



## **Interscholastic Athletics Reopening Plan 2020-2021 (Updated 1/28/21)**

Maryvale School District recognizes that interscholastic athletics are an important aspect of student life and the school community. The district is committed to providing a safe environment where students can participate in a variety of activities as part of their educational experience within the guidelines of the NYSDOH, NYSED, NYSPHSAA, Section VI and ECIC League.

The following plan is based on the guidance received from the following documents: [“Return to Interscholastic Athletics”](#) (NYSPHSAA, Sept. 11, 2020), [“Interim Guidance to Sport and Recreation”](#) (NYSDOH, Aug. 15, 2020) and [“Interim Guidance for In-Person Instruction at Pre-K to Grade 12 Schools”](#) (NYSDOH, Aug. 26, 2020).

Additionally, this plan abides by all NYSED updates and communications that pertain to reopening interscholastic athletics during the 2020-2021 school year:

- [School Health Examinations in Light of COVID-19 Pandemic](#) (May 21, 2020)
- [Eligibility for Interscholastic Athletics, Inclusive Athletics and Extracurricular Activities](#) (Sept. 1, 2020)

### **General**

The New York State Department of Health (NYSDOH) and the NYS Governor’s Office have permitted “low and moderate risk” interscholastic athletics to begin practice and competition on September 21, 2020. On Wednesday, September 9th, The New York State Public High School Association (NYSPHSAA) Executive Directors announced that the NYSDOH categorized “high risk” sports (football, volleyball and fall cheerleading) will be moved to a Fall-2 season, beginning on March 1, 2021. Additionally, the Winter 2020-2021 season will start on November 30th, 2020 and the Spring season will start on April 19, 2021.

Section VI and the Erie County Interscholastic Conference (ECIC) have approved the start of “low and moderate risk” Fall-1 season sports to begin on September 21, 2020. Maryvale School District will offer the following sports and levels:

<b>Fall Sports Offered</b>	<b>Level(s) Offered</b>
<b>Cross Country Boys</b>	<b>Varsity &amp; Modified</b>
<b>Cross Country Girls</b>	<b>Varsity &amp; Modified</b>
<b>Golf</b>	<b>Varsity</b>
<b>Soccer Boys</b>	<b>Varsity, JV &amp; Modified</b>
<b>Soccer Girls</b>	<b>Varsity, JV &amp; Modified</b>
<b>Tennis Girls</b>	<b>Varsity</b>
<b>Swimming &amp; Diving Girls</b>	<b>No competition- Outdoor Team activities only</b>
<b>Gymnastics</b>	<b>Varsity</b>

## **Maryvale Return to Athletics Protocols**

### **1. Athletics Facility Use**

Maryvale will closely monitor our athletics facilities and ensure compliance with state and local regulations. The Athletic Department and Facilities Department will work together in coordination with the Erie County Department of Health, Section VI Athletics and the Erie County Interscholastic Conference (ECIC).

- Until further notice, there will be no external use of the Maryvale school buildings or facilities. This will include all athletics related outside organization building or facility use requests.
- District outdoor athletics facilities (e.g., tennis courts, fields, etc.) will remain open for community use (recreational activity only), given individual compliance with applicable physical distancing requirements and hygiene protocol. District officials will monitor community use of our athletic facilities and ensure compliance with state and local guidelines. Signage has been posted at all athletics facilities.
- When district athletic facilities are being used by Maryvale students, staff and teams, these spaces shall not be shared with community use simultaneously.
- District indoor athletics facilities (e.g., gyms, fitness centers, pools, etc.) will not be permitted for students and community use at this time.

## 2. Health Screening/Monitoring

Maryvale Athletics will comply with local health screening & monitoring procedures.

- Student-athletes that are coming from home (hybrid or remote) need to be screened by their parents prior to arrival to practice or contest.
- All student-athletes that have attended in-person school on their cohort day are considered screened for athletic participation on that specific day.
- Coaches will take the temperature of each student-athlete that is coming from home, prior to the start of practice or contest.
- Student-athletes that record a temperature of 100.4 F or higher will be reassessed by the Athletic Trainer to determine whether or not they may participate.
- Any student-athlete, coach, trainer, official, game worker, etc. who answers YES to any of the required screening questions should stay home and/or be isolated and supervised until picked up by their parent or guardian. Student-athletes should tell their coach immediately if they are not feeling well.
- All staff will attest to being COVID-19 symptom free each day by completing the COVID-19 Daily Screening Questionnaire. This process is consistent with staff expectations across the entire district.
- The Athletic Trainer will inform school administration (AD and Principal) and school medical personnel (school nurse) for further follow up and tracking (contact tracing purposes).
- Maryvale Athletics will follow the [Return to School Flowchart](#) for COVID-19 symptomatic or positive individuals and contact tracing procedures.
- Maryvale Athletics will comply with all ECDOH contact tracing procedures and keep all necessary records (practice dates, times, locations, rosters, etc.)

## 3. Physical Distancing

Maryvale Athletics will ensure a distance of at least 6 feet is maintained among individuals at all times, unless safety of the core activity (e.g., practicing, playing) requires a shorter distance.

- Athletic facilities signage and markers to demonstrate 6 feet of distance for all participants (sidelines, bleachers, etc.)
- During contests, additional benches and chairs will be provided to physically distance student-athletes on the sideline.
- Outdoor practice whenever possible to maximize physical distancing.
- Staggered practice and contest times to accommodate physical distancing needs for teams and spectators.
- Coaches will limit full group activities to a reasonable level. Focus on smaller group, cohort based activities that promote a distance of 6 feet.
- Hand-to-hand contact will be discouraged (e.g., high fives, hand shakes, etc.)

## **4. Face Coverings**

Maryvale Athletics will follow all district policies related to face coverings. All students, staff and spectators present shall wear individual face coverings upon arrival and throughout the activity, particularly when maintaining physical distancing is not possible, but they are required at all times as a general rule as we should be prepared for the unexpected.

Per NYSDOH Interim Sports and Recreation Guidance student-athletes are required to wear face-covering unless they feel they are “unable to tolerate a face-covering:”. According to state officials “unable to tolerate does not require any note or medical issue.” If a student-athletes feels their breathing is restricted while participating in activity they are able to tell the coach they cannot tolerate it.

- Student-athletes will be required to face coverings when not actively participating (e.g., on bench, during halftime, locker rooms, etc.).
- Coaches, trainers, game workers, officials, spectators that are not directly engaged in physical activity are required to wear appropriate face coverings at all times.
- Acceptable face coverings include but are not limited to cloth-based coverings and disposable masks that cover the mouth and nose. (gaiter/buff style permitted outdoor activity only).
- It is recommended that student-athletes find a face covering that they find comfortable and have a backup available.
- Additional face coverings will be available via coaches and trainers as needed.
- Athletic facility signs will be visible to remind all individuals to wear appropriate face coverings at all times.

## **5. Personal Hygiene, Cleaning and Disinfecting**

Maryvale Athletics will ensure adherence to hygiene, cleaning and disinfection requirements as advised by the CDC and NYSDOH. We will work closely with the Facilities Department to ensure all requirements are met, including the following procedures specific to athletics.

- Appropriate hand hygiene signage will be placed throughout all athletic venues.
- Hand sanitizer containing at least 60 % alcohol will be available in multiple locations at all athletic venues for all individuals to use.
- Concession stand bathroom will be open daily for hand washing.
- Frequent hand hygiene will be encouraged prior, during and after activity.
- There will be no shared towels, water bottles or clothing/shoes.
- Mouthguards must remain in mouth at all times.
- All athletic facilities and shared equipment will be cleaned and disinfected nightly.
- Student-athletes are encouraged to have their own personal equipment (e.g., helmets, sticks, etc.)
- The district has purchased disinfectant sprayers to be used by coaches before, during and after practices/contests.
- Teams will follow all NYSPHSAA sport specific recommendations to limit shared equipment to the extent possible.

- Each team will be provided with a COVID-19 kit, including; gloves, wipes, masks, hand sanitizer and equipment disinfectant.

