

Updated March 8, 2021

**Fox Chapel Area School District
Athletic Department
Return to Competition Guidelines**

INTRODUCTION

The COVID-19 pandemic has presented athletics across the world with myriad challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control and Prevention (CDC), among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, current science suggests that there are many steps schools can take to reduce the risks to students, coaches, and their families.

The Fox Chapel Area School District will take the necessary precautions and recommendations from the federal, state, and local governments; Centers for Disease Control and Prevention (CDC); National Federation of State High School Associations; and the PIAA. The Fox Chapel Area School District realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations/guidance will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our students, staff, and spectators.

While we all remain concerned about the dangers of COVID-19, the PIAA, WPIAL, and the Fox Chapel Area School District believe it is essential to the physical and mental well-being of high/middle school students across the commonwealth that efforts be made to return to physical activity and athletic competition where that can occur in a reasonably safe environment.

With that goal in mind, the considerations outlined in this document are meant to decrease potential exposure to COVID-19 to a degree that competition can occur. As we continue to gain more information about the virus and receive continued feedback from the Pennsylvania Governor's Office, Pennsylvania Department of Health, Allegheny County Health Department, and the Pennsylvania Department of Education, these documents may be adjusted or even suspended to adapt to an ever-changing environment.

The Fox Chapel Area School District is committed to maximizing the athletic opportunities for student-athletes within our community and will continue to follow all governing agencies' recommendations and guidelines and will be flexible in considering that certain sports may be impacted differently during the upcoming season.

Participating in interscholastic athletics, both at the high school and middle school levels, is a privilege, and it is of the utmost importance that athletes work with coaches and staff to help adhere to all safety guidelines. Doing so is a responsibility of participating in interscholastic athletics, both in and out of season. Failure to adhere to the safety guidelines may jeopardize an athlete's ability to participate.

- The head athletic trainer has been designated as the pandemic coordinator for athletics for all questions related to COVID-19, and all parents, athletes, officials, and coaches will be provided his contact information (john_panos@fcasd.edu). The team doctor will be consulted on all matters and questions related to COVID-19.
- The Fox Chapel Area School District Athletic Department has developed a [plan of action](#) in the event an athlete, coach, or official falls ill; will make the plan publicly available; and explain it to the entire sports community.
- Staff, coaches, athletic trainers, and athletes will be educated about the symptoms of COVID-19 and when to stay home through posters, flyers, and meetings. Athletes also will be educated on [proper hand washing](#) and the [disinfection of equipment and facilities](#).
- During the off-season and during the fall, winter, and spring seasons' activities, coaches will screen and monitor athletes for symptoms prior to and during games and practices, including daily temperature checks coupled with a number of screening questions for the following symptoms:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

A daily log will be kept with the aforementioned information. If individuals participating in sporting activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they will be sent home. If students are screened at school prior to attending a practice/game, they may not need to be rescreened before practice. All coaches and officials must also adhere to the above referenced guidelines.

- Coaching staff and other adult personnel will wear face coverings (masks) pursuant to the order of the Pennsylvania Department of Health masking order and the guidance of the school physician, at all times.
- Coaches, other adult personnel, and athletes will maintain appropriate physical distancing pursuant to the order of the Pennsylvania Department of Health, at all times, practical, including but not limited to, locker rooms, sidelines, dugouts, buses, benches, and workout areas.
- Athletes will wear face coverings (masks) pursuant to the order of the Pennsylvania Department of Health, CDC guidance, and the guidance of the school physician, at all times. An athlete may remove his/her facemask while actively engaged in competition or otherwise permitted under the Pennsylvania Department of Health order, CDC guidance, and the guidance of the school physician, including but not limited to, when wearing a face covering would cause or exacerbate a medical condition, mental health condition, or disability or when enforcing face covering requirements would be unsafe.
- Athletes and coaches should not congregate. During out-of-season and in-season activities, athletes may not be granted access to locker rooms and will be instructed, by their coach, of where and when to report for off and in-season season conditioning/workouts/practices. Under a hybrid model of schooling, athletes who are attending competitions/practices should come dressed and ready for competitions/practices. During the season, coaches will have to monitor locker room use by players/teams or players/teams may need to utilize other locker rooms in order to promote physical distancing. Coaches may have to assign pre-practice locker room times and/or teams may use additional locker room space that is not directly located next to their competition area.
- All athletes, coaches, and officials must bring their own water and drinks to team activities. Athletes should bring multiple water bottles with their name on it. Team water coolers for sharing through disposable cups are not permitted. Water fountains should not be used. At certain times, the district may be providing water, via small bottles, during competitions only for athletes who cannot access their water bottles during play.
- Activities that increase the risk of exposure to saliva must not be allowed, including but not limited to chewing gum, spitting, licking fingers, and eating sunflower seeds.
- Avoid shaking hands, fist bumps, or high fives before, during, or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.
- Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment will be properly disinfected between uses.
- If multiple games are held at the same facility, adequate time will be scheduled between contests to allow for facilities to be cleaned and disinfected, and to minimize interaction between athletes. Each venue, as a whole, may not exceed the current order of the Pennsylvania Department of Health/Governor for total occupancy permitted.

- Booster-run concession stands and other food provided to athletes must adhere to the [Guidance for Businesses in the Restaurant Industry](#).

OTHER RECOMMENDATIONS

Facilities Cleaning/Sanitation

- Athletic facilities should be cleaned prior to arrival and after workouts and team gatherings. High-touch areas should be cleaned often throughout the day.
- Weight room equipment will be wiped down after each use.
- Athletes must wear shirts and shoes at all times in the weight room to minimize sweat transmitting onto equipment.
- Additional hand sanitizing stations will be provided both during the regularly defined PIAA season and as much as possible during out-of-season activities.

Transportation

Modifications for student/coach transportation to and from in season athletic events may be necessary. These may include:

- Reducing the number of students/coaches on a bus/van. Additional buses and vans may be necessary.
- Masks must be worn at all times while traveling to and from athletic contests.
- “Travel Squads” may be implemented in order to promote social distancing on buses and reduce student exposure to one another.
- Students may be transported to away athletic contests by their parents or guardians upon sending confirmation to the athletic director and coach in the event the parents or guardians wish their child not to ride district-provided transportation ([Athletic Transportation Release/Permission Form](#)).
- Social distancing on a bus.

Potential modifications will be determined by the school district, bus companies, and state and local governments at a later date.

WHO SHOULD BE ALLOWED AT EVENTS?

