

2020-2021

Guidelines for Participation

The following guidelines were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines are in accordance with State of New Mexico public health orders and follow best practices and recommendations from the governing body of high school activities associations, the National Federation of State High School Associations (NFHS).

The modifications outlined in this guide 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.

Competition during the spring semester of the 2020-2021 school year will follow these general guidelines and will be subject to change based on Governor's orders:

- *No overnight travel*
- *No consecutive-day tournaments*
- *Masks shall be worn at all times by all persons in attendance, including participants*
- *Social distancing shall be in effect to the greatest extent possible while not engaged in competition*
- *Spectators shall be permitted to the extent allowed by the current Public Health Order*



UPDATED 4/6/2021

Screening Protocols Clarified p.4

Additional documents will be added when approved



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COVID-Safe Guidelines for Participation

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.

Introduction

Objective

- ❖ This document provides participation guidelines for schools to follow in accordance with state restrictions. It allows for a coordinated return to competition and may also be used if conditions dictate the need for increased restrictions in the future.

Foundational Statements

- ❖ The NMAA believes it is essential to the physical and mental well-being of students to return to physical activity and athletic competition.
- ❖ The NMAA recognizes that, due to the variance in spread of Covid-19 across the state and decisions made by local educational leadership, New Mexico students may be unable to return to – and sustain – athletic activity at the same time across the state.
- ❖ As is stated within the NMAA Constitution, the most important single consideration in the regulation of any school activity must be the welfare and healthy development of students. During this time of uncertainty, school personnel are encouraged to collaborate with local public health officials to determine what is best for each individual community.
- ❖ The NMAA will continue to provide updated guidance to member schools based on information from the National Federation of State High School Associations, Centers for Disease Control, and State Government Officials.

Points of Emphasis

- ❖ Establish and continue communication with local and state authorities to determine current mitigation levels in your community. Check state and local health department notices daily about transmission in the area and adjust operations accordingly.
- ❖ New Mexico Public Education Department (NM PED) COVID-19 Safe Practices as outlined in the [School Reentry Guidance](#) must be followed during all activities on and off school campus.
- ❖ Administrators and coaches must emphasize the need for all coaches and participants who have signs or symptoms of illness to stay home when ill to decrease risk of viral transmission. “Vulnerable individuals” are defined by CDC as people age 65 years and older, women who are pregnant, and others with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy. These individuals may include not only coaches and other school personnel, but students as well.
- ❖ Current pre-season conditioning and acclimatization models assume that athletes have deconditioned during the pandemic. The intensity and duration of training should be moderated upon return.
- ❖ The safety of school staff and students must be the priority. If schools experience widespread COVID-19 outbreaks, NMAA activities will be halted until health conditions improve.

Covid-19 Cases/Testing

- ❖ If a positive COVID-19 case is determined, schools must follow their safety plan as well as adhere to New Mexico and Department of Health guidelines in determining a comprehensive plan of action.
- ❖ Schools with positive cases will be contacted and provided instructions by the Department of Health.
- ❖ One or more positive tests among players or coaches may result in a 10-day suspension of practices and competition. Follow DOH instructions.
- ❖ COVID-19 testing is required for all coaches and staff following the [NM PED COVID-19 Response Toolkit](#).
- ❖ Those who have been in contact with someone who has tested positive for COVID-19 may contact DOH at (505) 827-0006 to schedule testing or visit cv.nmhealth.org for more information.
- ❖ Students who have contracted Covid-19 will need medical clearance, using the [NMAA Covid-19 Medical Clearance Form](#), before discontinuing home isolation and returning to participation (also see Appendix).
- ❖ Students that become sick must be picked up immediately. For emergency situations, staff should call 911.

COVID-Safe Guidelines for Participation

Return to Participation

Facilities Cleaning

- ❖ Adequate cleaning schedules should be created and implemented for all athletic facilities.
- ❖ 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, bathrooms, athletic training room tables, etc.).
- ❖ Individuals should wash their hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before touching any surfaces or participating in workouts.
- ❖ Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.
- ❖ Appropriate clothing/shoes should be worn at all times to minimize sweat from transmitting onto equipment/surfaces.
- ❖ Any equipment such as 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.
- ❖ Post signs on how to stop the spread of COVID-19, properly wash hands, promote everyday protective measures, and properly wear a face covering. Intensify cleaning, disinfection, and ventilation.
- ❖ Ensure ventilation systems operate properly and increase circulation of outdoor air as much as possible by opening windows and doors, using fans, or other methods according to [NM PED COVID-19 Response Toolkit](#).

Entrance/Exit Strategies

- ❖ Create strategies to prevent groups from gathering at entrances/exits to facilities to limit crossover and contact, including staggering starting/ending times.
- ❖ Stagger arrival and drop-off times and locations.
- ❖ Establish protocols to limit direct contact with parents as much as possible.
- ❖ Students waiting to be picked up must maintain 6 feet social distancing.

Spectators/Limitation on Gatherings

- ❖ Spectators – Permitted to the extent allowed by the current [Public Health Order](#) for Large Entertainment Venues.
- ❖ Media – See [Media Policy](#)
- ❖ As of March 8, 2021, pod restrictions and the 14-day hybrid-acclimation period have been lifted. All sports may begin full practice following guidance in this document.
- ❖ See sport guidelines for additional information on sport-specific limitations.
- ❖ There should be a minimum distance of 6 feet between each individual at all times other than when engaged in practice/competition.

Pre-Workout/Competition Screening

- ❖ Coaches should be screened daily for signs/symptoms of Covid-19. Coaches should also include a temperature check (*see appendix for sample screening tool*). Medical grade, non-contact infrared thermometers are recommended.
- ❖ Responses to screening questions for each person should be recorded and stored.
- ❖ Officials should self-screen the day of their event(s).
- ❖ It is not required that students have their temperatures checked or answer screening questions prior to entering a bus or school building, or before participating in an extra-curricular event. However, schools may implement screening protocols as appropriate for their unique situations.
- ❖ Any person with positive symptoms, or a temperature greater than 100.4, should not be allowed to participate, should self-isolate, and contact their primary care provider or other health-care professional to receive medical clearance before returning to workouts.
- ❖ Athletes MUST tell coaches immediately when they are not feeling well.
- ❖ Parents/Guardians should inform coaches if the participant has been exposed to someone who is known to have COVID-19.
- ❖ Any person who has been exposed to someone testing positive for Covid-19 must receive clearance from the Department of Health before returning to athletic activity.
- ❖ Vulnerable individuals should not supervise or participate in any workouts during unless approved by the school/district.

Travel & Quarantines

- ❖ Excluding State Championship events, competition shall be limited to district/regional competition.
- ❖ Follow NM PED transportation guidance as per the [School Reentry Guidance](#).
- ❖ Member schools and individuals must follow all State required quarantine orders:
 - <https://cv.nmhealth.org/public-health-orders-and-executive-orders/>

COVID-Safe Guidelines for Participation

Face Coverings

- ❖ State guidelines for cloth face coverings should be strictly followed.
- ❖ Coaches, officials, screeners and all other non-participants in attendance, shall wear cloth face coverings at all times (artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle).
- ❖ Unless otherwise noted in the sport-specific guidelines, face coverings shall be required by all participants, including those actively participating. Waivers shall not be accepted.
- ❖ Cloth face coverings should be considered acceptable. There is no need to require or recommend “medical grade” masks for physical activity.
- ❖ Neck gaiters are not permitted.
- ❖ Plastic shields covering the entire face will not be allowed during participation due to the risk of unintended injury to the person wearing the shield or others.

