

OHSAA

OHIO HIGH SCHOOL ATHLETIC ASSOCIATION



2020

OHSAA SOCCER COACHES GUIDE

A Year-Round Guide for School Soccer Coaches



A Message from OHSAА Director of Sport Management, Kathleen Coughlin



Coach,

THANK YOU! While we have always known the value of our coaches, and how much they impact our student-athletes, it has NEVER been truer than now. There is so much uncertainty in the world, and everyone (kids and adults alike) is looking for something stable. For many of our kids, even if their sporting events are in question, their relationship with their coach is ALWAYS felt. We appreciate the time and effort you have given throughout the past five months and ask that you continue to be flexible and positive as we move into this fall together.

We hope to see many of you participating in Friday Night Futbol and showcasing this event, and other special events via social media. It is such a joy to see what our teams are doing across the state and sharing ideas together.

To 'go green', the decision was made to put this manual online and give YOU the opportunity to print and make notes. I strongly encourage before you pick up the phone and dial up the OHSAА for a question to be answered, you do 3 things:

1. Consult the subject areas in this manual
2. Consult with your school's Athletic Director. The most likely know the answer or has the resource to answer it.
3. Go to the Soccer webpage at www.ohsaa.org. Various items are located on this site to assist you.

This manual has kept in mind that contact with the school's administration is not always as commonplace as some other school sports. This Coaches Guide is in step with **required** State Rules Interpretation Meetings.

Now, more than any other time in our existence, 'we' as coaches and sport administrators need to step forward and provide leadership to student-athletes. There are so many great things about school athletics and those must be at the forefront every single day. **The school experience can and should be one of the best they ever have; and YOU as the coach provide the leadership for that experience.** I hope ALL of us can work together to make this happen. The OSSCA and the OHSAА have committed themselves to this mission and together we can accomplish this.

All rules governing OHSAА soccer stem from the National Federation (NFHS) and the OHSAА. The NFHS Rules are specific to the playing rules while OHSAА Sports Regulations (and Bylaws) govern specific administrative rules to Ohio. No coach, administrator, or official has the authority to modify or set aside these rules.

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

Kathleen Coughlin, CAA
Director of Sport Management

OHSAА Mission Statement

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

OHSAA Soccer Contact Information

Kathleen Coughlin Director of Sport Management kcoughlin@ohsaa.org
Administrates the sport of Soccer and oversees tournament, writes Soccer Sports' Regulations, Soccer Tournament Regulations

Don Muenz Officials' Development Coordinator butsir@columbus.rr.com
Responsible for overseeing Soccer officials in Ohio. Serves as liaison with NFHS and oversees the education and recruitment of soccer officials in Ohio.

Important Soccer Dates

August 1	Coaching & Tryouts Begin
August 2	Previews Permitted
August 21	Friday Night Futbol! First Game Permitted
October 11	Tournament Seed/Draw Date Boys: 2:00 p.m. Girls: 3:00 p.m.
October 19 – 24	Sectional Tournaments
October 26 – 31	District Tournaments
November 3 – 7	Regional Tournaments
November 10 – 14	State Semi-Finals & Finals
November 14	Last date for Games

Rules Interpretation Meetings

All Rules Interpretation Meetings for COACHES are required ONLINE. This is explained on the following page. Rules meetings become 'live' on Wednesday, July 22, 2020 at 9:00 a.m. through your individual myOHSAA accounts. *If you have any issues, please contact Kathleen Coughlin*

2020 ID Camp Waivers

Due to the changes in the NCAA recruiting periods, we are allowing student-athletes a one-time waiver for the fall of 2020 to attend an 'Identification Camp' AFTER the student-athlete has participated in a scholastic scrimmage/preview/ game. This waiver only applies to individual workouts/camps, not team (club) showcases. All events must take place prior to the start of the 2020 Fall Tournament play. Upon returning from the ID Camp, the student-athlete must follow school policy to return to scholastic team play.



Communicating with the OHSAA

It is understandable with 831 schools in Ohio and the number of soccer teams in Ohio from Junior High 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 soccer specific page) and additional information is provided in this manual.

The Ohio Scholastic Soccer Coaches Association is also an excellent resource for coaches. I encourage your membership in that organization to help strengthen the great sport of soccer in Ohio.

Mandatory Rules Interpretation Meeting

Rules Interpretation Meetings are MANDATORY for all Head Coaches. For the 2020 Soccer Season, **ALL MANDATORY RULES INTERPRETATION MEETINGS FOR COACHES WILL BE CONDUCTED ONLINE.** The “Online” meeting for Coaches is geared exclusively FOR coaches; Officials will have their own meetings with the content exclusively directed to them. IF you are a coach and have an OHSAA Officials license, **you will be required to complete both since the content is specific to the audience (you would view two separate rules meetings).**

Regarding Rules Meetings:

1. OHSAA Soccer Sports Regulations are covered in detail as well as General Regulations and Bylaws as they pertain to coaches and players. Though the main purpose is to provide knowledge and advice on the various OHSAA regulations, this is the educational mechanism to insure compliance with the various rules and regulations.
2. The major shift in OHSAA policy that will permit INDIVIDUAL instruction outside the season of play will also demand a complete and thorough knowledge of the regulation and its limitations. Completion of the meeting is essential for **all coaches** to understand the regulation as well as consequences for violations.
3. With the addition of the ‘out of season instruction’ permission, **coaches of all school teams are REQUIRED to understand the regulation, its implications and its consequences for non-compliance.** ALL coaches, paid or volunteer and varsity through Junior High are STRONGLY encouraged to take the time to view the online meeting to grasp an understanding of the regulation (and others).

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 myOHSAA. This will generate an email invitation from 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 Google Chrome tablet—these devices will not record attendance.
You must use a desktop or laptop computer.**

The ONLINE Rules Meeting link will be live on WEDNESDAY, July 22, 2020 at 9:00 a.m.

If you do not complete the rules meeting by the deadlines, your school will be removed from the post-season tournament.

AFTER COMPLETION:

1. Your myOHSAA profile will be updated to reflect your attendance.
2. Please do not call the OHSAA office for verification. Attendance WILL be reflected in the PROFILE.

Mandatory Parent Pre-Season Meeting

Pre-season meetings with parents are MANDATED by OHSAA Bylaws and will occur at your school, **or online along with other fall sport teams.** This is determined by each school’s Athletic Administrator **and must be held no later than 2 weeks after the start of the season** (August 1 – August 14, 2020). 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.



Pupil Activity Permits & Concussion Legislation

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 course offered by the Ohio Dept. of Health**

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.

2020-21 NFHS RULES CHANGES EXPLAINED

4.1.1(a) Players' jerseys need not be tucked in before, during or after a match.

4.2.7(e) and 4.2.7(f) Tooth and mouth protectors can now be completely white or completely clear.

The vast majority of the remaining NFHS changes mirror those of the IFAB from 2018 and 2019, concerning dropped balls, when a free kick from within the penalty area is in play and the goalkeeper during the taking of a penalty.

Here we go.

Rule 9: Dropped Ball

9.1.1(b) The ball is now out of play when: (1) it touches a match official and remains on the field of play AND where any one of these three occur: either team starts a promising attack, the ball goes directly into goal or possession changes.

2020 Comments on the Rules 9-1-1b – This change prevents situations where one team gains an advantage when the ball touches a referee and remains in play.

The restart will be a dropped ball. Locus and manner of the drop discussed below.

9.2.1 "The game is restarted with a drop ball:

a. when the ball is caused to go out-of-bounds by two opponents simultaneously;

9.2.1 Situation C (2020): Player A2 kicks the ball forward and the ball is simultaneously played out-of-bounds by A3 and B3. The game will be restarted with a drop ball 5 yards from the boundary line where the ball was simultaneously touched, to a player of the team that last played the ball. RULING: Legal (9.2.1, 9.2.3). Play is restarted with a drop ball if simultaneously touched by opponents at the spot where the ball was touched.

9.2.2 Situation (2020): Player A2 kicks the ball forward and the ball is simultaneously played out-of-bounds by A3 and B3. What is the restart? RULING: A drop ball to a player from Team A shall be the restart. This drop ball shall be awarded 5 yards inside the field of play from the boundary line where it was simultaneously touched by A3 and B3.

b. when the ball becomes deflated; (2-2-4)

9.2.1 Situation B (2020): The ball becomes deflated. The referee stops play and restarts with a drop ball to the team that last played the ball at the spot where the ball was last played. RULING: Legal. (9.3) (EXCEPTION for 14.1.7). [There is also an exception within the penalty area, see 9.2.3.]

c. following a temporary suspension of play for an injury or unusual situation; (except as noted in 14-1-7) ~~and the goalkeeper is not in possession of the ball.~~

d. when simultaneous fouls of the same degree occur by opponents; or

9.2.1 Situation D (2020): Player A2 kicks the ball forward and the ball is simultaneously played by A3 and B3, both of whom commit simultaneous fouls. The referee restarts play with a drop ball at the spot of the fouls for a player of the team that last played the ball prior to the fouls being committed. RULING: Legal (9.2.1, 9.2.3). The game will be restarted with a drop ball for simultaneous fouls at the spot where the ball struck the opponents.

e. when the ball touches an official as per 9-1-1b.

