

Administrators and Coaches:

Attached are COVID-related regulations and guidelines that the TSSAA Board of Control approved on July 22, 2020. Revisions were made on August 10, 2020, August 26, 2020, September 8, 2020, December 8, 2020, April 1, 2021 and April 19, 2021 to reflect changes in CDC recommendations.

Circumstances related to the COVID-19 pandemic change on what seems to be a daily basis, and circumstances vary from one community to another. It will be challenging for administrators and coaches to balance concern for students' emotional well-being that is served by participating in athletics and their physical well-being which may mitigate against participation. Where to strike that balance may vary from community to community or school to school and on different days within the same community or school. These are the difficult decisions you will have to make on a weekly or even daily basis, irrespective of what TSSAA may do regarding sports calendars, schedules, or playoffs. Whatever your decisions about participation for your students may be, we at TSSAA simply remind you that the safety and well-being of your students and their families must always be the primary consideration.

COVID-19 Sports Regulations

April 19, 2021 version

The following regulations will be in place for all sports until further notice. **Regulations 1 and 2 include the CDC's latest isolation/quarantine measures approved by the Tennessee Department of Health for the management of COVID-19 in schools.** These regulations do not guarantee safety, but they are meant to encourage safe practices that will maximize our ability to engage in sports competition during the COVID-19 pandemic. While much about COVID-19 and its spread remains unknown, our collective hope for continuing sports competition depends on the willingness of every member school to apply and enforce these regulations.

1. Isolation and Quarantine Requirements

- Isolation for COVID-19: Any student or staff who has symptoms consistent with COVID-19 or who has been diagnosed with COVID-19 must isolate at home for a period of 10 days from the onset of their symptoms (or from the date tested if asymptomatic) AND must be fever-free (without the use of fever-reducing medications) AND have improvement in symptoms for at least 24 hours.
- Quarantine for exposure to COVID-19: Any student or staff who has been in close contact (within 6 feet for 15 minutes or longer) of a person with suspected or confirmed COVID-19 must quarantine at home for a period of 14 days from their last exposure to that individual. Quarantine can end after Day 10 without testing and if no symptoms have developed during daily monitoring. Alternatively, when diagnostic testing resources are sufficient and available, then quarantine can end after Day 7 if a diagnostic specimen tests negative and if no symptoms have developed during daily monitoring. The specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation (e.g., on Day 5, but quarantine cannot be discontinued earlier than after Day 7. These recommendations for quarantine options shorter than 14 days balance reduced burden against a small but non-zero risk of post-quarantine infection that is informed by new and emerging science. Persons can discontinue quarantine at these time points only if the following criteria are also met:
 - No clinical evidence of COVID-19 has been elicited by daily symptom monitoring during the entirety of quarantine up to the time at which quarantine is discontinued; and,
 - Daily symptom monitoring, including self-monitoring, continues through quarantine Day 14; and,
 - Persons are counseled regarding the need to adhere strictly through quarantine Day 14 to all recommended non-pharmaceutical interventions (NPIs[±], a.k.a. mitigation strategies), especially. They should be advised that if any symptoms develop, they should immediately self-isolate and contact the local public health authority or their healthcare provider to report this change in clinical status.

± NPIs that can be practiced by individuals include the following: correct and consistent mask use, social distancing, hand and cough hygiene, environmental cleaning and disinfection, avoiding crowds, ensuring adequate indoor ventilation, and self-monitoring for symptoms of COVID-19 illness.

