

Maryland Public Secondary Schools Athletic Association (MPSSAA)



Winter Sport Bulletins

ORGANIZED 1946

MEMBER OF THE
NATIONAL FEDERATION OF
STATE HIGH SCHOOL
ASSOCIATIONS



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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 the wearing of a face mask will increase CO2 retention during exercise;
- 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.
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). Headsets should not be shared and disinfected after use.
- 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: Basketball 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 basketball.
- D. The official basketball of the MPSSAA is the Spalding TF-1000 Classic basketball. It is highly recommended that this same ball be used during the regular season as well.
- E. Unless specifically stated, all rules and regulations stipulated in the NFHS Basketball 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. Running Clock - By State adoptions, the State Basketball Committees have adopted the following rule regarding the use of running times. Once a 35-point differential exists in the second half, the following changes, and only these changes, will be made regarding rules which determine when the clock will and will not be stopped.

- 1. An official's time-out 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.
- 5. Free throws are taken.

C. Shot Clock

1. Boys and girls shall use a 30-second shot clock.
2. Girls will not have a 10-second count to move the ball from back court to front court.
3. MPSSAA [Shot Clock Guidance](#)

D. COVID-19 Rule Modifications

1. **Throw-in** - Official may stand 6 feet or greater away from player making the throw-in and bounce the ball to that player on a front court throw-in.
2. **Free Throw Administration** - The lead official shall stand on the end line and bounce the ball to the player taking the free throw.
3. **Jump Ball** - Eliminate the jump ball. Award the first possession of the ball via a coin toss called by the visiting team.
 - a) The alternating possession arrow will then reset by rule when the initial throw-in is complete.
 - b) To start an overtime period, use a coin toss to determine which team is awarded the ball.

E. Administrative Considerations

1. LSS should be in compliance with MDH and state facility limitations, including the number of permitted spectators at an indoor event.
2. Handwashing stations should be set up or designated for encouraging frequent handwashing during the course of competition and practices.
3. Noisemakers and other distractions, including horns, and megaphones shall not be permitted.
4. Locker rooms are not recommended at the time of this publication. LSS should implement the most recent information on locker room use.
5. 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, or boys and girls contests, should be allocated to allow for necessary cleaning and disinfecting.
6. Neither participating team shall take part in any individual or team practice and warmups from the time the facility is disinfected to the designated warm up time for both teams immediately preceding the game.

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.

B. Team Benches

1. Team areas may be expanded to promote social distancing. (Additional chairs or rows added to allow 6 feet or greater 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.
5. Create separation between the team bench and spectator seating behind the bench.
6. Personnel not in the game should adhere to any required local/state face covering requirements.

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.
3. Allow players substituting in to be staggered behind the bench when bleachers are not open on the side of team benches.
4. Allow one player to approach the table and the remaining players remain away from the table to be substituted in, i.e., rest of players remain on bench.

D. Official's Table

1. Limited to essential personnel which includes home team scorer, timer, and shot clock operator with a recommended distance of 6 feet between individuals. No more than three personnel shall be permitted at the table.
2. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
3. The host should sanitize the table before the game and at half time.
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 court positions for introductions.
2. Water bottles should not be allowed on the court 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.

G. Basketballs and Basketball Cleaning

1. The host school should ensure that the ball is sanitized during time-outs and between quarters.
2. Separate baskets/racks of balls for warm-ups (one basket/rack used by the home team and one basket/rack used by the visiting team).

3. A frequent rotation of sanitized balls is encouraged. To allow for proper sanitizing, the ball may be switched as often as efficiently possible.
4. There should be an attempt to keep at least three good game balls always available, one in play, one being cleaned, and one ready for the next play.
5. Spalding Sport Ball cleaning recommendations follow CDC, state, and local guidelines for health and safety.
6. The following link provides common definitions for sterilization and disinfection that may be useful for one attempting to clean a basketball with cover material made of leather, composite, or PU leather - <https://bit.ly/31qomK9>.
7. Spalding does not recommend using bleach or alcohol-based cleaning products, or excessively frequent cleanings, as those may degrade ball covering material and ball markings, and impact overall ball performance.

H. Legal Uniform

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

I. Officials Considerations

1. Please review the General Considerations for Officials.
2. Long-sleeved shirts/jackets are permitted.
3. Jackets are not required in pregame.
4. Electronic whistles are permitted. Check the general consideration for more information on electronic whistles.
5. Medical grade or cloth face coverings are acceptable.
6. Social distancing guidelines should be employed during the contest for officials when interacting with coaches and student-athletes (ex. penalties or technicals).

MPSSAA Return to Play: Indoor Track 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 Indoor Track.
- D. Unless specifically stated, all rules and regulations stipulated in the NFHS Track and Field Rule Book will be followed.

