



THE REBOUNDERS REPORT



The Ohio High School Athletic Association

The No-Contact Period

Updated July 31, 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 **Boys’ and Girls’ Basketball**.

1. Boys’ and Girls’ Basketball must observe a ‘no-contact period’ beginning the day following the last contest of the season and continuing for 28 days after the last contest for that sport’s team:
2. The following sports must observe an additional No-Contact Period that coincides with the start of Fall Sport Practices. This No-Contact Period Starts on August 1 of each year and continues through August 31.
COMMENT: This “August” No-Contact Period was recently changed to coincide with the exact start of the fall seasons (August 1). This change better aligns the No-Contact Period to accommodate its intent.
3. 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
4. The No-Contact period that begins at the end of the team’s sport season (and continues for 28 days) is ‘team specific’. In other words, the 28 day No-Contact period begins for freshmen as soon as the freshmen schedule is complete.
COMMENT: If a freshmen ‘moves up’ and practices with or plays with the varsity tournament team, the 28 day No-Contact Period begins upon the varsity team’s season concluding. Likewise for any other sub-varsity (JV) player doing the same.
5. Basketball coaches MAY **supervise** the weight room. This is not to be confused with ‘conditioning programs’ or ‘open gyms’ which CANNOT occur during the No-Contact Period. But....supervision of the weight room CAN now take place by coaches.
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.
6. 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 Periods.
7. There is NO waiver provided for school coaches to coach their own sons/daughters in team play during any No-Contact Period.
EXAMPLE: The head basketball coach at Ronald Regan High School has a son that plays on the “Team Earth Red/Blue Elite Premier Superstar Intergalactic” AAU basketball team. The head coach served as the head coach of that “AAU” 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.
8. 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 a break! The basketball season is one of the longest of sport seasons and mentally and physically players should get a necessary break.
2. To permit the next sport season to begin without undue influence on basketball players prohibiting them from participating in a spring sport.