

1. Non-Interscholastic **Participation and Individual Skill Instruction**

7.1) Non-Interscholastic Participation Definitions

- 7.1.1) **Definition of a Non-Interscholastic Program or Team** – A non-interscholastic program, also known as a non-interscholastic team, is one in which a student-athlete participates in team play or as an individual, and that program or team is not under the direct or indirect control of the OHSAA member school. This means the

OHSAA member school does not sponsor (one that is Board of Education- or other governing board-approved), supervise or have financial responsibility for that non-interscholastic program or team.

The non-interscholastic program or team, in which participation occurs outside the school season, may be composed of participants in grades 7 through 12 and may be operated within or outside the OHSAA member school facility. Admission may be charged, and fees or expenses may be collected for training and/or competitions sponsored by that non-interscholastic program or team. It is not necessary for a coach to be present or for instruction to be given for a program or team to be considered a non-interscholastic program or team.

Examples of or names associated with non-interscholastic programs or teams are: church, intramural, rec (recreation), YMCA, CYO, AAU, USAVB, USSF, USA Swimming, all-star, club, non-interscholastic or any combination of players involved in team play.

Note: See Sports Regulation 7.3.1.a) for the number of team members permitted on the non-interscholastic team who came from the same school or who participated in that sport as a team member at another school in the preceding season. A roster is defined as all the members of the entire non-interscholastic team that would practice together or participate together “Rotating players” from the same interscholastic team is not permitted in the non-interscholastic team player limitation.

- 7.1.2) **Definition of a School Program or Team** – A school (interscholastic) program or team is one in which a student-athlete participates in team play or as an individual, and that program or team is under the direct or indirect control of the OHSAA member school. This means the OHSAA member school sponsors (one that is Board of Education- or other governing board-approved), supervises or has financial responsibility for that program or team. See Bylaw 3 for administrative responsibilities as they relate to a school program or team.

Member schools may sponsor more than one varsity or sub-varsity team for interscholastic competition, but each team must have its own schedule and may not exceed the contest limitations for that sport.

Note: See the specific sport regulations for participation limits for individuals.

- 7.1.3) **Definition of a School Contest** – An “interscholastic athletic contest,” as used throughout the Bylaws and Sports Regulations of the OHSAA, is defined as a sports event which takes place during the defined sports season in which student-athletes representing at least one school are engaged in sports-related activities with students representing at least one or more schools or non-interscholastic programs. This includes, but is not limited to, scheduled contests/meets/matches, previews, scrimmages, jamborees, electronic contests, invitational contests, and alumni games. Practices involving two or more schools shall also count as a contest unless those squads share the same board-approved coach. See Bylaw 9 regarding contests requiring special attention.

For purposes of this definition, “defined sport season” shall be determined by the sports regulations for that sport, beginning with the first date on which coaching may begin and concluding on the last date the school participates in a regular or postseason contest.

- 7.1.4) **Definition of a Member of a Interscholastic Team/Team Member (Bylaw 4-1-4)** – A student is a member of an interscholastic squad when the student participates in an interscholastic contest. Such status as a squad member continues until the start of the next school season in that sport. An athletic contest involving participants from another school or any non-interscholastic or any organized adult team is a game, preview or a scrimmage.
- 7.1.5) **Definition of Coaching** – Coaching is providing instruction or being present with a team or individual during contests, tryouts, training and practices. If a school coach, whether paid, volunteer or designated, is approved for his/her coaching position by a Board of Education or similar governing board prior to June 1, the coach is accountable to all OHSAA rules and regulations beginning June 1. For additional regulations on school coaches, see Bylaw 6.

7.2) Regulations Prohibiting Students from Participating on Non-Interscholastic Teams During the School Team’s Season

- 7.2.1) **Team Sports** – A member of an interscholastic team in the team sports of baseball, basketball, field hockey, football, ice hockey, lacrosse, soccer, softball and volleyball may not participate in an athletic contest, a tryout or any type of interscholastic team or group training or practices (including open gyms/fields) with a non-interscholastic team in that same sport during the interscholastic team’s season.

