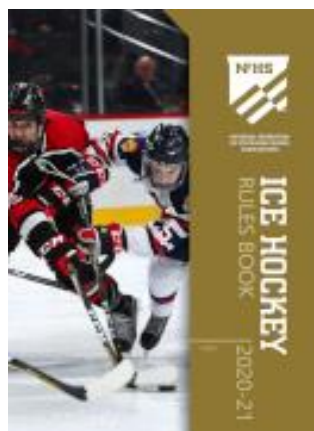


OHSAA

OHIO HIGH SCHOOL ATHLETIC ASSOCIATION



2020-21 OHSAA ICE HOCKEY MANUAL



IMPORTANT DATES

*All Dates Tentative

COACHING BEGINS	October 30, 2020
SEASON BEGINS	November 20, 2020
NON-INTERSCHOLASTIC DATE	December 30, 2020
TOURNAMENT ENTRY/WITHDRAW DATE	February 5, 2021
TOURNAMENT DRAW	February 10, 2021
DISTRICT	February 15 – March 6, 2021
STATE	March 13 - March 14, 2021
SEASON ENDS	March 14, 2021
NO CONTACT PERIOD (COACHES)	August 1 – August 31, 2021

CONTACT INFORMATION

Name	Title	Responsibilities	e-mail
Ronald Sayers	Ice Hockey Administrator	Oversees the sport & coordinates the tournaments; Rules Interpreter	rsayers@ohsaa.org
Beau Rugg	Director of Officiating & Sport Management	Oversees officials programs & tournament assignments	brugg@ohsaa.org
Gary Wilkins	Ice Hockey Director of Officiating Development & State Rules Interpreter	Rules Interpretations & Officials issues	Gary.Wilkins@mt.com

IMPORTANT LINKS

National Federation of State High School Associations <https://www.nfhs.org>
Ohio High School Athletic Association <https://www.ohsaa.org>
myOHSAA <https://officials.myohsaa.org>
OHSAA Ice Hockey <https://ohsaa.org/sports/icehockey>

MESSAGE FROM ICE HOCKEY ADMINISTRATOR, RONALD SAYERS

Welcome to another year of OHSAA Interscholastic Ice Hockey! This ice hockey manual provides current OHSAA Regulations as well as NFHS Playing Rules and Points of Emphasis for Ohio Interscholastic hockey coaches and players. As we strive to continue growing the sport, it is critical that we share this information with ALL coaches – not just head coaches. This guide is a detailed written version of the online meeting that serves to provide guidance as we kick off a great school year and hockey season.

A core foundation of OHSAA membership is that *'coaches voluntarily adhere to the rules and regulations of the OHSAA as a condition of membership and the opportunities such as tournament participation that membership allows.'* It is crucial for OHSAA schools and coaches to continue to embrace and follow the rules and regulations as it not only sets a positive example for the students but helps the continual growth of a strong Ohio hockey community.

Pre-season "Rules Interpretation Meetings" remain **mandatory** for Varsity Head Coaches to provide you with a clear explanation of the rules we expect you to follow. Rules meetings are now ONLINE only, and while we definitely understand the benefits of face to face meetings, the need for a consistent message to every coach across the state (in all sports) that not only deal with NFHS playing rules but also the OHSAA administrative rules is a necessity. Directions for access to this meeting as well as available dates are detailed in the early pages of this manual. We hope you'll encourage your assistant coaches (both paid and volunteer) to attend these meetings and provide copies or references to this manual. As mentioned, the purpose of the "Rules Interpretation Meeting" is to give EVERYONE a thorough understanding of the interpretations of OHSAA Regulations as well as the changes and "points of emphasis" to the National playing rules written by the NFHS.

Rules governing OHSAA Ice Hockey stem from the National Federation (NFHS) and the OHSAA. NFHS Rules govern all playing rules while OHSAA Sport Regulations govern specific rules to Ohio as well as the various administrative regulations and interpretations. Our elected Board of Directors approve these regulations annually and serve as the basis for ALL schools playing by the same rules.

The 2020-21 season begins with practices permitted on **October 30** - and the season concludes with the state ice hockey tournament at Nationwide Arena during the weekend of March 13-14. It is also important to note a mandatory 4 day Acclimation Period is required with further details in this manual.

We continue to encourage coaches to invite local officials to meet with their team during pre-season workouts as it allows the officials to meet the students, discuss new rules, and gives the students and opportunity to ask questions prior to the beginning of the season. We also recommend inviting an official(s) to a pre-season meeting with team parents as it provides a forum for healthy discussions and an opportunity for parents to learn more about interscholastic ice hockey.

Communication is key in the successful administration of any OHSAA sport. We encourage you to ask questions or seek assistance by *first* going through your Athletic Administrator. We encourage YOUR communication with them to help us operate as efficiently as possible.

We look forward to working with you this year and wish each of you a successful hockey season. Thank you so much for your efforts and sacrifices to provide an outstanding experience for all students in Ohio!

Sincerely,



Ronald Sayers

OHSAA Ice Hockey Administrator



The Ohio High School Athletic Association Mission Statement

To serve our member schools and enrich interscholastic opportunities for students.



Coaches' Code of Ethics

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect, and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

The coach shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

The coach shall avoid the use of alcohol and tobacco products when in contact with players.

The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.

The coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

The coach shall not exert pressure on faculty members to give student special consideration.

The coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

NFHS SPORTSMANSHIP STATEMENT

Good sportsmanship is viewed by the National Federation of State High School Associations as a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. The ideals of sportsmanship apply equally to all activity disciplines. Individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and model good sportsmanship.

OHSAA SPORTSMANSHIP, ETHICS, AND INTEGRITY

As we prepare for the upcoming seasons, we wish to emphasize to each of you the importance of your leadership role in sportsmanship, ethics and integrity. The professional manner in which officials and coaches conduct themselves prior to, during and following a contest unquestionably impacts the behavior of others involved.

The OHSAA has joined the National Federation of State High School Associations (NFHS) in its quest to improve sportsmanship, ethics and integrity. We are involved in an ongoing campaign in every sport to do just that. Printed below is the mission statement of the NFHS concerning sportsmanship, ethics and integrity. Please take the time to read and digest this statement and then carefully consider your impact upon the players, officials, coaches, and fans. Thank you and have a great season.

RespectSM
THE
GAME



2020-21 NFHS ICE HOCKEY RULES CHANGES

3-2 Change: ...~~PENALTY: First offense, warning. Returning to game without correcting equipment.~~ **GAME MISCONDUCT.**

Rationale: The rule is clear that skates can potentially be dangerous. If skates are deemed dangerous per the rule language, a game misconduct penalty is warranted and strengthens the emphasis on the health and safety of the participants.

3-4-2 Change: **ART. 2...** ...Recommended equipment includes a throat/neck **laceration** protector.

Rationale: Clarifies the purpose of the recommended equipment for players.

7-6-1 Change: **ART. 1...**No player shall make contact from any direction with an opposing player’s head or neck area. In any manner, including, but not limited to, with the shoulder, stick, elbow, **hand**, etc.

Rationale: Hand contact, particularly a closed hand, is often classified as unnecessary roughness (minor penalty). This change would give officials a major penalty option for a single punch to the head area that they deem not to be considered as fighting (DQ).

7-13-3 Change: **ART. 3...**No player shall kick, throw, hold or knock an opponent's stick, **glove, tooth and mouth protector** or any other piece of equipment for the purpose of keeping it from the possession of an opponent.