2. **No coach, player, or team personnel may participate in practice or a contest without first completing appropriate COVID-19 screening.** Persons should not participate while ill. A printed list of the following questions should be given to each coach, player, or team personnel member. If the answer is “YES” to any of the following questions at any time during the season, the coach, player, or team personnel may not participate until obtaining an evaluation by a medical provider verifying his/her fitness to safely do so:
- Have you had any of the following symptoms in the past 7 days?
 - Fever
 - Cough
 - Shortness of breath or difficulty breathing
 - Shaking chills
 - Chest pain, pressure, or tightness with exercise
 - Fatigue or difficulty with exercise
 - Racing heart rate
 - Unusual dizziness
 - Loss of taste or smell
 - Sore throat
 - Nausea, vomiting, or diarrhea
 - Unusual rash or painful discoloration of fingers or toes
 - Do you have moderate to severe asthma, a heart condition, diabetes, chronic kidney or liver disease, or take medication or have a medical condition that weakens your immune system? (details are not required; the purpose of the question is solely to ascertain whether the individual is high risk for severe symptoms).
 - Have you or a family/household member been diagnosed with or tested positive for COVID-19 infection or been in close contact with a confirmed case of COVID-19 within the past 14 days?

Each coach, player, or team personnel member must review these questions before the first practice in which he/she participates. If at any time the answer to any question becomes “YES,” the individual should promptly inform the head coach or team trainer and should obtain an evaluation by a medical provider verifying his/her ability to safely continue participation.

- **Isolation/Quarantine:** Any student or staff who has symptoms consistent with COVID-19, has been diagnosed with COVID-19, or has been in close contact of a person with suspected or confirmed COVID-19 must follow the isolation/quarantine requirements in Regulation No. 1 above.
3. **At each contest the following symptom checklist shall be posted prominently** at the spectator entrance(s) instructing that anyone who is experiencing any of these symptoms during the preceding 7 days must not be admitted:
- Fever
 - Cough
 - Shortness of breath or difficulty breathing
 - Shaking chills
 - Chest pain, pressure, or tightness with exercise
 - Fatigue or difficulty with exercise

- Racing heart rate
 - Unusual dizziness
 - Loss of taste or smell
 - Sore throat
 - Nausea, vomiting, or diarrhea
 - Unusual rash or painful discoloration of fingers or toes
4. **No scrimmages, jamborees, 7-on-7 practice, or other types of practice with other teams is permitted.** Team versus team competition may take place only at official contests. Exceptions are permitted during summer 2021 for summer camps, scrimmages, and 7-on-7 practice. Any such activities must be conducted in compliance with the TSSAA calendar and the COVID-19 protocols found in these regulations.
 5. **At contests in localities where fan attendance is permitted, member schools are encouraged to limit fan attendance to a number that will allow adequate social distancing and should mark/designate bleachers or seats in order to promote social distancing among spectators.** Member schools must facilitate compliance with any applicable state or local order limiting gathering sizes for participation in public events. In consultation with local health providers, member schools in areas experiencing high virus transmission should consider further limitations on attendance (e.g., family members only, or no spectators). Limit informal gathering in areas where social distancing cannot be maintained.
 6. **Member schools will encourage all fans to wear facial coverings if within 6 feet of others and if using a projected voice within 15 feet of others at all times while on-site (except children under age 2) and maintain social distancing (six feet, or the equivalent of two empty seats between themselves and other fans) from anyone other than those living in the same household.** Member schools must facilitate compliance with any applicable state or local orders which are more stringent in regards to the requirements of facial coverings.
 7. The requirements of Items 1 and 2 above, as well as the social distancing requirement of Item 6, **shall also apply to members of a school band or pep band, cheerleaders,** or other similar student groups attending a contest in a supporting role. Due to the potential increased risk of virus transmission during certain activities, the use of school bands at contests is discouraged. If the band is present, limit to a halftime performance or relocate the band from the stands to other available areas away from crowds and increase the amount of physical distance between band members. Increase the amount of physical distance between cheerleaders as well as between cheerleaders and other persons if projected voices are to be used.
 8. **If a public address system is in use for a contest, the host school will make public service announcements at various times during the contest to remind those in attendance to use masks and maintain physical distancing.**
 9. **The host school is responsible for providing staff to engage in frequent cleaning and sanitizing of restroom facilities during contests.**

10. **Concession stands are discouraged** because they tend to invite gatherings of people in close quarters. If a member school chooses to operate a concession stand at a contest, signage or other appropriate markings must be in place to encourage customers to maintain physical distancing while standing in line. Where possible, schools that choose to operate concession stands are encouraged to arrange for call-in orders in order to reduce the number of people gathering to stand in line and to limit the number of concession workers. All concession stand workers must wear facial coverings and must maintain as much physical distance as possible in the confines of the concession stand.