9.1.2 Situation A (2020): A pass by A2 to A3 strikes the referee (a) who is inbounds; or (b) who is straddling the touchline, the ball being inbounds; or (c) who is out of bounds. The pass in both (a) and (b) is controlled by B2. RULING: In (a) and (b), play is restarted for Team A with a drop ball where the ball struck the referee. In (c), the ball left the field of play before striking the referee and play is restarted as dictated by the rules. 9.1.2

Situation B (2020): An indirect free kick strikes an official while in the field of play and then (a) continues into the goal otherwise untouched; or (b) rebounds to a player who is onside and who then kicks it into the goal.

RULING: In (a), restart with a goal kick. A goal cannot be scored after striking the referee and going into the goal without being touched by another player after touching the official. In (b), a restart with a drop ball should occur as a promising attack started after the referee was struck as per 9.2.3. 9.1.2 Situation C (2020):

Player B2 takes a direct free kick. An official, while (a) in the penalty area or (b) on the field but not in the penalty area, is struck by the ball which rebounds into the opponent's goal. RULING: In (a), no goal. Play is restarted with a drop ball to the goalkeeper. In (b), no goal and play is restarted for Team B where the ball struck the referee. 9.2.3 Situation C (2020): Player A kicks the ball while in the penalty area. The ball deflects off the referee in the penalty area and (a) goes into the goal, (b) goes to A2's teammate who then scores a goal, (c) the ball goes to defender B2, (d) goes directly back to A2 at the spot where he/she kicked the ball or (e) deflects to a spot where A2 now has a scoring opportunity. RULING: In a, b, c and e play is restarted with a drop ball to the goalkeeper on Team B where the ball touched the referee. In (d), play continues as there was no change of possession, no goal scored and no development of a promising attack. 9.2.3 Situation D (2020):

Attacking player A2 kicks the ball from either inside or outside his/her opponent's penalty area. The ball strikes the referee and deflects over the goal line and not into goal. The referee restarts play with a goal kick. RULING: The ball remained in play after striking the referee but did not change possession, a promising attack did not develop and the ball did not enter the goal. The ball crossed the goal line and the restart is a goal kick. (9.2.3) 9.2.3 Situation E (2020): Defender B2, either inside or outside his/her penalty area, kicks the ball and it hits the referee and the ball is deflected over the goal line and not into the goal. The referee restarts the play with a corner kick. RULING: The ball remained in play after striking the referee but did not change possession, a promising attack did not develop and the ball did not enter the goal. Restart is a corner kick (9.2.3)

Rationale: This proposal prevents an opponent from gaining an advantage."

9.2.1(a) should be a very, very rare occurrence. The IFAB has no such provision.

9.2.1(b) should also be a very rare occurrence.

9.2.1(c) should be the most common occurrence, as this will encompass most player injury situations and weather stoppages, etc.

9.2.1(d) should also be a very rare occurrence.

9.2.1(e) should be a rare occurrence, second to 9.2.1(c).

9.2.3 How to Drop the Ball

Dropped Ball Inside of Penalty Area:

If, when play was stopped, the ball was inside of the penalty area or the last touch, by either side, was inside of the penalty area, the ball will be dropped to the defending goalkeeper, with all players opposing the drop ball both outside of the penalty area and a minimum of four yards from the ball, until it is in play. Teammates of the defending goalkeeper may be inside of the penalty area, but must also be at least four yards from the ball until it is in play.

REPEAT: where the ball is dropped to the defending goalkeeper within his/her own defensive penalty area, ALL players must be at least four yards from the ball until it is in play. In addition, all players opposing the drop must also be outside of the penalty area until the ball is in play.

The defending goalkeeper may pick up the ball with the hands, as soon as it is in play. Directly from the drop, that goalkeeper may dribble the ball with the feet or play it with parts of the body other than the hands *and then* pick it up with the hands while still inside of that penalty area.

Dropped Ball Outside of Penalty Area:

The referee drops the ball to a player of the side which last played the ball at the position where it was last touched by a player(s), outside agent or match official.

In this case, ALL players must be at least four yards from the ball until it is in play.

Examples:

9.2.1 Situation A (2020): The referee inadvertently sounds the whistle when the ball is (a) in the penalty area or (b) outside the penalty area. **RULING:** In (a), play is restarted with a dropped ball to the goalkeeper where the ball was when the whistle sounded and (b) play is restarted with a drop ball to the team which last played the ball at the spot where the ball was when the whistle sounded (9.2.3). **9.2.3 Situation A (2020):** The referee inadvertently sounds the whistle with the ball in the penalty area. To restart play, the referee drops the ball to the goalkeeper. **RULING:** Legal. **9.2.3 Situation C (2020):** Player A kicks the ball while in the penalty area. The

ball deflects off the referee in the penalty area and (a) goes into the goal, (b) goes to A2's teammate who then scores a goal, (c) the ball goes to defender B2, (d) goes directly back to A2 at the spot where he/she kicked the ball or (e) deflects to a spot where A2 now has a scoring opportunity. **RULING:** In a, b, c and e play is restarted with a drop ball to the goalkeeper on Team B where the ball touched the referee. In (d), play continues as there was no change of possession, no goal scored and no development of a promising attack.

Rule 13: Free Kicks

13.3.1 Where a free kick is awarded to the defending team, to be taken from within its defensive penalty area, all players opposing the kick must be outside of the penalty area and ten yards from the ball, until it is in play. Once the ball has been kicked and moved, players opposing the kick may enter the penalty area and contest for the ball. The team taking the kick may be within the penalty area and anyone on that team, except the player who took the kick, may next play the ball without its having to exit the penalty area.

2020 Comments on the Rules 13.3.1 – This change will allow opposing players to enter the penalty area and play the ball once it has been put in play. The ball will no longer need to leave the penalty area before being touched by any player to be considered in play. 2020 Comments on the Rules 13.3.2 – This change affirms that the ball does not have to leave the penalty area to be in play, following a free kick.

Example: A direct free kick is awarded to the defenders two yards from the top of their defensive penalty area. All players opposing the kick must be outside of the penalty area and ten yards from the ball until it is kicked and moved. The ball need not exit the penalty area in order to be in play. Teammates of the kicker may be within the penalty area and may play the ball after it has been kicked and moved, without its having exited the penalty area.

13.3.1 Walls

Where 3 or more defending team players form a wall, all attacking team players must remain at least 1 yard from the wall until the ball is in play. **PENALTY:** IFK to defending team.

13.3.4 Referee's Signal for an IFK

"For indirect kicks, the referee shall signal an indirect kick (using Official NFHS Soccer Signals Rule 5-3-1b) by raising an arm above the head; this signal shall be maintained until the kick is taken and the ball touches another player or goes out of play. If the referee fails to signal the kick is indirect and the ball goes directly into the opponent's goal, the kick shall be retaken."

Rationale: This clarifies the need to make the signal and prevents punishing the team taking the kick when the referee fails to give the proper signal."

2020 Comments on the Rules 13-3-4 – This rule prevents punishing a team taking an indirect free kick when the referee fails to give the proper signal.

14.1.3 Penalty Kick

“The opposing goalkeeper shall stand with at least one foot on or in-line with the goal line, facing the kicker, between the goal posts, and shall not be touching the goal posts, crossbar, or nets, until the ball is kicked. Lateral or forward movement is allowed, but the goalkeeper is not permitted to come off the line with both feet ~~by stepping or lunging forward~~ until the ball is in play.

Rationale: This clarifies the goalkeeper’s position during the taking of a penalty kick.”

2020 Comments on the Rules 14-1-3 – This rule clarifies the goalkeeper’s position during the taking of a penalty kick. This change allows the goalkeeper to make any movement desired, if one foot remains on or in-line with the goal line until the ball is kicked.

The referee should not permit a penalty to be taken until the goalkeeper has ceased having physical contact with the net, bar or post, and, where there has been such contact, the nets, post and bar have stopped moving.

If, after the whistle is given for a penalty to be kicked, the goalkeeper has contact with the post, bar or net OR the goalkeeper moves off of his/her goal line with both feet before the kick is taken, then, if the kick does not go into goal, the goalkeeper has infringed and the kick must be retaken.

Rule 16 Goal Kicks

16.1.2: Players opposing the goal kick shall remain outside of the penalty area until the ball is in play.

16.1.3: The ball is in play when it has been kicked and moves.

16.1.4: After the ball has been kicked and moves, the ball may be played by any player except the one who executed the goal kick.



