



MONTANA HIGH SCHOOL ASSOCIATION

PROMOTING SUCCESS ON THE COURT, ON THE FIELD, ON STAGE
AND EVERYWHERE ELSE UNDER THE BIG SKY SINCE 1921.

July 27, 2020

TO: MHSA SCHOOL ADMINISTRATORS
FROM: MARK BECKMAN, EXECUTIVE DIRECTOR
RE: RETURN TO MHSA FALL ACTIVITIES

During a recent MHSA Executive Board meeting, the Board approved various directives, requirements and considerations regarding the return to MHSA Fall Activities. Along with the National Federation of High School Associations, the MHSA Executive Board believes the resumption of sports and other activities is crucial to the growth, development, and mental and emotional wellness of our Montana youth.

The process utilized to come up with these directives, requirements and considerations included consultation with national, state and local experts from the CDC, NFHS Sports Medicine Advisory Committee (SMAC), the Governor's directives, state and local health departments and input from state activity associations across the country. For the return to fall activities, schools will follow these MHSA requirements along with the Governor's directives and the directives from their local health departments.

Once again, we believe that the safety and well-being of our student activity participants is paramount. These requirements, both general and activity specific, attempt to reduce the possibility of transmission of coronavirus for our student activity participants and for coaches, officials and fans of MHSA activities.

Actions

All fall sports practices will begin on the scheduled dates (Tier 1). First contests can be played on the scheduled dates if the required number of practices for that sport is met.

Football / Volleyball / Soccer

There will be no multi-team events (triangular, invitational tournaments, etc.) in the sports of football, soccer and volleyball. The status of allowing multi-teams events in relation to the current phase and restrictions in place later in the season will be reevaluated accordingly.

Golf

Golf dual meets are recommended and encouraged. Golf can have multiple team events (invitational meets with 3 or more schools present) meeting the following criteria: 1) no practice round or use of practice facilities, 2) shotgun starts are required with a maximum of 90 players on an 18-hole course and 45 players on a 9-hole course during multi-team events (one 5-some starting per hole), 4) the point of entry to the course is different to access their starting holes, and; 5) teams will play together (grouping by school), there will be no mixing of players by score. They cannot gather at the clubhouse before or after a meet. After the meet, teams must exit to their bus immediately and team and individual scores will be shared with each team.

Cross Country

Cross Country dual meets are recommended and encouraged. Cross Country can have multiple teams participate if the following restrictions are followed: 1) no more than 200 participants (or by the current Governor's phase), 2) teams must remain in their own team staging area, 3) no more than 25 on the start line, 4) the next runners up will be placed in a corral before they start, 5) all runners must wear masks in the team staging area, corral and until they are called by the starter to the starting line, 6) once the race is completed individuals must immediately exit the finish line area and return to their team bus. There can be no gathering of teams after each race.

Music

The All State Band, Choir and Orchestra Music Festival on October 14-16 has been cancelled. The MHSA Executive Board cancelled the festival due to concerns from the MMEA, MHSA limitations for fall sports and activities, and concerns of high-risk transmissions through the playing of instruments and singing. The Festival will not be rescheduled during the 2020-2021 school year.

Fans

The attendance of fans at regular season contests will be determined by the school in consultation with their local health department authority. Schools may have to submit a plan for fan attendance to their local health department for approval.

General Requirements/Considerations

1. Workouts/practices should be conducted in "pods" / "bubbles" of participants with same players working out together to limit overall exposure.
2. Before, during and after the contest, players, coaches, and administration should wash and sanitize their hands as often as possible.
3. No out of state competition or teams traveling from out of state for competition, unless it is in a dual format and approved by the MHSA Executive Director.
4. Always maintain social distancing of 6 feet while on the field/court of play when possible.
5. Everyone must have their own beverage container that is not shared. Safe handling practices should be adhered during hydration, which includes refilling, retrieval and identification of water source.
6. Time-outs (if applicable) may be extended to a maximum of two minutes in length for safe hydration practices. Social distancing requirements must always be followed.
7. Cloth facial coverings are allowed for players, coaches and officials. Facial coverings must be a single solid color and unadorned. Face Coverings must be worn per the Governor's directive.
8. Gloves are permissible for all players, coaches and officials.
9. The ball should be cleaned and sanitized throughout the contest / event as recommended by the ball manufacturer.
10. Administrators must limit the number of non-essential personnel who are on the field/player surface area throughout the contest.
11. Attendance at MHSA events is dependent on host site and local health department guidelines and restrictions.
12. A family's role in maintaining safety guidelines for themselves and others is very important. 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.