11. **All coaches must complete the free NFHS online course “COVID-19 for Coaches and Administrators,”** before the first contest (preferably as soon as possible). Administrators with athletic responsibilities are also encouraged to complete the course. The link to access the course is here: <https://nfhslearn.com/courses/covid-19-for-coaches-and-administrators>.

In addition to these regulations, TSSAA has developed the accompanying rules modifications and guidelines for returning to competition generally and for the specific fall sports. Those rules modifications and guidelines, like these regulations, do not guarantee the safety of participants and fans but are designed to encourage the member schools to engage in safe practices. The knowledge base related to COVID-19 is evolving. TSSAA may modify the regulations, rules modifications, and guidelines as more about COVID-19 is learned. All coaches and administrators are encouraged to check the TSSAA website regularly for any modifications to these regulations, rules modifications, or guidelines. TSSAA regulations are minimum regulations. Each member school is encouraged to remain apprised of local conditions and to consult with local health authorities in order to determine whether more rigorous standards are needed. The decision about whether and how athletic competition can be safely conducted is the responsibility of the administration of the school.

General Considerations for all TSSAA Sports Returning to Competition During the COVID-19 Pandemic

Pre-Game Procedures

- While it has always been customary to shake hands as a part of the pre-game conferences and activities, this should not take place during this pandemic.
- Pre-game conferences will take place with fewer officials, coaches and staff than in years past. Refer to the sport specific guidelines for details.

Team Benches

- Social distancing is encouraged for bench personnel. Schools should carefully consider the role of all bench personnel, relocate those whose work can be performed away from the bench area, and eliminate those who are non-essential.
- Players and coaches should provide their own water, sports drinks, etc. Game officials should allow sufficient time during a timeout for players to access their personal water bottles. In the event a school supplies water for players who do not have their own water bottles, the school should use disposable wax-lined paper cups.

Officials Table / Press Box

- Should be limited to essential personnel to ensure social distancing. Schools should carefully consider the role of all personnel at the officials' table and press box, relocate those whose work can be performed away from the officials' table and press box, and eliminate those who are non-essential.

Post-Game Procedures

- Handshakes, hugs, etc. have always been an integral part of postgame procedures. During this pandemic, these should not take place.

Dressing Facilities

- If available, dressing facilities for game officials and teams should be large enough for them to use social distancing protocols and should be properly cleaned and sanitized prior to their arrival. Otherwise, consider rotating locker room use to limit the number of persons inside a confined space at any one time.

Mouthguards

- Athletes should refrain from removing mouthguards while on the playing field, court, or mat. If mouthguards are removed on the sidelines or bench area, the athlete should use hand sanitizer each time after touching the mouthguard.

Contest Officials

- Officials are not responsible for monitoring activities on the sidelines, such as social distancing, hand washing, symptoms of illness, handshakes, or other such issues. This monitoring remains with the coaching staff and school personnel.
- Cloth face coverings are permissible. If worn, they should be solid in color, all alike, and not contain any images or logos.
- Electronic whistles are permissible, but not likely to be available
- Officials should provide their own water, sports drinks, etc.

TSSAA encourages review of the Tennessee Economic Recovery Group's Sports Guidelines for facilities, coaches, athletes, and spectators, which are available here:

<https://www.tn.gov/governor/covid-19/economic-recovery.html>.

