

# **OHSAA**

**Ohio High School  
Athletic Association**



**2026**

**Girls Lacrosse Coaches  
Pre-Season Manual**

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## A Message from the OHSAA



Coaches and Administrators,

Congratulations on your role as coach or administrator with oversight of the lacrosse program at your school. This manual is designed as a quick reference for pertinent information regarding the sport of lacrosse in the OHSAA. Due to the high volume of requests that come to our office, you are strongly encouraged to do three (3) things prior to sending an email or calling the OHSAA office:

1. Consult the subject areas in this manual.
2. Consult with your school's Athletic Administrator. He or she most likely knows the answer or has the resource to answer your questions.
3. Go to the lacrosse webpage at [HERE](#). Various items are located on this site to assist you. In addition, I ask that you take note of the coach memos that will be sent out and posted to the main lacrosse page.

This is a reminder that our State Rules Interpretation Meetings remain mandatory for Varsity head coaches, which can be accessed on your FinalForms profile. This is addressed in the early pages of this manual. All rules governing OHSAA Lacrosse stem from the National Federation (NFHS) and the OHSAA. The NFHS Rules are specific to the playing rules while OHSAA Sports Regulations (and Bylaws) govern administrative rules specific to Ohio. No coach, administrator, or official has the authority to modify or set aside these rules.

Thank you for your professionalism, mentorship and service to the student-athletes at your schools. I wish you all the best this lacrosse season!



Monroe Britton  
OHSAA Sport Administrator

## OHSAA Mission Statement

*The Ohio High School Athletic Association's mission is to serve our member schools and enrich interscholastic opportunities for students.*

### Important Dates

|           |                                     |
|-----------|-------------------------------------|
| Feb. 16   | Coaching Begins                     |
| March 13  | First Contest                       |
| March 30  | Non-interscholastic Date            |
| April 22  | Deadline for OHSAA Tournament Entry |
| May 3     | Tournament Voting/Seeding           |
| May 6     | Tournament Draw Meeting             |
| May 14-20 | Regional Qualifying DI              |
| May 18-21 | Regional Qualifying DII             |
| May 26-30 | Regional Semifinals/Finals          |
| June 2-3  | State Semi-Finals                   |
| June 7    | State Finals                        |

### OHSAA Contact Information

|                       |   |
|-----------------------|---|
| <b>Monroe Britton</b> | Sport Administrator, <a href="mailto:mbritton@ohsaa.org">mbritton@ohsaa.org</a><br><i>Administrates the sport and oversees tournament, writes Sports' Regulations, Tournament Regulations</i>   |
| <b>Lissa Fickert</b>  | Director of Officials' Development, <a href="mailto:lfickert@ohsaa.org">lfickert@ohsaa.org</a><br><i>Responsible for overseeing Girls Lacrosse officials in Ohio. Serves as liaison with NFHS and oversees the education and recruitment of lacrosse officials in Ohio.</i> |

### Non-Interscholastic Date

The non-interscholastic date is the designated date for a lacrosse player to cease competition with a non-school team. 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. Participating non-interscholastically while triggering member of a school team status is prohibited.

For the lacrosse season, this date is: **March 30, 2026**

### Important Links

- [OHSAA Handbook](#)
- [OHSAA General Sport Regulations](#)
- [Girls Lacrosse Sport Regulations](#)
- [OHSAA Coache Memos](#)
- [Board of Education/OHSAA Coach Requirements](#)
- [NFHS Rules](#)
- [NFHS Coach Education](#)

## Communicating with the OHSAA

*It is understandable with 832 high schools in Ohio and the number of teams in Ohio from 7-8<sup>th</sup> grade to High School, communication to our office is in large volume. Most questions can and should be answered by the Athletic Administrator at your school.*

*Additionally, every effort is being made to provide useful information via our website. We encourage you to check the website (both the main page and sport specific page), and additional information is provided in this manual regarding weekly informational item.*

## Mandatory Rules Interpretation Meeting

### State Rules Interpretation Meeting – Mandatory for all head coaches

The mandatory rules interpretation meeting is available online and accessed through each individual myOHSAA account. Assistant coaches and volunteer coaches are encouraged to view this meeting as they will be held to the same regulation standard as head coaches. The online meeting is geared exclusively for coaches; officials have their own meeting with the content exclusively directed to them. For those of you who coach and serve as an official, you will be required to complete both meetings, one specific for coaches and one specific for officials. **Therefore, you would be required to view two separate rules meetings if you coach and officiate.**

NFHS rule and editorial changes and NFHS points of emphasis are covered in detail, along with OHSAA Lacrosse Sports Regulations, Though the main purpose is to provide knowledge and advice on the various NFHS and OHSAA regulations, this is the educational mechanism to ensure compliance with the various rules and regulations.

#### How to Complete the Rules Interpretation Meeting Online

All Coaches and Officials will access the state rules meetings through their myOHSAA accounts. Coaches should contact their athletic administrator if they do not have an account. The athletic administrator will need to add the coach to the school's staff management in Final Forms.

**The meeting will be available Monday Feb. 16, 2026.** Failure to complete the rules meeting by **Friday March 13 at 11:59pm** will result in a late fee. Failure to complete the rules meeting at all will result in your school being ineligible for post season competition.

#### AFTER COMPLETION:

1. Please sign off that you have attending the meeting. This will reflect your attendance on FinalForms.
2. Attendance will be reflected in the profile. Please do not call the OHSAA office for verification.

For more information, please contact Alexis Holderman at [aholderman@ohsaa.org](mailto:aholderman@ohsaa.org).

