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CHELMSFORD HIGH SCHOOL ATHLETICS

*"Home of the Lions"*

## CHS ATHLETICS RETURN TO PLAY

On August 18, 2020 DESE and the MIAA Covid Task Force approved that Fall High School Athletics could take place for the following sports:

- Boys Cross Country
- Girls Cross Country
- Field Hockey
- Golf
- Boys Soccer
- Girls Soccer
- *Swim and Dive (Girls)\**
- *Girls Volleyball\**

*\*Indoor sports that could be moved to New Season. Currently the MVC has these sports slotted in their traditional Fall Season, but their place will be determined by the end of next week.*

***The following sports could not be held in the fall but will be moved into a "4th season" sandwiched in between Winter and Spring:***

- Cheerleading
- Football

\*Any sport that could not be played in the fall could be moved into this 4th Season.

Chelmsford High School will be presenting options for the registered members of sports moved to Fall 2 to participate in workouts/practice sessions and the potential for modified game play during their original Fall Season. We believe that it is imperative that our Student-Athletes have the opportunity to participate in Athletics and all efforts will be made to provide opportunities for our Students.

The MIAA will consist of four seasons for the 20-21 school year. The seasons and their dates are as follows:

***Fall Season 9/18/20 - 11/20/20*** : Boys XC, Girls XC, Field Hockey, Golf, Boys Soccer, Girls Soccer, Swim and Dive (G), Volleyball (G)

***Winter Season 11/30/20 - 2/21/21***: Basketball (B), Basketball (G), Cheer, Gymnastics, Ice Hockey (B), Ice Hockey (G), Ski (B), Ski (G), Swim and Drive (B), Track (B), Track (G), Wrestling

**New Season 2/22/21 - 4/25/21** (“Sandwich” Season between Winter and Spring): Cheer, Football \*Any sport that could not participate in prior seasons could be moved to this season.

**Spring Season 4/26/21 - 7/3/21**: Baseball, Lacrosse (B), Lacrosse (G), Track and Field (B), Track and Field (G), Rugby, Softball, Tennis (B), Tennis (G), Volleyball (B)

All sports would have to meet predetermined standards set forth by the EEA, DESE, the MIAA and Individual School Districts. Sports will have to meet agreed upon modifications to be allowed to participate in practices and games.

Some sports, deemed high risk, may not be able to meet modification to be able to play. This information will have to be relayed from EEA, DESE, and the MIAA.

Modifications for Fall Sports can be found towards the end of this document.

## ATHLETICS PROTOCOLS

In order for players to participate in Athletics at Chelmsford High School they must abide by all safety and procedure protocols on a daily basis. The goal of our Athletic Program is to best minimize risk and exposure to COVID-19. Any player who does not wish to adhere by these policies reserves the right to not participate in Athletics this year. Once the season begins, players who do not follow the guidelines will be removed from the Athletic Program.

### 1. Registered Athletes

- 1.1. In order to participate in Chelmsford High School Athletics, all students must be registered via our online Registration System which can be found at:  
[https://www1.mcc.net/OneSource/OSPayer/ePayer\\_Login.aspx?DID=W%2fomnUnBLYUC0ykET4E89WL0m6%2bUr6YedJj%2bYc%2bgfTTwK05%2bjlmqQ7FggXnQ881i](https://www1.mcc.net/OneSource/OSPayer/ePayer_Login.aspx?DID=W%2fomnUnBLYUC0ykET4E89WL0m6%2bUr6YedJj%2bYc%2bgfTTwK05%2bjlmqQ7FggXnQ881i)
- 1.2. All Student-Athletes must pay their user fee online to be considered REGISTERED.
- 1.3. Only REGISTERED ATHLETES can attend the Practices and Games of their registered sports. Other students and Staff may not attend practices, games.

### 2. Physicals

- 2.1. All Athletes must turn in a Physical that has happened in the last 13 months.
- 2.2. Telehealth Physicals will NOT be allowed to participate in Athletics per MIAA Sports Medicine Committee rules.
- 2.3. Athletes can not participate in Athletics without a physical.

### 3. Attendance

- 3.1. All Athletes must attend all classes either remote or in person in order to participate in practice or a game for that given day.
- 3.2. Students who do not attend Class Sessions (in either form) on Friday are not allowed to participate in any athletics over the weekend.

### 4. Practice

- 4.1. Athletes must arrive to every practice and game dressed in their appropriate equipment.
- 4.2. There will be no use of locker rooms.
- 4.3. No students will be allowed to enter the building or congregate in or around the building.
- 4.4. Exception: Sports that meet indoors.
  - 4.4.1. These sports will have a designated entry and exit door.
  - 4.4.2. Indoor sports will NOT have use of locker rooms.

### 5. Bathroom Use: Students will use the closest bathroom to their field. Everyone is encouraged to use the bathroom before their practice or game and to only enter the Bathrooms on site for emergency use.

- Stadium: Snack Stand Bathrooms
- McCarthy: Snack Stand Bathrooms

- Carson Track Field (CHS): Stadium Bathrooms or Porta-Potties
  - Graniteville Fields: Porta-Potties
  - Harrington Soccer Fields: Stadium Bathrooms or Porta-Potties
6. **Masks/Face Coverings:** Coaches and Athletes should wear face covering that loop around the ears. Gaiters or bandanas will not be permitted.
- 6.1. Coaches: All Coaches are required to wear a mask at all times during practices, games, or in any team activity, meeting, or walking to or from the parking lot to the field..
- 6.2. Athletes: Must wear a mask from the time they leave their car to the time they step on the field - NO EXCEPTIONS.
- 6.2.1. All Athletes must keep a mask on hand.
- 6.2.2. Masks can come off during physical activity if adequate space.
- 6.2.3. Masks should go on during Team Talks, Strategy Sessions, or Rest Periods.
- 6.2.4. Athletes without a mask, or who refuse to wear a mask will not be allowed to participate and must be picked up by the parent/guardian immediately.
- 6.2.5. Athletes are encouraged to wash/disinfect their masks each day so that they have a “clean” mask for participation. If wearing a disposable mask, please wear a new one each day.
7. **Hand Washing/Sanitizer:** Athletes should practice proper hand washing techniques at all times and should wash their hands before participating in any athletic activity.
- 7.1. Hand Washing: Athletes must wash their hands for a minimum of 20 seconds after using the bathroom.
- 7.2. Sanitizer: Athletes must sanitize frequently during practices and games.
- 7.2.1. Sanitizer Stations will be available through the Athletic Department, but athletes are encouraged to bring their own personal bottles just in case.
- 7.3. Drinks: Students are to bring their own drinks and each bottle should be labeled. Players should put their drinks and belongings in their own area, and everyone's items should be 10 feet from each other.
- 7.3.1. NO SHARING OF DRINKS
8. **Illness: All Athletes that do not feel well should not attend school or practice/game sessions.** Attending a game or practice when you are sick could result in the team and the town you are playing being quarantined.
- 8.1. If you are experiencing any symptoms of illness please notify the school nurse.
- 8.2. If you are experiencing COVID symptoms you should self-quarantine and call your physician immediately.
- 8.3. If Athletes/Students are out for COVID-19 (positive test, or suspected) they must be quarantined for a period of 14 days and can not return until they are fever free and symptom free and have received approval to return from Physician, School, Board of Health.

9. **Transportation:** There have been COVID-19 Protocols put in place for transportation.
  - 9.1. School Bus Capacity: 23 Passengers (Plus Driver) is the limit for riding the large passenger school bus.
  - 9.2. CPS Multi-Activity Van Capacity: 6 Person Maximum (Plus Driver)
  - 9.3. When taking transportation: All players must be masked upon entry and exit of the bus.
  - 9.4. Masks Must remain on during the duration of the trip.
  - 9.5. Students are to follow DESE Transportation Protocol for sitting (Every other row, staggered seating.)
  - 9.6. Siblings can sit together on the bus.
  - 9.7. It is encouraged that players leave the windows open for the bus rides and wear the appropriate clothing for those conditions (i.e. sweatshirt, hats, etc.)
  - 9.8. Self-Transportation: Individual Players may drive themselves (with siblings) to games IF the parents have completed the ALTERNATE TRANSPORTATION FORM. Students can not drive other teammates to games.
  - 9.9. Parent Transportation: Players may be driven to games by their parents. In order for this to occur, parents must have completed an ALTERNATE TRANSPORTATION FORM.
  - 9.10. Students are not to eat on the bus, or share any items (snacks, drinks, phones, headphones, etc.)
  - 9.11. Students should not yell, sing, scream or talk in close contact with anyone to prevent the spread of aerosols/droplets that could result in the spread of COVID-19.
  - 9.12. Students must sit in assigned seats on the bus. The same seat you ride in to the game will be the same seat you ride home in from the game. Assigned seats should be kept for the entire season.
  - 9.13. Students are permitted to travel home with their parents/guardians (only) if they took transportation to the game. They must inform the coach, and the parents must inform the coach of this in writing (email from parent) prior to boarding the bus. (Exception: Emergency Situations)
  
10. **SPECTATORS:** Spectators will not be allowed to attend practices or games at Chelmsford High School.
  - 10.1. Due to Chelmsford not allowing spectators to its home contests, other schools reserve the right to not allow Chelmsford Spectators to it's home contests.
  - 10.2. Other schools may have different policies on Spectators. Each district will make its own determination.
  - 10.3. IF a spectator refuses to comply, the game or contest will be stopped and play will not continue until that spectator has left the facility.
  - 10.4. Failure to comply with School Officials will result in Police Involvement.
  
11. **SCHEDULE FORMAT:** For the fall season teams Chelmsford will only compete against teams within the Merrimack Valley Conference.

- 11.1. Chelmsford will participate against one school each week.
- 11.2. Games will be held on Wednesdays and Saturdays only.
- 11.3. Wednesday and Saturday Contest locations will be divided up fairly between two schools.
- 11.4. Teams will practice during the week (Monday, Tuesday, Thursday and Friday).
  - 11.4.1. Only Varsity Teams will practice on Monday.
- 11.5. All games and practices will be scheduled around both towns academic schedules.



# Rules Modifications & Guidelines

## Cross Country

Fall 2020

### General Information

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with local health department should be used to determine when progression to the next risk level can be initiated.

This document is to be utilized in compliance with all EEA, DESE and DPH guidelines in place.

#### **Pre-Workout/Pre-Contest Screening:**

Athletes and coaches may not attend practices or games if they are isolated for illness or quarantined for exposure to infection.

Prior to attending practices or games, athletes and coaches should check their temperature. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games. Likewise if they have any other symptoms of COVID-19 infection (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>), they should not attend practices or games. Student-athletes and coaches who have symptoms of COVID19 infection should follow DPH guidance regarding isolation and testing.

For students with symptoms who test negative for COVID-19 infection, they may return to sport once they are approved to return to school (when afebrile for 24 hours and symptomatically improved).

Student athletes and coaches who are diagnosed with COVID-19 infection may return to school once they have been afebrile for 24 hours and with improvement in respiratory symptoms, and once ten days have passed since symptoms first appeared, according to DPH guidelines. In addition, persons with COVID19 infection need to receive written clearance from their health care provider in order to return to sport.

Student-athletes and coaches who were exposed to COVID should not participate in practices or games until their 14-day quarantine is completed.

Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

#### **Cohorts and/or Participants:**

A record should be kept of all individuals present at team activities i.e. – practices, practice cohorts, competitions, etc.

#### **Social distancing:**

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between runners as much as possible. This includes additional spacing between athletes while stretching, warming up, chatting, changing drills, etc. Athletes must



maintain spacing, and there should be no congregating of athletes while running drills. Workouts should be conducted in 'pods' of athletes, with the same 5-10 athletes always working out together. This ensures more limited exposure if someone develops an infection. Records should be kept of who is in each group, each day.

- **Locker Rooms** – Locker rooms and changing areas may be used but should be limited to 50% capacity. Facility Operators should ensure that users can abide by capacity restrictions and social distancing standards and establish signage and visual guidelines. Signage should remind users to limit time spent in enclosed area. If locker rooms are utilized, staggered use based on time and distance is recommended.

When possible, students should report to workouts in proper gear and immediately return home to shower, clean clothing, and equipment at the end of every workout.

- **Practice Site/Course** – Only essential personnel are permitted on the practice site/course area. These are defined as athletes, coaches, medical personnel/athletic trainers, and officials (competition). All others (i.e. managers, photographers, media, etc.) are considered non-essential personnel and are not to be at the course.
- **Personal Items** – It is recommended that each athlete bring their own gym bag for personal items (see gym bag information below). All personal items should remain in the gym bag when not in use. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice.
- **Huddles** – Social distancing (6 feet between individuals) must be maintained, as much as possible, and face coverings utilized when the coach is communicating with the entire team, or in smaller groups. Communicating with smaller groups is preferred.
- **Team Handshakes** – Athletes shall NOT exchange handshakes before, during or following practices and competitions. Some MIAA sport specific modifications suggest sportsmanship recognition practices which replace handshakes.
- **Spectators** – Spectators must practice social distancing between different household units and accept personal responsibility for public health guidelines. The number of spectators is determined in compliance with EEA, DESE and DPH guidelines.
- **Media** – All social distancing and hygiene guidelines for spectators must be followed by media members planning to attend games. Media members should contact host school administrators prior to arriving at games to plan appropriate entry and available workspace

#### **Practice and Game Protocols:**

- **Masks/Face Coverings** – (See Cross Country Specific Modifications for additional clarity) Athletes are required to wear cloth face coverings/masks per EEA guidelines. Gaiters are acceptable. Face coverings comprised of multiple layers and a tighter weave are more effective and preferred.

Athletes should reference sport specific guidelines for mask breaks.

Caution should be exercised when replacing a mask if hands are soiled or dirty. For individuals that are unable to wear a face covering due to a medical condition or disability. (Coach must possess the medical note/documentation excusing the player from wearing a mask)

It is the responsibility of the head coach to monitor and ensure that all runners not on the course are wearing face coverings. A game administrator, home athletic director, or other designee may also assist in monitoring this.

Coaches and officials are also required to wear face coverings. Coaches and officials may remove their face covering briefly for a “break” at any point during practice/competition when they are socially distanced greater than 6 feet. Spectators, workers, and others are required to wear face coverings and they are expected to follow social distancing guidelines.

- **Player habits** – Coaches should work to break old habits and create new ones to minimize the spread of the virus. Spitting and nose clearing on the course during practices and competitions is not permitted. The habit of minimizing any touching of the face and covering the cough should be practiced.
- **Interaction with Officials** – Coaches must follow social distancing guidelines (6 feet) when interacting with an official or any other individual. Conversations can occur at a distance. Athletes should not approach an official closer than 6 feet at any time.
- **Hand sanitizer and/or sanitizing wipes** – Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use them frequently – including prior to and at the conclusion of running. Additionally, it is emphasized to avoid touching the face throughout practice and competition.
- **Pre-Game Introductions and Preparation** – If pre-game meetings are necessary, they should be held with limited team representation – a single coach, single captain, etc. At the pregame meeting, all participants will be required to wear face coverings and to socially distance from all participants.

If a school chooses to do introductions, runners will take their positions prior to being introduced. Introductions are suggested to be limited or eliminated to decrease time of athletes standing around. The National Anthem may be played before competition.

- **Post-Game Procedures** – Refer to Team Handshakes in this guidance. Recognition of the other team, coaches and/or officials should be done from a distance greater than 6 feet and should not delay departure from the competition venue. Teams and group of runners should maintain social distancing and/or staggering departure times at the conclusion of the contest.

#### Equipment:

- **General Equipment** – There should be no shared athletic equipment. Any equipment that is used for practice should be cleaned and disinfected prior to and immediately following practice. Only one individual should handle the set-up and break-down of equipment on any given day (i.e. goals, cones, etc.).
- **Personal Items** – Shoes, clothing, towels, and other personal items must not be shared among athletes. Any items that are not currently being worn/used should be stored inside a personal gym bag. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice/competition.

#### Hydration:

- All students must bring their own water bottle. Water bottles cannot be shared.

- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.
- Water fountains are to be used as refill stations ONLY.

#### **COVID-19 Coach:**

- It is recommended that schools could designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually and ensure that social distancing is maintained during training. (NFHS COVID-19 FREE Course)

#### **Gym Bag:** (Supplies recommended for your personal gym bag)

- Reusable facial covering(s)/mask(s) – The mask/face covering must be worn at all times. Sport specific modification may have further guidance for face coverings.
- Warm-up clothing, electronic devices, and other personal items that are used by the athlete, prior to practice/competition, must be placed back in the gym bag before practice/competition begins.
- Athletes are recommended to always have a personal bottle of hand sanitizer available. There will be less chance of possible cross contamination and less time standing around waiting to use a shared hand sanitizer. Be sure to have this inside a sealable bag, in case it leaks. This will be used when you enter and exit the practice/competition site, and at other necessary times in between.
- Athletes are recommended to have disinfectant wipes for personal use. When using a restroom area, it is best to disinfect any surface that may be touched, before and after using the facilities.
- Athletic braces, tape, inhalers, or any other sports-medical item used before, during or after practice/meets should be stored in a personal gym bag when not in use.
- Additional shoes should also be stored in a separate compartment or bag inside a gym bag to prevent possible cross contamination with other items in the gym bag.
- Any other item that is deemed necessary for practice or competition must be stored in the gym bag when it is not being used

\*\*Everything inside the gym bag must be disinfected after every practice and before return to practice again. Be sure to spray the inside and the outside of the bag as well. This is for everyone's protection.

#### **Cross Country Specific Modifications**

When scheduling dual meets, leagues and/or schools should consider the following options where practical and/or possible:

- Contesting separate gender meets at opposite sites.
- Identifying one suitable (i.e. wider spacing) and available course, per league, to contest all league dual meets, using multiple days each week to schedule. This would provide a universal course for athletes to compete on and could also evolve into virtual scoring of a "league" meet.

#### **Pre-Practice/ Pre-Contest:**

- **Practice Pods** - Workouts should be conducted in pods of students, with the same 5-10 students always working out together.

- **Personnel** - Only essential personnel are permitted on the practice area and competition area each day (i.e. athletes, coaches, medical personnel/athletic trainer, officials and timers). All others (managers, photographers, media, spectators, etc...) are considered non-essential personnel and are not to be in the starting box, finish line or practice area.
- **Watches** - Athletes and coaches should bring their own watch if use is desired and sharing is not permitted.

#### Meet Protocols:

- **Dual Meets Only** - Competitions should be dual meets (2 teams) only until further guidelines are given.
- **Course Previews** - Course previews should be provided virtually via maps or video before the day of the meet. No on-site course previews should be allowed. Consider increasing the amount of course markings and checkpoints to help guide runners (especially novice runners) through the course.
- **Course Selection** - An emphasis should be placed on a wider course that allows for social distancing and spacing throughout the meet.
- **Warm Up Areas** - Designated warm up areas should be provided for each team to ensure social distancing before the meet.
- **Start Line:**
  - Staggered starts in smaller groups are required; possibly waves of 8-10 athletes\*\*
    - Runners are to be spaced out 6 feet apart individually; \*\* possibly 4-5 from each school
    - Separated by school - 14 feet spacing between schools
    - Schools should use previously established cohorts from practice sessions
    - A minimum of three minute spacing should be allotted between each wave, however spacing time will be determined by size of the course to maintain social distancing.
  - Runners should maintain social distancing throughout the race and not cluster on the course.
  - Consideration should be given to creating waves of junior varsity (and/or freshman) runners to allow safe spacing near the start.
  - Athletes should be grouped, with social distancing and face coverings, as a team at the start line and teams should be a minimum of 14 feet apart upon start.
  - No common bins will be utilized at the starting line for personal items. All personal items, including warmups, headphones, etc.... cannot be taken to the starting area.
- **Finish Line:**
  - Schools must develop a non-transmittal way of scoring the meet to ensure no popsicle sticks, cards, labels, etc..... are given out as athletes cross the finish line (consider FAT Timing, videoing, or multicolored bibs to score later).
  - Consideration should be given to providing additional volunteers near the finish line to help disperse athletes who have just completed their race.
  - Finish lines should be open with a minimum 28 feet to cross. Teams should be directed to finish on separate sides. Lanes should be created over the last 100 yards.

- **Masks/Face Coverings** – Athletes can remove face coverings during the race when socially distanced but *must do so prior the race starting and at the start of the race*. Athletes should prepare to use a face covering at the conclusion of a race as soon as possible given social distancing needs as well as considering exhaustion/breathing at the conclusion of a race.

### Post Workout/Post Contest

- **Warm Down Areas** - Designated warm down areas should be provided for each team to ensure social distancing after the meet.
- **Race Results**
  - Consideration should be given to providing additional volunteers to help compile race results in multiple, smaller gatherings
  - Consideration should be given to providing race results virtually
- **End of Practice/End of Race** – Athletes/teams should immediately disperse upon the conclusion of practice and meets. All participants should return home to shower, clean clothes and equipment used after every workout and/or meet.

**EDUCATIONAL ATHLETICS**

MIAA | 33 Forge Pkwy | Franklin, MA 02038 | 508-541-7997





# Rules Modifications & Guidelines

## Field Hockey

Fall 2020

### General Information

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with local health department should be used to determine when progression to the next risk level can be initiated.

This document is to be utilized in compliance with all EEA, DESE and DPH guidelines in place.

### Pre-Workout/Pre-Contest Screening:

Athletes and coaches may not attend practices or games if they are isolated for illness or quarantined for exposure to infection.

Prior to attending practices or games, athletes and coaches should check their temperature. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games. Likewise if they have any other symptoms of COVID-19 infection (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>), they should not attend practices or games. Student-athletes and coaches who have symptoms of COVID19 infection should follow DPH guidance regarding isolation and testing.

For students with symptoms who test negative for COVID-19 infection, they may return to sport once they are approved to return to school (when afebrile for 24 hours and symptomatically improved).

Student athletes and coaches who are diagnosed with COVID-19 infection may return to school once they have been afebrile for 24 hours and with improvement in respiratory symptoms, and once ten days have passed since symptoms first appeared, according to DPH guidelines. In addition, persons with COVID19 infection need to receive written clearance from their health care provider in order to return to sport.

Student-athletes and coaches who were exposed to COVID should not participate in practices or games until their 14-day quarantine is completed.

Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

### Cohorts and/or Participants:

A record should be kept of all individuals present at team activities i.e. – practices, practice cohorts, competitions, etc.

