

To: All Ohio Head Basketball Coaches  
From: Jerry Snodgrass, Assistant Commissioner  
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*Basketball's No-Contact Period is on the horizon, beginning August 1 this year (see below). This provides us an opportunity to provide you with several important informational items as many of you will pick up with fall workouts, individual instruction, open gyms, etc. once school begins and after the No-Contact Period ends on September 1.*

### **Need Answers to Questions?**

Seldom do we say this, however, the start of fall practices – transfers, new coaches, as well as the administration of other sports, makes it very difficult to keep up with phone calls and emails for out of season coaches. Though, just like you, we do work incredible hours over the next few months, if you need questions answered, please check out the documents on our “Rebounders Report” page at:

<http://www.ohsaa.org/sports/bk/ReboundersReport/ReboundersReport.htm> and check with your Athletic Director first. Thanks in advance for being patient during this period of time.

### **The No-Contact Period**

Effective the 2016-17 school year, the mandatory No-Contact Period now runs the month of August – from August 1 – August 31. This was sent out via email to all head coaches in late June and restricts coaches from ***any basketball related contact*** with players that played in your 7-12 program last year. I encourage you to look at the purpose of this long-standing regulation and not different ways to ‘get around’ it. Players need a break, COACHES need a break and this also provides the much needed opportunity for fall sports to get underway. Any questions....check out this document: <http://www.ohsaa.org/sports/bk/ReboundersReport/BasketballNo-ContactRule.pdf>

### **Individual Instruction**

As many of you make plans to utilize the permissions in this regulation, I urge you to review the restrictions. This is the 4th year for the Individual Instruction Regulation- originally proposed by the OHSBCA. The purpose of this was to provide coaches the opportunity to provide individual SKILL instruction – **NOT team workouts**. I would encourage you to read, print and disseminate the updated explanation of this regulation located at:

<http://www.ohsaa.org/sports/bk/ReboundersReport/GeneralSportsRegulation8.6Explanation.pdf>

### **Open Gyms, Conditioning Programs, Weight Lifting Programs**

It has always been my intent to remove any and all misunderstandings as well as address all scenarios permitted within various other sports regulations – most notably those addressing “Open Gyms”, “Conditioning & Weight Programs”. This communication should provide you with answers to many questions and close any loopholes one might often ‘think’ exists. As in the above, I strongly encourage you to read, print and disseminate the explanations of these regulations that can be found on the our “Rebounders Report” page at:

<http://www.ohsaa.org/sports/bk/ReboundersReport/ReboundersReport.htm>

### **Clarity on Open Gym, Conditioning and Weight Lifting Regulations**

Though we stated this in the June coaches’ memo, a very common question from coaches of all sports deals with ‘who’ can participate in a school’s open gyms and whether it is restricted to only 9-12 participating together and 7-8 only participating together. To clarify, ***outside the defined season*** there is no restriction by the OHSAA on who participates. If your school permits 7-8 graders to play alongside/with 9-12 grade students in open gyms, it does not violate any of our regulations. The same holds true with weight lifting programs and conditioning programs.

### **Fall Leagues**

Fall isn't just for football anymore....Fall baseball, fall softball and fall basketball leagues are increasing in number every year. With the increase in these, this is just a reminder that General Sports Regulation 7.3.1 still restricts the number of players that played for the same school teams the previous season to **TWO** on the same NON-school team outside the season (except during June and July). If you want to read the entire explanation, you can find this in the OHSAA's General Sports Regulations on page 66 and 67 at:

<http://www.ohsaa.org/sports/rqlts/GeneralSportsRegulations.pdf>

### **"Showcases"**

Another overnight sensation – "Showcases". Intended to feature the 'elite' players, Ohio stands to have the best tournament ever based upon the number of "Showcases" that have developed. Simply keep in mind that "Showcases" are no different than any other "Travel", "AAU", "Classic" or whatever other name they may go by in the off-season. There is a limit of 2 players on these teams that played for the same school teams the previous seasons. Just as indicated above with "Fall Leagues" and the same General Sports Regulation (7.3.1) applies.

### **Are you a NEW Head Coach at Your School?**

Coaches that are new to a school often have many questions – often times assuming they have opportunities to extend the 10 summer days or that the no-contact period does not apply to them (both are NOT true!). The document I have posted at this link is designed to help you with those many questions at your new school:

<http://www.ohsaa.org/sports/bk/ReboundersReport/BasketballCoachPermissionOverview.pdf>

### **The 2016-17 Season Ahead**

The start date for the 2015-16 basketball season was the earliest it has ever been. This was due to the date of Easter – which determine s the date of the state tournaments and everything counted back from there. The first date for Girls' Basketball Practice is October 28, 2016 with the first games being permitted on November 25. The first practice date permitted for Boys' Basketball is November 4 and the first game date permitted is **Thursday, December 1**. This Thursday date was permitted for many schools to open up an early season Friday night for girls' basketball.

### **Rules Meetings/Online Manual**

Again this year, all State Rules Meetings will be conducted online. These meetings will be active later in September and correspondence will be provided later on this.