



THIS WEEK IN BASEBALL



The Ohio High School Athletic Association

The No-Contact Period

Updated July 25, 2016

All 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 **Baseball**:

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, Boys’ Lacrosse, Girls’ Lacrosse, **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.
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 freshman baseball coach at Ronald Regan High School has a son that plays on the “Team Earth Red/Blue Elite Premier Superstar Intergalactic” Travel Baseball team. That freshmen 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 son or not.
6. School Administrators are expected and required to monitor compliance as a condition of membership in the OHSAA.

The purpose of the “No-Contact Period” is essentially 2-fold:

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