## 6. Locker Rooms

According to the NYSDOH and NYSPHSAA schools are permitted to utilize locker room facilities. Maryvale School District will adhere to guidance found in the [Gym and Fitness Center Guidance](#).

- Student-athletes that are coming to practice/contest from home (hybrid virtual day or full remote) are not permitted to use the locker room and must come prepared (dressed, equipment, etc.)
- Shower use is not permitted for all individuals.
- PE classes are only not to use locker rooms during the school day
- Athletics is permitted to use locker rooms after the school day ends, each team will be assigned a specific locker room (see charts below)
- Student-athletes and coaches are required to wear face coverings and maintain 6 feet of physical distance at all times in the locker room.
- Locker rooms will be cleaned and disinfected nightly.
- Only student-athletes that are physically in attendance are permitted to use the locker room on that day.
- Student athletes are required to take their athletic items home after practice or contest to clean and disinfect.

Locker Room Assignments Fall	
Boys Varsity Soccer	11/12 Boys Team Locker Room
Boys JV Soccer	11/12 Gym Boys Gym Locker Room
Boys Mod Soccer	MS Boys Gym Locker Room
Girls Varsity Soccer	11/12 Girls Team Locker Room
Girls JV Soccer	11/12 Gym Girl Locker Room
Girls Mod Soccer	MS Girls Gym Locker Room
Boys Varsity Cross Country	9/10 Gym Boys Locker Room
Girls Varsity Cross Country	9/10 Girls Gym Locker Room
Boys Mod Cross Country	MS Boys Gym Locker Room
Girls Mod Cross Country	MS Girls Gym Locker Room
Girls Varsity Tennis	9/10 Girls Locker Room
Boys Varsity Golf	Golf Course Locker Room
Girls Varsity Swim & Dive	Pool Locker Room

## 7. Transportation

Maryvale Athletics will utilize best practices for transporting student-athletes safely to and from athletic contests and training facilities. The following procedures will be followed

- Student-athletes and their families will be responsible for providing transportation to the practice location on days that the students are learning from home. They will not be penalized if they are not able to secure transportation on given days provided that they communicate this with their coach.
- All student-athletes and coaches will wear appropriate face coverings at all times when on the school bus.
- Physical distancing must be maintained on a school bus to the extent possible. Large buses can accommodate 20 passengers at 1 per seat.
- Parents/guardians are permitted to transport their student-athletes to and from athletic contests (communication must be given to the coach within 24 hours of contest date).
- Student-athletes are not permitted to transport themselves to and from athletic contests (school transportation or parent/guardian only).
- Roster sizes need to consider transportation passenger limitations.
- No eating or drinking permitted on buses.

## 8. Spectators

In accordance with NYSDOH guidance, the following will be utilized to ensure appropriate spectator guidelines are met:

**\*\* New for Winter Season: Section VI will not permit any spectators for Winter contests.**

- The approved supervisor of spectators, the Director of Athletics and/or other school officials will be responsible for verifying the spectators are within their rights to be in attendance.
- Capacity will be limited to no more than 50 % of the maximum occupancy for a particular athletics venue.
- Per NYSDOH- limit spectators to no more than two spectators per rostered student-athlete (practice and contests are not open to the general public)
- In collaboration with the ECIC, all member schools will distribute spectator passes at the beginning of the season. Each student-athlete will receive 2 passes with a lanyard with the instructions that they are to be easily visible when ever attending a contest. Each site will have the responsibility of ensuring that spectators have their passes visible at all times
- Spectators are required to follow all guidelines pertaining to physical distancing, face coverings, screening/monitoring and personal hygiene.
- The district will provide appropriate distancing through markings on the ground and/or seating areas.
- Spectators are encouraged to bring their own chairs for “grass field” contests.

## **9. Officials**

Maryvale Athletics will follow all recommendations from the NYSPHSAA related to coordination of officiating services, including.

- Officials are not responsible for monitoring activities on the sideline related to physical distancing, face coverings, illness, etc.
- Officials should plan to arrive at each athletic venue fully dressed in uniform. Locker rooms and changing rooms will not be available for use.
- Officials must wear face coverings at all times.

## **10. Athletic Training Services**

Maryvale Athletics will continue to employ full time athletic training services through UBMD Orthopaedics. Athletic training services (ATC) will be available for all students athletes in grades 7-12. The athletic trainer will operate out of the athletic training office located at the high school.

- Athletic trainers will follow the Maryvale School District Plan pertaining to PPE, Hygiene, Cleaning, Disinfecting, Screening & Monitoring, etc.
- Athletic trainers will be equipped with face shields, masks, gowns, gloves, bag valve masks.
- Student-athletes will be required to schedule specific times to meet with the ATC for non-emergency visits via Google Form Sign Up.
- The Athletic Training Office will follow social distancing guidelines and arrange furniture and equipment to maintain 6 feet of distance between individuals.
- An outdoor athletic training tent will be provided to treat student-athletes while increasing physical distance
- Student-athletes demonstrating COVID-19 symptoms will be isolated (preferably outdoors) and supervised, until sent home.

## 11. Emergency Procedures

- **Thunder/Lightning** - All teams will have a predetermined area to use if there is thunder and/or lightning to meet physical distancing guidelines, indoor procedures must be followed at all times:

<b>Thunder/Lightning Indoor Locations Fall</b>	
<b>Boys Varsity Soccer</b>	<b>11/12 Gym</b>
<b>Boys JV Soccer</b>	<b>11/12 Gym</b>
<b>Boys Mod Soccer</b>	<b>11/12 Gym</b>
<b>Girls Varsity Soccer</b>	<b>11/12 Cafe</b>
<b>Girls JV Soccer</b>	<b>11/12 Cafe</b>
<b>Girls Mod Soccer</b>	<b>11/12 Cafe</b>
<b>Cross Country</b>	<b>HS Weight Room</b>
<b>Girls Varsity Tennis</b>	<b>11/12 Cafe</b>
<b>Boys Golf</b>	<b>Course Clubhouse or Other</b>
<b>Girls Varsity Swim &amp; Dive</b>	<b>11/12 Cafe</b>
<b>Gymnastics</b>	<b>Off Site Facility</b>
<b>*Indoor- Masks must be worn at all times and maintain social distance. *</b>	

## 12. Concessions

- No Concessions

## 13. Sport Specific Guidelines

As provided by the NYSPHSAA Return to Interscholastic Athletics



## Cross Country

The NYSDOH has determined that cross country is a low risk sport (greatest ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

### General Considerations:

- Schools are encouraged to comply with NFHS Rule 8-5, that events contested with 4 or fewer teams be limited to a maximum of 12 participants from each team.
- No hugging, shaking hands, or fist bumps.
- Cross country meets should consider using staggered, wave or interval starts, with a minimum of one (1) minute.
- Meet organizers should take into account using FAT timing, course layout, use of waves, and social distancing in consideration of determining the size of an invitational meet.
- In non-dual meets, it is recommended athletes wear numbers for easy identification.
- It is recommended a course is 200 yards from the start line to the narrowing point.

### Possible Rule Modifications:

- 8-1-3a: Consider widening the course to at least six 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 the finish to assist with picking a place to avoid congestion.

Event organizers should have a hydration plan for the end of the race.

### Pre and Post Meet:

- Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the match.
- The use of team tents on site is discouraged.
- Teams are expected to provide individual water for their athletes and discourage the use of water stations and open cups.

### Considerations 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-game ceremony guidelines established by the state association.

#### **Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

#### **Considerations for 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.
- Bring your own water bottle.

#### **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.
- Spectators should not congregate around the finish area.
- In accordance with NYSDOH guidance ([Interim COVID-19 Guidance for Sports and Recreation](#)), only two spectators per participant are permitted. (Pg. 5)

## **GOLF**

The NYSDOH has determined that golf is a low risk sport (greatest ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

#### **General Considerations:**

- Single tee starts should be staggered – refer to golf course protocols.
- When directed to, each group of players will move to the 1<sup>st</sup> tee, remaining socially distanced. Scorecards and pencils will be handed out to players by the home coach who may wear protective gloves during the process. Each player will receive a scorecard for their own scorekeeping and the other player’s score. At no time will players exchange scorecards.
- All safety protocols put in place by the golf course must be followed. Social Distancing must be adhered to in the locker rooms and Pro Shop.