### Social distancing:

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This includes additional spacing between athletes while stretching, warming up, chatting, changing drills, etc. Athletes must maintain spacing, and there should be no congregating of athletes while running drills. Workouts should be conducted in ‘pods’ of athletes, with the same 5-10 athletes always working out together. This ensures more limited exposure if someone develops an infection. Records should be kept of who is in each group, each day.
- **Locker Rooms** – Locker rooms and changing areas may be used but should be limited to 50% capacity. Facility Operators should ensure that users can abide by capacity restrictions and social distancing standards and establish signage and visual guidelines. Signage should remind users to limit time spent in enclosed area. If locker rooms are utilized, staggered use based on time and distance is recommended.

When possible, students should report to workouts in proper gear and immediately return home to shower, clean clothing, and equipment at the end of every workout.

- **Benches** – No benches should be used during practice. Players’ items should be separated as below for personal items, at least 6 feet apart. Benches should be permitted only during games.
- **Practice Field** – Only essential personnel are permitted on the practice/competition field. These are defined as athletes, coaches, medical personnel/athletic trainers, and officials (competition). All others (i.e. managers, photographers, media, etc.) are considered non-essential personnel and are not to be on the field of play.
- **Personal Items** – It is recommended that each athlete bring their own gym bag for personal items (see gym bag information below). All personal items should remain in the gym bag when not in use. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice.
- **Huddles** – Social distancing (6 feet between individuals) must be maintained, as much as possible, and face coverings utilized when the coach is communicating with the entire team, or in smaller groups. Communicating with smaller groups is preferred.
- **Team Handshakes** – Athletes shall NOT exchange handshakes before, during or following practices and competitions. Some MIAA sport specific modifications suggest sportsmanship recognition practices which replace handshakes.
- **Spectators** – Spectators must practice social distancing between different household units and accept personal responsibility for public health guidelines. The number of spectators is determined in compliance with EEA, DESE and DPH guidelines.
- **Media** – All social distancing and hygiene guidelines for spectators must be followed by media members planning to attend games. Media members should contact host school administrators prior to arriving at games to plan appropriate entry and available workspace

### **Practice and Game Protocols:**

- **Masks/Face Coverings** – Athletes are required to wear cloth face coverings/masks per EEA guidelines. Gaiters are acceptable. Face coverings comprised of multiple layers and a tighter weave are more effective and preferred.

During play when spacing between players is greater than 10 ft athletes may momentarily take brief face covering relief. The default expectation is that the mask will be on. Athletes should reference sport specific guidelines for mask breaks.

Athletes that use mouthpieces should prepare to have extra face coverings available. Caution should be exercised when replacing a mask if hands are soiled or dirty. For individuals that are unable to wear a face covering due to a medical condition or disability. (Coach must possess the medical note/documentation excusing the player from wearing a mask)

It is the responsibility of the head coach to monitor and ensure that all players not on the playing field are wearing face coverings. A game administrator, home athletic director, or other designee may also assist in monitoring this.

Coaches and officials are also required to wear face coverings. Coaches and officials may remove their face covering briefly for a “break” at any point during play when they are socially distanced greater than 6 feet. Spectators, workers, and others are required to wear face coverings and they are expected to follow social distancing guidelines.

- **Player habits** – Coaches should work to break old habits and create new ones to minimize the spread of the virus. Spitting, nose clearing on the field, licking fingers, and spitting on gloves during practices and competitions is not permitted. The habit of minimizing any touching of the face and covering the cough should be practiced.
- **Interaction with Officials** – Coaches must follow social distancing guidelines (6 feet) when interacting with an official or any other individual. Conversations can occur at a distance. Athletes should not approach a referee closer than 6 feet at any time.
- **Hand sanitizer and/or sanitizing wipes** – Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use them frequently – including prior to taking the field and upon return to the sideline. Additionally, it is emphasized to avoid touching the face throughout practice and competition.
- **Pre-Game Introductions and Preparation** – If pre-game meetings are necessary, they should be held with limited team representation – a single coach, single captain, etc. At the pregame meeting, all participants will be required to wear face coverings and to socially distance from all participants

If a school chooses to do introductions, players will take their position on the field prior to being introduced. Introductions are suggested to be limited or eliminated to decrease time of athletes on the competition field. The National Anthem may be played before competition.

- **Ball Retrievers** – Ball retrievers for any sport ARE NOT permitted. See sport specific modifications for extra ball placement procedures.
- **Post-Game Procedures** – Refer to Team Handshakes in this guidance. Recognition of the other team, coaches and/or officials should be done from a distance greater than 6 feet and should not delay departure from the competition venue. Teams and group of players should maintain social distancing and/or staggering departure times at the conclusion of the contest.



## Equipment:

- **General Equipment** – There should be no shared athletic equipment. Any equipment that is used for practice should be cleaned and disinfected prior to and immediately following practice. Only one individual should handle the set-up and break-down of equipment on any given day (i.e. goals, cones, etc.).
- **Balls** – Each player should bring their own ball or use the same school-issued ball during practice. Skill training, conditioning, agility, etc. can be done with the one player/one ball concept. Balls must be sanitized before and after each practice/game. Sport specific modifications also list other ball cleaning practices during competition.
- **Personal Items** – Shoes, clothing, towels, and other personal items must not be shared among athletes. Any items that are not currently being worn/used should be stored inside a personal gym bag. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice/competition.

## Hydration:

- All students must bring their own water bottle. Water bottles cannot be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.
- Water fountains are to be used as refill stations ONLY.

## COVID-19 Coach:

- It is recommended that schools could designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually and ensure that social distancing is maintained during training. (NFHS COVID-19 FREE Course)

## Gym Bag (Supplies recommended for your personal gym bag):

- Reusable facial covering(s)/mask(s) – The mask/face covering must be worn at all times. Sport specific modification may have further guidance for face coverings.
- Warm-up clothing, electronic devices, and other personal items that are used by the athlete, prior to practice/competition, must be placed back in the gym bag before practice/competition begins.
- Athletes are recommended to always have a personal bottle of hand sanitizer available. There will be less chance of possible cross contamination and less time standing around waiting to use a shared hand sanitizer. Be sure to have this inside a sealable bag, in case it leaks. This will be used when you enter and exit the practice/competition site, and at other necessary times in between.
- Athletes are recommended to have disinfectant wipes for personal use. When using a restroom area, it is best to disinfect any surface that may be touched, before and after using the facilities.
- Athletic braces, tape, inhalers, or any other sports-medical item used before, during or after practice/meets should be stored in a personal gym bag when not in use.
- Additional shoes should also be stored in a separate compartment or bag inside a gym bag to prevent possible cross contamination with other items in the gym bag.

- Any other item that is deemed necessary for practice or competition must be stored in the gym bag when it is not being used

\*\*Everything inside the gym bag must be disinfected after every practice and before return to practice again. Be sure to spray the inside and the outside of the bag as well. This is for everyone's protection.

## Field Hockey Specific Modifications

### Modifications to rules:

- Number of players on field - 7 v 7 (must have goalie)
- No penalty corners - fouls in circle would be 25 yd. hits
- Free Hits - all players must be 5 yards away
- No bully's - it will be alternating possession

### Modifications around game management:

- Four balls must be placed behind each goal and on opposite sideline on cones (no ball girls/boys)

### Modifications specific to Officials:

#### Pre-Game

- No stick inspection - coach is responsible to verify that all participants have legal equipment (stick, goggles, mask)
- Officials shall use alternative whistles such as electronic whistles; air horns are permissible.

#### Substitutions

- Substitutions will take place at mid-field (no contact between players)

### Modifications specific to player protection:

- The requirements for mouth guards and goggles remain in place.

**EDUCATIONAL ATHLETICS**

MIAA | 33 Forge Pkwy | Franklin, MA 02038 | 508-541-7997





# Rules Modifications & Guidelines

## Golf

Fall 2020

### General Information

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with local health department should be used to determine when progression to the next risk level can be initiated.

This document is to be utilized in compliance with all EEA, DESE and DPH guidelines in place.

#### Pre-Workout/Pre-Contest Screening:

Athletes and coaches may not attend practices or games if they are isolated for illness or quarantined for exposure to infection.

Prior to attending practices or games, athletes and coaches should check their temperature. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games. Likewise if they have any other symptoms of COVID-19 infection (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>), they should not attend practices or games. Student-athletes and coaches who have symptoms of COVID19 infection should follow DPH guidance regarding isolation and testing.

For students with symptoms who test negative for COVID-19 infection, they may return to sport once they are approved to return to school (when afebrile for 24 hours and symptomatically improved).

Student athletes and coaches who are diagnosed with COVID-19 infection may return to school once they have been afebrile for 24 hours and with improvement in respiratory symptoms, and once ten days have passed since symptoms first appeared, according to DPH guidelines. In addition, persons with COVID19 infection need to receive written clearance from their health care provider in order to return to sport.

Student-athletes and coaches who were exposed to COVID should not participate in practices or games until their 14-day quarantine is completed.

Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

#### Cohorts and/or Participants:

A record should be kept of all individuals present at team activities i.e. – practices, practice cohorts, competitions, etc.

#### Social distancing:

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This includes additional spacing between athletes while stretching, warming up, chatting, changing drills, etc. Athletes must

maintain spacing, and there should be no congregating of athletes while running drills. Workouts should be conducted in 'pods' of athletes, with the same 5-10 athletes always working out together. This ensures more limited exposure if someone develops an infection. Records should be kept of who is in each group, each day.

- **Locker Rooms** – Locker rooms and changing areas may be used but should be limited to 50% capacity. Facility Operators should ensure that users can abide by capacity restrictions and social distancing standards and establish signage and visual guidelines. Signage should remind users to limit time spent in enclosed area. If locker rooms are utilized, staggered use based on time and distance is recommended.

When possible, students should report to workouts in proper gear and immediately return home to shower, clean clothing, and equipment at the end of every workout.

- **Practice Field/Course** – Only essential personnel are permitted on the practice/competition field. These are defined as athletes, coaches, medical personnel/athletic trainers, and officials (competition). All others (i.e. managers, photographers, media, etc.) are considered non-essential personnel and are not to be on the field of play.
- **Personal Items** –All personal items should remain in the athletes' personal golf bag when not in use.
- **Spectators** – (If permitted on the golf course) Spectators must practice social distancing between different household units and accept personal responsibility for public health guidelines. The number of spectators is determined in compliance with EEA, DESE and DPH guidelines.
- **Media** – All social distancing and hygiene guidelines for spectators must be followed by media members planning to attend games. Media members should contact host school administrators prior to arriving at games to plan appropriate entry and available workspace.

#### Practice and Game Protocols:

- **Masks/Face Coverings** – Athletes are required to wear cloth face coverings/masks per EEA guidelines. Gaiters are acceptable. Face coverings comprised of multiple layers and a tighter weave are more effective and preferred. See Golf Specific Modifications for additional face covering guidance.

Caution should be exercised when replacing a mask if hands are soiled or dirty. For individuals that are unable to wear a face covering due to a medical condition or disability. (Coach must possess the medical note/documentation excusing the player from wearing a mask)

It is the responsibility of the head coach to monitor and ensure that all players not on the playing field are wearing face coverings as required. A game administrator, home athletic director, or other designee may also assist in monitoring this.