Hygiene Practices

- ❖ Have adequate supplies to support healthy hygiene behaviors, including soap, hand sanitizer with at least 60 percent alcohol (for staff and older children who can safely use hand sanitizer), tissues, and no-touch trash cans.
- ❖ Conduct trainings for students regarding hygiene and safety protocols including proper hand washing, touching of face, covering mouth and nose when coughing/sneezing and social distancing.
- ❖ Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
- ❖ Sneeze or cough into a tissue, or the inside of your elbow. Avoid touching your face.
- ❖ Disinfect frequently used items and surfaces as much as possible.

Hydration/Food

- ❖ All students must bring their own water bottle. Water bottles must not be shared. Food should not be shared. Hydration stations (water cows, water trough, water fountains, etc.) are not recommended unless they are designed to refill bottles in a contact-free manner.
- ❖ Food concessions are prohibited.

Locker Rooms & Athletic Training Areas

- ❖ See following page for locker room guidelines. No students shall be allowed in training area unless athletic trainer is present.

Weight Rooms

- ❖ Weight equipment should be wiped down thoroughly before and after an individual’s use of equipment.
- ❖ Resistance training should be emphasized as body weight, weight machines, and free weights that require minimal use of a spotter.
- ❖ Masks shall be worn at all times and appropriate physical distancing followed when not actively engaged in physical activity.

Physical Activity & Athletic Equipment

- ❖ Physical distancing should be followed when not actively engaged in physical activity (practice/competition).
- ❖ Prohibit congregation of players during warm-up, while at rest or hydration breaks, or when entering or leaving the practice site.
- ❖ Coaches should consider, and administrators should strongly encourage, conducting workouts in “pods” of the same students, always training and rotating together in practice to ensure less exposure if someone develops an infection.
- ❖ There should be no sharing of personal athletic equipment (towels, clothing, shoes, etc.) between students.
- ❖ There should be limited sharing of sport-specific equipment. If shared, equipment must be disinfected between individual use.
- ❖ 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 frequently during use and prior to the next workout.

NMAA Activities

- ❖ NMAA sanctioned activities should follow the general guidelines presented in this document. Virtual practice/competition is permitted.
 - Mask wearing at all times.
 - Appropriate physical distancing at all times other than when engaged in practice/competition.
 - Equipment disinfected frequently during and after practice/competition.
 - Music activities shall follow [NMMEA Guidance](#).

COVID-Safe Guidelines for Participation

Locker Rooms

Host schools should be responsible for providing a clean environment for all visiting teams to dress and have pre-game meetings. When possible, the area should be large enough to maintain social distancing.

If locker/dressing rooms are not large enough to maintain social distancing, visiting teams may want to consider traveling dressed and/or limiting travel team numbers.

General Guidelines for all Locker Room Situations

- ❖ Prior to an individual or groups of individuals entering the locker room, hard surfaces within that locker room should be wiped down and sanitized (chairs, training tables, furniture etc.).
- ❖ Any equipment kept in student lockers should be cleaned out nightly by the athlete to allow for proper cleaning and sanitization. i.e. Soft clothing items will be taken home daily. Items such as helmets and shoulder pads may remain.
- ❖ Staff, coaches and student/athletes must wear face coverings while inside locker rooms, meeting rooms and training rooms.
- ❖ Where possible, have students change clothes at home. If this is not possible, have students change in private stalls or rooms, staggering the entry and exit of players to avoid student congregation.
- ❖ Student athletes are to dress as rapidly as possible to minimize time in the locker room.
- ❖ Social distancing measures will be in effect throughout all locker rooms.
- ❖ Communal showers in locker rooms are prohibited.
- ❖ Conduct practices and competitive play outdoors when possible.
- ❖ Hand sanitizing stations must be available.
- ❖ Athletes will leave the locker once cleaned and changed – no congregating.

2020-2021 Baseball Guidelines

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

Event Guidelines

❖ General

- Schools will be limited to a maximum of 25 people in the dugout; if a dugout is not large enough to accommodate social distancing of 6-feet for 25 individuals, it can either be extended towards the outfield (per NFHS Rules) or the maximum number of team personnel shall be reduced
- Spectators shall be permitted to the extent allowed by the current Public Health Order
- All players, coaches, other team personnel, event personnel, officials, spectators, media, or any other individuals in attendance must wear a face covering at all times.
- Before, during, and after the contest, players, coaches, game officials, team personnel and game administration should wash or sanitize their hands as often as possible.
- Maintain social distancing of 6 feet at all times while in the dugout or on the playing field when not actively involved in gameplay
- Dugout and field access should be limited to team personnel, officials, and essential event staff.
- Sunflower seeds, gum, and spitting prohibited

❖ Rule Modifications

- Pregame Meeting & Line-up Exchange
 - Limit attendees of the pregame meeting to one coach from each team plus the umpires; maintain proper social distancing when not handing over the line-up card to the home plate umpire
 - Line-ups should be handed to the home plate umpire who will verbally approve or ask questions about the line-up
 - Hard copies of the line-up should not be shared anyone other than the home plate umpire; opposing teams, scorekeepers, and/or media can obtain the line-up via a photo or text
- Baseballs
 - Each team will be required to provide their own NFHS approved baseballs while on defense; it is recommended that each team have a minimum of 12 baseballs available for use during a contest
 - Umpires shall not handle baseballs at any time
 - The team that is on offense shall not handle the defensive team's baseballs at any time
 - Baseballs should be sanitized after each game
- Equipment
 - Batting Helmets – it is recommended that batting helmets should not be shared; if a team's inventory does not allow for each athlete to have their own, then the helmet must be sanitized between each player's use
 - Baseball Bats – it is recommended that bats should not be shared; if a team's inventory does not allow for each athlete to have their own, then the bat must be sanitized between each player's use
 - Catcher's Equipment – it is strongly recommended that catcher's equipment should not be shared; if a team's inventory does not allow for each athlete to have their own, then the catcher's equipment must be sanitized between each player's use
 - Other – team personnel shall not share uniforms, towels, water bottles, and other apparel
- Player Face Coverings
 - Face coverings that tie to the head or loop around the ears are required
 - Pitcher's cannot wear white, gray, or other face coverings that may be considered as distracting by the umpires
- Coach & Player Conduct
 - Prohibit licking of fingers and wiping them off
 - Pitchers are not allowed to put their hands to their mouths or blow into their hands prior to pitching the ball. 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 to the dugout for sanitizing & pitcher sanitizes hands before play continues
 - Players are not permitted to leave the dugout area to congratulate players when scoring or after home runs
 - Coaches shall maintain social distancing of 6-feet during the verbal exchange of substitutions to the umpire, opposing team, and/or scorekeeper
 - Coaches shall maintain social distancing of 6-feet when discussing a ruling on the field with umpires
 - Base coaches shall maintain social distancing of 6-feet from baserunners and opposing players at all times after the suspension of play

2020-2021 Baseball Guidelines

- Charged Conferences
 - ❑ Defensive conferences should be limited to the coach, pitcher, catcher, and no more than two other players; social distancing must be maintained by all individuals taking part in the conference
 - ❑ While a coach is visiting with the pitcher and/or catcher only, all other players should avoid the pitcher's mound area
- Pre and Post Game Considerations
 - ❑ No shaking of hands during pregame meeting
 - ❑ Teams should not shake hands after the conclusion of the game

Season Dates

- ❖ Practice Start Date: April 5, 2021
- ❖ First Competition Date: April 10, 2021
- ❖ Season End Date: June 26, 2021

2020-2021 Basketball Guidelines

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

Event Guidelines

❖ General

- Spectators shall be permitted to the extent allowed by the current Public Health Order.
- Tournaments shall not be permitted.

❖ Pre-Match Conference

- Limit attendees to the head coach from each team and referee.
- Move the location of the pre-match conference to center court with one coach and one referee positioned on each side of the center circle. All individuals maintain a social distance of 6 feet.
- Suspend the use of handshakes prior to and following the Pregame Conference.