The Fox Chapel Area School District Athletic Department will continue to monitor and evaluate guidance provided as it relates to spectators attending high school/middle school athletic functions and adhere to all Pennsylvania Department of Health orders/guidance surrounding spectators' attendance at athletic contests. As it stands, the following people are accordingly grouped into tiers from essential to non-essential, and this will continue to be monitored as the Pennsylvania Department of Health and/or Governor updates/changes guidelines surrounding spectators' attendance at athletic contests.

1. Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, security
2. Tier 2 (Preferred) – Media
3. Tier 3 (Non-Essential) – Spectators/boosters
 - As of March 1 2021, the Pennsylvania Governor lifted restrictions on indoor and outdoor gatherings and as a result, members of all three tiers are permitted to attend athletic contests, while observing the capacity limits that were established.
 - Only Tier 1 and 2 personnel will be allowed to attend events until state and/or local governments lift restrictions on mass gatherings.
 - Tier 3 are not permitted to attend any home/away athletic contest or practice. Seating areas, including bleachers, will adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household once spectators are permitted. It is required that all adults and children two years and older wear face coverings (masks).
 - As the state and/or local governments lift/alter restrictions or alter mandates/guidance on mass gatherings, caregivers or spectators will be permitted to attend games under any new guidance/restrictions that may have been issued. The FCASD reserves the right to restrict both home and visiting spectators at all athletic contests in order to safely provide our student-athletes the opportunity to compete. All spectators will have to adhere to any/all mandated requirements to attend games. Failure to comply may result in stoppage of play until individual(s) become compliant with the mandate. Further refusal to comply with requests may result in removal from the venue.
 - Capacity guidelines will be followed pursuant to the order of the Pennsylvania Department of Health as it pertains to spectator restrictions on mass gatherings.
 - Spectators will maintain appropriate physical distancing pursuant to the order of the Pennsylvania Department of Health, at all times, practical, in areas in which they occupy for events when permitted to attend either indoors or outdoor venues.

OVERNIGHT/OUT-OF-STATE EVENT/EVENTS IN COVID-19

(UPDATED) The Fox Chapel Area School District will follow the most current Pennsylvania travel guidelines as outlined by the PA Department of Health during the 2020-2021 school year in order to limit possible exposure.

SUMMARY

Custodial Actions:

1. Athletic facilities should be cleaned prior to arrival and after workouts and team gatherings. High-touch areas should be cleaned often throughout the day. This includes, but is not limited to, all restrooms at the fieldhouse, training room, weight rooms, stadium restrooms, concession stands, officials' locker rooms, and water fountains.
2. Provide informational signage at all restrooms, locker rooms, and training rooms on how to prevent the spread of COVID-19.
3. Ensure weekend (Saturday) and weekday (evenings) custodial coverage during all seasons/events to clean all athletic areas.
4. Provide additional hand sanitizer in locker rooms, athletic training rooms, press box, ticket collection areas, and scorers tables.
5. Provide additional cleaning supplies in the athletic training room and also have some available for coaches to take on the field to sanitize equipment before, during, and after workouts.

Athletes' Actions:

1. Practice social distancing.
2. Mandatory PIAA pre-participation physicals will be required prior to the start of the fall, winter and spring sports season. Physicals will be given to those interested athletes on the dates published by the athletic department at least one month prior to the physicals being given.
3. During the season, no athletes will be permitted to maintain a locker in any locker room or athletic area. Students at school during the hybrid model of education will have access to the field house, locker room or any other athletic area after school. Those students who come from home to practice/competition are required to come dressed and ready for practice. Access to the field house, gymnasium/pool locker rooms or any athletic area for those athletes coming from home will be restricted.
4. Maintain a clean locker at all times.
5. Athletes will maintain appropriate physical distancing pursuant to the order of the Pennsylvania Department of Health, at all times, practical, including but not limited to, locker rooms, sidelines, dugouts, buses, benches, and workout areas.
6. Athletes will wear face coverings (masks) pursuant to the order of the Pennsylvania Department of Health, CDC guidance, and the guidance of the

school physician, at all times. An athlete may remove his/her facemask while actively engaged in competition or otherwise permitted under the Pennsylvania Department of Health order, CDC guidance, and the guidance of the school physician, including but not limited to, when wearing a face covering would cause or exacerbate a medical condition, mental health condition, or disability or when enforcing face covering requirements would be unsafe. Athletes must wear face coverings when on sidelines, or in dugouts, etc. or anytime the recommended physical distancing may not be able to be maintained. There are no color restrictions on face coverings; however face coverings must adhere to the Restriction on Advertisements or Sponsors Names on Uniforms policy, as adopted by the PIAA Board of Directors.

7. Athletes must avoid touching their face as much as possible.
8. Wash clothes often (No clothing should remain in lockers nightly during the season).
9. Do not share towels, razors, and other personal hygiene items.
10. Follow good hygiene practices, such as washing hands frequently and use hand sanitizer when available.
11. Bring a personal water bottle (with name on it), as no bottles will be permitted to be shared. It is required that all athletes bring multiple water bottles to practices/games. Failure to bring water to practice will result in students not being allowed to practice that day.
12. Athletes should not arrive prior to practice more than 15 minutes in advance of in or out of season practices/workouts.
13. Limited occupancy of locker rooms may be necessary during the season.
14. Work with coaches to assist in disinfecting sports equipment that is used during workouts.
15. Athletes will be required to submit to health screenings (Temperature/Screening Questions) as outlined in this document on a daily basis even in the event that students participate in the RUVNA home screenings.
16. Athletes must provide written medical clearance from their medical doctor, physician assistant, or CRNP in the event he/she is diagnosed with COVID-19.
17. Return to athletics can begin once the individual is determined by a medical doctor, physician assistant, or CRNP to be non-contagious, fever-free (without fever-reducing medicine), has vast improvement in respiratory symptoms (cough, shortness of breath), and experiences no vomiting or diarrhea.

We ask that our athletes assist us in ensuring that these guidelines are followed in order to maintain a safe and healthy environment for all. Failure to adhere to the guidelines provided by the athletic department and coaches may result in an inability to participate in interscholastic athletics.