Coaches and officials are also required to wear face coverings. Coaches and officials may remove their face covering briefly for a "break" at any point during play when they are socially distanced greater than 6 feet. Spectators, workers, and others are required to wear face coverings and they are expected to follow social distancing guidelines.

- **Player habits** – Coaches should work to break old habits and create new ones to minimize the spread of the virus. Spitting, nose clearing on the course, licking fingers,

and spitting on gloves during practices and competitions is not permitted. The habit of minimizing any touching of the face and covering the cough should be practiced.

- **Interaction with Officials** – Coaches must follow social distancing guidelines (6 feet) when interacting with an official or any other individual. Conversations can occur at a distance. Athletes should not approach an official closer than 6 feet at any time.
- **Hand sanitizer and/or sanitizing wipes** – Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use them frequently – including prior to practice/competition and after. Additionally, it is emphasized to avoid touching the face throughout practice and competition.
- **Pre-Game Introductions and Preparation** – If pre-game meetings are necessary, they should be held with limited team representation – a single coach, single captain, etc. At the pregame meeting all participants will be required to wear face coverings and to socially distance from all participants

If a school chooses to do introductions, players will take their position on the tee prior to being introduced. Introductions are suggested to be limited or eliminated to decrease time of athletes on the competition field.

- **Post-Game Procedures** – Refer to Team Handshakes in this guidance. Recognition of the other team, coaches and/or officials should be done from a distance greater than 6 feet and should not delay departure from the competition venue. Teams and group of players should maintain social distancing and/or staggering departure times at the conclusion of the contest.

#### Equipment:

- **General Equipment** – There should be no shared athletic equipment. Any equipment that is used for practice should be cleaned and disinfected prior to and immediately following practice.
- **Personal Items** – Shoes, clothing, towels, and other personal items must not be shared among athletes. Any items that are not currently being worn/used should be stored inside a personal gym bag or golf bag. If separate gym bags are used by players, they should be placed in a predetermined area.

#### Hydration:

- All students must bring their own water bottle. Water bottles cannot be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.
- Water fountains are to be used as refill stations ONLY.

#### COVID-19 Coach:

- It is recommended that schools could designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.

- Train coaches, officials, and staff on all safety protocols. Conduct training virtually and ensure that social distancing is maintained during training. (NFHS COVID-19 FREE Course)

#### **Golf Bag/Gym Bag:** (Supplies recommended for a personal bag)

- Reusable facial covering(s)/mask(s) – The mask/face covering must be worn at all times when not playing on the golf course. See Golf Specific Modifications below for further guidance about face coverings.
- Athletes are recommended to always have a personal bottle of hand sanitizer available. There will be less chance of possible cross contamination and less time standing around waiting to use a shared hand sanitizer. Be sure to have this inside a sealable bag, in case it leaks. This will be used when you enter and exit the practice/competition site, and at other necessary times in between.
- Athletes are recommended to have disinfectant wipes for personal use. When using a restroom area, it is best to disinfect any surface that may be touched, before and after using the facilities.
- Athletic braces, tape, inhalers, or any other sports-medical item used before, during or after practice/meets should be stored in a personal golf/gym bag when not in use.
- Any other item that is deemed necessary for practice or competition must be stored in the golf/gym bag when it is not being used

\*\*Everything inside the golf/gym bag must be disinfected after every practice and before return to practice again. Be sure to spray the inside and the outside of the bag as well. This is for everyone's protection.

#### **Golf Specific Modifications**

##### **Individual Player Safety Responsibilities Throughout the Season:**

- Players should not be using the Clubhouse, except for use of the restrooms, one by one.
- There will be no handshakes, fist, or elbow bumps among players.
- All players must use their own equipment and golf balls. Players should not handle or touch other players golf balls or equipment
- All safety protocols put in place by the golf course must be followed.

##### **Coach Responsibilities:**

- Prior to each match, visiting coaches should send a list of participants to the home coach. The home coach should send a copy of the local rules to the opposing coach to eliminate the need for any handouts, other than scorecards.
- All coaches should make sure that their players are familiar with the Rules of Golf and Golf Course modifications specific to Covid-19, especially free relief for disturbed areas in the bunker and not touching the flagsticks.

##### **Mask and Social Distancing Protocol:**

- Upon arrival at the course, face coverings must be worn and social distancing of six feet must be practiced in all common areas of the golf course, including the driving range and practice greens.
- Removal of face coverings is permitted during competition but must be returned to the face anytime players need to be within six feet of each other. Players should be especially cautious of small or narrow areas i.e. bridges or narrow walkways as well as travel from the green to the next tee.

- If social distancing prior to the match is not possible due to space constraints, then participants should remain in or near their mode of transportation until it is time to move to the 1<sup>st</sup> tee. The home coach is responsible for enforcing all regulations.

#### Event and Scorecard Protocol:

- When directed to, each group of players will move to the 1<sup>st</sup> tee, remaining socially distanced. Scorecards and pencils will be handed out to players by the home coach who will wear protective gloves during the process. Each player will receive a scorecard as the Marker for another player's score and should also note his/her own hole by hole score as well. At no time will players exchange score cards.
- Single tee starts should be staggered, at a minimum of 10 minutes between groups to support social distancing.
- Social distancing must be maintained throughout the round and all Covid-19 course regulations followed. Coaches are encouraged to travel throughout the golf course during the match to ensure that all participants are following all safety guidelines.
- At the conclusion of each round, the Marker will put his/her signature on the scorecard that has been kept with the other player's score. The Marker and the player will then report to a designated scoring area and hand the scorecard to one of the coaches who will be recording the scores. The player will then verbally confirm his/her score. Throughout this process, social distancing should be maintained, and face coverings should be worn. The coach will be wearing protective gloves to receive the scorecards.

#### Post-Match:

- Once scores have been officially recorded each group of players will then return to their mode of transportation.
- District and/or school transportation regulations are expected to be followed.





# Rules Modifications & Guidelines

## Soccer

Fall 2020

### General Information

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with local health department should be used to determine when progression to the next risk level can be initiated.

This document is to be utilized in compliance with all EEA, DESE and DPH guidelines in place.

#### Pre-Workout/Pre-Contest Screening:

Athletes and coaches may not attend practices or games if they are isolated for illness or quarantined for exposure to infection.

Prior to attending practices or games, athletes and coaches should check their temperature. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games. Likewise if they have any other symptoms of COVID-19 infection (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>), they should not attend practices or games. Student-athletes and coaches who have symptoms of COVID19 infection should follow DPH guidance regarding isolation and testing.

For students with symptoms who test negative for COVID-19 infection, they may return to sport once they are approved to return to school (when afebrile for 24 hours and symptomatically improved).

Student athletes and coaches who are diagnosed with COVID-19 infection may return to school once they have been afebrile for 24 hours and with improvement in respiratory symptoms, and once ten days have passed since symptoms first appeared, according to DPH guidelines. In addition, persons with COVID19 infection need to receive written clearance from their health care provider in order to return to sport.

Student-athletes and coaches who were exposed to COVID should not participate in practices or games until their 14-day quarantine is completed.

Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

#### Cohorts and/or Participants:

A record should be kept of all individuals present at team activities i.e. – practices, practice cohorts, competitions, etc.

#### Social distancing:

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This includes additional spacing between athletes while stretching, warming up, chatting, changing drills, etc. Athletes must



maintain spacing, and there should be no congregating of athletes while running drills. Workouts should be conducted in 'pods' of athletes, with the same 5-10 athletes always working out together. This ensures more limited exposure if someone develops an infection. Records should be kept of who is in each group, each day.

- **Locker Rooms** – Locker rooms and changing areas may be used but should be limited to 50% capacity. Facility Operators should ensure that users can abide by capacity restrictions and social distancing standards and establish signage and visual guidelines. Signage should remind users to limit time spent in enclosed area. If locker rooms are utilized, staggered use based on time and distance is recommended.

When possible, students should report to workouts in proper gear and immediately return home to shower, clean clothing, and equipment at the end of every workout.

- **Benches** – No benches should be used during practice. Players' items should be separated as below for personal items, at least 6 feet apart. Benches should be permitted only during games.
- **Practice Field** – Only essential personnel are permitted on the practice/competition field. These are defined as athletes, coaches, medical personnel/athletic trainers, and officials (competition). All others (i.e. managers, photographers, media, etc.) are considered non-essential personnel and are not to be on the field of play.
- **Personal Items** – It is recommended that each athlete bring their own gym bag for personal items (see gym bag information below). All personal items should remain in the gym back when not in use. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice.
- **Huddles** – Social distancing (6 feet between individuals) must be maintained, as much as possible, and face coverings utilized when the coach is communicating with the entire team, or in smaller groups. Communicating with smaller groups is preferred.
- **Team Handshakes** – Athletes shall NOT exchange handshakes before, during or following practices and competitions. Some MIAA sport specific modifications suggest sportsmanship recognition practices which replace handshakes.
- **Spectators** – Spectators must practice social distancing between different household units and accept personal responsibility for public health guidelines. The number of spectators is determined in compliance with EEA, DESE and DPH guidelines.
- **Media** – All social distancing and hygiene guidelines for spectators must be followed by media members planning to attend games. Media members should contact host school administrators prior to arriving at games to plan appropriate entry and available workspace

#### **Practice and Game Protocols:**

- **Masks/Face Coverings** – Athletes are required to wear cloth face coverings/masks per EEA guidelines. Gaiters are acceptable. Face coverings comprised of multiple layers and a tighter weave are more effective and preferred.

During play when spacing between players is greater than 10 ft athletes may momentarily take brief face covering relief. The default expectation is that the mask will be on. Athletes should reference sport specific guidelines for mask breaks.

Athletes that use mouthpieces should prepare to have extra face coverings available. Caution should be exercised when replacing a mask if hands are soiled or dirty. For individuals that are unable to wear a face covering due to a medical condition or disability. (Coach must possess the medical note/documentation excusing the player from wearing a mask)

It is the responsibility of the head coach to monitor and ensure that all players not on the playing field are wearing face coverings. A game administrator, home athletic director, or other designee may also assist in monitoring this.

Coaches and officials are also required to wear face coverings. Coaches and officials may remove their face covering briefly for a “break” at any point during play when they are socially distanced greater than 6 feet. Spectators, workers, and others are required to wear face coverings and they are expected to follow social distancing guidelines.

- **Player habits** – Coaches should work to break old habits and create new ones to minimize the spread of the virus. Spitting, nose clearing on the field, licking fingers, and spitting on gloves during practices and competitions is not permitted. The habit of minimizing any touching of the face and covering the cough should be practiced.
- **Interaction with Officials** – Coaches must follow social distancing guidelines (6 feet) when interacting with an official or any other individual. Conversations can occur at a distance. Athletes should not approach a referee closer than 6 feet at any time.
- **Hand sanitizer and/or sanitizing wipes** – Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use them frequently – including prior to taking the field and upon return to the sideline. Additionally, it is emphasized to avoid touching the face throughout practice and competition.
- **Pre-Game Introductions and Preparation** – If pre-game meetings are necessary, they should be held with limited team representation – a single coach, single captain, etc. At the pregame meeting all participants will be required to wear face coverings and to socially distance from all participants

If a school chooses to do introductions, players will take their position on the field prior to being introduced. Introductions are suggested to be limited or eliminated to decrease time of athletes on the competition field. The National Anthem may be played before competition.