## Mandatory Parent Pre-Season Meeting

OHSAA Bylaws mandate that schools conduct a pre-season meeting with parents and student-athletes. The meeting is determined by each school's Athletic Administrator and must be held no later than 2 weeks after the start of the season. This is the time to cover such things as eligibility requirements, individual school policies, individual sport policies, sportsmanship issues and expectations, travel plans for away contests, etc. I encourage coaches to use this time to their advantage and provide as much education as possible to parents. To access some sample meeting template information's, check out the OHSAA webpage [HERE](#).

## Coaches' Toolchest

The OHSAA has partnered with Coaches' Tool Chest ([www.coachestoolchest.com](http://www.coachestoolchest.com)) as a single source, online provider for each of the courses needed to obtain a PAP. CTC helps ensure coaches have the knowledge they need to best serve their student athletes. This annual course is updated with current best practices and training and provides a single certificate for all the coaching requirements in Ohio.

Specific information about alternative single source courses, additional details and application information can be found: <https://sboe.ohio.gov/educator-licensure/apply-for-a-new-license/pupil-activity-coaching-permits>



## *Pupil Activity Permits & Concussion Legislation*

### **PAP REQUIREMENTS/COACHES TOOL CHEST**

Per Ohio Administrative Code, any high school or middle school coach (volunteer or paid) must have a valid Pupil Activity Permit (PAP) issued by the Ohio Department of Education (ODE). Athletic Administrators are responsible for maintaining records of compliance for each of the following:

- **Completed background checks**
- **Completed course from an approved First Aid for Coaches provider**
- **Completed course from an approved Concussion provider**
- **Completed course from an approved Sudden Cardiac Arrest Training provider**
  - Including Lindsay's Law <https://odh.ohio.gov/know-our-programs/Lindsays-Law/Lindsays-Law>
- **Completed course from an approved Coaching Fundamentals provider**
- **Completed training course in CPR from a course approved by your school or District**
- **Completed mental health course from an approved provider**

### **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 any time 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 indefinitely.

## *Lindsay's Law- Sudden Cardiac Arrest*

ODE Website: <https://odh.ohio.gov/know-our-programs/Lindsays-Law/Lindsays-Law>

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

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

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

### **For coaches:**

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

## 2025 NFHS RULES CHANGES



### 2026 GIRLS LACROSSE RULES CHANGES

**2-4-5:** Stick checks may be requested at any point during a quarter break, halftime, a team time-out, prior to the start of an overtime period, prior to the start of a draw, and immediately following goals in regulation and overtime periods.

**Rationale:** Specifies the appropriate times when stick check requests may be made to eliminate potential gamesmanship, maintain pace of play, and allow officials to focus on administration of the game.

**2-8-3 (NEW) & PENALTY:** No on-field player can wear an audio or video device during the game.

**Rationale:** Clarifies the prohibition of electronic communications with and by players during the game and aligns with other NFHS rules codes.

**4-3-3d:** If a possession time-out is called when the goalkeeper has possession of the ball in the goal circle, play will resume at the closest dot and any player may restart play.

**Rationale:** Aligns the restart procedure for a team time-out when the goalkeeper has possession of the ball in the goal circle with other team time-outs when the ball is in the critical scoring area.

**5-2 PENALTY 1:** When one player draws illegally, the free position may be taken by any player on the opponent's team at the spot of the ball.

**Rationale:** Improves the flow of the game without disadvantaging the non-offending team.

**7-3 PENALTIES 1a, 3a:** When a goal circle foul is committed, the offending player shall move 4 meters away from the player taking the free position instead of behind.

**Rationale:** Improves the flow of the game and creates consistency in penalty administration of nonmajor fouls

## ***Points of Emphasis (NFHS)***

### **Identifying and Managing Fouls During Scoring Plays**

Increased attention to offensive and defensive fouls during a scoring opportunity is needed because of a high risk of illegal play. Understanding, recognizing and penalizing major fouls is critical for officials to manage a safe game. These fouls include cross-checking, crosse in the sphere, and illegal stick-to-body contact by the defense; as well as forcing through and charging by the ball carrier.

Additionally, identifying cardable fouls – such as dangerous follow-through dangerous propelling, checks to the head, and dangerous contact to a defenseless player – and penalizing these actions is necessary enforcement and improves safety during a scoring play.

Watching for defenders that play legally and with safe and proper contact during a scoring play improves officials' ability to recognize when attack players are creating dangerous play. Taking swift and stringent actions in these situations will lead to a safer game and a better experience for all participants.

### **Efficient Draw Administration**

The draw plays a crucial role in girls lacrosse. It determines possession and can influence momentum. Players, coaches and officials play a role in improving the efficiency of the draw and decreasing the time between goals and the start of play. Delayed draw administration, due to lack of readiness by a team or lengthy set up of the draw by officials, detracts from the flow of the game. Efficient draw administration requires:

- Players limit post goal huddles and celebrations and promptly move to draw positioning.
- Coaches substitute players efficiently. Remember, players subbing into the game after a goal may enter the playing field prior to their teammate leaving the field.
- Teams quickly exchange sticks before the draw when they choose to do so to avoid delaying the draw when the officials and opponents are ready.
- Officials gather the ball after the goal and immediately move to the center. Players should never be waiting for the official to get to the draw.
- Officials set the draw properly without delay. Players that are uncooperative or continue to move after the sticks are set should be penalized for a delay of game.

Consistent and proper administration of the draw promotes fairness, minimizes unnecessary delays and supports game flow.

