

Maryland Public Secondary Schools Athletic Association (MPSSAA)



Fall Sport Bulletins

ORGANIZED 1946

MEMBER OF THE
NATIONAL FEDERATION OF
STATE HIGH SCHOOL
ASSOCIATIONS



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TABLE OF CONTENTS

Section I - General Information

General Considerations for All Sports	3
General Considerations for Contest Officials	6

Section II Fall Sport Bulletins:

Cross Country	9
Field Hockey	12
Football	16
Golf	21
Soccer	24
Volleyball	28



MPSSAA Bulletins

2020-2021

This publication contains information pertaining to state competition, health and safety information, sport and rule accommodations to mitigate risks, and culminating events. This section is divided into two sections. The first section contains information pertinent to all sports. The second section contains the particular rules for each sport.

It is each school and school system's responsibility to read and follow the guidelines provided in this publication.

I. Responsibilities of Local School System (LSS) and Member Schools

- A.** LSS shall compete within defined competition timeframes as well as determined systemwide out-of-season options to make respective LSS decisions regarding interscholastic athletic and extracurricular activities.
- B.** LSS should utilize the [Covid-19 Guidance for Maryland Schools](#), [Maryland Department of Health metrics](#), and local health department guidance to determine the extent of participation in their respective LSS.
- C.** LSS should utilize daily screening based on their respective educational agency decisions on screening. Guidance on screening can be found in the [Covid-19 Guidance for Maryland Schools](#) and the [MPSSAA Roadmap for the Return of Interscholastic Athletics](#). The [CDC does not recommend universal testing](#) of all students and staff as a prerequisite to school attendance.
- D.** Individual team and sport mitigation strategies should be implemented to further reduce the risk of spreading Covid-19. These mitigation strategies can be found in the [MPSSAA Roadmap for the Return of Interscholastic Athletics](#) and in the individual sport settings of this publication.
- E. Shared Responsibility** - Games and Events will be contested on the basis of shared responsibilities. Personnel from the visiting schools must accept their joint responsibilities with the persons in charge for supervision and maintenance of behavior on the part of students, spectators, and participants. This includes COVID-19 mitigation policies and procedures, good sportsmanship, exemplary behavior, and protection of property are of primary importance before, during and after each contest.

F. Point of Emphasis - The MPSSAA would like to make a point of emphasis for coaches. Coaches are reminded that you set the tone for your team and are the foremost influential figures representing your school. Your adherence and the adherence of your team and school to the mitigation requirements and recommendations will be a determining factor on the ability of these programs to continue operating within the modifications caused by COVID-19.

II. General Considerations - The following recommendations have been approved by the MPSSAA Medical Advisory Committee in the preparation of participation for all conditioning, training, and participation. LSS should review the [MPSSAA Roadmap for the Return of Interscholastic Athletics](#) preparation section.

A. Social Distancing - All individuals shall adhere to the face covering requirement and operating requirements, including six feet social distancing between individuals and/or groups when possible, in accordance with the MDH amended order, [No. MDH 2020-10-16-01](#) pursuant to [Executive Order No. 20-10-16-02](#).

B. Cloth Face Coverings - All individuals present, including but not limited to staff, spectators, coaches, officials, and participants, not directly involved in physical competition, shall wear a cloth or medical grade face mask at all times.

1. The Medical Advisory Committee (MAC) recommends any participants wearing a face mask cover during exercise should:
 - a) Be aware of the face mask will increase CO2 retention;
 - b) Be aware of increased concerns of heat illness;
 - c) Be washed daily by the user;
 - d) Take additional water and rest breaks;
 - e) Find social distancing areas of six or more feet from other participants during recovery; and,
 - f) Designate a set area for intermittent removal and storage.
2. The MDH has issued [Guidance for use of Cloth Face Coverings in Schools](#).

C. Cleaning and Hygiene

1. Hand hygiene is essential. Regularly and thoroughly wash your hands with soap and water for at least 20 seconds or use hand sanitizer (>60% ethanol or >70% isopropanol).
2. School cleaning should be done according to the CDC [“Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and](#)

[Homes.](#)” The guidance provides information on [EPA registered products](#) effective against the COVID-19 virus.

3. Any equipment used during activities should be disinfected utilizing [EPA registered products](#) effective against the COVID-19 virus. Certain ball manufacturers have provided information about disinfecting practice and game balls.

D. Hydration

1. Coolers, which should be limited in use, should be properly sanitized after each use, and a new cooler should be used for each team or group.
2. Hydration stations (water cows, water trough, water fountains, etc.) are not recommended. If used, they should be utilized only for the refilling of personal water bottles and must be cleaned after every practice/contest.
3. There shall not be any sharing of water bottles. An individual athlete should use their own clearly marked bottle.