❖ Team Benches

- Limit the number of bench personnel to observe social distancing of 6 feet or greater.
- Chairs and rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.
- If appropriate social distancing cannot occur, consider moving team benches to the opposite side of the official's table.
- Players and coaches shall have marked/designated chairs on the bench and shall sit only in their assigned chair.
- The area behind team benches shall be clear from any persons other than team personnel.
- Limit contact between players when substituting.
- Masks shall be worn at all times.

❖ Officials Table

- Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
- Limit to essential personnel which includes home team scorer and timer with a distance of 6 feet between individuals. Other personnel (visiting scorer, announcer, media, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.

❖ Pre and Post Match Ceremony

- Eliminate handshakes before and after the match.

❖ Basketball Sanitation

- Ball given to the officials in the locker room where it is sanitized.
- The host school will sanitize the ball during time outs and between quarters.

❖ Officials Uniform and Equipment

- Cloth face coverings are required.
- Electronic whistles or any other whistle that can be used with a face covering shall be utilized.
- Long-sleeved shirts are permissible.
- Gloves are permissible.

❖ Other Considerations

- Throw-In – Official shall stand 6 feet or greater away from the player making the throw-in.
- Free Throw Administration – The lead official shall stand on the end line and bounce the ball to the free thrower.
- Jump Ball – Eliminate the jump ball. The visiting team will receive the first alternating possession for the throw in. To start an overtime period, a coin toss will determine which team is awarded the ball.

Season Dates

- ❖ Practice Start Date: March 22, 2021
- ❖ First Competition Date: March 27, 2021
- ❖ Season End Date: May 8, 2021

2020-2021 Cross Country Guidelines

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

Event Guidelines

- ❖ Cross Country meets are limited to 100 people per event. This includes athletes, coaches and event workers.
- ❖ Spectators shall be permitted to the extent allowed by the current Public Health Order.
- ❖ Per the Governor's orders, masks must be worn by everyone in attendance. Athletes participating must wear a mask during competition. Waivers shall not be accepted. Masks cannot be removed during competition or thrown on the course at any time.
- ❖ Restrooms must be provided and sanitized after each use. If you are the host of the meet, you are responsible for providing workers to consistently sanitize the restrooms.
- ❖ Team camps are eliminated at competitions. Teams should only enter the course when it is time to warm up and get ready for their races. Following each race, teams must immediately cool down and retreat back to their buses or vehicles.
- ❖ Teams are allowed to show up at the starting line no sooner than 15 minutes prior to the start of the race. There should be no congregating at the starting line before the 15-minute mark.
- ❖ Starting lines must provide six feet of spacing between teams to allow for proper social distancing at the start of the race.
- ❖ The course must be a minimum of six feet wide throughout the entire length of the course.
- ❖ There should be no finish line chute at the end of the race to prevent gathering at the finish line. Once a runner is finished competing he/she must exit the finish line area immediately.
- ❖ No awards ceremonies should take place at the conclusion of each race, in order to prevent a mass gathering.
- ❖ Each athlete will have to be responsible for his/her own water during the cross country meet. No shared water bottles will be allowed. Coaches may wait at the finish line and provide their own athletes with their own water bottles at the finish line.
- ❖ If you choose to host a staggered start time meet, make sure all teams know there will not be an awards ceremony at the conclusion of the day, but that you will communicate results to all coaches at the conclusion of the races. Staggered start times are required to limit number of participants at the start line.
- ❖ Clean and disinfect frequently touched surfaces and exercise equipment.

Questions and Answers

- ❖ How many teams can compete at a single Cross Country Meet?
 - Each team typically enters seven (7) runners per race. If you are hosting a meet and invite five (5) varsity teams, that would be an estimate of 35 female competitors and 35 male competitors. The total would be 70 competitors, which would then allow for you to factor in the coaches for each team and then your workers.
- ❖ Can we host a Cross Country meet with JV and C-team races?
 - Yes, but you may only be able to host a dual meet, so as to not exceed the 100-person event limit.
- ❖ Can I split my Varsity, JV, and C-teams up and only have a Varsity team compete at one race and have my JV and C-teams compete at a JV and C-Team competition earlier in the week?
 - Yes, as long as your athletes do not exceed the three (3) meet limitation for the 2020-2021 season.
- ❖ Can I host a cross country meet throughout the course of an entire day, allowing more teams to compete and provide results at the conclusion of the meet at the end of the day?
 - Yes, you may stagger teams' start times throughout the day. You are still only allowed to have 100 people at the event at one time. This means if you plan on having staggered start times, you need to allow for enough time between races for teams to clear before the next set of teams come in to compete on the course.
- ❖ Can we host multiple meets at the same host site on the same day?
 - Yes, if you want to host a cross country meet in the morning at your meet site, and then host another meet at the same site for new teams to compete in the afternoon, you may do so as long as the guidelines are followed for all meets taking place during the day.

2020-2021 Cross Country Guidelines

- ❖ Can we host virtual cross country meets?
 - Yes, you may organize and host a virtual meet. It is up to you to make sure you get the information out to all participating schools. Each coach participating will be responsible for following these guidelines at each race location.
- ❖ Can girls and boys run together in a race?
 - Yes, for regular season meets only. If a school decided to host a meet and allow the boys and girls of the same school to run in the same race, they may do so. This will help teams get in and out of facility more quickly if you choose to host a staggered meet and provide race results at the end of the day.

Season Dates

- ❖ Practice Start Date: February 22, 2021
- ❖ First Competition Date: February 27, 2021
- ❖ Season End Date: March 27, 2021

2020-2021 Football Guidelines

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

Event Guidelines

❖ General

- The season will be shorter with schools playing up to a maximum of five (5) football games.
- Schools will be limited to a maximum of 60 individuals on the sideline.
- Spectators shall be permitted to the extent allowed by the current Public Health Order.
- All players, coaches, other team personnel, event personnel, officials, media, or any other individuals in attendance must wear a face covering at all times (includes athletes actively participating).
- Before, during, and after the contest, players, coaches, game officials, team personnel and game administration should wash or sanitize their hands as often as possible.
- Maintain social distancing of 6 feet at all times while on the sidelines and on the field when not actively involved in gameplay.
- Field access shall be limited to team personnel, officials, media, and essential event staff.

❖ Rule Modifications

- Coin Toss
 - One captain 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
- Team Box
 - The team box will be extended on both sides of the field to the 10-yard lines in order for more social distancing space
 - Maintain social distancing of 6 feet while in the team box and not engaged in activities.
 - All coaches must remain in the team box unless there is a time out or authorized conference.
 - Do not share helmets, uniforms, towels, water bottles, and other apparel/equipment.
- Ball
 - The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
 - Ball personnel should maintain social distancing of 6 feet at all times during the contest.
- Player Face Coverings
 - Face coverings that tie to the head or loop around the ears under the helmet/mask are required – no restriction on color.
 - A neck gaiter or buff should NOT be allowed as it could result in a neck/tracheal/laryngeal injury if grabbed from behind and used to drag a ball carrier down.
 - 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.
 - Cloth face coverings that cover the mouth and nose shall be required at all times, including behind a face shield.
- Tooth and Mouth Protectors
 - Athletes should refrain from the removal of mouthguards while on the playing field. If mouthguards are removed on the sidelines or bench area, the athlete should use hand sanitizer each time after touching the mouthguard.
- Gloves
 - Gloves are permissible but still must comply with either the NOCSAE Standard or the SFIA Specification.
- Charged Time-Outs and Authorized Conferences
 - 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
 - The intermission may be extended 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 for hydration and to sanitize game equipment.

2020-2021 Football Guidelines

❖ Football Game Officials Manual Considerations

- 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.
 - Electronic whistles or any other whistle that can be used with face covering shall be utilized.

