



Ohio High School Athletic Association

“The No-Contact Period” OHSAA General Sports Regulation 11 Soccer

All team sports are required to observe a “No-Contact Period” for their sport. Sometimes known as a “Dead Period”, the time period is different for different sports. The fundamental purpose of this “No-Contact Period” is to give student-athletes a time to ‘get away’ from a long season that just ended while also protecting the start-up period for the next season’s sports and therefore encouraging multi-sport participation. Below is an overview of the “No-Contact Period” and its effect on coaches and players for **Boys’ and Girls’ Soccer**.

1. Boys’ and Girls’ Soccer teams must observe a ‘no-contact period’ beginning the day following the last contest of the season and continuing for 28 days after the last contest for that sport’s team.
2. During a No-Contact Period, board approved 7-12 school coaches are not permitted to have sport related contact with players that played for their school teams (7-12) during the previous season. This “sport related contact” includes – but is not limited to:
 - Conducting Open Gyms/Open Fields/Open Facilities for individuals that played for the school teams (7-12) the previous season.
 - Physical Conditioning Programs
 - Viewing Video/films
3. The No-Contact period that begins at the end of the team’s sport season (and continues for 28 days) is ‘team specific’. In other words, the 28 day No-Contact period begins for freshmen as soon as the freshmen schedule is complete.
COMMENT: If a freshmen ‘moves up’ and practices with or plays with the varsity tournament team, the 28 day No-Contact Period begins upon the varsity team’s season concluding. Likewise for any other sub-varsity (JV) player doing the same.
4. Weight programs may continue for players but NOT conducted by the coach of that sport.
COMMENT: Many schools have ‘strength coaches’ and monitor the weight room. If the Strength Coach, or Weight Room supervisor is a person different from the coach of the sport, individuals may be part of the school’s athletic weight program, however, none of the school’s 7-12 school basketball coaches may be present.
5. There are no differences between paid and volunteer coaches relative to OHSAA Sport Regulations. Thus, paid coaches and volunteer coaches are bound by the same regulations regarding No-Contact Periods.
6. There is NO waiver provided for school coaches to coach their own sons/daughters in team play during any No-Contact Period.
EXAMPLE: The head boys’ soccer coach at Ronald Regan High School has a son that plays on the “Team Earth Red/Blue Elite Premier Superstar Intergalactic” Travel Soccer team. The head coach served as the head coach of that travel team between June and July and wants to start the team up now that the school soccer season has ended. He is NOT permitted to do that as he must comply with the No-Contact Period whether it is his son or not. He is given no exception to coach his son in team play outside the season.
7. School Administrators are expected and required to monitor compliance as a condition of membership in the OHSAA.

The purpose of the “No-Contact Period” is essentially 2-fold:

1. Give the kids a break! The season is a long season and mentally and physically players should get a necessary break.
2. To permit the next sport season to begin without undue influence on soccer players prohibiting them from participating in a spring sport.