2020-21 NFHS Soccer Rules Modifications

Pregame Conference (5-2-2d)

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

Ball Holders (6-1)

- Encourage social distancing of 6 feet

Team Benches (1-5-1)

- Players and coaches are encouraged to practice social distancing in the team box.

Substitution Procedures (3-4)

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

Officials Table (6-2; 6-3)

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

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.

2020-21 NFHS Volleyball Rules Modifications

Prematch Conference (1-2-4a; 1-6-2; 1-6-3; 2-1-10; 5-4-1h, k; 5-6-1; 7-1-1; 7-1-1 PENALTIES 1; 9-1a; 12-2-3)

- Limit attendees to one coach from each team, first referee and second referee.
- Move the location of the prematch conference to center court with one coach and one referee positioned on each side of the net. All four individuals maintain a social distance of 3 to 6 feet.
- Suspend the use of the coin toss to determine serve/receive. The visiting team will serve first in set 1 and alternate first serve for the remaining non-deciding sets.
- Suspend roster submission at the prematch conference. Rosters are submitted directly to the officials' table before the 10-minute mark.

Team Benches (5-4-4b, 9-1-2, 9-1-2 NOTE, 9-3-3b)

- Suspend the protocol of teams switching benches between sets. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present. *If teams switch sides, high-touch surfaces should be sanitized.*
- Limit bench personnel to observe social distancing of 3 to 6 feet.

Deciding Set Procedures [1-2-4b, 5-4-4c, 5-5-3b(26), 9-2-3c]

- Move the location of the deciding set coin toss to center court with team captains and the second referee maintaining the appropriate social distance of 3 to 6 feet. A coin toss, called by the home team, will decide serve/receive.
- Suspend the protocol of teams switching benches before a deciding set. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present.

Substitution Procedures (2-1-7, 10-2-1, 10-2-3, 10-2-4)

- Maintain social distancing of 3 to 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.

Officials Table (3-4)

- Limit to essential personnel which includes home team scorer, libero tracker and timer with a recommended distance of 3 to 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.

Equipment and Accessories (4-1)

- Cloth face coverings are permissible. (4-1-4)
- Gloves are permissible. (4-1-1) *If used, gloves are not a substitute for regular hand washing or sanitization.*

Legal Uniform (4-2)

- Long sleeves are permissible. (4-2-1)
- Long pants are permissible. [4-2-1i (1)]
- Under garments are permissible, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom. [4-2-1h (3), 4-2-1i (2)]

Officials Uniform and Equipment (5-3)

- By state association adoption, long-sleeved, all-white collared polo shirt/sweater are permissible. (5-3-1 NOTES 2)

2020 TSSAA Cross Country Modifications/Considerations

- Social distancing of at least 6 feet should be maintained at all times [where practicable](#). No hugging, shaking hands, or fist bumps for support/encouragement.
- Cross country meets should consider using staggered, wave or interval starts [and a wider starting line if space permits](#). Starts should be prompt so runners are kept on the starting line for [as little time as possible](#).

Possible Rule Modifications

- 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.

Finish

- Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
- With no FAT timing system consider alternative means of finish place and time to address congestion at finish line.
- Consider using image-based equipment at finish to assist with picking place to avoid congestion.
- Clean and disinfect frequently touched surfaces and equipment.

Pregame and Postgame Ceremony

- Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the match.

2020 NFHS Football Rule Modifications

BALL (Rule 1-3-2)

- The ball holders should maintain social distancing of 6 feet at all times during the contest.

FACE MASKS [Rules 1-5-1a, 1-5-3c(4)]

- Cloth face coverings are permissible to be worn under the face mask. A neck gaiter or Buff is not permitted.
- 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. The following two shields, clear without the presence of any tint, are compliant with Rule 1-5-3c(4) but are neither endorsed nor mandated:
 - Shutt Sports – Flexible 2-piece “Splash Shield” (Clear).
 - Actuated Medical, Inc. – Polycarbonate 2-piece face shield (Clear).