❖ Pre and Post Game Considerations

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

Season Dates

- ❖ Practice Start Date: February 22, 2021
- ❖ First Competition Date: March 6, 2021
- ❖ Season End Date: April 3, 2021

2020-2021 Golf Guidelines

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

Pre-Tournament Communication

- ❖ Tournaments/events will be limited to a maximum of 64 competitors.
- ❖ A notice to competitors on the procedures that will be put in place.
- ❖ Punishable actions sheet if they do not follow the procedures.
- ❖ All events will be tee times only to limit gatherings.
- ❖ Staff will be wearing masks throughout the day, while making sure they are continuing to sanitize.
- ❖ Tournament hosts will send all rules/guidelines to Host Professionals, along with how they need to monitor the events.
- ❖ Bring your own sunscreen, bug spray or anything else you might need.
- ❖ **MASKS** must be worn at all times, before, during and after the round.

Arrival to Tournament

- ❖ Players check-in 30 minutes prior to their tee times and not any sooner.
- ❖ Players can arrive to course before the 30 minutes but must stay in their bus/van or vehicle.
- ❖ Players can warm up 30 minutes prior to their tee times on the range and it will be spaced out where six feet will be between you and other competitors.
- ❖ Golf carts for coaches will be single rider only and must be wiped down thoroughly before and after every event.

Arriving to the Tee

- ❖ No handshakes.
- ❖ Players will arrive to the 1st tee 10 minutes prior to their tee times not any sooner.
- ❖ Players will sanitize their hands upon arrival to the 1st tee.
- ❖ Players will maintain 6-foot separation while on the first tee.
- ❖ iWanamaker scoring will be required during the 2020-2021 season.
- ❖ There will be no starters' boxes or snacks on the first tee to limit number of things people touch.

Arriving to the Tee

- ❖ Local rule of not removing flag stick will be put in place.
- ❖ There will be a sanitizing station as courses or tournament hosts allow/determine.
- ❖ Upon completion of the round, there are to be no handshakes or touching. You can use verbal congratulations from six feet away.
- ❖ While walking, maintain as much distance as possible and please refrain from touching other participants' equipment. Example: ball marks, club covers, tees and golf balls.

Scoring Area

- ❖ Will be roped off at every event.
- ❖ Players will verbally go over hole-by-hole before attesting their scorecard, using iWanamaker.
- ❖ The group who recently finished is the only group allowed in the scoring area.
- ❖ There will be chairs six feet apart at the scoring area to limit exposure.
- ❖ If the group ahead is still in the scoring area, the group that recently finished will remain outside the scoring area until directed to enter the scoring area.
- ❖ Players will sanitize hands upon entering scoring area; recommended that Tournament Director provide hand sanitizer for the scoring area.
- ❖ No post practice allowed.

Scoring Area

- ❖ Players will be required to return to their team bus/van or vehicles immediately following the attesting of the scorecard.
- ❖ Tournament hosts will coordinate with head coaches from winning schools if awards distributed following the event.

Season Dates

- ❖ Practice Start Date: April 5, 2021
- ❖ First Competition Date: April 10, 2021
- ❖ Season End Date: June 22, 2021

2020-2021 Soccer Guidelines

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

Event Guidelines

❖ General

- All venues will be limited to athletes, coaches and event workers.
- Spectators shall be permitted to the extent allowed by the current Public Health Order.
- Spectators shall be placed opposite team benches on the other side of the field.

❖ Pregame Conference

- Limit attendees to head referee or center referee, the head coach from each team, and a single captain from each team.
- Move the location of the pregame conference to center of the field. All individuals maintain a social distance of 6 feet.
- Suspend handshakes prior to and following the Pregame Conference.

❖ Ball Holders

- Shall maintain social distancing of 6 feet.

❖ Team Benches

- Bench personnel shall observe social distancing of 6 feet.

❖ Substitution Procedures

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

❖ Pre and Post Match Ceremony

- Suspend the pregame world cup introduction line and send players to their field positions with bench personnel lined up on the touch line (3-6 feet apart) for introductions.
- Suspend post game protocol of shaking hands.

❖ Equipment and Accessories

- Cloth face coverings are required to be worn at all times by all attendees present, players included.
- Gloves are permissible.

❖ Legal Uniform

- Long sleeves are permissible.
- Long pants are permissible.
- Under garments are permissible.

❖ Officials Uniform and Equipment

- Long-sleeved shirt/jackets are permissible.
- Electronic whistles or any other whistle that can be used with face covering shall be utilized.
- Cloth face coverings are required.
- Gloves are permissible.

Season Dates

- ❖ Practice Start Date: March 1, 2021
- ❖ First Competition Date: March 6, 2021
- ❖ Season End Date: April 10, 2021

2020-2021 Softball Guidelines

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

Event Guidelines

❖ General

- Schools will be limited to a maximum of 25 people in the dugout; if a dugout is not large enough to accommodate social distancing of 6-feet for 25 individuals, it can either be extended towards the outfield or the maximum number of team personnel shall be reduced
- Spectators shall be permitted to the extent allowed by the current Public Health Order
- All players, coaches, other team personnel, event personnel, officials, spectators, media, or any other individuals in attendance must wear a face covering at all times.
- Before, during, and after the contest, players, coaches, game officials, team personnel and game administration should wash or sanitize their hands as often as possible.
- Maintain social distancing of 6 feet at all times while in the dugout or on the playing field when not actively involved in gameplay
- Dugout and field access should be limited to team personnel, officials, and essential event staff
- Sunflower seeds, gum, and spitting prohibited

❖ Rule Modifications

- Pregame Meeting & Line-up Exchange
 - Limit attendees of the pregame meeting to one coach from each team plus the umpires; maintain proper social distancing when not handing over the line-up card to the home plate umpire
 - Line-ups should be handed to the home plate umpire who will verbally approve or ask questions about the line-up
 - Hard copies of the line-up should not be shared anyone other than the home plate umpire; opposing teams, scorekeepers, and/or media can obtain the line-up via a photo or text
- Softballs
 - Each team will be required to provide their own NFHS approved softballs while on defense; it is recommended that each team have a minimum of 12 softballs available for use during a contest
 - Umpires shall not handle softballs at any time
 - The team that is on offense shall not handle the defensive team's softballs at any time
 - Softballs should be sanitized after each game
- Equipment
 - Batting Helmets – it is recommended that batting helmets should not be shared; if a team's inventory does not allow for each athlete to have their own, then the helmet must be sanitized between each player's use
 - Softball Bats – it is recommended that bats should not be shared; if a team's inventory does not allow for each athlete to have their own, then the bat must be sanitized between each player's use
 - Catcher's Equipment – it is strongly recommended that catcher's equipment should not be shared; if a team's inventory does not allow for each athlete to have their own, then the catcher's equipment must be sanitized between each player's use
 - Other – team personnel shall not share uniforms, towels, water bottles, and other apparel
- Player Face Coverings
 - Face coverings that tie to the head or loop around the ears are required
 - Face coverings shall be of one color, not distracting and no designs
 - Pitchers shall not wear optic yellow face coverings
- Coach & Player Conduct
 - Prohibit licking of fingers and wiping them off
 - Pitchers are not allowed to put their hands to their mouths or blow into their hands prior to pitching the ball. 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 to the dugout for sanitizing & pitcher sanitizes hands before play continues
 - Players are not permitted to leave the dugout area to congratulate players when scoring or after home runs
 - Coaches shall maintain social distancing of 6-feet during the verbal exchange of substitutions to the umpire, opposing team, and/or scorekeeper
 - Coaches shall maintain social distancing of 6-feet when discussing a ruling on the field with umpires
 - Base coaches shall maintain social distancing of 6-feet from baserunners and opposing players at all times after the suspension of play

2020-2021 Softball Guidelines

- Charged Conferences
 - ❑ Defensive conferences should be limited to the coach, pitcher, catcher, and no more than two other players; social distancing must be maintained by all individuals taking part in the conference
 - ❑ While a coach is visiting with the pitcher and/or catcher only, all other players should avoid the pitcher's circle
- Pre and Post Game Considerations
 - ❑ No shaking of hands during pregame meeting
 - ❑ Teams should not shake hands after the conclusion of the game

Season Dates

- ❖ Practice Start Date: April 5, 2021
- ❖ First Competition Date: April 10, 2021
- ❖ Season End Date: June 26, 2021

2020-2021 Spirit Guidelines

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

Spirit Rules Book Modifications

- ❖ Spirit General Risk Management (2-1-14 & 16)
 - Participants should be appropriately spaced on the mat to ensure proper social distancing, when practicable.