### **Delay of Game/Use of the Green Card**

Proper use of the green card by officials continues to be a point of emphasis. This is important to discourage and penalize fouls that disrupt the flow of the game. Effective green card management will enforce fair play and minimize repeated violations.

The following are common examples of delay-of-game violations that should be penalized with a green card:

- Defenders failing to promptly move 4 meters away from a free position.
- Offenders continuing to run down the field after committing a foul in the midfield, rather than taking action to move 4 meters away from or behind the ball carrier.
- Players failing to promptly clear the penalty zone.
- Teams failing to promptly return to the field after the time-out or when the time between quarters has expired.

The penalties for delay of game are:

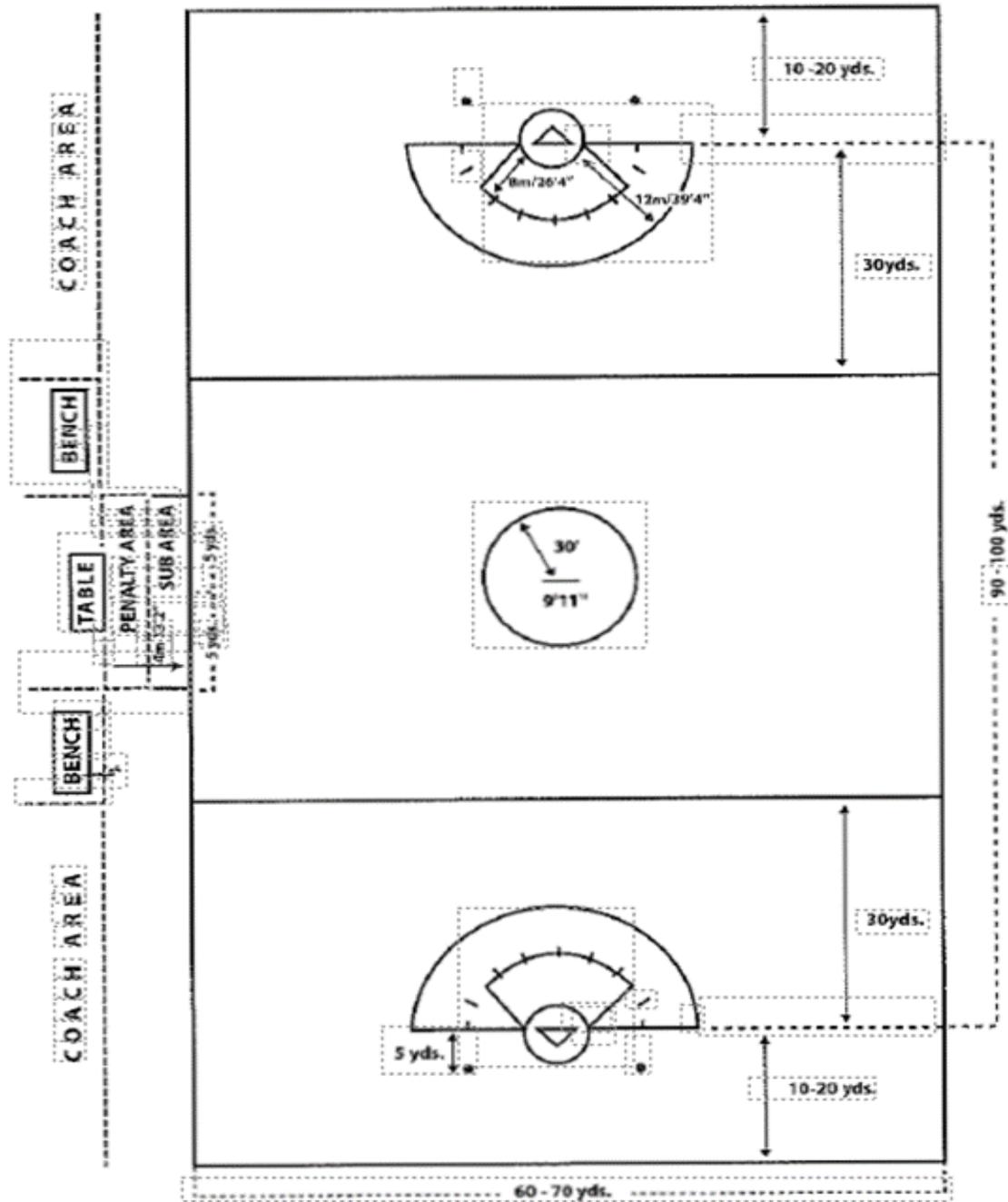
- First violation – A green card is issued to the offending team and a change of possession.
- Second violation – A green/yellow card is issued to the offending player for a major foul. The offending player must leave the field for two minutes. This card is not included in the team or player's card count.
- Third and subsequent violations – A yellow card is issued to the offending player or team for misconduct. A player will leave the field for two minutes. The card is included in the team and player's card count.

Proper use of the green card discourages activities that delay the game, improves the flow of the game and contributes to a more enjoyable game experience.

## The Field

The field diagram below can be found in the NFHS Rule book. Please ensure the correct markings are noted on your field. It is NOT recommended to use the unified field diagram which includes both girls and boys lacrosse lines.

