

# OSSAA

## Camps/7-on-7/Training Rules & Regulations



# OSSAA



## Camps

- The OSSAA defines any training session/skill development with **two or more** participants a camp.
- No camp can take place on any member school site after the close of football season until the last day of school. This includes outside organizations that want to rent member school facilities to put on a camp. Additionally, no camp can be held on a member school site after July 15th (Grades 7th-12th).
- Camps **ARE** allowed for students in 6th grade and below anytime during the school year on a member school site.

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## Skill Development Training Sessions

- Skill development sessions (QB training / OL training / WR training / etc.) are not allowed to take place outside of the one hour of allowed training as part of the athletic/PE period.
- Skill development training sessions conducted off member school sites can be conducted by school personnel or an outside agent.
- Coaches who work off site training sessions are not limited to which athletes they can work with; they can train athletes from their school or other schools. Training **can not** take place at any member school site.

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## Strength and Conditioning Training

- The OSSAA defines strength and condition session as training in which the athlete receives no sport specific or skill development instruction.
- Strength training sessions can be conducted by school personnel or an outside agent on a member school site. Participation in the training session is not limited to just secondary students **but it can only be for students who attend your school district.**
- Strength and conditioning sessions can occur in large groups with any age group and anytime throughout the year, with the exception of Dead Week.



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## 7 - ON - 7



- The OSSAA does not allow coaches to coach a non-school 7-on-7 team anytime during the school year or during summer activities. Coaches can coach their school team during the summer activity window.
- The OSSAA recognizes and defines anyone associated with a school team, in any capacity, a coach. This includes volunteer coaches, non-paid coaches, Friday night analysis, etc.
- Coaches MAY coach a non-school 7-on-7 team if they are 6th graders and below.
- Summer time 7-on-7 must be completed by July 15th.

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## Sanctions for Violations



- It is the shared responsibility of the Head Coach and the Athletic Director to clearly communicate program information and expectations to all affiliated parties. In the event of an infractions, the Head Coach of the program may be held accountable, even if he is not directly involved in the violation.
- Sanctions for violations may include, but aren't limited to: suspension of spring practices and/or Team Camp, suspension from fall practices and/or suspension from games for the 2025 season.

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## Q & A

- Q: Am I allowed to coach my own (biological) son on a 7-on-7 team?  
A: Only if he is in 6th grade or below
- Q: Am I allowed to host a 7-on-7 tournament as a fundraiser?  
A: Yes, as long as there are no member school coaches participating
- Q: Am I allowed to participate or host a camp that isn't on a member school facility?  
A: Yes, any camp not held on a member school facility isn't regulated by the OSSAA.
- Q: Am I allowed to provide Strength and Conditioning training sessions for middle school students outside of their regular school day?  
A: Yes, those training sessions can be held anytime throughout the school year(excluding Dead-week) for students of all grades.