- **Ball Retrievers** – Ball retrievers for any sport ARE NOT permitted. See sport specific modifications for extra ball placement procedures.
- **Post-Game Procedures** – Refer to Team Handshakes in this guidance. Recognition of the other team, coaches and/or officials should be done from a distance greater than 6 feet and should not delay departure from the competition venue. Teams and group of players should maintain social distancing and/or staggering departure times at the conclusion of the contest.

#### **Equipment:**

- **General Equipment** – There should be no shared athletic equipment. Any equipment that is used for practice should be cleaned and disinfected prior to and immediately following practice. Only one individual should handle the set-up and break-down of equipment on any given day (i.e. goals, cones, etc.).

- **Balls** – Each player should bring their own ball or use the same school-issued ball during practice. Skill training, conditioning, agility, etc. can be done with the one player/one ball concept. Balls must be sanitized before and after each practice/game. Sport specific modifications also list other ball cleaning practices during competition.
- **Personal Items** – Shoes, clothing, towels, and other personal items must not be shared among athletes. Any items that are not currently being worn/used should be stored inside a personal gym bag. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice/competition.

#### Hydration:

- All students must bring their own water bottle. Water bottles cannot be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.
- Water fountains are to be used as refill stations ONLY.

#### COVID-19 Coach:

- It is recommended that schools could designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually and ensure that social distancing is maintained during training. (NFHS COVID-19 FREE Course)

#### Gym Bag: (Supplies recommended for a personal gym bag)

- Reusable facial covering(s)/mask(s) – The mask/face covering must be worn at all times. Sport specific modification may have further guidance for face coverings.
- Warm-up clothing, electronic devices, and other personal items that are used by the athlete, prior to practice/competition, must be placed back in the gym bag before practice/competition begins.
- Athletes are recommended to always have a personal bottle of hand sanitizer available. There will be less chance of possible cross contamination and less time standing around waiting to use a shared hand sanitizer. Be sure to have this inside a sealable bag, in case it leaks. This will be used when you enter and exit the practice/competition site, and at other necessary times in between.
- Athletes are recommended to have disinfectant wipes for personal use. When using a restroom area, it is best to disinfect any surface that may be touched, before and after using the facilities.
- Athletic braces, tape, inhalers, or any other sports-medical item used before, during or after practice/meets should be stored in a personal gym bag when not in use.
- Additional shoes should also be stored in a separate compartment or bag inside a gym bag to prevent possible cross contamination with other items in the gym bag.
- Any other item that is deemed necessary for practice or competition must be stored in the gym bag when it is not being used

\*\*Everything inside the gym bag must be disinfected after every practice and before return to practice again. Be sure to spray the inside and the outside of the bag as well. This is for everyone's protection.

## Soccer Specific Modifications

Massachusetts high school soccer will be played under the NFHS rules as has always been the case, with the following modifications.

### **Game Management:**

- Each bench area must be set up at least 10 yards from midfield. Team benches (or chairs) must be set up to ensure social distancing between players, coaches, trainers, etc. on the sidelines. Teams may end up having players stretched out far down the sideline. Each team may have no more than 3 adults in the bench area throughout the contest (coaches, volunteers, statisticians, trainers, videographers - are all included).
- Cheerleaders will not be allowed. This is to limit the number of people on the sidelines during games.
- The Timeout Rule will be suspended. No timeouts will be allowed.
- All games will be played in four equal quarters with a 2-minute break between quarters 1 2, 3 and 4. Halftime will remain as 10 minutes. Each of the 11 players heading to the sidelines for two minutes may take their face covering off and get water from their own container. They should also use hand sanitizer at this time.
- All substitutes checking into the game should use hand sanitizer provided at the score table and check into the game "near" midfield but socially distant from others including game administrators.

### **Equipment:**

- All players, coaches, referees, and other game personnel must wear a face covering during play except:
  - A player can take off their face covering at a point during the game when they are more than 10 feet away from an opponent. This is to take a "mask break."
  - The default expectation is that the face covering will be on. Failure to have your face covering securely/properly worn according to these modifications/guidelines, will result in an indirect free kick for the opposing team as well as a yellow card for the player in violation.
- It is the responsibility of the head coach to certify that their entire team is wearing appropriate/approved face coverings prior to each contest. When the official asks the coach if the team is properly equipped, this will also include that the team has appropriate face coverings.
- If the game official feels that conditions are not safe in the bench area, as it relates to face coverings, they may issue a yellow card to the head coach for failure to enforce the face covering or social distancing rules in the bench area.
- The home team must provide at least 8 balls to have available around the playing area that may be put in play at any time. Members of each team who are not on the field may assist in retrieving balls with their feet to get them back to the sideline/goal line.
- Balls must be wiped down or sprayed (with approved disinfecting products) by the game administrator after each quarter of play and at the game's end.
- Goalkeepers may not spit on their gloves. They can wet them with a water bottle. If the coach/official sees this happen, gloves will be taken out of play.

### Rules within the Game:

- It is a violation to intentionally head the ball. It will result in an indirect free kick for the opposing team.
- It is a violation to place your hands on any part of an opposing team member's body. It will result in an indirect free kick for the opposing team.
- It is a violation to intentionally make body contact with an opposing team member's body. This includes "shoulder to shoulder" tackling, backing into them or any other intentional contact. It will result in an indirect free kick for the opposing team. However, a player is allowed to make unintentional contact with an opposing team member if the player is attempting to make "foot to ball" contact and the resulting contact with the opposing team member is below the torso, fleeting and minor in nature.
- It is a violation to attempt or to slide tackle. This will result in a direct kick.
- Persistent infringement of any of the above modified rules (III a-d) will also result in a yellow card.

### Restarts:

- All players on the field MUST properly wear their face covering on every restart. No restart may be taken prior to the official indicating that play may resume. On each restart, the referees will whistle as usual upon the violation or stoppage of play, then they will pause to make sure all players are properly wearing the face covering, then whistle to indicate that play may resume.
- All players must maintain 6 feet of distance between themselves and all teammates and opponents at the commencement of all restarts.
- All indirect kicks MUST be played on the ground except for a goal kick which is addressed below.
- There will be no throw-ins. When the ball crosses the touchline, the restart will be a "kick-in," which will be treated the same as all other indirect-kicks- including that the opposing team members must be at least 10 yards from the ball. The ball will be placed on the spot on the touchline where the ball went out of bounds or behind it.
- It is a violation to kick a goal kick in the air beyond the midfield line. If the ball does travel in the air beyond the midfield line without touching a player, the resulting restart is an indirect kick for the opposing team from the spot it crossed midfield.
- It is a violation for the goalkeeper to kick, punt, dropkick or throw the ball in the air beyond the midfield line. If the ball does travel in the air beyond the midfield line without touching a player, the resulting restart is an indirect kick for the opposing team from the spot it crossed midfield.
- The use of a dropped ball is suspended. To replace this procedure, an indirect kick will be awarded to the team whom the referees deemed to be in possession at the time of stoppage.
- The use of a traditional defensive "wall" is not allowed on any restart. Players may attempt to impede the path of the ball to the goal by standing in the way but they must be at least 10 yards away from the ball and at least 6 feet away from other players.

- Corner kicks are an indirect kick.
- Penalty kicks will be handled in the same manner of a penalty shootout in that the ball will be dead once it has hit the goalkeeper or goal. No rebounds allowed. All the typical rules of a penalty shootout apply. If a goal is scored - it is a goal. If the ball goes over the goal line but is not a goal, it is either a goal kick or corner kick depending on the call of the official. If the ball rebounds off the goal or goalkeeper and comes to rest in the field of play, the restart will be a goal kick for the defending team.

#### **Referees/Game Officials:**

- If a player steps in the direction of the referee with intent to complain/argue, that player will be given a yellow card. If the player comes within 6 feet of an official to complain/argue, a red card will be issued.
- Referees are instructed to exit the field and facility immediately upon the final whistle. They are not expected to sign the game sheet this year. It is the responsibility of the game administrator/coaches to make sure the information on the game sheet is correct.
- Officials shall use alternative whistles such as electronic whistles; air horns are permissible.

## **EDUCATIONAL ATHLETICS**

MIAA | 33 Forge Pkwy | Franklin, MA 02038 | 508-541-7997



# Swimming & Diving Fall 2020

## General Information

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with local health department should be used to determine when progression to the next risk level can be initiated.

This document is to be utilized in compliance with all EEA, DESE and DPH guidelines in place.

**Pre-Workout/Pre-Contest Screening:** Athletes and coaches may not attend practices or games if they are isolated for illness or quarantined for exposure to infection.

Prior to attending practices or games, athletes and coaches should check their temperature. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games. Likewise if they have any other symptoms of COVID- 19 infection (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>), they should not attend practices or games. Student-athletes and coaches who have symptoms of COVID19 infection should follow DPH guidance regarding isolation and testing.

For students with symptoms who test negative for COVID-19 infection, they may return to sport once they are approved to return to school (when afebrile for 24 hours and symptomatically improved).

Student athletes and coaches who are diagnosed with COVID-19 infection may return to school once they have been afebrile for 24 hours and with improvement in respiratory symptoms, and once ten days have passed since symptoms first appeared, according to DPH guidelines. In addition, persons with COVID19 infection need to receive written clearance from their health care provider in order to return to sport.

Student-athletes and coaches who were exposed to COVID should not participate in practices or games until their 14-day quarantine is completed.

Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

**Cohorts and/or Participants:** A record should be kept of all individuals present at team activities i.e. – practices, practice cohorts, competitions, etc.

### **Social distancing:**

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This includes additional spacing between athletes while stretching, warming up, chatting, changing drills, etc. Athletes must maintain spacing, and there should be no congregating of athletes while running drills. Workouts should be conducted in ‘pods’ of athletes, with the same 5-10 athletes always working out together. This ensures more limited exposure if someone develops an infection. Records should be kept of who is in each group, each day.
- **Locker Rooms** – Locker rooms and changing areas may be used but should be limited to 50% capacity. Facility Operators should ensure that users can abide by capacity restrictions and social distancing standards and establish signage and visual guidelines. Signage should remind users to limit time spent in enclosed area. If locker rooms are utilized, staggered use based on time and distance is recommended.

When possible, students should report to workouts in proper gear and immediately return home to shower, clean clothing, and equipment at the end of every workout.

- **Practice Site/Pool** – Only essential personnel are permitted on the deck or in the area where athletes are practicing/competing. These are defined as athletes, coaches, medical personnel/athletic trainers, and officials (competition). All others (i.e. managers, photographers, media, etc.) are considered non-essential personnel and are not to be on the deck in close contact with participants.
- **Personal Items** – It is recommended that each athlete bring their own gym bag for personal items (see gym bag information below). All personal items should remain in the gym bag when not in use. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice.
- **Huddles** – Social distancing (6 feet between individuals) must be maintained, as much as possible, and face coverings utilized when the coach is communicating with the entire team, or in smaller groups. Communicating with smaller groups is preferred.
- **Team Handshakes** – Athletes shall NOT exchange handshakes before, during or following practices and competitions. Some MIAA sport specific modifications suggest sportsmanship recognition practices which replace handshakes.