GLOVES (Rule 1-5-2b)

- Gloves are permissible but still must comply with Rule 1-5-2b by meeting either the NOCSAE Standard or the SFIA Specification. If used, gloves are not a substitute for regular hand washing or sanitization.

CHARGED TIME-OUTS AND AUTHORIZED CONFERENCES (Rules 2-6-2, 3-5-3, 3-5-8)

- A single charged time-out may be extended to a maximum of two minutes in length.
- The authorized conference for the charged time-out should take place between the 9-yard marks and not at the sideline for social-distancing purposes. (It would be permissible for more than one coach to be involved in this conference and for technology to be used.)
- Each game official and player should have their own beverage container brought out to them on the field.

INTERMISSION BETWEEN PERIODS AND AFTER SCORING (Rule 3-5-7I)

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

FOOTBALL GAME OFFICIALS MANUAL CONSIDERATIONS

GAME OFFICIALS UNIFORM AND EQUIPMENT

- Electronic whistles are permissible (supplies are limited).
- Cloth face coverings are permissible.
- Gloves are permissible. If used, gloves are not a substitute for regular hand washing or sanitization.
- Do not share uniforms, towels and other apparel and equipment.

PREGAME CONFERENCE, COIN TOSS AND OVERTIME PROCEDURES

- For the coin toss, limit attendees to the referee, umpire and one designated representative from each team.
- Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6 feet.
- 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.

2020 TSSAA Golf Modifications/Considerations

The guidance below supplements the “Back2Golf Operational Playbook,” an industry-wide initiative by the USGA, PGA of America, National Golf Course Owners Association, Golf Course Superintendents Association, Club Managers Association, and the LPGA Tour and PGA TOUR. To review the Back2Golf Operational Playbook, [click here](#). Per the TSSAA Golf Regulations, all competition is to be played by the USGA Rules of Golf.

GUIDANCE IN APPLYING GOLF’S RULES AND POSTING SCORES FOR HANDICAP PURPOSES DURING THE COVID-19 PANDEMIC provided by the USGA can be found at <https://www.usga.org/content/usga/home-page/rules-hub/rulesarticles/covid-19-rules-and-handicapping-faqs.html>

- BUNKERS AND BUNKER RAKES

It is a normal part of the game to place a responsibility on all players to smooth sand in a bunker from which they have played. Committees have many options as to how to treat bunkers, which are largely dependent on the resources available.

- FLAGSTICK

The flagstick serves an important purpose in the game of golf – an indicator to a player as to where the hole is located on the putting green or a target for shots.

While the options for recreational play and competition are the same, some are more likely than others to alter how the game is normally played (such as removing all flagsticks from the course) while others are resource-intensive (such as having staff, a forecaddie or a volunteer stationed at each putting green and attending for all players over a day of recreational golf or during a competition).

During a competition, giving players the option to leave the flagstick in the hole or have it attended and removed are parts of the game.

- SCORECARDS AND SCORING

Committees have a number of options available when trying to minimize the possibility of exposing players to coronavirus through the handling of scorecards.

2020-21 TSSAA Basketball Modifications/Considerations

Pre-Game

- If a game administrator's meeting is required, social distancing is recommended and face masks are permissible.
- Player introductions – each player introduced will go to an area in front of their team bench. There shall not be any contact with the officials or opposing team.
- Captain's meeting – only one player from each team and the officials will be present. Social distancing is recommended and face masks are permissible.

Team Benches

- Limit the number of bench personnel.
- Only coaches, players in uniform, and medical personnel are allowed on the bench.
- Additional chairs or rows may be added to allow bench personnel to observe social distancing. All chairs and/or rows must be in the coaches' box.
- Create separation between the team bench and spectators seating behind the bench.
- Personnel not in the game should adhere to any required local face covering requirements.

Officials' Table

- The host should sanitize the table before and after the game.
- Limit seats at the table – home team scorer, timer, and announcer. Social distancing is recommended. Other personnel (visiting scorer, media, statisticians etc.) should be placed at an alternate site.
- Face coverings are permissible for table personnel.

