

To: OHSAA Girls Lacrosse School Athletic Directors and Head Coaches
OHSAA Boys Lacrosse School Athletic Directors and Head Coaches

From: Tyler Brooks, Senior Manager of Officiating & Sport Administration

Re: End of No Contact Period, Review of Offseason Regulations

Date: Thursday, August 25, 2022

As the no contact period ends after Wednesday, August 31, I wanted to take this opportunity to review our offseason regulations as they relate to two important subjects; non-interscholastic competition and individual skill instruction.

Non-Interscholastic Competition

In both the girls and boys lacrosse regulations for the 2022-23 school year, revisions were made to regulations 2.6 and 2.7 to broader define regulation to all modified versions of our OHSAA (field) lacrosse. Previously, only "indoor lacrosse" was written within the regulations, while other forms of lacrosse (like box lacrosse) were not defined.

In short, OHSAA players and coaches can participate in field lacrosse or a modified version of lacrosse during the offseason, like box lacrosse. However, if a school coach is coaching them, then the non-school team would be limited to 5 (BLX) / 6 (GLX) players on the non-school roster from their OHSAA school. If a non-school coach is coaching them, then there is no limit on the number of players from the same school on a non-school team of either field lacrosse or modified versions of lacrosse (like box lacrosse). This 5 / 6 player limitation is only in effect from the end of the August no contact period to the start of OHSAA season in February. OHSAA coaches may coach their school team members without limitation from the end of their OHSAA school season through the end of July as part of their 10 "team coaching days".

This change may affect some teams more than others, but this clarification / change is consistent with other OHSAA team sports in essentially not permitting OHSAA school teams to participate with all team members in year-round variations of their OHSAA sport.

If the girls and boys lacrosse communities would like the OHSAA to consider a different approach to offseason regulations with all versions of lacrosse in future years, please reach out to me and we can begin a discussion in conjunction with the coaches associations for a potential change in the fall of 2023.

I also plan on conducting an early season survey in 2023 to get statewide feedback on the regulation change, so please take a few minutes to submit your feedback when the time comes via the survey.

Individual Skill Instruction

Another change was made to the OHSAA General Sport Regulations for the 2022-23 school year affecting individual skill instruction.

OHSAA coaches are now permitted to provide individual skill instruction to 5 (BLX) / 6 (GLX) players at a time during the offseason (end of August no contact period through the start of the OHSAA season). Previously, boys and girls lacrosse programs were limited to no more than 4 players at a time during individual skill instruction.

To review more information on individual skill instruction, please see OHSAA General Sport Regulation 7 from the link below, primarily 7.8 through 7.13.

GLX Regulations: <https://ohsaaweb.blob.core.windows.net/files/Sports/Lacrosse-Girls/GirlsLaxRegs.pdf>

BLX Regulations: <https://ohsaaweb.blob.core.windows.net/files/Sports/Lacrosse-Boys/BoysLaxRegs.pdf>

OHSAA General Sport Regulations:

<https://ohsaaweb.blob.core.windows.net/files/Sports/GeneralSportsRegulations.pdf>



Tyler Brooks

Senior Manager of Officiating & Sport Administration

Ohio High School Athletic Association

4080 Roselea Place

Columbus, Ohio 43214

tbrooks@ohsaa.org

P: 614-267-2502 x 112

F: 614-267-1677