

To: All OHSAA Head Girls Lacrosse Coaches
From: Beau Rugg, Assistant Commissioner
Jenn Close, Program Coordinator
Re: Girls Lax Coaches Memo #1: August 1, 2016

With the “no-contact period” here, this is a beginning of school year memo to all lacrosse coaches to remind everyone of a few important regulations.

Lacrosse No-Contact Period

Just a simple reminder that the No-Contact Period for lacrosse (and selected other sports) now runs the ‘month of August’ – from August 1 – August 31. Any coach, paid or volunteer, approved by the Board of Education to lacrosse is prohibited from providing coaching, instruction or supervising conditioning and physical fitness programs or open gyms to members of a school team in their sport for the period of time between August 1 and August 31. This includes any type of tryouts in or out of school for purposes of non-interscholastic competition. Activities which may be conducted by a coach with members of a school team in their sport during the mandatory no-contact period include: all-star contests, awards ceremonies, fund-raisers; providing oversight during weight training; verbal contact with underclass athletes for the purpose of reviewing the season that just concluded and goal setting for the next season; verbal contact with a senior athlete for the purpose of facilitating the college recruitment process; contact as a faculty member assigned to teach in the regular curriculum (ex.: physical education courses such as weight training, fitness, etc.); contact as a certified athletic trainer involved with athlete rehabilitation and treatment, pick up and return of school-issued equipment, and attendance at OHSAA tournaments

Fall Lacrosse

Fall isn’t just for football anymore....Fall lacrosse, fall baseball 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 SIX on the same NON-school team outside the season (except during June and July). So, IF your players are playing in a fall league, just insure there are not more than 6 that played for any of your school teams the previous season on the same fall team. While kids can play together, coaches cannot coach their own kids on NON-school teams outside of the June and July period. Please do not confuse this rule with the “4 Player Individual Instruction Regulation” (see below) as they are completely separate regulations.

And, I am often asked if there is a regulation that prohibits a football player from playing fall lacrosse. There is not. The ‘non-interscholastic rule’ only affects individuals from participating in the SAME non-school sport during the same season (a lacrosse player cannot participate in non-school LACROSSE during the lacrosse season, etc.). It might drive a football coach crazy and your school may have a policy against it but the OHSAA does not.

Individual Instruction

We are entering the 4th year for the Individual Instruction Regulation. Knowing most lacrosse coaches will not utilize this until January, there are still some things to take note of. 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. There is nothing in the regulation that would permit coaches to coach fall teams – this is a misconception not permitted by the regulation.

Indoor Lacrosse

Per Board of Director approval, the following as written in the lacrosse specific sport regulation “Indoor lacrosse shall be defined as a game played by two teams each consisting of not more than 7 players, nor fewer than 2 players, one of whom must be the goalkeeper, and played indoors between the end of the no-contact period and the day before the first day of coaching for the interscholastic season is permitted. The number of interscholastic lacrosse players from the same school on a non-interscholastic squad of an indoor lacrosse roster is not limited.” School coaches may not coach their own athletes on indoor lacrosse teams.

Are YOU a Private Instructor or Own Your Own Facility?

This question comes up more and more – “if I own my own facility or I am a private instructor, am I able to instruct players from my own school’s teams during the no-contact period”? The answer to that is still ‘no’. There has been no exception granted for those individuals who own their own facilities or are employed as private instructors. Currently, only individual sport coaches (tennis, golf, swimming, etc.) are afforded this exception.

A Clarification on Out-of-Season Instruction

Individuals that have never played for a school team are not ‘governed’ by any OHSAA regulations. In other words, if you have the next rising lacrosse star in your school who is a freshman and you do not have Junior High lacrosse at your school, that rising star is not governed by any OHSAA lacrosse regulations until he participates in his first game or scrimmage for your school. So, what does this mean? It means he does not count as one of the 6 individuals (50% limitation) on a ‘Fall Ball’ team. He also could receive instruction from any school coach without restriction. But keep in mind, he WOULD still count as one of the 4 individuals permitted in Individual instruction if *any* of the other 3 were previous players for your school.

Open Nets/Open Gym

It has 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/Nets”, “Conditioning & Weight Programs”. Basically, in an “open field”....it can be **unstructured** play. No instruction, no ground balls, no shooting drills, etc. You may ask “what CAN you do”? Basically, players can choose sides and.... *play lacrosse*. But keep in mind, that is why the individual instruction regulation was put in place – to PERMIT you to do some coaching/instruction outside the season. “Open Gyms/Nets” and “Individual Instruction” are 2 entirely separate regulations and I strongly encourage you to understand both. Open gym specifics can be found in General Sport Regulation #10, p. 76 (<http://ohsaa.org/sports/rglts/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”, “Classic” or whatever other name they may go by in the off-season. There is a limit of 6 players on these teams that played for the same school teams the previous seasons if these “Showcases” involve team play. If they are hitting, throwing, etc., they are permitted to do these outside the season. Just as indicated above with “Fall Leagues” and the same General Sports Regulation (7.3.1) applies.

2017 Schedule Notes & Important Scheduling Reminders

1. Coaching may begin on February 20, 2017
2. Regular Season Games may begin on March 17, 2017, not before
3. Any scrimmage MUST be a scrimmage for both schools (not a game for one and a scrimmage for the other)
4. Any game must be a game for both schools (not a scrimmage for one and a game for the other)
5. Any travel to a non-bordering state cannot result in missing school time for travel OR competition
6. Schools are permitted to travel to non-bordering states ONE time per season provided they meet the above requirements of the bylaw
7. The tournament entry/withdraw date without a penalty is May 1, 2017
8. The draw/seed date will be on May 7, 2017
9. The girls state lacrosse tournament may begin as early as May 13, 2017
10. The state finals will be played on June 3, 2017

Links to Remember

General Sport Regulations: <http://ohsaa.org/sports/rglts/GeneralSportsRegulations.pdf>

Girls Lacrosse Regulations: <http://www.ohsaa.org/sports/rglts/GLXrglts.pdf>

Coach & Player Transition Guide: <http://www.ohsaa.org/sports/lx/TransitionGuide.pdf>