Coaches' Actions

1. Coaches will screen and monitor athletes for symptoms prior to and during games and practices, including daily temperature checks coupled with a number of screening questions.
2. Results will be maintained by the coaches and submitted to the athletic office upon request. This will be a routine until such time that the government, the Centers for Disease Control and Prevention (CDC), or other health organizations determine it is not necessary to conduct such screenings. Head coaches are responsible for designating a staff member both in and out of season to take temperatures/monitor for COVID symptoms for each scheduled workout/practice.
3. Practice physical distancing with athletes and other staff members.
4. Coaching staff will wear face coverings (masks) pursuant to the (current) Pennsylvania Department of Health masking order and the guidance of the school physician, at all times.
5. Coaches will maintain appropriate physical distancing pursuant to the order of the Pennsylvania Department of Health order, at all times, practical, including but not limited to, locker rooms, sidelines, dugouts, buses, benches, and workout areas.
6. It is recommended for coaches to create pods for students to attend workouts/practices during off and in-season and when possible during the regular season. If a full team workout occurs, it is preferred that the teams work in small groups with proper social distancing measures as much as possible.
7. Coaches may limit the size of a team traveling to away contests in order to promote social distancing on buses.
8. Coaches may be responsible for monitoring the number of students in the locker rooms during the season in order to promote social distancing. This may include limiting access to buildings both before and after practices and games.
9. With the use of each piece of shared sports equipment all items will be disinfected at the conclusion of use in conjunction with the athletes' assistance.
10. Assistance with monitoring access to the fieldhouse during the season may be required.
11. Wash/sanitize hands regularly.
12. Provide proper guidance to student-athletes on proper handwashing techniques, as outlined in the beginning of the document.
13. Coaches must provide written medical clearance from their medical doctor, physician assistant, or CRNP in the event he/she is diagnosed with COVID-19.
14. Return to coaching can begin once the individual is determined by a medical doctor, physician assistant, or CRNP to be non-contagious, fever-free (without fever-reducing medicine), has vast improvement in respiratory symptoms (cough, shortness of breath), and experiences no vomiting or diarrhea.

Athletic Trainers' Actions:

Follow [guidance by the National Athletic Trainers' Association](#) as it pertains to COVID-19. This includes, but is not limited to, the following measures.

1. Limit athletes/coaches training room occupancy to promote social distancing and avoid infection.
2. Athletic trainers and other adult/medical personnel will wear face coverings (masks) pursuant to the (current) Pennsylvania Department of Health masking order and the guidance of the school physician, at all times.
 - Athletic trainers and other adult/medical personnel will maintain appropriate physical distancing pursuant to the order of the Pennsylvania Department of Health, at all times, practical, including but not limited to, athletic training rooms, locker rooms, sidelines, dugouts, buses, benches, and workout areas.
 - Clean and disinfect all hard surfaces which include, but are not limited to, training tables, taping tables, door knobs, and other equipment that is utilized during routine sports participation for athletes.
 - No unsupervised admittance to the training room.
 - Provide proper guidance to student-athletes on proper handwashing techniques, as outlined in the beginning of the document.
 - In the event of an injury or suspected injury, athletes will be evaluated, by appointment, with the athletic trainer, which can be made through email or phone. All injuries that occur during practices/games will be evaluated on site as they occur.

CONSIDERATIONS WHEN TRAVELING TO A COMPETITION:

1. The athletic director will make sure to communicate with the host school prior to the competition to discuss plans and will follow all policies and guidelines the host school has communicated.
2. The Fox Chapel Area School District Return to Competition plan will remain in effect during all athletic contests, both home and away.

PREGAME CONFERENCE:

1. Limit attendees to one official, the head coach from each team, and a single captain from each team, while maintaining social distance.
2. Pre-contest official crew meetings should be held outside when possible and where social distancing is more easily accomplished.

3. Coin Toss – should involve only the Head Referee (wearing a face covering) and one captain and head coach from each team.
4. Move the location of the pregame conference to the center of the court/field. All individuals should maintain a social distance of, at least, 6 feet.
5. No handshakes are permitted.
6. Maintain social distancing while performing all pregame responsibilities.
7. Encourage bench personnel to observe social distancing of, at least, 6 feet.
8. Encourage social distancing of, at least, 6 feet between substitutes and teammate(s)

OFFICIALS' TABLE:

1. Limit the table to essential personnel, including the home team scorer and timer, with a recommended distance of, at least, 6 feet between individuals. Visiting team personnel (scorers, statisticians, etc.) are not deemed essential and may need to find an alternative location. Space availability at the table is a variable in determining the number of individuals permitted at the officials' table.

PREGAME AND POSTGAME CEREMONY:

1. No shaking hands during introductions. Introductions are not required.
2. Traditional pregame introductions should be altered to ensure social distancing occurs.
3. No postgame shaking hands.

Sport Specific Guidelines

All sport specific guidelines have been developed by the following groups: Pennsylvania Interscholastic Athletic Association (PIAA), National Federation of State High School Associations (NFHS), Pennsylvania Department of Education (PDE), Pennsylvania Department of Health (DOH), Sports Medicine Advisory Committee (SMAC), USGA COVID-19 Resource Center, and the USTA COVID-19: Playing Tennis Safely.

(NEW) Outdoors: Coaches, athletes (including cheerleaders), and spectators must wear face coverings if they cannot maintain sustained physical distance from persons outside of their household. This includes while actively engaged in workouts, competition, on the sidelines, in the dugout, etc. If sustained six-foot distancing can be maintained, face coverings may be removed when outdoors.

BASEBALL RULE CONSIDERATIONS:

- 1.) Have hand sanitizer and wipes available at the field, wash stations or sanitizer at each dugout. No one touches the score sheet except the scorer. Disinfect the bench/dugout prior to competition. Stagger seating of fans. Each team may provide sanitized balls (bucket) while on defense.
- 2.) Have a bucket available for used balls so they can be sanitized after the game. Note: If a school is required to provide game balls for their half-inning as the visiting team, this is to be communicated in advance of the contest.
- 3.) Limit attendees to head coach and one captain from each team plus the plate umpire. Coaches should stay outside the width of the batter's box at home plate, maintaining 6 feet of distance between each person.

CONSIDERATIONS FOR COACHES:

- 1.) Eliminate handshakes postgame. Maintain 6' distance between players and umpires. No seeds, gum, or spitting.

CONSIDERATIONS FOR PLAYERS:

- 1.) No seeds, gum, or spitting. Players must clean and sanitize equipment after each game. Social distancing on the bench and/or dugout. No sharing of water bottles. The use of personal equipment is preferred. However, if equipment is shared, it is recommended to sanitize equipment between use by players. Sanitize all equipment after each game. Eliminate handshakes postgame. Eliminate handshakes with coaches/umpires pregame. Pitchers are encouraged not to put their hands to their mouth. If the pitcher is wearing a face covering in the field, it must be a solid dark color.

CONSIDERATIONS FOR UMPIRES:

- 1.) Bring personal hand sanitizer. Wash hands frequently. Do not share equipment. The umpire-in-chief is required to wear a face covering behind the plate. The field umpires shall follow the universal masking order. If sustained six-foot distancing can be maintained, face coverings may be removed when outdoors.
- 2.) Clean equipment after each game. Follow social distancing guidelines. Consider six feet minimum distance when talking to others (players, coaches, other umpires) at plate meetings. Do not shake hands and follow pregame and postgame ceremony guidelines.

