

# OHSAA

## OHIO HIGH SCHOOL ATHLETIC ASSOCIATION



### 2022

## Girls Lacrosse Coaches Manual

**A YEAR-ROUND GUIDE FOR HIGH SCHOOL GIRLS  
LACROSSE COACHES**



## A Message from the OHSAA

We are pleased with the growth of interscholastic lacrosse across the state and we are excited for the 2022 season. It is important that we work **together** to ensure this information is in the hands of ALL coaches – not just head coaches. This manual should serve to provide all coaches with clear answers and interpretations to the many regulations governing 7-12 girls lacrosse in Ohio.

State rule interpretation meetings are **mandatory** for Varsity Head Coaches and will be required online. This is addressed in the early pages of this Coaches Guide. We hope you'll encourage your assistant and 7/8 grade coaches to view this also, especially in light of the "Out of Season Instruction" regulation. The purpose of the State 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 playing rules written by the NFHS.

Rules governing OHSAA Girls Lacrosse are from the National Federation (NFHS). 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.

Communication is a key in the successful administration of any of our sports. 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 also will continue to keep you informed of current issues and topics via period direct correspondence as well as online postings on the Girls Lacrosse pages at [www.ohsaa.org](http://www.ohsaa.org).

This is wishing each of you a successful season. We commend you for your time and effort working with the student-athletes in Ohio.



**Tyler Brooks**

Senior Manager of Officiating & Sport Administration

### ***The Ohio High School Athletic Association Mission Statement***

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



# 2022 OHSAA Girls Lacrosse Information

## Important Lacrosse Dates

<b>February 8</b>	Online Rules Meeting Available
<b>February 21</b>	First Day of Coaching
<b>May 2</b>	Final Day of Rules Meeting \$50 Late Fee after 3/19
<b>March 18</b>	Regular Season Contests May Begin
<b>May 28</b>	Non-Interscholastic Date
<b>May 10</b>	Tournament Seed Date
<b>May 16-21</b>	Regional Qualifying
<b>May 20-23</b>	Regional Quarterfinals
<b>May 25-29</b>	Regional Semis & Finals
<b>June 2-6</b>	State Tournament
<b>June 6</b>	Last date for Games

## Important Links

**OHSAA Girls Lacrosse Webpage:**

<http://ohsaa.org/sports/glacrosse>

**OHSAA Girls Lacrosse Sports' Regulations:**

<https://ohsaaweb.blob.core.windows.net/files/Sports/Lacrosse-Girls/GirlsLaxRegs.pdf>

**OHSAA GENERAL Sports' Regulations:**

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

**NFHS (Rules, Field Diagrams, etc.):** [www.nfhs.org](http://www.nfhs.org)

**Coaches' Education:** [www.nfhslearn.com](http://www.nfhslearn.com)

**The Role of the Parent in Sports:**

[www.nfhslearn.com/electiveDetail.aspx?courseID=18000](http://www.nfhslearn.com/electiveDetail.aspx?courseID=18000)

## OHSAA Girls Lacrosse Contact Information

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## Important NON-Interscholastic Note

The OHSAA feels that student-athletes that have committed themselves to the school's lacrosse team should keep that commitment and be free of distractions and potential dissenting coaching opinions through the school lacrosse season. Therein lies the basis for the "**Non-Interscholastic Rule**". This General Sports Regulation basically prohibits a member of the school team from TRYING OUT, PRACTICING or COMPETING with any non-interscholastic team while a member of the school team. Remind your players...continually.

This includes any **college tryouts/workouts**. Anything outside the high school practice, workouts or games (including college tryouts/workouts) is considered NON-INTERSCHOLASTIC.

## The Non-Interscholastic Date

The "Non-Interscholastic Date" is a date that is set prior to the State Lacrosse Tournament. Though participation in ANY form of non-interscholastic lacrosse 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 lacrosse season, this date is: **March 28,2022**

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

## Communicating with the OHSAA

It is understandable with over 800 member high schools in Ohio and the number of soccer teams in Ohio from 7/8 grade to High School, the volume of calls and emails coming into the office is quite high and nearly impossible to answer at peak times. Most questions can and should be answered by the Athletic Director at your school. To make our communication as efficient as possible, we ask school ADMINISTRATORS (including your Athletic Director) to communicate directly with us...therefore our policy of not answering calls by parents and community members. One can only imagine the impossibility of that.

Additionally, every effort is being made to provide useful information via our website. I encourage you to check the website (both the main page and girls lacrosse specific page) and additional information is provided in this manual regarding weekly informational items that should prove beneficial for coaches at all levels.

## Inside OHSAA Girls Lacrosse

There are a variety of documents that have been put together for coaches, players and administrators to this link can be accessed directly at: <http://www.ohsaa.org/sports/glacrosse/Inside-OHSAA-Girls-Lacrosse>

## Girls Lacrosse Memos

Throughout the year, an informative memo is posted on the OHSAA's girls lacrosse webpage to provide current information, helpful suggestions, and current announcements for girls lacrosse coaches (and Officials) throughout the state. Questions that may arise during the season can be submitted and answered through this medium for the benefit of ALL coaches in Ohio. I encourage you to provide this link to your assistant/sub-varsity coaches. Each memo is archived to allow coaches to view past postings at any time. This link can be accessed directly at:

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

## State Rules Interpretation Meetings Information

Though we encourage EVERYONE to complete the Rules Interpretation meeting ONLINE, a very limited number of 'face to face' meetings will be offered in **2022 for officials only**. Coaches are welcome to attend a 'face to face' meeting but will not receive meeting credit until completing the online rules meeting. Completion of the meeting, whether online or face to face, is **MANDATORY** for coaches and officials.

## Online Rules Meeting Method of Completion

**Coaches** should access on the login page of their myOHSAA account. Once you are logged in, click the rules meeting tab and then "Find a State Meeting" tab on the left. Simply put in your sport and you are ready to go! Please note that **all screens of the presentation must be viewed** for credit to be provided.

**The ONLINE Rules Meeting link will be available on Tuesday, February 7 at 9 AM.**

The last day for completion of the online version is **Friday, March 18 at 11:59 pm**, or a \$50.00 late fee is charged for access to the online version. The FINAL deadline WITH PENALTY, will be **Monday, May 2 at 11:59 pm**.

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](mailto: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 blue button for the school will be added to your account. Click the button and use the State Rules Meeting link in the left column to access the list of meetings.

**Please do NOT use a Chrome Book—these devices will not record attendance.**

## Pre-Season Parent/Player Meetings

Pre-Season meetings are a requirement for all teams/schools, 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.

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 polices, 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" has recently been offered by the NFHS and is FREE to parents. Encourage them to watch this VERY informative video course. The course is available through the [www.nfhslearn.com](http://www.nfhslearn.com) website.

