

Specific to Softball and Baseball

Return to competition:

- Each Team provided sanitized balls (1 dozen minimum) while on defense
- Sanitize bases after each contest
- Players are not permitted to leave the dugout area to congratulate players when scoring or after home runs.
- The number of individuals is dependent on the size of the dugout.
- Players and coaches must maintain at least 6 feet of social distance.
- NFHS rules allow for dugouts/designated warm up areas to be extended to provide for social distancing.

Coaches:

- Coaches must wear a mask at all times
- Lineups should be handed to the umpire by a coach, and the umpire will verbally approve or ask any questions about the line up.
- Recommendation that lineup cards being shared team to team and teams to score keepers be shared via photo or text
- Maintain 6' distance between coaches and umpires
- No seeds, gum, spitting

Players:

- All Players not on the field should have a mask on at all times
- No seeds, gum, spitting
- Players should clean and sanitize equipment after each game
 - Sanitize used balls after the game
 - Maintain 6'ft between players and umpires
 - Must provide own water/No sharing of water bottles or coolers
 - Appropriately clean batting helmet between each player's use
 - Appropriately clean bats between each player's use
 - No physical contact (High fives, chest bumps, hand slaps etc)
 - Prohibit licking of fingers and wiping them off. Pitchers are not permitted to put their hands to their mouths or blow into their hands prior to pitching the ball. "Time", is called, and this will be a "no pitch". Any umpire is permitted to make this call. The ball should be called dead immediately and it will be a "no pitch". Ball goes into dugout for sanitizing, pitcher sanitizes hands before play continues
- Pitchers cannot wear white or gray cloth facial coverings
- All athletes will be temperature checked before entering the playing area
- Players should maintain a 6 foot social distance when not on the field
- Players must follow VHSL rule with dugout use and distancing

Spectators:

- Spectators will self evaluated prior to entering and must meet criteria to remain present
- Spectors must wear mask at all times
- Spectators must maintain 10 feet social distance from each other (if not in same household) and all fans must remain 10 foot distanced from the coaches and umpires and the players - areas for fan seating will be designated at each school field to keep parties distanced between each other and apart from where the athletes are when the athletes are off the playing field

VHSL Rules Recommendations:

- Per guidance from the NFHS sports medicine Advisory Committee, plastic shields covering the entire face (unless integrated into the facemask and attached to the helmet) shall not be allowed during contests.
- Facial coverings must be of one color, not distracting, and no designs
- Pitchers cannot wear optic yellow cloth for face covering
- Pregame conference: Limit attendees to one coach from each team plus the umpire. Coaches should stay the width of the batter's box at home plate, maintaining 6 feet of distance between each person.
- For substitution the verbal exchange should occur at least 6 feet from the coach to scorer and opposing team when making line up changes
- Umpires do not handle equipment on the field during play. Contact with the game balls should be as limited as possible
- 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.
- Base coaches must stay 6 feet from a runner at all times after suspension of play.
- Players are not permitted to leave the dugout area to congratulate players when scoring or hitting a home run. The number of individuals in the dugout is dependent on the size of the dugout. Players and coaches must maintain a 6 foot distance. NFHS rules allow for dugouts/designated warm up areas to be extended to provide for social distancing.
- Coaches holding defensive conferences must stay on the home plate side of the pitcher's circle/mound and the player or players must be on the opposite side maintaining 6 feet distances. If a coach is visiting a pitcher, all other players should stay outside 6 feet distance.
- Plate umpire should stand deeper than normal to call balls and strikes.

Girls Lacrosse Rules Recommendations

- Pre Game meeting: limit attendees to one coach from each team and the lead official
- Ensure the pre game meeting is away from the sideline and all individuals/ maintain 6 feet social distancing
- Limit the scorers table to essential personnel only. Event personnel need to observe a social distance of 6 feet.
- Both team's players and coaches' boxes will be expanded to ensure proper social distancing of 6 feet among team personnel
- Ensure that players substituting, coaches, and the table personnel are maintaining social distancing
- Split sub box so that each team subs in their own half of the box
- If available, recommend that a penalty area be marked off that allows social distancing between penalized players, substitutes, and the table personnel
- The use of draws will be suspended for the 20-21 season. The first possession goes to the visiting team at center with each team alternating starts in place of draws. It is separate from AP alternate possessions. The home team can choose the end of the field. First AP goes to the visitors.
- Only one player per hash on 8 meter setup, the existing rule that allows the defense to adjacent hashes remains in force
- Players and officials may wear gloves and long undergarments
- Pre-game stick and equipment check will be completed by one official per team. Each team member will stand with their sticks on their restraining line during pre-game meeting. The player will be responsible for dropping the ball into their stick while officials observe. Both players and officials should maintain 6 feet social distance.. Recommend gloves use by the officials to stick check.