CONSIDERATIONS FOR PARENTS:

- 1.) A family's role in maintaining safety guidelines for themselves and others: Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt, stay home). Provide personal items for your child and clearly label them. Disinfect your students' personal equipment after each game or practice.

SPORT: Basketball

BASKETBALL RULE CONSIDERATIONS:

PREGAME CONFERENCE:

1. Limit attendees to the referee, head coach, and captain from each team with each coach standing on the center circle on each side of the division line. All individuals maintain a social distance of 6 feet or greater at the center circle. Suspend handshakes prior to and following the Pregame Conference.

TEAM BENCHES:

1. Social distancing should be practiced when possible. Below are some suggestions. Limit the number of bench personnel to observe social distancing of 6 feet or greater. Place team benches opposite the spectator seating. Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater. Create separation between the team bench and spectator seating behind the bench. Limit contact between players when substituting.
2. Substitutes shall report to the scorer's table but in the event there is more than one substitution, they may sit at the end of the scores table closest to their bench to maintain social distancing. Personnel not in the game should adhere to any required local/state face covering requirements.

OFFICIALS' TABLE:

1. The host should sanitize the table before the game and at half time. Place officials table sufficiently away from the sideline to allow for additional space for substitutes. Limit seats at the table to essential personnel which includes home team scorer and timer with a recommended distance of 6 feet or greater between individuals. Other personnel (visiting scorer, statisticians, media,etc.) may not be deemed essential personnel and an alternate location may be considered for them.
2. Table personnel should adhere to the current Pennsylvania Secretary of the Department of Health required local/state face covering requirements.

PREGAME AND POSTGAME CEREMONY:

1. Suspend the pregame introduction handshakes. This includes shaking opposing head coach and officials prior to the game. Suspend post game protocol of shaking hands. 3. Basketball

Rules Interpretations

EQUIPMENT AND ACCESSORIES:

1. Ball given to officials in the locker room, shall be where it can be sanitized as recommended by the ball manufacturer and not used for warm-ups. The host school should ensure that the ball is sanitized during timeouts and between quarters. Sanitizer should be provided by the host team at the table. Cloth face coverings are permissible for players. Coaching staff and other bench personnel to wear face coverings while on the bench shall follow the current Pennsylvania Secretary of the Department of Health Order.

OFFICIALS' UNIFORM AND EQUIPMENT:

1. Long-sleeved shirts are permissible. Electronic whistles are permissible (supplies are limited). Choose a whistle whose tone will carry inside. Cloth face coverings are permissible. Officials should have face coverings readily available in the event they will be conversing with players/coaches/game personnel within six feet. Gloves are permissible.

OTHER CONSIDERATIONS:

1. Throw-in

Official may stand 6 feet or greater away from the player making the throw-in and bounce the ball to that player on a front court throw-in.

2. Free Throw Administration

The lead official shall stand on the end line and bounce the ball to the free thrower.

3. Jump Ball

Officials can designate another official to toss the ball in the center restraining circle for all jump-ball situations.

4. Scorebook

Officials do not need to sign the score book but will need to have verbal verification on roster and starter submissions prior to the 10 minute mark.

SPORT: Cross Country

The NFHS has determined that cross country is a lower risk sport (sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors).

CROSS COUNTRY RULE CONSIDERATIONS:

1. Schools are encouraged to comply with NFHS Rule 8-5, that events contested with 4 or fewer teams be limited to a maximum of 12 participants from each team.
2. Cross country meets should consider using staggered, wave, or interval starts.

POSSIBLE RULE MODIFICATIONS:

1. Consider widening the course to at least 6 feet at its narrowest point.
2. Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
3. If no FAT timing system is available, consider alternative means of finish place and time to reduce congestion at finish line. If sticks are used for determining place, disposable sticks are recommended by race.
4. Consider using image-based equipment at the finish line to assist with picking a place and reducing congestion.

PRE- AND POST-RACE CEREMONY: (FXC Does not host any home competitions)

1. Pre- and Post-Race Ceremony: Establish cross country-specific social distancing meet protocols, including the elimination of handshakes before and after the race.
2. The use of team tents on site is discouraged.
3. Athletes are expected to provide their own individual water and discourage the use of water stations and open cups.

CONSIDERATION FOR CROSS COUNTRY OFFICIALS:

1. Please review the General Considerations for Officials.
2. Follow social distancing guidelines: pre- and post-meet conferences, clerking at the start line.
3. Tabulations and posting of results.
4. Consider using electronic whistles.

SPORT: Field Hockey

The NFHS has determined that field hockey is a moderate risk sport (sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants).

*Field Hockey could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants.

FIELD HOCKEY RULES CONSIDERATIONS:***PREGAME CONFERENCE:***

1. Limit attendees to one official, the head coach from each team, and a single captain from each team.
2. Move the location of the pregame conference to the center of the field. All individuals should maintain a social distance of 6 feet during the conference.
3. Suspend handshakes prior to and following the pregame conference.

TEAM BENCHES:

1. Team areas may be expanded to promote social distancing.
2. Encourage bench personnel to observe social distancing of 6 feet.

BALL INDIVIDUALS:

1. Encourage social distancing of 6 feet. When possible, additional game balls may be placed around the outside of the field to limit contact with the ball. Ball holders are encouraged to use their feet or wear gloves to return balls to designated areas or field players.

SUBSTITUTION PROCEDURES:

1. Maintain social distancing of 6 feet between the substitute, officials, and/or teammate(s) by encouraging substitutions to occur closer to the center line.

OFFICIALS' TABLE:

1. Limited to essential personnel which includes home team scorer and timer with a recommended distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
2. If a team member is carded, it is recommended to mark a location of where the individual is to stand that is socially distant from the officials' table.

OTHER:

1. Players choosing to use a penalty corner mask should not share their mask with other individuals.

PREGAME, QUARTER, HALF-TIME, AND POSTGAME CEREMONY:

1. No pregame introduction line. Send players to their field positions for introductions.
2. Water bottles should not be allowed on the field of play and should be used off the playing surface.
3. Coaches are encouraged to hold pregame, quarter, half-time and postgame meetings socially distant and off the playing surface, where possible.
4. No postgame shaking hands.

FIELD HOCKEY RULES INTERPRETATIONS:***EQUIPMENT AND ACCESSORIES:***

1. Face coverings are permitted.
2. Gloves are permitted.
3. Players' goggles are optional equipment.

LEGAL UNIFORM:

1. Long sleeves are permitted.
2. Long pants are permitted.
3. Undergarments are permitted but must be of a similar length for the individual and a solid like color for the team.