Post-Game

- Suspend post-game protocol of shaking hands with the opposing team.

Officials

- **The COVID-19 guidelines will be enforced by the school administration.**
- Can go to the contest dressed.
- Long sleeve official's shirts are permissible.
- Electronic whistles are permissible (supplies are limited).
- Check with the schools you have been assigned regarding mask requirements and temperature checks. Some schools or school systems will have requirements when officials enter their schools. Please call ahead & check the local requirements.
- We recommend you wear a face mask at the game administrator's meeting and when you meet with the personnel at the scorer's table in the pre-game meeting (checking line-ups, going over rule changes, etc.) and also when you meet with the captains prior to the game.
- Bring your own water, some sites might not have concession stands or water available.
- Captain's meeting -- only one player from each team and the officials.

2020-2021 TSSAA Bowling Modifications

The following rules have been designated for temporary exceptions to be effective until further notice:

- Effective immediately, USBC has temporarily waived USBC Playing Rules 106a, 106b, 320a and 320b, which state two lanes must be used for competition and bowlers must alternate lanes – bowling five frames on each lane of the pair. It also waived the requirement that both lanes must be used for a bowler to be eligible for awards and average recognition. **The temporary waiver allows competitions to use one lane for the entirety of a game.**
- USBC will continue to monitor the COVID-19 pandemic and can rescind the waiver of Rules 106a, 106b, 320a and 320b at any time.
- USBC also created an exception for Rule 18, which restricts the use of liquid cleaners to clean the outer surface of the bowling ball during USBC certified competition. The exception for Rule 18 applies only to isopropyl alcohol – no other USBC-approved cleaners will be allowed during competition.

Visit https://bowl.com/Rules/Rules_Home/Rules_Updates/ for any rules updates from USBC.

2020-21 TSSAA Wrestling Modifications/Considerations

Coaches

- Limit the size of groups that interact with each other during practice.
- Consider keeping groups together for the duration of practice during the season.
- Consider scheduling smaller events if possible (more duals, less larger tournaments).
- Face coverings should be worn.

Wrestlers

- Face coverings should be worn off the mat when not competing.
- Limit interaction with athletes from opposing schools.
- Eliminate handshakes with opposing coaches post-match.
- No shared equipment, towels, headgear, practice gear, etc.

Competitions

- Have hand sanitizer at each scorer's table.
- Disinfect mats after each round of competition if possible.
- Eliminate all handshakes not required by NFHS Rules (opposing coaches, etc.).
- Conduct Weigh-ins by team instead of by weight class at dual meets and tournaments with social distancing guidelines in place.
- Table workers should wear face coverings.

Officials

- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- Do not shake hands with wrestlers and coaches. Officials shall forego the traditional end-of match procedure of raising the winning wrestler's hand and declare the winner by raising his/her arm band that corresponds to the assigned color of the winning wrestler.
- Officials should wear face coverings off the mat when not officiating if social distancing is not possible.
- Officials may wear face coverings on the mat.
- Conferences with coaches at the scorer's table should take place with proper social distancing.
- Check with host schools regarding procedures for temperature checks, dressing facilities, etc.

Parents/Guardians

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home).
- Provide personal items for your child and clearly label them.
- Disinfect your students' personal equipment after each game or practice.

2021 Baseball Modifications/Considerations

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

Cloth Facial Coverings - Cloth facial coverings are recommended but not required. Facial coverings must be of one color, not distracting, and no designs. Pitchers cannot wear optic yellow cloth facial coverings. Umpire may wear disposable glove(s) and masks.

Pre-Game Conference - Limit attendees to one coach from each team plus the umpires. Coaches should stay outside the width of the batter's box at home plate, maintaining 6 feet of distance between each person.

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

Equipment - Umpires do not handle equipment on the field during play. Contact with the game balls should be as limited as possible.

