



CYO Volleyball Guidelines in an Active COVID-19 World

Spring 2021

In order to ensure the highest standard of safety for children, families and coaches as well as meet our new public health obligation, we are implementing physical and procedural changes to CYO. Our protocols for the Spring 2021 Volleyball season are as follows:

1. Adhere to best practices and recommendations from public health officials and those of the public and private schools whose fields/facilities we are using (this should be viewed as a minimum standard to comply with). CYO teams can ONLY play on fields or in facilities of public, private, Catholic schools that have filed their own onsite plan and NYS affirmation of compliance forms with NYS and required regulatory authorities.
2. All CDC, NYSDOH, and local guidelines will be adhered to including best practices with regard to cleaning high touch surfaces.
3. Coaches, players, and officials must stay home if they do not feel well.
4. Coaches, players, and officials will be required to arrive wearing a face covering and will be required to wear a face mask at all times while in the playing facility.
5. Coaches and referees should have a face covering on them at all times in the event that they need to interact closely with players and must wear them if within six feet of players.
6. All coaches, players, and officials will be required to undergo a temperature screening prior to practices and games.
7. A weekly screening questionnaire will be administered to all players and their families electronically; with the aforementioned screening questionnaire returned to the coach prior to the weekly practice or games. ***This screening questionnaire must be handed into the facilities manager at rented facilities and to the Home Team Coach for games played in Catholic school gyms.***

Private gym facilities may have their own COVID questionnaire/waiver that must be signed by every player, coach, volunteer that enters the facility and handed into the

facility manager. Failure to do so will prevent the individual to enter the facility to participate in the game.

8. CYO Programs will adhere to the following for games and practices:

Only players, coaches, referees and facility volunteers (score keeper and clock manager) will be able to enter the gym for a game. **Parents, guardians will be required to drop their children off at the gym and return to pick-up their children after the game is over.** Parents can remain in their cars in the parking lot; visit a nearby coffee shop; or stop by the Church to say a prayer or two.

9. The winner of a volleyball game will be the first team to reach 21 points. **The rule to win by two points is suspended this year. A score of 21-20 will be deemed to be won by the team that scores 21 points. .**
10. Maintain social distancing on the bench. Players on the bench required to wear face masks.
11. Coaches are responsible for compliance with these protocols at each game amongst themselves, assistant coaches, players and guardians/parents. Failure to comply with these protocols by any coach, player or guardian/parent will result in a forfeit of the game by the team of the non-compliant coach, player or guardian/parent. At the time of noncompliance, the game will be stopped and the gym will be emptied.
12. Home team should have several balls that are clean and are available for rotation into the game. A clean ball will be introduced into the game upon the first team to reach ten (10) points.
13. Home gyms should have plenty of hand sanitizer so that the children and participants can maintain proper hygiene. **Gyms should be cleaned before every practice and game (and in between practices and games) with high touch surfaces cleaned regularly with a CDC approved disinfectant.**
14. Children will be asked to bring their own hand sanitizer and water bottles with their names on them.
15. Emergency supplies of bottled water and masks must be kept by coaching staff.
16. Home teams should have a Facility Coordinator on premise to act as a Social Distancing Ambassador.
17. Allow greater time in between scheduled games so there is less interaction between participants between games. One hour 15 minute time slots will now be one hour 30 minute time slots for Catholic school gyms.

18. Player benches and high contact surfaces should undergo disinfection prior to having another team occupy the same environment for the next scheduled game.
19. Any player, volunteer, coach or referee that has health conditions and/or immune-deficiencies should use their best judgement and not attend games/practices.
20. There will be an absolute time limit to games so that we remain on schedule and preclude the possibility of teams arriving to games before the prior game is over. For example, a 12 noon series will be declared over at 1:10pm so that the gym can be emptied in time for the 1:30pm game that follows. Catholic school gyms will operate on a 1 hour 10 minute maximum time limit. Please use discretion on this rule if you are playing the last game in the facility and there are no games or events thereafter. However, this does not give you the ability to continue playing for one-half hour thereafter. The final volleyball game can end in a tie if time does not allow the game to continue.
21. Games will be run in accordance with CYO Rules and Modifications that were in effect in the 2019-2020 season, with the exception that there will only be 30 second time outs; the time in between matches will be curtailed to one (1) minute. Matches will end after 70 minutes. There will be a one minute "referee time-out when the first team reaches ten (10) points in a game. Coaches will have one (1) 30 second time-out to use for the entire game.
22. No handshakes before or after the game.
23. Team huddles can only occur if all participants are wearing masks and should be discouraged.
24. CYO plans to offer a regular season schedule such as that in existence during the 2019/2020 season with some form of play-offs. Please note that playoff games may be difficult to schedule as Parishes are limiting the use of their gyms to games where their Parish teams are playing.
25. Waiver of liability language should be updated to include risk of exposure to COVID19.
26. If a child becomes exposed to COVID19, then the team will NOT play any games or hold practice for a 7 day period thereafter, and to the best of our ability, the game will be rescheduled. Coaches should inform CYO, their Pastor, parents of their players, and County Health officials of such instances where a child tests positive for COVID.
27. If a game is scheduled at a private facility (due to the number of teams that do not have gym availability) then EACH TEAM must bring sufficient hand sanitizer for your individual teams to maintain appropriate hygiene protocols.

28. **Teams MUST** wear masks while playing on the court and on the bench. Coaches and referees and volunteers should also wear masks at all times while in the gym.
29. Referees will have the full discretion to ask a player NOT to play the game if the referee believes that the player is exhibiting signs of sickness. Referees also have full discretion to end a game if a coach is not enforcing the protocols or parents enter the gym in violation of our protocols.
30. Referees should wear masks while officiating during the game. A referee time out when the first team reaches a score of ten (10) points will provide an opportunity to change masks or provide a moment of rest.
31. No videotaping or video streaming by individuals or coaches will be permitted.
32. Incoming teams that would be playing next are to remain outside of the gym area during play and until all personnel from the previous match have left the gym (playing area)
33. The scoreboard operator should be seated at the table by themselves
34. In keeping with social distancing guidelines... team scorekeepers should be seated at the beginning of their respective benches (closest to the scoreboard operator to aid in communicating scoring information)
35. Referees are encouraged wear gloves whenever possible and use an electronic whistle. If using a conventional whistle, it must be used under a protective mask
36. Referees should not handle the ball at any time except to check for correct ball pressure prior to the first set
37. Referees should remain on their stand for the entirety of the match (including in between sets)
38. Teams remain at the same benches for the entirety of the match

The children in our CYO leagues have been in isolation for several months and need the positive mental and physical health effects of playing sports together again. We have a duty to return our children to the field and to the court so long as we can do it safely. There is an inherent risk in all activities amidst the COVID-19 Pandemic, but we can manage these risks and have developed a systematic and clear way to safely operate our CYO league this year. As pandemic conditions and New York State guidelines change, we will revise and adapt our procedures to constantly provide the safest environment possible for our children, families, coaches and officials.