E. Equipment

1. Student-Athletes are not to share towels, clothing, or pinnies. Clothing/towels/pinnies shall be washed and cleaned after every workout.
2. There should not be any sharing of equipment as best as possible.
3. Any jerseys used during workouts, practices, and competitions should be washed daily and not switched to different players.

F. Participant Considerations

1. Mitigation efforts should be implemented to limit unnecessary contact between participants. This includes suspending the tradition of high fives, shaking hands, hugging, and fist bumps for support or sportsmanship.
2. There should be no spitting or use of sunflower seeds.
3. Student-Athletes are recommended to keep their mouth guards in their mouth throughout the competition.
 - a) Leaving the stem of the mouth guard unaltered provides participants with a spot to remove and place the mouthguard in the mouth with limited exposure.
 - b) Disinfection of the mouth guard should be performed prior to initial insertion and reinsertion. Hands should also be washed or disinfected before and after doing removal or reinsertion of mouthguards.

G. Spectators and Parental Considerations

1. All sports-related activities must adhere to the gathering limitations set forth by the latest orders of the Maryland Department of Health.
2. Seating areas, including bleachers, must adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household.
3. Practice or game times should be spaced out to decrease the number of individuals coming and going at the same time and facilitate social distancing.
4. Limit spectators allowed at any workouts or practices. Parents/caregivers can remain in their cars during this time. No congregating should be allowed in the parking lot or fields. A drop-off line for practices is recommended to avoid unnecessary exposure.

III. Officials Considerations

A. Preparation

1. Attend online meetings to review the rules for the coming year.
2. Start physical training using online video or complete skills alone. If you have been diagnosed with COVID-19, you should be cleared by your medical provider prior to initiating an exercise program.
3. Communicate with the school athletic administrator about school/corporation contest expectations.
4. **NOTE:** Officials are not responsible for monitoring activities on the sidelines, such as social distancing, hand washing, symptoms of illnesses, and other such issues. This monitoring remains with the coaching staff and school personnel.
5. Travel – considerations should be given to travel policies.

B. Competition

1. If you do not feel well and COVID-19 symptoms are present, notify the contracted school, your crew members, your assigner and stay at home.
2. “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.
3. Upon arrival at site and throughout the contest, wash and sanitize your hands frequently.
4. Do not share uniforms, towels, apparel, and equipment.

5. Maintain social distancing of 6 feet while in the locker room and/or on the court/field.
6. Bring your own beverages.
7. Officials are not responsible for monitoring activities on the sidelines, such as social distancing, hand washing, symptoms of illnesses, and other such issues. This monitoring remains with the coaching staff and school personnel.

C. Uniforms

1. Legal Uniform
 - a) Long sleeves are permissible.
 - b) Long pants are permissible.
 - c) Undergarments are permissible but must be of similar length for the individual and solid like color for the team.
 - d) Cloth face coverings may be worn at all times. Medical grade or cloth face coverings are acceptable. Cloth face coverings must be worn at all times when not directly officiating. Officials must continue to wear face covering in sports that do not require significant physical exertion.
 - e) Gloves are permissible.
2. Equipment
 - a) Air horns are permissible.
 - b) Electronic whistles are permissible and encouraged.
 - (1) Choose a whistle whose tone will carry outside
 - (a) Fox 40 Mini
 - (b) Fox 40 Unisex Electronic - 3 tone
 - (c) Ergo-Guard - (3 tone) - orange
 - (d) Windsor - (3 tone) grey
 - (e) Check the market for other choices
 - c) Any equipment needed by student assistant officials (e.g. soccer and volleyball flags, pens, pencils, etc) shall be supplied by the home school.

D. Rule Considerations

1. Pregame Conference

- a) Limit attendees to one official, the head coach from each team, and a single captain from each team; or speak with the team representatives in a separate meeting.
- b) Use of headsets with other crew members (if applicable).
- c) Script the conference to ensure consistency with both teams.
- d) Coin Toss – Head referee and 2 captains.
- e) Move the location of the pregame conference to the center of the court/field. All individuals maintain a social distance of 6 feet.
- f) Suspend handshakes prior to and following the pregame conference.
- g) Maintain social distancing while performing all pregame responsibilities.
- h) Encourage bench personnel to observe social distancing of 6 feet.
- i) Maintain social distancing of 6 feet between the substitute(s), officials and/or teammate(s) by encouraging substitutions to occur closer to the area designated for substituting.

2. Officials Tables

- a) Limit to essential personnel which includes home team scorer and timer with a recommended distance of 6 feet between individuals.
- b) Visiting team personnel (scorer, statisticians, etc.) are not deemed essential and may need to find an alternative location. Space available at the table is a variable in determining the number allowed at the officials table.
- c) Combine responsibilities for table personnel as appropriate.