Note: This regulation applies to students invited to participate in a tryout, group training or practice at a college or in contests, tryouts, group training or practices with any non-interscholastic program or team.

- 7.2.2) **Individual Sports** – A member of a interscholastic team in the individual sports of bowling, cross country, golf, gymnastics, swimming and diving, tennis, track and field and wrestling may not participate in an athletic contest with a non-interscholastic team or in non-interscholastic competition in that same sport during the interscholastic team’s season.

However, athletes in these individual sports are permitted to participate with a non-interscholastic program in a tryout or a practice(s) during the school season.

7.3) Regulations Permitting Students to Participate on Non-Interscholastic Teams Outside of the Interscholastic Team's Season

7.3.1) **Team Sports (Other Than Football)** – A member of a school program or team in the team sports of baseball, basketball, field hockey, football, ice hockey, lacrosse, soccer, softball and volleyball may participate with a non- interscholastic program or team in contests, tryouts, training and/or practices prior to and after the interscholastic team's season under the following condition:

- a) The number of team members on the non-interscholastic team who are enrolled at the same school and/or participated in that sport at that same school in the preceding season, or team members on the non-interscholastic team who participated in that sport at another school in the preceding season and transferred or matriculated to the same school, is limited to the number of team members outlines below. Rotating players from the same team is not permitted within the player limitation.

Note: Students who did NOT play for an interscholastic team the previous year do not count in the team limitation of that sport.

The team limit is as follows:

Limitation on Sport	Number of Team Members
Baseball	6
Basketball	3
Field Hockey	6
Football	7*
Ice Hockey	5
Boys Lacrosse	5
Girls Lacrosse	6
Soccer	6
Softball	6
Volleyball	3

*In football, all activities must be non-contact and the only football equipment the player may wear are helmets and cleats.

Notes:

- a.) The team limit is not in effect for the sports of basketball, field hockey, football, ice hockey, lacrosse, soccer and volleyball from June 1 through July 31 when the non-interscholastic team is coached by a coach not employed by the school in which the team members are participating.
- b.) The team limit is not in effect for the sports of baseball, boys volleyball, lacrosse and softball as soon as a team member has completed his/her interscholastic team's season through July 31 when the non-interscholastic team is coached by a coach not employed by the school in which the team members are enrolled and participating.
- c.) If the non-interscholastic team is being coached by a school coach, whether paid, volunteer or designated, the team limitation shall remain in effect at all times (with the exception of the 13-day rule as outlined in GSR 7.5).
- d.) For purposes of this regulation, team members who matriculate to the same school do not count toward the team limitation for that school until they are enrolled and attending that school.
- e.) For purposes of this regulation, "rotating players" is defined as utilizing a member of a school program who was not on the original roster of the non-interscholastic team in place of another member of the same school program due to an absence or injury.
- f.) A member of an interscholastic team may continue to participate with a non-interscholastic team in a national qualifying tournament after July 31 until the team is eliminated from the tournament but no later than Labor Day.
- g.) Graduating seniors or students completing their athletic eligibility at the end of the semester are exempt from the team limitation once their school season in the same sport has been completed.
- h.) These regulations do not apply if the "members" of the non-interscholastic squad are all siblings (by blood or adoption) and no other player from the same interscholastic squad is a participant on behalf of the non-interscholastic squad.
- i.) Students from interscholastic teams shall not be required to attend the coaching/instruction. A paid or unpaid school(interscholastic) coach employed by a Board of Education or other governing board violates this regulation when he/she suggests or implies that a student's chance to be selected for an interscholastic team is contingent upon this participation.
- j.) If a student-athlete quits or is dropped from an interscholastic team and joins a non-interscholastic team during the interscholastic team's season, he/she may not rejoin that interscholastic team for the remainder of the season

- 7.3.2) **Individual Sports** – A member of a interscholastic team in the individual sports of bowling, cross country, golf, gymnastics, swimming and diving, tennis, track and field, and wrestling may participate with a non-interscholastic program or team in contests, tryouts, training and/or practices prior to and after the school's season with no restriction when coached by either a school coach or a non-interscholastic coach.