## 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://www.ode.state.oh.us/GD/Templates/Pages/ODE/ODEPrimary.aspx?page=2&TopicRelationID=1328>

Schools are required to submit coaches' names along with valid permit numbers on the Official OHSAA Tournament Entry Form. Entry forms are audited on a random basis at the conclusion of each season.

### 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](#) becomes 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](#)

Successful completion of this coaches' requirement will generate verification through the LMS. 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.

## Transfer Eligibility

Though eligibility of student-athletes is a responsibility of your school's Athletic Administrator, there are a few reminders for coaches that will be of great assistance. The basic premise of the "Transfer Bylaw" is that ALL transfer students are ineligible for athletics for a period of time (the last 9 games and the tournament in lacrosse) **unless they meet one of 10 exceptions to the 'Transfer Bylaw'**. So, assuming a lacrosse player on your team is a transfer and does NOT meet one of the exceptions, here are a few important points:

- **Lacrosse players that fit in the transfer category may participate in Scrimmages and regular season contests until the first 50% of the maximum allowable varsity regular season contests have been completed (9 games).**

**Note on "Completed Games":**

A lacrosse player who is ineligible due to not meeting one of the 10 transfer exceptions, must sit out all contests **after** 9 regular season VARSITY contests are completed. Should a contest be suspended due to weather/darkness, etc., that game would NOT count toward the 9 completed contests for ineligibility.

## Special Note on "Scheduling"

The OHSAA is one of the few states that does not limit who its teams participate against. And what this means is:

- Participation against 'club' teams is permitted (most states do not permit it)
- Participation by a Varsity team vs a JV team is permitted (most states do not permit it)
- Traveling to participate against a team in a bordering state is permitted an unlimited amount of times is permitted

**For participation against a Team in a NON-BORDERING STATE:**

- There is NO limit on the number of times it is permitted if the contest is played in Ohio
- Travel TO participate against a team in a state not bordering Ohio is permitted **one time each season and is required to be approved in advance by having your AD submit the form below:**
  - <https://ohsaaweb.blob.core.windows.net/files/Eligibility/forms/NonBorderingStateApproval.pdf>

This could have an effect on any team that was planning on a 'southern trip' to a non-bordering state.

- 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.
- 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 and MAY NOT MISS ANY SCHOOL FOR TRAVEL OR COMPETITION

**The adopted and approved penalty for violations of the above is 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 **June 4, 2022**. 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 lacrosse 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.



## 2022 NFHS Rule Changes

**2-4-7b, 2-5-2d, 4-2-3e, 4-6, 4-7-1, 4-7-5b, 4-7-6, 4-7-7c, 5-2 PENALTIES 2 EXCEPTION** – Allows for substitutions to occur more fluidly throughout the game including between overtime periods, during a re-draw and during the administration of a player suspension/ejection matching the flow created by free movement.

**2-6-1 (NEW)** – Removes the requirement of shin protection for the goalkeeper while maintaining the option to wear shin protection creating consistency between girls and boys lacrosse.

**2-6-1b, c, NOTE (NEW)** – Allows goalkeepers to wear a clear, molded, and rigid helmet eye shield in combination with tinted or clear eyeglasses. Aligning eye shield and eyewear permissiveness and requirements to those of other NFHS rules codes.

**2-7-3** – Allows face masks that are soft and non-abrasive to be worn for health and/or religious reasons while maintaining that protective molded face masks are not permitted.

**2-7-5** – Allows players to wear hair ties and other soft, non-rigid items on the arm and clarifies that hair adornments such as beads can be worn in the hair as long as they are secured and do not endanger other players.

**2-7-7 (NEW)** – Allows the wearing of religious and/or cosmetic headwear during competition that fits securely and is made of non-abrasive or soft materials, eliminating the requirement for prior authorization from the state association. Maintains the requirement for approval of protective head coverings worn for medical reasons.

**2-8-5 (NEW)** – Allows the use of personal audible wireless communication devices by officials during competition to aid in communication as the pace of play has increased due to self-starts and free movement.

**4-1-2, 4-2-2, 4-2-3, 4-6** – Eliminates the requirement to stop the clock on every whistle during the last two-minutes of each half and overtime while requiring the clock to stop on all fouls in the critical scoring area during the last two-minutes of the of each half and overtime (unless playing with a running clock). Official's time-outs now include alternating possession, inadvertent whistle and offsides.

**4-3-3d, e, f & g (NEW)** – Establishes that when play is restarted for a possession time-out and the goalkeeper has possession of the ball in the goal circle, play will resume from the goal circle and clarifies that if play resumes with a free position it will begin at the spot of the free position.



**4-8 PENALTIES 2, 3 & 4; 5-2 PENALTY 1; 5-3e(3); 10-1 PENALTIES 8 & 10; 12-8 MISCONDUCT PENALTIES (4)** – Simplifies management of the free position and aligns with the principles of free movement by eliminating the requirement for player positioning for the draw after scoring penalties.

**5-1-3b**– Clarifies player positioning if no foul is involved in the stoppage of play when the game is stopped due to an accident, injury or illness, inadvertent whistle by an official, interference or an incident either related or unrelated to the ball at the time the whistle is blow.

**5-5-3, 5-5-3b(1) & (2)** – Allows the goalkeeper to return to goal circle unless the goalkeeper committed the foul, eliminating the advantage to the opponent with free movement if the goalkeeper is required to stay out when closest to the incident.

**6-3-1a, b & c; 6-3-2a, b & c; 9-1n** – Allows any opponent to commence play with a self-start once the ball has gone out of bounds when self-starts are allowed, eliminates the whistle start and establishes defensive positioning and engagement guidelines while clarifying the penalty for passing from out of bounds.

**7-2-1d** – Allows the goalkeeper to bring a ball back into the goal circle provided one foot is inside the goal circle creating more clarity to the officials.

**9-1c(1)** –Eliminates failure to stand as a false start. A delay of game may be enforced if repetitive violations occur.

**9-1k (NEW)** –Establishes that a player on the field of play must enter and exit the field through the substitution area to switch sticks with a stick from the bench area.

**10-1 PENALTIES 1 and 5 (NEW)** – Changes the penalty for a false start by a goalkeeper in the goal circle, allowing them to stay in the goal circle for the free position by the opposing team at the closest dot.

**Rule 13** – Removes the definition of “Body Checking” from the rules book as it is an outdated term and not referenced in the rules book.

## **2022 Girls Lacrosse Major Editorial Changes**

**5-4-4 (NEW)** – Adds and aligns language that self-starting when self-starts are not permitted is a false start already established under major fouls.

**Appendix B – Manufacturer’s Specifications** – Removes the guidance for manufacturers from the rules book while ensuring all equipment related rules essential for the administration of the game are with in Rule 2.