3. Pregame and Postgame Ceremony

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

MPSSAA Return to Play: Cross Country Bulletin

I. General Considerations

- A. All schools should read and implement the recommendations found in the front section of this publication.
- B. All schools should utilize the MPSSAA *Roadmap for Return of Athletics* for the preparation of facilities in consultation with their Local School System Return to Play Committee.
- C. The following information provides additional clarification specific to the sport of cross country.
- D. Unless specifically stated, all rules and regulations stipulated in the NFHS Track and Field/Cross Country Rule Book will be followed.

II. Competition Modifications

A. Local School System Scheduling Considerations

- 1. Local school systems should consider only allowing competitions between four or less opposing schools.
- 2. Local school systems should consider utilizing multiple sessions or staggered starts.

B. Staggered, wave or interval starts.

- 1. Assign Arrival Area, Warm-up Area, Start and Finish Line, Recovery Area, and Departure Area.
- 2. Stagger teams through each area to ensure pods of students are separated and contained to their own school.
- 3. Each school is assigned a starting time to run the course.
- 4. After course completion, schools move to the recovery area and departure area.
- 5. Times are tabulated, compared, and scored based on each school's finish.

C. COVID-19 Rule Modifications

- 1. 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.
- 2. Consider widening the course to at least 6 feet at its narrowest point.

3. Finish Line:
 - a) Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
 - b) If no FAT timing system is available, consider alternative means of finish place and time to reduce congestion at finish line. If sticks are used for determining place, disposable sticks are recommended by race.
 - c) Consider using image-based equipment at the finish line to assist with picking places and reducing congestion.

D. Administrative Considerations

1. LSS should be in compliance with MDH and state facility limitations, including the number of permitted spectators at an event.
2. Noisemakers and other distractions, including horns, and megaphones shall not be permitted.
3. Locker rooms are not recommended at the time of this publication. LSS should implement the most recent information on locker room use.

III. COVID-19 Mitigation Considerations

- A.** Face coverings shall be worn at all times unless competition is imminent.
- B.** Determine alternative ways to hold pre-meet, violation, and appeal decisions between officials and coaches.
- C.** Determine set warmup times and areas to support social distancing of athletes.
- D.** Team areas should be separated as best as possible. The use of team tents on site is discouraged.
- E.** Pre and Post Race Ceremony: Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the race.
- F.** Teams are expected to provide individual water for their athletes and discourage the use of water stations and open cups.

G. Officials Considerations

1. Please review the General Considerations for Officials
2. Follow social distancing guidelines:
 - a) Pre and Post Meet conferences,

- b) Clerking at the start line,
 - c) Tabulations and posting of results.
3. Consider using electronic whistles or devices.
 4. Do not shake hands and follow pre- and post-game ceremony guidelines established by state associations.
 5. Official's personnel should always wear cloth face coverings. Medical grade or cloth face coverings are acceptable.

MPSSAA Return to Play: Field Hockey Bulletin

I. General Considerations

- A. All schools should read and implement the recommendations found in the front section of this publication.
- B. All schools should utilize the MPSSAA *Roadmap for Return of Athletics* for the preparation of facilities in consultation with their Local School System Return to Play Committee.
- C. The following additional information provides additional clarification specific to the sport of Field Hockey.
- D. Unless specifically stated, all rules and regulations stipulated in the NFHS Field Hockey Rule Book will be followed.

II. Competition Modifications

A. Local School System Scheduling Considerations

- 1. Local school systems should consider only allowing single competitions between two opposing schools.
- 2. Regular season tournaments should be limited to four-teams.

B. Regular Season Policy and Procedures

- 1. Games postponed during the regular season shall be made up on the first available date and in the order originally scheduled. Subsequent games shall not be moved. Local Supervisor(s) of Athletics shall be consulted and will make final decisions on postponed games.
- 2. By State Association adoption, the clock will continue to run after goals when one team is ahead by five goals.
- 3. In order to break regular season ties, follow the National Federation Rulebook tie-breaker procedures (page 72: items A, B, C, and D1; page 74, item #5; and pages 73-74, item #4 a.-b.), with the following modification:

Play two 10-minute Reduced Player “sudden-victory” overtime periods, if necessary. Seven players start in the overtime including the goalkeeper, unless a team was playing short in regulation due to a card, then they shall play short in the overtime until the card time is served.
- 4. If the game is still tied at the end of the second Reduced Player overtime, one set of five one-on-one’s will be used. Each coach shall present a list of five eligible

players in shooting order to the official. On an alternating basis, an attacker on the 25-yard line will have 10 seconds against the other team's goalkeeper who begins on the goal line, to move the ball into the circle, take a shot, and any follow-up shots as time permits. A foul or violation by the attacker ends the procedure. The procedure also ends when: (1) the 10 seconds has elapsed; (2) a goal is scored; (3) the ball goes out of play over the end line or sideline. An unintentional foul by the goalkeeper shall result in the one-on-one being retaken. For an intentional foul by the goalkeeper, a penalty stroke shall be awarded (Any eligible player on the roster may take the penalty stroke. Players currently serving GC/YC/RC penalties not eligible). If the game is still tied after using one set of one-on-one's, the game will remain a tie.