Notes: Students from interscholastic teams shall not be required to attend the coaching/instruction. A paid or unpaid school (interscholastic) coach employed by a Board of Education or other governing board violates this regulation when he/she suggests or implies that a student's chance to be selected for a school (interscholastic) team is contingent upon this participation.

If a student-athlete quits or is dropped from an interscholastic team and joins a non-interscholastic team during the interscholastic team's season, he/she may not rejoin that interscholastic team for the remainder of the season.

7.4) Regulations Prohibiting Football Players from Participating on Non-Interscholastic Teams

~~7.4.1) A member of an interscholastic football team may not participate in an athletic contest with a non-interscholastic team in that same sport between August 1 and May 14. Any contact football, flag football, touch football and arena football are examples of non-permissible events. (See General Sports Regulation 7.2.1 for in-season restrictions.)~~

~~7.4.2) A member school or program or team in the sports of football may participate with a non-interscholastic program in camps, tryouts, training and/or practices prior to and after the interscholastic team's season under the following conditions:~~

~~a.) They may not play in any contest including 7 on 7 (except between May 15 and July 31).~~

~~b.) All activities must be non-contact.~~

~~e.) The only football equipment the player may wear are helmets and cleats.~~

~~7.4.3) From May 15 to July 31, a member of an interscholastic football team may participate in an athletic contest, a tryout or any type of team or group training or practices with a non-interscholastic team provided all participation is non-contact and the only football equipment being worn are helmets and cleats. This would include 7 on 7 participation. (See General Sports Regulation 7.5 regarding coach's involvement the 13-day rule.)~~

~~**Note:** All activities must be non-contact and the only football equipment the player may wear are helmets and cleats.~~

7.5) Regulations Permitting Coaches to Coach Their Own Student-Athletes on Non-Interscholastic Teams Outside of the Interscholastic Team's Season

7.5.1) **Team Sports (13-Day Rule)** – Members of a school team's coaching staff in the team sports of baseball, basketball, field hockey, football, ice hockey, lacrosse, soccer, softball and volleyball may coach and/or provide instruction to (including, but no limited to, video or film study) any number of students from their teams in excess of the team limit set forth in General Sport Regulation 7.3 for a maximum of 13 days from May 15 through July 31 except that participation cannot be mandatory. In addition:

a.) In the sport of football, a day is counted as one of the 13 days when the number of students from an interscholastic team being coached by members of the interscholastic team's staff exceeds seven. Further, only non-contact football is permitted.

b.) Sport specific events coordinated by a school shall count as one of the 13 days when the number of students from that school's team exceeds the team limit set forth in General Sport Regulation 7.3, or seven in the sport of football, even if the event does not involve a member of an interscholastic team's coaching staff coaching.

c.) The 13-day limitation applies to the entire coaching staff. Each individual coach is not entitled to 13 different days for coaching. The days refers to any amount of time utilized during the 13 days (i.e. the regulation does NOT permit 312 total hours of coaching . . . 13 days of 24 hours each).

d.) Participation during the 13 days shall not be mandatory.

7.5.2) So long as the team limitation is observed (See 7.3.1), a paid or unpaid school (interscholastic) coach approved by a Board of Education or other governing board may coach students from his/her interscholastic teams in team play at any time except during the mandatory no-contact period. See General Sports Regulation 7.3.1 for more details on the non-interscholastic team limitation.

7.5.3) **Individual Sports** – Members of a interscholastic team's coaching staff in the individual sports of bowling, cross country, golf, gymnastics, swimming and diving, tennis, track and field, and wrestling may coach students from their interscholastic teams outside the school (interscholastic) season. In addition:

a.) Students from interscholastic teams shall not be required to attend the coaching instruction.