MHSA Returning to Participation – Fall Activities – Tiers

	Practices*	Regular Season*	Post Season*
<u>Tier 1</u>	Start as scheduled	Games played as scheduled No multi-team events (triangulars, invitational tournaments, etc. with XC and Golf exceptions) <i>Masks per Governor's directive</i>	Dates/Sites – Same Possible playoff post season format / possible separation of sites
<u>Tier 2</u>	Delayed start or interruption	<i>Non-conference games cancelled</i> classification by sport input No multi-team events (triangulars, Invitational tournaments, etc.) <i>Masks per Governor's directive</i>	Dates/Sites – Same Possible playoff post season format / possible separation of sites
<u>Tier 3</u>	Delayed start or interruption longer period of time	<i>Non-conference games cancelled</i> <i>Conference season shortened</i> input from classification by sport No multi-team events (triangulars invitational tournaments, etc.) <i>Masks per Governor's directive</i>	Dates/Sites – Same Possible playoff post season format / possible separation of sites
<u>Tier 4</u>	Start however mid-season interruption	<i>Conference season shortened</i> seeding by conference No multi-team events (triangulars invitational tournaments, etc.) <i>Masks per Governor's directive</i>	Post season tournament adjusted dates, formats and possible sites depending on location of virus breakouts - same dates if possible
<u>Tier 5</u>	Long interruption	<i>Some Games /Round Robin Play</i> seed by previous year/ district or div criteria – or other? <i>Masks per Governor's directive</i>	Post season tournament adjusted dates, formats and possible sites depending on location of virus breakouts Post season – playoff only or round robin, etc.

*During all Tiers – Schools must follow the Governor's Phase Directives, State and Local Health Department Directives regarding fan attendance (limits, social distancing, ***enforce the mask requirement***, facility cleaning, sanitizing, etc.), travel requirements (bus maximum numbers and mask wearing, etc.) and MHSA sport specific requirements.

*Schools and teams in communities that follow the Governor's Phase, State and Local Health Department Directives and MHSA's current Tier and sport specific requirements will be allowed to participate.

*Schools could print “at your own risk” statement on every ticket sold for contests.

*Fan attendance – local health department requirements will differ, and schools need to consult their local health authority and be ready to submit a plan for approval if required. Schools/districts/classifications will have to determine number of tickets they will provide to the visiting team per allowed maximum attendance.

*Some schools may experience quarantines before or during a season – those scheduled contests will be considered “no contest”. If a school refuses to go to a location where contests are allowed it will be considered a forfeit. Districts/Divisions/Classifications will be responsible for determining post season seeding criteria taking into consideration these situations.

*Depending on teams available, post season formats may be adjusted according to those teams able to participate. Alternate formats – playoffs instead of central sites / single loss events / reduced qualifiers / or end of season round robin play with remaining teams.



2020-21 MHSA FOOTBALL REQUIREMENTS / CONSIDERATIONS FOR COVID-19



The requirements / considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

GENERAL REQUIREMENTS / CONSIDERATIONS

1. Workouts/practices should be conducted in “pods” / “bubbles” of participants with same players working out together to limit overall exposure.
2. Before, during and after the contest, players, coaches, and administration should wash and sanitize their hands as often as possible.
3. No out of state competition or teams traveling from out of state for competition, unless it is in a dual format and approved by the MHSA Executive Director.
4. Always maintain social distancing of 6 feet while on the field/court of play when possible.
5. Everyone must have their own beverage container that is not shared. Safe handling practices should be adhered during hydration, which includes refilling, retrieval and identification of water source.
6. Time-outs (if applicable) may be extended to a maximum of two minutes in length for safe hydration practices. Social distancing requirements must always be followed.
7. Cloth facial coverings are allowed for players, coaches and officials. Facial coverings must be a single solid color and unadorned. Face coverings must be worn per the Governor’s directive.
8. Gloves are permissible for all players, coaches and officials.
9. The ball should be cleaned and sanitized throughout the contest / event as recommended by the ball manufacturer.
10. Administrators must limit the number of non-essential personnel who are on the field/player surface area throughout the contest.
11. Attendance at MHSA events is dependent on host site and local health department guidelines and restrictions.
12. A family’s role in maintaining safety guidelines for themselves and others is very important. 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.

