



# THE OHIO HIGH SCHOOL ATHLETIC ASSOCIATION

## Information for 2020–21 Meetings





# Why Interscholastic Athletics & OHSAA Beliefs





- **Why Interscholastic Athletics & OHSAA Beliefs**

- ▶ Participation in interscholastic athletics programs is educational in nature and:
  - **Complements** your school experience.
  - **Fosters** a sense of community and teaches lifelong lessons of hard work, teamwork, citizenship and discipline.
  - **Promotes** a lifetime appreciation for sports and healthy lifestyles.



- **Why Interscholastic Athletics & OHSAA Beliefs**

- ▶ Participation in interscholastic athletics programs:
  - Helps prepare you for the next level of your life as a responsible adult and productive citizen. Interscholastic athletics programs are not designed to prepare you for the next level of sports.



- **Why Interscholastic Athletics & OHSAA Beliefs**

- ▶ The educational components of participation in interscholastic athletics programs make it unique.
- ▶ School programs are unlike many other non-school organizations that promote free player movement, the athletic development of the individual and provide a showcase for those individuals.



- **Why Interscholastic Athletics & OHSAA Beliefs**

- ▶ Participants in interscholastic athletics programs should engage in a well-rounded experience that includes participation in a multitude of extracurricular activities.
- ▶ In interscholastic athletics:
  - Student academic achievement and success take priority over athletics achievement and success.
  - The success of a team is more important than individual awards.
- ▶ Participation in interscholastic athletics programs is a privilege, not a right.



# Basic OHSAA Rules & Regulations





## • General OHSAA Eligibility Standards

- ▶ Eligibility rules exist to help maintain competitive balance in school sports and to promote the purpose of education-based athletics.
- ▶ As a student-athlete, YOU are primarily responsible for your compliance.
- ▶ Besides OHSAA regulations, your school also has the authority to establish additional academic standards and codes of conduct.



## • General OHSAA Eligibility Standards

- ▶ In order to maintain eligibility, you must be officially enrolled in an OHSAA member school, or participating in accordance with state law, and you must have a biological and/or adoptive parent who lives in Ohio.
- ▶ You shall not be eligible if you are competing under a false name or have provided your school with an incorrect home address.
- ▶ You may not be eligible if you have been recruited to attend this school.



## • OHSAA Scholarship Standards

- ▶ All incoming ninth graders must have received **passing grades in a minimum of four** subjects in the immediately preceding grading period. All grades must be recorded in a student's academic record.
- ▶ To maintain eligibility, high school students must have received **passing grades in a minimum of five one-credit courses**, or the equivalent, in the immediately preceding grading period.



- OHSAA Scholarship Standards

- ▶ All incoming seventh graders are eligible insofar as the scholarship bylaw regardless of previous academic achievement.
- ▶ To maintain eligibility, 7<sup>th</sup>–8<sup>th</sup> grade students must have received **passing grades in a minimum of four classes** in the immediately preceding grading period.



## OHSAA Scholarship Standards

- ▶ Students taking College Credit Plus must comply with OHSAA scholarship standards.
- ▶ All students participating via state law that permits home educated, non-public, community and STEM school students to participate at public schools, when their schools do not offer the sport they wish to play, must also comply with OHSAA scholarship standards.
- ▶ Semester and yearly grades have no effect on OHSAA eligibility unless your school provides grades only at the end of a semester or school year pursuant to Board of Education policy.



## • OHSAA Scholarship Standards

- ▶ To attempt to regain OHSAA eligibility, summer school grades, College Credit Plus and other educational options (e.g. work permitted after the conclusion of the grading period) **shall not** be used to bring a student into compliance with the OHSAA scholarship bylaws, nor can they be used to compensate for the lack of courses taken in the preceding grading period.
- ▶ **If you drop a course or change your schedule, it is critically important that you contact your principal or athletic administrator to see if this affects your eligibility.**
- ▶ The OHSAA has no minimum grade point (GPA) requirement, thus issues regarding eligibility when only the state-mandated GPA is of concern are strictly a local school district matter and not an OHSAA matter.



- **OHSAA Semester Standards**

- ▶ No high school student will be eligible if he or she has been enrolled in high school for more than **eight** semesters.
- ▶ No 7<sup>th</sup>–8<sup>th</sup> grade student will be eligible if he or she has been enrolled in 7<sup>th</sup>–8<sup>th</sup> grade for more than **four** semesters.



## • OHSAA Age Standards

- ▶ High school students will be ineligible whenever they turn 20 years old.
- ▶ Seventh- and eighth-grade students who turn 15 before August 1st are also ineligible for 7<sup>th</sup> and 8<sup>th</sup> grade sports but **MAY BE** eligible to participate in high school athletics.



