



WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION  
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# WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION

## SMART START GUIDANCE

### FALL SPORTS

July 28, 2020

*-- EDUCATIONAL EXCELLENCE THROUGH ACTIVITIES --*

## Updated 8-18-2020

### WHSAA SMART START FALL SPORTS GUIDELINES

On July 1, the Wyoming Department of Education (WDE) released its Smart Start guidance (hyperlink to guidance: <https://edu.wyoming.gov/wp-content/uploads/2020/07/Smart-Start-Guidance.pdf>) for reopening schools this fall. The guidance references activities and asks that school districts follow the guidance provided by the Wyoming High School Activities Association (WHSAA). The following document is WHSAA's Smart Start guidance for conducting activities this fall. It is essential to the physical and mental well-being of high school students to return to physical activity and athletic competition.

The following guidance is organized into three categories: (1) Overall requirements; (2) Event requirements; and (3) National Federation of State High School Associations (NFHS). The content has been vetted and approved by both the WHSAA and the Wyoming Department of Health (WDH). These guidelines are minimum standards. Schools will still be expected to work with their local health officials in determining if further restrictions need to be addressed in their districts. We also understand the ever-changing conditions that exist during the COVID-19 pandemic and recognize that modifications to these guidelines may be required in the future.

#### (1) OVERALL REQUIREMENTS

These requirements are the intended minimum standards that all athletics and activities should endeavor to implement:

- **Social Distancing**-Each school district will operate student activities in a way that maximizes social distancing, use of face coverings, and appropriate hygiene measures. For athletics and activities, face coverings should be worn by coaches, staff, officials, parents, and spectators whenever six feet of separation cannot be maintained. Players and participants should refrain from wearing face coverings during strenuous activity.
- **Screening**-Athletes, participants, coaches, and officials must be screened prior to participating in allowable sanctioned sports. Screening will include a temperature check. An internal temperature threshold of 100.4 is suggested. The WHSAA COVID-19 Screening Tool/Monitoring Form should be used for consistency and tracing purposes (See Appendix I).
- **Sanitizing**-Employ enhanced sanitation and cleaning measures (See Appendix II). Some examples of best practice are no shared athletic equipment (towels, clothing, shoes, sports specific equipment (excluding balls), etc.) between students; all students and coaches should bring their own water bottle, **no sharing**; water filling stations may be utilized but must be cleaned after every practice/contest. Social distancing will need to be maintained.
- **Physical exam**-Students must have passed a physical on or after May 1, 2020.
- **Transportation**-Social distancing in transportation vehicles is encouraged and should be maximized. When social distancing cannot be maintained, face coverings will be required.
- **Health Officer Collaboration**-Each school will notify their county health department regarding any event athletes, coaches, event staff, media, spectators, and vendors if the school learns of suspected or confirmed cases of COVID-19 at an event.
- **Cohorts**-Conduct workouts using cohorts of students, with the same students always working out together. This ensures more limited exposure if someone develops an infection.

- **Spectators**-Different households must physically distance from other households while watching events. Face coverings are strongly encouraged to be worn in situations where social distancing is not possible. Schools should consider limiting spectators to immediate family members or parents, if required, to allow social distancing and space. Schools will develop a plan to include visiting spectators in the total number of spectators allowed by the current health orders and directives.
- **Return to Play**-Any WHSAA activity participant who has been diagnosed with COVID-19 cannot return to play until he/she is evaluated by an appropriate health care professional, and has written clearance to return to play by both the county health department and an appropriate health care professional.

## **(2) EVENT REQUIREMENTS**

**The WDE's Smart Start plan breaks down recommendations into three tiers. Tier I being open, Tier II being a hybrid of open with intermittent closures, and Tier III being schools are closed to students. This document also uses those Tiers.**

### **TIER I**

- **Screening**-Each school will be responsible to screen their athletes, participants, coaches, and other team personnel. The host site will be responsible to screen, temperature checks not required for, officials, event personnel, and fans.
- **Sanitizing**-Proper sanitizing measures will be utilized for all equipment and facilities of the event (See Appendix II). Hand sanitizer will be provided at the entrance of the facility.
- **Social Distancing**-When six feet of separation cannot be maintained, face coverings are strongly encouraged for everyone except athletes and participants. Athletes and participants may be required to wear face coverings as well, depending on the activity.