**Considerations for 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.
- Prior to each match, visiting coaches should send a list of participants to the home coach. The home coach should send a copy of the local rules to the opposing coach to eliminate the need for any handouts, other than scorecards.
- All coaches should make sure that their players are familiar with the Rules of Golf and Golf Course modifications specific to COVID-19, especially local rules for bunker play and not touching the flagsticks.

**Considerations for Students:**

- Consider making each student responsible for their own equipment.
- Golf towels should not be shared and should be washed after every practice and match.
- Players should only touch and use their own golf ball and not touch other players' golf balls or equipment.
- Bring your own water bottle.

**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.
- Spectators should not congregate around the tee box, greens and clubhouse areas.
- In accordance with NYSDOH guidance ([Interim COVID-19 Guidance for Sports and Recreation](#)), only two spectators per participant are permitted. (Pg. 5)

**SOCCER**

The NYSDOH has determined that soccer is a moderate risk sport (limited ability to maintain physical distance and/or be done individually; limited ability to: (1) avoid touching of shared equipment, (2) clean and disinfect equipment between uses by different individuals, or (3) not use shared equipment at all).

**General Considerations:**

- 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. (Rule waiver)
  - Move the location of the pregame conference to the center of the field. All individuals maintain a social distance of six feet.
  - Suspend handshakes prior to and following the Pregame Conference.
- Team Benches (1-5-1)

- No linear bench area, adjust backward from the touch line.
- Substitution Procedures (3-4)
  - Maintain social distancing of six feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line. Hand sanitizer should be used prior to entering the game.
- Officials Table (6-2; 6-3)
  - Limit the table to essential personnel, including the home team scorer and timer. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential and may need to find an alternative location. Space availability at the table is a variable in determining the number of individuals permitted at the officials' table and observing social distancing requirements.
- Goalkeepers may not spit on their gloves. They can wet them with a water bottle. If the official determines this happens, gloves will be taken out of play. (NYSPHSAA Rule)
- A mandatory two (2) minute hydration/mask break will be taken at the first dead ball situation after the 20-minute mark. Players must stay on the field during the break and may remove their mask as long as they maintain social distancing. Substitutes who report to the table prior to the break taking place, may enter the game following the break. (Waiver of the NFHS Rule)
- The use of a dropped ball is suspended. To replace this procedure, an indirect kick will be awarded to the team whom the referees deemed to be in possession at the time of stoppage. (Waiver of the NFHS Rule)

### **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 (six feet apart) for introductions.
- Suspend post game protocol of shaking hands.

### **Soccer Rules Interpretations**

- Rule 4-1 EQUIPMENT AND ACCESSORIES
  - No hard material should be worn on face covering.
  - 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 the team. (4-1-1d)

- Rule 5-3 OFFICIALS UNIFORM AND EQUIPMENT
  - By state association adoption, long-sleeved shirts/jackets are permissible. (5-1-3)
  - (Waiver of the NFHS Rule)
  - 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
- Gloves are permissible.

#### **Considerations for Officials:**

- Bring personal hand sanitizer. Wash hands frequently
- Do not share equipment.
- Consider using electronic whistles.
- Do not shake hands and maintain social distancing guidelines during pre and post-game ceremonies.

#### **Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

#### **Considerations for Students:**

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing)
- Individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Bring your own water bottle.

#### **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.
- In accordance with NYSDOH guidance ([Interim COVID-19 Guidance for Sports and Recreation](#)), only two spectators per participant are permitted. (Pg. 5)

## Tennis

The NYSDOH has determined that tennis is a low risk sport (greatest ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

### General Considerations:

- Maintain social distancing when changing ends.
- Consider spraying tennis balls briefly with a disinfectant spray (e.g., Lysol or Clorox) at the conclusion of play. Using new balls on a regular basis is encouraged.
- When possible consider using one separate can of balls per player per match. Players should serve their own tennis balls throughout the match.
- Tennis practice equipment should be touched only by the coach and should be cleaned frequently. Use alcohol-based disinfectant to clean all tennis gear, including racquets, towels, target cones, ball machines, etc.
- Consider using a ball machine for giving lessons. Using ball tubes and basket pickups to pick up loose balls after a ball machine rotation also limits contact.
- Avoid using unnecessary equipment such as throw-down lines.

### Considerations for Officials:

- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- Consider using electronic whistles.
- Do not shake hands and maintain social distancing guidelines during pre and post-game ceremonies.

### Considerations for Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

### Considerations for 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.

- Bring your own water bottle.
- Use the racquet/foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls.
- If a ball from another court comes to you, send it back with a kick or with your racquet.

#### 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.
- Spectators should not congregate around a court without maintaining social distancing.
- In accordance with NYSDOH guidance ([Interim COVID-19 Guidance for Sports and Recreation](#)), only two spectators per participant are permitted. (Pg. 5)

## Swim

- Organized (outdoor only) team activities will follow the guidance received from the following documents: ["Return to Interscholastic Athletics"](#) (pg 6-7).

The NYSDOH has determined that swimming & diving is a low risk sport (greatest ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

On June 11, 2020 NYSDOH provided [Interim Guidance for Pools and Recreational Aquatic Spray Grounds During the COVID-19 Public Health Emergency](#). Schools should review this guidance for swimming & diving teams.

The following is included in the aforementioned NYSDOH pool guidance:

- Ensure that all individuals maintain a distance of at least six feet from other individuals at all times, unless they are members of the same household or family unit, or safety or the core activity requires a shorter distance.
  - However, any time individuals are within six feet of individuals outside of their household or family unit and not in the water, they must wear an acceptable face covering that covers both the nose and mouth. Individuals must be prepared to don a face covering if another person unexpectedly comes within six feet.
  - For health and safety concerns, ensure face coverings are not worn by individuals while they are in the water;
- Limit the maximum size of any single group of people on the premise or **in the water to 10** or fewer individuals; however, there may be more than one group on premise or in water so long as they are able to be separated by at least six feet;

- Occupancy of the premise and pool should be limited to the number of individuals and groups who can be safely and appropriately spaced such that each individual and group is at least six feet away from others.
- Ensure different groups of people are separated by at least six feet on the premise or in the water, to the extent possible;
- However, if physical barriers are used to separate groups of individuals, they must not present a health or safety risk by obstructing supervision or impairing air flow, heating, cooling, or ventilation.

#### **General Considerations:**

- **Swimming Warm-up Areas** - Establish multiple sessions for warm-up periods to limit number of swimmers per lane. Restrict the number of swimmers in the competition area. Limit number of swimmers per lane during warm-up and warm-down periods.
- **Diving Warm-up Areas** - Limit number of divers during warm-up by creating multiple sessions. During competition, divers may not approach the board until their turn to compete. Hot tubs should not be permitted. Dive order sheets should be posted in multiple areas to reduce the number of divers viewing at the same time.
- **Teams Seating and Lane Placement** - Keep the teams on opposite sides of the pool.
- **Preparing Athletes for Competition** - Athlete clerking areas should be eliminated.
- **Warm down for Relay teams** – Keep proper social distancing of six feet.

#### **Rule Considerations:**

- **Conduct (1-3-2)** - Recommend athletes to arrive at venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for six feet of social distancing.
- **Lap Counting (2-7-6, 3-4)** - Only one person per lane should be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices.
- **Pre-Meet Conference (3-3-6, 4-2-1d)** - Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use the P.A. system or starting system microphone to allow participants to hear but keep them properly separated. Participants in the pre-conference must wear masks and only one captain per team is allowed.
- **Meet Officials (4-8, 4-10, 4-11, 4-12, 4-13)** - Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location.



Develop alternative methods for submitting entries (3-2) and movement of non- electronic information. Require a distance of six feet between individuals seated at the desk/table.