2020-21 NFHS RULES CHANGES

2-2-4	<p>SECTION 2 BALL SPECIFICATIONS</p> <p>ART. 4...If the ball becomes deflated during play, it is declared dead where it was last played and the game is resumed by a drop ball between any two opposing players at the spot where it was last played. If the ball becomes deflated within the goal area, then the ball is dropped between two opposing players subject to the provisions of Rule 9-2-2 <u>and 9-2-3</u>. Ball deflated during a penalty kick results in retaken kick.</p> <p>Rationale: The provisions for a drop ball have changed, refer to 9-2.</p>
4-1-1a	<p>SECTION 1 REQUIRED EQUIPMENT</p> <p>ART. 1a...The visiting team shall wear solid white jerseys and solid white socks, and the home team shall wear dark jerseys and socks (dark is defined as any color which contrasts with white). Prior to and during the game, jerseys shall be tucked into the shorts, unless manufactured to be worn outside.</p> <p>Rationale: Manufacturing practices have changed.</p>
4-2-7e, f	<p>SECTION 2 OTHER EQUIPMENT</p> <p>ART. 7...A tooth and mouth protector (intraoral), if worn, shall:</p> <p>e. not to be completely white; and</p> <p>f. not to be completely clear.</p> <p>Rationale: SMAC no longer recommends the mouth protector meet these two criteria; dropping these two requirements brings soccer in line with the other sports that allow mouth guards.</p>
9-1-1b	<p>SECTION 1 BALL IN AND OUT OF PLAY</p> <p>ART. 1...The ball is out of play when:</p> <p>a. it has completely crossed the goal line or touch line, whether on the ground or in the air;</p> <p><u>b. the ball touches an official and remains on the field; and</u></p> <ol style="list-style-type: none"> 1. <u>a team starts a promising attack;</u> 2. <u>goes directly into the goal;</u> 3. <u>possession changes</u> <p>Rationale: This is to address situations where the ball touches a referee and a team gains an advantage.</p>
	<p>SECTION 2 DROP BALL</p> <p>ART. 1...The game is restarted with a drop ball:</p> <p>a. when the ball is caused to go out-of-bounds by two opponents simultaneously;</p> <p>b. when the ball becomes deflated; (2-2-4)</p> <p>c. following a temporary suspension of play for an injury or unusual situation; <u>(except as noted in 14-1-7) and the goalkeeper is not in possession of the ball.</u></p> <p>d. when simultaneous fouls of the same degree occur by opponents; <u>or</u></p>

	<p>e. when the ball touches an official as per 9-1-1b.</p> <p>Rationale: This proposal prevents an opponent from gaining an advantage.</p>
<p>9-2-3</p> <p>Other Rules Affected:</p> <p>9-2-2</p>	<p>SECTION 2 DROP BALL</p> <p>ART. 3...The ball is dropped by an official from waist level to the ground. <u>The referee drops the ball to one player of the team that last possessed the ball at the position where it was last touched by a player(s), an outside agent or match official. If when play was stopped, the ball was in the penalty area or the last touch, by either team, was in the penalty area, the ball is dropped to the defending team's goalkeeper with all opposing players outside the penalty area. In all cases, all other players must remain at least 4 yards from the ball until it is in play. Any number of players may contest a dropped ball (including the goalkeeper); a referee cannot decide who may contest a drop ball or its outcome.</u></p> <p>SECTION 2 DROP BALL</p> <p>ART. 2...The ball should be dropped at the location where it became dead unless this is within the goal area, in which case, it shall be dropped on that part of the goal-area line which runs parallel to the goal line nearest the location where the ball was when play was stopped. If the ball was caused to go out of bounds by two opponents simultaneously, the ball is dropped five yards inside the boundary line to one player of the team in possession of the ball prior to the simultaneous touch, unless this is the goal area. {See 9-3} <u>(See 9-2-3)</u></p> <p>Rationale: Simplifies the drop ball procedure.</p>
<p>9-3</p> <p>DELETE</p>	<p>SECTION 3 TEMPORARY SUSPENSION</p> <p>In the case of a temporary injury or unusual situation the game shall be restarted with a drop ball. As in 9-2-3. The referee drops the ball to one player of the team that last touched the ball at the position where it was last touched by a player, an outside agent or match official. If when play was stopped, the ball was in the penalty area or the last touch, by either team, was in the penalty area, the ball is dropped to the defending team's goalkeeper. In either case, all other players must remain 4 yds from the ball until it is in play. at the point where the ball was when play was suspended (except as noted in 14-1-7) provided the ball was not in the goal area and not in the possession of the goalkeeper (1The ball is dropped f2-8-2). Should there not be clear possession at the time play is suspended due to an injury or unusual situation, there will be a drop ball at the spot where the ball was declared dead subject to the provisions of Rule 9-2-2.</p> <p>Rationale: Information was redundant.</p>
<p>13-2-3b</p> <p>DELETE</p>	<p>SECTION 2 WHEN AWARDED</p> <p>ART. 3b...For temporary suspension of play for injury or unusual situation and the goalkeeper has possession to the ball as per Rule 9-3 (9-3).</p> <p>Rationale: Provisions for drop ball changed.</p>
<p>13-3-1</p>	<p>SECTION 3 HOW TAKEN</p> <p>ART. 1...Players opposing the kicker shall be at least 10 yards from the ball until it is kicked, unless they are standing on their own goal line between the goal posts. If the free kick is awarded to the defending team in its penalty area, players opposing the kicker shall be outside the penalty area at least 10 yards from the ball and <u>shall</u> must remain there until the ball is in play clears the penalty area. <u>Where 3 or more defending team players form a wall, all attacking team players must remain at least 1</u></p>

	<p><u>yard from the wall until the ball is in play.</u></p> <p>Rationale: This will allow the ball to be put back into play quicker and will lead to a decrease in confrontational moments during free kicks.</p>
13-3-2	<p>SECTION 3 HOW TAKEN</p> <p>ART. 2...The ball shall be kicked while it is stationary on the ground at the spot specified by the official. To be in play, the ball shall be moved in any direction. If the free kick is awarded to the defending team in its penalty area, the ball is not in play until it is beyond the penalty area and into the field of play. Failure to kick the ball as specified shall result in a rekick.</p> <p>Rationale: Allows the ball to be put back into play quicker.</p>
13-3-4 NEW	<p>SECTION 3 HOW TAKEN</p> <p>NEW ART. 4...For indirect kicks, the referee shall signal an indirect kick (using Official NFHS Soccer Signals Rule 5-3-1b) by raising an arm above the head; <u>this signal shall be maintained until the kick is taken and the ball touches another player or goes out of play.</u> If the referee fails to signal the kick is indirect and the ball goes directly into the opponent's goal, the kick shall be retaken.</p> <p>Rationale: This clarifies the need to make the signal and prevents punishing the team taking the kick when the referee fails to give the proper signal.</p>
14-1-3	<p>SECTION 1 PENALTY KICK</p> <p>ART. 3...The opposing goalkeeper shall stand <u>with at least one foot on or in-line with</u> the goal line, facing the kicker, between the goal posts, <u>and shall not be touching the goal posts, crossbar, or nets,</u> until the ball is kicked. Lateral <u>or forward</u> movement is allowed, but the goalkeeper is not permitted to come off the line <u>with both feet by stepping or lunging forward</u> until the ball is in play.</p> <p>Rationale: This clarifies the goalkeeper's position during the taking of a penalty kick.</p>
16-1-2	<p>SECTION 1 GOAL KICK</p> <p>ART. 2...Players opposing the kicker shall remain outside the penalty area until the ball <u>is in play</u> has cleared the penalty area.</p> <p>Rationale: Clarifies when the ball is in play.</p>
16-1-3	<p>SECTION 1 GOAL KICK</p> <p>ART. 3...Once spotted, the ball shall be kicked from the ground from any point within the goal area by a player of the defending team. <u>The ball is in play when it is kicked and moves.</u> A goal kick shall clear the penalty area and enter the field of play. If the ball is not kicked beyond the penalty area, the goal kick shall be repeated.</p> <p>Rationale: Clarifies when the ball is in play.</p>
16-1-4	<p>SECTION 1 GOAL KICK</p> <p>ART. 4...After the goal kick <u>is properly taken</u> leaves the penalty area, the ball may be played by any player except the one who executes the goal kick. The kicker may not play the ball until it has been touched by another player.</p> <p>Rationale: Clarifies how the kick is taken and when it is in play.</p>

Soccer Comments on the Rules 2020-21 (by NFHS)

2-2-4 – The change in resuming play after a ball becomes deflated during play was dictated by changes in the drop ball procedure in rule

9-2. 4-1-1a – Manufacturing of uniforms designed to be worn outside the shorts have become more common, making it difficult for officials to enforce the rule of tucking the shirt in, necessitating a revision.

4-2-7e, f – The Sports Medicine Advisory Committee (SMAC) no longer recommends the mouth protector meet the criteria of not being completely white or completely clear.

9-1-1b – This change prevents situations where one team gains an advantage when the ball touches a referee and remains in play.