OFFICIALS UNIFORM AND EQUIPMENT:

1. Long-sleeved shirts/jackets are permitted.
2. Electronic whistles are permitted.
3. Face coverings are permitted.
4. Gloves are permitted.

CONSIDERATION FOR FIELD HOCKEY OFFICIALS:

1. Officials may use electronic whistles during contests but must be aware of the increased risk of inadvertent whistles.
2. Social distancing guidelines should be employed during the contest for officials when interacting with coaches and student-athletes (ex. penalties or carding).

SPORT: Football

The NFHS has determined that football is a higher risk sport that involves close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

FOOTBALL RULES CONSIDERATIONS:***TEAM BOX:***

1. The team box may be extended on both sides of the field to the 10-yard lines (for players only) in order for more social distancing space for the teams.
2. Teams should reduce game rosters to allow for more social distancing on sidelines.
3. Where feasible, extend the 2-yard sideline belt to 5 yards.
4. Maintain social distancing of 6 feet at all times while in the team box.
5. Do not share uniforms, towels, and other apparel and equipment.

BALL:

1. The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
1. The ball holders should maintain social distancing of 6 feet at all times during the contest.
2. Clean the ball on a ball rotation to the sidelines. Have ball individuals wear gloves and be supervised and directed by an adult staff member or member of coaching staff.

FACEMASKS:

1. Cloth face coverings are permitted.
2. Plastic shields covering the entire face (unless integrated into the face mask and attached to the helmet and clear without the presence of any tint) are not allowed during the contest.
3. Face shields – It is recommended that teams promote their use by players. Face shields may be worn for play as well as on the sidelines. Helmet manufacturer Shutt has developed a face shield and another is manufactured by Oakley that is being used by the NFL. It will fit the Riddell helmet.

TOOTH AND MOUTH PROTECTORS:

1. Student-Athletes are recommended to keep their mouth guards in their mouth throughout the competition. If the mouth guard is taken out, proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before doing so.

GLOVES:

1. Gloves are permitted but still must comply with Rule 1-5-2b by meeting either the NOCSAE Standard or the SFIA Specification.

CHARGED TIME OUTS AND AUTHORIZED CONFERENCES:

1. A single charged time out may be extended to a maximum of two minutes in length specifically to allow more time for rehydration.
2. For social distancing purposes, the authorized conference for the charged time out should take place between the 9-yard marks and not at the sideline. (It would be permissible for more than one coach to be involved in this conference and for technology to be used.)
3. Each game official and player should have their own beverage container.
4. Encourage the minimization of offensive and defensive huddles and encourage coaching staff to utilize other methods of communication with players (such as signals, cards, signs) to minimize grouping.

INTERMISSION BETWEEN PERIODS AND AFTER SCORING:

1. The intermission may be extended to a maximum of two minutes between the first and second and the third and fourth periods and following a try, successful field goal or safety, and prior to the succeeding free kick.

FOOTBALL GAME OFFICIALS MANUAL CONSIDERATIONS: GAME OFFICIALS UNIFORM AND EQUIPMENT:

1. Electronic whistles are permitted (supplies are limited). Choose a whistle whose tone will carry outside.
2. Cloth face coverings are permitted.
3. Gloves are permitted.
4. Do not share uniforms, towels and other apparel and equipment.

PREGAME CONFERENCE, COIN TOSS, AND OVERTIME PROCEDURES:

1. For the coin toss, limit attendees to the referee and one designated representative from each team.
2. Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6 feet.
3. No handshakes prior to and following the coin toss.

4. Maintain social distancing of 6 feet while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, and individuals handling the balls during the game and team personnel.
5. Line-to-gain crew must wear face coverings.
6. For the overtime procedure, please use the same procedure as used at the start of the contest for the coin toss.

PREGAME, QUARTER, HALF-TIME AND POSTGAME CEREMONY:

1. Water bottles are discouraged on the field of play and should be used off the playing surface.
2. Coaches are encouraged to hold pregame, quarter, half-time, and postgame meetings socially distant and off the playing surface, where possible.
3. No postgame of shaking hands.

FINAL CONSIDERATIONS FOR FOOTBALL:

1. Before, during, and after the contest, players, coaches, game officials, team personnel, and game administration officials should wash and sanitize their hands as often as possible.
2. Maintain social distancing of 6 feet at all times while on the sidelines and on the field of play when possible.
3. Everyone should have their own beverage container that is not shared.
4. Cloth face coverings are permitted for all coaches and team staff and for all game administration officials.
5. Gloves are permitted for all coaches and team staff and for all game administration officials.
6. Try and limit the number of non-essential personnel who are on the field level throughout the contest.
7. If available, dressing facilities for game officials and teams should be large enough for them to use social distancing protocols and should be properly cleaned and sanitized prior to their arrival.

CONSIDERATION FOR FOOTBALL OFFICIALS:

1. Please review the General Considerations for Officials.
2. Officials may use electronic whistles during contests but must be aware of increased risk of inadvertent whistles.
3. Social distancing guidelines should be employed during the contest for officials when interacting with coaches and student-athletes.
4. The football should be changed or sterilized by sideline personnel frequently.
5. Officials will have to limit the handling of other officials' equipment (ex. assist in picking up flags or bean bags).

SPORT: Golf

The NFHS has determined that golf is a lower risk sport (sports that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors).

COMPETITION CONSIDERATIONS:

1. Schools may adhere to local course competition rules in relation to COVID-19 accommodations.
2. Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
3. Normal golf groups are permitted.
4. Limit use of golf shop and retail operations to maintain social distancing guidelines. If social distancing cannot be maintained, golf shop access should be prohibited prior to the competition.
5. To limit congestion, limiting field size and starting from one tee only is recommended. Also, consider the expanded spacing of starting times (12 minutes apart for groups of 3 and 15 minutes apart for groups of 4)
6. Tees, pencils, and ball-markers and sharpies will not be available. Players must bring their own equipment and food/beverage as needed.
7. Electronic scoring is permitted for regular season competition. The exchange of scorecards by players is discouraged and verbal confirmation of scores may be accepted.
8. To limit congestion, it is recommended that a window of time be established for players to access practice facilities before their round, based on their starting times.
9. It is recommended that practice facilities not be used after the round and that all players be encouraged to depart immediately when finished.

SPORT: Boys' Lacrosse

Using football as an example, wearing a mask in addition to a mouthguard and a helmet would likely create a medical issue for the athlete whether the athlete is a professional or youth player and regardless of whether a previous medical issue was present. For example, the CDC says that "wearing a mask with these types of protective equipment is not safe if it makes it hard to breathe." There are other sports in which there are similar concerns that a mask would create a medical issue where one would otherwise not exist in an athlete.