# 2022 NFHS Points of Emphasis

## **Sportsmanship**

Sportsmanship includes a commitment to fair and ethical play as well as respect for one's opponent, and an attitude of goodwill toward all participants. Coaches, players, officials, administrators and spectators are expected to demonstrate behavior that creates a positive and encouraging atmosphere. As a member of this interscholastic experience, it is important to set the example and tone for everyone watching. Good sportsmanship brings integrity to the game by showing respect; building self-confidence, self-discipline, teamwork and focus. Whether a team is winning or losing, the focus should be on supporting the athletes and the game by respecting one another. The passion for interscholastic competition may create an emotional response and officials must provide effective communication and game management to help deter acts of unsportsmanlike conduct. When such methods are not enough to manage behavior, those in violation should be held accountable with the administration of cards. Event management can serve as an asset in creating an expectation of respect within the playing facility and creating a positive and competitive atmosphere, rooted in good sporting behavior. Sportsmanship is a team effort. Winning at all costs can never be placed as a higher priority than great sportsmanship.

## **Rough and Dangerous Play**

Minimizing the risk of the student-athlete is a priority of the NFHS/USAL Girls Lacrosse Rules Committee. With the introduction of free movement, rough and dangerous play needs to be effectively managed and eliminated. Disruptive actions jeopardize the safety of players, impede the flow of the game, and negatively affect the integrity of the sport. Rough and dangerous play consists of forceful contact of a player(s) with the body or the crosse; reckless, dangerous or intimidating checks within playing distance of an opposing player; and any other action with the body or the crosse that an official deems unsafe. Managing dangerous and rough play in the midfield should consistently be a focus. This year, the rules committee intends to bring more attention to recognizing these fouls as they continue into the Critical Scoring Area by encouraging officials to apply the appropriate rules and utilize card administration discouraging rough and dangerous play from continuing. Consistent officiating of repetitive fouling decreases the risk of injury, improves game management, and upholds the integrity of the game.

## **Shooting Space**

Shooting Space continues to be one of the most difficult rules to understand in girls lacrosse. It is important officials know and recognize the criteria for making the call which includes:

1. The ball must be in the Critical Scoring Area and above the goal line extended.
2. The ball carrier must be within 12 meters of the goal and have the opportunity to shoot.
3. The defensive player must be positioned in the free space between the ball carrier and the goal circle.

4. The defensive player is not within a stick's length of an attack player.

Shooting Space is an immediate call and must be made to minimize the risk of injury. The attacking player is ALWAYS responsible for not shooting if there is a Shooting Space violation.

# Equipment Requirements

The OHSAA and all member schools shall abide by NFHS Girls Lacrosse Rule 2 "Equipment and Uniforms. A FAQ regarding lacrosse headgear can be found here: <https://www.nfhs.org/media/1016562/headgear-faq-091515.pdf>

## Game Procedures

### GAME TIMING

2 Halves of the Following Length:

Varsity: 25 minutes

Two 25-minute halves; stop clock after goals and stop clock in the last 2 minutes of each half for all fouls in the critical scoring area unless there is a goal differential of 10 or more.

Junior Varsity, Freshman, and 7/8 Grade: 25 minutes

Two 25-minute halves; running clock after goals and stop-clock in the last 2 minutes of each half for all fouls in the critical scoring area unless there is a goal differential of 10 or more.

### REGULAR SEASON OVERTIME

**Only high school Varsity games will play overtime.** All other levels of competition can end in a tie and no overtime will be played. The only exception is during non-varsity tournament games, where a winner must be determined in order to advance in the correct bracket, these games may utilize overtime provided the participants and game officials are notified in advance of the start of the tournament. When the score is tied at the end of regular playing time for a regular season contest and overtime is to be played, both teams will have a 5-minute rest and toss a coin (visiting captain calls) for choice of ends. The alternate possession shall continue from regulation. The game will be restarted by a center draw. The winner will be decided by "sudden victory." The team scoring the first goal wins the game. The single overtime period will be six minutes in length of stop-clock time (clock stops on every whistle). The clock will be stopped after 3 minutes of play in order for teams to change ends with no delay for coaching. No substitutions may occur at this time. The game will be restarted by a center draw. If the teams are still tied after six minutes have elapsed, the game will end in a tie.

### INTERRUPTED GAMES

Any OHSAA tournament game interrupted due to events beyond the control of the responsible administrative authority shall be continued from the point of interruption.

Once play begins the officials shall have the authority to interrupt or suspend the game due to dangerous weather or field conditions. The official's decision is final. A game is considered legal and complete if 80% of playing time has elapsed. An interrupted game continued on the same day shall be restarted from its point of interruption.

If a suspended game (one in which less than 80 % of playing time has elapsed) is replayed on another day, it must be played from the point of interruption. A suspended game may be terminated and considered complete by mutual agreement of the opposing coaches. The score at the point of termination will be the official score of the game.

### PLAYER LIMITATIONS

A student athlete in grades 9-12 may play in a maximum of 46 halves for the season plus the OHSAA-sponsored tournament. (Penalty — See Sports Regulation 20.)

A student-athlete in grades 7-8 may play in a maximum of 32 halves plus one postseason tournament not to exceed four games by one team. (Penalty — See Sports Regulation 20.)

A player shall be permitted to play in a maximum of two games per day up to a maximum of three halves per common opponent. Any part of a half is counted as one half. In an overtime game, the overtime shall be considered an extension of the second half. (Penalty — See Sports Regulation 20.)

**Exception:** if a team participates in a tournament (example: play-day, Hannigan) format with either abbreviated or full contest timing, a student-athlete may participate in a maximum of six halves during such tournament. Six halves of play in a day are also permitted in a postseason middle school tournament.

Penalty for participation in more than three (3) halves per day:

- The penalty for exceeding the participation limitation during a contest is forfeiture of the contest in which the ineligible player is participating. When discovered, the ineligible player is removed from the contest, and the contest may continue to completion; however, the result of the contest shall be a forfeiture by the offending team.

\*These regulations are all found in the Girls Lacrosse Sports Regulations

## OHSAA Sports' Regulations

Regulations governing the sport of Girls lacrosse are divided into two basic categories: **GENERAL Sports' Regulations** and **GIRLS LACROSSE Regulations (sport specific)**. These are reviewed annually and approved by the OHSAA's Board of Directors.

### General Sports' Regulations

These regulations can be accessed and address regulations that affect all sports governed by the OHSAA. They include, but are not limited to, such things as Instructional Programs outside the window of the season, Physical Fitness (Conditioning) Programs, Open Gym Regulations, No Contact Periods, Player and Coach Ejection Policies. These are important and most areas of concern can be addressed simply by reading through these Regulations or contacting your Athletic Administrator. They are easily accessed via the web by navigating to the "Girls lacrosse" webpage and clicking on "General Sports' Regulations" on the left hand side or directly going to

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

I **strongly encourage** you to take the time to read these to familiarize yourself and your staff with the various rules approved by our Board of Directors that govern all sports.