9-2-1c, e – This change reiterates the changes made to 9-1-1, clarifying that the game is restarted with a drop ball following a temporary suspension of play for an injury or unusual situation, or when the ball touches an official. Note: in all situations where a drop ball restart occurs in the penalty area, the ball is always dropped to the goalkeeper with all opposing players outside the penalty area.

9-2-3 – This change clarifies the procedure followed when restarting play with a drop ball. It ensures that the team in possession when play was stopped, retains possession when play is resumed, with the exception of a drop ball in the penalty area.

9-3 – This rule was removed because of redundancy. Refer to 9-2-1c.

13-2-3b – Consistent with changes made in rule 9-2-1c. This change eliminates the awarding of an indirect free kick when play is temporarily suspended due to an injury or other unusual situation.

13-3-1 – This change will allow opposing players to enter the penalty area and play the ball once it has been put in play. The ball will no longer need to leave the penalty area before being touched by any player to be considered in play.

13-3-2 – This change affirms that the ball does not have to leave the penalty area to be in play, following a free kick.

13-3-4 – This rule prevents punishing a team taking an indirect free kick when the referee fails to give the proper signal.

14-1-3 – This rule clarifies the goalkeeper's position during the taking of a penalty kick. This change allows the goalkeeper to make any movement desired, if one foot remains on or in-line with the goal line until the ball is kicked.

16-1-2, 16-1-3, 16-1-4 – These changes clarify the procedure for taking a goal kick and designating when the ball is in play.

Soccer Points of Emphasis (by NFHS)

Correct Field Markings and Appropriate Uniform. It is important that games are played on fields marked in a consistent manner, and players wear uniforms according to NFHS rules. If a field is improperly marked and/or if a team wears an illegal uniform the referee shall contact the state association, who will work with school administrators to make appropriate changes. In addition, during pregame communication with school administration, game officials are also encouraged to communicate these corrective actions directly to administrators.

Understanding the Difference Between Fair, Hard Play and a Foul. Soccer is a contact sport and understanding the differences between fair and hard play and a foul that is either reckless or serious is important to ensuring fair play and the safety of the players. When a player acts with disregard of the danger to, or consequences for, the opponent, he/she should be cautioned for reckless play. When a player uses disproportionate and unnecessary force against an opponent, he/she could be disqualified for serious foul play. It is critical coaches teach players about their own safety and the safety of their opponents, and officials recognize the differences between reckless and serious and the corresponding penalties. Safety, fair play and sportsmanship should be emphasized in the pregame meeting. Communication between officials, coaches and captains should continue throughout a match, especially as the intensity increases. And when reckless or serious foul play occurs, officials should deal with the situation immediately – this kind of play should not be tolerated.

Education-Based Soccer. High school athletics is education-based, and some mechanics of our game are intentionally different from other levels of soccer. The pregame meeting, for example, is a time for officials to communicate expectations to both coaches and captains. This REQUIRED meeting for both head coaches and captains should cover pertinent rules, sportsmanship, the coin toss, and properly and legally equipped players. This meeting is a purposeful start to an education-based interscholastic match.

OHSAA Adoptions

The National Federation identifies certain rules that may or may not be adopted by each state's Athletic Association. These are known as "state adoptions". These state adoptions are identified below and the OHIO High School Athletic Association's adoption is indicated for each.

1. **Commemorative or memorial patches may be worn on the jersey for special occasions, not to exceed 4 square inches [4.1.1(f)].—Adopted in Ohio.** Schools must apply, using form at end of this manual. **[New for 2020]**
2. **Players may wear caps in inclement weather** (NFHS 4-2-1h Exception 2) – **Adopted in Ohio**
Players may wear soft and yielding caps in inclement weather. Caps must be the same color.
3. **Artificial limbs** (NFHS 4-2-5) – **Adopted in Ohio**
The coach or athletic administrator must request permission in writing from the OHSAA in order to secure permission for the prosthesis to be worn during play. Photos of the prosthesis in place on the individual must accompany the written request. Once it has been determined that the prosthesis meets the guidelines in NFHS 4-2-5, written permission will be provided. No student may play with an artificial limb until such permission has been granted.
4. **Systems of Officiating** (NFHS 5-1-1) – **Adopted in Ohio**

The game officials shall be a head referee and a referee (dual system of officiating), a head referee and two assistant referees (diagonal system of officiating), or a center referee and two side referees (double dual system of officiating) assisted by a timer, scorer and at least two ball holders. An additional fourth official can also be used for the three referee systems (see fourth official sample guidelines). Note: Schools may choose a system by prior agreement.

5. Officials' Shirt Color (NFHS 5-1-3) – Adopted in Ohio

The officiating uniform for soccer officials is provided in the OHSAA Handbook for Officials, on our website (www.ohsaa.org) and within this manual. The uniform indicated shall be worn in all OHSAA games, preseason, regular season and the entire post-season tournament.

6. Time kept on field (NFHS 6-2-1) – Adopted in Ohio (in part)

The home school timer shall be the official timer. However, the head referee is permitted, at his/her discretion, to take the clock onto the field when the timer has failed in his/her duty so many times as to imperil match control.

7. Score kept by referee (NFHS 6-3-1) – NOT Adopted in Ohio

8. Fourth Official as scorer (NFHS 6-3-3) – NOT Adopted in Ohio

Refer to OHSAA tournament regulations for additional information regarding use of fourth officials during tournament play.

9. Four equal quarters rather than halves (NFHS 7-1-1) – NOT adopted in Ohio

10. Shortened periods (NFHS 7-1-2) – NOT Adopted in Ohio

11. Suspended games (NFHS 7-1-3) – Adopted in Ohio

In the event a game must be suspended because of conditions which make it impossible to continue play, the head referee shall declare it an official game if one complete half or more of the game has been played. **Per OHSAA Board adopted policy**, if less than one half has been completed, the game may be restarted from the point of suspension of play.

Tournament games interrupted because of events beyond the control of the responsible administrative authority shall be continued from the point of suspension. Any ejected player or coach cannot participate in the resumed game. Teams playing short will continue to play short. NFHS 7-1-3 is not in effect for tournament games.

12. Goal differential (NFHS 7-1-5) – Adopted in Ohio, 2020 OHSAA Soccer Reg. 12(A)(1.7): Goal Differential/Running Clock –

During any regular season or tournament contest, any time the score differential reaches 6 goals or more AFTER the first half of the contest, a running clock shall be used. After the 6-goal differential has been met but the score drops below 6 goals, the clock reverts to regular timing. The clock shall be stopped only for an injured player on the field or when there is any unusual delay deemed necessary by the officials.

13. Regular Season Overtime procedure (NFHS 7-3-1) – NOT adopted in Ohio

NFHS 7-3-1 refers to overtime procedures during regular season play. No overtime procedures will be conducted during regular season play in Ohio.

14. Disqualified player barred from competition (NFHS 12-8-3 Note) – Adopted in Ohio

Refer to OHSAA Soccer Regulations for specific penalties for disqualified or ejected players and / or coaches.

15. Sample Tie-Breaking Procedure – Adopted in Ohio, in part

Please refer to "Game Procedures: Tournament Overtime Procedures", above.

16. Incidental Use of Vulgar or Profane Language (12.8.1(d) NOTE) – Not adopted in Ohio

17. Sample Fourth Official/duties –Adopted in Ohio, in part for post-season tournament play only



Wilson & Game Ball Information

Wilson is the official game ball for the OHSAA and is used at all REGIONAL and STATE games. Other National Federation (NFHS) approved balls are able to be used for regular season play and for tournament play at the Sectional & District levels. The approved Wilson ball is the "Forte FYBrid II" Please note that 'pink' (or other commemorative colored) balls are **not permitted** to be used when playing games for 'special occasions' such as "Kick for the Cure".

The Uniform Rules for Soccer



1. The **SOLID WHITE RULE** is for **VISITORS' JERSEYS** and **SOCKS** only.
2. This is **no** requirement for the **SHORTS** to be all white (Uniform rules do not address color of shorts)

4.1.1(a) The visiting team shall wear solid white jerseys and solid white socks, and the home team shall wear dark jerseys and socks (dark is defined as any color which contrasts with white).

4.1.1(h)(1) All jerseys, including the goalkeeper's jersey, shall be numbered on the back with a different Arabic number at least 6 inches in height and on the front (jersey or shorts) with the same number which shall be at least 4 inches in height. Numbers shall be of a solid contrasting color to the jersey (or shorts) and clearly visible.

4.1.1(h)(2) Only those names, patches, emblems, logos or insignias referencing the school are permitted on the team jersey and/or shorts, as well as on visible undergarments and goalkeeper pants, except as in 4.1.1(e). The player's name may also appear on the team uniform.

NONE of these jerseys meet the visitors' current NFHS Uniform Rule Requirements:



OBVIOUSLY, the intent of any rule is to COMPLY with the rule.