Spirit Considerations and Modifications

- ❖ Spirit Apparel / Accessories (3-1-1)
 - Participants must wear face coverings at all times.
 - Examples of face coverings to consider. This is not an exhaustive or definitive list.
 - Coverings that are held in place with over-the-head straps using Velcro or other breakaway type connections.
 - Coverings that minimize the chance of having fingers caught in them.

Skill Restrictions

- ❖ It is ultimately the decision of the individual school district whether stunting occurs or not.
- ❖ Stunting with face coverings should only take place in consultation with school administration, and with the consent of all those involved (Participants and parents).
- ❖ Teams must abide by the following restrictions:
 - No basket tosses
 - No inversions in pyramids or free-standing stunts
 - No tumbling into a stunt or rebounding into a stunt
- ❖ Stunting that IS permitted:
 - Preps and stunts at prep level and below
 - Extensions and awesomes/Cupies
 - Single-leg stunts
 - Release transitions/pyramids (switch-ups or tick tocks, releases in pyramids like ball backs or tick tocks)
 - Twisting into and out of stunts – ½ up, full-up, full twisting cradles.
 - Dismounts can be Bump Down, Pop Down, Walk-Off or Cradles (no inversions to a dismount-waterfall out or walkovers out of stunts).
- ❖ Coed Restrictions (in addition to general restrictions listed above)
 - No inverted stunts
- ❖ Coed Permissible Stunts (in addition to general permissions listed above)
 - Toss stunts and walk-in stunts allowed
 - Prep level and extended stunts allowed
 - Release transitions allowed

Event Guidelines

- ❖ Facilities may not exceed 100 event-essential personnel at any time (athletes, coaches, event workers, etc.).
 - Staggered starts should be utilized to ensure this limit is not exceeded.
- ❖ Schools shall be required to compete within their region. Overnight travel is not permitted.
- ❖ If weather/facilities permit, compete outside.
- ❖ Award ceremonies shall not take place to prevent mass gatherings.
- ❖ Events may not include non-member schools, club teams or solo performances.

Additional Recommendations

- ❖ Coaches should be sure to follow stunt progressions with all participants.
- ❖ Stunt groups should remain consistent, in the same “pods,” for practices and/or performances.
- ❖ Stunt groups should work together for no more than 10 minutes at a time, to minimize the time spent in close contact and allow proper hand sanitizing, etc.
- ❖ Build in breaks during practices and/or performances to sanitize.
- ❖ Consult your mat manufacturer regarding appropriately sanitizing your mats appropriately (i.e., what cleaners, frequency, etc.).

Season Dates

- ❖ Practice Start Date: March 22, 2021
- ❖ Season End Date: May 15, 2021

2020-2021 Swimming and Diving Guidelines

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

Event Guidelines

- ❖ Swimming and Diving Meets are limited to 100 people per event. This includes athletes, coaches and event workers.
- ❖ Per the Governor's orders, masks must be worn by everyone in attendance and on deck. All individuals not actively participating in athletic activities should wear face masks. This includes coaches, athletes, and volunteers. Athletes participating must wear a mask until they are called to deck for their competition. Masks may be removed prior to competition while on deck.
- ❖ All individuals should be socially distanced at all times.
- ❖ Each athlete will have to be responsible for his/her own water during the swimming and diving meet. No shared water bottles will be allowed.
- ❖ All individuals should practice safe hygiene, including hand washing, refraining from spitting, restricting athletes from congregating when rinsing off.
- ❖ Athletes should be spaced out in the pool to ensure socially distancing at all times. It is recommended that no more than 4 athletes share a lane at a time, alternating two athletes at one end. There should never be more than two athletes stopped at the wall in the same lane. This applies during practice, meet warm ups, during meet, etc.
- ❖ Meet hosts should collaborate with attending schools they are competing against to ensure everyone is aware of the facility rules and regulations.
- ❖ It is recommended that facility doors to the outside remain open to help promote proper ventilation in the facility.
- ❖ Teams should coordinate for specific warm-up and warm down times that allow for continued social distancing.
- ❖ Teams should refrain from high fives, team cheers in groups, congregating in team areas that do not allow for social distancing.
- ❖ Swimmers should refrain from congregating behind the blocks. This may mean coordinating with the officials to allow enough time for finished heats to exit the area before the next heat enters the area.
- ❖ Lap counting personnel should be limited to one person per lane. Host teams should provide cleaning materials so that lap counters can be sanitized between heats.
- ❖ Any equipment used should be sanitized/cleaned. Team areas should be cleaned up by those who utilized them.
- ❖ All individuals should prepare to leave the facility as efficiently as possible at the conclusion of a meet.
- ❖ Meet results should be exchanged electronically.
- ❖ No awards ceremonies should take place at the conclusion of each race, in order to prevent a mass gathering.
- ❖ Each team should follow the facility rules for the meet in which they are attending.
- ❖ Coaches must ensure that they are following all current NMAA guidelines at all times.

Season Dates

- ❖ Practice Start Date: April 5, 2021
- ❖ Competition Start Date: April 10, 2021
- ❖ Season End Date: May 15, 2021

2020-2021 Tennis Guidelines

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

Event Guidelines

- ❖ General
 - All individuals in attendance shall be required to wear masks.
 - Social distancing measures shall be followed at all times other than when engaged in competition or warm-ups.
 - Spectators shall be permitted to the extent allowed by the current Public Health Order.
- ❖ Event Types/Size Guidelines
 - Competitions are limited to 100 event-essential people per event (athletes, coaches, event workers, etc.).
 - Schools shall be required to compete within their region. Overnight travel is not permitted.
- ❖ Pre-Match Guidelines
 - Wash your hands with a disinfectant soap and water or use a hand sanitizer before going on court.
 - Clean and wipe down your equipment including racquets and water bottles.
 - Bring a full water bottle to avoid touching a tap or water fountain.
 - Use new balls for every match.
 - Avoid touching gates, net posts, fences, benches.
 - Avoid using locker rooms or common changing areas.
 - Arrive as close as possible to scheduled match time.
 - If there is a scoring device only one player should utilize it during the match.
 - If you need to sneeze or cough do so into a tissue or upper sleeve.
 - Host school should make disinfectant wipes and sanitizer available for both teams.
 - Host school should provide signage in conspicuous places at the courts (tournament desk, court gates etc.) that encourages Covid-safe practices.
- ❖ Competition Guidelines
 - Match Host should provide hand sanitizer for every court. Players should utilize sanitizer on changeovers.
 - Try to stay at least six-feet apart at all times. Do not make physical contact such as high-five or shaking hands. Use a racquet shake.
 - Avoid touching your face during the match.
 - Avoid sharing food, drink or towels.
 - Use your racquet or foot to pick up balls.
 - If a ball from another court comes on your court send it back with your foot or racquet.
 - In doubles avoid incidental contact such as whispering or talking in close proximity to your partner.
- ❖ Post-Competition
 - Leave the court as soon as possible.
 - Wash your hands or use hand sanitizer as soon as possible after leaving the court.
 - Do not use a locker room or changing area.
 - No congregating with others after the match. Practice social distancing of a minimum of six feet.