Rationale: Gloves and tooth and mouth protectors (mouthguards) are two common pieces of equipment found on the ice during play, unfortunately. This change clarifies that these pieces of equipment are a part of this rule.

9-13 Change: By state association adoption, state association-authorized video replay may be used in games for reviewing goals and undetected goals, ~~and for determining correct time on the clock,~~ **and to review infractions that may affect the ejection of a student-athlete.** Procedures for video replay shall be determined by state association policy and procedures.

Rationale: More and more venues have the technology available to accomplish this proposed rule change. As a state adoption, states have a choice to implement this addition.

2020-21 NFHS POINTS OF EMPHASIS

Health and Safety

- Coach Safety
- Player Safety and Dangerous Hits
- Concussion Recognition and Management
- Mouthguards

Sportsmanship

- Role in Education-Based Athletics
- Fair Play and Respect
- Positive Learning Environment

Coaches & Administrators

- Ensure All are Equipped Appropriately
- HECC-Certified Equipment
- Taunting and Unsportsmanlike Conduct
- Slurs

Officials – Game Management

- Faceoffs
- Icing
- Offsides
- Calling the Game

Rules Interpretation Meetings Information

Rules Interpretation Meetings are MANDATORY for all head coaches. ALL RULES INTERPRETATION MEETINGS FOR COACHES WILL BE CONDUCTED ONLINE THROUGH THEIR myOHSAA PROFILE. The online meeting for is geared exclusively toward both coaches and officials. IF you are a coach and have an OHSAA Officials license, **you will be required to complete both meetings.**

OHSAA Ice Hockey Sports Regulations are covered in detail as well as General Sports Regulations and Bylaws as they pertain to coaches and players. Though the main purpose is to provide knowledge and advice on the various OHSAA regulations, this is the educational mechanism to ensure compliance with the various rules and regulations.

How to Complete the Rules Interpretation Meeting Online

All Coaches and Officials will access the state rules meetings through their *myOHSAA* accounts.

Coaches should contact their athletic administrator if they do not have an account. The athletic administrator will need to add the coach to the school's staff management in *myOHSAA*. This will generate an email invitation from info@myOHSAA.org to the coach. Coaches should look for this email in their inbox, junk or spam folders. Once the email is received, coaches should open the email and click the link inside and use the "Register" portion of the screen to create an account. Follow all prompts to create login credentials, verify your email address and complete your contact information.

Once the account is created and all dashboard items completed, a 'Rules Meetings' icon will appear in the upper right corner of your dashboard. Click this icon to access the rules meetings home. On the new page, click the 'Find a State Meeting' link in the left-hand pane and use the drop downs on the next page to find the ice hockey meeting. Once the meeting populates, click 'View Meeting' and watch the meeting **completely**. Please take a screenshot of the final page as proof of your attendance.

Officials should login to their *myOHSAA* account and use the State Rules Meeting link to access the list of meetings. Please note that **all screens of the presentation must be viewed** for attendance credit to be provided.

Do NOT use a Chromebook, tablet or mobile device—these devices will not record attendance. You must use a Windows or Mac desktop or laptop computer.

The ONLINE Rules Meeting link will be live on WEDNESDAY, October 14, 2020 at 9:00 a.m.

The deadline for completion of the online version is **Friday, November 19 at 11:59 pm** or a \$50.00 late fee is charged for access to the online version. The deadline WITH the \$50.00 penalty will be Friday, February 5 at 11:59 pm. **If coaches do not complete the rules meeting by these deadlines, your school will be removed from the post-season tournament and officials will be ineligible for the 2020 state tournament.**

AFTER COMPLETION:

1. Your *myOHSAA* profile will be updated to reflect your attendance.
2. Please do not call the OHSAA office for verification. Attendance WILL be reflected in your profile.

Pre-Season Parent/Player Meetings

We have encouraged coaches to invite local officials to meet with their team and parents at these meetings. It allows the officials to meet the athletes and discuss new rules. It gives athletes an opportunity to ask questions and have a discussion prior to game days. Since Pre-Season meetings are a requirement for all teams/schools, we also recommended inviting an official to these pre-season meetings. Again, it provides a forum for healthy discussions and an opportunity for parents to learn more about the game.

Pre-season meetings with parents are now **mandatory** and will most likely occur along with other spring sport teams. This is determined by each school's Athletic Administrator. This is the time to cover such things as eligibility requirements, individual school policies, individual sport policies, sportsmanship issues and expectations travel plans for away contests, etc. Also, though mentioned later in this manual, a course titled "The Role of the Parent in Sports" is offered by the NFHS and is FREE.

Coach Certification & Education Requirements

As outlined in Ohio Administrative Code, all Coaches of Middle School/Jr. High and High School teams **MUST** possess a "Pupil Activity Validation Certificate" to coach in Ohio. This includes paid coaches AND volunteer coaches. School administrators are responsible for maintaining records on compliance and most schools provide opportunities for their coaches to obtain the necessary coursework. The actual regulations AND the certificate can be downloaded from the OHSAA's Sports' Medicine page or directly at: <http://www.ohsaa.org/medicine>. To obtain the required certificate through the ODE, one must:



- **Have completed a Sports' First Aid Course**
- **Possess a valid CPR Card**
- **Have been approved by their local Board of Education or similar governing body**
- **Complete the NFHS Fundamentals of Coaching course**
- **Complete one of two approved Concussion Recognition courses***
- **Complete the Sudden Cardiac Arrest video & information bulletin – Lindsay's Law - <http://www.odh.ohio.gov/landing/Lindsays-Law.aspx>**

You can look up all requirements in detail on the ODE's website at:

<http://education.ohio.gov/Topics/Teaching/Licensure/Audiences/Coaching-Permits>

***Concussion Legislation as it relates to Coaching Requirements**

Though the entire law is explained later, all coaches today **MUST** complete one of two (2) approved Concussion Education programs online upon renewal of their Pupil Activity Permit anytime **after April 26, 2013**. Individual student-athletes removed from contests with a suspected concussion are no longer permitted to return to play on the same day of the contest – regardless of the diagnoses. If they are removed by one of the individuals given this authority, they simply cannot return to play the same day. Written authorization IS required to return anytime thereafter and must be kept on file with the school Athletic Administrator.

Lindsay's Law – Sudden Cardiac Arrest

ODE Website: <http://www.odh.ohio.gov/landing/Lindsays-Law.aspx>

Lindsay's Law, Ohio Revised Code [3313.5310](#), [3707.58](#) and [3707.59](#) became effective on August 1, 2017. In accordance with this law, the Ohio Department of Health, the Ohio Department of Education, the Ohio High School Athletic Association, the Ohio Chapter of the American College of Cardiology and other stakeholders jointly developed guidelines and other relevant materials to inform and educate students and youth athletes participating in or desiring to participate in an athletic activity, their parents, and their coaches about the nature and warning signs of sudden cardiac arrest.

The following resources were developed to implement Lindsay's Law:

For parents/guardians and student- athletes in grades 7-12 in Ohio schools:

- [Required video](#)
- [Required SCA Informational Handout](#)
- [Required Signature Form](#)

For coaches:

If you are a coach for an interscholastic sport and are licensed by the Ohio Department of Education (all paid and volunteer coaches in Ohio), please visit their [website](#) for information about their training requirements around Lindsay's Law <http://www.odh.ohio.gov/landing/Lindsays-Law.aspx>. The

required video, informational handout and a post assessment test will be available shortly through the ODE's website. We will inform you when that component is available. If, however, you want to have your coaches view the video and review the information immediately, you may access those items below. Please be advised that as a school district, your superintendent must be able to verify that coaches have seen this video and read the informational handout if you choose to implement this requirement before it is available through ODE's LMS.