7.6) Regulation on All-Star Games (Coaching or Participating on Non-Interscholastic Teams Outside of the Interscholastic Team's Season)

- 7.6.1) School coaches may coach players from his or her school in special “All-Star” contests. Coaches may also coach in “All-Star” contests during the no-contact period.
- 7.6.2) “All-Star” contests shall not participate until after they have completed their final contest for their school.
Note: For the sport of football, only graduating seniors or students completing athletic eligibility at the end of the current semester may participate in “All Star” competition (Football Regulation 6.2).
- 7.6.3) All-Star contests are considered non-interscholastic and the limitations outlined in General Sport Regulation 7 shall apply to underclassmen.
- 7.7) Exceptions to Participation on Non-Interscholastic Teams for Students
- 7.7.1) **Special Olympics or Paralympics** – After a student becomes a member of a school (interscholastic) team sponsored by the Board of Education or other governing board, the student may participate in tryouts and/or a contest(s) sponsored by either the Special Olympics or the United States Paralympics provided:
- a.) A request for waiver is submitted to the Executive Director’s Office that includes that student’s name, nature of the disability and the date of the event(s) in which the student desires to compete. The waiver must be submitted by the school’s principal or another senior administrator.
- 7.7.2) **National Governing Body Selection or Other Waivers** – After a student becomes a member of a school (interscholastic) team sponsored by the Board of Education or other governing board, the student may participate as a member of a national team, as determined by the National Governing Body in that sport, or in a national or international competition by virtue of his/her past performance in an OHSAA sport.
Note: Students who wish to participate in contests/events that are not national competitions approved by a National Governing Body may, if applicable, request a waiver for such participation in accordance with the specific regulations of that respective sport.
- 7.8) Individual Skill Instruction Definitions
- 7.8.1) **Definition of Individual Skill/Coaching Instruction** – Instruction or coaching provided by a board approved coach to a member of that same interscholastic team in which the techniques and skills of the sport are being taught and the activity does not involve team instruction or play.
- 7.8.2) **Definition of Providing Individual Skill/Coaching Instruction** – It is considered to be providing individual skill/coaching instruction by a school coach when the techniques and skills of the sport are taught in a one-on-one or individual setting. This means instruction or coaching comes directly to a student-athlete from a coach or instructor. A student-athlete watching video/film with a coach or instructor is also an activity defined as individual skill/coaching instruction.
- 7.8.3) **Definition of Team Play** – activity of individuals with more than one player opposing one player (2-on-2, 2-on-1, 3-on-2, 3-on-3, 4-on-4, 5-on-5, etc.).
- 7.9) General Individual Skill Instruction Regulations
- 7.9.1) Students from interscholastic teams receiving individual skill/coaching instruction from a school coach shall not be **required** to participate in sessions where individual skill/coaching instruction is provided. A paid or unpaid school (interscholastic) coach employed by a Board of Education or similar governing board violates this regulation when he/she suggests or implies that a student’s chance to be selected for a school (interscholastic) team is contingent upon this participation.
- 7.9.2) There is no limit on the number of school coaches that may be present when individual skill/coaching instruction is provided to student-athletes as long as the contact between the coaches and athletes adheres to the regulations outlined in 7.10.1.
- 7.9.3) Non-interscholastic coaches or instructors may provide individual skill/coaching instruction to a member of an interscholastic team at any time, provided the individual skill/coaching instruction does not violate any Board of Education (or similar governing board), school administrators’ or school coaches’ policies or the Ohio Revised Code.
- 7.9.4) Students from interscholastic teams may be used for out-of-season demonstration purposes if approved in advance by the Executive Director’s Office.
- 7.10) Individual Skill/Coaching Instruction – Team Sports of Baseball, Basketball, Field Hockey, Football, Ice Hockey, Lacrosse, Soccer, Softball and Volleyball
- 7.10.1) **From August 1 through May 14 From School Coaches** – In the sports of baseball, basketball, field hockey, **football**, ice hockey, lacrosse, soccer, softball and volleyball, individual skill/coaching instruction may be received by a member of an interscholastic team or individuals at any time prior to and after the school season and **outside the defined no-contact periods** (see General Sports Regulation 11) from school coaches provided the number of individuals per group per school coach providing instruction **does not exceed the team limit set forth in General Sports Regulation 7.3**. During such instruction, the coach and their individual groups may be in the same facility; however, the groups must be clearly defined and shall not combine for instruction at any time or participate in “team play.” Please refer to General Sports Regulation 7.8.3 for the definition of “team play.” It is

permissible to have groups rotate to different coaches for specific skill instruction being delivered by that coach, however, the students in each group must remain the same.