5. **Timer and Scorer:** If there is a visible working scoreboard, it shall be used as the official clock. At the end of each half, the timer shall sound an audible device to indicate that time has expired. The umpire's whistle will then signal the official end of the half. The timer or scorer must have a stopwatch or clock available to keep penalty time on the sideline.
6. During the regular season, the home team shall supply a minimum of five game balls for each contest. It is NOT recommended the home team supply two ball retrievers. Schools shall place two balls behind each goal.

C. COVID-19 Rule Modifications

1. **Team Benches** - Team areas may be expanded to promote social distancing. All schools are to encourage bench personnel to observe social distancing of 6 feet.

D. Administrative Considerations

1. LSS should be in compliance with MDH and state facility limitations, including the number of permitted spectators at an event.
2. Noisemakers and other distractions, including horns, and megaphones shall not be permitted.
3. Locker rooms are not recommended at the time of this publication. LSS should implement the most recent information on locker room use.
4. Doubleheader contests are not advised, however, may be necessary based on LSS logistics and facilities. Appropriate time in between double header contests, such as JV and Varsity should be allocated to allow for necessary cleaning and disinfecting.

III. COVID-19 Mitigation Considerations

A. Pregame Conference

1. Limit attendees to one official, the head coach from each team, and a single captain from each team.
2. Move the location of the pregame conference to the center of the field. All individuals should maintain a social distance of 6 feet during the conference and shall wear masks.
3. Suspend handshakes prior to and following the pregame conference.

B. Team Benches

1. Team areas may be expanded to promote social distancing.
2. All sideline personnel and players shall wear face coverings. Medical grade or cloth face coverings are acceptable.
3. Encourage bench personnel to observe social distancing of 6 feet.
4. Place team benches opposite the spectator seating.

C. Substitution Procedures

1. Maintain social distancing of 6 feet between the substitute(s), officials and/or teammate(s) by extending the substitution area in front of the scorers table.
2. Limit contact between players when substituting.

D. Official's Table

1. Limited to essential personnel which includes home team scorer and timer with a recommended distance of 6 feet between individuals.
2. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
3. If a team member is carded, it is recommended to mark a location of where the individual is to stand that is socially distant from the officials' table.
4. Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
5. Table personnel shall adhere to any required local/state face covering requirements. Medical grade or cloth face coverings are acceptable.

E. Pregame, Quarter, Half-Time, and Post Game Ceremony

1. No pregame introduction line. Send players to their field positions for introductions.

2. Water bottles should not be allowed on the field of play and should be used off the playing surface.
3. Coaches are encouraged to hold pre-game, quarter, half-time, and post-game meetings socially distant and off the playing surface, where possible.
4. No post game shaking hands.

F. Equipment and Accessories

1. Face coverings are permitted. Medical grade or cloth face coverings are acceptable.
2. Student-Athletes are recommended to 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 and after doing so.
3. Players' goggles are optional equipment.
4. Players choosing to use a penalty corner mask should not share their mask with other individuals.

G. Legal Uniform:

1. Long sleeves are permitted.
2. Long pants are permitted.
3. Undergarments are permitted but must be of a similar length for the individual and a solid like color for the team.

H. Officials Considerations

1. Please review the General Considerations for Officials.
2. Long-sleeved shirts/jackets are permitted.
3. Electronic whistles are permitted. Check the general consideration for more information on electronic whistles.
4. Medical grade or cloth face coverings are acceptable.
5. Gloves are permitted.
6. Social distancing guidelines should be employed during the contest for officials when interacting with coaches and student-athletes (ex. penalties).

MPSSAA Return to Play: Football Bulletin

I. General Considerations

- A. All schools should read and implement the recommendations found in the front section of this publication.
- B. All schools should utilize the MPSSAA *Roadmap for Return of Athletics* for the preparation of facilities in consultation with their Local School System Return to Play Committee.
- C. The following additional information provides additional clarification specific to the sport of Football.
- D. Unless specifically stated, all rules and regulations stipulated in the NFHS Football Rule Book will be followed.