- [Required video](#)
- [Required SCA Informational Handout](#)

These educational materials are all free of charge and are the only materials authorized for compliance with this new state law. No other course or training material is acceptable.

Special Note on “Scheduling” Out of State Contests

The first date for GAMES is **November 20, 2020**. This could have an effect on any team that was planning on a ‘southern trip’ to a non-bordering state.

- You may not play any regular season contest prior to November 20, 2020.
- If you scrimmage another opponent, it must be part of the other team's allotted scrimmages also. In other words, it cannot be a ‘scrimmage’ for YOUR team and a regular season contest for the OTHER team. ANY contest in a non-bordering state MUST be counted as a GAME for both schools involved.
- Teams may not travel out of state **JUST to practice** but may practice while out of state for a contest.
- Teams may travel to a **non-bordering** state ONE TIME ONLY per season only
- **Please be aware of any travel restrictions put in place by the ODH and Governor's Office due to Covid-19**
 - **Should you travel to a state listed on the state's ‘Covid-19 Travel Advisory’ page as those with high positivity rates, you may need to quarantine upon your return to Ohio**
 - **Please visit <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/families-and-individuals/COVID-19-Travel-Advisory/> for more information**

The adopted and approved penalty for violations of the above are INELIGIBILITY FOR THE OHSAA TOURNAMENT

Relative to regular season ‘in-state’ contests: Teams may schedule games right up until the board adopted “Season Ends” date of **March 14, 2021**. This means that even though you are in tournament or eliminated from tournament, you may still schedule (usually ‘make up’) a contest up until this date. Keep in mind that playing this late also eliminates any opportunity for a player to play non-interscholastic ice hockey until the school season is complete.

You may also conduct a “scrimmage” at any point in the season, including during tournament play provided you have a scrimmage remaining (as does your opponent). Just keep in mind that if you scrimmage another team, it must be counted as a ‘scrimmage’ for both teams so that implies that the opponent must have a scrimmage remaining on their schedule as well.

Coach & Player Ejection Protocol

Following a contest in which an ejection takes place, the official shall contact the Athletic Director or Principal of the violator's school to advise the administration of the ejection. Contact shall be made with the offender's principal/athletic director no later than the **first school day** following the ejection. An official failing to follow the ejection protocol and/or failing to file the Officials' Report may be penalized in accordance with Section VIII of the Officiating Handbook.

- **Officials shall file the Electronic Ejection Report with the OHSAA office whenever a coach or player is ejected.**
- **Any ejection due to fight will result in a four-contest suspension as opposed to typical two contests for other ejections.**
- Officials are to submit the electronic Officials' Report Form” located on the Officials' portal of their myOHSAA account. The report shall be filed with the OHSAA within 48 hours of the ejection.
- The report is automatically sent to the Athletic Administrator of the coach's school, however, the official must still make the required phone contact with the school administrator.
- In the event of an ejection of a coach, the coach is ejected/suspended for ALL GAMES for the remainder of the day of the ejection PLUS **all contests until** two games at the level of the ejection are completed. The coach must leave the premises and a board approved assistant coach or administrator must assume coaching duties. In the event there is no assistant coach OR administrator present, the contest shall be considered a forfeit at that point.
- Ejected coaches are not permitted to travel with the team or being in the locker room/bench area any time during a contest while suspended. They may continue to practice with the team.

- Ejected coaches must also pay a \$100.00 fine and complete the National Federation of State High School Association's (NFHS) "Teaching and Modeling Behavior" course within 30 days of the ejection. This information is provided electronically to the school Athletic Director and requires a "school response" from the Athletic Director.
- In the event of an ejection of a PLAYER, the player is ejected/suspended for ALL GAMES for the remainder of the day of the ejection PLUS **all contests until** two games (four for fighting) at the level of the ejection are completed. The player must remain on the bench under supervision for the remainder of the contest.
- During the suspended contests, the suspended player MAY travel with the team, MAY sit on the bench but absolutely cannot be in uniform OR on the ice for ANY participation in warm-up or pre-game events. They may continue to practice with the team.
- In the event an official does NOT contact the school or file the report, the ejection **still stands**, and all consequences of a coach/player ejection must be adhered to by the school and coach. Failure to do so will result in further suspension, forfeiture of contests and fines.
- **ALL EJECTIONS ARE FINAL AND NOT PERMITTED TO BE APPEALED** per the OHSAA's Board of Directors.

Contest Management Reminder

OHSAA Bylaws REQUIRE a school administrator to be in attendance at all basketball and football contests and STRONGLY ENCOURAGES their attendance at all ice hockey and soccer contests. In the event a school administrator is NOT present at your contest, and individual approved by the school MUST assume the administrative oversight of the contest – before, during and after the contest. This includes, but is not limited to:

- The safety of officials before during and after the game
- The handling of fan issues
- Any medical emergencies
- Any emergencies that may result from weather of catastrophic events

This management person could be YOU, the Coach!

You are encouraged to work closely with your Athletic Director and the rink manager to carefully detail the responsibilities associated with the above.

OHSAA Regulations

All links below are located on the OHSAA.org Ice Hockey Sports Page.

OHSAA Handbook: <https://ohsaaweb.blob.core.windows.net/files/SchoolResources/Handbook.pdf>

OHSAA General Sports Regulations: https://ohsaaweb.blob.core.windows.net/files/Sports/GeneralSportRegs2020_21.pdf

OHSAA Ice Hockey Sports Regulations: <https://ohsaaweb.blob.core.windows.net/files/Sports/Ice-Hockey/2020-21/IceHockeyRegs.pdf>

The Non-Interscholastic Date

The "Non-Interscholastic Date" is a date in which a member of an interscholastic ice hockey squad sponsored by the Board of Education **cannot participate in a non-interscholastic ice hockey program** (such as club or 'travel'), which includes tryouts, practice and contests as an individual OR a member of a team in the sport of ice hockey anytime during the school team's season. A student-athlete becomes a member of the school team when he/she participates in a scrimmage, preview OR regular season or tournament game as a substitute OR as a starter. Though participation in ANY form of non-interscholastic ice hockey while a member of a school team is prohibited, any participation in a non-interscholastic contest **on or after this date** results in the individual being INELIGIBLE for the OHSAA tournament in addition to any other suspensions issued. For the 2020-21 Ice Hockey season, this date is: **December 30, 2020**

Please put this date on your calendar and REMIND the players on your team!

Uniforms

NFHS RULE 2, SECTION 1

ART. 2... All players shall wear numbered uniforms. It is required that all players be numbered with at least 10-inch high Gothic, colored numbers on the back of their jerseys and the same numbers at least 4 inches in height on both sleeves of the jersey. The color of the numbers shall contrast with the color of the jersey.

A. All members of a team shall wear identical uniforms relative to color of helmets (excluding goalkeepers), jerseys, socks, pants and length of pants.

B. It is required that the visiting team shall wear dark-colored jerseys; the home team shall wear white/light-colored jerseys.

C. One manufacturer's logo/trademark 2 ¼ square inches with no dimension more than 2¼ inches and one American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel.

D. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on jerseys without compromising the integrity of the uniform.

