they are not, there are no player limitations or coaching restrictions on them. Could you coach them in the fall? Nothing from our rules would prohibit it. But…think about it before you start wanting to coach 12 year olds 5 days a week in the fall.

Individual Instruction
We are entering the 5th year for the Individual Instruction Regulation. Knowing most basketball coaches will start utilizing this in September/October and though there are some fairly strict parameters, this is a reminder that the purpose of this was to provide coaches the opportunity to provide individual SKILL instruction – NOT team workouts.

State Venue
Stay tuned for a press release in the next week regarding the upcoming the State Basketball Tournament venue for 2019-20, and 2020-21.