CONTESTS

- No Jamborees or triangulars are allowed for football competition (no multi-team events).

PRE AND POST GAME REQUIREMENTS

- Suspend pregame protocol of shaking hands during introductions.
- Maintain social distancing requirements during all introduction
- Suspend postgame protocol of shaking hands.
- 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

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.

GAME RULES

Team Box (Rule 1-2-3g)

- The team box **will** be extended on both sides of the field to the 10-yard lines **(for players only)** in order for more social-distancing space for the teams.
- All must maintain social distancing of 6 feet at all times while in the team box.

Ball (Rule 1-3-2)

- The ball must be cleaned and sanitized throughout the contest as recommended by the ball manufacturer. (See Wilson Ball Cleaning Recommendations)
- 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. They must be single solid color and unadorned. Face coverings must be worn per the Governor's directive.
- 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.

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.

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.)

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 REQUIREMENTS

- BY MOA Rule, Electronic whistles are permissible. Officials must choose a whistle whose tone will carry outside. Recommended:
 - Fox 40 Mini -
 - Fox 40 Unisex Electronic – (3 tone) -
 - Ergo-Guard - (3 tone) - orange
 - Windsor - (3 tone)
- Cloth facial coverings are allowed. Facial coverings must be a single solid color and unadorned. Face coverings must be worn per the Governor's directive.
- Gloves are permissible.
- Do not share uniforms, towels and other apparel and equipment.

**WHEREVER
YOU PLAY,**

MOA



2020-21 MHSA VOLLEYBALL REQUIREMENTS / CONSIDERATIONS FOR COVID-19



The requirements / considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

GENERAL REQUIREMENTS / CONSIDERATIONS

1. Workouts/practices should be conducted in “pods” / “bubbles” of participants with same players working out together to limit overall exposure.
2. Before, during and after the contest, players, coaches, and administration should wash and sanitize their hands as often as possible.
3. No out of state competition or teams traveling from out of state for competition, unless it is in a dual format and approved by the MHSA Executive Director.
4. Always maintain social distancing of 6 feet while on the field/court of play when possible.
5. Everyone must have their own beverage container that is not shared. Safe handling practices should be adhered during hydration, which includes refilling, retrieval and identification of water source.
6. Time-outs (if applicable) may be extended to a maximum of two minutes in length for safe hydration practices. Social distancing requirements must always be followed.
7. Cloth facial coverings are allowed for players, coaches and officials. Facial coverings must be a single solid color and unadorned. Face Coverings must be worn per the Governor’s directive.
8. Gloves are permissible for all players, coaches and officials.
9. The ball should be cleaned and sanitized throughout the contest / event as recommended by the ball manufacturer.
10. Administrators must limit the number of non-essential personnel who are on the field/player surface area throughout the contest.
11. Attendance at MHSA events is dependent on host site and local health department guidelines and restrictions.
12. A family’s role in maintaining safety guidelines for themselves and others is very important. 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.

WARMUP

1. Each player must shag their own individual ball, if a ball inadvertently goes to the other team’s side, none of the opposing players may throw the ball back.
2. Only team members playing in the current match can shag balls.
3. The home team must provide separate baskets of balls for warm-ups. (one basket will be used by the visiting team and one basket will be used by the home team)
4. Teams must remain at their bench area during the opposing teams warmup time on the court.

RETURN TO COMPETITION

1. Volleyball Rules

- ***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)***

- The prematch will be limited to one coach from each team, the first referee and second referee.
 - The location of the prematch conference will be at center court with one coach and one referee positioned on each side of the net. All four individuals must maintain a social distance of 3 to 6 feet.
 - The use of the coin toss to determine serve/receive will be suspended. The home team will serve first in set 1 and the teams will alternate first serves for all remaining sets.
 - Roster submission will be suspended at the prematch conference. Rosters are to be submitted directly to the officials' table before the 10-minute mark.
 - If a ball goes into the crowd, it must be replaced and cleaned before putting back into play.
- **Team Benches (5-4-4b, 9-1-2, 9-1-2 NOTE, 9-3-3b)**
 - Teams will not switch benches between sets.
 - Bench personnel must be limited to observe social distancing of 3 to 6 feet. The number of bench personnel must be determined by the size of the bench area. Team bench areas must maintain proper social distancing.
- **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 requiring substitutions to take place near the attack line.
- **Officials Table (3-4)**
 - Essential personnel must be limited to the home team scorer, libero tracker and timer. A distance of 3 to 6 feet must be maintained between individuals. The visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.