Questions regarding special uniforms should be sent to Ronald Sayers (rsayers@ohsaa.org) prior to the school wearing the uniform.

2020-21 SEASON REMINDERS

Acclimation Period

Beginning with the 2017-18 season the OHSAA has implemented a mandatory four-day acclimatization period. The addition of the acclimation period for ice hockey was a result of the coaches' association recommendation to decrease injuries due to body checking. First year players have one or two years of experience body check prior to playing at the high school level. Therefore, their knowledge and experience is somewhat limited.

Ice Hockey Sports Regulation 1.6 reads: *All teams must respect a four-day acclimatization period during the first four days of practice. All athletes joining the team for the first time at any point during the season after the first day permitted for coaching also must participate in a four-day acclimatization period prior to competing in a contest. All teams will utilize the first four days of preseason practice to acclimate players to safe body contact in high school hockey. Specific instructions for delivering and receiving a body check in a safe manner to promote safety and minimize injuries are required during this acclimation period.*

It is mandatory that coaches use this four-day period to focus on drills that teach the proper techniques for delivering a body check as well as receiving a body check. Emphasis should be on:

1. The purpose of a body check – removing the player from the puck.
2. Proper angling – avoiding checks from behind.
3. Breaking stride prior to delivering the body check – avoid charging penalties.
4. Shoulder to shoulder checking.
5. Avoiding hits to the head.
6. Avoiding open ice blind side hits.
7. Unnecessary body contact with an opponent.
8. Avoid turning your back to a player that is delivering a check.
9. Avoid boarding penalties – do not check a player when he is going to be thrown into the boards.
10. All other situations that may cause injury or penalties.

It is important to teach these and other checking skills that will provide a safer sport for all our student athletes. It is the committees hope that every coach will use this additional time to focus on checking and safety. Pucks are permitted to be used for this important training.

Sport Regulation 7.5 – Coaching Out of Season

This regulation allows all school coaches to coach non-school (Club/travel hockey for example) outside the season with players from your school teams on it throughout the year.

This is NOT a permission that opens the door to coach your hockey team year-round. There are 2 regulations that are also involved:

1. The No-Contact Period means that during those 2 periods of time you will NOT be permitted to coach. 28 days following your last game AND the month of August remain as No-Contact periods. No coaching – period. (General Sport Regulation 11)
2. The regulations that limit any non-school team to only 5 players that played for the same school hockey team. This does not allow for students from the same school to rotate in and out of a team. Once a team has reached the limit of 5 players from a single school team, not other players from that school may be added. Do note that graduating seniors and rising freshmen do not count toward the 5. Lastly, this 50% limitation is not in effect from June 1 to July 31. (General Sport Regulation 7.3)

OVERTIME RULES

If a contest is tied after regulation play, the following shall apply: There shall be a maximum of five 8-minute overtimes, with any goal resulting in sudden victory for the team that scores. The first overtime shall consist of all five skaters per team, while overtimes two through five shall consist of four skaters per team. Should the contest remain tied after the fifth overtime, a shootout will take place to determine a winning team.

OFF-SEASON PROGRAMS

The following guidelines should be read carefully and adhered to in all off-season programs prior to the start of practice on Oct. 30, 2020:

- Maximum number of regular season games shall be **35** plus OHSAA tournament. Each contest played will count in the maximum of **35** contests permitted during the regular season
- School coaches may lead conditioning drills with players using sticks but a **puck may not be used**
- Players can divide up and scrimmage during open ice but there can be no adults on the ice during this time. Coaches, parents or other adults may observe but **may not provide instruction**, direct the activity, select the teams, etc.
- Players can participate on non-interscholastic teams prior to the school season providing there are **no more than five (5) players** from the same school **on that non-interscholastic team**
- Preseason instructional programs may **not be mandatory, exclusive, or evaluative** (i.e., used to make roster decisions)
- Weightlifting and conditioning are permitted **off-ice** activities
- **No drills** may be conducted **involving team play, power play, penalty kill or offensive or defensive schemes** of any kind

These OHSAA rules must be strictly adhered to in order to protect the fairness and integrity of the sport.

Please review the 2020-2021 OHSAA Constitution, Bylaws and Sports Regulations for any other questions.

Miscellaneous Information

Professionalism

Your professionalism is of the utmost importance. Your athletes and fans will follow your lead. If you are respectful of the game and the officials, your athletes and fans are more likely to do the same. If you are disrespectful of the game and the officials, it will be reflected in the words and actions of your athletes and fans. Officials aren't perfect and mistakes will be made, but it is all part of the learning process for our young student-athletes. So please take those disappointments and turn them into positive learning experiences. What you permit, you promote.

Pre-Season Preparations

As you know, pre-season meetings are **required**. As part of your pre-season preparations, you are encouraged invite a local official(s) to meet with your team during pre-season workouts. It allows the officials to meet your athletes and discuss new rules. It gives your athletes an opportunity to ask questions and have a discussion prior to game days. We would also recommend inviting an official to a pre-season meeting with your parents. Again, it provides a forum for healthy discussions and an opportunity for your parents to learn more about the game.

Scheduling Conflicts

Certainly, scheduling conflicts are going to arise. **PLEASE COORDINATE WITH YOUR ATHLETIC ADMINISTRATOR TO ENSURE THAT OFFICIALS ARE NOTIFIED IN ADVANCE OF ANY CHANGES**. When dates, times, and/or locations are changed it not only affects the officials scheduled for that game, but also other games they are scheduled to work. They will appreciate your help in this area.

Over Scheduling

Scheduling more contests than the sport's regulations permit in any sport is **NOT PERMITTED**. A few short years ago, the weather in Ohio was actually good enough for nearly every regular season game to be completed. There were teams that reportedly had overscheduled and then had to cancel contracts. This led to contract disputes which could not be settled, ultimately reaching the Executive Director's office. Financial penalties apply in cases of contract disputes even if there is no financial clause listed on the contract. Over scheduling is not permitted in any sport.

Importance of Coaches Rating System

The Rating/Voting procedures have changed in recent years; however, the coaches' vote is an important part of the officials' tournament selection process. Ratings are done at the conclusion of each game, allowing you to rate each official you have. Voting is now done at the conclusion of the season by your athletic administrator online with information being sent to him/her electronically. Your involvement is critical to ensuring that we can provide the best officials for our tournament.

Inquiries

Our OHSAA office is here to help as needed but depending on the time of the year it can be difficult to reach us. However, there are other sources of assistance. Our website (www.ohsaa.org) includes a great deal of information that covers many of the inquiries we often receive. The website provides ice hockey regulations, general sport regulations, tournament regulations, uniform regulations, etc.

Coaches' Comments to the News Media – OHSAA Media Regulation

OHSAA Bylaw 8, Section 2, reads, "Great care should be exercised in the selection of officials, well in advance of the contest and agreed upon by schools involved. When the contest begins each school waives all of its rights so far as objecting to the officials." Public criticism of officials is a direct reflection upon those who were responsible for assigning the officials to the game. Officials are trained and expected to make no derogatory comments regarding the players, coaches, or schools. Coaches are expected to follow the same procedure. Failure to follow this request will result in disciplinary action.