BOYS' LACROSSE RULES CONSIDERATIONS:

- Boys Lacrosse Rules Book Modifications (The Field (1-2-7): The Scorer's Table. Provide adequate spacing for 6-foot social distancing between individuals.
- **Boys Lacrosse Rules Book Modifications (The Field (1-2-8):** Players' and Coaches' box. ■ Extend the players' box to end line to ensure proper social distancing.
- **Boys Lacrosse Rules Book Modifications (Player Equipment (1-9-2):** Optional Equipment, Face Shields and Masks – Clear, molded, and non-rigid face shields approved by the helmet manufacturer are allowed.
- **Boys Lacrosse Rules Book Modifications Players, Coaches, and Other Game Personal:** Coaches and officials should attempt to maintain social distancing whenever possible during a game, including stick checks, officials' meetings, etc.
- **Boys Lacrosse Rules Book Modifications (Facing Off (4-3-1, 2, and 3)):** Starting Play with Facing Off. The mechanic for faceoffs will be: Place the ball on the ground with players 6+ feet away from each other and the official. The official instructs both players to get into position by saying "Down."
- When players are positioned, the FO and Lead left officials will check the player's alignment (FO official checks neutral zone and "top to stop" alignment, Lead Left checks verticality by looking down midfield line) after both officials have backed away, FO official says "Set" (players may not move after "Set") The whistle shall be blown quickly with the expectation that the ball is moved quickly into play by the players. After a goal, the goalkeeper shall throw or roll the ball out to the official.

POINTS OF EMPHASIS AND PREGAME/POSTGAME CONSIDERATIONS:

- 1.) Optional pregame checks shall occur at or near the wing line opposite the scorer's table. Players requesting a stick check shall remain socially distanced at all times while waiting. When the official is ready, the player will place their stick on the ground for the official. An official will check the stick and place it back on the ground for the player to retrieve it.

PREGAME:

- 1.) Limit attendees to head coach and one captain from each team and lead official. Make sure athletes are socially distant during the lineup, no handshakes. Officials should wear a mask when instructing table personnel. Table personnel should wear masks. Minimize table personnel – official scorer and timekeeper, visiting team personnel should be at their team bench and not at the table. Extend the table if needed.

SUBSTITUTION/SIDELINE:

- 1.) Team bench areas should be more clearly marked to remind players of proper location. Split substitution box with a cone so that each team subs in from their own half of the box. Players serving a penalty should sit in the back of each team's side of the substitution box to allow for social distancing from others.

POSTGAME:

- 1.) Eliminate postgame handshakes

SPORT: Girls' Lacrosse

GIRLS' LACROSSE RULES CONSIDERATIONS:

Pregame Meeting (3-5-3) Limit attendees to head coach and one captain from each team and lead official. Ensure the pregame meeting is away from the sideline and all individuals maintain a social distance of 6 feet. Eliminate handshakes following the pregame meeting and at the conclusion of the game.

Equipment and Protective Clothing (2-4-1, 2-7-3, 2-9-5) Players and officials may wear gloves and long undergarments.

Stick Checks: All players will put their sticks on the ground, in a line (not a pile) and players step back to their bench. Officials will then come through and conduct the stick checks without interaction or proximity to the players, and the players will not be in prolonged proximity to one another.

Table Personnel (3-6-1, 3-7-1) Limit to essential personnel only at the table. Statisticians or visiting scorer personnel are not essential. Home team scorer and timer are essential.

The Draw (5-2) No change from traditional draw mechanics. The goalie should roll or throw the ball to the official after a goal.

Substitution and Sideline Protocol (1-1-4h thru 1, 4-7-3, 4-7-4) Ensure that players substituting, coaches, and the table personnel are maintaining social distancing. Split substitution box with a cone so that each team substitutes in from their own half of the substitution box. Players serving a penalty should sit in the back of each team's side of the substitution box to allow for social distancing from others.

SPORT: Soccer

The NFHS has determined that soccer is a moderate risk sport (sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants).

SOCCKER RULES CONSIDERATIONS:***PREGAME CONFERENCE:***

1. Limit attendees to head referee or center referee, the head coach from each team, and a single captain from each team.
2. Move the location of the pregame conference to the center of the field. All individuals should maintain a social distance of 6 feet.
3. No handshakes prior to and following the pregame conference.

BALL INDIVIDUALS:

1. Encourage social distancing of 6 feet. When possible, additional game balls may be placed around the outside of the field to limit contact with the ball. Ball holders are encouraged to use their feet or wear gloves to return balls to designated areas or field players.

TEAM BENCHES:

1. Encourage bench personnel to observe social distancing of 6 feet.
2. Team areas may be expanded to promote social distancing.

SUBSTITUTION PROCEDURES:

1. Maintain social distancing of 6 feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line.

OFFICIALS TABLE:

1. Limit to essential personnel who includes home team scorer and timer with a recommended distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.

PREGAME, HALF-TIME AND POST-MATCH CEREMONY:

1. No pregame world cup introduction line pre-half team huddles on the field. Send players to their field positions with bench personnel lined up on the touch line (6 feet apart) for introductions.
2. Water bottles are discouraged on the field of play and should be used off the playing surface. Athletes should bring multiple water bottles for individual use.
3. Goalkeepers are encouraged to keep a water bottle behind the net for the purpose of wetting their gloves rather than spitting.
4. Coaches are encouraged to hold pregame, half-time, and postgame meetings socially distant and off the playing surface, where possible.
5. No postgame shaking hands.

SOCCER RULES INTERPRETATIONS:***EQUIPMENT AND ACCESSORIES:***

1. Cloth face coverings are permitted.
2. Gloves are permitted.

LEGAL UNIFORM:

1. Long sleeves are permitted.
2. Long pants are permitted.
3. Under garments are permitted but must be of a similar length for the individual and a solid like color for the team.

OFFICIALS UNIFORM AND EQUIPMENT:

1. Long-sleeved shirts/jackets are permitted.
2. Electronic whistles are permitted.
3. Face coverings are permitted.
4. Gloves are permitted.

CONSIDERATION FOR SOCCER OFFICIALS:

1. Please review the General Considerations for Officials.
2. Officials may use electronic whistles during contests but must be aware of increased risk of inadvertent whistles.
3. Social distancing guidelines should be employed during the contest for officials when interacting with coaches and student-athletes (ex. penalties or carding).