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

1. **PLAY THE GAME. PLAY THE GAME. PLAY THE GAME.** Games should never be 'cancelled' because the officials deem the uniforms unacceptable or noncompliant. **PLAY THE GAME.**
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 solid white jersey and socks apply only at the varsity level.**

Tape, Straps & Stays on Socks

A common trend has already been noted to use tape, straps or stays on socks to create an 'artificial' stripe. By NFHS rule, **any tape, strap or stay on the sock must also be similar in color to that part of the sock to which it is applied, NF 4.1.1(b).** This was a Point of Emphasis way back in 2015!

Special Event Games

The OHSA is supportive of the many 'special events' coaches and teams assist with for local charities. "Kick for the Cure" has been one of several different 'special events' that teams across Ohio have become involved in. A few important notes for those participating in those events:

Special Uniforms

Requests often are received by schools to permit alternate uniforms for participating in games that have a charitable tie. The OHSA's policy as recommended by the NFHS is to permit such requests one-time with number requirements still intact. Though the use of a pink jersey may be permitted for a home game, the "number requirements" outlined in Article 1 of Rule 4 must comply with NFHS regulations. Any requests should be made utilizing the Request Form located in the back of this manual OR online at:

<https://www.ohsaa.org/sports/soccer>. Once Waiver Requests are approved, they will be returned to the school and a copy should be made available for contest officials. *Coaches/School Administration should notify the opposing school as well as the contest officials in advance.*

Equipment/Safety Information

Protective Facemasks

RULE 4.2.8: "A protective face mask may be worn by a player with a facial injury. The mask may be made of a hard material, but must be worn molded to the face with no protrusions. A medical release for the injured player signed by an appropriate health care professional shall be available at the game site."

Headgear

RULE 4.2.9: "Soft-padded headgear is permitted."

Shinguards

All players are required to wear shinguards with the NOCSAE seal and height range permanently marked on the front of each shinguard.

- **Shinguards** need NOT have the NFHS seal on them.

Lightning & Inclement Weather



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:
 - 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.

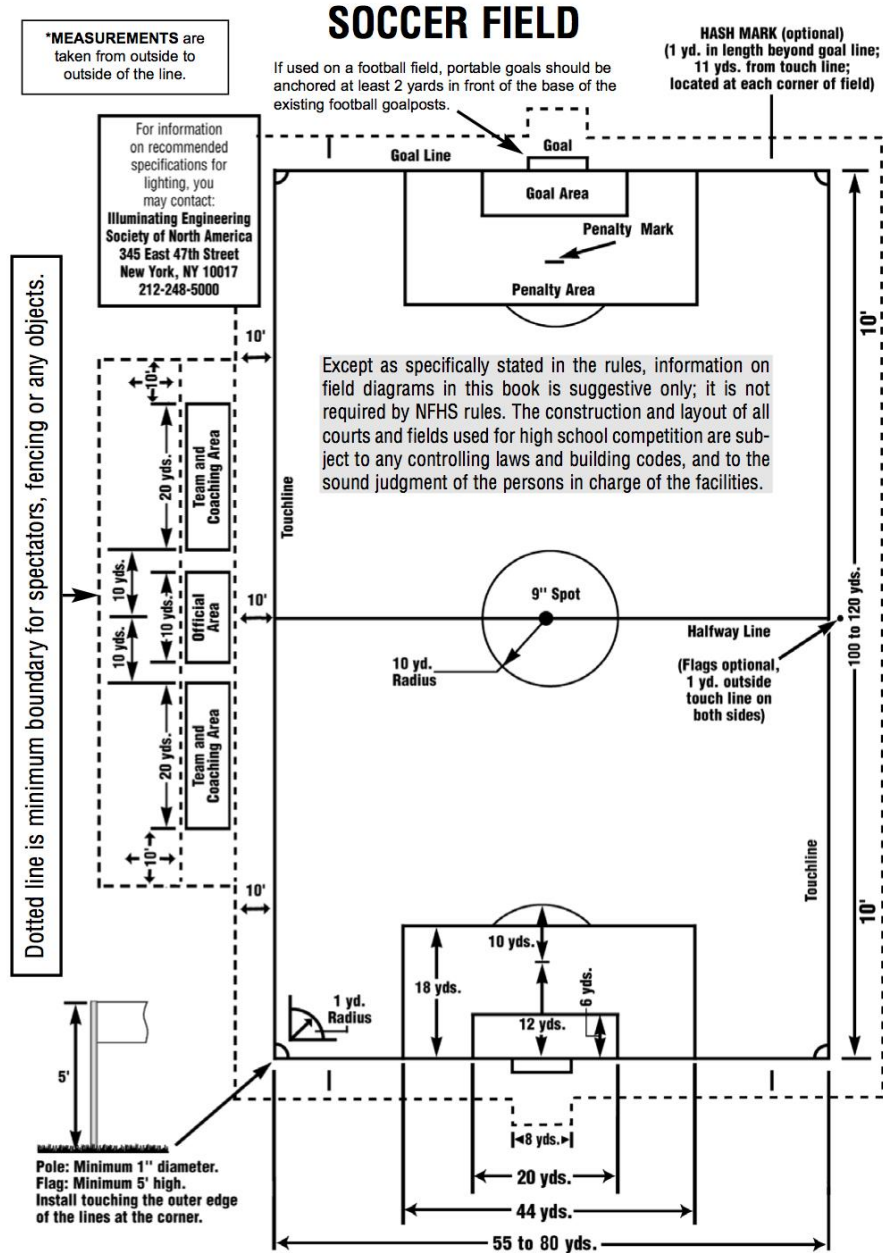
The Field

By rule, a soccer field shall be between 100 to 120 yards long and 55 to 80 yards wide.

The following dimensions are **recommended**:

High School Fields (9-12): 110 yards long by 65 yards wide

Junior High Fields (7-8): 100 yards long by 55 yards wide



An engineered natural turf soccer field should have a minimum of one-and-one-half percent (1.5%) slope for fields which are surface drained. For natural turf fields with a sub-surface drain system the slope should be no less than one (1.0%) percent. For synthetic turf fields with a sub-surface drain system the slope should be no less than one half of one (0.5%) percent. Slope is measured from center to side. For consulting services, contact SportsPLAN Studio, 816-842-5200.

Suspended Matches

Every fall, Ohio weather brings attention to the **Official NFHS Rule** regarding Duration and Length of Games (Rule 7.1.3, page 36 of the 2020-21 NFHS Rules Book).

NFHS 7.1.3 states:

...In the event a game must be suspended because of conditions which make it impossible to continue play, the head referee shall declare it an official game if one complete half or more of the game has been played. If less than one-half of the game has been played, the game may be rescheduled from the start or restarted from the suspension of play according to state association adoption [18.1.1(pp)].

Important Notes Regarding Rule 7.1.3:

- Weather and lack of sufficient lighting are conditions that *normally* make it impossible to continue play.
- ANY time a complete half is played and conditions make it impossible to continue play, **the game is considered complete and the score is FINAL. FINAL.**
- Games that are unable to be completed and a complete half is played **cannot be completed at a later date.**
- Games that are unable to be completed and a complete half has **NOT** been played: the game shall resume from the exact point of suspension. Coaches/game personnel should make note of time on clock, position of ball, etc. The game is **NOT** replayed from the opening kickoff.

The NFHS does not provide for 'State Adoptions,' here, so, League or Conference Rules may **NOT** override this NFHS Rule.

Noisemakers, Vuvuzelas, Pep Bands

Those in attendance at last season's State Tournament witnessed the increased fan support for high school soccer in Ohio. Pep Bands ARE PERMITTED at soccer games. Horns that pep band members have are NOT considered compressed air horns. The World Cup has made the 'Vuvuzela' popular and while many may consider them annoying, they ARE permitted at soccer games. There are several leagues/conferences that HAVE made regulations prohibiting various noisemakers and they ARE permitted to create and enforce that rule for league/conference contests. Compressed air horns and horns connected to outside power sources are NOT permitted at contests.

Friday Night Futbol

Again this year, the OHSAA's Board of Directors accepted a recommendation to change the start date of soccer contests to Friday, August 21, with the hope and encouragement that schools will participate in our "Friday Night Futbol" initiative. This initiative encourages schools to play a soccer game 'under the lights' where possible on the first Friday of the school year. High school football does not begin until the following week. Please note that for these games, we are permitting halftimes to be extended with the additional encouragement for high school bands to perform at halftime of their games. At the time of this printing, there are MANY schools that have chosen to participate and we anticipate great media coverage for the various contests around the state. There is NO CHARGE, NO FEE, NO APPLICATION.... just an effort to promote one of the continually growing sports in the state! Please send the following information to kcoughlin@ohsaa.org

Home Team:

Visiting Team:

Boys and/or Girls:

Home Team:

Head Coach's Name:

Home Team Athletic Director's Name:

Home Team Athletic Director's Email

OHSAA Regulations

TOURNAMENT REGULATIONS

Tournament Regulations and the State Tournament Draw will be available at www.ohsaa.org (after approval at the August Board meeting). On the website, under "Sports & Tournaments" select Soccer. They are listed under Tournament Information on the left side of the Soccer page.