MEDICAL & SAFETY

The safety of our student-athletes is of the utmost concern at all times. Information regarding the following important topics can be found at www.ohsaa.org and at www.nfhs.org:

- Stress and Athletic Participation
- Recommendations for Hydration to Prevent Heat Illness
- Suggested Guidelines for Management of Head Trauma in Sports
- Communicable Disease Procedures (also found in the NFHS Rules Book)
- Disordered Eating
- Information on Nutritional Supplements
- Links to the following sites:
 - Joint Advisory Committee on Sports Medicine
 - Ohio Athletic Trainers Association
 - American Medical Society for Sports Medicine
 - Ohio Parents for Drug Free Youth
 - National Athletic Trainers Association (NATA)
 - Gatorade Sports Science Institute NewsHeat

Statement on Medical Hardware:

On the advice of the National Federation of State High School Association's (NFHS) Sports Medicine Advisory Committee, the following guidelines are provided.

Unless the specific rules code stipulates otherwise, athletes in sports of a collision/contact nature should not be permitted to wear devices such as insulin pumps, heart monitoring equipment and/or other diagnostic or therapeutic appliances while participating in interscholastic contests. In its deliberations on this issue, the Sports Medicine Advisory Committee of the NFHS could find no medical reason to authorize the wearing of these appliances during competition.

However, in the event that a physician requires a student-athlete to wear a therapeutic device during competition, such medical necessity shall be specified in writing and signed by the prescribing physician and the device shall be padded and securely attached to the player's body underneath the uniform. The medical statement shall be shown to the head contest official prior to the athlete being permitted to participate.

Concussion Management

Implementation of State Law and NFHS Playing Rules Related to Concussion and Concussed Athletes and Return to Play Protocol

It is important for all individuals involved in interscholastic athletics to recognize the potential for catastrophic injury and even death from concussions. Thus, it is extremely important that each coach, administrator, contest official and medical support personnel review their responsibilities in protecting students. Further both students and parents have responsibilities in this area as well.

Note: It has always been the ultimate responsibility of the coaching staff, in all sports, to ensure that students are only put into practice or contests if they are physically capable of performing. However, all individuals involved in the conduct of interscholastic competition have responsibilities in this endeavor.

In January 2011, the OHSAA Board of Directors adopted a sports regulation, which incorporated the National Federation of State High School Associations (NFHS) playing rules related to concussion recognition and management. On April 26, 2013, legislation adopted by Ohio's General Assembly on concussion and head injuries in youth sports became effective. On February 14, 2013, the OHSAA Board of Directors mandated that these regulations become effective on April 26, 2013, for the remainder of the spring sports season and thereafter. This OHSAA regulation, as amended to incorporate this recent legislation, now reads:

Any student, while practicing for or competing in an interscholastic contest, who exhibits signs, symptoms or behaviors consistent with having sustained a concussion or head injury (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the practice or contest by either of the following:

1. The individual who is serving as the student's coach during that practice or competition.
2. An individual who is serving as a contest official or referee during that practice or competition.

RETURN TO PLAY PROTOCOL

If a student is removed from practice or competition due to a suspected concussion or head injury, the coach or referee who removes the student shall not permit the student, **ON THE SAME DAY THE STUDENT IS REMOVED**, to return to that practice or competition or to participate in any other practice or competition for which the coach or contest official is responsible. Thereafter, which means no earlier than the next day, the coach or contest officials shall not permit the student to return to practice or competition until both of the following conditions are satisfied:

1. The student's condition is assessed by either of the following:
 - a. A physician, who is a person authorized under Chapter 4731 of the Ohio Revised Code (OCR) to practice medicine and surgery or osteopathic medicine or surgery (M.D. or D.O.)
 - b. Any other licensed health care provider that the school district board of education or other governing authority of a chartered or non-chartered nonpublic school, authorizes to assess the student who has been removed from practice or competition.
2. The student receives **written authorization** that it is safe for the student to return to practice or competition from a physician or other licensed health care provider authorized to grant the clearance. Click here <https://ohsaa.org/Portals/0/Sports-Medicine/AuthorizationToReenter.pdf> to retrieve the OHSAA's Medical Authorization to Return To Play (RTP) form.

A school district board of education or governing authority of a chartered or non-chartered nonpublic school may authorize a licensed health care provider who is NOT a PHYSICIAN to make an assessment and grant authorization for a student to return to participation ONLY if the provider is acting in accordance with one of the following as applicable to the provider's authority to practice in Ohio:

1. In consultation with a physician;
2. Pursuant to the referral of a physician;
3. In collaboration with a physician, or
4. Under the supervision of a physician.

Note: A physician or other licensed health care provider who makes an assessment or grants clearance for a student to return to participation may be a volunteer.

COACHES REQUIRMENTS

All coaches, paid and volunteer, must possess a current Department of Education-issued Pupil Activity Program/Coaching Permit. When renewing this permit, the coach will be required to complete an online concussion education course as stipulated in the section entitled **Approved Online Concussion Education Course**. This course is valid for three years and expires at the time the Pupil Activity Program/Coaching Permit expires.

CONTEST OFFICIALS REQUIRMENTS

New legislation signed into law by the Governor provides that no school “shall permit” an individual to referee interscholastic athletic contests unless the individual holds a Pupil Activity Program/Coaching Permit or has successfully completed within the last three years a training program in concussion recognition. Therefore, all OHSAA licensed officials shall possess either a current Department of Education-issued Pupil Activity Program/Coaching Permit or **show evidence of completing an approved online concussion education course** as stipulated in the section entitled **Approved Online Concussion Education Courses**. This course is valid for three years from the date of completion.

STUDENT AND PARENT REQUIREMENTS

All students and their parents or legal guardians shall review and sign the “Concussion Information Sheet” which has been developed by the Ohio Department of Health and which shall be distributed by OHSAA member schools to all students and their parents prior to each sports season. Students and parents shall review and sign this form each year and should keep a copy of the form. In addition, parents and students are encouraged to complete an approved concussion education course. The Concussion Information Sheet can be found here:

https://odh.ohio.gov/wps/wcm/connect/gov/d7fc1704-1c9a-47d7-9e79-5021bd18e7aa/Attachment-3-ODH-Concussion-Information-SheetFor-Interscholastic-Athletics.pdf?MOD=AJPERES&CONVERT_TO=url&CACHEID=ROOTWORKSPACE.Z18_M1HGGIK0N0JO00QO9DDDDM3000-d7fc1704-1c9a-47d7-9e79-5021bd18e7aa-mrh4OA.

NFHS SUGGESTED MEDICALCLEARANCE RETURN TO PLAY PROTOCOL

1. No exertional activity until asymptomatic.
2. When the athlete appears clear, begin low-impact activity such as walking, stationary bike, etc.
3. Initiate aerobic activity fundamental to specific sport such as running or skating, and may also begin progressive strength training activities.
4. Begin non-contact skill drills specific to sport such as dribbling, fielding, batting, etc.
5. Full contact in practice setting.
6. Game play/competition.
 - i. Athlete must remain asymptomatic to progress to the next level. (It is often suggested that an athlete not be allowed to progress more than one level per day.)
 - ii. If symptoms recur, athlete must return to previous level and should be reevaluated by an appropriate health care professional.
 - iii. Medical check should occur before contact. (Final written clearance from the medical professional shall be obtained before the athlete engages in any unrestricted or full contact activity.)

