



Reopening Plan - Semester Two

***Note Spring Break is March 29 - April 5**

[PGCPS ATHLETIC HANDBOOK](#)

The Office of Interscholastic Athletics continues to keep safety first while we initiate a modified reopening plan of a winter virtual session, fall conditioning season and a spring competitive season.

The winter virtual session will start on February 17 through March 19, 2021. We are tentatively working towards adding a short conditioning session at the end of the spring season. This is not definite at this time.

The fall season will begin virtually, on March 1, 2021 to prepare athletes for the in-person conditioning on March 10 through **March 26, 2021**. One day each week will focus on senior athletes only and four days will focus on selected athletes for conditioning/skill workouts. All practices will be held outside and will be canceled for inclement weather. Each workout session will have pods of 10 athletes maximum. Teams will be permitted to hold two pod practices per day with 30 minutes between each practice. This will give time for the first pod to leave the school premises.

Due to the loss of the spring season last year, the spring season will start April 6 through May 29, 2021. The dates will include the state required 20 practice days and will then start an in-county only competitive schedule from Monday through Saturday. This season will not include spectators or post season championships.

Requirements: A complete guide for athletics during COVID will be available on the PGCPS Athletic website.

- Athletes must have a 2.0 GPA from 2nd quarter report card
- Athletes must attend school during the school day either in the hybrid model or virtually. Attendance will be monitored for both models.
- Athletes must have a physical before the start of each season [Physical Form](#)
- [Pre-screening](#) required before each practice (coaches and trainers), QR Form.
- Temperatures will be taken at start of practice
- Any athletes not feeling good must report to the coach/AD
- No spectators during practices or games
- Specific drop off and pick up areas will be designated
- Masks at all times (supplied by athletes)
- Social distancing will be enforced
- No locker room access - no building access unless an emergency



- Personal items (water bottle, towels, etc. supplied by athletes)
- Inclement weather may lead to cancellations. **ADs will make the decision.**
- Port a Johns will need to be available at schools that do not have outdoor restroom facilities

Reopening Informational Virtual Meetings	Date
AD Training	February 17, 2021, 12:30pm*
AD/Coaches - Fall COVID Training	February 25, 2021, 4:30 pm
Parents/Students - Spring COVID Training	March 2, 6:00pm
AD/Coaches - Spring COVID Training	March 16 and March 18, 4:30pm
Athletic Directors - Walk Through COVID Training	March 24 (Rain Date March 25) 12:00pm Site: Charles Herbert Flowers

Tentative Dates for Winter Virtual Season/Fall and Spring Seasons

Seasons	Sports	Virtual Start Date	Virtual End Date	Action Plan
Winter Virtual	G/B Basketball, Indoor Track, Wrestling, Swimming, Corollary Sports	February 17, 2021	March 19, 2021	Virtual engagement only
Virtual Fall Sports	Organize pods	March 1, 2021	March 5, 2021	Virtual engagement to prepare for in-person conditioning
Fall-In Person Pods of 10 or less per team (two coaches per session)	Football, Girls/Boys Soccer, Volleyball, Cross Country, Golf, Cheerleading Outdoor Only	March 10, 2021	March 26, 2021	No more than 5 days a week *1 day Senior Development (No weekends/holidays) 2 sessions per day not to exceed 3 hours
	Sports	First Practice Date	First Play Date	Last Play Date
Spring Season In-Person (See roster limitation chart below)	Girls/Boys Outdoor Track, Tennis, Corollary Bocce, Baseball, Softball, Boys/Girls Lacrosse Outdoor Only	April 6, 2021 20 calendar days conditioning	April 26, 2021 competition begins	May 29, 2021

Note: Football - no helmets or pads; only use step over bags, shields, cones and footballs
Cheerleading - no stunts - 6 ft. apart



COACHES - NO IN-PERSON OR FACE-TO-FACE CONTACT OUTSIDE OF THE SCHEDULED DATES FOR FALL AND SPRING SEASONS.