# GIRLS LACROSSE



| <b>GIRLS LACROSSE UNIFORMS</b>  |   |
|---|---|
| <p style="text-align: center; background-color: #cccccc; margin: 0;"><b>FRONT VIEW</b></p>              | <p><b>A SHIRT COLOR</b></p> <ol style="list-style-type: none"> <li>1. Shirt shall be a <b>single, solid color</b>.</li> <li>2. Goalkeeper's shirt must be worn over protective equipment.</li> <li>3. Shirts shall be of contrasting colors for opposing teams. The coaches/schools shall agree on uniform colors prior to the day of the game. If both teams should have similar colors the home team will be obligated to change or wear numbered pinnies of contrasting color.</li> <li>4. Home team jerseys shall be light and visitor jerseys shall be dark.</li> </ol>                      |
| <p style="text-align: center; background-color: #cccccc; margin: 0;"><b>BACK VIEW</b></p>               | <p><b>B UNIFORM TRIM</b></p> <ol style="list-style-type: none"> <li>1. Collar, cuffs, and waistband may be of contrasting colors, but not more than <b>1-inch wide</b>.</li> <li>2. Side inserts (armpit to waistband) may be of contrasting colors, but not more than <b>3-inches wide</b>.</li> </ol>   |
| <p style="text-align: center; background-color: #cccccc; margin: 0;"><b>SIDE VIEW</b></p>               | <p><b>C NUMBERS</b></p> <ol style="list-style-type: none"> <li>1. Numbers shall be centered vertically and horizontally and must be a minimum of <b>6-inches tall on the front</b> and a minimum of <b>8-inches tall on the back</b>.</li> <li>2. Numbers must be a solid contrasting color regardless of trim. Trim not to exceed <b>1 inch</b> (the number shall contrast with the body of the shirt).</li> <li>3. Duplicate numbers on shirts shall not be permitted on the same team.</li> <li>4. Legal numbers are 0-99. Double-digit numbers from zero through 9 are prohibited.</li> </ol> |
| <p style="text-align: center; background-color: #cccccc; margin: 0;"><b>SLEEVELESS OPTION FRONT</b></p> | <p><b>D TEAM REFERENCES</b></p> <ol style="list-style-type: none"> <li>1. The school's name, nickname, logo, mascot and/or team member's name are permitted.</li> <li>2. Team reference, if used, must be placed above the numbers on the front and/or back of the jersey.</li> </ol> <p><b>NOTE:</b> Non-compliant identifying marks/names will be illegal beginning January 1, 2027.</p>  |
|   | <p><b>E KILT/SHORTS/PANT</b></p> <ol style="list-style-type: none"> <li>1. All players on the same team shall wear kilts/shorts/pants of the same dominant color.</li> <li>2. Goalkeeper may wear the team's dominant color or black, gray or white.</li> <li>3. Kilts/shorts/pants do not have to be a solid color.</li> </ol>   |
|   | <p><b>F MANUFACTURER'S LOGO INFORMATION</b></p> <ol style="list-style-type: none"> <li>1. One manufacturer's logo/trademark or reference, not to exceed 2¼ square inches or 2¼ in any dimension, is permitted on the outside of each item. The manufacturer logo/trademark restriction includes any company reference.</li> </ol>   |
|   | <p><b>NOTES:</b></p> <ol style="list-style-type: none"> <li>1. An American flag, not to exceed 2 by 3 inches, and either a commemorative or a memorial patch, not to exceed 4 square inches and with written state association approval, may be worn on the jersey provided neither the flag, nor the patch, interferes with the visibility of the number.</li> <li>2. Visible long or short-sleeve undergarments that are worn under the jersey/shirt must correspond to the team's predominant jersey color or be light with a light jersey and dark with a jersey.</li> </ol>                  |

In the event a team's uniforms do not comply, officials in Ohio are instructed to:

1. **PLAY THE GAME.** Games should never be cancelled because the officials deem the uniforms unacceptable or noncompliant.
2. Submit a report to the OHSAA via the normal reporting system. The OHSAA will follow-up with the report and inquire as to the school's uniform rotation, etc.
3. Officials should understand that the uniform regulations apply only at the varsity level.

## Regular Season Information

### Game Timing

All games shall consist of 4 quarters of the following length:

Varsity: 12 minutes, stop-clock after goals and stop-clock in the last 2 minutes of each half (quarters 2 and 4) for all fouls in the critical scoring area unless there is a goal differential of 10 or more.

Junior Varsity, Freshmen and 7<sup>th</sup>/8<sup>th</sup> Grade: 12 minutes, running clock after goals and stop-clock in the last 2 minutes of each half (quarters 2 and 4) 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. **EXCEPTION** – Non-varsity tournament games, where a winner must be determined in order to advance in the correct bracket, 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, teams shall follow the NFHS Girls Lacrosse Overtime Rule (Rule 4-6) for two total overtime periods. Each team shall be permitted one timeout per Rule 4-3-1. If the score is tied at the end of both periods, the final score shall be a tie.
- Festival tournaments such as HGT or Heights Invitational will use the regular season overtime procedures, or the tournament director may elect to let contests end in ties because of time considerations provided the participants and game officials are notified in advance of the start of the tournament.

### Scrimmages

- May be any time during season (including immediately after the acclimatization period and during the OHSAA Tournament)
- Three (3) hour limit for competition
- Must be classified the same for both teams
- Admission may be charged
- No restrictions on opponents
- Alumni games and practicing with other teams are considered scrimmages
- There is no limitation on the number of quarters an individual may participate in for scrimmages, however no individual may participate in more than three (3) scrimmages in a season.