II. Competition Modifications

A. Local School System Scheduling Considerations

- 1. Doubleheader contests are not advised, however, may be necessary based on LSS logistics and facilities.
- 2. Appropriate time in between double header contests, such as JV and Varsity should be allocated to allow for necessary cleaning and disinfecting.

B. Regular Season Policy and Procedures

- 1. By State adoption, Maryland has adopted the following rule regarding the use of running time. After the first half, any time the score differential reaches 35 points or more, the following changes, and only these changes, will be made regarding rules determining when the clock will and will not be stopped.
 - a) Once a 35-point differential exists in the second half, the clock will only be stopped when:
 - (1) An official's timeout for an injured participant.
 - (2) A charged (team) time-out occurs.
 - (3) A score occurs that reduces the point spread to less than 35 points (in which case regular timing procedures will be used).
 - (4) A period ends.

- b) The use of this rule does not preclude the use of Rule 3-1-3 which reads, “A period or periods may be shortened in any emergency by agreement of the opposing coaches and the referee. By mutual agreement of the opposing coaches and the referee, any remaining period may be shortened at any time or the game terminated.”
2. The Official ball of the MPSSAA is the Wilson WTF 1003 GST.

C. COVID-19 Rule Modifications

1. Team Box

- a) The team box may be extended on both sides of the field to the 10-yard lines (for players only) in order for more social-distancing space for the teams.
- b) Teams should reduce game rosters to allow for more social distancing on sidelines.
- c) Where feasible, extend the 2-yard sideline belt to 5 yards.
- d) Maintain social distancing of 6 feet at all times while in the team box.
- e) Do not share uniforms, towels and other apparel and equipment.

2. Gameballs

- a) The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
- b) The ball holders should maintain social distancing of 6 feet at all times during the contest.
- c) Clean the ball on a ball rotation to the sidelines. Have ball individuals wear gloves and be supervised and directed by an adult staff member or member of coaching staff.
- d) Any official approved game ball may be inserted into the game at any time in order to clean and sanitize game balls throughout the contest.

3. Face masks

- a) Cloth face coverings are permitted.
- b) Plastic shields covering the entire face (unless integrated into the face mask and attached to the helmet and clear without the presence of any tint) are not allowed during the contest.
- c) Face shields – It is recommended that teams promote their use by players. Face shields may be worn for play as well as on the sidelines. Helmet

manufacturer Shutt has developed a face shield and another is manufactured by Oakley that is being used by the NFL. It will fit the Riddell helmet.

4. **Tooth and Mouth Protectors** - Student-Athletes are recommended to 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.
5. **Gloves** - Gloves are permitted but still must comply with Rule 1-5-2b by meeting either the NOCSAE Standard or the SFIA Specification.
6. **Charged Time-outs and Authorized Conferences**
 - a) A single charged time-out may be extended to a maximum of two minutes in length specifically to allow more time for rehydration.
 - b) For social-distancing purposes the authorized conference for the charged time-out should take place between the 9-yard marks and not at the sideline. (It would be permissible for more than one coach to be involved in this conference and for technology to be used.
 - c) Each game official and player should have their own beverage container.
 - d) Encourage the minimization of offensive and defensive huddles and encourage coaching staff to utilize other methods of communication with players (such as signals, cards, signs) to minimize grouping.
7. **Intermission Between Periods and After Scoring** - The intermission may be extended to a maximum of two minutes between the first and second and the third and fourth periods and following a try, successful field goal or safety, and prior to the succeeding free kick.
8. **Pregame Conference, Coin Toss and Overtime Procedures**
 - a) For the coin toss, limit attendees to the referee, and one designated representative from each team.
 - b) Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6 feet.
 - c) No handshakes prior to and following the coin toss.
 - d) Maintain social distancing of 6 feet while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, and individuals handling the balls during the game and team personnel.
 - e) Line-to-gain crew must wear face coverings.

- f) For the overtime procedure, please use the same procedure as used at the start of the contest for the coin toss.

D. Administrative Considerations

1. LSS should be in compliance with MDH and state facility limitations, including the number of permitted spectators at an event.
2. Noisemakers and other distractions, including horns, and megaphones shall not be permitted.
3. Locker rooms are not recommended at the time of this publication. LSS should implement the most recent information on locker room use.

III. COVID-19 Mitigation Considerations

A. Pregame Conference

1. Limit attendees to one official, the head coach from each team, and a single captain from each team.
2. Move the location of the pregame conference to the center of the field. All individuals should maintain a social distance of 6 feet during the conference and shall wear masks.
3. Suspend handshakes prior to and following the pregame conference.