### **TIER II**

- **Positive test**-When a particular school has a positive COVID test, the school moves into Tier II and all Tier I protocols will be utilized, plus the following:
- School districts will work with local health officials to determine the appropriate level of participation in activities.
- If allowed to participate, event guidelines will be determined in conjunction with local health and school officials.

### **TIER III**

- When a particular school is in Tier III, all sports for that school will cease until the school district transitions back to Tier II. Once back in Tier II, school districts will work with local health officials to determine the appropriate level of participation in activities.

## **(3) NFHS**

- The NFHS rules considerations will be utilized to enhance social distancing (See Appendix III).

## **APPENDIX**

- I - WHSAA COVID-19 Screening Tool/Monitoring Form
- II – “Guidance for Opening up High School Athletics and Activities”  
This document is meant to provide general guidance. Schools will be required to follow current health orders and directives.
- III – NFHS Rules Considerations

In cooperation with the Smart Start Guidance, these guidelines are designed to allow Wyoming high schools the opportunity for a safe return to competition. Compliance to their provisions will aid in furthering the benefits activities affords our students.



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WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION

# APPENDIX I

FALL SPORTS

July 28, 2020

*-- EDUCATIONAL EXCELLENCE THROUGH ACTIVITIES --*





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# APPENDIX II

FALL SPORTS

July 28, 2020

*-- EDUCATIONAL EXCELLENCE THROUGH ACTIVITIES --*



# **GUIDANCE FOR OPENING UP HIGH SCHOOL ATHLETICS AND ACTIVITIES**

## **National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC)**

The COVID-19 pandemic presents state high school associations with a myriad of challenges. The NFHS Sports Medicine Advisory Committee (SMAC) offers this document as guidance on how state associations can consider approaching the many components of “opening up” high school athletics and activities across the United States.

The NFHS SMAC believes it is essential to the physical and mental well-being of high school students across the nation to return to physical activity and athletic competition. The NFHS SMAC recognizes that it is likely that ALL students will not be able to return to – and sustain – athletic activity at the same time in all schools, regions and states. There will also likely be variation in what sports and activities are allowed to be played and held. While we would typically have reservations regarding such inequities, the NFHS SMAC endorses the idea of returning students to school-based athletics and activities in any and all situations where it can be done safely.

Since NFHS member state associations are a well-respected voice for health and safety issues, the NFHS SMAC strongly urges that these organizations engage with state and local health departments to develop policy regarding coordinated approaches for return to activity for high school, club and youth sports.

The recommendations presented in this document are intended as ideas for state associations to consider with their respective SMACs and other stakeholders in designing return-to-activity guidelines that will be in accordance with state or local restrictions. Please note that the phases of “opening up” outlined below are based upon the White House document released in April 2020. Consult your state and local health departments to review if they are using a similar approach, or how the phases in this document correspond to your state or local governments nomenclature.

### **Areas to Address:**

#### **1. Administrative**

##### *A. Equipment Reconditioning*

The National Athletic Equipment Reconditioners Association (NAERA) has advised the NFHS that significant equipment reconditioning capacity is currently operational. If schools have not sent out equipment for reconditioning, they should be directed to do so immediately. If schools currently have equipment being reconditioned, a school official should contact the reconditioning company to make specific delivery arrangements if their school is currently closed.



## *B. Conduct of Conditioning and Practice Sessions*

Phases are in accordance with guidelines published by the White House and CDC available at <https://www.whitehouse.gov/openingamerica/>. Please consult with your local or state health department regarding their plan for “opening up” your state. Not all states are using the same criteria, and what is allowable during specific phases will vary from state to state, or even within a state. Use the following as a resource in designing a plan for your state. Please note that there will be “gating” criteria to establish Phase 1 and the further criteria must be met to advance from one phase to the next. These criteria will be determined by state and/or local governments and must be strictly followed.

### **Phase 1**

#### **Pre- workout Screening:**

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Appendix II for sample Monitoring Form).
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 1.

#### **Limitations on Gatherings:**

- No gathering of more than 10 people at a time (inside or outside).
- Locker rooms should not be utilized during Phase 1. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur.

#### **Facilities Cleaning:**

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment.

- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

**Physical Activity and Athletic Equipment:**

- There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students.
- Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
- Resistance training should be emphasized as body weight, sub-maximal lifts and use of resistance bands.
- Free weight exercises that require a spotter cannot be conducted while honoring social distancing norms. Safety measures in all forms must be strictly enforced in the weight room.
- **Examples (including by limited to):**
  - A basketball player can shoot with a ball(s), but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
  - A football player should not participate in team drills with a single ball that will be handed off or passed to other teammates. Contact with other players is not allowed, and there should be no sharing of tackling dummies/donuts/sleds.
  - A volleyball player should not use a single ball that others touch or hit in any manner.
  - Softball and baseball players should not share gloves, bats, or throw a single ball that will be tossed among the team. A single player may hit in cages, throw batting practice (with netting as backstop, no catcher). Prior to another athlete using the same balls, they should be collected and cleaned individually.
  - Wrestlers may skill and drill without touching a teammate.
  - Cheerleaders may not practice/perform partner stunts or building. (Chants, jumps, dances without contact are permissible.)
  - Tennis players may do individual drills, wall volleys and serves.
  - Runners should maintain the recommended 6 feet of distancing between individuals

**Hydration:**

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

**Phase 2****Pre-Workout/Contest Screening:**

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a temperature check.
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see Appendix II for sample Monitoring Form).
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Vulnerable individuals should not oversee or participate in any workouts during Phase 2.

**Limitations on Gatherings:**

- No gathering of more than 10 people at a time inside. Up to 50 individuals may gather outdoors for workouts.
- If locker rooms or meeting rooms are used, there must be a minimum distance of 6 feet between each individual at all times.
- Workouts should be conducted in “pods” of students with the same 5-10 students always working out together. Smaller pods can be utilized for weight training. This ensures more limited exposure if someone develops an infection.
- There must be a minimum distance of 6 feet between each individual at all times. If this is not possible indoors, then the maximum number of individuals in the room must be decreased until proper social distancing can occur. Appropriate social distancing will need to be maintained on sidelines and benches during practices. Consider using tape or paint as a guide for students and coaches.

**Facilities Cleaning:**

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment.

- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

#### **Physical Activity and Athletic Equipment:**

- Lower risk sports practices and competitions may resume (see Potential Infection Risk by Sport below).
- Modified practices may begin for Moderate risk sports.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- All athletic equipment, including balls, should be cleaned intermittently during practices and contests.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

#### **Hydration:**

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

### **Phase 3**

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

- Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- A record should be kept of all individuals present.
- Vulnerable individuals can resume public interactions, but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

#### **Limitations on Gatherings:**

- Gathering sizes of up to 50 individuals, indoors or outdoors.
- When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 3 to 6 feet between each individual. Consider using tape or paint as a guide for students and coaches.

### **Facilities Cleaning:**

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- Weight equipment should be wiped down thoroughly before and after an individual's use of equipment.
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam should be covered.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.

### **Physical Activity and Athletic Equipment:**

- Moderate risk sports practices and competitions may begin.
- There should be no shared athletic towels, clothing or shoes between students.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletic equipment such as bats, batting helmets and catchers gear should be cleaned between each use. Other equipment, such as hockey helmets/pads, wrestling ear guards, football helmets/other pads, lacrosse helmets/pads/gloves/eyewear should be worn by only one individual and not shared.
- Maximum lifts should be limited and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.
- Modified\* practices may begin for Higher risk sports:
  - \*Continue pre-practice screening as in Phases 1 and 2. Shower immediately after practices/contests.
  - Re-assess epidemiology data and experiences in other states and other levels of competition to determine when Higher risk sports competition may resume.

### **Hydration:**

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/contest.

#### *C. Contests*

1. Potential Infection Risk by Sport (modified from United States Olympic and Paralympic Committee – Sports Medicine recommendations)

**Higher Risk:** Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

*Examples: Wrestling, football, boys lacrosse, competitive cheer, dance*

**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.

*Examples: Basketball, volleyball\*, baseball\*, softball\*, soccer, water polo, gymnastics\* (if equipment can't be sufficiently cleaned between competitors), ice hockey, field hockey, tennis\*, swimming relays, pole vault\*, high jump\*, long jump\*, girls lacrosse, crew with two or more rowers in shell, 7 on 7 football*

\*Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants

**Lower Risk:** 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.

*Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, alpine skiing, sideline cheer, single sculling, cross country running (with staggered starts)*

2. Transportation to events

Schools must consider social distancing requirements when scheduling contests and events for the fall. Social distancing (as required by state or local health department) will need to be maintained on buses/vans. Thus, multiple buses/vans and/or parental/guardian transportation will likely be needed.