### Girls Lacrosse Specific Regulations

Each spring, regulations for the upcoming school year are approved by the Board of Directors for every sport the OHSAA sponsors. These address areas such as (but not limited to) Non-Interscholastic competition, number of contests (game, scrimmage or preview) that are permitted, season start and end dates, out of state travel, etc. All coaches should familiarize themselves with these regulations. Coaches should familiarize their entire staff with the importance of these Regulations as they directly affect the eligibility of student-athletes. Upon approval, they are submitted for printing to the annual OHSAA Handbook (which every administrator has been provided). These are also available through Girls lacrosse web page at: <https://ohsaaweb.blob.core.windows.net/files/Sports/Lacrosse-Girls/GirlsLaxRegs.pdf> .

Girls lacrosse specific AND the General Sports' Regulations are found on the left side of the page. A few of the Sports' Regulation **highlights** are listed but you are encouraged to read the entire regulations at the above listed website

### Out of Season Coaching

ALL SCHOOL COACHES may coach players in **ALL GRADES 7-12** in team play outside the season. This permission was extended last year at the 7/8 grade level and is now permissible at the high school level as well. Keep in mind, the 50% limitation (6 in girls lacrosse) is still in effect outside the season for players. So, though a coach MAY coach players in team play from his/her own school, there may still only be 6 players from the school team on the non-school team.

Example: During September, a travel/club team consists of 6 returning players from your school. Any school approved coach may now coach that travel team during that time.

This is a significant change from year's past and is designed to help put more of 'our own' coaches into the club/travel area as well as provide more flexibility with obtaining new coaches that previously were restricted if they also coached at the club/travel level.

### **Open Gyms/Facilities/Fields at Member Schools**

Open Gyms (or facilities) are clearly defined in **Rule 10 of the OHSAA Sports' Regulations**. An abbreviated version states:

- A school may open its athletic facilities for **unstructured free play** provided the activity is supervised by a school employee who may remove participants or spectators for disciplinary reasons.
- The school may designate the sport or sports that will be played during the free play period, but **may not limit participation** to a select group of students from within the school. Participation **may** be limited to students enrolled in that specific school.
- There can be no designation of who will play on which team or who will play whom. Only those students participating may be involved in the selection of teams.
- Regulation timing of games is not permitted.
- Written scorekeeping is not permitted.
- No individual invitations, written or oral, are permitted.
- A coach, paid or volunteer, violates the provision of these regulations when the coach requires, suggests or in any way implies that a student's chance to be selected for an interscholastic squad is contingent upon participation at an open gymnasium or facilities program.
- Mandatory attendance at open gyms/facilities is **not permitted**.
- Transporting athletes to a school or non-school open gym/facility is a violation for any member of the coaching staff, paid or volunteer.
- Coaches **may participate** in the unstructured free play in the open gym/facilities.

Schools MAY restrict individuals from observing the open gym/facility activity.

### **Game Limitations (Grades 9-12)**

Maximum number of games permitted: **18 games**

Scrimmages: Maximum of **3 scrimmages**

Scrimmage Note: Scrimmages MAY be held at any time during the season but MUST count as the same for both competing teams. In other words, Team A cannot count it as a 'scrimmage' while Team B counts the competition as a 'game'.

### **Player Game Limitations (Grades 9-12)**

Each player may play in games on a maximum of **46 halves** in the regular season plus the OHSAA sponsored tournament. Coaches are responsible for tracking the number of halves their players play. A player that exceeds the number of halves becomes an INELIGIBLE PLAYER. And...using an ineligible player in a contest results in forfeiture of the contest. So, this give flexibility but also increases the tracking a coach must do.

### **End of Season Date**

Teams may schedule games right up until the board adopted "Season Ends" date of **June 4, 2022**. 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 girls lacrosse until the school season is complete. (see below)

### **Non-Interscholastic Competition**

A member of an interscholastic Girls lacrosse squad (grades 7-12) sponsored by the Board of Education **cannot participate in a non-interscholastic Girls lacrosse 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 Girls lacrosse anytime during the school team's season. This is explained in OHSAA General Sport Regulation 7-2-1. 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.

A member of an interscholastic Girls lacrosse team sponsored by the Board of Education **MAY** participate in non-interscholastic Girls lacrosse (such as 'club' or 'travel') PRIOR TO and AFTER the school season under the following conditions:

- The number of interscholastic Girls lacrosse players from the same school on a non-interscholastic team is limited to **SIX on the roster** of that non-interscholastic team. This number includes all players that played on the school team in the previous season from grades 9-11\*.
- A player may play in non-interscholastic Girls lacrosse ONLY WHEN the student's team has completed its season.

### Comments to News Media

Each year unpleasant situations arise as a result of comments made to the news media by coaches. The OHSAA Constitution and Bylaws reads in part "Great care shall be exercised in the selection of officials, well in advance of the contest and agreed upon by schools involved." Public criticism of officials is a direct reflection upon those who were responsible for assigning the officials to the game. Officials/Officials are trained and expected to make no derogatory comments regarding the players, coaches, or schools. Coaches are expected to follow the same procedure in regard to the officials. Coaches violating this rule may be asked to discuss the problem personally with the Executive Director. (See Sports Regulations "Media Regulations", in the OHSAA Handbook).

### Videotaping Regulations

The improvement of various electronic devices, especially cell phones, has drawn much attention to the rules regarding recording girls lacrosse contests. Complete regulations available in the OHSAA Handbook or through the General Sports Regulations on the web at under Section "A" of the Media Regulations. A few highlights of this include but are not limited to:

- It is permissible for a school to videotape or photograph regular season contests in which the school team is participating, but such tapes or photographs may not be used for coaching purposes until after the contest is completed. In other words, it is not possible to use photographs or any recorded information at halftime of a game.
- It is **not permissible for a school or school representative to videotape or photograph regular season games, scrimmages, Previews, OR tournament contests of other schools** without the written consent of the schools participating in the contest.

Please also refer to the NFHS Rule changes that prohibit the use of electronic monitoring or replay devices during a contest and also prohibits the use of any electronic device in the coach's box.

### Non-Interscholastic Girls lacrosse

Teams formed for FALL Girls lacrosse leagues may have no more than **SIX** players from any one school on the same team. Included in this number are freshmen, JV and varsity players from the previous year's roster. Between June 1 and July 31, any number of players from any one school may be on the same non-school team. Please read the section later in this manual "Frequently Asked Questions" to get further in-depth information on Non-Interscholastic Girls lacrosse. Coaches have their own restrictions that limit them to 10 days of coaching/instruction between June 1 and July 31.