- Spectators – Spectators must practice social distancing between different household units and accept personal responsibility for public health guidelines. The number of spectators is determined in compliance with EEA, DESE and DPH guidelines.
- Media – All social distancing and hygiene guidelines for spectators must be followed by media members planning to attend games. Media members should contact host school administrators prior to arriving at games to plan appropriate entry and available workspace

## Practice and Game

### Protocols:

- Masks/Face Coverings – Athletes are required to wear cloth face coverings/masks per EEA guidelines. Gaiters are acceptable. Face coverings comprised of multiple layers and a tighter weave are more effective and preferred.

Wet face coverings can lose effectiveness. It should be noted that extra face coverings for swimmers may be necessary and should be planned for.

During competition when spacing between participants is greater than 10 ft athletes may momentarily take brief face covering relief. The default expectation is that the mask will be on. Athletes should reference sport specific guidelines for mask breaks.

Caution should be exercised when replacing a mask if hands are wet, soiled, or dirty. For individuals that are unable to wear a face covering due to a medical condition or disability. (Coach must possess the medical note/documentation excusing the player from wearing a mask)

It is the responsibility of the head coach to monitor and ensure that all players not on the playing field are wearing face coverings. A game administrator, home athletic director, or other designee may also assist in monitoring this.

Coaches and officials are also required to wear face coverings. Coaches and officials may remove their face covering briefly for a “break” at any point during play when they are socially distanced greater than 6 feet. Spectators, workers, and others are required to wear face coverings and they are expected to follow social distancing guidelines.

- Player habits – Coaches should work to break old habits and create new ones to minimize the spread of the virus. Spitting, licking fingers, and spitting on hands during practices and competitions is not permitted. The habit of minimizing any touching of the face and covering the cough should be practiced.

- Interaction with Officials – Coaches must follow social distancing guidelines (6 feet) when interacting with an official or any other individual. Conversations can occur at a distance. Athletes should not approach a official closer than 6 feet at any time.
- Hand sanitizer and/or sanitizing wipes – Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use them frequently – including prior to taking the field and upon return to the sideline. Additionally, it is emphasized to avoid touching the face throughout practice and competition.
- Pre-Game Introductions and Preparation – If pre-game meetings are necessary, they should be held with limited team representation – a single coach, single captain, etc. At the pregame meeting, all participants will be required to wear face coverings and to socially distance from all participants

If a school chooses to do introductions, players will take their position on the field prior to being introduced. Introductions are suggested to be limited or eliminated to decrease time of athletes on the competition field. The National Anthem may be played before competition.

- Post-Game Procedures – Refer to Team Handshakes in this guidance. Recognition of the other team, coaches and/or officials should be done from a distance greater than 6 feet and should not delay departure from the competition venue. Teams and group of players should maintain social distancing and/or staggering departure times at the conclusion of the contest.

## Equipment

:

- General Equipment – There should be no shared athletic equipment. Any equipment that is used for practice should be cleaned and disinfected prior to and immediately following practice. Only one individual should handle the set-up and break-down of equipment on any given day (i.e. goals, cones, etc.).
- Personal Items – Shoes, clothing, towels, and other personal items must not be shared among athletes. Any items that are not currently being worn/used should be stored inside a personal gym bag. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice/competition.

## Hydration

:

- All students must bring their own water bottle. Water bottles cannot be shared.

- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.
- Water fountains are to be used as refill stations ONLY.

## COVID-19

### Coach:

- It is recommended that schools could designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually and ensure that social distancing is maintained during training. (NFHS COVID-19 FREE Course)

### Gym Bag: (Supplies recommended for a personal gym bag)

- Reusable facial covering(s)/mask(s) – The mask/face covering must be worn at all times. Sport specific modification may have further guidance for face coverings. Extra face coverings should be planned for.
- Warm-up clothing, electronic devices, and other personal items that are used by the athlete, prior to practice/competition, must be placed back in the gym bag before practice/competition begins.
- Athletes are recommended to always have a personal bottle of hand sanitizer available. There will be less chance of possible cross contamination and less time standing around waiting to use a shared hand sanitizer. Be sure to have this inside a sealable bag, in case it leaks. This will be used when you enter and exit the practice/competition site, and at other necessary times in between.
- Athletes are recommended to have disinfectant wipes for personal use. When using a restroom area, it is best to disinfect any surface that may be touched, before and after using the facilities.
- Athletic braces, tape, inhalers, or any other sports-medical item used before, during or after practice/meets should be stored in a personal gym bag when not in use.
- Additional shoes should also be stored in a separate compartment or bag inside a gym bag to prevent possible cross contamination with other items in the gym bag.
- Any other item that is deemed necessary for practice or competition must be stored in the gym bag when it is not being used

\*\*Everything inside the gym bag must be disinfected after every practice and before return to practice again. Be sure to spray the inside and the outside of the bag as well. This is for everyone's protection.

## Swimming Specific Guidelines

All current and future EEA, MIAA, and DESE guidelines pertaining to the sport of swimming and diving will be adhered to throughout the Fall season. In addition, any state Mandated Safety Standards for Public and Semi-Public Pools will be incorporated into individual swimming and diving team practices and dual meet planning. It is also understood that local Boards of Health and individual facilities may impose additional standards as well as restrictions and will be *the final authority* on site usage rules for team practices/meets.

### Recommended Guidelines & Best Practices for High School Dual Meets

- During the Fall I High School Swimming and Diving season dual meet in person competition will be the standard. If virtual meets are utilized, competition could be expanded to more than two participating teams.
- The host team will be required to contact the visiting school at least 48 hours in advance of the meet to review any facility restrictions in terms of spectators, number of athletes who can compete, warm up protocols, availability of locker rooms as well as the amount of time available to conduct the meet.
- Hand sanitizer will be provided at the scorer's table.

### General

#### Considerations:

- Team Seating and Lane Selection - Teams will sit on opposite sides of the pool whenever possible and remain in this area throughout the meet. The visiting team will have choice of either lanes 1 – 3 or 4 – 6 for competition. (Note this is a change from the traditional even/odd lane selection for competition.)
- Spacing for Officials – It should be noted that 6 foot spacing is recommended to allow officials to work both sides of the pool during a meet.
- Warm-ups - Depending on the time available and number of swimmers allowed per lane, teams may have to adjust within the normal warm –up period to accommodate as many athletes as possible (i.e. 2 – 15 min., 3 – 10 min. 4 – 7min. blocks etc.)

- Warm Down - At the conclusion of each race all swimmers (including anchor leg of relays) must swim to the other end of the pool and exit from this location. This will supplement warm-ups and eliminate any additional congestion in the starting area while times are being collected and preparations for the next race are underway. Swimmers participating on the first three legs of relays will depart the starting area immediately after finishing.
- Submission of Entries NFHS 5 - 2 – To minimize multiple handling of paper entries and/or if electronic entries are not feasible, alternative submission methods should be designed to reduce face to face interactions. One method may be to submit all entries on a single sheet of paper to the scorer's table at the start of the meet with the understanding that a change can be made at any time prior to the long whistle signaling the start of an event. Where/how to/when entries are submitted should be a discussion item during the coaches' phone conference and reviewed again in the pre contest meeting with head coaches and an official.
- Diving - To streamline the meet, diving will be the first event per NFHS 5- 2a with a 10 minute in water break provided where the event would normally be held. The number of exhibition divers expecting to compete should be discussed in the pre meet coaches phone conversation and reviewed again in the pre contest meeting with head coaches and an official.
- During Races - Athletes and team personnel must wear face coverings and remain on their respective side of the pool while all races are in progress. Athletes should be separated by a minimum distance of 3 – 6 feet (while wearing face coverings) if they line up on their team's side of the pool. Due to the increased possibility of virus transmission caused by yelling and many individuals speaking at the same time, group cheering will not be permitted.
- Lap Counting - Per NFHS 2 – 7 -6 and 3 – 4 only one person per team is allowed behind the lane to serve as a counter for the 500 yd Freestyle event. Hand sanitizer should be provided, and each lap counter is required to clean their hands as well as wipe down their counting devices at the conclusion of the race.

#### Officials and Meet Admin

##### Personnel:

- To minimize personal contact, officials will hold the required pre-meet conference with just one member of each coaching staff, and a separate pre meet captains' meeting with just one representative from each team.
- At the conclusion of each race, timers will remain behind their respective lane, and one of the two meet officials will record the individual time to maximize social distancing. The other official will check in with the scoring table after each event.

- All relay “take off” judging will be performed from the sides of the pool. Relay swimmers will be spaced 3–6 feet apart (wearing face coverings) from each other behind their respective lanes. The next swimmer to enter the pool can unmask after previous swimmer enters the pool and must maintain 6 ft spacing from the next relay participant and other participants. If this type of spacing is not attainable, the other relay participants will remain on their respective sidelines until it is appropriate for them to move in and swim their respective relay “leg”. Swimmers competing on the first three relay legs will leave the starting area immediately after finishing. Only one relay grouping will be allowed in the area behind the blocks while relay events are being conducted.
- Various procedures, rules, and disqualification notices require interaction between officials, coaches, and athletes with social distancing and use of face coverings. Alternative methods of communication can include utilization of electronic whistles, PA system, hand signals and/or written communication.
- The diving event might also require alternative methods of submitting entries and movement of non-electronic information might be required. Individuals seated at the scorer’s table/desk must also utilize 6 foot spacing and wear face coverings.

#### Post Meet Responsibilities and Additional Information:

- All “high touch” surface areas must be cleaned at the conclusion of each meet to include but not limited to team benches, scorer’s table, pool ladders, diving board/handrails and starting blocks.
- Activity organizers should ensure that individuals are not congregating in common areas or parking lots following practices or events.
- If “Virtual Meet” competition is utilized a list of guidelines for conducting this type of meet will be published in advance of the season start date to assist with logistics and planning.



# Rules Modifications & Guidelines

## Swimming & Diving

Fall 2020

### General Information

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with local health department should be used to determine when progression to the next risk level can be initiated.

This document is to be utilized in compliance with all EEA, DESE and DPH guidelines in place.

### Pre-Workout/Pre-Contest Screening:

Athletes and coaches may not attend practices or games if they are isolated for illness or quarantined for exposure to infection.

Prior to attending practices or games, athletes and coaches should check their temperature. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games. Likewise if they have any other symptoms of COVID-19 infection (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>), they should not attend practices or games. Student-athletes and coaches who have symptoms of COVID19 infection should follow DPH guidance regarding isolation and testing.

For students with symptoms who test negative for COVID-19 infection, they may return to sport once they are approved to return to school (when afebrile for 24 hours and symptomatically improved).

Student athletes and coaches who are diagnosed with COVID-19 infection may return to school once they have been afebrile for 24 hours and with improvement in respiratory symptoms, and once ten days have passed since symptoms first appeared, according to DPH guidelines. In addition, persons with COVID19 infection need to receive written clearance from their health care provider in order to return to sport.

Student-athletes and coaches who were exposed to COVID should not participate in practices or games until their 14-day quarantine is completed.

Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

### Cohorts and/or Participants:

A record should be kept of all individuals present at team activities i.e. – practices, practice cohorts, competitions, etc.

### Social distancing:

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This includes additional spacing between athletes while stretching, warming up, chatting, changing drills, etc. Athletes must

maintain spacing, and there should be no congregating of athletes while running drills. Workouts should be conducted in 'pods' of athletes, with the same 5-10 athletes always working out together. This ensures more limited exposure if someone develops an infection. Records should be kept of who is in each group, each day.

