

The Oregon High School Lacrosse Association (OHSLA) follows the Oregon School Activities Association's (OSAA) Practice Limitation Rules governing coaching staff contact with players during the off-season.

Per OHSLA web site (<https://ohsla.net/#Article1>), Oregon high school lacrosse will follow the OSAA Practice Limitation Rules.

From OSAA web site (http://www.osaa.org/governance/handbooks/osaa#_Toc456100420), the Practice Limitation Rules for 2019-2020 are as follows:

Closed Period . The Closed Period for out-of-season team sports begins on the first practice date of each Fall, Winter, and Spring season. Dates shall follow the NFHS Numbered Calendar, as adopted by the OSAA. The Closed Period shall last six weeks. **During the six weeks Closed Period, conditioning is the only activity allowed between out-of-season coaches and student (s) from their high school.** Conditioning is defined as a session where students work on physical fitness and conditioning by use of weights, running, and/or exercises. Conditioning does not allow for the use of individualized and specialized sports equipment or apparatus, including but not limited to: balls, bats, protective equipment, blocking dummies, batting cages, charging sleds and other implements related to specific OSAA activities. Participation in conditioning activities must be optional.

Open Period. The Open Period for all out-of-season team sports begins on the first Monday following the six-week Closed Period and ends when the next OSAA defined season begins. Dates shall follow the NFHS Numbered Calendar, as adopted by the OSAA. **Fundamental skill development with an unlimited number of the school's student-athletes is allowed for a maximum of six hours each week per program.** All open facility times shall be included in the weekly limitation. It shall be a violation of the Practice Limitation Rule (6A, **5A** Pilot) if there is any attempt by a coach during the Open Period to coach student-athletes from his/her high school in a contest in the activity he/she coaches at that high school. For the purpose of this rule, a contest is any event (practice, scrimmage, game, etc.) that involves anyone other than the students at your high school. While boys and girls basketball (and soccer) are examples of the same sport, for the purpose of this rule they are considered different activities. Participation in Open Period fundamental skill development and/or conditioning must be optional. NOTE: The use of football protective equipment is prohibited from the conclusion of a school's regular and/or post-season until the end of the Association Year as outlined in Rule 6.6. This does not prohibit an individual student from using football protective equipment owned by the school when attending camps/clinics not organized by any member school personnel.

E. Dates for the 2019-20 School Year.

1) OSAA Fall Season.

- a) Official Practices begin for Fall Team Sport Coaches - Monday, **August 19** (Week 7).
 - b) Closed Period for all Winter and Spring Team Sport Coaches - Monday, **August 19** - Sunday, **September 29** (Weeks 7-12).
 - c) Open Period for all Winter and Spring Team Sport Coaches - Monday, **September 30** - Sunday, **November 17** (Weeks 13-19).
 - d) Coaching Ends for Fall Team Sport Coaches - ***On the cut-off date or when all state championship contests have concluded for that school in that sport .***
- 2) **OSAA Winter Season.**
- a) Official Practices begin for Winter Team Sport Coaches - Monday, **November 18** (Week 20).
 - b) Closed Period for all Fall and Spring Team Sport Coaches - Monday, **November 18** - Sunday, **December 29** (Weeks 20-25).
 - c) Open Period for all Fall and Spring Team Sport Coaches - Monday, **December 30** - Sunday, **March 1** (Weeks 26-34).
 - d) Coaching Ends for Winter Team Sport Coaches - ***On the cut-off date or when all state championship contests have concluded for that school in that sport .***
- 3) **OSAA Spring Season.**
- a) Official Practices begin for Spring Team Sport Coaches - Monday, **March 2** (Week 35).
 - b) Closed Period for all Fall and Winter Team Sport Coaches - Monday, **March 2** - Sunday, **April 12** (Weeks 35-40).
 - c) Open Period for all Fall and Winter Team Sport Coaches - Monday, **April 13** - Monday, **May 25** (Weeks 41-47).
 - d) Coaching Ends for Spring Team Sport Coaches - ***On the cut-off date or when all state championship contests have concluded for that school in that sport .***
- 4) **OSAA Summer Season.**
- a) Summer Season for Fall, Winter, and Spring Team Sport Coaches - Tuesday, **May 26** - Sunday, **August 16** (Weeks 48-6)
 - b) Moratorium Week - Sunday, **July 26** - Saturday, **August 1** (Week 4)