Season Dates

- ❖ Practice Start Date: April 5, 2021
- ❖ First Competition Date: April 10, 2021
- ❖ Season End Date: June 19, 2021

2020-2021 Track & Field Guidelines

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

Event Guidelines

- ❖ General
 - All individuals in attendance shall be required to wear masks.
 - Social distancing measures shall be followed at all times other than when engaged in competition or warm-ups.
 - Spectators shall be permitted to the extent allowed by the current Public Health Order.
- ❖ Event Types/Size Guidelines
 - The maximum number of teams per competition shall not exceed four (4). Large school meets shall not exceed three (3).
 - Schools shall be required to compete within their region. Overnight travel is not permitted.
 - Fully automatic timing (FAT) is recommended, but not required.

General Guidelines

- ❖ Shot Put and Discus events should enforce social distancing for all athletes and officials.
 - To limit contact: athletes should 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 and Triple Jumps should enforce social distancing for all athletes and officials.
- ❖ Sprint, Hurdle, relay events run entirely in lanes, may use every other lane to assist with distancing.
 - Recommend schools provide their own blocks that are retrieved after each race by the runner.
 - If schools cannot provide own blocks, recommend host school disinfect blocks after each heat / race.
 - Recommend not using baskets at start line for apparel.
- ❖ Event results should not be posted but available online and/or email results to coaches. Awards will be picked up by the coach prior to team departure.

Rule Adjustments for the 2020-21 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 relay events.
 - 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 and Pole Vault should enforce social distancing for all athletes and officials.
 - Mats should be sprayed with disinfectant regularly.
 - To limit contact: athletes should not share vaulting poles.

Coach Guidelines

- ❖ 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.

Student-Athlete Guidelines

- ❖ Student-athletes 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.
- ❖ Student-athletes should tell coaches immediately when they are not feeling well.
- ❖ Bring your own labeled water bottle.

Season Dates

- ❖ Practice Start Date: April 5, 2021
- ❖ First Competition Date: April 10, 2021
- ❖ Season End Date: June 26, 2021

2020-2021 Volleyball Guidelines

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

Event Guidelines

❖ General

- Spectators shall be permitted to the extent allowed by the current Public Health Order.
- Pool play and tournaments shall not be permitted.

❖ Pre-Match Conference

- Limit attendees to one coach from each team, first referee and second referee.
- 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 maintain a social distance of 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 pre-match conference. Rosters are submitted directly to the officials' table before the 10-minute mark.

❖ Team Benches

- Suspend the protocol of teams switching benches between sets.
- Chairs and rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.
- Players and coaches shall have marked/designated chairs on the bench and shall sit only in their assigned chair.
- Players and coaches may stand while social distancing if facility space does not permit team benches.
- The area behind team benches shall be clear from any persons other than team personnel.

❖ Deciding Set Procedures

- 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.

❖ Substitution Procedures

- 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

- Limit to essential personnel which includes home team scorer, libero tracker and timer with a 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.

❖ Pre and Post Match Ceremony

- Eliminate handshakes before and after the match.

❖ Volleyball Sanitation

- Games shall utilize a three-ball rotation, ensuring that anytime a ball goes out of play it shall be sanitized thoroughly with a bleach wipe before returning to the rotation.

❖ Equipment and Accessories

- Cloth face coverings are required to be worn at all times by all attendees present.
- Gloves are permissible.
- Players shall utilize their own equipment "basket" for all personal gear on the sideline.

❖ Legal Uniform

- Long sleeves are permissible.
- Long pants are permissible.
- Under garments are permissible.

❖ Officials Uniform and Equipment

- By state association adoption, long-sleeved, all-white collared polo shirt/sweater are permissible.
- Electronic whistles or any other whistle that can be used with face covering shall be utilized.
- Cloth face coverings are required.
- Gloves are permissible.

Season Dates

- ❖ Practice Start Date: February 22, 2021
- ❖ First Competition Date: March 1, 2021
- ❖ Season End Date: April 3, 2021

2020-2021 Wrestling Guidelines

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

Practice Guidelines

- ❖ During practice, all individuals shall wear cloth face coverings that are secured to the head, or loop around the ears, at all times.
- ❖ Social distancing measures shall be followed at all times other than when actively participating.
- ❖ The total number of individuals shall not exceed 2 per 144 sq. ft. - 225 sq. ft. (roughly 8-10 people per wrestling mat). Schools may need to conduct multiple practices each day in order to comply.
- ❖ Schools shall ensure wrestling rooms are properly ventilated (doors open, fans in entry ways, etc.).
- ❖ Schools shall ensure that thermostats are not set higher than 72° Fahrenheit. Note that warmer room temperatures and limited ventilation create the ability for increased bacterial/viral growth.
- ❖ Schools that cannot adequately ventilate their wrestling rooms shall conduct practices in more open areas of the school (gymnasium, cafeteria, etc.). If weather/facilities permit, practice outdoors.
- ❖ In order to minimize daily contact, coaches should maintain small pods of wrestlers separated by skill level and weight. These pods should be maintained for a minimum of two-weeks.
- ❖ Wrestling mats should be cleaned/disinfected before and after each practice or workout session.
- ❖ Equipment used such as wrestling headgear, shoes, braces, kneepads should only be worn by one individual and not shared.
- ❖ Equipment should be cleaned before, during, and after practice or competition.
- ❖ Limit the practice space to essential personnel only (athletes, coaches, athletic trainer, school admin, etc.).
- ❖ Since school shower facilities are currently off limits, athletes are encouraged to use disinfecting body wipes at the end of practice and to return home immediately to shower.
- ❖ Schools should skin check daily for communicable skin diseases.

Event Guidelines

- ❖ General
 - All individuals in attendance shall be required to wear masks.
 - Social distancing measures shall be followed at all times other than when engaged in competition or warm-ups (weigh-ins, skin checks, team benches, bleachers, etc.).
 - Spectators shall be permitted to the extent allowed by the current Public Health Order.
 - Home site administration shall confirm all event workers are symptom free.
- ❖ Event Types/Size Guidelines
 - Events are limited to 100 people per event. This includes athletes, coaches and event workers.
 - Schools shall be required to compete within their region. Overnight travel is not permitted.
 - Dual meets should be emphasized (duals, tris, quads).
 - Individual tournaments shall be permitted as long as they adhere to the 100-person limit.
 - If weather/facilities permit, compete outside.
 - Award ceremonies shall not take place to prevent mass gatherings.
- ❖ Weigh-Ins
 - Weigh-ins shall be staggered by teams.
 - Athletes should arrive in competition uniform ready to weigh-in.
- ❖ Competition
 - Athletes shall wear cloth face coverings that are secured to the head, or loop around the ears, at all times.
 - Pre & post dual meet team handshakes shall be suspended for the season.
 - Athletes shall not shake the opposing coach's hand at the conclusion of any match.
 - Officials shall declare the winner by mimicking raising the winning wrestler's hand.
- ❖ Sanitation
 - Hand sanitizer and wipes should be available at the table.
 - Wash stations or sanitizer should be available at mat side.
 - If writing implements are used, they should be sanitized and not shared with anyone.
 - Wrestling mat(s) shall be cleaned before, during, and after event. Mats shall also be cleaned prior to and after warm-ups.
 - Coaches, athletes, officials, and event administration are encouraged to wash and sanitize their hands as often as possible.
 - Athletes are encouraged to use disinfecting body wipes at the conclusion of each individual match.

2020-2021 Wrestling Guidelines

❖ Rule Modifications

- Rule 2-2-2 - During competition, one coach will be allowed in a chair mat side.
- Rule 3-3 - The winning wrestler will verify their name to the scorer's table while remaining socially distant.
- Rule 5-13 - Athletes do not have to appear on the mat to be awarded a forfeit.
- Rule 6-5-2 - The referee shall not declare the winner by raising the winning wrestler's hand.