- Timers (4-9) - Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing.
- Submission of Entries to Referee (5-2) - Alternative forms of entry submission can be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries.
- Relay Takeoff Judges and Relays (8-3) - Require all takeoff judging from the sides of the pool. Space relay swimmers apart from one another.
- Diving Officials (9-6) - Alternative methods for submitting entries (3-2) and movement of non- electronic information will be required. Recommendations include a distance of 3-6 feet between individuals seated at the desk/table. Create a six foot space between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform.

#### **Considerations for Officials:**

- Bring personal hand sanitizer. Wash hands frequently.
- Don't share equipment.
- Consider using electronic whistles.
- Do not shake hands and maintain social distancing guidelines during pre and post-game ceremonies.

#### **Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in "cohorts" of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

#### **Considerations for 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.

- Bring your own water bottle.

#### **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.
- Spectators should not congregate around the finish area.
- In accordance with NYSDOH guidance ([Interim COVID-19 Guidance for Sports and Recreation](#)), only two spectators per participant are permitted. (Pg. 5)

### **Gymnastics**

- Organized (outdoor only) team activities will follow the guidance received from the following documents: ["Return to Interscholastic Athletics"](#) (pg 6-7).

The NYSDOH has determined that Gymnastics is a moderate risk sport (limited ability to maintain physical distance and/or be done individually; limited ability to: (1) avoid touching of shared equipment, (2) clean and disinfect equipment between uses by different individuals, or (3) not use shared equipment at all).

#### **General Considerations:**

- No hugging, shaking hands, or fist bumps.
- Equipment should be cleaned and sanitized after every practice and competition. Contact equipment manufacturers for specifics on proper cleaning protocols for their equipment. Continued use of disinfectant chemicals may reduce the life of the product.
- No outside equipment is allowed with the exception of springboards, a sting mat, round off entry mat and a vault safety collar.
- Remove the common chalk bowl.
- Social distancing should be in place while waiting for a turn on the apparatus or moving from one event to another.
- Communicate gym policies clearly to participants and parents.
- Everyone should wash and sanitize their hands before entering and leaving the gym and must wash/sanitize their hands between rotation to different events.

#### **Meet Protocols:**

- March in: socially distant six feet in-between gymnasts and for the National Anthem.
- There will be no presenting to the judges. Teams go directly to the first event.
- There will be no improper uniform deduction for wearing a face covering..

- Non-competing athletes must be in a designated area.
- Judges should be six feet from events, athletes/crowd. Judges workstations will be cleaned in between events.
- Runners/score flashers/timers must remain at least six feet away from judges/events will remain with the same judges throughout the competition.
- There should be a designated waiting area, socially distanced, for athletes waiting to compete.
- Each team should have all floor music on a device and managed by only one coach/athlete (per team).

#### **Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students always training and rotating
- together on apparatus 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.
- Athlete spotting is permissible.
- Expectations regarding spotting or alternative teaching/coaching methods should be clearly communicated during practice.

#### **Considerations for Students:**

- Student athletes should sanitize their hands after every event.
- 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.
- Bring your own water bottle.

#### **Considerations for Judges:**

- Bring personal hand sanitizer. Wash hands frequently
- Sanitize the judges’ desk in between events.
- • Follow social distancing guidelines.
- • Space judges six feet apart at judging tables.
- • Do not shake hands and follow pre and post meet ceremony guidelines established by state associations.
- • Develop a procedure for reporting scores that limits contact.

**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.
  - o Gym bag, water bottle, grips, tapes, pre-wrap, wrist guards, personal chalk bag etc. (See gym bag document)
  - o Individual chalk bags, plastic bins, buckets or other storage containers should be used and stored in the athlete's gym bag.
- In accordance with NYSDOH guidance ([Interim COVID-19 Guidance for Sports and Recreation](#)), only two spectators per participant are permitted. (Pg. 5)

### **Gym Bag**

#### **Supplies needed for your personal gym bag:**

1. Grips, wristbands and any braces that are normally used during practices must stay in the student's gym bag when not in use.
2. You may bring a travel size water bottle filled with water to spray your grips. The water bottle must remain in your bag until use.
3. Disinfectant wipes for personal use can be alcohol wipes. These must be used when starting an event, after each event and before exiting the facility.
4. 1 1/2" white athletic tape and any other tape used during practice is permitted.
5. Fingernail clippers must be flat edge.
6. Shoes must be stored in your gym bag, in a separate compartment or bag to prevent possible cross contamination with other items in the gym bag.
7. A **gallon size bag** or container for personal chalk. There will not be any shared chalk buckets available in the gym.

Everything inside the gym bag must be disinfected after every practice. The interior and exterior of the bag should be disinfected as well

# Winter Sport Considerations

The following sport specific information is intended to provide athletic administrators and coaches with basic guidance and considerations related to Winter interscholastic sport programs. Official start date for low/ moderate risk: November 30, 2020. Scheduled start date for high risk: January 4, 2021. **Section VI will not permit any spectators for contests at this time.**

## Basketball

The NYSDOH has determined that basketball is a high-risk sport (Least ability to maintain physical distance and/or be done individually; least ability to: (1) avoid touching of shared equipment, (2) clean and disinfect equipment between uses by different individuals, or (3) not use shared equipment at all).

### General Considerations

- BOYS - For pregame conference, limit attendees to the referee and the head coach from each team with each coach standing on the center circle on each side of the division line.
- GIRLS – For pregame conference, limit attendees to the referee and one athlete per team standing on the center on each side of the division line.
- For pregame conferences, all individuals maintain a social distance of 6 feet or greater at the center circle.
- Limit the number of bench personnel to observe social distancing of 6 feet or greater.
- Place team benches opposite the spectator seating.
- Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.
- Create separation between the team bench and spectator seating behind the bench.
- Limit contact between players when substituting.
- The host school should sanitize the table before the game and at half time.
- Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
- Limit seats at the table to essential personnel which includes home team scorer, timer and shot clock operator with a recommended distance of 6 feet or greater between individuals. Other personnel (visiting scorers, statisticians, media, etc.)

may not be deemed essential personnel and consider an alternate location for them.

- Eliminate all handshakes, fist bumps and similar gestures pre- and post game.
- Give a game ball to officials in the locker room where it is sanitized as recommended by the ball manufacturer and not used for warm-ups.
- The host school should ensure that the ball is sanitized during time-outs and between quarters.
- Sanitizer should be provided by the host team at the table.
- Long-sleeved shirts are permissible.

#### **Considerations for Officials:**

- Officials are responsible for game management, which does not include monitoring activities on the sidelines, such as social distancing, face coverings, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the responsible parties.
- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- Follow social distancing guidelines.
- Suspend handshakes, fist bumps and similar gestures prior to and following the pregame conference.
- Officials are not required to wear jackets during pregame court/player observation.
- Electronic whistles are permissible.
- Gloves are permissible.
- Officials may stand 6 feet or greater away from the player making a throw-in and bounce the ball to that player on a front court throw-in.
- The lead official shall stand on the end line and bounce the ball to the free thrower.

#### **Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

#### **Considerations for Students:**

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing)
- Individual clothing/towels should be washed and cleaned after every workout

immediately upon returning home.

- Bring own water bottle.

#### **Considerations for Parents:**

- Provide personal items for your child and clearly label them.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant are permitted.

### **Bowling**

The NYSDOH has determined that bowling is a low risk sport (greatest ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

#### **General Considerations:**

- Communicate in advance with the bowling center on policies, procedures and permitted time frames for practice and competition.
- Communicate with teams and leagues to ensure schools are following the same competition protocols during practice and competition.
- Communicate with section coordinators and local departments of health if any issues arise.
- Teams should follow all procedures and protocols of the bowling center hosting the competition.
- Each team shall get their own table or area to sit in. Consider signage for competition noting Reserved For "lane # or team #".
- Rule 18 Bowling Ball-Altering Surface Exception – The use of isopropyl alcohol only to disinfect balls. No other performance cleaners are permitted.
- During league warm up, mark on the floor where the bowler should stand "on deck"; only one "on deck" bowler at a time.
- If teams are competing together on the same pair of lanes for a match, practice times should be staggered.
- Any changes to the format of the leagues which may have a direct, or indirect, impact on qualifying for the state championship composite division, should be brought to the attention of your section committee for review.