SPRING TRYOUTS/ROSTER LIMITATIONS:

Sport	Student Limit per Tryout Session (3 hours maximum)	Coach Limit	Manager Limit
Baseball	18	3	2
Softball	18	3	2
Tennis	10 per gender	2	2
Outdoor Track/Field	20 per gender	4	2
Lacrosse (girls & boys)	25	3	2
Outdoor Bocce Ball	8	2	1

Overview:

As we begin our various phases in our reopening plan, the following considerations should be considered for ALL SPORTS:

- All individuals [coaches, student-athletes, officials, and other athletic personnel] must complete a [Daily Personal Health Assessment](#) prior to practices or athletic contests.
- If your temperature is 100.4° or higher, an individual is showing symptoms or is sick, they should stay home.
- Cover your mouth and nose with a tissue when coughing or sneezing. Adhere to school adopted plans if you begin to show symptoms.
- Regularly and thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol. An emphasis will be established for all participants about the importance of washing hands or using hand sanitizer before, during, and after competitions.
- Schools are recommended to ensure that your facilities have been properly sanitized and have hand sanitizer and disposable masks readily available for practices and contests.
- Clean and disinfect frequently touched surfaces and equipment including balls. (Please use recommendations by the ball manufacturer)



- Social distancing of at least 6 feet should be maintained at all times, where feasible. No hugging, high fives, shaking hands, or fist bumps for support/encouragement. Social distancing should be maintained during the National Anthem and on sidelines. Outdoor sports will extend bench areas to permit social distancing. Indoor sports will use bleachers or multiple levels of seating to ensure social distancing.
- Individuals are required to wear face coverings in accordance with the CDC/Maryland Health Department. Coaches, athletes and spectators (if permitted) must wear face coverings, unless they are actively engaged - e.g. participating in the game outdoors or indoors.
- Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but must wear face coverings when on the sidelines, in the dugout, etc. and anytime 6 feet of social distancing is not possible.
- There will be a hydration plan established with a check-in station before going to practice for all programs in season. Each school will provide the location of the check-in station in the EAP. Athletes are required to bring their own water.
- Directions will be sent to visiting teams to ensure they have safe access to facilities, provide water and ice for injuries to student-athletes and coaches in a safe manner.
- If a positive COVID-19 case is determined, follow their school safety plans, Department of Health, CDC, and local health guidelines in determining the plan of action.

Preparation: (support/equipment needed to start sports)

Persons Responsible

- Coordinating Supervisor and Supervisor of Interscholastic Athletics
- Athletic Directors
- Principals and Athletic Asst. Principal (Admin. for games)
- Athletic Coaches
- Athletic Trainers
- Building Services (including building supervisors)
- Risk Management
- Health Services
- Transportation



Budget Priorities

- PPE - extra masks, thermometers, including specialized mask for football teams and lacrosse
- Cleaning/Disinfecting Supplies
- Clear Gear
- Field maintenance
- Transportation - (buses shuttle)
- Full Coaching Staff- (varsity and jv coaches)
- Signage (distancing, wearing masks, washing hands, etc.)
- Washer Machines and Dryers functioning at all schools
- Ice Machines
- [AP 0416 MRSA](#), [Attachment 1](#), [Attachment 2](#), [Attachment 3](#)
- [CDC New COVID Guidelines for Schools K-12](#)
- Medical Tent for each school

Supervisors/Athletic Directors Priorities

- All Coaches and personnel
- Coaches Training - [NFHS Covid Course](#) and all required courses
- Opioid Training
- Emergency plans (including COVID cases)
- Cleaning/Disinfecting Supplies/inventory management
- PPE supplies/inventory management
- Practices/competition-COVID safety protocols
- Team rosters and competition rosters (requirement of team numbers)
- No JV teams, spectators, winter cheer, bands
- Practice Schedules for safety (no open gyms or conditioning during seasons)
- Secure transportation for teams (safe distancing on buses)

CONSIDERATIONS FOR ATHLETIC DIRECTORS:

Prior to Tryouts

- Athlete Registration & Athlete Physicals completed/filed ([Health and Safety Recommended Forms and Resources - Membership Services](#))
- COVID Statement & Parent Agreement Form
- COVID Screening MPSSAA Sheet
- The Interscholastic Athletic Office will provide some PPE supplies.
- Purchase Clear Gear Disinfectant or similar disinfectant Hand Washing/ Sanitizer.
- Purchase thermometers (non-contact infrared) *Golf, Swimming, other off site sports will have their own device. (3-4)
- Purchase limited amount of disposable masks in case student, coach forget their mask
- Roster: Coaches are to select their roster 9-12 Grade for 1 team Varsity only.



