



Ohio High School Athletic Association

TO: Soccer Coaches and Athletics Directors

FROM: Kate Barnett, Sport Administrator

DATE: August 24, 2023

SUBJECT: Boys and Girls Soccer In-Season Updates

OHSAA REGULAR SEASON REMINDERS

Heat Illness Prevention and Hydration Breaks

The OHSAA provides recommended guidelines for addressing heat and hydration breaks during contests. It is recommended that schools use the Wet Bulb Globe Temperature index parameters outlined in the Sport Medicine Regulations found [HERE](#). Both coaches are encouraged to discuss and agree on the plan for hydration breaks prior to the start of the match. Coaches may agree to reassess the temperature at halftime if the weather is predicted to change.

In addition to the OHSAA Sport Medicine Regulations, please feel free to use the following resources:

- The National Weather Service WBGT Forecaster is great for predicting and planning out practices and contests. Please know that this is not a replacement for reading an on-site wet bulb temperature (reading of the combined effects of air temperature, relative humidity, radiant heat and air movement). Here is the direct link: [National Weather Service - Graphical Forecast \(noaa.gov\)](https://www.noaa.gov/wbgt-forecast)
- While using a physical WBGT measuring device is strongly recommended, the Zelus app can be a good resource for coaches or site managers who do not have a WBGT measuring device with them. Again, it is not recommended that this replace a WBGT reading, as the most accurate reading is with a WBGT thermometer. The Zelus app can be downloaded on both Apple and Google Play.

Further, NFHS rule 7.1.2 states that periods may be shortened if mutually agreed upon by coaches provided it is determined to shorten the periods before the game or before the second half begins and all other remaining periods are the same length. Therefore, if teams agree to play shortened halves to manage heat conditions, they may do so.

Sportsmanship

The OHSAA is committed to establishing sportsmanship and developing healthy environments for competition. As coaches, administrators, and officials, you serve a role in education through sports to teach our youth and our communities to conduct themselves with sportsmanship and respect for opponents. Abusive language, racial comments or disorderly conduct is unacceptable and unwelcome. These acts are grounds for immediate ejection. You are encouraged to lead by example, and promote respect among your teams, spectators, and community.

MaxPreps RPI Calculation

After your matches, please be sure to update your scores in MaxPreps. The RPI data will be published on the OHSAA website beginning September 5th. **This information will only be available on the OHSAA website.**

Rating OHSAA Soccer Officials

As a reminder, please be sure to rate officials through your individual myOHSAA account. If you are not able to find officials, you may need to search for the assigned officials in DragonFly and then look them up in myOHSAA. If you have any questions, please contact [Lizzy Wilson](#).

Bench Personnel

The OHSAA does not have specific restrictions on the number of people and who specifically can be in the bench/team area. However, coaches are encouraged not to have young children in the bench area for safety reasons. If these young individuals are serving as ball collectors, please be sure they are wearing a pinnie and/or are educated on proper protocol for serving in the role during the match.

NFHS RULE CLARIFICATION

Q- Collar

The FDA has authorized marketing of a new device intended to be worn around the neck of athletes aged 13 years and older during sports activities to aid in the protection of the brain from the potential effects associated with repetitive sub-concussive head impacts. The non-invasive device is called the Q-Collar.

In 2022, the state rules meeting contained information authorizing the wearing of a Q-collar during play. The NFHS has gone on record approving this device, therefore, no written permission is required for this device to be worn during play.



OHSAA SOCCER EJECTIONS

	Match Suspension
Double Yellow Card	1
Red Card	2
Red Card for fighting	4

Note: Any player receiving one of the cards listed above shall be ineligible for all contests at all levels in that sport until the student has sat out the specified number above of regular season/tournament contests at the same level as the ejection.

Frequently Asked Questions

1. A player receives a red card in a Varsity soccer match and must serve a two-match suspension. Can the player play in the upcoming scrimmage that is scheduled before the next two Varsity contests?
 - A. No. Per the regulations, the player is suspended from all contests at all levels until the player has sat out two matches of the level the player received the ejection.

2. A player received a double yellow card in the JV soccer match. Can the player play in the upcoming Varsity soccer match that is scheduled before the next JV match?
 - A. No. Per the regulations, the player is suspended for all contests at all levels until the player has sat out one match of the level the player received the ejection.

3. A player received a red card in a Varsity soccer match and must serve a two-match suspension. The player also kicks for the football team. Can the player play in the football game on Friday?
 - A. Yes. The ejection in the same season is sport specific. The player may play in the football game but must sit out the next two Varsity soccer contests.

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