

NDHSAA Sport Specific Recommendations



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Cross Country General Considerations:

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

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Golf

The guidelines have been created with the knowledge and information from the CDC and the USGA guidelines.

1. All golfers should keep a minimum of 6 feet between them.
2. Ball washers, bunker rakes, and drinking fountain/coolers should be removed.
3. Flagsticks are not to be touched or removed. Cups should be adjusted for safe ball retrieval. The USGA has a temporary measure in place to accept scores played under these conditions.
4. Please smooth out bunkers with foot or golf club after play.
5. Clubhouse access at courses may be limited.

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Football Rules Considerations

1. TEAM BOX (Rule 1-2-3g)

- a. The team box may be extended on both sides of the field to the 10-yard lines (for players only) in order for more social-distancing space for the teams.
- b. Maintain social distancing of 6 feet at all times while in the team box.
- c. Do not share uniforms, towels and other apparel and equipment.

2. BALL (Rule 1-3-2)

- a. The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
- b. The ball holders should maintain social distancing of 6 feet at all times during the contest.

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

- a. Cloth face coverings are permissible.
- b. 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.

4. TOOTH AND MOUTH PROTECTORS [Rule 1-5-1d(5)]

- a. ***Still being determined at this time on how to best handle the tooth and mouth protector during the contest. The NFHS SMAC will update the membership as soon as guidance is developed for all sports that require a tooth and mouth protector.*

5. GLOVES (Rule 1-5-2b)

- a. Gloves are permissible but still must comply with Rule 1-5-2b by meeting either the NOCSAE Standard or the SFIA Specification.

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

- a. A single charged time-out may be extended to a maximum of two minutes in length.
- b. 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.)
- c. Each game official and player should have their own beverage container brought out to them on the field.

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

- a. 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

1. GAME OFFICIALS UNIFORM AND EQUIPMENT

- a. Electronic whistles are permissible (supplies are limited).
 - i. Choose a whistle whose tone will carry outside.
 - ii. Fox 40 Mini –
 - iii. Fox 40 Unisex Electronic – (3 tone) –
 - iv. Ergo-Guard - (3 tone) - orange
 - v. Windsor - (3 tone)
 - vi. Check the market for other choices
- b. Cloth face coverings are permissible.
- c. Gloves are permissible.

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- d. Do not share uniforms, towels and other apparel and equipment.
- 2. **PREGAME CONFERENCE, COIN TOSS AND OVERTIME PROCEDURES**
 - a. For the coin toss, limit attendees to the referee, umpire and one designated representative from each team.
 - b. Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6 feet.
 - c. No handshakes prior to and following the coin toss.
 - d. 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.
 - e. For the overtime procedure, please use the same procedure as used at the start of the contest for the coin toss.
- 3. **PRE AND POST GAME CONSIDERATIONS**
 - a. Suspend pregame protocol of shaking hands during introductions.
 - b. Suspend postgame protocol of shaking hands.

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Soccer

1. Limit number of participants at pre-match conference to one coach and one captain. NO handshakes allowed. Physical distancing rules adhered to as well.
2. Physical distancing rules adhered to during substitution procedures.
3. Limit press box to essential personnel only. Visiting team stats, camera etc. not needed in the press box.
4. Introductions of players while they are standing in their positions on the field, not in a line near the sidelines.
5. No post-match handshake.
6. Masks and long sleeves will be permitted by players, coaches and officials.
7. Electronic whistles will be permitted.
8. Place teams on opposite sidelines where possible.
9. It is highly recommended that all ball handlers are supplied with and wear gloves.
10. Disinfect game ball as often as is feasible

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Swimming & Diving

1. Pre-match conference will be limited to one coach and one athlete while maintaining proper physical distance.
2. All communications regarding officials and coaches for DQ's etc. will be done with proper physical distance. When available PA system may be utilized to announce DQ etc.
3. Officials conversation regarding swim infraction and DQ's can be done with hand signals or the use of headsets if available
4. Electronic meet entries when plausible
5. One timer per lane while wearing a face covering.
6. Relays – take off judges can be stationed on the side of the pool. May use every other lane were appropriate to limit numbers on the bulkhead.
7. Swimmers should enter the bulkhead from one side of the pool and depart on the opposite side of the pool
8. Team camps should be spaced throughout the facility
9. Diving – Physical distancing between table personnel and diving judges.
10. Only one lap counter per lane. Cleaning of the lap counter device after every race unless the same individual is using the counter for the next race.
11. Recommend the use of masks on deck.