B. Football Considerations

1. Before, during and after the contest, players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands as often as possible.
2. Maintain social distancing of 6 feet at all times while on the sidelines and on the field of play when possible.
3. Everyone should have their own beverage container that is not shared.
4. Cloth face coverings are permitted for all coaches and team staff and for all game administration officials.
5. Gloves are permitted for all coaches and team staff and for all game administration officials.
6. Try and limit the number of non-essential personnel who are on the field level throughout the contest.

7. 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.

C. Officials Considerations

1. Please review the General Considerations for Officials.
2. Long-sleeved shirts/jackets are permitted.
3. Electronic whistles are permitted. Check the general consideration for more information on electronic whistles.
4. Medical grade or cloth face coverings are acceptable.
5. Gloves are permitted.
6. Social distancing guidelines should be employed during the contest for officials when interacting with coaches and student-athletes (ex. penalties).
7. The football should be changed or sterilized by sidelined personnel frequently.
8. Officials will have to limit the handling of other officials' equipment (ex. assist in picking up flags or bean bags).

MPSSAA Return to Play: Golf Bulletin

I. General Considerations

- A. All schools should read and implement the recommendations found in the front section of this publication.
- B. All schools should utilize the MPSSAA *Roadmap for Return of Athletics* for the preparation of facilities in consultation with their Local School System Return to Play Committee.
- C. The following additional information provides additional clarification specific to the sport of Golf.
- D. Unless specifically stated, all rules and regulations stipulated in the USGA Rule Book will be followed.

II. Competition Modifications

A. Local School System Scheduling Considerations

- 1. Availability of Golf courses may be significantly limited. The ability to hold events in these traditional facilities will require LSS to provide additional practice options.
- 2. Local school systems should consider small dual, tri, or quad golf outings as compared to large scale events, unless schools will be grouped together.
- 3. Consider multiple outing dates and times at available golf courses with schools collolating scores online after all schools have participated.

B. Regular Season Policy and Procedures

- 1. The State Golf Committee has approved the use of non-motorized pushcarts by players to carry their golf bags at all levels of play within the State.
- 2. Distance measuring devices are allowed and permitted to be shared with other competitors. Portable electronic devices are permitted to be used ONLY as distance measuring devices.
- 3. All equipment, including golf balls, shall be furnished by the competing teams or individuals. There shall be no sharing of any equipment.
- 4. All players must wear appropriate golf attire, however, due to COVID-19 golfers may be granted accommodations.

5. All players must wear appropriate nonmetal cleated shoes and may not play barefooted.

C. COVID-19 Rule Modifications

1. Schools may adhere to local course competition rules in relation to COVID-19 accommodations.
2. Golfers are expected to keep their own score and should verify it as a whole group with the scorer after each hole. All players and the scorer are to maintain at least 6 feet in distance when verifying scores.

D. Meet Organization

1. Normal golf groups are permitted. Consider grouping students by school for competition.
2. All personnel and players shall wear face coverings. medical grade or cloth facing coverings are acceptable.
3. Masks are permitted and encouraged and should be used in between strokes.
4. To limit congestion, limiting field size and starting from one tee only is recommended. Also, consider the expanded spacing of starting times (12 minutes apart for groups of 3 and 15 minutes apart for groups of 4)
5. Require athletes to arrive at a venue already in competitive attire or provide alternative accommodations for golfers to change that allows for 6 feet of social distancing.

E. Administrative Considerations

1. LSS should be in compliance with MDH and state facility limitations, including the number of permitted spectators at outdoor events.
2. Club House Locker rooms are not recommended at the time of this publication. LSS should implement the most recent information on locker room use.
3. Determine alternative ways to hold pre-meet, violation, and appeal decisions between officials and coaches.
4. Team areas should be separated as best as possible.

III. COVID-19 Mitigation Considerations

- A. Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.

- B.** Determine set tee times and areas to support social distancing of athletes. To limit congestion, it is recommended that a window of time be established for players to access practice facilities before their round based on their starting times.
- C.** It is recommended that practice facilities not be used after the round and that all players be encouraged to depart immediately when finished.
- D.** Limit use of golf shop and retail operations to maintain social distancing guidelines. If social distancing cannot be maintained, golf shop access should be prohibited prior to the competition.
- E.** Restrict the number of golfers in any one practice area at a time.

MPSSAA Return to Play: Soccer Bulletin

I. General Considerations

- A. All schools should read and implement the recommendations found in the front section of this publication.
- B. All schools should utilize the MPSSAA *Roadmap for Return of Athletics* for the preparation of facilities in consultation with their Local School System Return to Play Committee.
- C. The following additional information provides additional clarification specific to the sport of Soccer.
- D. Unless specifically stated, all rules and regulations stipulated in the NFHS Soccer Rule Book will be followed.