Coaching - 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.

Bench and Field Conduct - Players are not permitted to leave the dugout area to congratulate players when scoring or after home runs. The number of individuals in the dugout is dependent on the size of dugout. Players and coaches must maintain 6 feet of social distance. NFHS rules allow for dugouts/designated warm up areas to be extended to provide for social distancing.

Charged Conferences - Coaches holding defensive conferences must stay on the home plate side of the pitcher's circle and the player or players must be on the opposite of the pitcher's circle maintaining the 6 feet distance. No more than 2 players plus the pitcher is allowed. Only one coach is permitted during the conference. If a coach visits the pitcher, all other players should stay outside the pitching circle.

Infractions by the Pitcher – If the pitcher puts his/her hands to their mouth off the mound and touches the ball, "Time" is called, a new ball is inserted and the pitcher must sanitize their hands before throwing the next pitch.

Plate Umpire - Plate umpire should stand deeper than normal to call balls and strikes.

General Considerations:

- Have hand sanitizer and wipes available at the field.
- Wash stations our sanitizer at each dugout.
- No one touches the score sheet except the scorer.
- Disinfect the bench/dugout prior to competition.
- Stagger seating of fans.
- Each team provides sanitized balls (bucket) while on defense.
- Sanitize bases after each contest.

Considerations for Coaches:

- No line-up card exchange.
- Eliminate handshakes post-game.
- Maintain 6' distance between players and umpires.
- No seeds, gum or spitting.
- Evaluate pre-existing health conditions.

Considerations for Players

- No seeds, gum or spitting.
- Players must clean and sanitize equipment after each game.
- Social distancing on the bench and/or dugout.
- No sharing of water bottles.
- No sharing of batting helmets.
- No sharing of catcher's equipment.
- No sharing of bats.
- No physical contact.
- Eliminate handshakes pre and post game.
- Evaluate pre-existing health conditions.
- Carry hand sanitizer

Considerations for Umpires

- Bring personal hand sanitizer. Wash hands frequently.
- Don't share equipment.
- No touching of softballs.
- No line-up card exchange.
- The UIC should wear a face mask behind the plate.
- Clean equipment after each game.
- Consider six feet minimum distance when talking to others (players, coaches, other umpires) at plate meeting.
- Do not shake hands with coaches, players, or other umpires upon completion of the ball game.
- Evaluate pre-existing health conditions.

Considerations for Parents

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

- Provide personal items for your child and clearly label them.
- Disinfect your student's personal equipment after each game or practice.

2021 Girls' Softball Modifications/Considerations

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

Cloth Facial Coverings - Cloth facial coverings are recommended but not required. Facial coverings must be of one color, not distracting, and no designs. Pitchers cannot wear optic yellow cloth facial coverings. Umpire may wear disposable glove(s) and masks.

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

Equipment - Umpires do not handle equipment on the field during play. Contact with the game balls should be as limited as possible.

Coaching - 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.

Bench and Field Conduct - Players are not permitted to leave the dugout area to congratulate players when scoring or after home runs. The number of individuals in the dugout is dependent on the size of dugout. Players and coaches must maintain 6 feet of social distance. NFHS rules allow for dugouts/designated warm up areas to be extended to provide for social distancing.

Charged Conferences - Coaches holding defensive conferences must stay on the home plate side of the pitcher's circle and the player or players must be on the opposite of the pitcher's circle maintaining the 6 feet distance. No more than 2 players plus the pitcher is allowed. Only one coach is permitted during the conference. If a coach visits the pitcher, all other players should stay outside the pitching circle.

Infractions by the Pitcher - 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.

Plate Umpire - Plate umpire should stand deeper than normal to call balls and strikes.

General Considerations:

- Have hand sanitizer and wipes available at the field.
- Wash stations our sanitizer at each dugout.
- No one touches the score sheet except the scorer.
- Disinfect the bench/dugout prior to competition.
- Stagger seating of fans.
- Each team provides sanitized balls (bucket) while on defense.
- Sanitize bases after each contest.