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Tennis

The guidelines have been created with the knowledge and information from the CDC and the USTA guidelines.

PREPARING TO PLAY

1. Protect against infections:
 - a. Wash your hands with 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.
 - b. 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.
 - c. Bring a full water bottle to avoid touching a tap or water fountain handle.
 - d. Use new balls and a new grip, if possible.
 - e. Consider taking extra precautions such as wearing gloves.
 - f. If you need to sneeze or cough, do so into a tissue or upper sleeve.
 - g. Arrive as close as possible to when you need to be there.
 - h. Avoid touching court gates, fences, benches, etc. if you can.

WHEN PLAYING

1. 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 five).
2. If doubles are played, avoid all incidental contact, NO Bryan Brothers Chest Bumps and NO whispering to each other from a close distance to strategize.
3. 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.
4. Avoid sharing food, drinks or towels.
5. Use your racquet/foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls.
6. Stay on your side of court. Avoid changing ends of the court unless this presents an unfair advantage.
7. Remain apart from other players when taking a break.
8. If a ball from another court comes to you, send it back with a kick or with your racquet.

AFTER PLAYING

1. Leave the court as soon as reasonably possible.
2. Wash your hands thoroughly or use a hand sanitizer after coming off the court.
3. Do not use the locker room or changing area. Shower at home.
4. No extra-curricular or social activity should take place. No congregation after playing.
5. All players should leave the facility immediately after play.

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Volleyball

1. Limit number of participants to a pre-match meeting (one coach, one captain). No handshakes will be allowed and physical distancing rules will be enforced. Pre-match meetings should take place away from the scorer's table if possible.
2. No switching of team benches unless it has been determined there is a clear disadvantage on one side of the court.
3. Eliminate the option of choice of side during the deciding set coin toss. Maintain physical distance during the conference.
4. R2 will maintain physical distancing during the substitution procedure.
5. Coach/official and player/official conferences will be allowed but all physical distancing guideline will be enforced.
6. Only essential personnel at the scorers table. Visiting team's bookkeeper will not be allowed unless it is to be the official libero tracker.
7. No handshakes prior to or after the match.
8. Face covering will be permitted by players, coaches, bench personnel and officials.
9. Electronic whistles will be allowed.

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Officiating - Officials Considerations for Returning to Officiating - 2020-21

1. Uniform

a. Legal Uniform

- i. Long sleeves are permissible.
- ii. Long pants are permissible.
- iii. Undergarments are permissible but must be of a similar length for the individual and a solid like color for team.

b. Officials Uniform and Equipment

c. Air horns are permissible.

i. Electronic whistles are permissible (supplies are limited).

1. Choose a whistle whose tone will carry outside.
2. Fox 40 Mini
3. Fox 40 Unisex Electronic - 3 tone
4. Ergo-Guard - (3 tone) - orange
5. Windsor - (3 tone) grey

ii. Check the market for other choices.

d. Cloth face coverings are permissible.

i. 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 Considerations

a. *Pregame Conference*

- i. 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.
 1. Use of headsets with other crew members (if applicable).
 2. Script the conference to ensure consistency with both teams.
- ii. Coin Toss – Head Referee and 2 captains.
- iii. 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.
- iv. Suspend handshakes prior to and following the pregame conference.
- v. Maintain social distancing while performing all pregame responsibilities.
- vi. Encourage bench personnel to observe social distancing of 3 to 6 feet.
- vii. 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.

b. *Officials Table*

- i. 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.

3. Pregame and Postgame Ceremony

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

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4. Personal Responsibilities

a. *Training*

- i. Attend online meetings to review the rules for the coming year.
- ii. 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.

b. *Competition*

- i. 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.
 1. Take temperature in the morning and then again prior to leaving home/work for a contest.
 - a. Notify the site administrator immediately if temperature is elevated above 100.3 or a level recommended by your local or state health department.
- ii. "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.
- iii. Communicate with the school athletic administrator about school/corporation contest expectations.
- iv. Upon arrival at site and throughout the contest, wash and sanitize your hands frequently.
- v. Travel – considerations should be given to travel policies.
- vi. Do not share uniforms, towels, apparel and equipment.
- vii. Maintain social distancing of 3 to 6 feet while in the locker room and/or on the court/field.
- viii. Bring your own beverages.