SPORT: Softball

SOFTBALL RULE CONSIDERATIONS:

Face Shields (1-7-1, 1-8-4): Per guidance from the NFHS Sports Medicine Advisory Committee, plastic shields covering the entire face (**unless clear and integrated into the face mask and attached to a helmet**) shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.

Additional Equipment (1-8): Pitchers cannot wear optic yellow cloth facial coverings.

Pregame Conference (2-14-2): Limit attendees to head coach and one captain from each team plus the plate umpire. Coaches should stay outside the width of the batter's box at home plate, maintaining 6 feet of distance between each person.

Substitutions (3-3-3): The verbal exchange should occur 6 feet from the coach to scorer and opposing team when making lineup changes.

Coaching (3-5-1 NOTE): Umpires should not handle equipment on the field during play. Contact with the game balls should be as limited as possible.

Coaching (3-5-3, 3-6-14): Coaches who wish to discuss a rule or a ruling on the field must maintain at least 6 feet of physical distance from the umpire.

Bench and Field Conduct (3-6-6): The number of individuals in the dugout is dependent on the size of the dugout. Players and coaches must maintain 6 feet of social distance. NFHS rules allow for dugouts/designated warm-up areas to be extended toward the outfield to provide for social distancing; extension must be outside the field of play and away from spectators and general public. (Safety precautions should be taken).

Exchange of Lineup Cards (4-2-1b): Lineups should be handed to the umpire, and the umpire will verbally approve or ask any questions about the lineup.

Infractions by the Pitcher (6-2-2): Pitchers are encouraged not to lick fingers or blow into their hands prior to pitching the ball.

Plate Umpire (10-2-1): The plate umpire is required to wear a face covering behind the plate. The field umpires shall follow the universal masking order. (Plate umpires will follow mechanics as listed in the NFHS rules book.)

SOFTBALL UMPIRES MANUAL MODIFICATIONS:

Mechanics Sections 3, 4b and c Base umpires should maintain 6 feet from any player as a starting position when rotated and/or counter rotated.

Section 2E Keep the catcher and batter at a 6-foot distance when dusting off the plate.

SPORT: Swimming & Diving

SWIMMING & DIVING RULES CONSIDERATIONS:

Require athletes to arrive at a venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for 6 feet of social distancing.

LAP COUNTING:

1. Only one person per lane should be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices.

PRE-MEET CONFERENCE:

1. Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use the public address system or starting system microphone to allow participants to hear but keep them properly separated.

REFEREE AND STARTER (4-2, 4-3):

1. Various rules require interactions between officials, coaches and athletes. Alternative methods of communication include utilization of the public address system, hand signals or written communication.

NOTIFICATION OF DISQUALIFICATION (4-2-2d, e):

1. Notification shall occur from a distance via use of hand signals or the P.A. system.

MEET OFFICIALS (4-8, 4-10, 4-11, 4-12, 4-13):

1. Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location.
2. Develop alternative methods for submitting entries (3-2) and movement of non-electronic information. Require a distance of 3-6 feet between individuals seated at the desk/table.

TIMERS (4-9):

1. Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing. Timers should wear cloth facial coverings.

SUBMISSION OF ENTREES TO REFEREES: (5-2):

1. Alternative forms of entry submission can be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries.

RELAYS TAKEOFF JUDGES AND RELAYS (8-3):

1. Require all takeoff judging from the sides of the pool. Space relay swimmers apart from one another. Timers and relay takeoff judges should wear cloth facial coverings.

DIVING OFFICIALS (9-6):

1. Alternative methods for submitting entries (3-2) and movement of non-electronic information will be required. Recommendations include a distance of 3-6 feet between individuals seated at the desk/table. Create a 3-6 feet space between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform.

GENERAL CONSIDERATIONS:

SWIMMING WARM-UP AREAS:

1. Establish multiple sessions for warm-up periods to limit the number of swimmers per lane. Restrict the number of swimmers in competition area.
2. Limit number of swimmers per lane during warm-up and warm-down periods.

DIVING WARM-UP AREAS:

1. Limit number of divers during warm-up by creating multiple sessions. During competition, divers may not approach the board until their turn to compete. Hot tubs should not be

permitted. Dive order sheets should be posted in multiple areas to reduce the number of divers viewing at the same time.

TEAM SEATING AND LANE PLACEMENT:

1. Keep the teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6.

PREPARING ATHLETES FOR COMPETITION:

1. Athlete clerking areas should be eliminated.

SPORT: Tennis

The NFHS has determined that Tennis is moderate risk (sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.)

*Tennis could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants.

TENNIS MATCH CONSIDERATIONS:***PRE-MATCH CONFERENCE:***

Limit attendees to any pre-match conference between athletes and coaches. Make sure to maintain social distancing of 6 feet.

TEAM AREAS:

Make sure team personnel observe social distancing of 6 feet.

DURING MATCHES:

1. Between points, use your racquet or foot to advance the tennis balls back to your opponent. *Also, avoid using your hands when returning balls to another court.*
2. Maintain physical distancing if changing ends of the court.
3. Avoid touching your face after handling a ball, racquet, or other equipment.
4. *Wash your hands promptly if you have touched your eyes, nose, or mouth.*
5. When playing doubles, coordinate with your partner to maintain physical distancing, where possible.
6. Wash your hands thoroughly or use a hand sanitizer before, during (between sets), and after play.
7. Clean and wipe down your equipment, including racquets and water bottles. *Use new balls and a new grip, if possible.*
8. Use only your own towels and water bottles. Avoid sharing food and touching common surfaces such as court gates, fences, benches, etc.

TENNIS BALLS:

Although unlikely, it's possible that a tennis ball can transmit the COVID-19 virus, as virtually any hard surface can transmit the disease. Here is an extra precaution you can take to keep safe when playing tennis, if feasible:

Use four or six tennis balls.

1. Open two cans of tennis balls that do not share the same number on the ball.
2. Take one set of numbered balls, and have your playing partner take a set of balls from the other can. (Have one player mark their balls for easier identification.)
3. Proceed with play, making sure to pick up your set of numbered balls only. Should a ball with the other number wind up on your side of the court, do not touch the ball with your hands. Use your racquet head or feet to advance the ball to the other side of the court.

SPORT: Track and Field

TRACK & FIELD CONSIDERATIONS:

Shot Put, Discus Throw, Javelin Throw: Enforce social distancing for all athletes and officials. To limit contact, athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws. If athletes cannot provide their own implements, then it is recommended that implements be sanitized between each use.

Long Jump, Triple Jump, High Jump, Pole Vault: Enforce social distancing for all athletes and officials. To limit contact: athletes should not share vaulting poles.