QUICK LINKS FROM THE OHIO DEPARTMENT OF HEALTH

Online Concussion Management Training

<https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/child-injury-prevention/resources/onlineconcussiontraining>

Ohio's Return to Play Law: Frequently Asked Questions

<https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/child-injury-prevention/media/ohio-return-to-play-law-frequently%2Basked%2Bquestions>

Ohio's Return to Play Law: What Coaches and Referees Need to Know

<https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/child-injury-prevention/media/interscholastic-sports-return-to-play-what-coaches-and-referees-need-to-know>

Ohio's Return to Play Law: What Parent/Guardians Need to Know

<https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/child-injury-prevention/media/return-to-play--what-parentsguardians-need-to-know--interscholastic-athletics>

ADDITIONAL CONCUSSION RESOURCES

Ohio Department of Health, Violence and Injury Prevention Program

<https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/child-injury-Prevention/vipp/>

CDC Heads Up: Concussion in Youth Sports

<https://www.cdc.gov/headsup/youthsports/index.html>

Nationwide Children's Hospital – Concussion Information Toolkit

<http://www.nationwidechildrens.org/concussion-toolkit>

CDC Materials on Returning to School for Parents, School Nurses and Educators

<http://www.cdc.gov/concussion/HeadsUp/schools.html>

Ohio Legislative Service Commissioner HB 143 Bill Analysis

<http://www.lsc.state.oh.us/analyses129/12-hb143-129.pdf>

Brain Injury Association of Ohio

www.biaoh.org

Return to Play Form for Schools

Ohio High School Athletic Association
4080 Roselea Place, Columbus, Ohio 43214
PH:614-267-2502; FAX:614-267-1677
www.ohsaa.org

MEDICAL AUTHORIZATION TO RETURN TO PLAY WHEN A STUDENT HAS BEEN REMOVED DUE TO A SUSPECTED CONCUSSION

Ohio State Law as well as NFHS rules and OHSAA policy require a student who exhibits signs, symptoms or behaviors associated with concussion to be removed from a practice or contest and **not permitted to reenter practice or competition on the same day as the removal.** Thereafter, **written medical authorization from a physician (M.D. or D.O.)** or another qualified licensed medical provider, who works in consultation with, collaboration with or under the supervision of an M.D. or D.O. or who is working pursuant to the referral by an M.D. or D.O., AND is authorized by the Board of Education or other governing board, **is required to grant clearance for the student to return to participation.** This form shall serve as the authorization that the physician or licensed medical professional has examined the student, and has cleared the student to return to participation. The physician or licensed medical professional must complete this form and submit to a school administrator prior to the student's resumption of participation in practice and/or a contest. **To reiterate, this student is not permitted to reenter practice or competition on the same day as the removal.**

I, _____, M.D., D.O. or _____ (other qualified licensed medical provider) have examined the following
(Print name of MD, DO or Other)
student, _____ from _____ High School/7-8th grade school
(Name of Student),
who was removed from a _____ (sport) contest at the _____ level (V, JV, 9th, 7-8th) due to exhibition of signs/symptoms/behaviors consistent with a concussion. I have examined this student, and determined that the student is cleared to resume participation upon the completion of the directions provided below.

PLEASE INDICATE YOUR DIRECTIONS BELOW

- Return to play protocol for concussion as outlined in Zurich Consensus Statement 2012 or as attached.
 Return to play protocol for concussion required under direction of Licensed Athletic Trainer or other qualified Licensed medical provider as approved in above directive
 Return to play protocol for concussion not required, and the student may return to participation in practice and competition on this date _____
 Other: (explain): _____

VALID ONLY WITH ALL INFORMATION COMPLETED

Signature of Medical Professional _____
(MD, DO or other qualified Licensed Medical Provider as Approved in the Above Directive)

Date: _____

Contact Information:

(Print or Stamp) Address: _____

Phone: _____

Return to play is also subject to clarification of this document, as deemed necessary, by Licensed Athletic Trainer, other qualified Licensed medical providers authorized by Board of Education or other governing body, or school district administration. Return to play decisions are also subject to recognized principles of conditioning, skill development, mental preparedness, etc.

Parent(s)/Guardian and student are reminded that the initial signature document of awareness of signs and symptoms of concussion and need/requirement to report are still in effect. Parent(s)/Guardian and student have a responsibility to report any further signs or symptoms of a concussion or head injury to coaches, administrators and the student- athlete's doctor. Information regarding signs and symptoms are available from school district personnel or OHSAA website.

PRESENT THIS FORM TO THE SCHOOL ADMINISTRATOR

Note: The school must retain this form indefinitely as a part of the student's permanent record. Medical Providers should retain a copy for their own records.

Communicable Disease Procedures

Though most schools have a Certified Athletic Trainer present at Varsity contests ***and*** all coaches are required to maintain a valid Pupil Activity Certificate through the Ohio Department of Education that includes a Sports' First Aid component, it is important to keep up to date on the remote risk that blood borne infectious diseases can be transmitted during ice hockey practice and contests. For example, Hepatitis B can be present in blood as well as other bodily fluids. Procedures for reducing the potential transmission of these infectious diseases should include, but should not be limited to the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform, it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood and other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling dressings, mouthguards and other articles containing body fluids.

You are encouraged to log on to the OHSAA's website at www.ohsaa.org and refer to the Sports' Medicine dropdown menu for additional information.

Officials Specific Information

(From www.ohsaa.org and the OHSAA Handbook for Officials)

Our member schools have entrusted officials to assist them in the education and development of their youth through athletics. This requires officials to be independent, impartial, and responsible to the people they serve. In recognition of these expectations there is an established **Code of Ethics and Code of Conduct** for all officials. The purpose of the code is to establish guidelines for ethical standards of conduct for all officials.

Officiating code of ethics:

An Official must devote time, thought and study to the rules of the game and the mechanics necessary to carry out these rules so that one may render effective and credible service in a fair and unbiased manner

An Official must work with fellow officials and the state association in a spirit of harmony and cooperation in spite of differences of opinion that may arise during debate of points or rules at issue

An Official must resist every temptation and outside pressure to use one's position as an official to benefit oneself. Under all circumstances, officials must avoid promoting the special interest of any person or group of persons other than the athletes we serve

An Official must constantly uphold the honor and dignity of the avocation in all personal conduct and relations with the student-athletes, coaches, athletic directors, school administrators, colleagues, and the public, to be a worthy example to the athletes under one's jurisdiction

An Official will be prepared both physically and mentally, dress accordingly to expectations and maintain a proper appearance that is befitting the importance of the game

An Official shall avoid the use of tobacco and related products at the contest site

An Official must remember and recognize that it is important to honor contracts regardless of possible inconvenience or financial loss

Every member of the officiating profession carries a responsibility to act in a manner becoming a professional person. The conduct of any official influences the attitude of the public toward the profession in general as well as toward the official in particular.

Sports officials bear great responsibility for engendering public confidence in sports. They are critical to the health of athletic competitions. Officials ensure games are played fairly, by the rules, within the spirit of the rules and in a safe manner. Officiating takes a great deal of preparation, continuing education and commitment of time.

Pre-season preparations:

We have encouraged coaches to invite local officials to meet with their team during pre-season workouts. It allows the officials to meet the athletes and discuss new rules. It gives athletes an opportunity to ask questions and have a discussion prior to competition days. We also recommended inviting an official(s) to a pre-season meeting with team parents. Again, it provides a forum for healthy discussions and an opportunity for parents to learn more about the sport. Many of you already participate in such activities, but for those that do not, please get involved!

NOTE: Annual renewal cards are sent to the address the OHSAA has on file, failure to notify the OHSAA will result in your not receiving the renewal card.

Address changes are now to be submitted via www.myOHSAA.org . Please log-on in order to make the appropriate changes.