#### **Suggested Competition Format:**

- Conduct league bowling as normal. Team on the odd lane is assigned the bowler's area

and the team on the even lane is assigned a table or area on the concourse. Still bowling cross lane.

- Conduct league bowling with two teams on a pair but with no cross lane—team on odd lane is assigned bowlers area and only bowls on odd lane and team on even lane is assigned a table on the concourse and only bowls even lane.
- Conduct league with one team per pair of lanes—one team bowls on a pair of lanes, normal cross lane.
- Conduct league with one team per pair of lanes—one team bowls on a pair but only using odd lanes, no cross lanes.
- Conduct league with skipping pairs between teams—teams 1 and 2 bowl one lanes 1 and 2—teams 3 and 4 bowl on lanes 5 and 6—lanes 3 and 4 are dark.

#### **Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of the same students always training and rotating together.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

#### **Considerations for Students:**

- Students should only handle their own equipment.
- Student athletes should sanitize their hands after every event.
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout. Bring own water bottle.

#### **Considerations for Parents:**

- Provide personal items for your child and clearly label them.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant are permitted.
- Spectators should not congregate around the scoring area.



## **VIRTUAL BOWLING COMPETITION**

### **General Considerations:**

- Conduct the league using entirely pre and post bowling, or USBC Rule 111. Stipulates in the league rules the exact procedure on how to conduct such a match. Example: Team A is scheduled to Bowl Team B. Team A agrees with Team B on a schedule, and then schedules a time to bowl at the scheduled bowling center on X date/time. Team B schedules their date time to bowl at the scheduled bowling center on Y date time. Both scores are kept confidential and sent to the league secretary and a winner is determined.
- Leagues may conduct virtual competitions. With section/league approval, teams may permit matches to be bowled at separate venues as long as scoring follows USBC Rule 111 where scores are kept confidential and sent to a predetermined league secretary.  
(Approved by NYSPHSAA Officers 11-16-20)

**Note:** Any changes to the format of the leagues which may have a direct, or indirect, impact on qualifying for the state championship composite division, should be brought to the attention of your section committee for review.

### **Competitive Cheerleading**

The NYSDOH has determined that Competitive Cheerleading is a high risk sport (Least ability to maintain physical distance and/or be done individually; least ability to: (1) avoid touching of shared equipment, (2) clean and disinfect equipment between uses by different individuals, or (3) not use shared equipment at all).

### **General Considerations**

- Disinfect props following each routine.
- Contact the manufacturer about cleaning mats after practices and competitions.
- Only one student should use a specific prop during routines.
- There shall not be a formal awards ceremony.
- It is recommended to use computer scoring system for all competitions.
- 2019-20 score sheet shall be used for all 2020-21 competitions. (Approved by NYSPHSAA Officers 1-25-21).

### **Considerations for Judges:**

- Judges are responsible for competition management, which does not include monitoring activities at the facility, such as social distancing, face coverings, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the responsible

parties.

- Bring personal hand sanitizer. Wash hands frequently
- Do not share equipment or devices
- Follow social distancing guidelines:
- Judges should be appropriately spaced to ensure proper social distancing.

#### **Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

#### **Considerations for Students:**

- Consider making each student responsible for their own supplies.
- Students should wear their own appropriate workout clothing (do not share clothing)
- Individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- Bring your own water bottle.

#### **Considerations for Parents:**

- Provide personal items for your child and clearly label them.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant are permitted.
- Spectators should not congregate around the competition area.

### **Swimming & Diving (Boys)**

The NYSDOH has determined that swimming & diving is a low/moderate risk sport (greatest ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

On June 11, 2020 NYSDOH provided Interim Guidance for Pools and Recreational Aquatic Spray Grounds During the COVID-19 Public Health Emergency. Schools should review this guidance for swimming & diving teams.

**The following is included in the aforementioned NYSDOH pool guidance:**

- Ensure that all individuals maintain a distance of at least six feet from other individuals at all times, unless they are members of the same household or family unit, or safety or the core activity requires a shorter distance.
  - However, any time individuals are within six feet of individuals outside of their household or family unit and not in the water, they must wear an acceptable face covering that covers both the nose and mouth. Individuals must be prepared to don a face covering if another person unexpectedly comes within six feet.
  - For health and safety concerns, ensure face coverings are not worn by individuals while they are in the water.
- Limit the maximum size of any single group of people on the premise or in the water to 10 or fewer individuals; however, there may be more than one group on premise or in water so long as they are able to be separated by at least six feet;
  - Occupancy of the premise and pool should be limited to the number of individuals and groups who can be safely and appropriately spaced such that each individual and group is at least six feet away from others.
  - Ensure different groups of people are separated by at least six feet on the premise or in the water, to the extent possible.
  - However, if physical barriers are used to separate groups of individuals, they must not present a health or safety risk by obstructing supervision or impairing air flow, heating, cooling, or ventilation.

#### **General Considerations:**

- Swimming Warm-up Areas - Establish multiple sessions for warm-up periods to limit number of swimmers per lane. Restrict the number of swimmers in the competition area. Limit number of swimmers per lane during warm-up and warm-down periods.
- Diving Warm-up Areas - Limit number of divers during warm-up by creating multiple sessions. During competition, divers may not approach the board until their turn to compete. Hot tubs should not be permitted. Dive order sheets should be posted in multiple areas to reduce the number of divers viewing at the same time.
- Teams Seating and Lane Placement - Keep team benches on opposite sides of the pool. Prior to the meet, the coaches may agree to use lanes 1-3 and 4-6 for their team's lane placement. If the coaches do not agree, then lane placement will default to the NFHS rule using every other lane for placement of swimmers from each team. (waiver of NFHS Rule approved by NYSPHSAA Officers 11-16-20)
- Preparing Athletes for Competition - Athlete clerking areas should be eliminated.
- Warm down for Relay teams – Keep proper social distancing of six feet.

#### **Rule Considerations:**

- Conduct (1-3-2) - Recommend athletes to arrive at a venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for six feet of social distancing.
- Lap Counting (2-7-6, 3-4) - Only one person per lane should be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices.
- Pre-Meet Conference (3-3-6, 4-2-1d) - Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use P.A. system or starting system microphone to allow participants to hear but keep them properly separated. Participants in the pre-conference must wear masks and only one captain per team is allowed.
- Meet Officials (4-8, 4-10, 4-11, 4-12, 4-13) - Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location. Develop alternative methods for submitting entries (3-2) and movement of non electronic information. Require a distance of six feet between individuals seated at the desk/table.
- Timers (4-9) - Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing.
- Submission of Entries to Referee (5-2) - Alternative forms of entry submission can be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries. Coaches must submit their lineups to the table prior to the meet but may make changes during the meet. This rule will be in place for the 2020-21 season only. (waiver of NFHS Rule approved by NYSPHSAA Officers 11-16-20)
- Relay Takeoff Judges and Relays (8-3) - Require all takeoff judging from the sides of the pool. Space relay swimmers apart from one another.
- Diving Officials (9-6) - Alternative methods for submitting entries (3-2) and movement of non electronic information will be required. Recommendations include a distance of six feet between individuals seated at the desk/table. Create a six foot space between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform.

#### **Considerations for Officials:**

- Bring personal hand sanitizer. Wash hands frequently.
- Don't share equipment.
- Consider using electronic whistle.
- Do not shake hands and maintain social distancing guidelines during pre and post-game ceremonies.

**Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

**Considerations for 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.
- Bring own water bottle.

**Considerations for Parents:**

- Provide personal items for your child and clearly label them.
- Spectators should not congregate around the finish area, deck or student entry to venue.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant are permitted.