II. Competition Modifications

A. Local School System Scheduling Considerations

- 1. Local school systems should consider only allowing single competitions between two opposing schools.
- 2. Regular season tournaments should be limited to four-teams.

B. Regular Season Policy and Procedures

- 1. Games postponed during the regular season shall be made up on the first available date and in the order originally scheduled. Subsequent games shall not be moved. Local Supervisor(s) of Athletics shall be consulted and will make final decisions on postponed games.
- 2. During the regular season, a player disqualified under National Federation (NF) Rule 12-8-2 is subject to the ejection policies of the local school system or conference regarding subsequent contest eligibility.
- 3. Ties and suspended games (regular season)
 - a) A game ending in a tie shall be resolved by two (if necessary) sudden-victory overtime periods of 10 minutes each. The game shall end with the first overtime goal. If two overtime periods are played without a goal being scored, the game shall be declared a tie. A coin shall be flipped prior to the first overtime period. The coin flip procedure is the same as used to start a game. The interval between the second half and the first overtime period shall be five minutes. The interval between the first overtime period and a second overtime period (if necessary) shall be two minutes.

- b) A game suspended prior to the completion of the first half shall be continued from the point of suspension (see NFHS Rule 7-1-3).
- c) A game suspended after the completion of the first half shall be considered an official game unless the local supervisor(s) gives permission to complete the game from the point of suspension.

C. COVID-19 Rule Modifications

- 1. Equipment and Accessories
 - a) Face coverings are permitted. Medical grade or cloth face coverings are acceptable.
 - b) Gloves are permitted.
- 2. Legal Uniform
 - a) Long sleeves are permitted
 - b) Long pants are permitted.
 - c) Under garments are permitted but must be of a similar length for the individual and a solid like color for the team.

D. Administrative Considerations

- 1. LSS should be in compliance with MDH and state facility limitations, including the number of permitted spectators at an event.
- 2. Noisemakers and other distractions, including horns, and megaphones shall not be permitted.
- 3. Locker rooms are not recommended at the time of this publication. LSS should implement the most recent information on locker room use.
- 4. Doubleheader contests are not advised, however, may be necessary based on LSS logistics and facilities. Appropriate time in between double header contests, such as JV and Varsity should be allocated to allow for necessary cleaning and disinfecting.

III. COVID-19 Mitigation Considerations

A. Pregame Conference

- 1. Limit attendees to one official, the head coach from each team, and a single captain from each team.

2. Move the location of the pregame conference to the center of the field. All individuals should maintain a social distance of 6 feet during the conference and shall wear masks.
3. Suspend handshakes prior to and following the pregame conference.

B. Team Benches

1. Team areas may be expanded to promote social distancing.
2. All sideline personnel and players shall wear face coverings. Medical grade or cloth face coverings are acceptable.
3. Encourage bench personnel to observe social distancing of 6 feet.
4. Place team benches opposite the spectator seating.

C. Substitution Procedures

1. Maintain social distancing of 6 feet between the substitute(s), officials and/or teammate(s) by extending the substitution area in front of the scorers table.
2. Limit contact between players when substituting.

D. Official's Table

1. Limited to essential personnel which includes home team scorer and timer with a recommended distance of 6 feet between individuals.
2. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
3. If a team member is carded, it is recommended to mark a location of where the individual is to stand that is socially distant from the officials' table.
4. Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
5. Table personnel shall adhere to any required local/state face covering requirements. Medical grade or cloth face coverings are acceptable.

E. Pregame, Quarter, Half-Time, and Post Game Ceremony

1. No pregame introduction line. Send players to their field positions for introductions.
2. Water bottles should not be allowed on the field of play and should be used off the playing surface.

3. Coaches are encouraged to hold pre-game, quarter, half-time, and post-game meetings socially distant and off the playing surface, where possible.
4. No post game shaking hands.

F. Officials Considerations

1. Please review the General Considerations for Officials.
2. Long-sleeved shirts/jackets are permitted.
3. Electronic whistles are permitted. Check the general consideration for more information on electronic whistles.
4. Medical grade or cloth face coverings are acceptable.
5. Gloves are permitted.
6. Social distancing guidelines should be employed during the contest for officials when interacting with coaches and student-athletes (ex. penalties).

MPSSAA Return to Play: Volleyball Bulletin

I. General Considerations

- A. All schools should read and implement the recommendations found in the front section of this publication.
- B. All schools should utilize the MPSSAA *Roadmap for Return of Athletics* for the preparation of facilities in consultation with their Local School System Return to Play Committee.
- C. The following additional information provides additional clarification specific to the sport of Volleyball.
- D. Unless specifically stated, all rules and regulations stipulated in the NFHS Volleyball Rule Book will be followed.

