



2020-21 BADMINTON GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement



2020-21 BADMINTON GUIDELINES & COVID-19 MODIFICATIONS

Equipment & Accessories

- Limit the use of coaching equipment such as target cones.
- Encourage players to use their racquet/foot to return shuttlecocks.
- Disinfect the nylon birdies before and after using them.
- Cloth face coverings are required to be worn at all times by all attendees present.
- Gloves are permissible.
- Players shall utilize their own equipment bin for all personal gear on the sideline.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Officials' Uniform & E

- By state association adoption, long-sleeved shirts are permissible. (5-1-3)
- Wash hands frequently. Bring personal hand sanitizer.
- Do not share equipment.
- Follow social distancing guidelines.
- Consider using electronic whistle.
- Officiating personnel may always wear permissible face coverings.
- Gloves are permissible.





2020-21 BASEBALL GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

7KH IROORZLQJ JXLGHOLQHV DQG PRGLFDWLRQV ZHUH FUHDWHG OHWHV GXULQJ WKH &RYLG 3DQGHPLF 7KH IROORZLQJ JXLGH WLRQV IURP WKH &) WKH 1DWLRQDO)HGHUDWLRQ RI 6WDWH +IWR UHPDLQ ZLWKLQ WKH VFRSH RI DOO VWDWH SXEOLF KHDOW

General Guidelines

- 0DVNMKDOO EH ZRUQ DW DOO WLPHV E\ DOO LQGLYLGXDOV FRPSHWLWLRQ
- 6RFLDO GLVWDQFLQJ PHDVXUHV VKDOO EH LQ SODFH DW DOO

Event Limitations

- \$GKHUH WR ORFDO FRXQW\ JXLGHOLQHV

Pre-Game Conference

- /LPLW DWWHQGHV WR +HDG &RDFK RI ERWK WHDPV DQG JDP
- 3DUWLFLSDQV PXVW PDLQWLQ VRFLDO GLVWDQFLQJ SURW
- 1R OLQH XS FDUG H[FKDQJH
- 1R KDQGVKDNHV

Team Dugouts

- &RDFKHV JDPH SHUVRQQHO DQG SOD\HUV RQO\ SHUPLWWHG
- 6RFLDO GLVWDQFH UHTXLUHPHQWV PXVW EH REVHUYHG E\ DC
- ,WKH GXJRXW DUHD LV QRW ODUJH HQRXJK WR SURYLGH IRU SHUVRQQHO PD\ PRYH RXWVLGH RI WKH LPPHGLDWH GXJRXW D
- 6SHFWDWRUV VKDOO QRW EH SHUPLWWHG QHDU WKH GXJRXW

Post-Game Procedures

5HSODFH KDQGVKDNHV DIWHU WKH JDPH ZLWK D VRFLDO

2^FLDO 6FRUHNH

/LPLWHG WR RQH SHUVRQ IURP HDFK WHDP DQG PXVW REVH EDNFVRS



2020-21 BASEBALL GUIDELINES & COVID-19 MODIFICATIONS

(TXLSPHQW 6DQL

- (DFK WHDP SURYLGHV VDQLWLJHG EDOOV EXFNHW ZKLOH RQ
- +DYH D 3GLUW\ EDOO EXFNHW DYDLODEOH VR WKH\ FDQ EH
- 6DQLWLJH EDVHV DIWHU HDFK JDPH

(TXLSPHQW \$FF

- 3HUPLVVLEOH IDFH FRYHULQJV DUH UHTXLUHG WR EH ZRUQ D
- WKDQ ZKHQ HQJDJHG LQ FRPSHWLWLRQ
- 3OD\HUV VKDOO XWLLOLJH WKHLU RZQ HTXLSPHQW ELQ IRU DO
- 0LQLPWLJH VKDULQJ RI SOD\LQJ HTXLSPHQW EDWV EDWWLQJ
- PXVW EH VDQLWLJHG EHWZHHQ XVDJH RI PXOWLSOH SOD\HUV
- %DWWLQJ JORYHV DUH HQFRXUDJHG WR PLQLPLJH FRQWDFW
- 6DQLWLJH DOO HTXLSPHQW DQG DFFHVVVRULHV DIWHU HDFK J