Boys Lacrosse Rules Recommendations/Adjustments

- Pre Game meeting: limit attendees to one coach from each team and the lead official
- Ensure the pre game meeting is away from the sideline and all individuals/ maintain 6 feet social distancing
- Clear, molded and non-rigid face shields approved by the helmet manufacturer are allowed
- Reduce the time of the game to 10 minutes per quarter for varsity competition and 8 minutes per quarter for jv games.
- The use of face-offs will be suspended for the 2020-21 season. Game will start with a coin toss to determine which team is awarded the ball at midfield to begin the game. Alternate possession will be used after the coin toss. After each goal, the ball shall be awarded to the scored upon team at midfield with no players within 5 yards.
- Penalty enforcement: If there is a violation, blow the whistle quick and award ball. Award ball according to the alternate possession. Contested loose balls will result in a quick whistle and awarding the ball according to alternate possession.
- All body contact/checks will be illegal for the 20-21 season. Only stick checks will be permitted. Violation will be a possession penalty.
- Eliminate handshakes following pre-game and at conclusion of the game
- Limit the scorers table to essential personnel only. Event personnel need to observe a social distance of 6 feet.
- Pre-game stick and equipment check will be completed by one official per team. Each team member will stand with their sticks on their restraining line during pre-game meeting. The player will be responsible for dropping the ball into their stick while officials observe. Both players and officials should maintain 6 feet social distance.. Recommend gloves use by the officials to stick check.
- Teams stay in their team areas, no running onto the field for dog piles

For Boys and Girls LAX settings:

Coaches:

- Coaches must wear a mask at all times
- Lineups should be handed to the umpire by a coach, and the umpire will verbally approve or ask any questions about the line up.
- Recommendation that lineup cards being shared team to team and teams to score keepers be shared via photo or text
- Maintain 6' distance between coaches and players when conferencing

Recommendations for Student-Athletes:

- Each student athlete will be responsible for their own supplies
- Student-athletes should wear their own appropriate work out clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home
- Student-athletes should tell coaches immediately when they are not feeling well
- Student-athletes need to bring their own water
- Student-athletes need to maintain social distancing as much as possible
- Mask are to be worn by student-athletes when they are not physically active in practice
- Temperature check for each student athlete prior to entering practice/meet area
- Student-athletes will do the self evaluation

Spectators:

- Spectators need to self evaluate prior to enter game area
- Spectator counts in stadium is lesser of 500 or 30% as of 3/24/21
- Spectors must wear mask at all times
- Spectators must maintain 10 feet social distance from each other and the players
(Plans based on location)

Soccer Specific Protocols

Soccer Rules Requirements for 2020-21

- Pre game conference: Limit attendees to head referee or center referee and the head coach from each team
- Move location of pre game conference to center of field. All individuals maintain a social distance of 6 feet
- Ball holders should be spaced out 6 feet if being used
- Encourage bench personnel to observe social distancing of 6 feet
- Extend player and coaches area to ensure proper social distancing of 6 feet
- The drop ball restart has been suspended and the referee will instead award an indirect free kick to whichever team is deemed to be in possession.
- On all indirect and direct free kicks, players must reasonably remain 3 feet from each other (an arm's length). This eliminates the traditional wall and jostling for position in front of the goalkeeper. By rule, they will need to provide 10 yards from the ball prior to the kick
- Maintain social distancing of 6 feet between the substitute, officials and /or teammates by encouraging substitutions to occur closer to the centerline
- Limit the officials table to essential personnel, which includes home team scorer and timer with a recommended distance of 6 feet between individuals.
- Stop the clock at the first natural stoppage after the 20:00 mark of each half to allow for sanitation of hands, game balls, and for water break

Soccer Rules Interpretations

- Gloves are permissible
- Long sleeves are permissible
- Long pants are permissible
- Under garments are permissible but must be of a similar length for the individual and a solid like color for the team.