II. Competition Modifications

A. Local School System Scheduling Considerations

- 1. Local school systems should consider only allowing single competitions between two opposing schools.
- 2. Regular season tournaments should be limited to four-teams.

B. Regular Season Policy and Procedures

- 1. As allowed in National Federation rule 1-7-1, note 1, by state adoption, schools may play a five-game match in which a team is considered the winner of the match when it wins three games.
- 2. Games postponed during the regular season shall be made up on the first available date and in the order originally scheduled. Subsequent games shall not be moved. Local supervisor(s) of athletics shall be consulted and will make final decisions on postponed games.
- 3. The Girls State Volleyball Committee is requiring the use of the Spalding VB5 three-panel colored ball with white, red and black solid panels and the NFHS authenticating mark during the region and state tournament. It is highly recommended the Spalding VB5 three-panel colored ball with white, red and black solid panels and the NFHS authenticating mark be used during the regular season.
- 4. Ball handling is permitted prior to the official warm-up. Use of 1/2 court only is permitted with no over-the-net play when both teams are present.
- 5. Official warm-ups shall consist of:

- a) Only the official team party's uniformed members, managers, and coaches shall assist with warmups in any manner, including tossing, feeding, and retrieving volleyballs.
- b) 15 minutes of shared-court time (use of 1/2 court only, no over-the-net play).
- c) The use of the game net shall be six minutes for the Home Team first, followed by six minutes for the Visiting Team. Teams may use their six minutes in any way they want, including serving.

C. COVID-19 Rule Modifications

1. Team Benches and Switching Sides

- a) Suspend the protocol of teams switching sides/benches between sets. Home team will select their bench prior to the match and remain on the same side for the duration of the match.
- b) Team areas may be expanded to promote social distancing outside of playable areas. To facilitate social distancing, it is permissible for substitutes to stand at the end of the bench during play. When standing, players shall remain no closer to the court than the front of the bench extended.

2. Deciding Set Procedures

- a) Move the location of the deciding set coin toss to center court with team captains and the second referee maintaining the appropriate social distance of 6 feet. A coin toss, called by the home team, will decide serve/receive.
- b) Suspend the protocol of teams switching sides/benches before a deciding set.

3. Equipment and Accessories

- a) Face coverings are permitted. Medical grade or cloth face coverings are acceptable.
- b) Gloves are permitted.

4. Legal Uniform

- a) Long sleeves are permitted.
- b) Long pants are permitted.
- c) Under garments are permitted, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom.

D. Administrative Considerations

1. LSS should be in compliance with MDH and state facility limitations, including the number of permitted spectators at an event.
2. Noisemakers and other distractions, including horns, and megaphones shall not be permitted.
3. Locker rooms are not recommended at the time of this publication. LSS should implement the most recent information on locker room use.
4. Doubleheader contests are not advised, however, may be necessary based on LSS logistics and facilities. Appropriate time in between double header contests, such as JV and Varsity should be allocated to allow for necessary cleaning and disinfecting

III. COVID-19 Mitigation Considerations

A. Pregame Conference

1. Limit attendees to one official, the head coach from each team, and a single captain from each team.
2. Move the location of the pregame conference to the center of the court. All individuals should maintain a social distance of 6 feet during the conference and shall wear masks.
3. Suspend handshakes prior to and following the pregame conference.
4. Suspend roster submission at the pre-match conference. Rosters should be submitted directly to the officials' table before the 10-minute mark.

B. Team Benches

1. Suspended switching benches and sides inbetween sets.
2. Team areas may be expanded to promote social distancing.
3. All bench personnel and players shall wear face coverings. Medical grade or cloth face coverings are acceptable.
4. Place team benches opposite the spectator seating.

C. General Play - Teams should suspend the practice of team huddles directly after each point played.

D. Official's Table

1. Limited to essential personnel which includes home team scorer and timer with a recommended distance of 6 feet between individuals.

2. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
3. Table personnel shall adhere to any required local/state face covering requirements. Medical grade or cloth face coverings are acceptable.

G. Pregame, Quarter, Half-Time, and Post Game Ceremony

1. No pregame introduction line. Send players to their court positions for introductions.
2. Water bottles should not be allowed on the field of play and should be used off the playing surface.
3. Coaches are encouraged to hold pre-game, quarter, half-time, and post-game meetings socially distant and off the playing surface, where possible.
4. No post game shaking hands.

H. Officials Considerations

1. Please review the General Considerations for Officials.
2. Long-sleeved shirts/jackets are permitted.
3. Electronic whistles are permitted. Check the general consideration for more information on electronic whistles.
4. Medical grade or cloth face coverings are acceptable.
5. Gloves are permitted.
6. Social distancing guidelines should be employed during the contest for officials when interacting with coaches and student-athletes (ex. penalties).