### Practice Limitations

- No time limit parameters
- No minimum number of days for practice or tryouts
- No minimum/maximum roster size (except for OHSAA Tournament)

### Regular season contests

- Must be classified the same for both teams
- No restrictions on opponents

### Specific Regulations – Grades 9-12

| Participation   | Limitation              |
|---|-------------------------|
| Maximum number of regular season contests   | 18                      |
| Maximum number of scrimmages<br><i>(Scrimmages count as dates of competition and may be held at any time during pre-season, post-season or during the season, but must count as the same for both competing teams.)</i>   | 3                       |
| Maximum number of quarters per individual (not including OHSAA Tournament)  | 92                      |
| <p>Maximum number of quarters:</p> <p>a) played per day per individual if two games are played at the same level: (e.g., Varsity DH)</p> <p>b) played per day against common opponent: (e.g., JV/Varsity DH against same school)</p> <p>*In overtime, the extended time shall be considered an extension of the 4<sup>th</sup> quarter.</p> <p><b>Exception:</b> If a team participates in a festival tournament (example: play-day, Hannigan) format with either abbreviated or full contest timing, a student-athlete may participate in a maximum of twelve quarters during such tournament. Twelve quarters of play in a day are also permitted in a postseason middle school tournament. All abbreviated and full timed contests count toward the number of regular season contests permitted.</p> | <p>a) 8</p> <p>b) 6</p> |

### Specific Regulations – Grades 7-8

| Participation  | Limitation |
|--|------------|
| Maximum number of regular season contests<br><i>(plus one (1) post-season tournament not to exceed four (4) games)</i>   | 14         |
| Maximum number of scrimmages<br><i>(Scrimmages count as dates of competition and may be held at any time during pre-season, post-season or during the season, but must count as the same for both competing teams. )</i> | 2          |
| Maximum number of quarters per individual (not including OHSAA Tournament)   | 64         |

### Officials

**Varsity:** Three officials are recommended according to the OHSAA and NFHS/US Lacrosse guidelines. A minimum of TWO OHSAA Class 1 or Class 2 officials are required. Regardless of how many are officiating the game, ALL must be OHSAA Class 1 or Class 2.

**Junior Varsity/Freshman:** Minimum of TWO OHSAA Class 1 or Class 2 officials are required.

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

### **Out of State Travel**

A Lacrosse team may travel out of state to compete in contests, scrimmages, previews and games in states or provinces in Canada that are contiguous to Ohio regardless of distance. This would include the states of Indiana, Kentucky, Michigan, Pennsylvania and West Virginia and the province of Ontario in Canada. A team may travel out of state once to a state or province not contiguous to Ohio. Teams planning to travel to an area not contiguous to Ohio must fill out a form requesting permission from the OHSAA to travel. The form can be found [HERE](#). Teams may not travel out of state only to practice.

## ***Game Management***

In cooperation with Officials, the Information below is also provided to Athletic Administrators and Coaches relative to game management.

**Officials to Leave Immediately at End of Game:** All contest officials are to leave the field immediately at the conclusion of the game. Supervision of all post-game activities of any nature is not the responsibility of the game officials. Supervision of all post-game activities is the responsibility of the authorized institutional representatives of the participating schools.

**Administrator at Varsity Games:** OHSSA Bylaw 3 strongly recommends that a school administrator be present at home and away varsity games. Further, the host school is required to have a point of contact at all home games.

## ***Ejections***

### **General Sport Regulation 14: Ejections**

Per Bylaw 8-3-1, there are no appeals to an official's decision. The standard ejection is a 2-game suspension. Any student or coach ejected from a contest for fighting will be ineligible for four (4) games.

**NFHS definition of fighting:** *Any attempt by a player or non-player to strike or engage an opponent in a combative manner unrelated to lacrosse. Such acts include, but are not limited to, attempts to strike an opponent(s) with the arm(s), hand(s), leg(s) or foot (feet).*

#### **Video Review: Ejections for fighting ONLY**

If video is presented to the Director of Officiating, or their designee, and the video clearly shows the ejection action did not meet the NFHS definition of fighting (as written above), the suspension length may be reduced. The player(s) in question is ineligible until such time as the designee rules on the submitted video or the four-game penalty (two in football) has been fulfilled.

### **Ejections from Scrimmages**

Any ejection that takes place during a scrimmage will be reported on the Officials' Report and will require all players to be suspended in accordance with the OHSAA's Ejection Policy.

**Important Note on Ejections:** Any ejection that takes place out of state or when not followed by the required paperwork that is to be submitted by the official must still follow all ejection protocol. Consequences of an ejection are required to be followed whether appropriate paperwork is filed by the official or not.

## Player and Coach Ejection Protocol

No later than 48 hours following an ejection, the official **files a report online in the *DragonFly* system with the OHSAA**. Since the procedures listed below are all triggered by the submission of the Officials' Report online, officials are penalized in accordance with OHSAA adopted policies in the event they do not submit the report. **However, consequences of an ejection are required to be followed whether appropriate paperwork is filed by the official or not.**

- **The report is automatically sent electronically to the OHSAA and copies to the school's Athletic Director.**
- **The school's Athletic Director is required to submit a reply that includes the school and coach/player side of the events/ejection**
- **In the submitted reply from the school's Athletic Director, he/she is required to submit the coach's email address**
- **Upon the Athletic Director's submission of the "Response Form", an email is sent to the ejected coach explaining the consequences (below) of the ejection:**
  - An ejected coach is suspended from ALL GAMES for the remainder of the day of the ejection PLUS ALL GAMES UNTIL 2 AT THE LEVEL OF THE EJECTION ARE COMPLETED. Thus, a JV coach ejected from a JV contest cannot coach a JV OR Varsity contest until 2 JV contests have been played.
  - 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 payment of the fine is completed with an online payment per the instructions provided to the coach on the email he/she receives that is triggered by submission of the School Response Form.
  - Consequences of ejections are to be enforced by the school administration and served by coaches/players even if the above protocol is not completed.