Uniforms

/RQJ VOHHYHV DUH HQFRXUDJHG WR UHGXFH VNLQ FRQWDFW Z

:DWHU %RWWOHV +\G

- 7HDP PHPEHUV VKDOO QRW VKDUH ZDWHU ERWWOHV
- +\GUDWLRQ VWDWLRQV PD\ EH XWLLOLJHG EXW VKDOO EH WRX

8PSLUHV

- 1R OLQH XS FDUG H\FKDQJHV
- 2EVHUV\FLDO GLVWDQFH UHTXLUHPHQWV ZKHQ FRPPXQLFDW
- XPSLUHV
-)DFH FRYHULQJV DUH UHTXLUHG DW DOO WLPHV
- &DUU\ KDQG VDQLWLJHU DQG XVH IUHTXHQWO\

*DPH 3HUVRQQHO &RQVLGHUDWLRQV F

- 1R VXQÀRZHU VHGGV VSLWWLQJ RU JXP
- &DUU\ KDQG VDQLWLJHU DQG XVH IUHTXHQWO\
- ,ID SLWFKHU SXWV KLV KHU KDQGV WR WKHLU PRXWK DQG WR
- VDQLWLJH WKHLU KDQGV DQG D QHZ EDOO LV LQVHUUHG EHIF

5HJLRQDO &KDPS

- \$OO JDPHV SOD\HG DW KRWW VFKRRO VLWHV
- &KDPSLRQVKLSV VKDOO EH VLQJOH HOLPLQDWLRQ
- 1R SUH JDPH SOD\HU LQWURGXFWRQ DVVHPEOLHV RQ WKH I
- \$ZDUGV FHUHPRQLHV ZLOO EH OLPLWHG WR HQVXUH VDIH VRF



2020-21 BASKETBALL GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

2020-21 BASKET





2020-21 COMPETITIVE CHEER GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

7KH IROORZLQJ JXLGHOLQHV DQG PRGL¿FDWLRQV ZHUH FUHDWHG



2020-21 CROSS COUNTRY GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

7KH IROORZLQJ JXLGHOLQHV DQG PRGL¿FDWLRQV ZHUH FUHDWHG OHHWHV GXULQJ WKH &RYLG 3DQGHPLF 7KH IROORZLQJ JXLGH WLRQV IURP WKH &) WKH 1DWLRQDO)HGHUDWLRQ RI 6WDWH +IWR UHPDLQ ZLWKLQ WKH VFRSH RI DOO VWDWH SXEOLF KHDOWK

General Guidelines

- &URVV FRXQWU\ PHHWV VKRXOG FRQVLGHU XVLQJ VWDJHJHUH
- 0DVNWKDOO EH ZRUQ DW DOO WLPHV E\ DOO LQGLYLGXDOV FRPSHWLWLRQ
- 6RFLDO GLVWDQFLQJ PHDVXUHV VKDOO EH LQ SODFH DW DOO

(YHQW 0RGL¿FDW

- &RQVLGHU ZLGHQLQJ WKH FRXUVH WR DW OHDVW IHHW DW 1
-)LQLVK OLQH DUHD VKRXOG EH HQODUJHG WR SURYLGH IRU V

Pre-Post Meet Ceremony

'R QRW VKDNH KDQGV EHIRUH RU DIWHU WKH UDFHV HYHQWV

3UH 3RVW 0HHW

-)ROORZ VRFLDO GLVWDQFLQJ JXLGHOLQHV 3UH DQG 3RVW 0HHW FRQIHUHQFHV &OHUNLQJ DW WKH VWDUW OLQH 7DEXODWLRQV DQG SRVWLQJ RI UHVXOWV
- 2^FLDOV FRQWLQXH WR XVH WKHLU RZQ SHUVRQDO HTXLSPHQ