Website resources:

Our website includes a great deal of information specifically geared for officials. Go to www.ohsaa.org and click on “officiating” on the left side of the home page. On the officiating page you will find the following information. When you have questions, this may be a great place to start!

Topics include:

- OHSAA officiating FAQ's, clinics, hall of fame info
- OHSAA rules meetings – information on local & state meetings, how to maintain your officiating permit
- Directory of officiating information & forms – assigners, instructors, local & district secretaries, OHSAA staff
- How to become an OHSAA official – info for beginning and experienced officials, suspended and retired officials wanting to reinstate
- How to change the status of your officiating permit – information on upgrades, retired status, active military duty and address changes
- How to renew your OHSAA officiating permit – information on annual renewal procedures and fees
- Game assignments – regular season and tournament selection processes and voting results
- Officials needed posting
- Coach and player game ejections – ejection forms and procedures
- Officiating uniforms, equipment and supplies – uniform regulations, authorized dealers, pins & patches
- Officiating ethics and code of conduct

Officials Ejection Protocol

Officials shall file a written report with the school and the OHSAA office whenever a coach or player is ejected from an athletic contest. Use the "Official's Report" form explained earlier in this manual (available on the “Officiating Home” page of the OHSAA website. Additional forms can be obtained by contacting the Association office or your local association secretary. The report shall be filed with the reported school and the OHSAA within 48 hours of the ejection. Whenever an ejection occurs, the ejecting official shall speak with the offender's principal/athletic director no later than the first school day following the ejection. An official failing to follow the ejection protocol and/or failing to file the Official's Report may be penalized in accordance with Section 7 of the OHSAA Handbook for Officials.

The "Official's Report" form is also used to report good or poor sportsmanship, severe injuries, facility problems, or equipment problems. Ejections other than players or coaches and other items of which the Commissioner should be made aware must be provided.

Please use only one form per school. Each offending school will need its own copy. The reporting official will receive notification of resolution upon receipt of the reported school's reply.

It is the official's responsibility to send a copy of the form to the reported school.

Please write legibly and include the ejected person's first and last names. Make sure that the form is complete at the bottom with the date and name of the administrator that you spoke with at the school.

General Ejection Procedures

General Sports' Regulation 14.2 (passed by the OHSAA's Board of Directors in 2008) requires any coach ejected from a contest (paid OR volunteer) to complete the **Teaching and Modeling Behavior** course through the NFHS and submit payment of a \$100.00 fine within 30 days of the ejection.



2020-21 Ice Hockey Requirements and Recommendations

With the support from the NFHS Ice Hockey Rules Committee and the Ohio High School Athletic Association, the considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, city and state to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with COVID-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your area.

Visit the [COVID-19 Return to Play Recommendations Document](#) and the [Responsible Restart Ohio Guide for Youth, Collegiate, Amateur, Club and Professional Sports](#) for further requirements and recommendations that apply to all sports, including ice hockey. Please know that some of the requirements and recommendations in this sport-specific document duplicate state guidance.

A **requirement** must be adhered to and followed. A **recommendation** is a consideration to the sport and allows for optional guidelines. Recommendations are not required but are permitted and strongly encouraged.

*Ice arenas are most commonly privately-owned facilities. Be sure to know and follow the policies and procedures of the facility prior to practice or a contest.

REQUIREMENTS

Winter 2020-21: Return to Competition

People (players, coaches, officials, spectators, etc.) feeling sick or that have been exposed to someone sick, should not attend or participate in competitions or practices. The OHSAA requires all participants and spectators to practice social distancing and wear face coverings whenever possible. Host facilities shall communicate with spectators “know before you go” before each event.

General Requirements:

- Anyone attending a practice or game – players, coaches, officials, trainers, cheerleaders, volunteers, staff, spectators, etc.: Must conduct a symptom assessment before each practice or contest, and anyone experiencing symptoms must stay home (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>).
 - Individuals with COVID-19 symptoms should isolate themselves per CDC’s guidance and contact their healthcare provider (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>).
 - Individuals with confirmed COVID-19 or who have symptoms should follow CDC’s guidance for when they can be around others again (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>).
 - An athlete who tests positive for COVID-19, whether symptomatic or asymptomatic, must not return to sport activities until a documented medical exam is performed clearing the individual to return to play. The documented medical exam must specifically include an assessment of the cardiac/heart risk of high-intensity exercise due to the potential of myocarditis occurring in COVID-19 patients.
- Consistent with state guidance, schools/teams regarding “Confirmed or Suspected COVID-19 Cases”:
 - Immediately isolate, and seek medical care for, any individual who becomes ill or develops symptoms.

- Contact the local health department about suspected COVID-19 cases or exposure.
- The affected person should seek COVID-19 testing as soon as possible. Teams, schools, and clubs should work with parents to ensure they have access to testing through their healthcare providers or direct them to testing options.
- Coaches/administrators must work with the local health department to identify individuals who were potentially exposed to help facilitate contact tracing. This includes, but is not limited to, athletes, coaches, officials, volunteers, parents and other support personnel.
- A team, school, or club must notify all athletes and parents/ guardians associated with the affected team regarding a positive test. Athletes and families must be reminded of proper daily health screening protocols.
- If the affected individual participated in competitive play, the team is responsible for notifying any opponents played between the date of the positive test and 2 days prior to the onset of symptoms. If the teams, schools, or clubs reside in different counties, the health departments in each county should be notified to help facilitate effective contact tracing.
- An individual who tests positive for COVID-19, whether symptomatic or asymptomatic, must not return to sport activities until a documented medical exam is performed clearing the individual to return to play. The documented medical exam must specifically include an assessment of the cardiac/heart risk of high-intensity exercise due to the potential of myocarditis occurring in COVID-19 patients. More information on this issue can be found at <https://www.acc.org/latest-in-cardiology/articles/2020/07/13/13/37/returning-to-play-after-coronavirus-infection>.
- Follow protocol for cleaning and disinfecting if a COVID-19 case is identified at the venue.
- Players, coaches, officials or other individuals who had close contact (within six feet of an infected individual for at least 15 minutes), or who had direct physical contact with the person (e.g., who were coughed on or sneezed on by the infected person), must self-quarantine for 14 days following exposure based on CDC guidance (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>). Individuals may return to play afterward if they have not had any COVID-19 symptoms.
- Facial coverings are required under the Sports Order: At minimum facial coverings should be cloth/fabric and cover an individual's nose, mouth, and chin.
 - CDC does not recommend the use of gaiters or face shields. Evaluation of these face covers is on-going but effectiveness is unknown at this time.

Requirements for Coaches:

- For out-of-state travel, follow the COVID-19 guidance of the state and local public health jurisdiction to which the team is traveling. Also be aware of Ohio's Travel Advisories (<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/families-and-individuals/COVID-19-Travel-Advisory/COVID-19-Travel-Advisory>).
- Coaches and other personnel must wear face masks at all times, including when arriving and departing the facility and during active play.
 - CDC does not recommend the use of gaiters or face shields; evaluation of these face covers is on-going but effectiveness is unknown at this time.
 - Under the state's Sports Order, at minimum facial coverings (masks) should be cloth/fabric and cover an individual's nose, mouth, and chin.
- Limit day-of roster to 20 dressed players.
- Sanitize equipment as often as time permits.

Requirements for Players:

- Conduct daily symptom assessments before each practice or contest.
- No congregating before or after practices or games is permitted.
- Do not share equipment, towels, facial coverings, water bottles, other drinks or food. If equipment must be shared, proper sanitation must be performed between users.
- All players must sanitize their hands should their gloves be removed before and after warm-ups and at period breaks.
- All those on the bench shall observe social distancing of six feet.
- Players who are not one of the six (6) players on the ice and all bench personnel shall wear facial coverings.