CONSIDERATIONS FOR COACHES:

All coaches will become an extension of the Athletic Department and PGCPS Administration. It is imperative that coaches communicate the policies and procedures on a regular basis. Coaches must communicate with students and parents the guidelines for practice and game day expectations in a clear manner. It will be the responsibility of the coaches to have practice and game day set-up ready prior to practice/games.

It is recommended that workouts be 3 hours or less and rotate students in practice to ensure more limited exposure if someone develops an infection. Coaches must keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed. Coaches must limit game day to 10 coaches and 2 managers for social distancing purposes. Coaches will be required to wear proper coaching attire per weather conditions as well as face covering. Coaches should bring their own water bottle(s) and follow established guidelines for hydration.

CONSIDERATIONS FOR STUDENT-ATHLETES:

All athletes must wear a mask to enter practice. All student-athletes will be required to bring the following supplies for practice and game day settings. Students should wear their own appropriate workout clothing and not share clothing. Individual clothing/towels should be washed and cleaned after every workout. Hand sanitizer should be plentiful at all contests and practices. Student-athletes will be encouraged to shower at home as quickly as possible after practice and games.

Athletes will be required to tell coaches immediately when they are not feeling well. The coach must contact their parents/guardian[s] and leave the premises immediately with their parent[s]/guardian[s]. Student-Athletes should keep their mouth guards in their mouth throughout the competition. If the mouth guard is taken out proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should also be washed or disinfected before doing so. Student-athletes are encouraged to develop healthy habits including, but not limited to, a balanced diet, adequate sleep, and proper hydration. Healthy eating and attention to hydration is especially important for student-athletes to enhance training capacity and reduce the risk of illness and injury. A holding area for an athlete not feeling well, will be directed to a designated holding area available at each practice site. Parents will need to leave the premises after the athlete is dropped off and return 15 minutes prior to pickup. A parent pickup area will be established.

Bring and use your own water bottle. High school athletes are at increased risk for dehydration. It is important that they drink enough fluid before, during and after practice and competition. Student-athletes should follow established [Guidelines for Hydration](#).



Athletes Checklist (Possible Google Form)

- Athlete Registration Checklist
 - Completed Physical
 - Permission Slip
 - Medical Card
 - Publicity Release
 - Parent/Student Concussion
 - Heat Acclimatization
 - Sudden Cardiac Arrest
 - COVID Statement & Parent Agreement Form
 - Student/Parent Contract

Practice Protocol

- Designated check in area for athletes. A central location will be designated close to the drop off site. Schools will set up “check-in” based on their facility logistics. Once cleared, the athlete will report to practice location. Athletes who do not clear check-out must be sent back home. The coach must contact their parents/guardian[s] and leave the premises immediately with their parent[s]/guardian[s]. A holding area for an athlete not feeling well, will be directed to a designated holding area available at each practice site.
- Check in Process includes;
 - Temp Checks - ATC's (100.4°)
 - [Daily Personal Health Assessment](#) QR form
 - Athletes will provide their own water bottle & sports bag.(possible 1 Gallon)
 - Athlete Equipment checklist (i.e. water bottle, bag, mask)*part of the check in process.

