



As we begin the no contact period for baseball coaches, much of the information below is to remind you of a few very important items, with out of season restrictions coming back into place. I hope you find this information helpful, and please feel free to reach out to me with any questions or concerns at [emason@ohsaa.org](mailto:emason@ohsaa.org).

Please also note my name and email change—all emails sent to [egates@ohsaa.org](mailto:egates@ohsaa.org) will be forwarded, but wanted to mention to go ahead and use [emason@ohsaa.org](mailto:emason@ohsaa.org). Thank you!

## No Contact Period for Baseball

A reminder that the no contact period for baseball is in effect from August 1 through August 31. General Sport Regulation 11 states that a school coach shall not provide any form of coaching or instruction of the sport to their student athletes during this time frame. Sport contact includes, but is not limited to, open gyms/fields, physical conditioning programs and viewing film. The no contact period is for all school coaches, whether paid or volunteer.

**NOTE: Supervision** of the weight room is permitted during the no contact period. There may be no baseball instruction or activities taking place other than the supervision of the weight room. Please keep in mind the intent of the no contact period is to provide the athletes a period of rest from the sport.

## Coaching Out-of-Season Baseball

Per General Sport Regulation 7.5, school coaches may coach out of season/non-school teams that include players from their own school. A few reminders:

1. School coaches are not permitted to coach a non-school baseball team with players from their school during the no contact period (8/1 – 8/31).
2. There may be no more than 4 players from the same school on the non-school team.
3. Non-school teams may *not* rotate the 4 players on their roster in separate games or tournaments. As an example, a fall ball team may not use 4 players from School A for one weekend tournament, and 4 different players from School A in the tournament the following weekend. This regulation applies no matter who is the non-school coach—rotating 4 players is not permitted on a non-school baseball team.
4. The 4-player limitation is based on the previous school baseball season.
  - a. If there are incoming freshmen that did NOT play for their 8<sup>th</sup> grade school baseball team, they do not count in the 4-player limitation. They *would* count in the 4-player limitation once they have participated in a scrimmage and/or contest for their school.

**Scenario #1:** I am a baseball coach at Ohio High School and want to coach a fall ball team. As of August 1, 2021, I have 4 players that are incoming sophomores and 4 players that are incoming freshmen that I would like to play on my fall ball team. The 4 players that are incoming freshman did NOT play on a junior high school baseball team.

**Ruling #1:** This coach could have the 4 players that are incoming sophomores **and** the 4 that are incoming freshmen, since the incoming freshmen did not play for their junior high school baseball team.

**NOTE:** In Scenario #1, if the incoming freshmen *did* play for their junior high baseball team, they would count in the 4-player limitation.

- b. If a student athlete did not play for a school team the previous baseball season, they do not count in the 4-player limitation.

**Scenario #2:** I am a baseball coach at Ohio High School. I have 6 players from Ohio High School that are hoping to play on my fall ball team. 4 of the players played school baseball in Spring 2021, but 2 of them did not.

**Ruling #2:** This coach is permitted to have the 6 players from Ohio High School play for his fall ball team, since there is no limitation of players that did not play for their school team the previous baseball season and only has 4 that played for him the previous season.

## Individual Instruction Regulation

Per General Sport Regulation 8, the purpose of the Individual Instruction rule was to provide coaches the opportunity to offer individual skill instruction outside of the season and the no contact period.

1. Instruction is defined as when the techniques and skills of the sport are being taught.
2. It must be individual skill instruction—there cannot be team play involved.
3. There may be no more than 6 players present at one time in any facility where the instruction is taking place. For example, a coach could not have 6 players receiving instruction out on the baseball field and 6 separate players receiving instruction in the gym.
4. There is no limit to the number of coaches that may be present.
5. Individual instruction *cannot* be required of your student athletes.

## **Non-Interscholastic Rule Q & A's**

**Q: Can a football player play on a fall ball baseball team?**

**A:** Yes, as these are separate sports. Please keep in mind that while the OHSAA allows this, the school may choose to prohibit this. For example, the school and/or football coach may not want their players playing an off-season sport during the football season.

**Q: May I have 4 8<sup>th</sup> graders from the same school on the same fall ball team as 4 9<sup>th</sup> graders from the same school?**

**A:** Yes, as the OHSAA considers grades 7-8 separate from grades 9-12.

**Q: If I am a volunteer coach for the school team, am I bound to the same OHSAA out-of-season restrictions?**

**A:** Yes, all OHSAA Regulations apply to any coach, whether you are a paid or volunteer coach.

**Q: Would a graduating senior count in the 4-player limit on my fall ball team?**

**A:** No, graduating seniors are exempt from the 50% limitation.

**Q: Does a transfer student count in the 4-player total on the fall ball team?**

**A:** If they played for their previous school baseball team, they would count in the 4-player limit for the school they are transferring to.

**Q: A student played for my baseball team in Spring 2021 but is transferring to a new school. Does he count in my 4-player limit?**

**A:** No, he would count in the 4-player limit for the school he is transferring to.

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