OHSAA GENERAL SPORTS REGULATIONS

General Sports Regulations are available at www.ohsaa.org. Under "Sports & Tournaments" select Soccer. The General Sports Regulations are listed under 2020 Soccer Info on left side.

Goal Differential – Running Clock

After the first half, any time the score differential reaches 6 goals or more for any 7-12 regular season and tournament contests, the following changes, and only these changes, will be made regarding rules determining when the clock will be stopped. The clock will be stopped when:

- 1) An official's time-out is called for an injured player
- 2) Any unusual delay deemed necessary by the officials

The clock will start again on the ready for play signal for the first play after the above situations.

Note 1: The clock will continue to run in all other situations.

Note 2: The use of this rule does not preclude the use of NFHS Rule 7-1-2 which reads: "*Periods may be shortened by state high school association adoption, or if mutually agreed upon or in any emergency, by agreement of coaches or ordered by the head referee, provide it is determined to shorten the periods before the game or before the second half begins and all remaining periods are the same length.*"

Note 3: After the 6 goal difference has been met, if the score drops below the 6 goal differential, the clock reverts to regular timing.

PA Announcement when Point Differential has Been Reached:

"Ladies and Gentlemen, this game will now be played with a running clock per the new OHSAA point differential rule. The clock will still be stopped should there be an injured player on the field or by any unusual delay deemed necessary by the officials. If the point differential should fall beneath 6 goals, normal clock operations will resume."

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 junior high level and is now permissible at the high school level as well. Keep in mind, the 50% limitation (5 in soccer) 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 5 players from the school team on the non-school team.

Example: During April, a travel/club team consists of 5 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.

Indoor Soccer; Re-Defined

Indoor Soccer shall be defined as a game played by two teams each consisting of not more than 6 players, one of whom must be the goalkeeper, and played indoors between the end of the school's soccer season and the day before the first day of coaching for the interscholastic season is permitted. The number of interscholastic soccer players from the same school on a non-interscholastic squad of an indoor soccer roster is not limited provided none of the interscholastic coaching staff, paid or unpaid, is coaching the indoor team.

There is no longer a requirement to play by USSF Indoor Rules to be considered 'indoor soccer' – there now is a simple limit on the number playing on a team that define it as 'indoor soccer'

Futsal; Re-Defined

Though the sport of "Futsal" is gaining popularity, played by the exact rules of the game – Futsal is 'different' than soccer. While it is a 'foot skill game', Futsal is truly 'different' from soccer and is not considered to be the sport of soccer in our regulations.

College "ID Camps"- During normal years

Many college/universities are conducting these in early August after the start of high school Soccer practice presents many challenges AND legitimate questions. This should answer these. Here are the facts:

- College ID Camps are Non-Interscholastic Events per OHSAA Regulations.
- Athletes are not permitted to attend non-interscholastic workouts, tryouts, practices, or competitions while a member of the school team.
- An athlete becomes a member of the school Soccer team when he/she competes in a scrimmage, preview or a game for the school team.

So, these facts should answer whether a player from your team is permitted to attend a "College ID Camp" without fear of ineligibility (the penalty for violating the non-interscholastic rules).

A student-athlete could attend a "College ID Camp" if they are not a member of the school team yet.

2020- ID CAMP WAIVER:

WAIVERS FOR FALL ID CAMPS- Due to the changes in the NCAA recruiting periods, and the lack of summer opportunities, this allows a student-athlete:

- A one-time waiver for the fall of 2020 to attend an 'Identification Camp' AFTER the student-athlete has participated in a scholastic scrimmage/preview/ game.
- Only applies to individual workouts/camps, not team (club) showcases.
- All events must take place prior to the start of the 2020 Fall Tournament play.
- Upon returning from the ID Camp, the student-athlete must follow school policy to 'return to scholastic team play'.
- This waiver must be submitted to kcoughlin@ohsaa.org and approval PRIOR to the event.

Non-Interscholastic Competition

A member of an interscholastic soccer squad (grades 7-12) sponsored by the Board of Education **cannot participate in a non-interscholastic Soccer 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 Soccer anytime during the school team's season. This is explained in OHSAA Bylaw 10-3-1. 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.

Recently, there are a growing number of colleges/universities inviting students to 'tryouts' or 'workouts' DURING the high school soccer season. These are considered NON-INTERSCHOLASTIC in nature and are NOT PERMITTED. You are encouraged to review this with your team members!

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

- The number of interscholastic soccer players from the same school on a non-interscholastic team is limited to **FIVE 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 continue to play with a non-interscholastic squad in a national qualifying tournament only in excess of the five-player limit until the squad is eliminated but no later than Labor Day. You **MUST** get approval IN ADVANCE from the OHSAA for this to be permitted.
- A player may play in non-interscholastic soccer ONLY WHEN the student's team has completed its season.

*Graduating seniors are exempt from this 5-player limitation.

OHSAA's General Sports Regulations

How do the OHSAA's Sports Regulations Affect Coaches and Players

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



The OHSAA 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/Field 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 "Soccer" webpage and clicking on "General Sports' Regulations" on the left hand side or directly going to

<http://www.ohsaa.org/Portals/0/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.

Though there are far too many to list in this coaches' guide, a *few* of the more common ones that affect coaches and teams are:

Open Gyms/Facilities/Fields at Member Schools

Open Gyms (or facilities) are clearly defined in **the OHSAA's General Sports Regulation #10**. 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 or safety 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.
- 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.

Sports Regulation – “Out of Season Individual Instruction”

Please see the end of this section for complete details on the revised General Sports Regulations that will permit school coaches to provide INDIVIDUAL instruction outside the season of play.

The OHSAA Soccer 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 the soccer web page at: <http://www.ohsaa.org/Portals/0/Sports/Soccer/SOgrlts.pdf> Soccer 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.

Game & Scrimmage Limitations (Grades 9-12)

Maximum number of games permitted: 16 Games

Scrimmages/Previews: Maximum of 4 scrimmages PLUS 1 Preview.

Scrimmage Note: Scrimmages 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. In other words, Team A cannot count it as a 'scrimmage' while Team B counts the competition as a 'game'. This is especially noteworthy during post-season.

Alumni games: These have gained popularity and may be played...but they MUST be counted as a scrimmage.

Practicing with Other Schools: This also has become popular and may occur but again, any such practice MUST be counted as one of the team's 4 permitted scrimmages.

Note Regarding Individual Participation: Though there is no limitation on the number of HALVES an **individual** may participate in for scrimmages, **Individual players are not permitted to participate in more than 4 scrimmages and 1 Preview.**

Individual Contest & Halves Limitations (Grades 9-12)

Scrimmages Permitted: No Individual may participate in more than 4 scrimmages

Previews Permitted: No individual may participate in more than 1 Preview (a player is NOT permitted to play in a JV Preview and also a Varsity Preview).

Halves Permitted: No individual may participate in more than 3 halves in any one day OR **42 halves on the season.**

Game & Scrimmage Limitations (Grades 7-8)

Maximum number of games permitted: 14 and 1 Post-Season tournament not to exceed 4 games

Scrimmages: Maximum of 1 scrimmage OR 1 Preview

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'.

Note Regarding Individual Participation: Though there is no limitation on the number of HALVES an **individual** may participate in for scrimmages, **Individual players are not permitted to participate in more than 1 scrimmage or 1 Preview.**

Individual Contest & Halves Limitations (Grades 7-8)

Scrimmages Permitted: No Individual may participate in more than 1 scrimmage.

Previews Permitted: No individual may participate in more than 1 Preview

Halves Permitted: No individual may participate in more than 3 halves in any one day OR **28 halves on the season (any post season tournament would be permitted up to 8 halves)**

Previews

OHSAA Regulations permit teams to participate in ONE preview in addition to their 4 scrimmages (9-12) prior to their first game. Previews may be scheduled and played during that time period (August 1 – before first game). No Previews may be scheduled or played after the school's first contest.

Previews may ONLY consist of a maximum of one-half the length of a regular season contest. Admission may be charged for Previews.

Note Regarding Individual Participation: No Individual players is permitted to participate in more than 1 Preview.

No Contact Period (“Dead Period”)

There has been considerable misunderstanding about the **No Contact** period outlined in General Sports Regulation 11. 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 with the **first day after the school's last interscholastic contest and ending 28 days later.** This includes any contact in tryouts in or out of school, physical

fitness, weight training, open gyms, etc. It also includes verbal contact which encourages discusses or promotes any activity related to soccer. 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 OHSAAs tournaments. See information detailing this elsewhere in this manual.

Out of State Travel

A Soccer 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 one time to a state or province NOT contiguous to Ohio. Teams may not travel out of state only to practice.

