

Basketball Frequently Asked Questions

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

When does a Team's "No-Contact Period" actually begin?

Answer: There are TWO "No-Contact Periods" for basketball. One begins at the conclusion of THAT TEAM'S Season and runs for 28 consecutive days. For example, if a Middle School team's season ends on Friday, February 11, the 'no-contact period' would begin Saturday, February 12 for players on that team. The other "No-Contact Period" for basketball ends with Labor Day and begins 28 days (4 weeks) prior. Detailed written guidance on the "No-Contact Period" can be found at www.ohsaa.org/sports/bk/ReboundersReport/Basketball/No-ContactRule.pdf



Can Players Continue Weight Lifting Programs During a No-Contact Period?

Answer: Yes, but the **basketball coach cannot supervise/organize** the lifting programs/sessions. The No-Contact Rule prohibits coaches of that sport to have sport related contact during this time (weight lifting IS considered 'sport related contact').

If Our school Has a "Strength Coach" or a "Weight Room Supervisor", can basketball players continue lifting during a No-Contact Period?

Answer: Yes, and again, provided school basketball coaches are not present.

Can Middle School Players practice or play with High School players DURING the season?

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

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Can Middle School Players participate in Open Gyms at the High School level?

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

Can Middle School aged players participate with High School aged players in summer 'team camps' and 'shootouts'?

Answer: Yes. Just as above, the OHSAA Regulations that prohibit 7-8 graders from participating with 9-12 graders is only in effect during the season of play. Summer events or off-season events are not considered interscholastic contests by the OHSAA.

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

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

Can Players from another school participate with another school during summer "team camps" and "Shoot-outs"?

Answer: Yes. The OHSAA does not view "Team Camps" and/or "Shootouts" anytime out of season as any kind of a school event. They are considered "non-interscholastic" and may attended by anyone. It does NOT waive any of the Bylaw relative to 'Recruiting', however.

What can coaches do during an Open Gym?

Answer: Coaches may supervise during an open gym. Coaches may play during an open gym setting. Open Gyms cannot be made mandatory. Open Gyms **must** be 'free and unstructured play, so NO coaching may take place during an Open Gym. Open Gyms are defined in their entirety in Sports' Regulation #10. Language in the "Individual Instruction" regulation (General Sports Regulation 8.2) delineates the permissions in that regulation from those in Open Gyms.

What can we as coaches do during Conditioning Programs?

Answer: Conditioning programs cannot be made mandatory. Sports' Regulation #9 on page 70 of the OHSAA Handbook defines Physical Fitness/Conditioning Programs. Obviously, conditioning programs cannot be used as a 'disguise' for conducting out of season practices. Language in the "Individual Instruction" regulation (General Sports Regulation 8.2) delineates the permissions in that regulation from those in Conditioning programs.

What is actually meant by "Coaching"?

Answer: "Coaching" refers to ANY organizational or instructional contact with athletes by a basketball coach to basketball players. Specific activities include (but are NOT limited to) practice or other instructional situations in which the coach conducts specific drills, teaches skills, implies and supports an instructional environment without actually doing the coaching (i.e. "captains' practices").

Is the use of a training aid such as a "Shoot-a-Way" or "The Gun" considered coaching?

Answer: Yes. For the purposes of identification, it is expected that some form of instruction would take place while using these items in a school facility. As a result, they are identified in Sports Regulation 8.2 which permits their use – but within the confines of the "Individual Instruction Regulation" (General Sports Regulation 8.2).

In a "Summer League" if I sit on a bench during a game, does that constitute 'coaching'?

Answer: Yes. Sitting on the team bench or in the direct vicinity of the competition in areas reserved for coaches and or delivering instruction to athletes while they are competing IS coaching. Standing on the end of the gym floor at a 'relaxed' environment of a summer league game and barking out instructions.....is indeed coaching. Again, remember that ANY coaching that DOES occur can only occur between June 1 and July 31 outside the season of play.

In a "Summer League" can I 'attend' and watch players from my school play?

Answer: Of course. But.....watching is watching. Watching does not include giving instruction, substituting, etc. Don't confuse the two.

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

Answer: To work with student-athletes in any school program, an individual must receive his/her Pupil Activity Coaching Certificate through the Ohio Department of Education and be approved by the school's Board of Education. Once achieving these requirements, a volunteer falls under all Bylaws and Sports Regulations of the OHSA.

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

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

When CAN a player on my team participate in Non-Interscholastic Basketball?

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

How many players can play together on a Non-Interscholastic team such as AAU?

Answer: TWO (2). OHSA Sports Regulations limit the number of participants on any non-interscholastic roster to no more than 50% of those that make up a starting lineup of a team. In basketball, that magic number is 2. The only exception to this is explained on page 66-67 in Sports' Regulation 7.31 in which all members of the non-interscholastic squad are siblings (by blood or adoption) and no other player from the same school squad is a participant on the non-school team.

Can our team participate in a fundraiser game against a faculty or a team of local/area celebrities outside the season of play?

Answer: Yes they can, however, any event such as that between the end of the season and June 1 that has more than 2 players from the same school would be in violation of Sports Regulation 7.31 that limits the number on any one team out of season. So, it CAN be done, but there is a limit of 2 individuals that played for the same school 9-12 teams the previous season. Graduating senior would not count in this total.