**VIRTUAL SWIMMING AND DIVING COMPETITION**

The NFHS rules which govern high school swimming and diving competition assume that such competition will be “head-to-head” with ALL participants engaging in an environment that is identical for all and thus equitable to all. “Virtual” competition cannot provide such identical conditions, however. With that understanding, there are no NFHS rules provisions that would prohibit “virtual” competition when unique conditions, such as a pandemic, necessitate its use. The following practices and suggestions are a compilation of guidance from the NFHS and NYSPHSAA to guide member schools in overseeing “virtual” swimming and diving competition.

**GENERAL CONSIDERATIONS**

- Competition for each team/school involved should take place in a venue that meets all requirements of Rule 2 (Pool, Lanes, and Equipment Specifications) and Rule 9 (Diving Competition), with special emphasis on risk minimization.
- Competition should be officiated by qualified personnel of sufficient number (see Rule 4-1-3) to assure fair results at each location. The meet must be conducted under the supervision of a meet referee who is a duly certified NFHS or state association registered

official. The official(s) may not be coaches of any team involved in the meet.

- All rules regarding athlete, participation and conduct should apply; technical rules for competition (Rules 8 and 9) should be enforced. Entries shall follow all NFHS rules for each event.
- The course must be the same at each site. All teams must compete in short course yards or short course meters.
- NYSPHSAA has determined its member schools should follow NISCA standards for All-America qualifications.

## SWIMMING

- The NFHS suggests state associations consider whether a swimmer achieving a qualifying time from the “virtual” competition be permitted for any purposes other than deciding the outcome of the immediate “virtual” competition. NYSPHSAA has determined it will permit any qualifying times achieved during “virtual” competition may be used for postseason events. (Approved by NYSPHSAA Officers 11-16-20)
- NYSPHSAA has determined fully automatic timing should be used when available.
- State associations may permit competition to be conducted using manual watches or semiautomatic timed results. Fully automatic timing is the most equitable in a “virtual” situation, but some facilities may not be able to offer that environment. Be aware that it will not be possible for the meet referee or other official to perform an across-the-board place pick to serve as a “check” on the times from stop watches/buttons. Regardless, the same timing protocol should be used at all venues involved in the “virtual” competition. There should be no mixing of fully automatic timing, semi-automatic timing, or manual watches.
- The NFHS suggests state associations consider whether “breaks” in the competitive program will be permitted in addition to the required break following the 50-yard freestyle. State association may need to stipulate the pace of the meet and determine if extended pauses between events will be permitted. NYSPHSAA has determined it will permit breaks during the competitive program, as needed, in addition to the required break following the 50-yard freestyle however breaks for both teams must take place during the same points of the virtual meet. Example: If schools want a second break within the meet they must agree after what race the second break will occur.
- NYSPHSAA will follow NFHS rules pertaining to race configurations and diving order. Exhibition swimmers and divers will be permitted in a virtual meet but should be noted on entry cards.
- Lane Scoring – The home team’s pool will determine the number of lanes scored in the meet. If both coaches agree, teams may use the same number of lanes at each pool for scoring purposes.

## **DIVING**

- The NFHS suggests state associations consider whether scores from the “virtual” competition be permitted for any purposes other than deciding the outcome of the immediate “virtual” competition. NYSPHSAA has determined it will permit any scores from “virtual” competition to be used for postseason events provided the 11 dive and 5 judges criteria are met.
- Divers will be judged by different sets of officials. NYSPHSAA has determined a minimum of two certified judges must be used at each school. Diving may be conducted with one judge at a site if a school cannot secure a certified judge, however, the school with just one judge will not score points during that virtual meet. (Approved by NYSPHSAA Officers 11-16-20)

## **Wrestling**

The NYSDOH has determined that Wrestling is a high risk sport (Least ability to maintain physical distance and/or be done individually; least ability to: (1) avoid touching of shared equipment, (2) clean and disinfect equipment between uses by different individuals, or (3) not use shared equipment at all).

### **General Considerations**

- No handshakes prior to and following the coin toss in addition to pre- and post match ceremonies.
- Wash stations or sanitizers should be placed at the mat side. If writing implements are used, they should be sanitized and not shared with anyone.
- Disinfect the mats prior to competition.
- Participate/host smaller events (more duals, fewer large tournaments).
- Have hand sanitizer and wipes available at the scorer’s table.
- The scorekeeper shall be the only individual to touch the scoresheet.
- Only official scorer and official timer should be permitted at the scorer’s table.
- Ankle bands are recommended to be disinfected after each match.
- Weigh-ins should be conducted separately for each team and not shoulder to shoulder as stated in the NFHS rule. (Waiver of NFHS Rule approved by NYSPHSAA Officers 1-25-2021)
- Honor weigh-ins will not be permitted for the 2020-21 season (Waiver of NYSPHSAA Rule approved by NYSPHSAA Officers 1-25-2021).
- Weight Certification - NYSPHSAA will provide further guidance no later than January 29th.

**Considerations for Officials:**

- Officials are responsible for meet management, which does not include monitoring activities in the facility such as social distancing, face coverings, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the responsible parties.
- Bring personal hand sanitizer. Wash hands frequently.
- Do not share uniforms, towels and equipment.
- Change the standard whistle several times during the day.
- Electronic whistles are permissible.
- May wear disposable gloves. If so, then they must change after each match.
- Conduct separate pre-meet administration including skin checks. During pre-meet administration, use visual inspections and avoid direct contact with wrestlers.
- Referees will not raise the winner's arm; winners are asked to raise their arm signifying victory.

**Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in "pods" of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Eliminate all handshakes, fist bumps and similar gestures post-match.

**Considerations for Students:**

- Eliminate all handshakes, fist bumps and similar gestures pre- and post-match.
- Eliminate handshakes with coaches post-match.
- 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.
- Bring your own labeled water bottle.

**Considerations for Parents:**

- Provide personal items for your child and clearly label them.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and



Recreation), only two spectators per participant are permitted.

<b>Winter Sports Offered</b>	<b>Level(s) Offered</b>
<b>Cheerleading</b>	<b>Varsity &amp; JV</b>
<b>Boys Basketball</b>	<b>Varsity, JV &amp; Modified</b>
<b>Girls Basketball</b>	<b>Varsity, JV &amp; Modified</b>
<b>Girls Bowling</b>	<b>Varsity</b>
<b>Boys Bowling</b>	<b>Varsity</b>
<b>Swimming &amp; Diving Boys</b>	<b>Varsity</b>
<b>Wrestling</b>	<b>Varsity and Modified</b>

<b>Locker Room Assignments Winter</b>	
<b>Boys Varsity Basketball</b>	<b>11/12 Boys Team Locker Room</b>
<b>Boys JV Basketball</b>	<b>11/12 Gym Boys Gym Locker Room</b>
<b>Boys Modified Basketball</b>	<b>MS Boys Gym Locker Room</b>
<b>Girls Varsity Basketball</b>	<b>11/12 Girls Team Locker Room</b>
<b>Girls JV Basketball</b>	<b>11/12 Gym Girl Locker Room</b>
<b>Girls Modified Basketball</b>	<b>MS Girls Gym Locker Room</b>
<b>Wrestling</b>	<b>9/10 Gym Boys Locker Room</b>
<b>Cheerleading</b>	<b>9/10 Girls Gym Locker Room</b>
<b>Girls/Boys Bowling</b>	<b>N/A</b>
<b>Swimming &amp; Diving Boys</b>	<b>Both Pool Locker Room</b>

# Fall Sports Season II Considerations

The following sport specific information is intended to provide athletic administrators and coaches with basic guidance and considerations related to Fall Sports Season II interscholastic sport programs. Scheduled start date: March 1, 2021.

## Football

The NYSDOH has determined that football is a high risk sport (Least ability to maintain physical distance and/or be done individually; least ability to: (1) avoid touching of shared equipment, (2) clean and disinfect equipment between uses by different individuals, or (3) not use shared equipment at all).

### General Considerations

- Eliminate all handshakes, fist bumps and similar gestures pre- and post-game.
- Limit the number of non-essential personnel who are on the field level throughout the contest.
- 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.
- 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.
- The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
- The ball holders should maintain social distancing of six feet at all times during the contest.
- 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.
- Tooth and Mouth Protectors – If mouthguards are removed on the sidelines or bench area, the athlete should use hand sanitizer each time after touching the mouthguard. Gloves are permissible but still must comply with Rule 1-5-2b by meeting either the NOCSAE Standard or the SFIA Specification.
- Time Outs - A single charged time-out may be extended to a maximum of two minutes in length.
- Time Outs - 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).