In the sport of football, individual skill/coaching instruction may be received by a member of an interscholastic team or individuals at any time prior to and after the school season and **outside the defined no-contact periods** (see General Sports Regulation 11) from school coaches provided that there are no more than **seven (7) members of an interscholastic team** per group per school coach providing instruction. During such instruction, the coach and their individual groups of seven (7) may be in the same facility; however, the groups must be clearly defined and shall not combine for instruction at any time or participate in “team play.” Please refer to General Sports Regulation 7.8.3 for the definition of “team play.” It is permissible to have groups rotate to different coaches for specific skill instruction being delivered by that coach, however, the students in each group must remain the same.

Note: All activities must be non-contact and the only football equipment the player(s) may wear is helmets and cleats.

- 7.10.2) **From May 15 through July 31 From School Coaches** – In the sports of baseball, basketball, field hockey, **football**, ice hockey, lacrosse, soccer, softball and volleyball, individual skill/coaching instruction may be received by a member of an interscholastic team or individuals at any time from school coaches provided the number of individuals present per group per school coach providing instruction **does not exceed the team limit set forth in General Sports Regulation 7.3**. During such instruction, the coach and their individual groups may be in the same facility; however, the groups must be clearly defined and shall not combine for instruction at any time to participate in “team play” without utilizing one of the team’s 13 days permitted within General Sports Regulation 7.5.1. Please refer to General Sports Regulation 7.8.3 for the definition of “team play.” It is permissible to have groups rotate to different coaches for specific skill instruction being delivered by that coach, however, the students in each group must remain the same.

In the sport of football, individual skill/coaching instruction may be received by a member of an interscholastic team or individuals at any time from school coaches provided that there are no more than **seven (7) members of an interscholastic team** per group, per school coach providing instruction. During such instruction, the coach and their individual groups of seven (7) may be in the same facility; however, the groups must be clearly defined and shall not combine for instruction at any time to participate in “team play” without utilizing one of the team’s 10 days permitted within General Sports Regulation 7.5.1. Please refer to General Sports Regulation 7.8.3 for the definition of “team play.” It is permissible to have groups rotate to different coaches for specific skill instruction being delivered by that coach, however, the students in each group must remain the same.

Note: All activities must be non-contact and the only football equipment the player may wear is helmets and cleats.

- 7.11) Individual Skill/Coaching Instruction – Individual Sports of Bowling, Cross Country, Golf, Gymnastics, Swimming and Diving, Tennis, Track and Field and Wrestling

- 7.11.1) Individual skill/coaching instruction may be received by a member of an interscholastic team at any time from either school or non-interscholastic coaches or instructors.

- 7.12) Penalties for Violation of Regulations in This Section

- 7.12.1) The maximum penalty for violation of these regulations by a member of an interscholastic team shall be ineligibility for interscholastic athletics for a maximum of one year.

- 7.12.2) The maximum penalty for violation of these regulations by a paid or unpaid school (interscholastic) coach employed by a Board of Education or similar governing board shall be suspension from participation in camps, clinics, workshops and programs where individual skill/coaching instruction is provided to members of the interscholastic team were employed for a maximum of one year and any other penalties in Bylaw 11-1-2, Penalties, as deemed appropriate by the Executive Director’s Office.

- 7.13) Penalties for Violation of Regulations in This Section

- 7.13.1) The maximum penalty for violation of these regulations for any non-senior member of an interscholastic team may be ineligibility in that sport for the remainder of the season or the ensuing season.

- 7.13.2) The maximum penalty for violation of these regulations for a senior may be ineligibility for all interscholastic athletics for the remainder of the school year.

- 7.13.3) The penalty for a coach for a violation of these regulations may include suspension, probation, public reprimand, a fine not to exceed \$1,000 per occurrence or any other penalty as the Executive Director may deem appropriate.