



Ohio High School Athletic Association

TO: Boys and Girls Lacrosse Coaches and Directors of Athletics

FROM: Kate Barnett, Sport Administrator

DATE: May 22, 2024

SUBJECT: Post-Season Updates and Reminders

IMPORTANT DATES

Aug. 1-31, 2024	No contact period
Feb. 24, 2025	First day of coaching
Mar. 21, 2025	First date of competition
Mar. 31, 2025	Non-interscholastic date

OHSAA UPDATES

2024 Referendum update

The passage of Issue 1B now allows schools to request to move up to Division I on a sport-by-sport basis for the upcoming season. Schools will be sent a memo with details of the request process. The deadline for 2025 spring sports to request to move up will be set later this year. Once the OHSAA knows how many schools request to move up to Division I, the OHSAA will determine if changes are needed to the previously announced divisional breakdowns and tournament representation. See the full release [HERE](#).

SPORT REGULATION UPDATES AND REMINDERS

No Contact Period

For the sports of boys and girls lacrosse, August 1-31, 2024 serves as the no contact period. Below are the various exceptions that may take place during the month of August.

Exceptions: all-star contests; awards ceremonies; fundraisers; providing oversight during weight training; conditioning or physical fitness programs: verbal contact with underclass athletes for the purpose of reviewing the season that just concluded and goal setting for the next season; verbal contact with a senior athlete for the purpose of facilitating the college recruitment process; contact as a faculty member assigned to teach in the regular curriculum (ex.: physical education courses such as weight training, fitness, etc.); contact as a certified athletic trainer involved with athlete rehabilitation and treatment, pick up and return of school-issued equipment, and attendance at OHSAA tournaments.

Summer Contact Days Beginning May 15, 2024

Boys and girls lacrosse are permitted 13 contact days between May 15-July 31, 2024.

During this time, school coaches working with 6 or more boys lacrosse players or 7 or more girls lacrosse players must count the day toward one of the 13 contact days. Working with 5 or less boys lacrosse players or 6 or less girls lacrosse players would not count toward one of the 13 permitted contact days. Strength and conditioning and open fields (no sport instruction) do not count toward the maximum number of contact days.

Non-interscholastic Participation

1. **Limitation May 15, 2024 through July 31, 2024:** There may be an unlimited number of lacrosse players from the same school on a non-interscholastic team as long as the school coach is not coaching. If the school coach is coaching the summer non-interscholastic team, then there may only be 5 boys players or 6 girls players from the same school on the team.

General guidelines:

- Graduating seniors are not counted.
- Student-athletes who did not trigger member of a team status are not counted.
- 7th and 8th grade are separate from 9-12 (e.g. A 14U girls team may have six - 8th graders and six - 9th graders)

Beginning August 1, 2024 for both boys and girls lacrosse:

Dates	Participation Limitation
Sept. 1, 2024 – May 14, 2025	6-player limitation is in effect.
May 15, 2025 – July 31, 2025	If the school coach <u>IS</u> coaching, the 6-player limitation is in effect. If the school coach IS NOT coaching, then there is no limit to the number of players from the school team that may participate on the non-school team.
Aug. 1-31	No Contact Period

Note: Effective Aug. 1, 2024, the boys limitation is 6.

2. **Modified versions of lacrosse:** For other forms of lacrosse that utilize the same skills such as but not limited to box lacrosse or indoor lacrosse, there may be an unlimited number of players from the same school on the team, and school coaches may coach his or her players own players.

Individual Skill Instruction

Individual skill/coaching instruction is permitted any time prior to and after the school season and outside the defined no contact period from school coaches. Coaches may work with student-athletes in groups of 5 for boys and 6 for girls in combined facilities and can rotate together to different coaches. Groups may not engage in any team play against other groups. **Note: Effective Aug. 1, 2024, the boys limitation changes from 5 to 6.**

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KATE BARNETT

Sport Administrator

kbarnett@ohsaa.org

Office: 614-549-6965