Considerations for Coaches:

- No line-up card exchange.
- Eliminate handshakes post-game.
- Maintain 6' distance between players and umpires.
- No seeds, gum or spitting.
- Evaluate pre-existing health conditions.

Considerations for Players

- No seeds, gum or spitting.
- Players must clean and sanitize equipment after each game.
- Social distancing on the bench and/or dugout.
- No sharing of water bottles.
- No sharing of batting helmets.
- No sharing of catcher's equipment.
- No sharing of bats.
- No physical contact.
- Eliminate handshakes pre and post game.
- Evaluate pre-existing health conditions.
- Carry hand sanitizer

Considerations for Umpires

- Bring personal hand sanitizer. Wash hands frequently.
- Don't share equipment.
- No touching of softballs.
- No line-up card exchange.
- The UIC should wear a face mask behind the plate.
- Clean equipment after each game.
- Consider six feet minimum distance when talking to others (players, coaches, other umpires) at plate meeting.
- Do not shake hands with coaches, players, or other umpires upon completion of the ball game.
- Evaluate pre-existing health conditions.

Considerations for Parents

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

- Provide personal items for your child and clearly label them.
- Disinfect your student's personal equipment after each game or practice.

2021 Tennis Modifications/Considerations

Player Tips and Recommendations - Preparing to Play

Protect against infections:

- Wash your hands with a disinfectant soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water are not readily available, before going to the court.
- Clean and wipe down your equipment, including racquets and water bottles. Do not share racquets or any other equipment such as wristbands, grips, hats and towels.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- Use new balls and a new grip, if possible.
- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- Arrive as close as possible to when you need to be there.
- Avoid touching court gates, fences, benches, etc. if you can.

Player Tips and Recommendations - When Playing

- Try to stay at least six feet apart from other players. Do not make physical contact with them (such as shaking hands or a high fives).
- When you play doubles, avoid all incidental contact, NO Bryan Brothers Chest Bumps and 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.
- 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.
- Stay on your side of court. Avoid changing ends of the court.
- Remain apart from other players when taking a break.
- If a ball from another court comes to you, send it back with a kick or with your racquet.

Player Tips and Recommendations - After Playing

- Leave the court as soon as reasonably possible.
- Wash your hands thoroughly or use a hand sanitizer after coming off the court.
- No extra-curricular or social activity should take place. No congregation after playing.
- All players should leave the facility immediately after play.

COVID-19 | PLAYING TENNIS SAFELY | PLAYER TIPS AND RECOMMENDATIONS

USE FOUR BALLS OR SIX BALLS

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

- 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 a set of balls from the other can.
- Proceed with play, making sure to pick up your set of numbered balls only. Should a ball with the other number wind up on your side of the court, do not touch the ball with your hands. Use your racquet head or feet to advance the ball to the other side of the court.

2021 Track Modifications/Consideration

Pregame and Postgame Ceremony

- Establish Track and Field specific social distancing meet protocols including the elimination of handshakes before and after the meet.

Coaches

- Limit the size of groups that interact with each other during practice.
- Consider keeping groups together for the duration of practice during the season.
- Consider scheduling smaller events if possible.

Track Athletes

- Limit interaction with athletes from opposing schools.
- Eliminate handshakes.
- No shared equipment, towels, practice gear, etc.

Competitions

- Have hand sanitizer at each event station.
- Disinfect mats after each round of competition if possible.
- Eliminate all handshakes

Officials

- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- Do not shake hands with athletes and coaches.
- Officials may wear face coverings.
- Conferences with coaches should take place with proper social distancing.
- Check with host schools regarding procedures for temperature checks, dressing facilities, etc.

Parents/Guardians

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home).
- Provide personal items for your child and clearly label them.
- Disinfect your students' personal equipment after each game or practice.