3. Social distancing during Contests/Events/Activities

a. Sidelines/benches

Appropriate social distancing will need to be maintained on sidelines/bench during contests and events. Consider using tape or paint as a guide for students and coaches.

b. Who should be allowed at events?

Group people into tiers from essential to non-essential and decide which tiers will be allowed at an event:

1. Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security
2. Tier 2 (Preferred): Media
3. Tier 3 (Non-essential): Spectators, vendors

*Only Tier 1 and 2 personnel will be allowed to attend events until state/local health departments lift restrictions on mass gatherings.*

#### D. Athletic Training Services

Given the coming financial crisis at the state and local levels, the NFHS SMAC fears that athletic trainer positions will be seen as a “luxury” and those positions will be at risk during the budgeting process. It is also assumed that athletic trainers supplied to high schools by hospitals and sports medicine clinics are also at risk as many medical clinics and hospitals have suffered severe revenue loss during the pandemic.

Athletic trainers in high schools are positioned to play a vital role as sports return following this pandemic. As health-care professionals, they can take lead roles in developing and implementing infection control policy throughout the school. Whenever needed, state associations and their SMACs should promote the importance of athletic trainers in high schools and their role in injury evaluation, treatment and risk minimization as well as being a vital component of any return-to-school and athletics plan.

### 2. Return to Physical Activity

Current pre-season conditioning and acclimatization models assume that athletes have deconditioned over the summer months. The current pandemic may result in students being deconditioned for four to five months. The NFHS is currently involved with a number of other organizations in developing consensus guidelines for fall sports practices. These guidelines will be sent to state associations immediately after they are finalized and approved by all involved organizations.

### 3. Hygienic

#### A. Illness reporting

Create notification process for all event athletes, coaches, event staff, media, spectators and vendors if the organizers/medical personnel learn of suspected or confirmed cases of COVID-19 at the event.

#### B. Considerations for Officials, Coaches, Other Personnel

1. Vulnerable individuals should not participate in any practices, conditioning activities, contests or events during Phases 1 and 2.
2. Masks may be worn, social distancing enforced and “Hygiene Basics” adhered to in all situations.

#### C. Hygiene Basics

#### **CONTINUE TO PRACTICE GOOD HYGIENE**

- Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.
- Strongly consider using face coverings while in public, and particularly when using mass transit.

#### **PEOPLE WHO FEEL SICK SHOULD STAY HOME**

- Do not go to work or school.
- Contact and follow the advice of your medical provider.

## **OTHER CONSIDERATIONS**

1. Wide availability of hand sanitizer at contests and practices. Participants, coaches and officials should clean hands frequently.
2. Wiping down ball and equipment frequently.
3. No pre-game and post-game handshakes/high-fives/fist bumps.
4. Officials and sideline volunteers should be given option to wear face coverings (may use artificial noisemaker in place of whistle).

## **References**

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**Approved May 2020**

### **DISCLAIMER – NFHS Position Statements and Guidelines**

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time.





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WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION

# APPENDIX III

FALL SPORTS

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*-- EDUCATIONAL EXCELLENCE THROUGH ACTIVITIES --*



## 2020-21 Cross Country Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Track and Field Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, city, and state to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your state.

### Return to Competition

#### General Considerations:

- Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
- Cross country meets should consider using staggered, wave or interval starts.
- Possible Rule Modifications:
  - 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.
- Finish:
  - Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
  - With no FAT timing system consider alternative means of finish place and time to address congestion at finish line.
  - Consider using image-based equipment at finish to assist with picking place to avoid congestion.
- Clean and disinfect frequently touched surfaces and exercise equipment.
- ***Pre and Post Game Ceremony:*** Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the match.

#### Considerations for Coaches:

- Communicate your guidelines in a clear manner to students and parents.

- Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

**Considerations for Students:**

- Consider making each student responsible for their own supplies
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Cloth face coverings are permitted.
- Bring your own water bottle.

**Considerations for Officials:**

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines:
  - Pre and Post Meet conferences,
  - Clerking at the start line,
  - Tabulations and posting of results.
- Consider using electronic whistle.
- Do not shake hands and follow pre and post-game ceremony guidelines established by state associations.
- Officials personnel may wear cloth face coverings at all times.