2. Volleyball Officials Manual

- **Pre and Post Match Ceremony**
 - Handshakes before and after the match will be eliminated.
 - Team introductions: each team will stand on the endline while maintaining social distancing and step forward and raise a hand when introduced.
 - Team celebrations must not involve touching.

3. Volleyball Rules Interpretations

- **Rule 4-1 EQUIPMENT AND ACCESSORIES**
 - Cloth face coverings are permissible. (4-1-4) Must be a single solid color and unadorned. Face Coverings must be worn per the Governor's directive.
 - Gloves are permissible. (4-1-1) Must be a single solid color and unadorned.
- **Rule 4-2 LEGAL UNIFORM**
 - Long sleeves are permissible. (4-2-1)
 - Long pants are permissible. [4-2-1i (1)] must observe uniform and color restrictions
 - Undergarments are permissible, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom. [4-2-1h (3), 4-2-1i (2)]
- **Rule 5-3 OFFICIALS UNIFORM AND EQUIPMENT**
 - By state association adoption, long-sleeved, all-white collared polo shirts are permissible. (5-3-1 NOTES 2)
 - Electronic whistles are permissible. (5-3-2a, b)

- Cloth face coverings are permissible. Must be a single solid color and unadorned. Face Coverings must be worn per the Governor's directive.

Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

Students:

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

Officials:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines.
- Do not shake hands and follow pre and post-match guidelines established by host site and state associations.

WHEREVER
YOU PLAY,

MHSA
IS ON YOUR TEAM.



2020-21 MHSA GOLF REQUIREMENTS / CONSIDERATIONS FOR COVID-19

The requirements / considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

GENERAL REQUIREMENTS / CONSIDERATIONS

1. Workouts/practices should be conducted in “pods” / “bubbles” of participants with same players working out together to limit overall exposure.
2. Before, during and after the contest, players, coaches, and administration should wash and sanitize their hands as often as possible.
3. No out of state competition or teams traveling from out of state for competition, unless it is in a dual format and approved by the MHSA Executive Director.
4. Always maintain social distancing of 6 feet while on the field/court of play when possible.
5. Everyone must have their own beverage container that is not shared. Safe handling practices should be adhered during hydration, which includes refilling, retrieval and identification of water source.
6. Cloth facial coverings are allowed for players, coaches and course officials. Facial coverings must be a single solid color and unadorned. Face coverings must be worn per the Governor’s directive.
7. Gloves are permissible for all players, coaches and officials.
8. The ball should be cleaned and sanitized throughout the contest / event as recommended by the ball manufacturer.
9. Administrators must limit the number of non-essential personnel who are on the field/player surface area throughout the contest.
10. Attendance at MHSA events is dependent on host site and local health department guidelines and restrictions.
11. A family’s role in maintaining safety guidelines for themselves and others is very important. 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.

ARRIVAL AT THE LOCATION

- No gathering points for registration. Communication on starting holes / tee times etc. must be communicated through each participant’s coach before arriving on site. All information should be communicated to players before arrival to avoid congestion in the clubhouse.
- NO use of the any golf course practice facilities (including practice driving range and practice putting green).
- Tees, pencils and ball-markers and sharpies will not be available. Players must bring their own equipment.
- Limit all use of golf shop and retail operations to maintain social distancing guidelines. If social distancing cannot be maintained, golf shop access should be prohibited.

COMPETITION

In order to minimize exposure with other schools, the MHSA will require that each school plays with participants of the same gender from their school in the same group of 4 or 5 during regular season competition. This will minimize exposure with student-athletes from other communities

Dual meets are allowed and encouraged. Tournament management should expand spacing of starting times (15 minutes for groups of 4 or 5).

For multi-team events (invitational meets with 3 or more schools present), shotgun starts are required. A maximum of 90 players on an 18-hole course and 45 on a 9-hole course are allowed at multi-team events (one 5-some starting per hole). Strict social distancing and staging that eliminates the potential for large gatherings at the beginning and end of the event. For the shotgun start, a plan will be developed by meet administration that includes a strategic entry and exit plan on the golf course that minimizes gatherings at the clubhouse area.