- **Locker Rooms** – Locker rooms and changing areas may be used but should be limited to 50% capacity. Facility Operators should ensure that users can abide by capacity restrictions and social distancing standards and establish signage and visual guidelines. Signage should remind users to limit time spent in enclosed area. If locker rooms are utilized, staggered use based on time and distance is recommended.

When possible, students should report to workouts in proper gear and immediately return home to shower, clean clothing, and equipment at the end of every workout.

- **Practice Site/Pool** – Only essential personnel are permitted on the deck or in the area where athletes are practicing/competing. These are defined as athletes, coaches, medical personnel/athletic trainers, and officials (competition). All others (i.e. managers, photographers, media, etc.) are considered non-essential personnel and are not to be on the deck in close contact with participants.
- **Personal Items** – It is recommended that each athlete bring their own gym bag for personal items (see gym bag information below). All personal items should remain in the gym bag when not in use. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice.
- **Huddles** – Social distancing (6 feet between individuals) must be maintained, as much as possible, and face coverings utilized when the coach is communicating with the entire team, or in smaller groups. Communicating with smaller groups is preferred.
- **Team Handshakes** – Athletes shall NOT exchange handshakes before, during or following practices and competitions. Some MIAA sport specific modifications suggest sportsmanship recognition practices which replace handshakes.
- **Spectators** – Spectators must practice social distancing between different household units and accept personal responsibility for public health guidelines. The number of spectators is determined in compliance with EEA, DESE and DPH guidelines.
- **Media** – All social distancing and hygiene guidelines for spectators must be followed by media members planning to attend games. Media members should contact host school administrators prior to arriving at games to plan appropriate entry and available workspace

#### **Practice and Game Protocols:**

- **Masks/Face Coverings** – Athletes are required to wear cloth face coverings/masks per EEA guidelines. Gaiters are acceptable. Face coverings comprised of multiple layers and a tighter weave are more effective and preferred.

Wet face coverings can lose effectiveness. It should be noted that extra face coverings for swimmers may be necessary and should be planned for.

During competition when spacing between participants is greater than 10 ft athletes may momentarily take brief face covering relief. The default expectation is that the mask will be on. Athletes should reference sport specific guidelines for mask breaks.



Caution should be exercised when replacing a mask if hands are wet, soiled, or dirty. For individuals that are unable to wear a face covering due to a medical condition or disability. (Coach must possess the medical note/documentation excusing the player from wearing a mask)

It is the responsibility of the head coach to monitor and ensure that all players not on the playing field are wearing face coverings. A game administrator, home athletic director, or other designee may also assist in monitoring this.

Coaches and officials are also required to wear face coverings. Coaches and officials may remove their face covering briefly for a “break” at any point during play when they are socially distanced greater than 6 feet. Spectators, workers, and others are required to wear face coverings and they are expected to follow social distancing guidelines.

- **Player habits** – Coaches should work to break old habits and create new ones to minimize the spread of the virus. Spitting, licking fingers, and spitting on hands during practices and competitions is not permitted. The habit of minimizing any touching of the face and covering the cough should be practiced.
- **Interaction with Officials** – Coaches must follow social distancing guidelines (6 feet) when interacting with an official or any other individual. Conversations can occur at a distance. Athletes should not approach a official closer than 6 feet at any time.
- **Hand sanitizer and/or sanitizing wipes** – Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use them frequently – including prior to taking the field and upon return to the sideline. Additionally, it is emphasized to avoid touching the face throughout practice and competition.
- **Pre-Game Introductions and Preparation** – If pre-game meetings are necessary, they should be held with limited team representation – a single coach, single captain, etc. At the pregame meeting, all participants will be required to wear face coverings and to socially distance from all participants

If a school chooses to do introductions, players will take their position on the field prior to being introduced. Introductions are suggested to be limited or eliminated to decrease time of athletes on the competition field. The National Anthem may be played before competition.

- **Post-Game Procedures** – Refer to Team Handshakes in this guidance. Recognition of the other team, coaches and/or officials should be done from a distance greater than 6 feet and should not delay departure from the competition venue. Teams and group of players should maintain social distancing and/or staggering departure times at the conclusion of the contest.

#### Equipment:

- **General Equipment** – There should be no shared athletic equipment. Any equipment that is used for practice should be cleaned and disinfected prior to and immediately following practice. Only one individual should handle the set-up and break-down of equipment on any given day (i.e. goals, cones, etc.).
- **Personal Items** – Shoes, clothing, towels, and other personal items must not be shared among athletes. Any items that are not currently being worn/used should be stored inside a personal gym bag. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice/competition.

### Hydration:

- All students must bring their own water bottle. Water bottles cannot be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.
- Water fountains are to be used as refill stations ONLY.

### COVID-19 Coach:

- It is recommended that schools could designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually and ensure that social distancing is maintained during training. (NFHS COVID-19 FREE Course)

### Gym Bag: (Supplies recommended for a personal gym bag)

- Reusable facial covering(s)/mask(s) – The mask/face covering must be worn at all times. Sport specific modification may have further guidance for face coverings. Extra face coverings should be planned for.
- Warm-up clothing, electronic devices, and other personal items that are used by the athlete, prior to practice/competition, must be placed back in the gym bag before practice/competition begins.
- Athletes are recommended to always have a personal bottle of hand sanitizer available. There will be less chance of possible cross contamination and less time standing around waiting to use a shared hand sanitizer. Be sure to have this inside a sealable bag, in case it leaks. This will be used when you enter and exit the practice/competition site, and at other necessary times in between.
- Athletes are recommended to have disinfectant wipes for personal use. When using a restroom area, it is best to disinfect any surface that may be touched, before and after using the facilities.
- Athletic braces, tape, inhalers, or any other sports-medical item used before, during or after practice/meets should be stored in a personal gym bag when not in use.
- Additional shoes should also be stored in a separate compartment or bag inside a gym bag to prevent possible cross contamination with other items in the gym bag.
- Any other item that is deemed necessary for practice or competition must be stored in the gym bag when it is not being used

\*\*Everything inside the gym bag must be disinfected after every practice and before return to practice again. Be sure to spray the inside and the outside of the bag as well. This is for everyone's protection.

### Swimming Specific Guidelines

All current and future EEA, MIAA, and DESE guidelines pertaining to the sport of swimming and diving will be adhered to throughout the Fall season. In addition, any state Mandated Safety Standards for Public and Semi-Public Pools will be incorporated into individual swimming and diving team practices and dual meet planning. It is also understood that local Boards of Health and individual facilities may impose additional standards as well as restrictions and will be **the final authority** on site usage rules for team practices/meets.

## Recommended Guidelines & Best Practices for High School Dual Meets

- During the Fall I High School Swimming and Diving season dual meet in person competition will be the standard. If virtual meets are utilized, competition could be expanded to more than two participating teams.
- The host team will be required to contact the visiting school at least 48 hours in advance of the meet to review any facility restrictions in terms of spectators, number of athletes who can compete, warm up protocols, availability of locker rooms as well as the amount of time available to conduct the meet.
- Hand sanitizer will be provided at the scorer's table.

### General Considerations:

- **Team Seating and Lane Selection** - Teams will sit on opposite sides of the pool whenever possible and remain in this area throughout the meet. The visiting team will have choice of either lanes 1 – 3 or 4 – 6 for competition. (Note this is a change from the traditional even/odd lane selection for competition.)
- **Spacing for Officials** – It should be noted that 6 foot spacing is recommended to allow officials to work both sides of the pool during a meet.
- **Warm-ups** - Depending on the time available and number of swimmers allowed per lane, teams may have to adjust within the normal warm –up period to accommodate as many athletes as possible (i.e. 2 – 15 min., 3 – 10 min. 4 – 7min. blocks etc.)
- **Warm Down** - At the conclusion of each race all swimmers (including anchor leg of relays) must swim to the other end of the pool and exit from this location. This will supplement warm-ups and eliminate any additional congestion in the starting area while times are being collected and preparations for the next race are underway. Swimmers participating on the first three legs of relays will depart the starting area immediately after finishing.
- **Submission of Entries NFHS 5 - 2** – To minimize multiple handling of paper entries and/or if electronic entries are not feasible, alternative submission methods should be designed to reduce face to face interactions. One method may be to submit all entries on a single sheet of paper to the scorer's table at the start of the meet with the understanding that a change can be made at any time prior to the long whistle signaling the start of an event. Where/how to/when entries are submitted should be a discussion item during the coaches' phone conference and reviewed again in the pre contest meeting with head coaches and an official.
- **Diving** - To streamline the meet, diving will be the first event per NFHS 5- 2a with a 10 minute in water break provided where the event would normally be held. The number of exhibition divers expecting to compete should be discussed in the pre meet coaches phone conversation and reviewed again in the pre contest meeting with head coaches and an official.
- **During Races** - Athletes and team personnel must wear face coverings and remain on their respective side of the pool while all races are in progress. Athletes should be separated by a minimum distance of 3 – 6 feet (while wearing face coverings) if they line up on their team's side of the pool. Due to the increased possibility of virus transmission caused by yelling and many individuals speaking at the same time, group cheering will not be permitted.

- **Lap Counting** - Per NFHS 2 – 7 -6 and 3 – 4 only one person per team is allowed behind the lane to serve as a counter for the 500 yd Freestyle event. Hand sanitizer should be provided, and each lap counter is required to clean their hands as well as wipe down their counting devices at the conclusion of the race.

#### Officials and Meet Admin Personnel:

- To minimize personal contact, officials will hold the required pre-meet conference with just one member of each coaching staff, and a separate pre meet captains' meeting with just one representative from each team.
- At the conclusion of each race, timers will remain behind their respective lane, and one of the two meet officials will record the individual time to maximize social distancing. The other official will check in with the scoring table after each event.
- All relay “take off” judging will be performed from the sides of the pool. Relay swimmers will be spaced 3–6 feet apart (wearing face coverings) from each other behind their respective lanes. The next swimmer to enter the pool can unmask after previous swimmer enters the pool and must maintain 6 ft spacing from the next relay participant and other participants. If this type of spacing is not attainable, the other relay participants will remain on their respective sidelines until it is appropriate for them to move in and swim their respective relay “leg”. Swimmers competing on the first three relay legs will leave the starting area immediately after finishing. Only one relay grouping will be allowed in the area behind the blocks while relay events are being conducted.
- Various procedures, rules, and disqualification notices require interaction between officials, coaches, and athletes with social distancing and use of face coverings. Alternative methods of communication can include utilization of electronic whistles, PA system, hand signals and/or written communication.
- The diving event might also require alternative methods of submitting entries and movement of non-electronic information might be required. Individuals seated at the scorer’s table/desk must also utilize 6 foot spacing and wear face coverings.

#### Post Meet Responsibilities and Additional Information:

- All “high touch” surface areas must be cleaned at the conclusion of each meet to include but not limited to team benches, scorer’s table, pool ladders, diving board/handrails and starting blocks.
- Activity organizers should ensure that individuals are not congregating in common areas or parking lots following practices or events.
- If “Virtual Meet” competition is utilized a list of guidelines for conducting this type of meet will be published in advance of the season start date to assist with logistics and planning.