If our school has 2-8th grade teams, are we permitted to have 4 total players from our school on a non-interscholastic team (AAU/Travel)?

Answer: No, UNLESS your 2 separate 8th grade teams are in 2 separate middle schools. For example, if you have Jones Middle School and Smith Middle School, you COULD have 2 from "Jones" and 2 from "Smith" on the same non-interscholastic team. If you have both 8th grade teams in the same building, you are strictly limited to the 2 from that particular school, regardless of how many teams you have.

Is the above true for 3 on 3 Tournaments such as "Gus Macker" (and like) tournaments?

Answer: No. Players may participate in organized "3 on 3 TOURNAMENTS" (such as Gus Macker Tournaments) in excess of the 50% limitation (2 in basketball). The permission is now written into the Basketball Sports Regulations and reads: "*Participation in "3 on 3" tournaments (such as but not limited to "Gus Macker" tournaments) is not a violation OHSA non-interscholastic Team Sports Regulation 7.31 for student-athletes*". This is NOT a permission for coaches to conduct "3 on 3" coaching sessions, drills or practices.

How are players 'classified' when in Middle School/Junior High and High School relative to playing on non-interscholastic teams?

Answer: Players are considered middle school/junior high until the beginning of their 9th grade year and are considered separate as it relates to participating on non-interscholastic teams. For example; 2 - 8th graders could participate on an "AAU" (non-interscholastic) team along with 2 - 9th graders from the same school. They are considered separate. Please keep in mind this cannot occur during the season of play.

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

Answer: TEN (10) anytime there are more than 4 individuals (players from last year's team or NOT). From June 1 – July 31, a coaching staff is permitted to coach a total 10 days, known as 'instructional days'. These days are designed as "Team Instructional Days" and are afforded to coaching staff's for that reason. The newly implemented (2013) General Sports Regulation permitted INDIVIDUAL instruction was added to provide an opportunity for individual skill instruction while leaving the "Team Instruction" time intact.

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

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

How about if I coach a team that consists of only 2 players from my school team (during June and July)?

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

Does each member of my staff receive 10 separate days?

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

Do Volunteers count in the 10 day total?

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

If my son or daughter plays on an AAU or Non-Interscholastic team, can I coach them if I am a school coach?

Answer: Only during the June 1 – July 31 period of time. Coaching one's own players is prohibited outside the season other than those dates and no exception is provided for families.

But if the General Sports Regulation 8.6 now permits instruction to 4 or less individuals, wouldn't this permit me to coach my son or daughter playing on an AAU or Non-Interscholastic team if I am a school coach?

Answer: No, the language of "8.6" permits individual skill instruction when *4 or less are present in all combined facilities*. So, even though there may only be 2 individuals from the same school on an "AAU" team, there are still more than 4 present which would prohibit this outside the season and outside of June/July.

Can a Junior High coach from my district coach HIGH SCHOOL players in non-interscholastic basketball (such as "AAU") outside the season of play?

Answer: Yes...IF the supplemental contract the Junior High coach signs does not require him/her to coach additionally during practice at the high school level (and most do not stipulate that). Simply look at the contract you sign....and if does not stipulate that, then you ARE permitted to do so.

Can a High School coach from a district coach JUNIOR HIGH players in non-interscholastic basketball (such as "AAU") outside the season of play?

Answer: Yes...IF the supplemental contract the High coach signs does not require him/her to coach additionally during practice at the junior high school level (and most do not stipulate that). Simply look at the contract you sign....and if does not stipulate that, then you ARE permitted to do so.

We have incoming 7th graders that want to play in a fall basketball league. What rules affect them?

Answer: None of the OHSAA Sports Regulations regulate 7th graders until they establish themselves as a member of a school basketball team. As a result, they may play on teams without regard of the "50% limitation".

On non-interscholastic teams, can 2 boys from a school play along with 2 GIRLS from the same school and still meet the requirements of the "50% Rule" (Sports Regulation 7.31) when players participate in non-interscholastic basketball?

Answer: Yes. Since boys' and girls' teams are separate, the 50% limitation (Sports Regulation 6.5) separates boys' teams from girls' teams.

We have a "home schooled" player who lives in the district and would like to play for our school. Can he or she?

Answer: Yes, effective August 2013. STATE LAW now affords a home schooled individual the opportunity to participate in extracurricular activities at the school where he/she resides. Nothing in the law exempts them from required "physical forms", attendance at required pre-season meetings or tryouts.

We have a Foreign Exchange Student who would like to participate on our basketball team. Can he or she do this?

Answer: Again, it depends. All foreign exchange students must have their eligibility approved through the Commissioner's office. No foreign exchange student is eligible until approved by the Commissioner. Approval should be sought by your school administration with the OHSAA.

Complete BASKETBALL Regulations may be found at the following link: <http://www.ohsaa.org/sports/rglts/BSK.pdf>

Complete GENERAL Regulations may be found at the following link: <http://www.ohsaa.org/sports/rglts/GeneralSportsRegulations.pdf>