- **OHSAA Non-School Team and Program & Out-of-Season Standards**

- ▶ You will be ineligible if you are a member of a school team competing on a non-school team in the same sport during your school team's season (example: club soccer team during school's soccer season).
- ▶ Coaches and schools cannot require that you participate in an open gym/open facility OR in a conditioning or instructional program. Violations of this regulation will result in penalties.



- **OHSAA Non-School Team and Program & Out-of-Season Standards**

- ▶ There are certain restrictions regarding tryouts, practices and competitions with non-school teams before, during and after the school season.
- ▶ There are also restrictions for instruction you can receive from school coaches outside of your season in an OHSAA team sport (baseball, basketball, field hockey, football, ice hockey, lacrosse, soccer, softball and volleyball) and some OHSAA individual sports (cross country, track & field and wrestling).
- ▶ There are no restrictions for instruction you can receive from school coaches outside of your season in all OHSAA individual sports (bowling, cross country, golf, gymnastics, swimming & diving and tennis, track and field and wrestling).



- **OHSAA Amateur Standards**

- ▶ You could lose your amateur status and forfeit your eligibility if you compete for money or other monetary compensation OR capitalize on your athletic fame by receiving money, merchandise or services or by entering into an agreement with a professional team or agent.



## • OHSAA Transfer Standards

- ▶ Once eligibility has been established at a member high school, a transfer to a different high school may mean you will lose eligibility for interscholastic athletics for a period of time at your new school. For specifics on the period of ineligibility, visit [www.ohsaa.org](http://www.ohsaa.org).
- ▶ This regulation has several exceptions, most of which require a ruling from the OHSAA Executive Director's Office.



## • OHSAA Transfer Standards

- ▶ Should you have transferred to this school, you must ensure all applicable paperwork has been submitted to the OHSAA AND the state office has granted approval for eligibility.
- ▶ Full eligibility will be granted only if one of the exceptions to the OHSAA transfer regulation has been met.



## • General OHSAA Eligibility Standards

- ▶ There **ARE** exceptions to some OHSAA regulations. If you believe you qualify for an exception or you have questions pertaining to your eligibility or about any of the regulations, **please consult with your school principal or athletic administrator.**
- ▶ Ask your school principal or athletic administrator to discuss any unresolved issues with the administrators in the OHSAA office who handle eligibility issues.
- ▶ You can also review all OHSAA regulations on eligibility standards by going to the OHSAA website at [www.ohsaa.org](http://www.ohsaa.org).



# Your Health & Safety





## • Your Health & Safety

- ▶ Before the season's first practice (or prior to your first participation should you join the team after the season has started), you must have had a physical examination within the past **13 months** AND an examination clearance form must be on file at the school.
- ▶ Physical examinations are valid for 13 months from the date of the exam. Exams taking place from May 1 to June 1 are valid for one year plus through the end of the next school year's spring season.



## • Your Health & Safety

- ▶ Athletic participation forms shall be signed by a medical examiner (Physician [M.D., D.O. or D.C.], Advanced Nurse Practitioner or Physician's Assistant), the participant and by a parent or guardian.
- ▶ In addition, you will not be eligible unless you and your parents have signed the OHSAA Authorization Form; the OHSAA Eligibility & Authorization Statement; the Ohio Department of Health's (ODH) concussion form, and ODH's sudden cardiac arrest form, all of which must be on file at your school.



## • Concussions

- ▶ It is **EXTREMELY** important for everyone involved in school sports to recognize the potential dangers associated with concussions and review their responsibilities in protecting student-athletes.
- ▶ Concussions are **NOT** just a problem in football . . . concussions can happen in just about any sport!
- ▶ A concussion is a traumatic brain injury that interferes with normal function of the brain. “Dings” and “bell ringers” are **SERIOUS** brain injuries and you do **NOT** have to have loss of consciousness for it to be considered serious. Young athletes are at increased risk for serious problems.



- **Concussions**

- ▶ In Ohio, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion . . . such as loss of consciousness, headache, dizziness, confusion or balance problems . . . shall be **IMMEDIATELY** removed from the contest or practice and **shall not return to play that same day.**
- ▶ Thereafter, the student shall not return to practice or competition until cleared with **WRITTEN AUTHORIZATION** from a physician or health care provider approved by the local board in accordance with state law.



## • Concussions

- ▶ Each school is required to review its concussion management protocol with participants and their parents.
- ▶ In addition, participants and parents must review and sign the Ohio Department of Health's "Concussion Information Sheet" prior to participation and are highly encouraged to review a short presentation on concussions available at no cost ([www.nfhslearn.com](http://www.nfhslearn.com)).