Bunkers –

- Rakes must be removed from the course.
- Players are encouraged to try their best to smooth the disturbed area with a foot or a club after playing their ball from a bunker.
- A local rule must be established that would allow a player to place the ball elsewhere in a bunker without penalty (such as within one club-length of where the ball came to rest).

Flagsticks – We will require that players leave the flagstick in the hole at all times.

COMPLETION OF THE ROUND

Carts for coaches must have a designated return point that strictly monitors social distancing and avoids gathering.

The use of practice facilities is prohibited after the round to encourage all players to depart once their round and scoring obligations are complete. Teams must exit the course upon completion of their round.

No awards presentations at the completion of the event.





2020-21 MHSA SOCCER REQUIREMENTS / CONSIDERATIONS FOR COVID-19



The requirements / considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks essential to personnel and allowing for appropriate protective equipment.

GENERAL REQUIREMENTS / CONSIDERATIONS

1. Workouts/practices should be conducted in “pods” / “bubbles” of participants with same players working out together to limit overall exposure.
2. Before, during and after the contest, players, coaches, and administration should wash and sanitize their hands as often as possible.
3. No out of state competition or teams traveling from out of state for competition, unless it is in a dual format and approved by the MHSA Executive Director.
4. Always maintain social distancing of 6 feet while on the field/court of play when possible.
5. Everyone must have their own beverage container that is not shared. Safe handling practices should be adhered during hydration, which includes refilling, retrieval and identification of water source.
6. Time-outs (if applicable) may be extended to a maximum of two minutes in length for safe hydration practices. Social distancing requirements must always be followed.
7. Cloth facial coverings are allowed for players, coaches and officials. Facial coverings must be a single solid color and unadorned. Face coverings must be worn per the Governor’s directive.
8. Gloves are permissible for all players, coaches and officials.
9. The ball should be cleaned and sanitized throughout the contest / event as recommended by the ball manufacturer.
10. Administrators must limit the number of non-essential personnel who are on the field/player surface area throughout the contest.
11. Attendance at MHSA events is dependent on host site and local health department guidelines and restrictions.
12. A family’s role in maintaining safety guidelines for themselves and others is very important. 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.

Return to Competition

1. Soccer Procedural Requirements

○ 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.
- 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 (6-1)**
 - Require social distancing of 6 feet.
- **Team Benches (1-5-1)**
 - Require bench personnel to observe social distancing of 6 feet. Team/Coaching area will be extended 10 yards to ensure social distancing.
- **Substitution Procedures (3-4)**
 - Maintain social distancing of 6 feet between the substitute, officials and/or teammate(s) by substitutions to occur closer to the center line.

2. 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.

3. Soccer Game Rules

- **Rule 4-1 EQUIPMENT AND ACCESSORIES**
 - Cloth face coverings are permissible. Facial coverings must be a single solid color and unadorned. Face coverings must be worn per the Governor's directive.
 - Gloves are permissible.
- **Rule 4-2 LEGAL UNIFORM**
 - Long sleeves are permissible. (4-1-1)
 - Long pants are permissible. (4-1-1)
 - Under garments are permissible but must be of a similar length for the individual and a solid like color for team. (4-1-1d)
- **Rule 5-3 OFFICIALS UNIFORM AND EQUIPMENT**
 - By state association adoption, long-sleeved shirt/jackets are permissible. (5-1-3)
 - Electronic whistles are permissible (supplies are limited).
 - Choose a whistle whose tone will carry outside.
 - Fox 40 Mini -
 - Fox 40 Unisex Electronic - 3 tone
 - Ergo-Guard - (3 tone) - orange
 - Windsor - (3 tone) grey
 - Check the market for other choices
 - Cloth face coverings are permissible. Facial coverings must be a single solid color and unadorned. Face coverings must be worn per the Governor's directive.
 - Gloves are permissible.



2020-21 MHSA SPIRIT REQUIREMENTS/CONSIDERATIONS FOR COVID-19

The requirements / considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

GENERAL REQUIREMENTS / CONSIDERATIONS

1. Workouts/practices should be conducted in “pods” / “bubbles” of participants with same participants working out together to limit overall exposure.
2. Before, during and after the contest, players, coaches, cheerleaders and administration should wash and sanitize their hands as often as possible.
3. Always maintain social distancing of 6 feet while on the sideline/field/court of play when possible.
4. Everyone must have their own beverage container that is not shared. Safe handling practices should be adhered during hydration, which includes refilling, retrieval and identification of water source.
5. Gloves are permissible for all players, coaches, cheerleaders and officials.
6. Administrators must limit the number of non-essential personnel who are on the field/playing surface throughout the contest.
7. Attendance at MHSA events is dependent on both the host site and local health department guidelines and restrictions.
8. A family’s role in maintaining safety guidelines for themselves and others is very important. 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.