Water Bottles & Hydration Stations

- 7HDP PHPEHUV VKDOO QRW VKDUH ZDWHU ERWWOHV
- +\GUDWLRQ VWDWLRQV PD\ EH XWLOLJHG EXW VKDOO EH WRX



2020-21 FIELD HOCKEY GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

7KH IROORZLQJ JXLGHOLQHV DQG PRGLFDWLRQV ZHUH FUHDWHG OHHWHV GXULQJ WKH &RYLG 3DQGHPLF 7KH IROORZLQJ JXLGH WLRQV IURP WKH &) WKH 1DWLRQDO)HGHUDWLRQ RI 6WDWH +IWR UHPDLQ ZLWKLQ WKH VFRSH RI DOO VWDWH SXEOLF KHDOW

General Guidelines

- 0DVNMKDOO EH ZRUQ DW DOO WLPHV E\ DOO LQGLYLGXDOV FRPSHWLWLRQ
- 6RFLDO GLVWDQFLQJ PHDVXUHV VKDOO EH LQ SODFH DW DOO

Event Limitations

- \$GKHUH WR ORFDO FRXQW\ JXLGHOLQHV

Pre-Game Conference

0RYH WKH ORFDWLRQ RI WKH SUH PDWFK FRQIHUHQFH WR WKH RQ HLWKHU VLGH RI WKH FHQWHU OLQH \$OO IRXU LQGLYLGXDO

2^FLDOV

- %ULQJ SHUVRQDO KDVKG KDOOGLW LQ HXHQWO\
- 'RQW VKDUH HTXLSPHQW
-)ROORZLQJ JXLGHOLQHV & RQVLGHU VL[IHHW RWKHUV SOD\HUV FRDFKHV RWKHU R^FLDOV
- 'R QRW VKDNH KDQGV
- 8VH RI UDGLRV WR FRPPXQLFDWH ZLWK SDUWQHUV LV SHUPLV
- 2^FLDOV SHUVRQQHO PD\ ZHDU FORWK IDFH FRYHULQJV DW D
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2020-21 *FIELD HOCKEY GUIDELINES & COVID-19 MODIFICATIONS*

Equipment & Accessories



2020-21 FOOTBALL GUIDELINES &

2020-21 FOOTBALL GUIDELINES &
[REDACTED]

Foundational Statement



2020-21 FOOTBALL GUIDELINES & COVID-19 MODIFICATIONS

Equipment & Accessories

- 3HUPLVVLEOH IDFH FRYHULQJV DUH UHTXLUHG WR EH ZRUQ D
- *ORYHV DUH SHUPLVVLEOH
- 3OD\HUV VKDOO XWLOLJH WKHLU RZQ HTXLSPHQW ELQ IRU DO

8QLIRUP

- /RQJ VOHHYHV DUH HQFRXUDJHG WR UHGXFH VNLQ FRQWDFW
- /RQJ SDQWV DQG XQGHUJDUPHQWV DUH SHUPLVVLEOH

Water Bottles & Hydration Stations

- 7HDP PHPEHUV VKDOO QRW VKDUH ZDWHU ERWWOHV
- +\GUDWLRQ VWDWLRQV PD\ EH XWLOLJHG EXW VKDOO EH WRX

2^FLDOV¶ 8QLIRUP (T

- %\ ORFDO DVVRFLDWLRQ DGRSWLRQ ORQJ VOHHYHG VKLUWV
- 'R QRW VKDUH XQLIRUPV WRZHOV DQG RWKHU DSSDUHO DQG
- 3HUPLVVLEOH IDFH FRYHULQJV DUH UHTXLUHG
- *ORYHV DUH SHUPLVVLEOH