- **Concussions**

- ▶ While return-to-play policies are very important, parents must also work with school administrators and teachers in developing concussion management guidelines for student-athletes who have been concussed and are returning to the classroom (i.e. Return to Learn).



## • Sudden Cardiac Arrest

- ▶ Sudden Cardiac Arrest (SCA) is the most common cause of death among student-athletes, and dizziness, loss of breath and a racing heart are often symptoms that are overlooked. In many cases, recognizing the signs of cardiac trouble means student-athletes can continue their athletic participation.
- ▶ Participants and parents are required to view the Ohio Department of Health's sudden cardiac arrest video that may be shown at your school.
- ▶ In addition, participants and parents must review and sign the Ohio Department of Health's "Sudden Cardiac Arrest Information Sheet" prior to participation.



- **Additional Health & Safety Guidelines**

- ▶ The OHSAA does not permit the use of any form of alcohol, tobacco (including electronic cigarettes) or illegal drugs.
- ▶ Besides the health risks involved, use of any of these items will result in students being disqualified from contests and violators likely facing additional school and legal penalties.



## • **Additional Health & Safety Guidelines**

- ▶ Another prominent issue is the use of performance enhancing supplements.
- ▶ The increased availability of these items allows students easy access to a wide variety of products aggressively marketed to include promises — endorsed by faulty research claims — of extraordinary weight loss, explosive power or tremendous strength gains.
- ▶ It is important for parents to educate themselves about what substances their child may be using and about the potential risks involved with uneducated supplement use.



## • Additional Health & Safety Guidelines

- ▶ Beyond performance enhancing supplements, there are additional issues related to illicit drugs, such as anabolic steroids and some prescription drugs used with the goal of aiding performance.
- ▶ Use of these drugs will result in disqualification from all interscholastic athletics.
- ▶ The OHSAA website ([www.OHSAA.org](http://www.OHSAA.org)) provides a wealth of information to assist parents, coaches, students and anyone interested in learning more about sports medicine and healthy lifestyles.



# Sporting Behavior

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- **Respect The Game**

- ▶ The OHSAA's vision for positive sporting behavior is built on expectations. It calls on the school community — administrators, contest officials, coaches, students, parents and fans — to strive for positive sporting behavior in everything they do by teaching the values of ethics, integrity, equity, fairness and respect.
- ▶ As a student-athlete, you must always remember to Respect The Game!



- **Respect The Game**

- ▶ That means you are expected to accept the responsibility and privilege of representing your school and community while participating in school sports. You are expected to:
  - Treat opponents, coaches and officials with respect.
  - Ensure that your actions do not incite fans or other participants or attempt to embarrass, ridicule or demean others.



# More on the OHSAA





- **Organization Helping Student-Athletes Achieve**

- ▶ Like the other 816 public and non-public high schools and approximately, 760 7<sup>th</sup> and 8<sup>th</sup> grade schools, your school has volunteered to become a member of the Ohio High School Athletic Association.
- ▶ Ohio is one of the top ranked states in the country with over 350,000 high school students competing in 26 sanctioned sports.



- **Organization Helping Student-Athletes Achieve**

- ▶ For many of you, playing on your school teams may be the last time you will participate in competitive athletics.
- ▶ The OHSAA wants to make sure your time as a high school student-athlete is meaningful and memorable.



- **Organization Helping Student-Athletes Achieve**

- ▶ Key OHSAA initiatives:

- Establishing and regulating regular season and tournament standards in order for competition to be fair and equitable.
- Administering exceptional post-season tournaments.



- **Organization Helping Student-Athletes Achieve**

- ▶ Other key OHSAA initiatives:

- Maintaining the longest-serving sports medicine advisory group in the USA to support health and safety oversight for student athletes
- Licensing, registering and training nearly 15,000 contest officials.
- Ensuring coaches are certified to work with student-athletes through an ongoing coach education program.



- **Organization Helping Student-Athletes Achieve**

- ▶ The OHSAA has had a tradition of excellence for over 100 years, with our ultimate purpose to promote lifetime values, good citizenship, academic success, ethics and fair play in safe and sporting environments.
- ▶ For more information and additional resources, visit the OHSAA website ([www.OHSAA.org](http://www.OHSAA.org)) and follow us on Twitter ([twitter.com/OHSAASports](https://twitter.com/OHSAASports)) and Facebook ([facebook.com/OHSAA](https://facebook.com/OHSAA)).
- ▶ Have a great season!