### Special Note Regarding Non-Interscholastic Girls Lacrosse Teams

Near the conclusion of each Girls lacrosse season, there is a natural tendency for players wanting to start practicing OR playing with their 'summer' teams. Rule 7.2.1 of the OHSAA General Sports' Regulations addresses Non-Interscholastic Participation by stating: "A member of an interscholastic Girls lacrosse squad sponsored by the Board of Education **shall not participate in a non-interscholastic program (Tryouts, practice or contest)** as an individual or a member of a team in the sport of Girls lacrosse during the school's season." This defines they cannot **PRACTICE** as well as play in a game. The basic "rule of thumb" is that **once an individual DOES tryout, practice or compete in a game for a non-interscholastic team, that individual may not 'come back' to be part of the high school team.** Coaches should have heightened awareness of this at tournament time. As mentioned in the section above, you are encouraged to read the section titled "Frequently Asked Questions" later in this manual to get more in-depth questions answered relative to non-interscholastic Girls lacrosse.

### Officials

**Varsity** — Three officials are recommended per OHSAA and NFHS/US Lacrosse guidelines. Minimum of two OHSAA Class 1 or Class 2 officials required. Regardless of number officiating, all must be OHSAA Class 1 or Class 2.

Note: If only one OHSAA official is present to officiate the contest, the game may be played if participating coaches agree.

**Freshmen/Reserve/Junior Varsity** — Minimum of two OHSAA Class 1 or Class 2

officials required. Regardless of number of officials, ALL must be OHSAA Class 1 or Class 2.

Note: If only one OHSAA official is present to officiate the contest, the game may be played if participating coaches agree.

**7<sup>th</sup> & 8<sup>th</sup> Grade** – Minimum of two OHSAA Class 1, Class 2 or Class 3 officials required. All other officials shall be OHSAA Class 1, 2, or 3 or officials in training.

Note: If only one OHSAA official is present to officiate the contest, the game may be played if participating coaches agree.

### Protests

Protests arising from the decisions of interpretations of the rules by officials during the game will **not be considered**. Per NFHS playing rules, their decisions and interpretations of the rules are **FINAL**. This means that correctable errors must be corrected during the game and within the time established by playing rules. No video evidence is permitted to determine errors or correct them before, during or after the contest.

**Indoor Lacrosse**

**Indoor lacrosse** shall be defined as a game played by two teams each consisting of not more than 7 players, nor fewer than 2 players, one of whom must be the goalkeeper, and played indoors between the end of the no-contact period and the day before the first day of coaching for the interscholastic season is permitted. The number of interscholastic lacrosse players from the same school on a non-interscholastic squad of an indoor lacrosse roster is not limited.



# Sports Regulations Q & A

The OHSAA receives a large volume of calls and email at the conclusion of the season in regard to what coaches 'can and cannot do'. Though this is not inclusive, a few guidelines are listed below to assist you AND your middle school and sub-varsity coaches. Please remove, copy and share this page with others on your staff. Please go through your Athletic Administrator for questions related to the OHSAA's Bylaws and Sports' Regulations. All are contained within the OHSAA's Handbook and available online at [www.ohsaa.org](http://www.ohsaa.org).

## **When is Girls lacrosse's "No-Contact Period"?**

Answer: The "No-Contact Period" for Girls lacrosse is the entire month of August.

## **Can Middle School Players practice or play with High School players?**

Answer: No. OHSAA Bylaws prohibit middle school players from practicing or competing with High School players during the season of play in all sports.

## **Can Middle School Players participate in Open Gyms/Nets at the High School level?**

Answer: Yes. OHSAA Bylaws and Sports Regulations do not prevent anyone from participating in Open Gyms/Nets/Facilities.

## **Can Middle School Players participate with High School Players during "Summer Ball" or "Fall Ball?"**

Answer: Yes. Any competition that occurs outside the defined season of play is not considered OHSAA "sponsored" and therefore, not under any regulations that limit 7-8 from playing with 9-12 individuals.

## **Can Middle School Players Be Included with High School Players during Individual Instruction permitted by Sports Regulation 8.2?**

Answer: Yes. Since it is OUTSIDE the season, there is no restriction on age groups relative to this new (2013) regulation. ANY individual receiving instruction must be counted as one of the FOUR (4) permitted in all combined facilities where the instruction is taking place.

## **What can we as coaches do during an Open Gym/Nets?**

Answer: Coaches may supervise the Open Gym. Open Gyms cannot be made mandatory. Open Gym must be 'free and unstructured play, so NO coaching may take place during an Open Gym. Open Gyms are defined in their entirety in Sports' Regulation #10 on pages 77-76. Under no circumstances may Open Gym be a disguise for an early start to practice. Language in the "Individual Instruction" regulation (General Sports Regulation 8) delineates the permissions in that regulation from those in Open Gyms.

## **What can coaches do during Conditioning Programs?**

Answer: First, conditioning programs (defined as "Physical Fitness Programs in the OHSAA Handbook) cannot be made mandatory. Sports' Regulation #9 starting on page 75 of the OHSAA Handbook defines Physical Fitness/Conditioning Programs. Obviously, conditioning programs cannot be used as a 'disguise' for conducting out of season practices. Language in the "Individual Instruction" regulation (General Sports Regulation 8) delineates the permissions in that regulation from those in Open Gyms.

## **Who can volunteer to be a member of the coaching staff?**

Answer: To work with student-athletes in any school program, an individual must receive his/her Pupil Activity Permit through the Ohio Department of Education and be approved by the school's Board of Education. Once achieving these requirements, a volunteer falls under all Bylaws and Sports Regulations of the OHSAA which limits them to the same out of season coaching limitations as paid staff members.

## **Can a volunteer coach players from the school team during the June 1 – July 31 period of time?**

Answer: Basically, 'yes', but when teams are playing with more than non-interscholastic team limitation (6), the days of coaching/instruction must be counted in the 10 total permitted to the staff. If the non-interscholastic team is comprised of LESS than 6 players from the school, the days coaching that team in TEAM COMPETITION do not count toward the 10 days permitted to that coaching staff. Based upon the language adopted in the "Individual Skill Instruction Regulation (8), the example given here would NOT fit within that regulation.

## **What if I INSTRUCT only ONE (or up to FOUR) players in shooting instruction during the June 1 – July 31 period. Do THOSE days count?**

Answer: IF there are no more than 4 individuals present **in all the combined facilities where the instruction is taking place**, this would be permissible under adopted General Sports Regulation 8.2.1 that permits school coaches the opportunity to provide individual skill instruction outside the season of play.