General Practice Guidelines

- Family/Parents cannot view or attend practice.
- Practice will be 3 hours or less.
- Follow Coach/Athlete Ratio 1:10
- Set up gym/field, practice site to follow social distancing guidelines; i.e. cones for stations.
- Equipment will be sanitized
- Sanitation/Hand washing station.
- Hydration Refill Station will be monitored.
- Update Emergency Action Plan (EAP) to reflect COVID
- Locker Room Use (if permitted) will be limited to social distancing guidelines.
- Departure & Student Pick up- maintain social distance & pick up on time.
- Athletes that become ill during practice must be picked up immediately. Designated isolated area.
- Tryout Process- for large teams, tryouts will be held on multiple days and split by grade level (to be determined by each school)



CONSIDERATIONS FOR TRYOUTS/ROSTER LIMITATIONS:

Sport	Student Limit per Tryout Session (3 hours maximum)	Coach Limit	Manager Limit
Baseball	18	3	2
Softball	18	3	2
Tennis	10 per gender	2	2
Outdoor Track/Field	20 per gender	4	2
Lacrosse (girls & boys)	25	3	2
Outdoor Bocce Ball	8	1	1
Unified Track	Limit of 20	2	1

If you have over the allotted student limit in the chart run your tryouts as follow:

- All athletes must have a 2.0 based on 2nd Quarter report cards to participate in tryouts.
- One hour tryout session.
- Minimum three days of tryouts; maximum five days.
- Team selection is up to the coach's discretion.
- Final roster must be submitted to Athletic Director's by April 13, 2021.
- Eligibility must be submitted to Shirley Diggs by April 19, 2021.

Athletic Directors should coordinate their practice times with their teams and then submit it to Shirley Diggs one week prior to tryouts.

NO INDOOR PRACTICES IN THE EVENT OF RAIN. ATHLETIC DIRECTORS WILL MAKE DECISION ON CANCELATIONS FOR INCLEMENT WEATHER.

FAQ:

1. Do students have to ride the bus to and back from games? **YES**
2. Temperature check = 100.4? **IMMEDIATELY SENT HOME**
3. Can sports continue after the end date? **NO**
4. Can coaches have 2 athletes to 1 coach workouts? **NO**
5. When will ADs send out the QR Code for the form? **BY 2:00 everyday.**
6. Will practice check-in close? **YES, will close 30 minutes after the designated start time.**
7. **COACHES - NO IN-PERSON OR FACE-TO-FACE CONTACT OUTSIDE OF THE SCHEDULED DATES FOR FALL AND SPRING SEASONS.**



CONSIDERATIONS WHEN HOSTING A COMPETITION:

When hosting a competition, it is essential that administrative coverage and school security is present at all games to assure an extra layer of security to maintain safety at all events. If administration is not available, make sure to have an administrative contact (cell number and email address) for all events. Athletic Directors will communicate ahead of time with the incoming schools and officials about procedures, policies and guidelines.

Examples to be covered include but not limited to, the following:

- Parking, where to enter facility
- What equipment should the visiting team bring
- Water availability
- Bench area seating (how many players can be accommodated to maintain social distancing)
- Locker room availability and resources may be limited
- Emergency action plans
- How will game day paperwork be handled (electronic exchange of information is preferred)
- Air horn provided at the site

It is imperative that facilities have been properly sanitized before the visiting team has arrived. Hand sanitizer and disposable masks readily available [if possible]. Clean and disinfect frequently touched surfaces and equipment including balls.

If someone in the competition area proves to be positive of COVID, the team and all others present in the respective area will shut down and quarantine for the 14 days.

Guidelines Positive Case

CONSIDERATIONS WHEN TRAVELING TO A COMPETITION:

When traveling to a competition, the Athletic Director and Head Coach will communicate with the host school prior to the competition to discuss plans. Additionally, the visiting teams will follow all policies and guidelines the host school has communicated.

The visiting team will bring their own medical supplies and conduct a checklist to assure all items are in medical kits. Coaches will have a digital and hard copy of student-athlete medical cards as well as a digital copy of the emergency action plan. The coaches will activate the COVID Emergency Action Plan (EAP) for any athlete showing symptoms as visiting site.



GATHERING LIMITATIONS:

All sports-related activities must adhere to the gathering limitations set forth by the County Executive and PGCPS CEO. Prince George's County Public Schools will not allow any spectators at any events at this time. All individuals present at the facility at which such activities are held count towards gathering limitations and must comply with face covering order and social distancing guidelines.

CONSIDERATIONS FOR MEDIA:

In order to assure we have some type of coverage for the games since spectators will not be allowed at this time, media will be counted toward the gathering limitation [if permitted]. The media will have to register to attend the event prior to attending to make appropriate arrangements for attendance. Media members should complete a personal health assessment daily. If their temperature is 100.4° or higher, an individual is showing symptoms or is sick, they should stay home.