2020-21 GYMNASTICS GUIDELINES & COVID 19 MODIFICATIONS

Foundational Statement

7KH IROORZLQJ JXLGHOLQHV DQG PRGLFDWLRQV ZHUH FUHDWHG OHWHV GXULQJ WKH &RYLG 3DQGHPLF 7KH IROORZLQJ JXLGH WLRQV IURP WKH &) WKH 1DWLRQDO)HGHUDWLRQ RI 6WDWH +IWR UHPDLQ ZLWKLQ WKH VFRSH RI DOO VWDWH SXEOLF KHDOW

MODERATE

General Guidelines

- 0DVMKDOO EH ZRUQ DW DOO WLPHV E\ DOO LQGLYLGXDOV FRPSHWLWLRQ
- 6RFLDO GLVWDQFLQJ PHDVXUHV VKDOO EH LQ SODFH DW DOO

Event Limitations

- \$GKHUH WR ORFDO FRXQW\ JXLGHOLQHV

Pre-Meet Conference

- /LPLW DWWHQGHV WR WKH R^FLDO DQG WKH KHDG FRDFK IU
- \$OO LQGLYLGXDOV PDLQWDLQ D VRFLDO GLVWDQFH RI IHHW
- 6XVSHQG KDQGVKDNHV SULRU WR DQG IROORZLQJ WKH 3UHJD

Pre/Post-Meet Ceremony

5HSODFH KDQGVKDNHV EHIRUH DQG DIWHU WKH JDPH ZLWK D VFKRRVLQJ



2020-21 GYMNASTICS GUIDELINES & COVID-19 MODIFICATIONS

Water Bottles & Hydration Stations

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2020-21 Boys LACROSSE GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

7KH IROORZLQJ JXLGHOLQHV DQG PRGL¿FDWLRQV ZHUH FUHDWHG OHHWHV GXULQJ WKH &RYLG 3DQGHPLF 7KH IROORZLQJ JXLGH WLRQV IURP WKH &) WKH 1DWLRQDO)HGHUDWLRQ RI 6WDWH +IWR UHPDLQ ZLWKLQ WKH VFRSH RI DOO VWDWH SXEOLF KHDOW

MODERATE

General Guidelines

- 0DVNMKDOO EH ZRUQ DW DOO WLPHV E\ DOO LQGLYLGXDOV FRPSHWLWLRQ
- 6RFLDO GLVWDQFLQJ PHDVXUHV VKDOO EH LQ SODFH DW DOO

Event Limitations

- \$GKHUH WR ORFDO FRXQW\ JXLGHOLQHV

Pre-Game Conference

- 3UHJDPH\ HTXLSPHQW FKHFNV VKRXOG EH FRQGXFWHG DIWHU WKH WKH ¿HOG DQG OHIW WKH ¿HOG 2^FLDOV WKHQ PD\ LQVSHFW WHDPV WR JHW WKHLU HTXLSPHQW DQG ¿QG WKH UHVXOWV R
- 0HHWZQWK &DSWDLQV 2QH FDSWDLQ IRU HDFK WHDP R^FLD R^FLDO VKRZV FRLQ UHVXOW WR HDFK FDSWDLQ
- 1R OLQH XS &RDFKHV WR UHOD\ LQIRUPDWLRQ WR WKHLU WH
- 1R PHHWLQJ ZLWK IDFHR¿SOD\HUV LI SHUIRUPHG
- (OLPLQDWH KDQGVKDNHV IROORZLQJ SUH JDPH PHHWLQJ DQG

Team Benches

7HDP EHQFK DUHDV VKRXOG EH PRUH FOHDUO\ PDUNHG WR UHP

)DFLQJ 2†

&RQVLGHU RQO\ SHUIRUPLQJ WKH IDFHR¿S GXULQJ WKH EHJLQW WKLUG TXDUWHU ,I QHFHVVDU\ DW WKH EHJLQQLQJ RI RYHUW DOWHUQDWLQJ SRVVHVVLQJ VKDOO EH XVHG