Sprint, Hurdle, Relay Events: Run entirely in lanes, may use every other lane to assist with distancing. Blocks should be disinfected after each heat /race. Recommend not using baskets at the start line for apparel.

Middle distance and distance races on the track of 800m and longer (any event not run entirely in lanes): Considered moderate risk activities. To minimize contact, events are recommended to be run in alleys or minimally one turn staggers.

RULE CHANGE CONSIDERATIONS: (States should abide by all NFHS rules as a default, adjusting relevant rules as needed to allow for COVID-19 risk mitigation factors where necessary for this year.)

Rule 5-10-5 Current rule: The baton is the implement which is used in a relay race and is handed by each competitor to a succeeding teammate. Gloves are not permitted in relay events. The use of disposable gloves for the 2021 season by relay participants is permitted. Schools can bring their own batons or they should be disinfected after each heat/race.

Rules 6-4-11 and 6-5-24: Schools may consider alternate ways to conduct the vertical jumps. Lowering the cross bar after competition has begun may be one-way states may modify rules. With small numbers of competitors, schools may wish to jump each athlete to completion.

Point of Emphasis: Rule 4-2-4a. In dual meets, each school is entitled to enter three contestants in individual events, but it is recommended each school be permitted to enter as many contestants as conditions warrant. This permits additional sections to be run to maximize participation in the event. Schools should communicate the anticipated number of additional sections with their opponent and officials in advance of the meet for planning purposes

SPORT: Volleyball

The NFHS has determined that volleyball is a moderate risk sport (sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants).

*Volleyball could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants.

VOLLEYBALL RULES CONSIDERATIONS: *PRE-MATCH CONFERENCE:*

1. Limit attendees to the first referee, head coach, and one captain from each team.
2. Move the location of the pre-match conference to center court with one coach and one referee positioned on each side of the net. All four individuals should maintain a social distance of 6 feet.
3. Suspend roster submission at the pre-match conference. Rosters should be submitted directly to the officials' table before the 10-minute mark.

TEAM BENCHES

1. Suspend the protocol of teams switching sides/benches between sets.
2. Home team will select their bench prior to the match and remain on the same side for the duration of the match.
3. Team areas may be expanded to promote social distancing outside of playable areas.

DECIDING SET PROCEDURES:

1. Move the location of the deciding set coin toss to center court with team captains and the second referee maintaining the appropriate social distance of 6 feet. A coin toss, called by the home team, will decide serve/receive.
2. Suspend the protocol of teams switching sides/benches before a deciding set.

SUBSTITUTION PROCEDURES:

1. Maintain social distancing of 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.

OFFICIALS' TABLE:

1. Limit to essential personnel (which includes home team scorer, libero tracker, and timer), with a recommended distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.

VOLLEYBALL OFFICIALS MANUAL CONSIDERATIONS:***PRE AND POST-MATCH CEREMONY***

1. Establish volleyball specific social distancing match protocols, including the elimination of handshakes before and after the match.

VOLLEYBALL RULES INTERPRETATIONS:***EQUIPMENT AND ACCESSORIES:***

1. Cloth face coverings are permitted.
2. Gloves are permitted.

LEGAL UNIFORM

1. Long sleeves are permitted.
2. Long pants are permitted.
3. Under garments are permitted, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom.

OFFICIALS UNIFORM AND EQUIPMENT:

1. By state association adoption, long-sleeved, all-white collared polo shirt/sweater is permitted.
2. Electronic whistles are permitted.
3. Face coverings are permitted.
4. Gloves are permitted.

CONSIDERATION FOR VOLLEYBALL OFFICIALS:

1. Please review the General Considerations for Officials.
2. Officials are permitted to use electronic whistles but must be aware of signaling difficulties when using both hands and the increased chance of inadvertent whistles.
3. Use of a three ball rotation system should be considered for matches. This would allow for periodic sanitization of the balls.

SPORT: Wrestling

GENERAL CONSIDERATIONS:

1. Have hand sanitizer and wipes available at the table.
2. Wash stations or sanitizer at mat side.
3. No one touches the score sheet except the scorer.
4. If writing implements are used, they should be sanitized and not shared with anyone.
5. Disinfect the mats prior to and following competition.
6. Events should be structured to ensure compliance with current indoor occupancy limits and mitigation requirements by the PA Department of Health and Governor's Office.
7. Athletes and Coaches wear masks off the mat.
8. Schools should communicate in advance regarding any screening policies and occupancy levels to be expected from the host site. Schools may increase the bench area to assist in social distancing.
9. For tournament settings, prohibit all wrestlers from warming up simultaneously for competition. Provide for separate warm-up areas off of the competition mats for use and sanitize regularly.
10. Provide for separate warm-up mats off of the competition mat for teams involved in dual competition.

CONSIDERATIONS FOR COACHES:

1. Wear masks on and off the mat.
2. Eliminate handshakes with opposing teams post-match.
3. Each team should be expected to provide their own leg bands for competition.
4. Limit the size of their traveling party to include essential personnel and staff. Consider practicing with wrestlers in pods to limit close contacts across the entire team.

CONSIDERATIONS FOR WRESTLERS:

1. Daily screening prior to practice and competition should be conducted pursuant to each school's adopted health and safety plan.
2. Shower after each round and put on a fresh uniform, when able and facilities permit.
3. Wear masks off the mat when not competing.
4. Eliminate handshakes with opposing coaches post-match.
5. The use of a fist bump in lieu of a pre and post-match handshake is recommended.

CONSIDERATIONS FOR REFEREES:

1. Bring personal hand sanitizer. Wash hands frequently.
2. Don't share equipment.
3. Long-sleeved undershirts are permissible. If worn, they are required to be black in color.
4. Change whistle several times during the day. Follow social distancing guidelines.

5. Consider 6 feet minimum distance when talking to others (players, coaches, other officials).
6. Consider use of a commercially manufactured whistle cover.
7. Do not shake hands and follow pregame and postgame ceremony guidelines established by state associations.
8. Officials may recognize the winner of the match by pointing to the wrestler and raising the appropriate color wrist band.
9. Contact with wrestlers is discouraged.
10. Officials may wear masks or face shields.
11. Mask or face shields are required when not actively officiating the match.
12. Officials may wear disposable gloves. If worn, they must change after each match.

CONSIDERATIONS FOR PARENTS:

(A family's role in maintaining safety guidelines for themselves and others):

1. Make sure your athlete and immediate household members are free from illness before participating in practice and competition (if there is doubt, stay home).
2. Provide personal items for your child and clearly label them.
3. Disinfect your student's personal equipment after each match or practice, which would include wiping down headgear, washing clothing and bags used to transport gear.