Media are required to wear face covering and will be restricted to areas outside of the team areas. Interview requests must be established prior to game day and will be accommodated only if social distancing protocols can be followed. Interviews [if permitted] will occur outside only. Press box will not be available for Media at any time.

CONSIDERATIONS FOR GAME DAY WORKERS:

All game workers will assist the Game Manager/Athletic Director with game day operations. The individuals will be required to wear face coverings at all times.

OFFICIALS' GUIDELINES WHEN RETURNING TO OFFICIATE:

To assure we have fair play and safety for all, officials will have to adhere to subsequent policies and procedures. Officials are not responsible for monitoring activities on the sidelines, such as social distancing, hand washing, symptoms of illnesses and other such issues. This monitoring obligation remains with the coaching staff and school personnel. Officials will be assigned to each game by their respective assigning boards. Officials will be encouraged to bring their own hand sanitizer and change prior to coming to the event [in the event a changing area is not available].



GENERAL OFFICIAL GUIDELINES:

Officials will be required to complete a personal health assessment daily. If their temperature is 100.4° or higher, an individual is showing symptoms or is sick, they should stay home. "Vulnerable individuals" are defined by CDC as people 65 years and older and others with serious underlying health conditions. Officials fitting this description may wish to seek medical advice prior to returning to officiating.

Upon arrival at the host site and throughout the contest, wash and sanitize your hands frequently. Maintain social distancing of 6 feet at all times, including while in the locker room and/or on the court/field. Bring your own water bottle or rehydration beverages.

Once the contest begins, avoid conversations within 6 feet with coaches. It is recommended that they wash their hands frequently. Face coverings are recommended for officials. Coverings must be worn when entering the host site and while inspecting the field/court prior to the contest unless social distancing can be maintained while doing so.

Use a mask when communicating verbally within 6 feet of others.

Upon conclusion of the contest, leave the contest area and do not interact with others.

Officials must pay special attention to playing rules that require distances between players during play.

It is recommended that officials refrain from spitting on indoor and outdoor facilities. Gloves may be worn by contestants. Bring your own towels and hygiene materials

Maintain distance from players if an altercation occurs and minimize the times you are within 6 feet of others.

Be aware of the location of medical personnel while you are on school property.

Limit the exchanging of documents between yourself and others.

OFFICIALS' TABLE:

The official table will be limited to essential personnel, including the home team scorer and timer, with a recommended distance of 6 feet between individuals.

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.



PREGAME AND POSTGAME CEREMONY:

During COVID restrictions, the following procedures must be followed:

- No shaking hands during pre or post games.
- Traditional pre-game introductions should not take place.
- All players, managers and coaches on the sideline must wear masks at all times.

Appendices: General Considerations for

Spring Sports

- Boys/Girls Tennis
- Boys/Girls Outdoor Track
- Baseball
- Softball
- Boys Lacrosse
- Girls Lacrosse
- Outdoor Bocce



Return to Competition: General Considerations for Tennis

SPORT: Tennis

SPORT REP: Robert Vinson

The NFHS has determined that Tennis is moderate risk (sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.)

*Tennis could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants.

TENNIS MATCH CONSIDERATIONS:

PRE-MATCH CONFERENCE:

- Limit attendees to any pre-match conference between athletes and coaches. Make sure to maintain social distancing of 6 ft.

TEAM AREAS:

- Make sure team personnel observe social distancing of 6 ft.

DURING MATCHES:

- Between points, use your racquet or foot to advance the tennis balls back to your opponent. Also, avoid using your hands when returning balls to another court.
- Maintain physical distancing if changing ends of the court.
- Avoid touching your face after handling a ball, racquet or other equipment.
 - Wash your hands promptly if you have touched your eyes, nose or mouth.
- When playing doubles, coordinate with your partner to maintain physical distancing, where possible.
- Wash your hands thoroughly or use a hand sanitizer before, during (between sets), and after play.
- Clean and wipe down your equipment, including racquets and water bottles. Use new balls and a new grip, if possible.
- Use only your own towels and water bottles. Avoid sharing food and touching common surfaces such as court gates, fences, benches, etc.