Requirements for Facility Hosts:

- Review the requirements within the [Responsible Restart Ohio Guide for Youth, Collegiate, Amateur, Club and Professional Sports](#).
- Inform the local health district when events are scheduled and establish a plan to handle those persons who fail a symptom assessment or temperature check or exhibit signs and symptoms of COVID-19.
- Limit sideline personnel to participants, coaches, medical staff and game-day staff.
- If possible, provide designated space (locker room, classroom, etc.) for officials' pregame and post-game activities. If the designated space cannot accommodate six-foot social distancing of all officials, then a separate space should be provided where officials can observe six-foot social distancing and be removed from spectator/team interaction.
- Clearly review prior to the contest mandates, best practices and school/host facility policies with visiting team administrators and/or coaches and officials as they relate to, but are not limited to, parking; entrances and exits; medical care; spectators; ticketing; locker rooms/showers; athletic training rooms and restrooms; water; towels; equipment, and shelters in the event there is inclement weather.
- Designate a Compliance Officer who is responsible for compliance with the Ohio Health Director's Sports Order.
- Follow Responsible Restart Ohio Guidance for Restaurants for concession stands (<https://coronavirus.ohio.gov/static/responsible/Restaurants-and-Bars.pdf>).

Requirements for Spectators:

- Conduct daily symptom assessments before each contest.
- No congregating before or after practices or games is permitted.
- Six-foot social distancing must be maintained between individuals/family groups.
- Facial coverings are required unless exceptions can be met as listed in Ohio Health Director's Sports Order.

Requirements for Officials:

- Facial coverings must be worn at all times with the exception of active officiating or warm up.
- Take your temperature prior to attending your competition. If temperature is above 100.4 or you do not feel well, notify your contracted school immediately.
- No congregating before or after games is permitted.
- Six-foot social distancing required during pre- and post-game conferences and during stoppage of play during contests.
- Facial coverings must be worn at all times with the exception of active officiating, and warm-up.
- Do not shake hands or fist bump other officials, players or coaches.

2020 NFHS RULES RECOMMENDATIONS (No Required Modifications)

Players' Benches (1-9-1)

- Maintain social distancing as much as possible when on the bench.
- Limit bench personnel to observe social distancing of six feet or greater.

Penalty Benches (1-10-1)

- Limit essential personnel to maintain social distancing between personnel and participating players.

Team Captains (2-2-1, 2-2-4 and 2-2-5)

- Captains must maintain social distancing when talking or conferring with an official.
- Social distancing must be maintained during pre-game meeting between captains and head coaches.

Protective Equipment (3-4-2 and 3-4-4)

- Cloth face coverings are permissible.

- Under the state's Sports Order, at minimum facial coverings (masks) should be cloth/fabric and cover an individual's nose, mouth, and chin.
- Plastic shields covering the entire face, unless it is integrated into the face mask/attached on the inside of the mask and clear, are not permissible.
 - Plastic shields are not an acceptable alternative to a cloth mask. CDC does not recommend the use of face shields as evaluation of them is on-going, but effectiveness is unknown at this time.
- Athletes should refrain from removing mouthguards while on the ice.
 - If mouthguards are removed on the sideline or in the bench area, the athlete should use hand sanitizer after replacing the mouthguard.

GENERAL RECOMMENDATIONS

Recommendations for Coaches:

- Communicate your guidelines in a clear manner to students and parents prior to events with reminders at intervals.
- Consider conducting workouts in "pods" of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice and contests in case contact tracing is needed.
- At a minimum, before and after every practice or contest, sanitize equipment as often as time permits with an EPA approved sanitizer for emerging pathogens.
- Consider limiting contests against only teams in your local area or, if out-of-state, against teams located in counties that are contiguous to Ohio.
- Should not share clipboards, whiteboards, dry erase boards or any other equipment used for coaching purposes.

Recommendations for Players:

- Arrive at the facility dressed in partial or full uniform and plan to leave the facility in partial or full uniform.
- Consider making each student responsible for their own supplies and ensure distancing of equipment to avoid cross contamination.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful, in plain sight and easily accessible at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Cloth face coverings/masks are permitted, if an individual prefers to wear one. Cloth face coverings/masks are not required (*NFHS Rule 4-1-4*) while engaged in active play. State and local requirements for face coverings are to be followed when not actively engaged in play.
- Bring your own water bottle.

Recommendations for Officials:

- Arrive at the facility dressed in partial or full uniform and plan to leave the facility in partial or full uniform.
- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- Follow social distancing guidelines. Consider six feet minimum distance when talking to others (players, coaches, other officials).
- Electronic whistles are permitted, if an official prefers to use one, but are not required.
- Cloth face coverings/masks/shields are permitted, if an individual prefers to wear one.
 - Under state guidance, officials must wear face masks at all times except when on the field/court of play during games and practices to allow the use of whistles, and except for other allowable exceptions under the state's Sports Order.

- Gloves are permissible.

Recommendations for Parents:

(A family's role in maintaining safety guidelines for themselves and others):

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home).
- Provide personal items for your child and clearly label them.
- Disinfect your student's personal equipment after each game or practice.
- Educate yourself on the risks and benefits of athletic participation in the time of COVID and ensure you and your athlete are aware of the guidance surrounding athletic events.

Recommendations for Facility Hosts:

- If applicable, stagger the entry of all participants, coaches, officials, student game-day auxiliary groups and spectators to adhere to six-foot social distancing.
- Consider multiple points of entry to help ensure there is six-foot social distancing.
- Use contact-less payments where possible.
- Bench water may be provided by the facility host, but the visiting team/participants should supply their own coolers unless agreed upon by the facility host. If used, water coolers shall be sanitized prior to use and frequently during the contest and disposable one-time-use cups shall be utilized.
- Limit official's table to essential personnel only and demonstrate social distancing as much as possible.
- Appoint an individual(s) who is responsible for assisting the host facility manager(s) in logging all incidents and action plans when mandates have not been followed and/or incidents occur; logging recommendations for improving the host facilities' game-day strategies, and creating reports on said items that were logged.

OHSAA Postseason Note

Potential options may be considered regarding the District and State Tournament games/format depending upon the status of COVID-19.

A Note on Public Health Issues

The Centers for Disease Control and Prevention, Ohio Governor, Ohio General Assembly, Ohio Department of Health and/or the local health district will offer guidance as to whether to close a school or university due to a public health issue. Local decisions can also be made by the local health authority or each board of education/governing board.

Helpful Links *These resources are provided to guide operations during this Covid-19 pandemic.*

- Ohio Department of Health – Coronavirus (COVID-19): <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/responsible-restart-ohio/>
- Centers for Disease Control – Coronavirus (COVID-19): <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- National Athletic Trainers Association – Coronavirus (COVID-19): <https://www.nata.org/practice-patient-care/health-issues/covid-19-coronavirus>
- Centers for Disease Control and Prevention Emergency Preparedness and Response: <http://emergency.cdc.gov/planning/>
- Centers for Disease Control and Prevention Preparedness for All Hazards: https://www.cdc.gov/phpr/documents/ahpg_fi-nal_march_2013.pdf
- Ohio Department of Health Guidelines and Publications: <https://odh.ohio.gov/wps/portal/gov/odh/home/>