



OGLA 'Rule of 5'

1.) Coaches may only work with up to five of their high school team players during the lacrosse offseason:

- **OSAA 2017 Moratorium Week:** July 23rd – 29th (school sponsored sports teams may have no contact with athletes)
- **2017/18 OGLA off season dates:** July 23rd, 2017 – February 26th, 2018 – **Rule of 5 applies**
- Check with your AD as some schools will still follow the OSAA "Rule of 2"
- One time waivers will no longer be granted.

2.) Coaches may not coach any 'special tournaments' (December to Remember, UO 7 v 7, etc.) that their high school team may participate in during the off season.

3.) Coaches can work with more than five players in a clinic setting with a maximum time allowed per OGLA coach of 8 hours in the off season if: Clinic must be open to any player, fee strongly recommended, and must be posted on OGLA website. In addition, program must contact OGLA for approval and be insured to run clinic.

4.) Coaches may work with any number of their high school players for conditioning purposes (no sticks) during the offseason.

Penalty: Any coach or player found to be in violation of the "Rule of 5" will be suspended for three games. Repeated violations will lead to further discipline from the OGLA. *Player means all players, not just the five (or more) athletes who play for their high school coach on a club/travel team, but any player who knowingly participates in practices or games where the "rule of five" is being violated will be suspended three games.