### **ALL PLAYER and COACH EJECTIONS ARE FINAL AND NOT PERMITTED TO BE APPEALED**

Per OHSAA Bylaw 4.5.4, any student ejected or disqualified from a game must immediately be placed under direct supervision of a school official or coach. This may be on the bench or in the team area but the player is NOT to be removed from the site. Coaches ARE required to leave the facility immediately upon ejection. In the event there is no coach remaining to coach/supervise the team, the game is completed at that point.

Other pertinent Ejection Information:

- During the suspension period, the player MAY practice with the team
- During the suspension period, the player MAY be in the bench area and in the locker room before during and after the contest
- During the suspension period, the player MAY travel with the team to an away contest
- During the suspension period, the player **is not permitted in uniform at any time before during or after the contest and may not be on the field for warm-up or to assist with warm-ups.**

## Lightning & Inclement Weather Preventative Planning

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include the nearest office of the National Weather Service.

### **Proactive Planning:**

1. Assign staff to monitor local weather conditions before and during practices and contests.
2. Develop an evacuation plan, including identification of appropriate nearby safer areas, and determine the amount of time needed to get everyone to the designated safer area:
  - a.) designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.

### 3. Develop criteria for suspension and resumption of play:

The full lighting policy can be found later in this manual.

## *Suspended Games*

### NFHS 4-4

- Officials have 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 75 percent of playing time has elapsed.
- If the suspended game (one in which less than 75% of playing time has elapsed) is replayed on another day, it will resume at the point of interruption (including all cards, penalties, etc.).
- A suspended game may be terminated and considered complete if both coaches mutually agree not to complete the game. The score at the point of termination stands and will be the official score of the game.
- If the suspended game occurs in which less than the 75% of playing time has elapsed and coaches agree to resume play another day, but the game does not end up resuming, it is a NO CONTEST and does NOT count toward the maximum number of contests permitted.

## *Band, Cheer, Artificial Noisemakers*

Pep Bands and cheerleaders are permitted to perform at regular season games. Horns that pep band members use are not considered compressed air horns. Leagues and Conferences have discretion to allow or prohibit the use of artificial noisemakers. Compressed air horns and horns connected to outside power sources are not permitted at contests.

## *Out of Season Coaching*

### General Non-interscholastic Participation Regulations and Limitations

For the sport of girls lacrosse, no more than six (6) student-athletes from the same school may participate on the same non-school team.

| Dates            | Participation Limitation   |
|------------------|--|
| Sept. 1 – May 14 | 6-player limitation is in effect.  |
| May 15 – July 31 | If the school coach <u>IS</u> coaching, the 6-player limitation is in effect.<br><br>If the school coach <u>IS NOT</u> 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  |

**Some exceptions are noted below. For the full list, please see GSR 7.3**

- Graduating seniors are not counted.
- Student-athletes who did not trigger member of a team status are not counted.
- 7-8 graders are separate from 9-12.(ex: six (6) 8<sup>th</sup> graders and six (6) 9th graders may be on a non-interscholastic team)

**Open Gyms/Facilities/Fields at Member Schools (GSR 10)**

- 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.
- There may be no designation from coaches of who will play on which team or who will play whom. Only the students participating may be involved in selecting or substituting players.
- Coaches may not extend individual invitations, written or oral, are permitted to any student who is not enrolled and in that school district. However, school coaches may send an invitation to other school coaches to invite their students to an open gymnasium or facility.
- Mandatory attendance is not permitted A coach, paid or unpaid, 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.
- The coach or supervisor may participate in unstructured free play in the open gym or facilities.
- Member schools may restrict individuals from observing the open gym activity.

**Individual Skill Instruction**

Individual skill/coaching instruction is permitted any time outside the defined no contact period from school coaches. **For girls lacrosse, there may be a maximum of 6 student-athletes in a group.**

The number of groups of students that can receive individual skill instruction at the same time in the same facility, if:

1. Each specific group does not exceed 6 student-athletes;
2. Remain in their specific groups during the entire instruction session\*;
3. Groups do not engage in team play against any of the other groups.

\*The specific groups can rotate together to different coaches at the facility, but there should never be more than 6 working together with any one coach and/or a group of coaches.

Purpose of this Regulation:

- Allow coaches to provide instruction not permitted in open fields/participation.
- Allow coaches to provide the same type of instruction outside of the season as private instructors.
- Allow instruction without full practice.

**Summer Contact: May 15-July 31**

In May 2023, the Board of Directors voted to expand the non-mandatory summer coaching period for all sports to include **13 days of coaching** instead of 10 and to open the summer period on May 15 instead of June 1.

- May 15-July 31: Permitted 13 non-mandatory contact days.

- If a coach has 7+ players present, then the day must count toward the maximum number of contact days.
- If a coach has 6 or less players present, the day will NOT count toward the maximum number of contact days.

### **No Contact Period (“Dead Period”)**

Any coach, paid or volunteer, is prohibited from athletic or athletic-related contact with squad members in the same sport for the period of time starting of August 1-31. Exceptions to this are all-star contests, awards ceremonies, contact with seniors to facilitate college recruiting and contact as a faculty member assigned to teach in the regular curriculum, pick up school-issued equipment and attendance at OHSAA tournaments, etc. More exceptions can be found in GSR 11.

## ***Modified Lacrosse Regulations***

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 on a modified playing field 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 a modified lacrosse roster is not limited. Interscholastic coaches are permitted to coach their own interscholastic players on teams participating in modified versions of lacrosse (e.g. box lacrosse).