Comments to News Media

Each year unpleasant situations arise as a result of comments made to the news media by coaches. The OHSAAs 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 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")

Scoreboard-Video Replay Board Regulations

As more and more schools erect video replay boards at their shared facilities with football, there has been much concern about their use. First, replays on scoreboards are NOT considered any form of coaching device and therefore are permissible for use. It is cautioned however...replays of CONTROVERSIAL plays are NOT to be run on replay boards. This is consistent with football regulations and discussion should take place with those individuals operating those boards.

Officials

Varsity: Minimum of TWO OHSAAs Class 1 or Class 2 officials are required. Regardless of how many are officiating the game, ALL must be OHSAAs Class 1 or Class 2.

Junior Varsity: Minimum of TWO OHSAAs Class 1 or Class 2 officials are required.

Freshmen: OHSAAs Class 1, 2, or 3 *recommended*.

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

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 OHSAAs 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.

Sports Regulations and Coaching Restrictions

The OHSAAs General Sports Regulations define what coaches may do outside the season of play. These regulations **MUST BE UNDERSTOOD BY ALL COACHES**. A few simple facts:

- **Coaches are expected to know, understand and abide by all General Sports Regulations**
- **Member schools AGREE to abide and self-enforce the General Sports Regulations**
- **All Coaches, whether PAID or VOLUNTEER are bound by ALL General Sports Regulations**

The following areas are often misunderstood and violated. Though difficult in today's world, it is important to understand the role of ETHICS as they relate to high school sports – not only in Ohio but across the nation. The regulations governing high school athletics in Ohio are voluntarily enforced **by the member schools**. No doubt, this is a challenge in today's world. But the fact remains; the regulations are created by the very member schools of the OHSAAs. It is the responsibility of the OHSAAs to help with the education of these regulations and the schools AND COACHES to self-enforce them. It is generally 'easiest' to break these regulations affecting coaches into FOUR general categories:

- **Summer Rules (June 1 – July 31)**
- **During the Season**
- **The No- Contact Period**
- **Outside the Season (except during June/July)**

Summer Rules: June 1 – July 31- Under non-pandemic years

Between June 1 and July 31, the out-of season and non-interscholastic regulations change considerably. The regulations governing school programs are often known as “Summer Rules”. OHSAA Regulations in place during this time period have an impact on both **coaches** and **players**. Below is an overview of how the period between June 1 and July 31 affect each:

Coaches

1. Coaches may provide individual or team instruction anytime between June 1 and July 31. **INDIVIDUAL INSTRUCTION** is defined as ‘one on one’ anytime 4 individuals or less that played for the school team the previous season are present. **TEAM INSTRUCTION** is defined as any instruction – team or individual – that takes place when MORE THAN 4 individuals that played for the school team the previous season are present.
2. There is a limit of 10 total days that an entire coaching staff combined may provide any team instruction (more than 4 present).
3. There is a ‘separation’ of the team instruction days permitted for 7-8 grade and 9-12 grade. In other words, there are 10 total days of instruction permitted for 7-8 graders and 10 total days permitted for 9-12 graders.
4. General Sports’ Regulation 8.3 is in effect during June and July, as it is in other times of the year. This simply means that anytime ALL the conditions of this regulation are met, the regulation may be used independently of the 10 days permitted for TEAM instruction.
5. **EXAMPLE:** If a “JV coach” is providing instruction to one player or several players, and the head coach is providing instruction to one player or several players at another location on the same day – it counts as one of the 10 days permitted.
6. Volunteer coaches and Paid coaches are treated the same – they are under the same OHSAA Regulations.
7. All Volunteer coaches and Paid coaches are identified by where they coached the previous season.
EXAMPLE: If a volunteer coach that coached during the most recent season indicates he/she will not return to coach at the school the next season, they are STILL regulated by the OHSAA ‘out of season’ coaching regulations.
8. New coaches to a school district are not provided exceptions – they are NOT given ‘more’ days nor are they permitted any extension of the 10 days past July 31.
9. A new coach to a school district is considered a coach at that school and immediately under the ‘out of season’ coaching regulations as soon as the school names him/her as the coach of that school – regardless of when that person signs a contract.
10. When school coaches coach a team comprised of members of the previous year’s team’s **IN TEAM PLAY** (important), anytime there are more than 5 individuals that played for the school’s 9-12 teams the previous season present on the team (whether on the court/field or as substitutes) the day of coaching is counted as 1 of the 10 days permitted. Anytime there are 5 or less **IN TEAM PLAY**, the day would not count as one of the 10 permitted.
11. Attendance at “Team Play” or “Individual Instruction” **CANNOT** be mandated to individuals or be part of any implied decision for team selection during the regular season.
12. School Administrators are expected and required to monitor compliance as a condition of membership in the OHSAA.

Players

1. “Players” are identified as those that played for the 9-12 school sponsored team the previous season and those that played for 7-8 school sponsored team the previous season.
EXAMPLE: All players that played for a freshmen, JV or Varsity team the previous season ‘count together’. All players that played for a 7-8 team the previous season are counted together but separately from 9-12.
2. Individuals that did not play for a school sponsored team the previous season do not count in any of the out-of-season regulations affecting players.
3. Individuals that “indicate” they are NOT going to play NEXT season still count in the out-of-season regulations if they played the previous season.
4. There is NO LIMIT to the number of players from the previous year’s school sponsored teams that may play together between June 1 and July 31.
5. There is no restriction anytime outside the season of play (including June and July) that would prohibit 8th graders from playing with 9-12 graders. The restriction ONLY exists during the defined sports season.
6. Players are considered in their ‘current grade’ until August 1, 2018.
7. During the June 1 – July 31 period of time, there is no regulation that prohibits a player from “School A” playing on a team with members of “School B”. “Anyone may play with anyone” during the June/July period of time.

Administrating Soccer

Communication is a key in the successful administration of any of our sports. I encourage you to ask questions or seek assistance, but *please* consult with your Athletic Administrator FIRST. With the extremely high volume of calls and emails, it truly is the most efficient way for us to meet the needs of our schools. Additionally, nearly all informational items can be found on the web at www.ohsaa.org and navigating to the "Soccer" site. **Please** take the time to review the materials provided. At the beginning and the conclusion of the season we receive such a high volume of calls from sub-varsity coaches and "club" coaches. We encourage YOUR communication with them to help us operate as efficiently as possible. **Coaches** are reminded that every coach that coaches school soccer are responsible for understanding and knowing the regulations affecting them and their sport. Since this manual is done in concert with the State Rules Interpretation Meetings, it is encouraged that ALL coaches attend. We have put meetings online to make it more convenient for coaches to be aware of the regulations that affect them AND the eligibility of their athletes. Ignorance of the rule is no defense for consequences that occur as a result of rule/regulation violations.

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 Match: All contest officials are to leave the field immediately at the conclusion of the match. Supervision of all post-match activities of any nature is not the responsibility of the match officials. Supervision of all post-match activities is the responsibility of the authorized institutional representatives of the participating schools.

Administrator at Varsity Matches: Recent bylaw passage **highly recommends that a school administrator be present at all varsity boys' and girls' soccer matches.** Coaches should note (and be prepared) that when no school administrator is present at games, they should be prepared to deal with administrative issues such as Crisis Management Plans, etc. With this now part of the OHSAA's Bylaws it is now REQUIRED that someone assigned by the school to be 'in charge' of the event in the event the Principal, Athletic Director, event manager or other individual is not in attendance at the event.

Rating and Voting for Officials

Make certain your contests AND officials' names are entered into the *Arbiter* data management system!

"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.

The OHSAA's General Sports Regulation 3 **requires** head coaches and Athletic Directors to Rate/Vote for officials. Failure to participate in the rating/voting process results in a fine.

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, 3 other categories of approved individuals **VOTE** for Officials. Those categories are: athletic administrators, each local Officials' Association and a group considered Leaders of Officiating.
2. District Athletic Boards utilize the various pools to assign officials to **sectional and district tournaments** in their respective Athletic Districts. The process of assignment from approved pools is at the discretion of each District Athletic Board.
3. The OHSAA Office utilizes the pools to assign officials to the **Regional and State Tournament**.

OSSCA
Ohio Scholastic Soccer Coaches
Association

OSSCA Officers

President

*John Johnson, Wadsworth High
School*

Executive Director

*Gary Avedikian, Hilliard
Davidson (ret.)*

Vice President, Honors

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The Ohio Scholastic Soccer Coaches' Association

The purpose of the Ohio Scholastic Soccer Coaches Association is to unify all soccer coaches in the state of Ohio, to promote high school soccer, to create an official line of communication with the Ohio High School Athletic Association (OHSAA), to foster higher standards of professionalism and ethics, and to maintain a strong contact with national, state, and local coaches organizations of soccer. The OSSCA Executive Board, consisting of the District Presidents and Officers of the OSSCA, meets at least 6 times yearly. The OSSCA is represented at each OHSAA Board of Directors' meeting.