#### **What exactly is the 4 player rule?**

Answer: This regulation was adopted to provide an affordable option to parents and student-athletes to receive **individual skill instruction** currently limited to non-school private instructors. The regulation states: "Interscholastic coaches in the team sports of baseball, basketball, cross country, field hockey, football, ice hockey, lacrosse, soccer, softball, track & field, volleyball and wrestling may provide individual instruction anytime outside the season of play outside the defined no-contact periods. Individual instruction is defined as no more than four individuals present at one time in all combined facilities where the instruction is taking place". This is NOT a 'workout regulation' for teams and the language does not permit it to be.

#### **Can a volunteer coach players from the school team during the "Off-season" "travel Girls lacrosse" (or other non-school Girls lacrosse)?**

Answer: No. A volunteer coach is restricted to the same out-of-season (non-interscholastic) rules that a paid coach is restricted to.

#### **If my son or daughter plays on a Non-Interscholastic team (such as "club" or "travel") can I coach them if I am a school coach?**

Answer: **Only** during the June 1 – July 31 period of time during team play. Coaching one's own players is prohibited outside the season other than those dates unless there are 6 or less school players on a team and no exception is provided for families.

#### **Can a player on my team participate in non-interscholastic team(s) at the same time as the season?**

Answer: No. Sports' Regulation #4 prohibits student-athletes from participating in programs such as "Travel, Club" and like programs during the season of play. Coaches should go to great lengths to explain this to players on their teams and remind them periodically throughout the season.

#### **When CAN a player on my team participate in Non-Interscholastic Girls lacrosse?**

Answer: As soon as the season is complete. This means a Varsity player may participate as soon as their last game (including tournament) is played. Any sub-varsity player may play non-interscholastically when his season is complete **but** it must be kept in mind that they cannot return to dress/participate in any OHSAA tournament game. Many Athletic Administrations will safeguard this by allowing no level of player to participate in non-interscholastic Girls lacrosse until the varsity's last tournament game. Though not entirely necessary, this DOES safeguard all athletes.

#### **How many players can play together on a Non-Interscholastic team (such as "travel" or a "summer team")?**

Answer: Six (6). OHSAA Sports Regulations limit the number of participants on any **non-interscholastic roster during all months except June 1-July 31** to no more than 50% of those that make up a starting lineup of a team. In Girls lacrosse that number is 6.

#### **How are players 'considered' when 7/8 grade players play with High School players in the off-season?**

Answer: Players are considered 7/8 grade until August 1 of their 9<sup>th</sup> grade year and are considered separate as it relates to participating on non-interscholastic teams. For example; four 8<sup>th</sup> graders could participate on a "Club" (non-interscholastic) team along with four 9<sup>th</sup> graders from the same school. They are considered separate.

#### **During the summer, how many days are we permitted to coach our players?**

Answer: TEN (10) **anytime there are more than 6 individuals (players from last year's team or NOT)**. From June 1 – July 31, a **coaching staff** is permitted to coach a total 10 days, known as 'instructional days'. These days are designed as "Team Instructional Days" and are afforded to coaching staff's for that reason. The implemented General Sports Regulation permitted INDIVIDUAL instruction was added to provide an opportunity for individual skill instruction while leaving the "Team Instruction" time intact.

#### **Does a day of my own summer camp count toward these 10 days?**

Answer: Yes, as long as there are more than 4 present in all the combined facilities where the instruction is taking place. Any day of individual instruction or team instruction is considered one of the 10 total permitted between June 1 and July 31 **if more than 4 individuals are present in all combined facilities where the instruction is taking place.**

#### **How about if I coach a team (from June 1 – July 31) that consists of only 6 players from my school team? (less than 50% of the roster)**

Answer: Currently the OHSAA does not view that as an instructional day, but one must remember it MUST be between June 1 and July 31 AND it must be in TEAM COMPETITION.

**In the above, it is stated that it must be in “Team Competition”. Explain that.**

Answer: When a non-school ‘summer’ team is comprised of 6 or less players from the same school, a coach may coach that team (ONLY during June 1 – July 31) without those days counting toward the 10 ‘instructional days’ permitted to a staff **if and only if**, the coaching is done during TEAM play. This is NOT true, and all days must count toward 1 of the 10, when instruction is provided to a school team member during June and July whether there is 1 player there or 100 players there.

**Does each member of my staff receive 10 separate days?**

Answer: No. Obviously, if this were to occur, a school could have upwards of 40 and 60 days of permitted instruction. The 10 days permitted are **per staff**.

**Do Volunteers count in the 10-day total?**

Answer: Yes. As mentioned earlier, all volunteers fall under the Bylaws and Sports Regulations of the OHSAA. The 10 days permitted to a staff are inclusive of paid and volunteer coaches.

**Are players permitted to receive “private” instruction from individuals such as “outside/private” shooting instructors or hitting instructors DURING the season of play?**

Answer: Yes, if your school athletic administration approves it. Sports’ Regulation 8 DOES permit individuals to receive **Individual Skill Instruction** at ANY TIME in Individual or Group lessons.

**One of my players was selected to play in a Soccer or Basketball All-Star game during the Girls lacrosse season. Are they permitted to play in that contest?**

Answer: Yes. There are regulations that prohibit players from playing non-interscholastic Girls Lacrosse during the Girls lacrosse season. They do not prevent a player from playing in another sport.

**Given the above, does that mean a Girls lacrosse player is permitted to play on an AAU Basketball team during the Girls lacrosse season?**

Answer: Yes. The player would not be violating any OHSAA Sports’ Regulations.

**Given the above, does this also mean that a player could be on our school’s track team while also being on the school’s Girls lacrosse team?**

Answer: Yes. Any limitations on that would be imposed by individual schools.

**Since weather issues often force games to be made up LATE in the season, how late can we actually play a game?**

Answer: The last game for a game to be played is **June 4, 2022**.

**IF we have to make up games late in the season, can our players play for their summer teams while still completing our regular schedule?**

Answer: NO. All non-interscholastic rules are in effect during the season, regardless of how late the season goes.

**What is meant by the “Non-Interscholastic Date” and when is it?**

Answer: The “Non-Interscholastic Date” for Girls lacrosse is **March 28, 2022**. Though Girls lacrosse players are not permitted to tryout, practice OR compete for any non-interscholastic team during the season of play, any player that does so ON or AFTER this date renders a player ineligible for the OHSAA tournament in addition to any other penalties.

**Can a school approved coach instruct a non-school team (i.e. ‘travel’) during the same time he is coaching the school team?**

Answer: Yes. The OHSAA has not regulation prohibiting this. However, it does not waive any of the “Recruiting Bylaw” defined in detail in Section 9 of Bylaw 4. Coaches that do this should pay special attention to this Bylaw to not attempt to circumvent the “Recruiting Bylaw”.

**Can I travel out of state to play a contest?**

Answer: Yes, with certain restrictions. Teams may travel out of state to a bordering state (contiguous state) an unlimited number of times to play. Teams may travel to NON-bordering (contiguous states) **one time** per sport per season and the trip must be approved in advance by the OHSAA office.