**EDUCATIONAL ATHLETICS**

MIAA | 33 Forge Pkwy | Franklin, MA 02038 | 508-541-7997





# Rules Modifications & Guidelines

## Volleyball

Fall 2020

### General Information

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with local health department should be used to determine when progression to the next risk level can be initiated.

This document is to be utilized in compliance with all EEA, DESE and DPH guidelines in place.

#### **Pre-Workout/Pre-Contest Screening:**

Athletes and coaches may not attend practices or games if they are isolated for illness or quarantined for exposure to infection.

Prior to attending practices or games, athletes and coaches should check their temperature. If a student-athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games. Likewise if they have any other symptoms of COVID-19 infection (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>), they should not attend practices or games. Student-athletes and coaches who have symptoms of COVID19 infection should follow DPH guidance regarding isolation and testing.

For students with symptoms who test negative for COVID-19 infection, they may return to sport once they are approved to return to school (when afebrile for 24 hours and symptomatically improved).

Student athletes and coaches who are diagnosed with COVID-19 infection may return to school once they have been afebrile for 24 hours and with improvement in respiratory symptoms, and once ten days have passed since symptoms first appeared, according to DPH guidelines. In addition, persons with COVID19 infection need to receive written clearance from their health care provider in order to return to sport.

Student-athletes and coaches who were exposed to COVID should not participate in practices or games until their 14-day quarantine is completed.

Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

#### **Cohorts and/or Participants:**

A record should be kept of all individuals present at team activities i.e. – practices, practice cohorts, competitions, etc.

#### **Social distancing:**

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between players as much as possible. This includes additional spacing between athletes while stretching, warming up, chatting, changing drills, etc. Athletes must

maintain spacing, and there should be no congregating of athletes while running drills. Workouts should be conducted in 'pods' of athletes, with the same 5-10 athletes always working out together. This ensures more limited exposure if someone develops an infection. Records should be kept of who is in each group, each day.

- **Locker Rooms** – Locker rooms and changing areas may be used but should be limited to 50% capacity. Facility Operators should ensure that users can abide by capacity restrictions and social distancing standards and establish signage and visual guidelines. Signage should remind users to limit time spent in enclosed area. If locker rooms are utilized, staggered use based on time and distance is recommended.

When possible, students should report to workouts in proper gear and immediately return home to shower, clean clothing, and equipment at the end of every workout.

- **Benches** – No benches should be used during practice. Players' items should be separated as below for personal items, at least 6 feet apart. Benches should be permitted only during games.
- **Practice Court** – Only essential personnel are permitted on the practice/competition court. These are defined as athletes, coaches, medical personnel/athletic trainers, and officials (competition). All others (i.e. managers, photographers, media, etc.) are considered non-essential personnel and are not to be on the area of play.
- **Personal Items** – It is recommended that each athlete bring their own gym bag for personal items (see gym bag information below). All personal items should remain in the gym bag when not in use. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice.
- **Huddles** – Social distancing (6 feet between individuals) must be maintained, as much as possible, and face coverings utilized when the coach is communicating with the entire team, or in smaller groups. Communicating with smaller groups is preferred.
- **Team Handshakes** – Athletes shall NOT exchange handshakes before, during or following practices and competitions. Some MIAA sport specific modifications suggest sportsmanship recognition practices which replace handshakes.
- **Spectators** – Spectators must practice social distancing between different household units and accept personal responsibility for public health guidelines. The number of spectators is determined in compliance with EEA, DESE and DPH guidelines.
- **Media** – All social distancing and hygiene guidelines for spectators must be followed by media members planning to attend games. Media members should contact host school administrators prior to arriving at games to plan appropriate entry and available workspace

#### **Practice and Game Protocols:**

- **Masks/Face Coverings** – Athletes are required to wear cloth face coverings/masks per EEA guidelines. Gaiters are acceptable. Face coverings comprised of multiple layers and a tighter weave are more effective and preferred.

During play when spacing between players is greater than 10 ft athletes may momentarily take brief face covering relief. The default expectation is that the mask will be on. Athletes should reference sport specific guidelines for mask breaks.

Caution should be exercised when replacing a mask if hands are soiled or dirty. For individuals that are unable to wear a face covering due to a medical condition or disability. (Coach must possess the medical note/documentation excusing the player from wearing a mask)

It is the responsibility of the head coach to monitor and ensure that all players not on the court are wearing face coverings. A game administrator, home athletic director, or other designee may also assist in monitoring this.

Coaches and officials are also required to wear face coverings. Coaches and officials may remove their face covering briefly for a “break” at any point during play when they are socially distanced greater than 6 feet. Spectators, workers, and others are required to wear face coverings and they are expected to follow social distancing guidelines.

- **Player habits** – Coaches should work to break old habits and create new ones to minimize the spread of the virus. Spitting and licking fingers during practices and competitions is not permitted. The habit of minimizing any touching of the face and covering the cough should be practiced.
- **Interaction with Officials** – Coaches must follow social distancing guidelines (6 feet) when interacting with an official or any other individual. Conversations can occur at a distance. Athletes should not approach a referee closer than 6 feet at any time.
- **Hand sanitizer and/or sanitizing wipes** – Athletes, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use them frequently – including prior to taking the court and upon return to the sideline. Additionally, it is emphasized to avoid touching the face throughout practice and competition.
- **Pre-Game Introductions and Preparation** – If pre-game meetings are necessary, they should be held with limited team representation – a single coach, single captain, etc. At the pregame meeting, all participants will be required to wear face coverings and to socially distance from all participants

If a school chooses to do introductions, players will take their position on the court prior to being introduced. Introductions are suggested to be limited or eliminated to decrease time of athletes on the court. The National Anthem may be played before competition.

- **Ball Retrievers** – Ball retrievers for any sport ARE NOT permitted. See sport specific modifications for extra ball placement procedures.
- **Post-Game Procedures** – Refer to Team Handshakes in this guidance. Recognition of the other team, coaches and/or officials should be done from a distance greater than 6 feet and should not delay departure from the competition venue. Teams and group of players should maintain social distancing and/or staggering departure times at the conclusion of the contest.

#### **Equipment:**

- **General Equipment** – There should be no shared athletic equipment. Any equipment that is used for practice should be cleaned and disinfected prior to and immediately following practice. Only one individual should handle the set-up and break-down of equipment on any given day (i.e. goals, cones, etc.).

- **Balls** – Each player should bring their own ball or use the same school-issued ball during practice. Skill training, conditioning, agility, etc. can be done with the one player/one ball concept. Balls must be sanitized before and after each practice/game. Sport specific modifications also list other ball cleaning practices during competition.
- **Personal Items** – Shoes, clothing, towels, and other personal items must not be shared among athletes. Any items that are not currently being worn/used should be stored inside a personal gym bag. Gym bags should be placed in a predetermined area 6 feet apart for the duration of practice/competition.

#### Hydration:

- All students must bring their own water bottle. Water bottles cannot be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.
- Water fountains are to be used as refill stations ONLY.

#### COVID-19 Coach:

- It is recommended that schools could designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually and ensure that social distancing is maintained during training. (NFHS COVID-19 FREE Course)

#### Gym Bag: (Supplies recommended for your personal gym bag)

- Reusable facial covering(s)/mask(s) – The mask/face covering must be worn at all times. Sport specific modification may have further guidance for face coverings.
- Warm-up clothing, electronic devices, and other personal items that are used by the athlete, prior to practice/competition, must be placed back in the gym bag before practice/competition begins.
- Athletes are recommended to always have a personal bottle of hand sanitizer available. There will be less chance of possible cross contamination and less time standing around waiting to use a shared hand sanitizer. Be sure to have this inside a sealable bag, in case it leaks. This will be used when you enter and exit the practice/competition site, and at other necessary times in between.
- Athletes are recommended to have disinfectant wipes for personal use. When using a restroom area, it is best to disinfect any surface that may be touched, before and after using the facilities.
- Athletic braces, tape, inhalers, or any other sports-medical item used before, during or after practice/meets should be stored in a personal gym bag when not in use.
- Additional shoes should also be stored in a separate compartment or bag inside a gym bag to prevent possible cross contamination with other items in the gym bag.
- Any other item that is deemed necessary for practice or competition must be stored in the gym bag when it is not being used

\*\*Everything inside the gym bag must be disinfected after every practice and before return to practice again. Be sure to spray the inside and the outside of the bag as well. This is for everyone's protection.



## Volleyball Specific Modifications

### **Pre-match:**

- All equipment is to be set up to meet NFHS rule regulations (net height, ball pressure) and must be sanitized prior to the visiting team's arrival to the playing area.
- Benches and warm up areas should be marked to indicate 6 feet of spacing between participants.
- Scoring table may need to be extended to accommodate 3 people, 6 feet apart.
- Game balls - minimum of 6 should be set apart from other balls
- Home team will choose side to play on.
- Each team will provide their own balls for warmup.
- Tape will be applied to the floor 3 feet from the centerline on each side of the net.

### **Pre-match Conference:**

- Limit attendees to the head coach from each team, first referee and second referee.
- The pre-match conference will take place at center court (with face coverings) with one coach and one referee positioned on each side of the net. All four individuals are to maintain a social distance of 6 feet.
- Teams warming up are required to be beyond the attack lines and their extensions during pre-match conference to provide for social distancing.

### **Pre-match Administration:**

- Suspend roster requirements
- Suspend requirement for written scorer and or libero tracker, if untrained or school system has a "no paper" mandate.
- Visual scoreboard is required.

### **Team Benches:**

- Teams will remain on the same side of court throughout the match.
- In the event there is a clear and distinct disadvantage (i.e. sun), home teams should consider scheduling start times to reduce the disadvantage.
- Team members shall be seated or standing 6 feet apart. Consideration should be given for use of bleachers behind the bench. Teams will be allowed to "curl" beyond the end line if their position does not interfere with play.

### **Warmup protocol:**

- When a team does not have exclusive use of the court they will social distance and will not use balls.

### **Start of Play Protocol:**

- Starting players will go to their starting positions and not the endline for the first and all sets of the match.
- Once the lineup is confirmed by the R2. The R1 will double whistle and waive indicating players should waive a hand toward their opponent to acknowledge “good luck”.

#### During play:

- Substitutions will take place at the attack line
- Player entering the match will stand at the extension of the attack line (approximately 6’). Players leaving the match will stand near the sideline. There is to be no contact during substitution exchange.
- There are to be no team huddles or any physical contact (high fives, fist bumps)
- Time outs require social distancing of 6 feet.
- Balls are to be replaced with a clean ball after every rally. This task is to be completed by an adult
- To reduce intermittent contact with opponents, front row plays will be restricted from traditionally attacking the ball while the ball is above or in front of the 3-foot line

#### Deciding Set Procedures:

- The deciding set coin toss will take place at center court. It shall be limited to one team captain and the second referee maintaining the appropriate social distance of 6 feet.
- A coin toss, called by the home team, will decide serve/receive.

#### End of Match Protocol:

- After the last point of the match is scored, the R1 will signal end of match.
- The R1 will then double whistle and waive indicating players should waive a hand toward their opponent to acknowledge “nice match”.

#### Other considerations:

- Line judges will not be used
- Each participant is limited to one personal bag.
- An area should be designated for officials to store their personal bag.
- Officials shall use electronic whistles.

**EDUCATIONAL ATHLETICS**

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