TENNIS BALLS:

- Although unlikely, it's possible that a tennis ball can transmit the COVID-19 virus, as virtually any hard surface can transmit the disease. Here is an extra precaution you can take to keep safe when playing tennis, if feasible:
- Use four or six tennis balls.
- Open two cans of tennis balls that do not share the same number on the ball. Take one set of numbered balls, and have your playing partner take a set of balls from the other can. (Have one player mark their balls for easier identification.)
- Proceed with play, making sure to pick up your set of numbered balls only. Should a ball with the other number wind up on your side of the court, do not touch the ball with your hands. Use your racquet head or feet to advance the ball to the other side of the court.



Return to Competition: General Considerations for Outdoor Track

SPORT: Outdoor Track

SPORT REP[s]: Kenneth Washington and Bryan Brown

Outdoor Track and Field Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Track and Field Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Return to Competition

General Considerations:

- SP, DT, JT should enforce social distancing for all athletes and officials.
 - To limit contact: athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws.
 - If athletes can't provide their own implements, then it is recommended that implements be sanitized between each use.
- LJ, TJ should enforce social distancing for all athletes and officials.
- HJ, PV should enforce social distancing for all athletes and officials.
 - To lower the risk of these events, meets can cover pits by a tarp that is removed and disinfected after each athlete (therefore multiple tarps needed to keep the event moving).
 - To limit contact: athletes should not share vaulting poles.
- Sprint, Hurdle, relay events run entirely in lanes, may use every other lane to assist with distancing.
 - Blocks should be disinfected after each heat / race.
 - Recommend not using baskets at the start line for apparel.

- Recommendations for students to wear a cloth facial covering when not actively competing.
- Middle Distance and distance races on the track of 800m and longer (any event not run entirely in lanes) are considered moderate risk activities if conducted under normal circumstances.



Possible Rule Change Considerations:

- 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.
 - States may permit the use of gloves for this year.
 - Schools can bring their own batons, or they should be disinfected after each heat/race.

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 state associations.
- Officials personnel may always wear cloth face coverings.

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.
- Athletes should tell coaches immediately when they are not feeling well.
- Cloth face coverings are permitted. Bring your own labeled water bottle.



Return to Competition: General Considerations for Baseball

SPORT: Baseball

SPORT REP: Donald Cleveland

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Baseball Rules Committee offers this document for state associations to consider whether any possible rules could be altered. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Return to Competition

General Considerations:

- Have hand sanitizer and wipes available at the field.
- Wash stations or sanitizer at each dugout.
- No one touches the score sheet except the scorer.
- Disinfect the bench/dugout prior to competition.
- Not allowing fans. Everyone wears masks at the ballfield.
- Stagger seating of fans. Check the fans' temperature prior to admission.
- Minimize the number of spectators.
- Each team provides sanitized balls (bucket) while on defense.

o Have a bucket of "dirty" balls available so they can be sanitized after the game. Sanitize bases after each contest.

Considerations for Coaches:

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

Considerations for Players:

- No seeds, gum or spitting.
- Players must clean and sanitize equipment after each game
- Social distancing on the bench and/or dugout.
- No sharing of water bottles. No sharing of batting helmets.
- No sharing of catcher's equipment.
- No sharing of bats. Sanitize all equipment after each game.
- No physical contact.



- Eliminate handshakes post game.
- Eliminate handshakes with coaches/umpires pre-game.
- Evaluate pre-existing health conditions.
- Carry hand sanitizer.

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

Considerations for Umpires:

- Bring personal hand sanitizer. Wash hands frequently.
- Don't share equipment.
- No touching of baseballs.
- No line-up card exchange.
- The umpire-in-chief should wear a face mask behind the plate.
- Clean equipment after each game. Follow social distancing guidelines.
- Consider six feet minimum distance when talking to others (players, coaches, other umpires) at plate meetings.
- Do not shake hands and follow pre and post-game ceremony guidelines established by state associations.
- Evaluate pre-existing health conditions.