**Can I take my team out of state just to practice?**

Answer: No.

**Can my team practice while out of state to a permitted tournament?**

Answer: Yes. OHSAA Bylaw 9 permits a team to practice out of state while part of an approved out of state competition.

**Are we permitted to schedule MORE than 18 contests in the event we have rainouts?**

Answer: No. Teams are NOT permitted to over schedule. Consider the consequences; 2 years ago, the weather in Ohio was GREAT. There was talk that many teams DID over schedule and were forced to 'drop' or cancel contracts. There are serious repercussions for breaking contracts, whether financial penalties exist on the contract or not. With the internet communication, games are easy to pick up if you need games.

**Can I have a scrimmage during the season or during tournament time?**

Answer: Yes. As long as a team has a scrimmage remaining, they may use it at any time. It IS important to note that any scrimmage with another school must be a scrimmage for THAT school also; it cannot be a 'game' for one school and a 'scrimmage' for another school.

**Can teams practice with another school?**

Answer: Yes, BUT, it must be counted as a scrimmage.

**Can a School team play against a non-school team?**

Answer: Yes. Ohio is one of the few states that do not regulate 'who' its teams participate against.

**Can a JV team play a Varsity team?**

Answer: Yes, the game just must count the same for both teams, ie: scrimmage or game.

# Ejection Procedures

Following the contest, the official shall contact the Athletic Director or Principal of the violator's school to advise the administration of the ejection. Contact may be made after the game if an administrator is present or by phone the morning on the first school day after the contest.

- In the event of an ejection, a coach is ejected from ALL GAMES for the remainder of the day of the ejection PLUS two additional games. 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. The responsibility for compliance rests with the school's administration.
- Ejected **COACHES** are required to LEAVE the premises immediately. If no assistant coach is present, the game is over and the score stands 'as is'.
- Ejected **PLAYERS** are to remain in the BENCH AREA under the supervision of the coach.
- With the Rule change in Rule 3-3-f6, **Assistant coaches** should pay particular attention to the ejection procedures.
- **ALL EJECTIONS ARE FINAL AND NOT PERMITTED TO BE APPEALED** per the OHSAA's Board of Directors.

## Special Note Regarding Ejections:

Coach ejections in Girls lacrosse continue to lead ALL sports for the total number of ejections. Though every ejection has its own story, do not call the OHSAA office asking for an appeal of the ejection. It will not and cannot be overturned. The circumstances surrounding the ejection can and should be expressed on the "School Response Form" that will be received by the school after the ejection occurs.

# OHSAA Girls Lacrosse Tournament

The OHSAA Girls Lacrosse Tournament regulations can be found on the girls lacrosse page at: <http://www.ohsaa.org/sports/glacrosse>. All tournament information, brackets, game times, etc. will be posted as they become available at the girls lacrosse page.

# Rating & Voting for Officials

You often hear at tournament contests that "the tournament officials have been selected by a process approved by the Board of Directors". That 'process' is an important one for both coaches AND officials and is the basis for officials assignments to OHSAA Tournaments. To make this process work it requires Coaches and Athletic Directors to do their part. Officials take this process seriously and it is in everyone's best interest to have the correct input for the assignment of officials. A few important things to note:

1. Coaches **RATE** Officials. There are 3 other categories that **VOTE FOR** Officials. Those 'three categories are: athletic administrators, each local Officials' Association and a "Stakeholders Group that includes OHSAA Staff, Certified Assigners and approved Observers.
2. Ratings are best done at the conclusion of a game but may be done at the end of the season. Officials **are NOT able** to see how a coach rated.
3. "Pools" of officials are created as a result of ratings and votes. These pools are arranged into a "State Pool", "Regional Pool" and "Sectional/District Pool". Each pool has more officials than are needed at that level. Pools are created by mathematically calculating the following:
  1. Total of each of the 4 categories = Score
4. The OHSAA Office utilizes the pools to assign officials to the **Regional and State Tournament**. **Note: In Lacrosse, all tournament officials are assigned from the OHSAA State office.**



- Please remember that RATING is done by coaches and is NOT MANDATORY.

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### **Instructions for Rating Officials**

1. Access the myOHSAA system at <http://myohsaa.ohsaa.org> OR from the home page of the [www.ohsaa.org](http://www.ohsaa.org)
2. Logon to myOHSAA using the login credentials provided by your athletic administrator.
3. If you are a coach, click the orange “Rate Game Officials” button near the upper left corner. If you are an athletic administrator, click the “Rate Game Officials” link in the left navigation.
4. Once you are on the Rating Game Officials page, click the star (green or red) to access the rating form for that sport. Stars that are gray are sports that are currently out of season.
5. Follow the instructions at the top of each sport specific rating page to complete the ratings.
6. Ratings can also be changed using the “Edit” link after the official’s rating entry on the rating form until the deadline of June 15 for spring sports.

**Athletic Administrators receive separate instructions for VOTING** for officials at the conclusion of the season.

Additional individuals that VOTE for officials include:

1. Approved OHSAA Assignors
2. Local Officials’ Associations
3. Approved Observers
4. OHSAA Staff

**Please Note:**

Officials ratings/voting are used for the NEXT season. The officials you rate during the season THIS YEAR, will be assigned pools for NEXT YEAR’S tournament.



## Coaches' Code of Ethics

### From the NFHS Girls Lacrosse Rules Book

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 promote the entire interscholastic program of the school and direct the 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 students 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.

## 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.

### 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. **Please vote conscientiously in your rating.** 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](http://www.ohsaa.org)) includes a great deal of information that covers many of the inquiries we often receive. The website provides Girls lacrosse regulations, general sport regulations, tournament regulations, uniform regulations, etc.

- **Coaches' Comments to the News Media** – OHSAA Media Regulation

OHSAA Bylaw 8, Section 2, reads in part, "Great care shall 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.



# 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 REQUIREMENTS

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 REQUIREMENTS

**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.

#### **NFHS SUGGESTED MEDICAL CLEARANCE 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.
  - 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.)
  - If symptoms recur, athlete must return to previous level and should be reevaluated by an appropriate health care professional.
  - 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](http://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](http://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/7-8<sup>th</sup> grade school  
(Name of Student),

who was removed from a \_\_\_\_\_ (sport) contest at the \_\_\_\_\_ level (V, JV, 9<sup>th</sup>, 7-8<sup>th</sup>) 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**

# 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 basketball 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](http://www.ohsaa.org) and refer to the Sports' Medicine dropdown menu for additional information.

## H1N1 Influenza Policy

The OHSAA's Board of Directors approved the following policy with advice from the Ohio Department of Health and shall observe this policy at tournament time in the event of an H1N1 Influenza outbreak.