RETURN TO COMPETITION

Spirit Rules Requirements/Considerations

- ***Stunting will not be allowed this year.*** Masks must be worn during sideline cheering and all cheerleading/dance routines if social distancing specifications cannot be appropriately met.
- Cheerleading and Dance General Risk Management (2-1-14, 2-1-16): Sideline and playing surface placement during game.
- Participants should be appropriately spaced on the court, field or sideline to ensure proper social distancing.
- Cheerleading and Dance that can be done with physical distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors
- Cheerleading and Dance Apparel / Accessories (3-1-1): Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.

Special Requirements for the use of the following equipment:

- Any item that is held in the hands or makes contact with the body. This includes cheer boxes, poms, megaphones, flags, signs, spirit items, spirit towels, small balls, mini megaphones, etc. All

items may be held but cannot be thrown into the crowd per MHSA rules and Covid-19 specifications).

- Sound systems, mats, food/drink items for cheer groups.
- All other Spirit related equipment or accessories.

Equipment:

- There should be no shared athletic equipment (towels, water bottles clothing, shoes, or specific equipment) between students. Everyone must have their own beverage container that is not shared. Safe handling practices should be adhered during hydration, which includes refilling, retrieval and identification of water source.
- Each student shall have their own clearly marked handheld item (poms, megaphones and signs must be clearly labeled with student's name to insure they are used only by that student.)
- Cheer boxes may be used by different cheerleaders provided only one cheerleader is on a box at a time.
- There should be only one designated person to operate sound equipment unless it cleaned prior to use by the next individual.
- Megaphones cannot be transferred from one to another or picked up by another person.
- Poms and signs may be shared provided the items have been sanitized and cheerleaders sanitize their hands before and after each practice/performance.





2020-21 Officials Requirements for Returning to Officiating



The requirements/considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment. These requirements/considerations are meant to cover officials in all sports while keeping in mind that protocols are different in each sport and adjustments may need to be made.

Return to Competition

1. Uniform

- **LEGAL UNIFORM**
 - Long sleeves are permissible.
 - Long pants are permissible.
 - Undergarments are permissible but must be of a similar length for the individual and a solid like color for team.
- **OFFICIALS UNIFORM AND EQUIPMENT**
 - Air horns are permissible.
 - Electronic whistles are permissible (supplies are limited).
 - Choose a whistle whose tone will carry outside.
 - Fox 40 Mini
 - Fox 40 Unisex Electronic - 3 tone
 - Ergo-Guard - (3 tone) - orange
 - Windsor - (3 tone) grey
 - Check the market for other choices.
 - Cloth face coverings are permissible and must be a single solid color and unadorned. Face coverings must be worn per the Governor's directive.
 - Gloves are permissible.

Officials are not responsible for monitoring activities on the sidelines, such as social distancing, hand washing, symptoms of illnesses and other such issues. This monitoring remains with the coaching staff and school personnel.

2. Rules Requirements

- **PREGAME CONFERENCE (See specific sport requirements)**
 - Limit attendees to one official, the head coach from each team, and a single captain from each team; or speak with the team representatives in a separate meeting.
 - Use of headsets with other crew members (if applicable).
 - Script the conference to ensure consistency with both teams.
 - Coin Toss – See sport specific requirements (no coin toss in volleyball)
 - Move the location of the pregame conference to the center of the court/field. All individuals maintain a social distance of 3 to 6 feet.
 - Suspend handshakes prior to and following the pregame conference.