II. Competition Modifications

A. Local School System Scheduling Considerations

- 1. Availability of indoor track facilities will be significantly limited. The ability to hold events in these traditional facilities will require LSS to provide additional competition options, including the potential of using outdoor school facilities, weather permitting.
- 2. Local school systems should consider only allowing dual, tri, or quad competitions between opposing schools, dependent on the size of rosters competing.

B. COVID-19 Rule Modifications

- 1. **Uniform Rule** - The uniform rule shall be waived for participants in outdoor meets. Participants' attire should not pose any additional health risks during competition.
- 2. Frequent handwashing is encouraged specifically after shot put and relays.
- 3. All shared equipment, shot puts, batons, pole vaults, etc., shall be cleaned between uses.
- 4. During relay events, four batons may be used with a tap of batons to symbolize the traditional relay hand-off.
- 5. Meets run outdoors will be counted as sanctioned meets. Indoor track records can not be broken outside or utilizing specific event accommodations.

C. Meet Organization

1. Order of Events and Modifications for outdoor events.

Event	Modifications for outdoor events
4x800 Relay	Participants wear gloves in relays to minimize hand contact with the baton or allow four batons to be used with a tap of batons in lieu of handoffs.
300m	Use the 300m hurdles start line
1600m	No modifications needed
500m	Put a waterfall start at the 100m start line and waterfall the start from the 100m start. Consult the rule book to place tape down in lanes to create a staggered start (follow procedure for 2 turn stagger).
55m HH	Use 110m start line for boys. Use tape to create a finish line 4.72 meters PAST 5th hurdle mark Use 100m start line for girls. Use tape to create a finish line 0.5 meters in FRONT of 6th girls 100mHH mark (Girls hurdle #6 is 55.5 m from the start).
55m	Use 100m start line for girls. Use tape to create a finish line 0.5 meters in front of 6th girls 100mHH mark (Girls hurdle #6 is 55.5 m from the start).
3200m	No modifications needed
4x200 Relay	Participants wear gloves in relays to minimize hand contact with the baton or allow four batons to be used with a tap of batons in lieu of handoffs.
800m	No modifications needed
4x400 Relay	Participants wear gloves in relays to minimize hand contact with the baton or allow four batons to be used with a tap of batons in lieu of handoffs.
Shot Put	Consider allowing indoor shots for outdoor meets in the winter
High Jump	No modifications needed
Pole Vault	ensure it is warm enough outside to safely grip the pole

2. Preliminary events are not recommended.
3. An athlete may compete in a maximum of four events.
4. Consider using alternative time methods in lieu of traditional FAT timing.
5. Starting blocks should either not be used or disinfected after each use.

D. Administrative Considerations

1. LSS should be in compliance with MDH and state facility limitations, including the number of permitted spectators at indoor or outdoor events.
2. Handwashing stations should be set up or designated for encouraging frequent handwashing during the course of competition and practices.
3. Locker rooms are not recommended at the time of this publication. LSS should implement the most recent information on locker room use.
4. Face coverings shall be worn at all times unless competition is imminent.
5. Determine alternative ways to hold pre-meet, violation, and appeal decisions between officials and coaches.
6. Determine set warmup times and areas to support social distancing of athletes.
7. Team areas should be separated as best as possible.

III. COVID-19 Mitigation Considerations

A. Competition Considerations

1. SP should enforce social distancing for all athletes and officials.
 - a) To limit contact: athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws.
 - b) If athletes can't provide their own implements, then it is recommended that implements be sanitized between each use.
2. LJ, TJ should enforce social distancing for all athletes and officials.
3. HJ, PV should enforce social distancing for all athletes and officials.
 - a) 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).
 - b) To limit contact: athletes should not share vaulting poles.
 - c) Consider having staggered schools compete to conclusion in field events prior to the next school's participation.
4. Sprint, hurdle, relay events run entirely in lanes, may use every other lane to assist with distancing.
 - a) Blocks should be disinfected after each heat / race.

- b) Recommend not using baskets at the start line for apparel.
5. 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.

B. 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: Swimming and Diving 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 Swimming and Diving.
- D. Unless specifically stated, all rules and regulations stipulated in the NFHS Swimming and Diving Rule Book will be followed.

II. Competition Modifications

A. Local School System Scheduling Considerations

- 1. Availability of Swimming and Diving facilities will be significantly limited. The ability to hold events in these traditional facilities will require LSS to provide additional competition and practice options.
- 2. Local school systems should consider only allowing dual, tri, or quad competitions between opposing schools, dependent on the size of rosters competing.