Return to Competition: General Considerations for Softball

SPORT: Softball

SPORT REP: Luanne Smith

Softball Rule Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Softball Rules Committee offers this document for state associations to consider whether any possible rules could be altered. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

1. Softball Rule Considerations

Face Shields (1-7-1, 1-8-4) - Per guidance from the NFHS Sports Medicine Advisory Committee, Plastic shields covering the entire face (**unless integrated into the face mask and attached to a helmet**) shall not be allowed during contests. Their use during practices increases the risk of unintended injury to the person wearing the shield or teammates.

Additional Equipment (1-8): Cloth facial coverings are recommended but not required. Facial coverings must be of one color, not distracting, and no designs. Pitchers cannot wear optic yellow cloth facial coverings.

Pregame Conference (2-14-2): Limit attendees to one coach from each team plus the umpires. Coaches should stay outside the width of the batter's box at home plate, maintaining 6 feet of distance between each person.

Substitutions: (3-3-3): The verbal exchange should occur 6 feet from the coach to scorer and opposing team when making lineup changes.

Coaching (3-5-1 NOTE): Umpires do not handle equipment on the field during play. Contact with the game balls should be as limited as possible. There are several strategies to protect the student athlete from cross contamination due to exposure to game balls. It is recommended each state choose a strategy that best fits their specific circumstances.

Coaching (3-5-3, 3-6-14): Coaches who wish to discuss a rule or a ruling on the field must maintain at least 6 feet of physical distance from the umpire.

Coaching (3-5-2): Base coaches must stay 6 feet from a runner at all times after suspension of play.

Bench and Field Conduct (3-6-6): Players are not permitted to leave the dugout area to congratulate players when scoring or after home runs. The number of individuals in the dugout is dependent on the size of the dugout. Players and coaches must maintain 6 feet of social distance.



NFHS rules allow for dugouts/designated warm up areas to be extended to provide for social distancing.

Charged Conferences (3-7-1, 3-7-2, 3-7-3): Coaches holding defensive conferences must stay on the home plate side of the pitcher's circle and the player or players must be on the opposite of the pitcher's circle maintaining the 6 feet distance. No more than 2 players plus the pitcher is allowed. Only one coach is permitted during the conference. If a coach visits the pitcher, all other players should stay outside the pitching circle.

Exchange of Lineup Cards (4-2-1b): Lineups should be handed to the umpire, and the umpire will verbally approve or ask any questions about the lineup. Recommended for lineup cards exchanged team to team and teams to scorekeeper to be shared via photo or text.

Infractions By the Pitcher (6-2-2): Prohibit licking of fingers and wiping them off. Pitchers are not allowed to put their hands to their mouths or blow into their hands prior to pitching the ball. This will be a "no pitch." Any umpire is permitted to make this call. The ball should be called dead immediately and it will be a "no pitch." Ball goes to the dugout for sanitizing, pitcher sanitizes hands before play continues.

Plate Umpire (10-2-1): Plate umpire should stand deeper than normal to call balls and strikes.

Equipment and Apparel (10-4-2): Cloth facial coverings are recommended but not required. Must be of one color and not distracting and no designs. Umpires may wear disposable gloves and masks.

2. Softball Umpires Manual Modifications

Mechanics Sections 3, 4b and c

Base umpires should maintain 6 feet from any player as a starting position when rotated and/or counter rotated.

Section 2E

Keep the catcher and batter at a 6-foot distance when dusting off the plate



Return to Competition: General Considerations for Boys Lacrosse

SPORT: Boys Lacrosse

SPORT REP: Carlos Pettigrew

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Boys Lacrosse Rules Committee offers this document as guidance on how state associations can consider modifications to the NFHS Boys Lacrosse Rules Book. The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Phase 3 – High Risk Sports Return to Competition

