



Ohio High School Athletic Association

“The Individual Instruction Regulation”

OHSAA General Sports Regulation 8.6

Effective September 3rd, 2013

As you may know by now, the OHSAA’s Board of Directors passed a major change to the General Sports Regulations that now permits school coaches the opportunity to provide **INDIVIDUAL SKILL** instruction outside the season of play, which is in addition to the previously permitted June 1 to July 31 period. This being such a major change, it is our intention to clearly and concisely provide the necessary information to all Athletic Administrators and Head Coaches of **TEAM** sports to educate everyone and provide clear interpretations for every possible scenario that would fall under this newly adopted regulation. It is important to understand this regulation was adopted after proposals from several coaches associations to permit instruction in individual skills. It was not designed to be a required workout program nor any extension of the regular season practice.

The regulation is General Sports Regulation 8.6 and states:

Interscholastic coaches in the team sports of baseball, basketball, cross country, field hockey, football, ice hockey, soccer, softball, track & field, volleyball and wrestling may provide individual instruction anytime outside the season of play outside the defined no-contact periods.

Individual instruction is defined as no more than four individuals present at one time in all combined facilities where the instruction is taking place.

This communication is an effort to provide you with detailed information as well as a ‘tool’ to assist with communicating this to your paid and volunteer coaches. To communicate this in the best manner possible, we are asking that you:

Go to the following link and watch the short (10 minute) presentation that will explain the regulation and allow the downloading of two important documents. This is available at:

<http://ohsaa.articulate-online.com/4244037503>

1. This presentation is done in the same format as our Online Rules Meetings and not available to be viewed on a tablet or smartphone.
2. There are two documents the presentation will ask you to download. Please download these and **review** these with **ALL coaches in your district – both paid and volunteer.**
3. Please forward the link to the presentation to each coach in your system. **This is a quick and easy method for them to learn all the parameters of the regulation, the purpose of its adoption and the consequences of violations.**

This information was also reviewed extensively in the required Rules Interpretation meetings prior to the 2013-14 season.

Now that we have cycled through one basketball season many schools will utilize this Sports Regulation during the off-season. There needs to be a sensitivity to other sports since ANY team sport out of season can utilize this. The recommendation for this regulation included a belief that SCHOOLS could better monitor and provide limitations on time rather than the OHSAA. MANY schools have done just that - set limitations on how many times per week or how many hours at a time coaches may offer this in the school facilities.

This regulation became effective **September 3, 2013**.