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- Maintain 6' distance between coaches and umpires

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- Mask are to be worn by student-athletes when they are not physically active in practice
- Temperature check for each student athlete prior to entering practice/meet area
- Student-athletes will do the self evaluation

Spectators:

- Spectators need to self evaluate prior to enter game area
- Spectator counts are lesser of 500 max or 30% of stadium as of 4/1/21
- Spectors must wear mask at all times
- Spectators must maintain 10 feet social distance from each other and the players
(Plans based on location)

Tennis Specifics

Recommendations for Players:

- When you play doubles, avoid all incidental contact. No whispering to each other from a close distance to strategize
- Avoid touching your face after handling a ball, racquet or other equipment. Wash your hands promptly if you have touched your eyes, nose or mouth. Hand sanitizer will be available.
- Avoid sharing food, drinks or towels
- Use your racquet/foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls.
- Remain apart from other players when taking a break. Put water and towel on opposite sides of net.
- If a ball from another court comes to you, send it back with a kick or with your racket.
- No locker rooms or changing rooms will be available.
- Leave the court as soon as reasonably possible.
- No extra-curricular or social activity should take place. No congregating after play.
- Open two cans of tennis balls that do not share the same number on the ball. Take one set of numbered balls, and have your playing partner take as set from the other can. Proceed with play, making sure to pick up your set of numbered balls only.

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- Maintain 6' distance between coaches and players when conferencing

Recommendations for Student-Athletes:

- Each student athlete will be responsible for their own supplies
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- Student-athletes should tell coaches immediately when they are not feeling well
- Student-athletes need to bring their own water
- Student-athletes need to maintain social distancing as much as possible
- Mask are to be worn by student-athletes when they are not physically active in practice
- Temperature check for each student athlete prior to entering practice/meet area
- Student-athletes will do the self evaluation

Spectators:

- Spectators need to self evaluate prior to enter game area
- Spectors must wear mask at all times
- Spectators must maintain 10 feet social distance from each other and the players (Plans based on location) - each site will have designated area where fans may watch the contest without interacting with any players

Specific to Outdoor Track & Field

Return to competitions:

- Shot Put and Discus events should enforce social distancing for all athletes and officials
 - To limit contact: athletes should provide their own implements when possible that pass inspection (if not able to provide own, implements need to be sanitized between uses of 2 or more people) and retrieve their own implements after all throws
- Long and Triple Jumps should enforce social distancing for all athletes and officials.
- Sprint, Hurdle, relay events run entirely in lands, may use every other lane for social distancing
 - Blocks should be disinfected after each heat/race
 - Recommend not using baskets at start line for apparel
- Middle Distance and distance races on the track of 800m and longer (any event not run entirely in lanes) are considered moderate risk activities if conducted under normal circumstances
- Event results should not be posted but available online and/or email results to coaches. Awards will be picked up by coach prior to team departure

Rule Adjustments for 2020-2021 School 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 a relay event
 - States may permit the use of gloves for this year
 - Schools can bring their own batons, or they should be disinfected after each heat/race
- High Jump should enforce social distancing for all athletes and officials
 - To lower the risk of these events meets can cover pits by a tarp that is removed and disinfected after each athlete (therefore multiple tarps needed to keep the event moving)
 - Rules 6-4-11 and 6-5-24: events may consider alternate ways to conduct the vertical jumps. Lowering the cross bar after competition has begun may be one-way events that may modify rules. With small numbers of competitors, events may wish to jump each athlete to completion.

Recommendations for Coaches:

- Communicate your guidelines in a clear manner to students and parents
- Conduct 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
- Maintain 6 feet social distancing at all times
- Coaches must wear mask at all times
- Coaches will do self evaluation

Recommendations for Student-Athletes:

- Each student athlete will be responsible for their own supplies
- Student-athletes should wear their own appropriate work out clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home
- Student-athletes should tell coaches immediately when they are not feeling well
- Student-athletes need to bring their own water
- Student-athletes need to maintain social distancing as much as possible

- Mask are to be worn by student-athletes when they are not physically active in rigorous practice or participating in an event
- Temperature check for each student athlete prior to entering practice/meet area
- Student-athletes will do the self evaluation

Spectators:

- Spectators will do the self evaluation checklist prior to entering and if do not meet the criteria will not be admitted to the stadium area
- Spectors must wear mask at all times
- Spectators must maintain 10 feet social distance from each other and the players and remain off of area of competition grounds (whether track area or area associated with field events)
- Capacity is lesser of 500 or 30% of facility as of 3/24/21