

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

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

**Re:** August Update

**Date:** Monday, August 1, 2022

### 1 – No Contact Period

OHSAA General Sports Regulation 11 states that a school coach shall not provide any form of coaching or instruction of the sport to their student athletes from August 1 – August 31. The no contact period is for all school coaches, whether paid or volunteer.

Coaches may communicate with student-athletes during the no-contact period for purposes of assisting with college recruitment.

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

### 2 – Changes to General Sport Regulation 7

**Beginning on August 1, 2022, changes to the 2022-23 OHSAA Handbook go into effect—please make sure to review the change to *General Sports Regulation 7*. The 2022-23 General Sport Regulations is available for viewing at the link below:**

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

Previous *General Sports Regulation 7 (Non-Interscholastic Participation)* along with *General Sports Regulation 8 (Individual Instruction Regulation)* are now combined. The purpose of this combination was to simplify the two subjects and numbers, since there tended to be a large amount of confusion between the two. There were previously two numbers being utilized—the “50% limitation” of how many players could participate together on a non-interscholastic team and the individual skill instruction number (4 for girls and boys lacrosse) detailing how many players a school coach could provide individual skill instruction to at one time.

With the new *General Sports Regulation 7*, there is now **one number** that is the same for both scenarios—how many can participate together with a non-interscholastic program from the same school outside of the school season, and how many can receive individual skill instruction from a school coach at one time.

This number for **girls lacrosse is 6** and **boys lacrosse is 5**. The number of students permitted to participate together on a non-interscholastic team is/was based on 50% of the total number of athletes needed to begin a contest.

All details of the non-interscholastic and individual skill instruction remain the same—the only thing that changed was combining this into one regulation and creating one number.

### 3 – Review of Non-Interscholastic Teams and Individual Skill Instruction

#### OHSAA Coaches on Non-Interscholastic Teams

Per General Sport Regulation 7 school coaches may coach out of season/non-school teams that include players from their own school. A few reminders:

1. School coaches are not permitted to coach a non-school lacrosse team with players from their school during the no contact period (8/1 – 8/31).
2. There may be no more than 5 (boys lacrosse) / 6 (girls lacrosse) players from the same school on the non-school team.
3. Non-school teams may not rotate the 5 / 6 players on their roster in separate games or tournaments. This regulation applies no matter who is the non-school coach—rotating 6 players is not permitted on a non-school lacrosse team.
4. The 5 / 6-player limitation is based on the previous school lacrosse season. If there are incoming freshmen that did NOT play for an OHSAA member 8<sup>th</sup> grade team school team, they do not count in the 5 / 6-player limitation. They would count in the 5 / 6-player limitation once they have participated in a scrimmage and/or contest for their current school team in spring 2023.

#### Individual Skill Instruction

Per General Sport Regulation 7, the purpose of the individual skill instruction rule is to provide coaches the opportunity to offer individual skill instruction outside of the season and the no contact period.

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



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