No-Contact Period for Softball
A reminder that the No-Contact Period for softball runs through the entire month of August (August 1 – August 31). No contact means no contact—this includes, but is not limited to, open gyms/fields, physical conditioning programs and viewing film. The No-Contact Period is for all school coaches, whether paid or volunteer.

Note: Supervision of the weight room is permitted during the No-Contact Period. Nothing but supervision is permitted, so no instruction or anything softball related is allowed.

Coaching Out-of-Season Softball & “Fall Ball”
Per General Sport Regulation 7.5, school coaches may now coach fall ball teams that include players from your own school. A few reminders:

1. You are not able to coach a fall ball team with players from your school during the No Contact Period (8/1 – 8/31).
2. There is still a 4-player limitation from your school on the fall ball team.
3. You cannot rotate the 4 players on your roster in separate games or tournaments. In other words, your permission to coach a team that consists of 4 players from your school does not give you the permission to use 4 different players one game, and 4 other players in the next game. This ruling stands whether you are coaching the non-school team or not, rotating 4 players is not permitted in out-of-season softball.
4. The 4-player limitation is always based on the previous school softball season.
5. If you have incoming Freshman that did NOT play for their junior high school softball team, they do not count in the 4-player limitation. They would count in the 4-player limitation once they have competed in a contest for your school.

Scenario #1: I am a softball coach at a high school and want to coach a fall ball team. As of August 1, 2019, I have 4 players that are incoming sophomores and 4 players that are incoming freshman that I would like to play on my fall ball team. The 4 players that are incoming freshman did NOT play on a junior high school softball team.

Ruling #1: This coach could have the 4 players that are incoming sophomores and the 4 that are incoming freshman, since the incoming freshman did not play for their junior high school softball team.

Note: In Scenario #1, if the incoming Freshman did play for their junior high softball team, they would count in the 4-player limitation.

6. If a student athlete did not play for a school team the previous softball season, they do not count in your 4-player limitation.

Scenario #2: I am a softball coach at a high school. I have 6 players from my high school that are hoping to play on my fall ball team. 4 of the players played school softball in Spring 2019, but 2 of them did not.

Ruling #2: This coach is permitted to have the 6 players from their school play for the fall ball team, since there is no limitation to players that did NOT play for the school team the previous softball season and only 4 on the team DID play.

Individual Instruction Regulation
Per General Sport Regulation 8, the purpose of the Individual Instruction rule was to provide coaches the opportunity to offer individual skill instruction outside of the season and the No-Contact Period. Please read the main parameters to this regulation:

1. Instruction is defined as when the techniques and skills of the sport are being taught.
2. It must be skill instruction only—it cannot be team play.
3. There can be no more than 4 players present at one time in any facility where the instruction is taking place. For example, you could not have 4 players receiving instruction out on the softball field and 4 separate players receiving instruction in the gym.
4. There is no limit to the number of coaches that may be present.
5. Individual Instruction cannot be required of your student athletes.

Open Field/Open Gym
The main component of an Open Gym or Open Field is that it must be free and unstructured play. There can be no instruction, no hitting ground balls, no rotating into the batting cages, etc. Your only options are to supervise or to participate in play. If you wish to provide instruction during the off-season, please reference the Individual Instruction rule.
Softball Proposal
The Coaches Association will be making their proposal regarding the 10-day coaching regulation to our Board of Directors on August 7. The Board will receive all the information and ask any questions at that time. They will then be given time to consider the proposal and will take action to either approve or deny this proposal at the October 24 Board Meeting. I will send an update at that time.

Lauren Prochaska
Director of Sport Management – Softball
E: lprochaska@ohsaa.org B: (614) 267-2502 x 127