B. COVID-19 Rule Modifications - Swimming

- 1. **Preparing Athletes for Competition** - Athlete clerking areas should be eliminated.
- 2. **Teams Seating and Lane Placement** - Keep the teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6.
- 3. **Conduct (1-3-2)** - Require athletes to arrive at a venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for 6 feet of social distancing.
- 4. **Lap Counting (2-7-6, 3-4)** - Only one person per lane should be permitted at turning end. Hand sanitize and require lap counters to clean hands and wipe down devices.

5. **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.
6. **Referee and Starter (4-2, 4-3)** - Various rules require interactions between officials, coaches and athletes. Alternative methods of communication include utilization of the P.A. system, hand signals or written communication.
7. **Notification of Disqualification (4-2-2d, e)** - Notification shall occur from a distance via use of hand signals or the P.A. system.
8. **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 3-6 feet between individuals seated at the desk/table.
9. **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. Timers should wear cloth facial coverings.
10. **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.
11. **Relay Takeoff Judges and Relays (8-3)** - Require all takeoff judging from the sides of the pool. Space relay swimmers apart from one another. Timers and relay takeoff judges should wear cloth facial coverings.

C. COVID-19 Rule Modifications - Diving

1. **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.
2. **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 3-6 feet 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.

3. Hot tubs are not permitted.
4. Divers may not approach their board until their turn to compete.

D. Meet Organization

1. Order of Events and Modifications.

Event	Modifications
200-yard Relay	Consider running multiple heats to allow for members of the relay team to spread out prior to competing. Consider only using lanes 1,3, 6, and 8.
200-yard Freestyle	Consider keeping teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6.
200-yard Individual Medley	Consider keeping teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6.
50-yard Freestyle	Consider keeping teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6.
Break/Diving	See Diving Considerations. Use of hot tubs are not permitted.
100-yard Butterfly	Consider keeping teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6.
100-yard Freestyle	Consider keeping teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6.
500-yard Freestyle	Only one person per lane should be permitted at turning end. Hand sanitize and require lap counters to clean hands and wipe down devices.
200-yard Freestyle Relay	Consider running multiple heats to allow for members of the relay team to spread out prior to competing. Consider only using lanes 1,3, 6, and 8.
100-yard Backstroke	Consider keeping teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6.
100-yard Breaststroke	Consider keeping teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6.
400-yard Freestyle Relay	Consider running multiple heats to allow for members of the relay team to spread out prior to competing. Consider only using lanes 1,3, 6, and 8.

2. Face Coverings shall be worn at all times unless competition is imminent by participants.
3. Require athletes to arrive at a venue already in competitive attire or provide alternative accommodations for swimmers and divers 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 indoor or outdoor events.
2. Handwashing stations should be set up or designated for encouraging frequent handwashing during the course of competition and practices.
3. Locker rooms are not recommended at the time of this publication. LSS should implement the most recent information on locker room use.
4. Determine alternative ways to hold pre-meet, violation, and appeal decisions between officials and coaches.
5. Determine set warmup times and areas to support social distancing of athletes.
6. Team areas should be separated as best as possible.

III. COVID-19 Mitigation Considerations

- A. With “mutual consent” (between teams or within a county/conference/state), events can be eliminated, Example: Relay Events
- B. Recommend a “warm down” lap to exit the opposite side of the pool for individual events.
- C. Electronic timing systems may allow for the ability to further limit timers.
- D. **Swimming Warm-up Areas** - Establish multiple sessions for warm-up periods to limit number of swimmers per lane.
 1. Limit number of swimmers per lane during warm-up and warm-down periods.
 2. Warm-up areas may designate separate enter and exit locations.
- E. Restrict the number of swimmers in the competition area.

MPSSAA Return to Play: Wrestling 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 wrestling.
- D. Unless specifically stated, all rules and regulations stipulated in the NFHS Wrestling Rule Book will be followed.
- E. All wrestlers must have their minimum weight class certified by a physician prior to their first competition. A hydration test and body fat analysis must be completed for all participants prior to certification, indicating a weight that corresponds to a 7% level of body fat for each male wrestler and 12 % body fat for each female wrestler. Coaches should refer to the MPSSAA Weight Certification/Management Program regarding [specific guidelines, forms, and regulations](#).

F. Weight Rules

- 1. Each contestant must comply with the weight control regulations (COMAR 13A.06.03.04D) found in the current MPSSAA handbook and as described in the MPSSAA Weight Certifications/Management program.
- 2. A two-pound weight allowance will be added to each weight class on December 25.

II. Competition Modifications

A. Local School System Scheduling Considerations

- 1. Local school systems should consider only allowing dual or tri competitions between opposing schools, dependent on the size of rosters competing.
- 2. Regular season tournaments should be limited to four-teams.