- The intermission between periods 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

#### **Considerations for Officials:**

- Officials are responsible for game management, which does not include monitoring activities on the sidelines, such as social distancing, face coverings, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the responsible parties.
- Bring personal hand sanitizer. Wash hands frequently.
- Do not share uniforms, towels and equipment
- Electronic whistles are permissible.
- Gloves are permissible.
- 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 six feet.
- No handshakes prior to and following the coin toss.
- Maintain social distancing of six 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.

#### **Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

#### **Considerations for 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.
- Bring your own labeled water bottle.

#### **Considerations for Parents:**

- Provide personal items for your child and clearly label them.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant are permitted.

### **Volleyball**

The NYSDOH has determined that Volleyball is a high risk sport (Least ability to maintain physical distance and/or be done individually; least ability to: (1) avoid touching of shared equipment, (2) clean and disinfect equipment between uses by different individuals, or (3) not use shared equipment at all).

#### **General Considerations**

- For pre-match conference, participants must all wear masks and each team is allowed one captain to attend.
- Suspend handshakes, fist bumps and similar gestures prior to and following the pregame conference.
- Players should sanitize hands between sets.
- Four (4) game balls should be available throughout the match.
- Substitutes may stand directly in front of the team bench, chairs or bleachers. (waiver of NCAA Rule approved by NYSPHSAA Officers 1-25-21)
- Teams are recommended to refrain from high fives and other similar celebrations following each point.
- Teams should remain on the same bench area throughout the match (waiver of NCAA Rule approved by NYSPHSAA Officers 1-25-21)
- Officials Table - Limit essential personnel which includes home team scorer, libero tracker and timer to maintain social distance between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
- All table help must wear masks.
- Uniform - Long sleeves and long pants are permissible.
- Uniform - 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.
- Schools should consider protocols for supplying their own equipment for warm-ups.

**Considerations for Officials:**

- Officials are responsible for game management, which does not include monitoring activities on the sidelines, such as social distancing, face coverings, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the responsible parties.
- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- Follow social distancing guidelines.
- Long-sleeved, all-white collared polo shirt/sweater are permissible.
- Electronic whistles are permissible.
- Gloves are permissible.

**Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

**Considerations for 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.
- Bring your own labeled water bottle.

**Considerations for Parents:**

- Provide personal items for your child and clearly label them.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant are permitted.

# Spring Considerations

The following sport specific information is intended to provide athletic administrators and coaches with basic guidance and considerations related to Spring interscholastic sport programs. Scheduled start date: April 19, 2021

High-risk Spring sports (Boys Lacrosse) only as permitted by the respective local health authorities (i.e., county health departments). Sections have the authority to determine a later start date.

## Baseball

The NYSDOH has determined that Baseball is a low-risk sport (greatest ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

### General Considerations:

- Only the scorekeeper shall touch/handle the scoresheet.
- Disinfect the bench/dugout prior to competition.
- The home team will be responsible for game baseballs.
  - One individual in the home dugout should be appointed to handle game baseballs which includes entering a ball into a game, collecting used baseballs, and sanitizing baseball as needed.
  - Every half inning should be started with a new or sanitized game ball; previously used game balls should be collected and sanitized immediately for re-entry into the game at a later time. Balls will be tossed to the catcher to be put back in play.
  - Umpires are not required to collect or handle game balls at any time.
- Sanitize bases after each contest.
- Suspend handshakes, fist bumps and similar gestures prior to and following the pregame conference in addition to at the conclusion of the game.
- A socially distanced plate conference with umpires and head coaches will be conducted for game/ground rules, etc.
  - Each team shall provide the umpire a lineup card; teams may exchange paper lineups at the plate conference or make arrangements prior to the game to share lineups (examples; teams post lineups in dugout, send a digital photo, etc.)

### Considerations for Umpires:

- Bring personal hand sanitizer.

- Wash hands frequently.
- Do not share equipment.
- Follow social distancing guidelines.
- Gloves are permissible.

#### **Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Considerations for Students:
  - Consider making each student responsible for their own equipment and 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.
  - Bring your own water bottle.
  - Students should minimize or limit blowing on hands, licking fingers, spitting on hands or engaging in similar actions during a game.

#### **Considerations for Parents:**

**As Per Section VI and ECIC office each athlete will be allowed 2 spectators. Each spectator will be issued a pass.**

- Provide personal items for your child and clearly label them.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation),

Responsible Parties must limit spectators to no more than two spectators per player or the State’s social gathering limit, which is 100 or fewer people in indoor non-residential settings and 200 or fewer people in outdoor non-residential settings, as of March 22, 2021. Responsible Parties may determine which spectator limit – two per player or the social gathering limit – facilitates compliance with health and safety protocols for their specific sports and recreation event. (Pg. 5)

- Spectators should not congregate around the dugouts.

NOTE: Approval of a revised pitch count for the 2021 season will be requested on April 9th

# Softball

The NYSDOH has determined that Softball is a low-risk sport (greatest ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

## **General Considerations:**

- Only the scorekeeper shall touch/handle the scoresheet.
- Disinfect the bench/dugout prior to competition.
- The home team will be responsible for game balls.
  - o One individual in the home dugout should be appointed to handle game balls which includes entering a ball into a game, collecting used game balls, and sanitizing balls as needed.
  - o Every half inning should be started with a new or sanitized game ball; previously used game balls should be collected and sanitized immediately for re-entry into the game at a later time. Balls will be tossed to the catcher to be put back in play.
  - o Umpires are not required to collect or handle game balls at any time.
- Sanitize bases after each contest.
- Suspend handshakes, fist bumps and similar gestures prior to and following the pregame conference in addition to at the conclusion of the game.
- A socially distanced plate conference with only the umpires and head coaches will be conducted for game/ground rules, etc.
  - o Each team shall provide the umpire a lineup card; teams may exchange paper lineups at the plate or make arrangements prior to the game to share lineups (examples: teams post lineups in the dugout, send a digital photo, etc.).

## **Considerations for Umpires:**

- Bring personal hand sanitizer.
- Wash hands frequently.
- Do not share equipment.
- Follow social distancing guidelines.



- Gloves are permissible.
- Umpires will not be required to check the player's equipment prior to the game. Umpires, instead, will ask the head coach if players are legally equipped and if they will remain so throughout the game. (Waiver of USA Softball Rule approved by NYSPHSAA Officers 3-3-2021)

#### **Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “cohorts” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

#### **Considerations for Students:**

- Consider making each student responsible for their own equipment and 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.
- Bring your own water bottle.
- Students should minimize or limit blowing on hands, licking fingers, spitting on hands or engaging in similar actions during a game.

#### **Considerations for Parents:**

- Provide personal items for your child and clearly label them.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), Responsible Parties must limit spectators to no more than two spectators per player or the State's social gathering limit, which is 100 or fewer people in indoor non-residential settings and 200 or fewer people in outdoor non-residential settings, as of March 22, 2021. Responsible Parties may determine which spectator limit – two per player or the social gathering limit – facilitates compliance with health and safety protocols for their specific sports and recreation event.
- Spectators should not congregate around the dugouts.

# Tennis

Tennis The NYSDOH has determined that tennis is a low-risk sport (greatest ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

## General Considerations:

- Maintain social distancing when changing ends.
- Consider spraying tennis balls briefly with a disinfectant spray (e.g., Lysol or Clorox) at the conclusion of play. Using new balls on a regular basis is encouraged.
  - When possible, consider using one separate can of balls per player per match.Players should serve their own tennis balls throughout the match.
- Tennis practice equipment should be touched only by the coach and should be cleaned frequently. Use alcohol-based disinfectant to clean all tennis gear, including racquets, towels, target cones, ball machines, etc.
- Consider using a ball machine for giving lessons. Using ball tubes and basket pickups to pick up loose balls after a ball machine rotation also limits contact.
- Avoid using unnecessary equipment such as throw-down lines.