Joining the OSSCA:

Memberships are available through the OHSBCA website at: <http://www.ossca.org/home.asp>

What the OSSCA does for You

1. Works to improve Soccer Regulations in Ohio
2. Develops and fosters relationship with the OHSAA
3. Works to improve soccer tournament sites
4. Maintains the OSSCA website at www.ossca.org
5. Conducts the State Coaches' Poll
6. Selects All-State Teams in each Division
7. Provides Scholarships to graduating sons/daughters of member coaches
8. Selects All-Academic awards
9. Honors coaches with Service and Victory Awards
10. Honors Assistant Coaches through the "Assistant Coach of the Year" honor
11. Works closely with Ohio State's Men's Soccer Coach to offer the annual OSSCA Soccer Clinic





Coaches' Code of Ethics

From the NFHS Soccer 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.

Soccer Player and Coach Ejection Protocol

No later than noon of the first SCHOOL day following an ejection, the officials are required to make contact with the Athletic Director or Principal of the violator's school to advise the administration of the ejection. Also, upon an ejection, the official **files a report ONLINE in the myOHSAA 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. After this written report that includes narrative is submitted:

- **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 match 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.
- **Effective the 2016-17 season** – Any Player OR COACH ejected from a scrimmage held prior to the start of the regular season are suspended from the **first regular season contest**. If the ejection occurs from a scrimmage held DURING the season, the player is suspended from the next regular season contest or OHSAA Tournament contest.
- 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**

Card Explanation (New in 2020)

NEW Double Yellow: “Any player or coach who receives two yellow cards in one game is disqualified and shall be ineligible for all contests for the remainder of that day. In addition, the player or coach shall be ineligible for all contests at all levels in that sport until one regular season/tournament contests is played at the same level as the disqualification.”

NEW: General Sport Regulation 14: Any student or coach ejected from a contest for fighting will now be ineligible for 4 games (rather than the previous penalty of 2 games). Fighting is defined by the NFHS as any attempt by a player or non-player to strike or engage an opponent in a combative manner unrelated to soccer. 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).

General

	Day of penalty	Games missed AFTER day of event
Yellow	Can still play	0
Double Yellow	Ineligible for remainder	1
Red	Ineligible for remainder	2
Red-Violent Conduct	Ineligible for remainder	4

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.

The OSSCA & Sportsmanship

Good Ohio Scholastic Soccer Coaches Association (OSSCA) stands tall in its commitment to good sportsmanship. The school-based experience is one that affords tremendous opportunities to student-athletes that they will remember for a lifetime. Those experiences are dependent on the role model the head coach provides. The OSSCA encourages all coaches to exhibit behavior that serves as a role model for the student-athletes we serve. In conjunction with the OHSA's Sportsmanship, Ethics and Integrity (SEI) Committee, the OHSCA annually selects a recipient of the SEI Award.

The Official's Role in Sportsmanship

In 2004 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 is at Stake
2. What is Expected, and,
3. What steps to Take



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.

The conclusion:

Sportsmanship is EVERYONE'S job and we are all partners in this endeavor.

Special Soccer Coaches' Note on Sportsmanship

Expectations need to be placed on team members relative to sporting behavior. High School soccer continues to grow and improve each and every year. I urge coaches 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 soccer.

During my years administrating sports, I have 'heard it all' and the most common response from ejected coaches is "*I was only sticking up for my players*". I can assure you that NO official has ever set out to degrade or disrespect the game of soccer and we ALL need to remember that the game is 'for the players'. I continue to urge you to keep that at the forefront of the leadership and guidance you are entrusted with. 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 or the boys/girls' playing 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

Yes, it may be an 'accepted' thing...a 'soccer thing'; a team runs across the field together to the opposite touch line at the conclusion of a game to share the joy of victory with other students. But...we are encountering more and more acts 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

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 finisher, a great centerback or a great goalkeeper. 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.

Sportsmanship Online Resources

On the OHSA's "Respect the Game" pages you will find **Fair Play Codes** for athletes, coaches, and fans, as well as additional information regarding **parents' role in interscholastic athletics**. The sportsmanship page also includes information about the Harold A. Meyer Sportsmanship Award and the Archie Griffin Sportsmanship Award. Please feel free to contact us with any additional questions. Please take time to visit this from the OHSA's website along with MANY helpful items previously mentioned on the NFHSlearn website at www.nfhslearn.com.

Important Sports Medical Information

The safety of our student-athletes is of utmost concern at all times. 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 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 <http://www.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.

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. 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

Ohio Department of Health Concussion Information Sheet

<http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Interscholastic%20Concussion%20Form%20-%20ODH%20Revised%202.ashx>

Online Concussion Management Training

<http://www.healthyohioprogram.org/concussion.aspx#Training>

Ohio's Return to Play Law: Frequently Asked Questions

<http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Frequently%20Asked%20Questions%20Updated%202513.ashx>

Ohio's Return to Play Law: What Coaches and Referees Need to Know

<http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Return%20to%20Play%20-%20What%20Coaches%20Need%20to%20Know%20-%20School%20Sports%20-%20Final.ashx>

Ohio's Return to Play Law: What Parent/Guardians Need to Know

<http://www.healthyohioprogram.org/~media/HealthyOhio/ASSETS/Files/injury%20prevention/concussion/Return%20to%20Play%20-%20What%20Parents-Guardians%20Need%20to%20Know%20-%20School%20Sports%20-%20Final.ashxx>

ADDITIONAL CONCUSSION RESOURCES

Ohio Department of Health, Violence and Injury Prevention Program - Sports/Recreation Traumatic Brain Injuries

<http://www.healthyohioprogram.org/vipp/child/tbi.aspx>

CDC Heads Up: Concussion in Youth Sports

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

<https://www.cdc.gov/headsup/schools/index.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

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

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/7-8th grade school
(Name of Student),
who was removed from a _____ (sport) contest at the _____ level (V, JV, 9th, 7-8th) 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

**Note: The school must retain this form indefinitely as a part of the student's permanent record. Medical Providers should
retain a copy for their own records.**

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 and refer to the Sports' Medicine dropdown menu for additional information.

Lightning and Inclement Weather-NEW from 2019

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

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.**
- **NFHS football playing rules allow the referee to shorten periods** per mutual agreement by the opposing coaches. In addition, by mutual agreement a game may be terminated at any time.
- **Contest managers are advised to monitor conditions** for others affiliated with the contest, like cheerleaders, band members, coaches, officials and especially spectators.
- **In football, if schools decide NOT to play a contest, it becomes an open date for both.** If one school desires to play but the other does not, there are no forfeits involved. Again, it would become an open date for both schools. However, schools do have the option to reschedule contests, and OHSAA regulations do permit schools to play more than one contest per week. There also are no OHSAA regulations that prohibit games from being played on Sundays. The same concepts apply to all other OHSAA sports.
- **Please review the OHSAA policy on inclement weather and lightning.** In short, upon the first indication that thunderstorm development is within 15 miles of the game site, the activity shall be suspended until 30 minutes after the storm has left this 15-mile zone. Individuals should move to a safe area until the storm has moved away.
- **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 following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991)

Below 64 - Unlimited activity

65-72 - Moderate risk

74-82 - High Risk

82 plus - Very high risk

One other method of measuring the relative humidity is the use of a sling psychrometer, which measures wet bulb temperature. The wet bulb temperature should be measured prior to practice and the intensity and duration of practice adjusted accordingly. Recommendations are as follows:

Under 60 F Safe but always observe athletes

61-65 F Observe players carefully

66-70 F Caution

71-75 F Shorter practice sessions and more frequent water and rest breaks

75+ F Danger level and extreme caution

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 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**

*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) includes a great deal of information that covers many of the inquiries we often receive. The website provides soccer 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.



OHIO HIGH SCHOOL ATHLETIC ASSOCIATION

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614-267-2502
FAX 614-267-1677
www.ohsaa.org

SPECIAL PERMIT REQUEST-Waiver to Uniform

Please complete and return to Kathleen Coughlin at kcoughlin@ohsaa.org

NFHS Soccer rules and OHSAA regulations permit schools to request a waiver to the Uniform Regulations in Rule 4-1-1 of the NFHS Soccer Rules Book. The waiver is granted 1 time per season for schools participating in a contest conducted for a specific cause, such as but not limited to "Kick for the Cure" events. Upon approval, the waiver will permit schools to wear an alternate colored jersey that may include the sponsoring event's logo but will still require all teams to meet the 'number requirements' outlined in Article 1 (i) of Rule 4, (6" player unique numbers on back of jersey).

Name of School Making Request:

Type of Event/Sponsoring Organization:

Nature of Request (sponsoring agency's logo on jersey, etc.):

Date of Contest:

Opponent:

Head Coach's Name:

Head Coach's Email:

Athletic Director's Name:

Email request to Kathleen Coughlin, Director of Sport Management, at: kcoughlin@ohsaa.org