B. COVID-19 Rule Modifications

1. Weigh in options in order to promote social distance.
 - a) Mat-side weigh-ins are permissible in an open space, such as a gymnasium or activity room, wearing singlet or shorts and t-shirt. A one-pound weight allowance is to be given.
 - b) One team at a time.
 - c) All wrestlers and coaches shall wear face coverings at weigh ins.
 - d) Weigh in to be conducted at the teams home school and signed off by the athletic director or an administrator prior to traveling to the competition destination.
2. Wrestlers do not have to appear on the mat to be awarded a forfeit.

C. Administrative Considerations

1. LSS should be in compliance with MDH and state facility limitations, including the number of permitted spectators at indoor or outdoor events.
2. Handwashing stations should be set up or designated for encouraging frequent handwashing during the course of competition and practices.
3. Locker rooms are not recommended at the time of this publication. LSS should implement the most recent information on locker room use.
4. Team areas should be separated as best as possible.
 - a) Place team benches opposite the spectator seating. Create separation between the team bench and spectator seating behind the bench.
 - b) Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater. Encourage bench personnel to observe social distancing of 6 feet.
5. Consider moving wrestling rooms to more ventilated areas for practice.

III. COVID-19 Mitigation Considerations

A. Dual Meet Pre and Post Match

1. Limit attendees to one official, the head coach from each team, and a single captain from each team at the pre match conference.

2. Move the location of the pre match conference to center of the mat. All individuals should maintain a social distance of 6 feet during the conference and shall wear face coverings.
3. Suspend handshakes prior to and following the pre match conference.
4. Mitigation efforts should be implemented to limit unnecessary contact between participants. This includes suspending the tradition of high fives, shaking hands (including competitor and opposing coach post match), hugging, and fist bumps for support or sportsmanship.

B. Team Benches

1. All sideline personnel and participants shall wear face coverings at all times, unless physically competing in a match. Medical grade or cloth face coverings are acceptable.
2. Team areas may be expanded to promote social distancing.
3. Limit contact between wrestlers prior to each weight class bout.

C. Officials' Table

1. Limited to essential personnel which includes home team scorer and timer with a recommended distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
2. The host school should sanitize the table before the match and midway through the meet.
3. Table personnel should adhere to any required local/state face covering requirements. Medical grade or cloth face coverings are acceptable.
4. Athletes checking in prior to their bout shall maintain a 6-foot distance from the table.
 - a) The coach may also announce the wrestler for the weight class to the other team and the head table, in lieu of the wrestler reporting to the table.

D. Considerations for Practices

1. Implement existing governing organization guidelines for personal hygiene and infectious disease control including using sanitizer solution and wipes to clean exposed body parts before, during, and after training and competition. (July 7, 2020 MPSSAA Roadmap)

2. Clean wrestling mats and any used equipment before and after use. Hand sanitizer and towelettes should be readily available in practice and competition environments.
3. All athletic equipment (mats/weights/jump ropes, etc.) should be cleaned before, during, and after practices and between practices/sessions.
4. There should be no shared athletic towels, clothing, headgear, or shoes. Other equipment, such as wrestling headgear, shoes, braces, knee pads, should be worn by only one individual and not shared.
5. Individuals should wear their own appropriate workout clothes and use clean clothes daily including sanitizing shoes and headgear before and after practice. Recommend sanitizing wrestling shoes if an athlete leaves the practice facility/mat prior to stepping back on the mat.
6. Individuals should bring their own water bottle and it should not be shared.
7. Conduct live shadow drilling in place of person-to-person contact drilling.
8. Limit individual practice group numbers within the overall team practice so that the number of wrestlers drilling with each other is reduced.
9. Avoid switching wrestlers from one group to another group during a given practice.
10. Same wrestlers drill/practice with one another and when put in groups there are no more than 3 and they remain the same pod.

E. Considerations for Wrestlers

1. Clean and disinfect after weigh-ins.
2. Clean and disinfect after each bout.
3. Change into fresh clothes after wrestling.
4. Eliminate handshakes pre- and post-match. Eliminate handshakes with coaches' post-match.
5. 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.

F. Considerations for Officials

1. Please review the General Considerations for Officials

2. Bring personal hand sanitizer. Wash hands frequently.
3. Don't share equipment.
4. Follow social distancing guidelines. Consider six feet minimum distance when talking to others (players, coaches, other officials).
5. Consider using electronic whistle.
6. Do not shake hands. Acknowledge winning wrestler without raising hand.
7. Face coverings are permitted. Medical grade or cloth face coverings are acceptable.
8. Long-sleeved shirts/jackets are permitted.