## Considerations for Officials:

Officials are responsible for match management, which does not include monitoring activities on the sidelines, such as social distancing, face coverings, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the responsible parties.

- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- Do not shake hands and maintain social distancing guidelines during pre and post-match ceremonies. Considerations for Coaches:
  - Communicate your guidelines in a clear manner to students and parents.
  - Consider conducting workouts in “cohorts” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
  - Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Considerations for 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.

- Bring your own water bottle.
- Use the racquet/foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls.
- If a ball from another court comes to you, send it back with a kick or with your racquet.

Considerations for Parents:

- Provide personal items for your child and clearly label them.
- Spectators should not congregate around a court without maintaining social distancing.

In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), Responsible Parties must limit spectators to no more than two spectators per player or the State's social gathering limit, which is 100 or fewer people in indoor non-residential settings and 200 or fewer people in outdoor non-residential settings, as of March 22, 2021. Responsible Parties may determine which spectator limit – two per player or the social gathering limit – facilitates compliance with health and safety protocols for their specific sports and recreation event.

## Track & Field

(Outdoor) The NYSDOH has determined that track & field is a low-risk sport (greatest ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

### Rule Changes:

- Rule 5-10-5 Current rule: The baton is the implement which is used in a relay race and is handed by each competitor to a succeeding teammate. Gloves are not permitted in relay events. o NYSPHSAA has elected to permit the use of sanitary gloves for this year (2020-21). (waiver of NFHS Rule approved by NYSPHSAA Officers 11-16-20)
  - o It is recommended that schools bring and use their own batons, and not share them with other schools.
- Rules 6-4-11 and 6-5-24: Vertical jumpers may complete all three of their jumps consecutively with three (3) minutes being permitted for each jump. (waiver of NFHS Rule approved by NYSPHSAA Officers 11-16-20)

### General Considerations:

Discus and Shot Put should enforce social distancing for all athletes and officials.

- o To limit contact, athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws. o If athletes can't provide their own implements, then it is recommended that implements be sanitized between each use.
- Long Jump and Triple Jump should enforce social distancing for all athletes and officials.
- High Jump and Pole Vault should enforce social distancing for all athletes and officials.
  - o To lower the risk of these events, pits may be covered by a tarp that is removed and disinfected after each athlete uses it (therefore multiple tarps needed to keep the event moving) or individuals may bring their own mat or tarp for use on pits. o A disinfectant spray may also be used as an alternative to using tarps to cover but disinfecting must take place following each athlete use. o To limit contact, athletes should not share vaulting poles.
- 100M and Straight Hurdles may use every other lane to assist with distancing. o Blocks should be disinfected after each heat / race. o Baskets are not recommended at the start line for apparel.

#### **Considerations for Officials:**

Officials are responsible for meet management, which does not include monitoring activities in the facility such as social distancing, face coverings, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the responsible parties.

- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- Follow social distancing guidelines when:
  - o General Clerking
  - o Clerking at Finish Line
  - o Tabulating and posting of results
- Consider using electronic whistles.
- Do not shake hands and follow pre- and post-meet ceremony guidelines established by state associations.

#### **Considerations for Coaches:**

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

**Considerations for 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.
- Bring your own water bottle.

**Considerations for Parents:**

- Provide personal items for your child and clearly label them.
- Spectators should not congregate around the competition areas.
- In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), Responsible Parties must limit spectators to no more than two spectators per player or the State's social gathering limit, which is 100 or fewer people in indoor non-residential settings and 200 or fewer people in outdoor non-residential settings, as of March 22, 2021. Responsible Parties may determine which spectator limit – two per player or the social gathering limit – facilitates compliance with health and safety protocols for their specific sports and recreation event. (Pg. 5)

**VIRTUAL OUTDOOR TRACK & FIELD COMPETITION**

The NYSPHSAA rules which govern high school outdoor track and field competition assume that such competition will be “head-to-head” with all participants engaging in an environment that is identical and thus equitable to all. “Virtual” competition cannot provide such identical conditions, however. With that understanding, there are no NYSPHSAA rules provisions that would prohibit “virtual” competition when unique conditions, such as a pandemic, necessitate its use. The following practices and suggestions are a compilation of guidance from the NYSPHSAA to aide member schools in overseeing “virtual” competition.

- Schools shall communicate with their virtual opponent, in advance, the timing methods, venue, event specifications, entries and other details associated with a track meet so both schools Page 62 | 69 ensure equity for the competition.
- Virtual competition shall be conducted only for regular season. Sections may determine if they would like to conduct a virtual section postseason event.
- Competition for each team/school involved should take place at venues of similar nature with similar specifications for each event with special emphasis on risk minimization. Surfaces and surrounding conditions are recommended to be similar.
- The meet must be conducted under the supervision of at least one certified NFHS or state

association registered official at each venue.

- All rules regarding athlete participation and conduct should apply; technical rules for competition shall be enforced. Entries shall follow all NFHS rules for each event.
- It is suggested but not required that schools use an applicable technology to record results of each event and also have the capacity to compare against their opponents' results. The same application is recommended to be used by each school for a virtual dual meet. Suggested applications for virtual meets include, but are not limited to, Hytek, MileSplit, Athletic.net.
- It is recommended but not required to have schools compete virtually on the same day.
- Sections may determine if times and marks achieved during virtual competition qualify for a sectional or state qualifier meet. A league will decide if a virtual competition can be used to determine a league champion.
- Sections which can only conduct virtual meets during the regular season and do not have the ability to conduct a sectional or state qualifier meet may use virtual meet marks and times to qualify for a postseason event

<b>Spring Sports Offered</b>	<b>Level(s) Offered</b>
<b>Baseball</b>	<b>Varsity, JV &amp; Modified</b>
<b>Softball</b>	<b>Varsity, JV &amp; Modified</b>
<b>Girls/Boys Track and Field</b>	<b>Varsity &amp; Modified</b>
<b>Boys Tennis</b>	<b>Varsity</b>

<b>Boys Varsity Baseball</b>	<b>11/12 Boys Team Locker Room</b>
<b>Boys JV Baseball</b>	<b>11/12 Gym Boys Gym Locker Room</b>
<b>Boys Modified Baseball</b>	<b>MS Boys Gym Locker Room</b>
<b>Girls Varsity Softball</b>	<b>11/12 Girls Team Locker Room</b>
<b>Girls JV Softball</b>	<b>11/12 Gym Girl Locker Room</b>
<b>Girls Modified Softball</b>	<b>MS Girls Gym Locker Room</b>
<b>Boys Tennis</b>	<b>NA</b>
<b>Varsity Girls/Boys Track and Field</b>	<b>9/10 Boys/Girls Gym Locker Room</b>
<b>Girls/Boys Track and Field</b>	<b>MS FITNESS CENTER</b>

- **Thunder/Lightning** - All teams will have a predetermined area to use if there is thunder and/or lightning to meet physical distancing guidelines, indoor procedures must be followed at all times:

<b>Thunder/Lightning Indoor Locations Fall</b>	
<b>Boys Varsity Baseball</b>	<b>11/12 Gym</b>
<b>Boys JV Baseball</b>	<b>11/12 Gym</b>
<b>Boys Modified Baseball</b>	<b>11/12 Gym</b>
<b>Girls Varsity Softball</b>	<b>11/12 Cafe</b>
<b>Girls JV Softball</b>	<b>11/12 Cafe</b>
<b>Girls Modified Softball</b>	<b>11/12 Cafe</b>
<b>Boys Tennis</b>	<b>HS Weight Room</b>
<b>Varsity Girls/Boys Track and Field</b>	<b>11/12 Cafe</b>
<b>Girls/Boys Track and Field</b>	<b>Course Clubhouse or Other</b>
<b>Boys Varsity Baseball</b>	<b>11/12 Cafe</b>
<b>Boys JV Baseball</b>	<b>Off Site Facility</b>
<b>*Indoor- Masks must be worn at all times and maintain social distance. *</b>	