

Online Rules Meetings  
Available until August 17!  
Available through  
[www.ohsaa.org](http://www.ohsaa.org)

# OHIO SOCCER WEEKLY



The Ohio High School Athletic Association

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## Get Your Pupil Activity Certificate Updated!

Schools that permit coaches to coach (Paid or volunteer) without a valid Pupil Activity Certificate issued by the ODE will be fined \$250.00 per coach. Log onto the "Sports Medicine" Page at [www.ohsaa.org](http://www.ohsaa.org) for more information on how to obtain your Certificate.

## Using Your Scrimmages?

Each team in your program is permitted to schedule 4 scrimmages PLUS 1 Preview. You may use these scrimmages at any time during the season and many teams do hold 1 to use during the tournament season.

## Player Limitations

Everyone knows an individual may participate in 38 halves for the regular season. But...you should also know that each **individual** can only participate in FOUR SCRIMMAGES. It prohibits you from playing a player in 4 JV scrimmages and 4 varsity scrimmages.

## Important Note on Previews

Teams are permitted to schedule 1 "Preview" if they wish to do so. Previews are clearly defined and MUST be one HALF in length (40 min. Varsity) Admission may be charged and can be held between August 12 and the date of your first game.

## Here We Go!

The first week down.....scrimmages on the horizon...and 'here we go'!

## Heat Acclimatization

Who knows what August and September bring but if anything like June and July, be prepared! Soccer coaches may be as good as any when it comes to understanding hydration and pacing themselves throughout the season. But...EVERYONE would benefit from a brief primer/update on Heat Acclimatization. The NFHS offers a **FREE** course titled, "**A Guide to Heat Acclimatization and Heat Illness Prevention**" on its website at [www.nfhslearn.com](http://www.nfhslearn.com). PLEASE consider taking this!

## Make Sure you Complete your Mandatory Rules Interpretation Meeting!

Time is winding down. The OHSAA requires each school to complete a Rules Interpretation Meeting annually. We offer this both in a 'face to face' setting'. As of the first day of practice, **438** out of nearly 900 coaches (schools) have attended this meeting. The online meeting closes on August 17<sup>th</sup> and there are only 2 remaining face to face meetings (Lorain CCC and Centerville HS) remaining. You must attend to be eligible for the OHSAA Sectional/District Tournament.

## A Reminder on Physical Forms and Emergency Medical Forms

I mentioned this in Issue 1 also under the heading of 'Common Sense'. Even if your best returning player indicates "I'll bring it tomorrow", **DON'T** permit anyone to practice without a completed 'Physical Form'. The risks far outweigh any benefit from doing so. Think about it as a coach; you demand things from your players...demand this as well. You'll be immediate compliance!

## GoalKeeper Jerseys

A little 'under the radar' this year is the requirement for GK's to have a unique number on their jersey. This was a rule change a year ago with implementation for THIS year so it may have slipped by many. This was covered in online and face to face Rules meetings and the complete uniform guidelines that explain number requirements, etc. are available at <http://www.ohsaa.org/members/uniform.htm#SO>

## Anchoring Goals/Field Requirements

Aside from "picture day", scrimmages, roster cuts, etc., before school arrives and you have a little 'extra' time during the pre-season, take a moment to make sure your goals are properly anchored. This is a Point of Emphasis this year anyhow and now is a good time to check. Also a "POE" is the 10ft. 'buffer zone' required around the edge of the field. This is an important safety issue as well as 'administrative' issue. The 10' 'buffer' includes the team and bench area as well. IF you have the 'shelters' in your bench area, PLEASE make sure you have those set 10 ft. behind the touch lines. These are seemingly 'small' issues that neglect turns into MAJOR issues and pre-season is a good time to take care of these.

## How Many do I Keep?

So often, we are asked 'how many' are permitted on a team's roster. YOU determine that. If you want 20...keep 20. If you want 35...keep 35. Where it DOES come into play, however, is at tournament time. Only **22** may dress for any tournament game. You can change from game to game...but only 22 in uniform.



## *From the Locker Room at [www.nfhslearn.com](http://www.nfhslearn.com)*

The NFHS has devoted a great deal of time and resources to developing various items to assist coaches outside the normal 'X and O's' of the game. Some great short courses (most FREE!) include:

- "Engaging Effectively with Parents"
- "Concussion in Sports, What you Need to Know"
- "NCAA Eligibility Center"
- "The Role of the Parent in Sports"
- "Coaching Sports in Middle School"

## By the Numbers

**209** Total no. of coaches who have attended 'face to face' Rules Mtgs. this year to date.

**178** Total no. of coaches who have attended "online" Rules Mtgs. this year to date

**58%** Percentage of coaches responding that are also certified teachers.

**74%** Percentage of girls' team coaches responding that are MALE.