**Considerations for Parents:**

(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.



## 2020 Football Rules Considerations

In support of the NFHS Guidance for Opening Up High School Athletics and Activities, the NFHS Football Editorial Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020 football season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

### Return to Competition

#### 1. FOOTBALL RULES CONSIDERATIONS

- **TEAM BOX (Rule 1-2-3g)**
  - 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.
  - Maintain social distancing of 6 feet at all times while in the team box.
  - Do not share uniforms, towels and other apparel and equipment.
- **BALL (Rule 1-3-2)**
  - The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
  - The ball holders should maintain social distancing of 6 feet at all times during the contest.
- **FACE MASKS [Rules 1-5-1a, 1-5-3c(4)]**
  - Cloth face coverings are permissible.
  - 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) shall not be allowed during the contest.
- **TOOTH AND MOUTH PROTECTORS [Rule 1-5-1d(5)]**
  - *\*\*Still being determined at this time on how to best handle the tooth and mouth protector during the contest. The NFHS SMAC will update the membership as soon as guidance is developed for all sports that require a tooth and mouth protector.*
- **GLOVES (Rule 1-5-2b)**
  - Gloves are permissible but still must comply with Rule 1-5-2b by meeting either the NOCSAE Standard or the SFIA Specification.
- **STATE ASSOCIATION ADOPTIONS (Rule 1-7)**
  - Each state association may adopt other playing/administrative rule for football for the 2020 season that would decrease exposure to respiratory droplets and COVID-19.
- **CHARGED TIME-OUTS AND AUTHORIZED CONFERENCES (Rules 2-6-2, 3-5-3, 3-5-8)**
  - A single charged time-out may be extended to a maximum of two minutes in length.
  - The authorized conference for the charged time-out should take place between the

9-yard marks and not at the sideline for social-distancing purposes. (It would be permissible for more than one coach to be involved in this conference and for technology to be used.)

- Each game official and player should have their own beverage container brought out to them on the field.

○ **INTERMISSION BETWEEN PERIODS AND AFTER SCORING (Ruling 3-5-71)**

- 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.

**2. FOOTBALL GAME OFFICIALS MANUAL CONSIDERATIONS**

○ **GAME OFFICIALS UNIFORM AND EQUIPMENT**

- Electronic whistles are permissible (supplies are limited).
  - Choose a whistle whose tone will carry outside.
  - Fox 40 Mini -
  - Fox 40 Unisex Electronic – (3 tone) -
  - Ergo-Guard - (3 tone) - orange
  - Windsor - (3 tone)
  - Check the market for other choices
- Cloth face coverings are permissible.
- Gloves are permissible.
- Do not share uniforms, towels and other apparel and equipment.

○ **PREGAME CONFERENCE, COIN TOSS AND OVERTIME PROCEDURES**

- For the coin toss, limit attendees to the referee, umpire and one designated representative from each team.
- Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6 feet.
- No handshakes prior to and following the coin toss.
- 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, individuals handling the balls during the game and team personnel.
- For the overtime procedure, please use the same procedure as used at the start of the contest for the coin toss.

**3. PRE AND POST GAME CONSIDERATIONS**

- Suspend pregame protocol of shaking hands during introductions.
- Suspend postgame protocol of shaking hands.

**4. FINAL CONSIDERATIONS FOR FOOTBALL**

- 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.
- Maintain social distancing of 6 feet at all times while on the sidelines and on the field of play when possible.
- Everyone should have their own beverage container that is not shared
- Cloth face coverings are permissible for all coaches and team staff and for all game administration officials.

- Gloves are permissible for all coaches and team staff and for all game administration officials.
- Try and limit the number of non-essential personnel who are on the field level throughout the contest.
- 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.