- 1. Boys Lacrosse Rules Book Modifications The Field (1-2-7):** The Scorer's Table. Provide adequate spacing for 6-foot social distancing between individuals.
- 2. Boys Lacrosse Rules Book Modifications The Field (1-2-8):** Players' and Coaches' box. Extend the players' and coaches' box to the endline to ensure proper social distancing.
- 3. Boys Lacrosse Rules Book Modifications Player Equipment (1-9-2):** Optional Equipment, Face Shields and Masks - Clear, molded, and non-rigid face shields approved by the helmet manufacturer are allowed. Masks may be worn, but not required.
- 4. Boys Lacrosse Rules Book Modifications Players, Coaches, and Other Game Personal:** Overall Suggestion. Coaches and officials should attempt to maintain social distancing whenever possible during a game including stick checks, official's meetings, etc.
- 5. Boys Lacrosse Rules Book Modifications Time of the Game (3-1-1):** Time Reduction. Reduce the time of the game to 10 minutes per quarter.
- 6. Boys Lacrosse Rules Book Modifications Facing Off (4-3-1, 2, and 3):** Starting Play with Facing Off. Consider only performing the faceoff during the beginning of the game and at the beginning of the third quarter. If necessary, at the beginning of overtime play. If reduced faceoffs are implemented, then alternating possession shall be used.
- 7. Boys Lacrosse Rules Book Modifications Penalty Enforcement (7-1-1):** Procedure. If there is a violation, blow the whistle quick and award ball.



Points of Emphasis and Pre/Post Game Considerations

Pregame equipment checks should be conducted after the players have placed their equipment on the field and left the field. Officials then may inspect the equipment and blow the whistle to alert the teams to get their equipment and find the results of the equipment check.

Pregame

- No equipment inspections prior to the game – Goalkeepers (new NOCSAE guideline) or field players.
- Masks for coaches and officials during coach meetings/certification.
- No line up. Coaches to relay information to their teams.
- No meeting with faceoff players (if performed).
- Meeting with Captains: One captain for each team, official wears a mask, captains stay apart, official shows coin result to each captain.
- Officials should wear a mask when instructing table personnel. Table personnel should wear masks.
- Minimize table personnel – official scorer and timekeeper, visiting team personnel should be at their team bench and not at the table. Extend the table if needed.
- Team bench areas should be more clearly marked to remind players of proper location.

Postgame

- No handshakes.
- Teams stay in their team areas, no running onto the field for dog piles



Return to Competition: General Considerations for Girls Lacrosse

SPORT: Girls Lacrosse

SPORT REP: John O'Hara

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS/USL Girls Lacrosse Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Return to Competition

1. Girls Lacrosse Rules Considerations

o Pre-Game Meeting (3-5-3)

- Limit attendees to one coach from each team and lead official. Ensure the pre-game meeting is away from the sideline and all individuals maintain a social distance of 6 feet. Mask use by coach and official is recommended during the meeting.
- Suspend the use of the coin toss. The visiting team will start with possession and the home team will choose a goal to defend.
- Eliminate handshakes following the pre-game meeting and at the conclusion of the game.

o Equipment and protective clothing (2-4-1, 2-7-3, 2-9-5)

- Players and officials may wear cloth face masks, gloves, and long undergarments.
- Pre-game stick and equipment checks will be completed by one official per team. Each team will place their sticks on their restraining line during pregame meetings. One official will check sticks per team. Recommend glove use by the officials for stick checks. Players return to collect their own stick after the pregame check is completed.

o Table Personnel (3-6-1, 3-7-1)

- Limit to essential personnel only at the table. Statisticians or visiting scorer personnel are not essential. Home team scorer and timer are essential.

o The Draw (5-2)

- Alternate start at the center with draw positioning to start each half and after goals. This is not alternate possession (AP) and does not impact AP for penalty administration during the game. The start of play is on the whistle for these starts. No other changes to player positioning rules.
- The goalie should roll or throw the ball to the official after a goal.

o 8 Meter Positioning (10-1 PENALTIES 4)



- Only one player per hash on 8-meter setup, the existing rule that allows the defense to adjacent hashes remains in force.

o Substitution and Sideline Protocol (1-1-4h thru I, 4-7-3, 4-7-4)

- Ensure that players substituting, coaches, and the table personnel are maintaining social distancing.
- Split sub box so that each team subs in from their own half of the sub box.
- If available, recommend that a penalty area be marked off that allows social distancing between penalized players, substitutes, and the table personnel.

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