1. The Ohio Department of Health has advised that it will be the decision of each local health authority in Ohio as to whether or not to close a school or university due to an influenza outbreak; however, at this time the Centers for Disease Control are not recommending closures except in extreme circumstances.
2. In the event schools remain open, competitors and teams shall be expected to play tournament contests on the dates scheduled.
3. In the event schools are closed, the OHSAA, in conjunction with our District Athletic Boards and tournament personnel, shall reschedule the tournament contest for the schools thus affected.
4. Please watch the OHSAA web site home page at [www.ohsaa.org](http://www.ohsaa.org) and the specific sport page on the web site for more information.

# Lightning & Inclement Weather

Emphasis on Lightning and Inclement Weather is addressed as an OHSAA Sports Regulation (20). Though all officials received these procedures in pre-season communication, it would be wise to review with them prior to the game. The Lightning and Inclement Weather Policy is relative to ALL OHSAA Sports.

## WEATHER

### Recognition:

Coaches, athletic trainers, athletes, administrators and contest officials should be educated regarding the signs indicating thunderstorm development. Since the average distance between successive lightning flashes is approximately two to three miles ANYTIME that lightning can be seen or heard, the risk is already present. Weather can be monitored using the following methods:

- **Monitor Weather Patterns** – Be aware of potential thunderstorms by monitoring local weather forecasts the day before and morning of the competition, and by scanning the sky for signs of potential thunderstorm activity.

- ▶ Any lightning seen or thunder heard – evacuate the field and take cover\*
  - 30 minute rule\*
  - • **Thirty-minute rule-** Competition or practice shall be suspended once lightning has been recognized or thunder is heard. It is required to wait at least 30 minutes after the last flash of lightning is witnessed or thunder is heard prior to resuming practice or competition.
  - Record all necessary game information.
- ▶ \* At night under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.

When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play. Never depend on this technology. Thunder heard and lightning seen takes precedence.

- **Evacuation-** If lightning is imminent or a thunderstorm is approaching, all personnel, athletes and spectators shall evacuate to available safe structures or shelters. A list of the closest safe structures should be announced and displayed on placards at all athletic venues.

**Any subsequent lightning or thunder after the beginning of the 30-minute count shall reset the clock, and another count shall begin.**

## Sportsmanship

### Sportsmanship is EVERYONE'S Responsibility!

NFHS Sportsmanship Mission Statement

Good sportsmanship is viewed by the National Federation of State High School Associations (NFHS) 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. behavior that serves as a role model for the student-athletes we serve.



## The Official's Role in Sportsmanship

The National Association of Sports Officials (NASO) conducted a survey of 550 sports officials and asked "what is the number-one problem in our games today?" Not too surprising, the number one response was "Poor Sportsmanship". As a result, the NASO brought together some of the best and brightest in youth, high school, collegiate and pro sports to examine the issue and explore the official's role in promoting positive on-field behavior. The results were published in the book at the right and identified 3 critical ideas:

1. What exactly is at Stake
2. What is Expected of Officials, and,
3. What steps need to be taken



As a result, the following are important results of this study and publication:

1. 65% of respondents indicated their respective associations do not do enough to help improve sportsmanship.
2. 89% of officials responding consider themselves PARTNERS with players, coaches and administrators in improving sportsmanship.
3. 54% of officials responding indicated they felt the DO have the training, authority and knowledge to make an impact.

## Sportsmanship for Parents

The NFHS has made a NO COST online course available to PARENTS...to help them understand their role in their son/daughter's athletic career. The course is titled "The Role of the Parent in Sports" and is easily accessible through the "Learning Center" at [www.nfhslearn.com](http://www.nfhslearn.com). And, again...it is FREE and a good tool for coaches to use in dealing with parents.

## The OHSAA & Sportsmanship



As we prepare for the upcoming seasons, the Ohio High School Athletic Association (OHSAA) wishes to emphasize to each of you the importance of your leadership role in the promotion of 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 who may be 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 students, officials, coaches, and fans. Thank you and have a great season!

The Ohio High School Athletic Association challenges all of us in the basketball community to take positive steps toward the goal of attaining the high ideal of good sportsmanship. It is the responsibility of each of us to serve as a positive role model and set high expectations for others.

## **ADMINISTRATORS**

Athletic departments are comprehensive, pre-eminent teaching departments with a subject matter all their own: self-confidence, leadership, teamwork, discipline, perseverance, respect for others, strategic thinking, dedication, the importance of rules, and sportsmanship. These are true life lessons and participation in athletics provides another forum for learning. Coaches and Officials are responsible for promoting sportsmanship and positive behavior on the field. Administrators, we need your continued assistance in promoting sportsmanship and controlling fan behavior in the stands! Let the parents and fans know what you expect!

## **COACHES**

Your athletes will demonstrate the attitudes and behaviors they have learned from you, either through direct instruction or through observation of your actions. **Never underestimate the influence you have on your players!** You must:

- Abide by and teach the rules of the game in letter and in spirit.
- Set a good example for players and spectators to follow.
- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.
- Display modesty in victory and graciousness in defeat.
- Develop a program that rewards participants and spectators for displaying proper sportsmanship and enforces penalties on those who do not abide by sportsmanship standards.

It is difficult to develop a great shooter, a great rebounder or a great free-throw shooter. That is true. However, your greatest challenge is to develop mature young adults who will become great citizens and role models in your community.

## **OFFICIALS**

Your job is not an easy one, but the official must be aware that they are an important component in the educational development of students. To carry out this responsibility, you must:

- Know the rules and mechanics of our sport and the philosophy behind them.
- Get fit and stay fit. An official with all of the rules and mechanics knowledge and people skills in the world does no good if he or she cannot physically keep up with play.
- Maintain professional and ethical relationships with athletic administrators, especially in the area of fulfilling game contracts.
- Work cooperatively with fellow officials during games and within the referees' association to improve members' performances.
- Maintain at all times and when interacting with all participants, an attitude of civility and professionalism.
- Practice effective preventive officiating as much as possible before, during, and after a match. The quiet word, proper signals, timely verbal instructions, a simple thank-you to a player for avoiding an unsporting act, and well-thought-out pre-game conferences with the teams and other game officials will result in an improvement of sportsmanship by eliminating the chance for things to go wrong.

## **STUDENT-ATHLETES**

You serve as a role model for your younger siblings, young fans in the stands, your teammates, and your classmates. Set high expectations for everyone and help them follow-through! You must:

- Accept and understand the seriousness of your responsibility, and the privilege of representing your school and the community.
- Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly and discuss them with others. This will assist everyone in the achievement of a better understanding and appreciation of the game.
- Treat opponents as you would like to be treated.....with respect.
- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.

## **CONCLUSION**

Good sportsmanship is everyone's responsibility. It is the essence of interscholastic athletics. Remember...some may question an official's call or a coach's substitution, but no one can question the value of good sportsmanship.