## 2020-21 NFHS Spirit Rules Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Spirit Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

### Return to Competition

#### 1. Spirit Rules Considerations

- **Cheerleading and Dance General Risk Management (2-1-14, 2-1-16):** Sideline and playing surface placement during game.  
*Participants should be appropriately spaced on the court, field or sideline to ensure proper social distancing.*
- **Cheerleading Apparel / Accessories (3-1-1):** Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.  
*Masks may be worn but are not required. No masks may be worn in routines that involve stunting. Any mask worn during a routine that does not involve stunting but involves tumbling must be taped and secure.*
- **Dance Apparel / Accessories (4-1-1):** Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.  
*Masks may be worn but are not required. No masks may be worn in routines that involve stunting. Any mask worn during a routine that does not involve stunting but involves tumbling must be taped and secure.*

#### 2. Other Spirit Considerations

**Cheerleading and Dance General Risk Management:** Judge placement during adjudicated performance and competition.

*Judges, officials, adjudicators, etc. should be appropriately spaced to ensure proper social distancing.*



## 2020-21 Swimming and Diving Rule Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Swimming and Diving Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

### 1. Swimming and Diving Rule Considerations

**Conduct (1-3-2)** - Require athletes to arrive at 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 (2-7-6, 3-4)** - 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 (3-3-6, 4-2-1d)** - Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use P.A. system or starting system microphone to allow participants to hear but keep them properly separated.

**Referee and Starter (4-2, 4-3)** - Various rules require interactions between officials, coaches and athletes. Alternative methods for of communications include utilization of the P.A. system, hand signals or written communication.

**Notification of Disqualification (4-2-2d, e)** - 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)** - Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location. 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)** - 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 Entries to Referee (5-2)** - 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.

**Relay Takeoff Judges and Relays (8-3)** - 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)** - 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 foot 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.

## **2. General Considerations**

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

**Diving Warm-up Areas** - 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 number of divers viewing at the same time.

**Teams Seating and Lane Placement** - 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** - Athlete clerking areas should be eliminated.



## 2020-21 Volleyball Rules Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Volleyball Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

### Return to Competition

#### 1. Volleyball Rules Considerations

- ***Prematch Conference (1-2-4a; 1-6-2; 1-6-3; 2-1-10; 5-4-1h, k; 5-6-1; 7-1-1; 7-1-1 PENALTIES 1; 9-1a; 12-2-3)***
  - Limit attendees to one coach from each team, first referee and second referee.
  - Move the location of the prematch conference to center court with one coach and one referee positioned on each side of the net. All four individuals maintain a social distance of 3 to 6 feet.
  - Suspend the use of the coin toss to determine serve/receive. The visiting team will serve first in set 1 and alternate first serve for the remaining non-deciding sets.
  - Suspend roster submission at the prematch conference. Rosters are submitted directly to the officials' table before the 10-minute mark.
- ***Team Benches (5-4-4b, 9-1-2, 9-1-2 NOTE, 9-3-3b)***
  - Suspend the protocol of teams switching benches between sets. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present.
  - Limit bench personnel to observe social distancing of 3 to 6 feet.
- ***Deciding Set Procedures [1-2-4b, 5-4-4c, 5-5-3b(26), 9-2-3c]***
  - 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 3 to 6 feet. A coin toss, called by the home team, will decide serve/receive.
  - Suspend the protocol of teams switching benches before a deciding set. In the event there is a clear and distinct disadvantage, teams may switch

sides, observing all social distancing protocols. Officials will determine if a disadvantage is present.

- ***Substitution Procedures (2-1-7, 10-2-1, 10-2-3, 10-2-4)***
  - Maintain social distancing of 3 to 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 (3-4)***
  - Limit to essential personnel which includes home team scorer, libero tracker and timer with a recommend distance of 3 to 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.

## **2. Volleyball Officials Manual Considerations**

- ***Pre and Post Match Ceremony***
  - Establish volleyball specific social distancing match protocols including the elimination of handshakes before and after the match.

## **3. Volleyball Rules Interpretations**

- ***Rule 4-1 EQUIPMENT AND ACCESSORIES***
  - Cloth face coverings are permissible. (4-1-4)
  - Gloves are permissible. (4-1-1)
- ***Rule 4-2 LEGAL UNIFORM***
  - Long sleeves are permissible. (4-2-1)
  - Long pants are permissible. [4-2-1i (1)]
  - Under garments are permissible, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom. [4-2-1h (3), 4-2-1i (2)]
- ***Rule 5-3 OFFICIALS UNIFORM AND EQUIPMENT***
  - By state association adoption, long-sleeved, all-white collared polo shirt/sweater are permissible. (5-3-1 NOTES 2)
  - Electronic whistles are permissible. (5-3-2a, b)
  - Cloth face coverings are permissible.
  - Gloves are permissible.