## ***Non-Interscholastic Competition***

### **During the Regular Season**

Members of an interscholastic team shall not participate in non-interscholastic programs (i.e. AAU, club, church, recreational, etc. teams), anytime during the school season. This includes tryout opportunities, practices or games.

Member of an interscholastic team is defined below per the OHSAA Bylaw 4-1-3.

- 4-1-3 A student is a member of an interscholastic squad when the student participates in an interscholastic contest. Such status as a squad member continues until the start of the next school season in that sport. An athletic contest involving participants from another school or any non-interscholastic or any organized adult team is a game, preview or a scrimmage.

Therefore, once a student-athlete participates with the school team in a scrimmage, preview or contest, he or she triggers member of a team status.

Colleges and universities may solicit opportunities for your student-athletes to train or practice with the college team, but these opportunities would be considered non-interscholastic events. Student-athletes who have triggered member of a team status shall not participate or he or she will become immediately ineligible for post season competition.

### **Before or After the Regular Season**

A member of an interscholastic team may participate in non-interscholastic lacrosse programs (i.e. AAU, club, church, recreational, etc. teams), **PRIOR TO** and **AFTER** the school season under the following conditions:

- The number of interscholastic 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.
- A player may continue to play with a non-interscholastic squad in a national qualifying tournament only in excess of the six-player limit until the squad is eliminated but no later than the established non-interscholastic deadline. Permission for this circumstance must be requested through the OHSAA in advance.

## OHSAA Tournament

**Administration:** The OHSAA Lacrosse Tournament is conducted completely by the OHSAA Office/Sport Administrator

**Divisional Assignments:** Divisional assignments are reviewed based on EMIS data every two (2) years. Review will take place spring of 2024 for the 2025 and 2026 seasons.

**Participating Teams and Regional Assignments:** Schools offering girls lacrosse have been grouped into specific regions based on location and division. Please see the tournament regulations for the list of schools in each region.

## Sportsmanship

### 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.

### Special Note on Sportsmanship

Expectations need to be placed on team members relative to sporting behavior. High School lacrosse continues to grow and improve each year. Coaches are encouraged to be at the forefront of setting examples of behavior and translating that into expectations for their student-athletes. It is good for the game and will allow the continued growth of the sport.

Two areas of concern that have arisen in the past few years that coaches can assist:

#### Warm Up at Conclusion of JV Game

During the first game of a 'doubleheader' night (JV game prior to the second game), teams will often begin their warm-up prior to the conclusion of the first game. This often leads to a team 'circling the field' prior to the first game ending. We are discouraging this as nearly 30 minutes are provided as ample time for warm-up when the game concludes. Additionally, there are growing sportsmanship issues with players unsupervised as they cross paths with opponents' team areas. This is an area that COACHES can assist with.

#### Running over to Fans at the Conclusion of a Game

In some cases, a team runs across the field together to the opposite side at the conclusion of a game to share the joy of victory with other students. However, there have been reports of unsporting behavior that occurs when fans of the OTHER team are in that same area. Please utilize your leadership role and prevent issues before they occur. Address this frequently with team members.

### 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

- Abide by and teach the rules of the game.
- 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.

### **OFFICIALS**

- 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 an attitude of civility and professionalism.
- Practice effective preventive officiating as much as possible before, during, and after a game. 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**

- 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 with respect.
- Respect the integrity and judgment of game officials.

## ***Coaches' Code of Ethics***

### **From the NFHS 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.

## ***Important Sports Medical Information***

The safety of our student-athletes is always of utmost concern. Information regarding the following important topics can be found at the OHSAA's "Healthy Lifestyles and Sports Medicine" webpage at <http://www.ohsaa.org/medicine>. Additional information relative to various equipment and rules relative to medical issues can be found throughout this manual as well.

- Heat Stress and Athletic Participation
- Recommendations for Hydration to Prevent Heat Illness
- Suggested Guidelines for Management of Head Trauma in Sports
- Communicable Disease Procedures (can also be found on at the end of the NFHS 2013-14 Rules Book)
- Links to the following sites:
  - Joint Advisory Committee on Sports Medicine
  - Ohio Athletic Trainers Association
  - American Medical Society for Sports Medicine
  - Ohio Parents for Drug Free Youth
  - National Athletic Trainers Association (NATA)
  - Gatorade Sports Science Institute News

## ***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 athlete 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://ohsaaweb.blob.core.windows.net/files/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/licensed health care provider who 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**.

#### **CONTEST OFFICIALS REQUIREMENTS**

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.

#### **STUDENT AND PARENT REQUIREMENTS**

All students and their parents or legal guardians shall review and sign the "Concussion Information Sheet" which has been developed by the Ohio Department of Health and which shall be distributed by OHSAA member schools to all students and

their parents prior to each sports season. Students and parents shall review and sign this form each year and should keep a copy of the form. In addition, parents and students are encouraged to complete an approved concussion education course.

#### **NFHS SUGGESTED MEDICAL CLEARANCE RETURN TO PLAY PROTOCOL**

1. Engage in activities of daily living (i.e., walking).
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 and may also begin progressive strength training activities.
4. Begin non-contact skill drills specific to sport such as serving, hitting, setting, 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**

- [Ohio Department of Health Concussion Information Sheet](#)
- [Online Concussion Management Training](#)
- [Ohio's Return to Play Law: Frequently Asked Questions](#)
- [Ohio's Return to Play Law: What Coaches and Referees Need to Know](#)
- [Ohio's Return to Play Law: What Parent/Guardians Need to Know](#)

#### **ADDITIONAL CONCUSSION RESOURCES**

- [ODH Violence and Injury Prevention Program](#)
- [Nationwide Children's Concussion Information Toolkit](#)
- [CDC Information on Returning to Schools](#)
- [Brain Injury Association of Ohio](#)

### ***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 volleyball 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.

