



Ohio High School Athletic Association

TO: Boys and Girls Lacrosse Coaches and Directors of Athletics

FROM: Kate Barnett, Sport Administrator

DATE: October 16, 2023

SUBJECT: Boys and Girls Lacrosse Out-of-Season Information

IMPORTANT DATES

Feb. 7	Online State Rules Interpretation information is available
Feb. 19	First Day of Coaching
Mar. 15	First date of competition
Mar. 25	Non-Interscholastic Date
April 22	Deadline to indicate OHSAA Tournament Entry
May 5	OHSAA Tournament Draw
May 16-22	Regional Qualifying Tournament
May 23- June 1	Regional Tournament
June 4-5	Boys and Girls State Semifinals
June 8	Boys and Girls State Finals

NFHS RULE UPDATES

BOYS LACROSSE

- [NFHS Rules Changes](#)
- [Helmet Recertification Guidelines](#)

GIRLS LACROSSE

- [NFHS Rules Changes](#)
- [NFHS Release: Quarters, Adjusted Free Position Protocols Lead 2024 Rule Changes](#)

REGULAR SEASON INFORMATION

Out of State Travel

Per Bylaw 9-2-1, a form is required for a team to travel out of state to any location that does not border Ohio. The required form can be found [HERE](#).

NOTE: If your team is planning to travel and compete out of state prior to the start of the regular season, your opponent must count the contests as scrimmages. Per our regulations, scrimmages must be considered the same for both teams. (e.g., an Ohio team cannot count the contest as a scrimmage and the Maryland team count it as a regular season contest.)

SPORT REGULATION REMINDERS

Sport Specific Regulations: [BOYS LACROSSE](#) | [GIRLS LACROSSE](#) (reflects change to quarters)

Non-interscholastic Participation

Beginning September 1, 2023 through the start of the scholastic season, there may only be 5 boys players or 6 girls players from the same school on a non-interscholastic team no matter if the school coach is coaching or not.

For other forms of lacrosse that utilize the same skills such as but not limited to box lacrosse and indoor lacrosse, there may be an unlimited number of players from the same school on the team, and the school coaches may coach his or her players own players.

Conditioning, Weight Training and/or Physical Fitness Programs

Defined as specific training for strengthening the body, developing the cardiovascular system, improving flexibility and agility and do not include specific sports skills training or instruction.

Specifications:

- These programs may be conducted at any time provided no instruction of sport technique or skills are provided.
- Board approved coaches may provide oversight of these activities.
- Equipment used in playing the sport may not be used during these activities. (e.g., lacrosse stick)
- Students from school teams shall not be required to attend these programs.

Individual Skill Instruction

Individual skill/coaching instruction is permitted any time prior to and after the school season and outside the defined no contact period from school coaches.

Note: This has been modified to expand the number of groups of students that can receive individual skill instruction at the same time in the same facility, if:

1. The number of student-athletes working together in each specific group does not exceed 5 for boys and 6 for girls;
2. The student-athletes remain in their specific groups of [a maximum of] 5 for boys and 6 for girls during the entire instruction session*;
3. The number of student-athletes in their groups of [a maximum of] 5 for boys and 6 for girls do not engage in team play against students in any of the other groups.

*The specific groups can rotate together to different coaches at the facility, but there should never be more than 5 for boys and 6 for girls working together with any one coach and/or a group of coaches.

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