Officials Guidelines

- ❖ Officials shall self-screen the day of the event and ensure they are cleared to officiate.
- ❖ Officials shall arrive dressed and ready to work.
- ❖ Officials are permitted to wear a black, long-sleeve undershirt if desired.
- ❖ Officials should change whistle several times during the day and should consider using an electronic whistle.
- ❖ Officials shall maintain six feet minimum distance when talking to others (players, coaches, other officials).
- ❖ Officials shall make contact with athletes only when necessary (potentially dangerous or illegal holds).
- ❖ Officials shall wear masks at all times.
- ❖ Officials may wear disposable gloves. If so, must change after each match.
- ❖ Officials shall be required to bring their own equipment and shall not share any equipment.
- ❖ Officials should sanitize hands between matches whenever able.
- ❖ Officials shall be responsible for their own water container.

Season Dates

- ❖ Practice Start Date: March 29, 2021
- ❖ First Competition Date: April 5, 2021
- ❖ Season End Date: May 29, 2021

2020-2021 NMAA Modified Master Table of Athletic Events

All Dates/Limits Subject to Change

SPORT	CLASSES	WEEK # PRACTICE BEGINS (HIGH SCHOOL)	WEEK # PRACTICE BEGINS (MIDDLE SCHOOL)	CONTEST LIMITATIONS			DAYS OF REQUIRED PRACTICE BEFORE COMPETITION	WEEK # SEEDING/ VERIFICATION OF ENTRIES SUBJECT TO CHANGE	WEEK # STATE EVENTS SUBJECT TO CHANGE
				VARSITY	SUB-VARSITY	MIDDLE SCHOOL			
Baseball	5	41 (4/5)	41	20	17	14	5	52 (6/20)	52 (6/21-6/26)
Basketball	5	39 (3/22)	39	12	12	10	5	44 (5/1)	45 (5/3-5/8)
Cross Country	4	35 (2/22)	35	^4	4	3	5	N/A	39 (3/26-3/27)
Football	6-Man	35 (2/22)	35	5	4	7 th & 8 th only 4 games	8	N/A	N/A
	8-Man	35 (2/22)	35	5	4		8	N/A	N/A
	2A	35 (2/22)	35	5	4		8	N/A	N/A
	3A thru 6A	35 (2/22)	35	5	4		8	N/A	N/A
Golf	3	41 (4/5)	41	10	10	8	5	N/A	52 (6/21-6/22)
Soccer	3	36 (3/1)	36	10	10	8	5	40 (4/3)	41 (4/5-4/10)
Softball	4	41 (4/5)	41	20	17	14	5	52 (6/20)	52 (6/21-6/26)
Spirit/Cheer	4 All Girl 2 Co-ed	39 (3/22)	39	3*	3	N/A	10	N/A	46 (5/14-5/15)
Spirit/Dance	3	39 (3/22)	39	3*	3	N/A	10	N/A	46 (5/14-5/15)
Swim & Dive	1	41 (4/5)	41	^5	5	4	5	46 (5/10)	46 (5/13 & 5/15)
Tennis	2	41 (4/5)	41	12	12	8	5	50 (6/6)	50 & 51 (6/7-6/12) (6/14-6/19)
Track & Field	5	41 (4/5)	41	10	7	7	5	N/A	51-52 (6/17-6/26)
Volleyball	5	35 (2/22)	35	12	12	10	5	39 (3/27)	40 (3/29-4/3)
Wrestling	3 Boys 1 Girls	40 (3/29)	40	18	18	5	5	48 (5/24)	48 (5/27 & 5/29)

Classes: 4 = A-2A Combined 3 = A-3A Combined 2 = A-4A Combined

^Includes District Meet

*No minimum number required for State eligibility



NMAA COVID-19 MEDICAL CLEARANCE FORM

Per the New Mexico Activities Association, if an athlete has tested positive for COVID-19, he/she must be cleared by an approved health care provider (MD/DO/NP/PA)

NAME (Last, First, MI): _____ AGE: _____ GRADE: _____ DATE OF BIRTH: ____/____/____
SCHOOL: _____ DATE OF POSITIVE TEST: ____/____/____ DATE ONSET OF SYMPTOMS: ____/____/____

MEDICAL CLEARANCE

DATE OF EVALUATION: ____/____/____

CRITERIA TO RETURN (Please Check Below as Applies)

- Athlete was not hospitalized due to COVID-19 infection **AND**
- If asymptomatic, at least 10 days have passed since date of positive test **OR**
- If mild or moderate symptoms, at least 10 days have passed since date of positive test and a minimum of 24 hours symptom free off-fever reducing medications **AND**
- Cardiac screen questions negative for myocarditis/myocardial ischemia:

	YES	NO
<input checked="" type="checkbox"/> Chest pain/tightness with exercise.....	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> Unexplained Syncope/near syncope	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> Unexplained/excessive dyspnea/fatigue w/exertion.....	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> New Palpitations	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> New Heart Murmur on exam.....	<input type="checkbox"/>	<input type="checkbox"/>

NOTE TO APPROVED HCP:

***If Moderate disease OR any cardiac screening question is positive, further workup is indicated: EKG (at minimum), Echocardiogram, Cardiology Consult, CXR, Spirometry, Chest CT, Cardiac Magnetic Resonance (CMR).**

American Academy of Pediatrics Interim Guidance:

- **Asymptomatic or mildly symptomatic** (<4 days of fever >100.4°F, short duration of myalgia, chills, and lethargy). Primary care physician (PCP) visit recommended with review of the local 14-point preparticipation screening evaluation with special emphasis on cardiac symptoms including **chest pain, shortness of breath out of proportion for upper respiratory tract infection, new-onset palpitations, or syncope** and performance of a complete physical examination.
- **Moderate** symptoms of COVID-19 (≥4 days of fever >100.4°F, myalgia, chills, or lethargy or those who had a non-ICU hospital stay and no evidence of MIS-C), an ECG and cardiology consult is currently recommended after symptom resolution, and at a minimum of 10 days past the date of the positive test result. Individuals who test positive for SARS-CoV-2 should not exercise until they are cleared by a physician. The cardiologist may consider ordering a troponin test and an echocardiogram at the time of acute infection.
- **Severe** COVID-19 symptoms (ICU stay and/or intubation) or **multisystem inflammatory syndrome in children (MIS-C)**. Recommend restriction from exercise for a minimum of 3 to 6 months and definitely require cardiology clearance prior to resuming training or competition. Coordination of follow-up cardiology care should be arranged prior to hospital discharge. Extensive cardiac testing should include but is not limited to: troponin tests, echocardiogram, and cardiac MRI.

Athletes with severe disease who were hospitalized or diagnosed with MIS-C, should NOT return to play for 3-6 months and should be cleared by Cardiologist.

- Athlete **HAS** satisfied the above criteria and **IS** cleared to start the return to activity progression.
- Athlete **HAS NOT** satisfied the above criteria and **IS NOT** cleared to return to activity

Additional Comments/Recommendations:

Medical Office Information (Please Print/Stamp):

Healthcare Provider's Name/Signature: _____

Office Address: _____ Office Phone: _____



RECOMMENDED RETURN TO PLAY PROCEDURES AFTER COVID-19 INFECTION

Name (Last, First, MI): _____ Date of Birth: ____/____/____

Student ID#: _____ Sport: _____

Date of Positive Covid-19 Test: ____/____/____

Date of Medical Clearance: ____/____/____

- Student-Athletes must have Medical Clearance from COVID-19 on File to initiate Return to Play Progression.
- Student-Athletes who develop chest pain, chest tightness, palpitations, lightheadedness, fainting, or near fainting during Return to Play Progression should be referred back to the evaluating provider who signed the form.

Stage 1: (2 Days Minimum) Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training.

