

To: OHSAA Girls Lacrosse School Athletic Directors and Head Coaches
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From: Tyler Brooks, Senior Manager of Officiating & Sport Administration

Re: September 2022 Update

Date: Tuesday, September 27, 2022

1 – Tournament Divisions for 2023 & 2024

The 2023 & 2024 tournament divisions were approved by our Board of Directors earlier this month, please see links below:

Girls Lacrosse
[Division I](#)

[Division II](#)

Boys Lacrosse
[Division I](#)

[Division II](#)

A few notes:

- In GLX, 3 schools went up to DI and 3 schools went down to D2
- In BLX, 5 schools went up to D1 and 4 schools went down to D2

The 2023 tournament regions assignments will not be finalized until the February 2023 Board of Directors meeting when the tournament regulations are approved. Due to the relatively low number of changes summarized above, I do not anticipate many changes in region assignments for schools from 2022 to 2023.

2 – Change to Regulation on Individual Skill Instruction

There has been a change to OHSAA General Sport Regulation 7.10, please review the full details in the link below.

In summary, the modification expands the number of groups of students that can receive individual skill instruction at the same time and in the same facility. Previously, this regulation limited individual skill instruction to a single group of students in all facilities.

Link: <https://www.ohsaa.org/news-media/articles/the-ohsaa-has-announced-modifications-to-general-sports-regulation-710-individual-skillcoaching-instruction>

3 – 2023 NFHS Rules Changes by Sport

BLX: Below is a link to an article reviewing the 2023 NFHS Boys Lacrosse rules changes:

[NFHS: 2023 Boys Lacrosse Rules Changes](#)

GLX: Below is a link to an article review the 2023 NFHS Girls Lacrosse rules changes:

[NFHS: 2023 Girls Lacrosse Rules Changes](#)

4 – “Beyond Pulse” Smart Belt Giveaway

Please see information below regarding an opportunity to win a set of Beyond Pulse Smart Belts for your team:

We are offering a complete Beyond Pulse tech giveaway! Our combined tech giveaway includes:

- *free set of Smart Belts*
 - *Beyond Pulse smart wearable technology guides coaches in understanding their players’ key development indicators such as Heart Rate, Player Workload, Distance Covered and Speed.*
- *free Smart Vest or Smart Bra*
 - *Lightweight, tight-fit sports vest that features built-in smart belt to support BP technology.*
 - *High support sports bra with padded compression and built-in smart belt to support BP technology.*

*High school coaches can enter the sweepstakes at the button below. Simply fill out the form (deadline is September 30th) - it only takes a minute. **Winner will be contacted directly and announced on Twitter - click to follow us [HERE](#) so you don’t miss it!***



5 – BOYS LACROSSE ONLY: NFHS Helmet Reconditioning Recommendations

Please see link below for recommendations for reconditioning lacrosse helmets:

 [Temp 2022 NAERA recommendations.pdf](#)

Resources

Past Email Updates

Girls Lacrosse: <https://www.ohsaa.org/Sports-Tournaments/Lacrosse-Girls/Athletic-Director-Coach-Updates>

Boys Lacrosse: <https://www.ohsaa.org/Sports-Tournaments/Lacrosse-Boys/Athletic-Director-Coach-Updates>

2023 Season Calendar

Feb. 20, 2023	First Day of Coaching and Tryouts
March 17	Regular Season Begins
March 27	Non-Interscholastic Date
May 7	Tournament Draw/Seed Date
May 12-21	Regional Qualifying
May 22-28	Regional Semis & Finals
May 30- June 3	State
June 3	Season Ends



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