- Maintain social distancing while performing all pregame responsibilities.
- Encourage bench personnel to observe social distancing of 3 to 6 feet.
- Maintain social distancing of 3 to 6 feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the area designated for substituting.
- **OFFICIALS TABLE**
 - Limit to essential personnel which includes home team scorer and timer with a recommended distance of 3 to 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential and may need to find an alternative location. Space available at the table is a variable in determining the number allowed at the officials table.
- **PREGAME AND POSTGAME CEREMONY**
 - Suspend pregame protocol of shaking during introductions.
 - Suspend postgame protocol of shaking hands.
 - If available, dressing facilities for game officials should be large enough for them to use social-distancing protocols and should be properly cleaned and sanitized prior to their arrival

3. Personal Responsibilities

- **TRAINING**
 - Attend online meetings to review the rules for the coming year (in-person meetings can occur in accordance with your local health department requirements).
 - Start physical training using online video or complete skills alone. If you have been diagnosed with COVID-19, you should be cleared by your medical provider prior to initiating an exercise program.
- **COMPETITION**
 - If you do not feel well and COVID-19 symptoms are present, notify the contracted school, your crew members, your assigner and stay at home.
 - Take temperature in the morning and then again prior to leaving home/work for a contest.
 - Notify site administrator immediately if temperature is elevated above 100.3 or a level recommended by your local or state health department.
 - “Vulnerable individuals” are defined by CDC as people 65 years and older and others with serious underlying health conditions. Officials fitting this description may wish to seek medical advice prior to returning to officiating.
 - Communicate with school athletic administrator about school/corporation contest expectations.
 - Upon arrival at site and throughout the contest, wash and sanitize your hands frequently.
 - Travel – considerations should be given to travel policies.
 - Do not share uniforms, towels, apparel and equipment.
 - Maintain social distancing of 3 to 6 feet while in the locker room and/or on the court/field.
 - Bring your own beverages.



2020-21 MHSA CROSS COUNTRY REQUIREMENTS/CONSIDERATIONS FOR COVID-19



The requirements / considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

GENERAL REQUIREMENTS / CONSIDERATIONS

1. Workouts/practices should be conducted in “pods” / “bubbles” of participants with same players working out together to limit overall exposure.
2. Before, during and after the contest, players, coaches, and administration should wash and sanitize their hands as often as possible.
3. No out of state competition or teams traveling from out of state for competition, unless it is in a dual format and approved by the MHSA Executive Director.
4. Always maintain social distancing of 6 feet while on the field/court of play when possible.
5. Everyone must have their own beverage container that is not shared. Safe handling practices should be adhered during hydration, which includes refilling, retrieval and identification of water source.
6. Cloth facial coverings are allowed for players, coaches and officials. Facial coverings must be a single solid color and unadorned. Face Coverings must be worn per the Governor’s directive.
7. Gloves are permissible for all players, coaches and officials.
8. The ball should be cleaned and sanitized throughout the contest / event as recommended by the ball manufacturer.
9. Administrators must limit the number of non-essential personnel who are on the field/player surface area throughout the contest.
10. Attendance at MHSA events is dependent on host site and local health department guidelines and restrictions.
11. A family’s role in maintaining safety guidelines for themselves and others is very important. 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.

ADMINISTRATIVE RULES - CONTESTS

- Cross Country dual meets are recommended and encouraged.
- Cross Country can have multiple teams participate if the following restrictions are followed:
 - No more than 200 participants at a meet (or a lesser maximum number by the current Governor’s phase).
 - Teams must remain in their own team staging area.
 - No more than 25 participants may be on the start line.
 - The next runners up will be placed in a corral before they start.
 - All runners must wear masks in the team staging area, corral and until the start. Runners may remove their mask when call to the starting line by the starter.
 - Once the race is completed, individuals must immediately exit the finish line area and return to their team bus. There can be no gathering of teams after each race.

RETURN TO COMPETITION

- Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
- Cross country meets should consider using staggered, wave or interval starts.
- 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 it is easier to distance at the finish.
 - With no FAT timing system, consider alternative means of finish placement and time to address congestion at the finish line.
 - To avoid congestion, consider using image-based equipment at the finish to assist with picking places.
- Clean and disinfect frequently touched surfaces and exercise equipment.
- ***Pre and Post Meet Ceremony:*** Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the meet.

Rules for Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods/groups” of the 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.
- Coaches must tell athletes to try not to collapse at the finish line. Coaches must be at the finish line to assist any of their athletes. Coaches will be the only personnel allowed to give assistance to a team runner at the finish, unless it is deemed an emergency.

Rules for Students:

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

Rules for Officials:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines:
 - Pre and Post Meet conferences,
 - Clerking at the start line,
 - Tabulations and posting of results.
- Consider using electronic whistles.
- Do not shake hands and follow pre and post-meet ceremony guidelines established by host site and state associations.

- Officials and personnel must wear cloth face coverings at all times and per the Governor's directive