## *Lightning and Inclement Weather*

### **OHSAA Lightning and Inclement Weather Regulations (Approved By the OHSAA Board of Directors 6-3-19)**

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include the nearest office of the National Weather Service.

#### Proactive Planning

1. Assign staff to monitor local weather conditions before and during practices and contests.
2. Develop an evacuation plan, including identification of appropriate nearby safer areas, and determine the amount of time needed to get everyone to the designated safer area:
  - a. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
3. Develop criteria for suspension and resumption of play:
  - a. When thunder is heard or lightning is seen\*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
  - b. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed\* prior to resuming play.
  - c. Any subsequent thunder or lightning\* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
  - d. When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning\* should always take precedence over information from a mobile app or lightning-detection device.

\* At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. 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.

4. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.
5. Inform student-athletes and their parents of the lightning policy at the start of the season.

## Acclimatization and Exertional Heat Illness Precautions

The following information should be reviewed with coaching and sports medicine staff prior to any interscholastic practice where there is a risk of exertional heat illness. While the sport of volleyball does not have a required acclimatization period, please keep the following in mind when dealing with hot gyms and any outdoor activities. *Acclimatization is a period when players can become accustomed to the heat and humidity.*

All coaching and medical staff personnel shall observe the following precautions for **all sports competed outdoors and/or in a hot, humid environment.**

- **Stress to participants the importance of properly hydrating** during the day leading up to the contest/training, and to drink 8-to-12 ounces of water or sport drinks 20 minutes prior to the contest or any training session. This procedure can help prevent problems during practice and contests.
- **Schools shall have unlimited amounts of water** and sport drinks on hand during practices and contests, and coaches in team sports should be prepared to play a lot of players rather than just the starters.
- **Contest officials are permitted to establish predetermined breaks** during contests, such as halfway through each period. At that time, players can drink water and remove their equipment, which should also take place at halftime (the more skin that is exposed, the more cooling that can take place). **This provision also applies to all sports.**
- **Contest managers are advised to monitor conditions** for others affiliated with the contest, like cheerleaders, band members, coaches, officials and especially spectators.
- **Know both the Temperature and Humidity.** The greater the humidity the more difficult it is for the body to cool itself. Test the air prior to practice or a game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement and is the recommended standard of care for assessing risk of exertional heat illness.

The wet bulb temperature should be measured prior to practice, every 30 minutes at minimum during practice, and the intensity and duration of practice adjusted accordingly. Recommendations are as follows:

- Under 79.7 F** Normal activities – three separate 3-minute breaks per hour
- 79.8-84.6 F** Three separate 4-minute breaks per hour
- 84.7-87.6 F** Maximum practice time of 2 hours; four separate 4-minute breaks per hour; consider postponing practice to later in day
- 87.8-89.7 F** Maximum of 1 hour of training with four separate 5-minute breaks; no additional conditioning; consider postponing practice to later in day
- 89.8+ F** No outdoor workouts and no indoor workouts unless air conditioned

| WBGT               | Recommendation (KSM P&P, Korey Stringer Institute)  |
|--------------------|---|
| <b>&lt;79.7°F</b>  | Normal activities<br>Three separate 3 minute breaks per hour  |
| <b>79.8-84.6°F</b> | Three separate 4 minute breaks per hour<br>Helmets and other equipment should be removed when the athlete is not directly involved with the competition, drill or practice and it is not otherwise required   |
| <b>84.7-87.6°F</b> | Maximum practice time of 2 hours<br>Four separate 4 minute breaks per hour<br>FB: Limit to helmet, shoulder pads, and shorts during practice<br>Considering postponing practice to later in the day<br>Allow athletes to change to dry shirts and shorts at defined intervals   |
| <b>87.8-89.7°F</b> | Maximum of 1 hour of training with four separate 5 minute breaks in that hour<br>No additional conditioning allowed<br>FB/LAX: No helmets, should pads, or other equipment is permitted<br>Consider postponing practice to later in the day<br>Allow athletes to change to dry shirts and shorts at defined intervals |
| <b>89.8°F</b>      | No outdoor workouts<br>No indoor workouts unless air conditioned  |

The OHSAA advises careful monitoring of the weather and plans to modify training and competition including:

- 1) Modification of equipment, if applicable to the sport
- 2) Allowance for more frequent rest breaks and the use of shaded areas for those breaks
- 3) Modification of practice time
- 4) Availability of water always
- 5) Availability of cold water immersion tubs for onsite cooling
- 6) If exertional heat stroke is suspected, immediate onsite cooling using cold water immersion before transport by EMS
- 7) Review and practice of the OHSAA's recommended Emergency Action Plan, "Anyone Can a Save A Life," or similar plan for all sports teams with special emphasis on the heat illness section.

## 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**

*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. For resource materials, you can find more information on our website [here](#).*

### **Scheduling**

**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 will be changing for the upcoming season. More information regarding the process will be shared closer to the start of the season. With the transition from Arbiter to Dragonfly, the process will be a little different. Your involvement is critical to ensuring that we can provide the best officials for our tournament.*

### **Inquiries**

*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 sport regulations, general sport regulations, tournament regulations, uniform regulations, etc.*

### **Coaches' Comments to the News Media**

*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.*