Date: _____ Notes: _____

Date: _____ Notes: _____

Stage 2: (1 Day Minimum) Add simple movement activities (e.g. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate.

Date: _____ Notes: _____

Stage 3: (1 Day Minimum) Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.

Date: _____ Notes: _____

Stage 4: (1 Day Minimum) Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate.

Date: _____ Notes: _____

Stage 5: (1 Day Minimum) Return to Team Activities, Strength & conditioning, and skill work, non-contact practice.

Date: _____ Notes: _____

Stage 6: Return to Team Activities, Return to full Team Practice.

Date: _____ Notes: _____

Recommendations for Cleaning and Disinfecting Athletic Equipment

It's good to know the same regular bleach that sanitizes your laundry can also clean and disinfect sports equipment. Any equipment with a hard, nonporous surface (think plastic, nylon, and even painted wood and polyurethane coatings) can be wiped down with a bleach and water solution, making it a great choice to kill bacteria, including MRSA.

Materials needed:

- ❖ Regular Bleach
- ❖ Measuring cup
- ❖ Plastic dishpan
- ❖ Gloves
- ❖ Sponge
- ❖ Clean white towels
- ❖ Lingerie bags

Procedure:

1. Measure $\frac{1}{2}$ cup bleach, and add it to 1-gallon cool water in a plastic dishpan.
2. Wearing gloves, use the sponge to apply the bleach and water solution to hard, non-porous sports equipment. Reapply as needed to keep the surface wet for 5 minutes.
3. After 5 minutes, rinse with clean water.
4. Hang equipment to air dry; alternately, lay on a clean towel or prop up to air dry.

Here's how to sanitize laundry with regular bleach.

1. For high efficiency clothes washers, add $\frac{1}{3}$ cup bleach along with your favorite detergent; use the bleach dispenser if your clothes washer has one.
2. For traditional deep-fill clothes washers, add $\frac{2}{3}$ cup bleach along with your favorite detergent.
3. Ensure that the bleach contacts the load for 10 minutes.

DO

Wipe mud off of cleats before treating with the disinfecting bleach and water solution.

DON'T

Forget your gym bag—if it's nylon or polyester, it can be machine washed. Just add a few towels along with the bag to help balance the load, and wash as directed above.

Wilson Ball Cleaning Guidelines



What chemicals can clean our game balls without altering performance?

Our primary recommendation is to follow CDC, state and local guidelines for health and safety. The following widely accepted definitions are relevant to composite leather, PU leather, and leather game ball care ([CDC reference](#)):

Definitions	Reduces # viruses	Eliminates 99% viruses	Eliminates 100% viruses	Notes
Antibacterial	X			bacteria ≠ virus
Antiviral	✓	not always		
Antimicrobial	✓			virus is a microbe
Clean	✓			removes visible dirt/prepares surface
Disinfect	✓	✓		
Sanitize	✓	not always		
Sterilize	✓	✓	✓	appropriate for hospital settings

There are several different methods for sanitizing and disinfecting composite leather, PU leather, and leather game product. Each customer should utilize the method that fits their health and safety protocols and the playing environment and timing needs.

Simple Game Ball Cleaning Method

To clean the ball, players may wish to use dish soap and water. While this practice may be likened to hand washing, note that all soap residue must be rinsed away and that drying time on each ball product may vary. An example cleaning regimen with soap and water includes:

1. Add 1 tablespoon of mild dish soap into a 1-gallon container.
2. Fill bucket with warm water, until a soapy mixture is formed.
3. Wet a first towel with the solution, wring out excess water, and gently wipe down entire product surface for at least 30 seconds.
4. Re-wet towel with plain warm water, wring out excess water, and wipe off excess soap from ball surface.
5. Rub a second, dry towel on the surface to wipe and dry off.
6. Let product air out overnight.

Quick Turn Leather Game Ball Cleaning Method

To clean the ball with faster turnaround times, we reference the following recommendations. The CDC released a [list](#) (referred to as ‘List N’) of effective disinfectants for disabling SARS-CoV-2 (i.e., the virus that causes Covid-19 disease) on hard, nonporous surfaces.

Since our game balls are neither hard nor nonporous, we *cannot assume that 99% of virus particles will be eradicated*, but we believe the CDC’s list is a good starting point for greatly reducing virus particles.

It is critical to follow manufacturer and CDC recommendations for the correct application and contact time for each cleaning product to maximize efficacy against SARS-CoV-2. Please note that some products require a wetting time up to 10 minutes to be effective.

Wilson Ball Cleaning Guidelines



Further, we do not recommend using high concentrations of bleach or alcohol to disinfect our products because it can degrade the performance of the product. We also do not recommend using hand sanitizer, which can degrade product performance and is not on the CDC’s list N.

Another consideration in cleaning our game ball products is maintaining performance (e.g., grip, pebble, color) over multiple applications. We tested several List N cleaners (up to 5 applications in a 24-hour period) and found they had minimal or no effect on performance:

Cover Material	Game Balls	CDC List N Disinfectants	EPA registration #
Composite Leather	Evo NXT Basketball Solution Basketball Evolution Basketball FIBA 3x3 Basketball OPTX Volleyball K1 Silver Volleyball	Lysol Clean & Fresh Multipurpose cleaner Lonza Disinfectant Wipes Plus BTC 2125 M 10% Solution Clorox Disinfecting Wipes	777-89 6836-336 1839-86 5813-79
Leather	NFL Duke Football K1 Gold Volleyball	BTC 2125 M 10% Solution	1839-86
PU Leather	Forte II Soccer ball Vanquish Soccer ball	Clorox Disinfecting Wipes BTC 2125 M 10% Solution	5813-79 1839-86

While most of the products above can be easily found online for purchase by end consumers, we have identified two possible sources for BTC 2125 M 10% solution (EPA # 1839-86):

- For Individual Orders:
 - Key Supply Company – Warsaw Xtra, [link for online purchase](#), promo code **Wilson** for discount
- For Larger orders:
 - UNX Industries – Ally cleaning solution, contact terry.hammond@unxinc.com

Please note that the solvent based cleaners above may leave a residue on the ball or logos depending on method of application and amount used. The cleaning regimen with soap and water specified above may be used intermittently to prevent or reduce buildup of cleaner residue over time.

Special Note on Leather Game Balls

For leather game balls, recommendations are limited. Many CDC list N disinfectants we trialed dried out the leather and decreased performance. We are working on alternative solutions for leather goods, but a potential interim solution may be to disinfect the ball and then apply leather conditioner as a secondary step.

Next Steps

As coronavirus is an ever-changing situation, we are working to deepen our understanding of various disinfectants and procedures for disinfecting our products without affecting performance. We will share relevant updates with our customers as they become available.

Additional Resources

Additional Resources

- ❖ All Together New Mexico – [COVID-19 Safe Practices Guidance](#)
- ❖ New Mexico Department of Health COVID Hotline: 1-855-600-3453 (Available 24/7 in English and Spanish)
- ❖ [State of New Mexico COVID-19 website](#)
- ❖ [New Mexico Department of Health](#)
- ❖ [Centers for Disease Control and Prevention \(CDC\) COVID-19 website](#)
- ❖ Occupational Safety and Health Administration (OSHA): [Guidance on Preparing Workplaces for COVID-19](#)
- ❖ Centers for Disease Control and Prevention (CDC) Cleaning and Disinfection Guidelines: [Guidelines for Cleaning and Disinfection Community Facilities](#)
- ❖ Environmental Protection Agency (EPA): [List N: Disinfectants for Use Against SARS-CoV-2](#)
- ❖ Other Centers for Disease Control and Prevention (CDC) Resources:
 - [CDC Print Resources in multiple languages](#)
 - [CDC Frequently Asked Questions](#)
- ❖ List of Suppliers: [COVID-19 Emergency Supply Collaborative](#)