Penalty Enforcement

,I WKHUH LV D YLRODWLRQ EORZ WKH ZKLVWOH TXLFN DQG DZI



2020-21 GIRLS LACROSSE GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

7KH IROORZLQJ JXLGHOLQHV DQG PRGLFDWLRQV ZHUH FUHDWHG OHHWHV GXULQJ WKH &RYLG 3DQGHPLF 7KH IROORZLQJ JXLGHOLQJ WLRQV IURP WKH & RYLG WKH 1DWLRQDO)HGHUDWLRQ RI 6WDWH +IWRU UHPDLQ ZLWKLQ WKH VFRSH RI DOO VWDWH SXEOLF KHDOWK

General Guidelines

- 0DVNWKDOO EH ZRUQ DW DOO WLPHV E\ DOO LQGLYLGXDOV FRPSHWLWLRQ
- 6RFLDO GLVWDQFLQJ PHDVXUHV VKDOO EH LQ SODFH DW DOO

Event Limitations

- \$GKHUH WR ORFDO FRXQW\ JXLGHOLQHV

Pre-Game Conference

- /LPLW DWWHQGHV WR RQH FRDFK IURP HDFK WHDP DQG OHD
- (QVXWKH SUH JDPH PHHWLQJ LV DZD\ IURP VLGHOLQH DQG DOO IHHW 0DVNV PXVW EH ZRUQ E\ FRDFK DQG RFLDO GXULQJ V
- 6XVSHQG



2020-21 GIRLS LACROSSE GUIDELINES & COVID-19 MODIFICATIONS

Equipment & Accessories

- 3HUPLVVLEOH IDFH FRYHULQJV DUH UHTXLUHG WR EH ZRUQ D
- 3OD\HUV DQG R^FLDOV PD\ ZH DU SHUPLVVLEOH IDFH PDVNV J
- 3OD\HUV VKDOO XWLLOLJH WKHLU RZQ HTXLSPHQW ELQ IRU DO
- 3UH JDPH



2020-21 SKIING/SNOWBOARDING GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

7KH IROORZLQJ JXLGHOLQHV DQG PRGL;FDWLRQV ZHUH FUHDWHG
OHWHV GXULQJ WKH &RYLG 3DQGHPLF 7KH IROORZLQJ JXLGH
WLRQV IURP WKH &) WKH 1DWLRQDO)HGHUDWLRQ RI 6WDWH +I
WR UHPDLQ ZLWKLQ WKH VFRSH RI DOO VWDWH SXEOLF KHDOW

General Guidelines

- 0DVNWKDOO EH ZRUQ DW DOO WLPHV E\ DOO LQGLYLGXDOV LQ SHWLWLRQ
- 6RFLDO GLVWDQFLQJ PHDVXUHV VKDOO EH LQ SODFH DW DOO

(YHQW 0RGL;FDW

- \$LQGLYLGXDO DWKOHWH DQG VWD;HTXLSPHQW VKRXOG EH VFL;F WUDLQLQJ VHVVLRQ
- \$0WHDP VLWH HTXLSPHQW' VKRXOG EH VDQLWLJHG EHIRUH WUDLQLQJ VHVVLRQ
- \$WKOHWHV GR QRW QHHG WR ZHDU IDFH FRYHULQJ ZKHQ RQ
- 0DLQWFLDO GLVWDQFLQJ RI D PLQLXP RI IHHW DW DOO GXULQJ VNL VQRZDUG VHUYLFH
- ,WV UHFRPPHQGHG WR EH D VLQJOH ULGHU RQ D FKDLUOLIW SXEOLF SHRSOH RXWVLGH RI \RXU WUDLQLQJ JURXS

Pre-Post Meet Ceremony

'R QRW VKDNH KDQGV EHIRUH RU DIWHU WKH UDFHV HYHQWV

3UH 3RVW 0HHW

-)ROORZ VRFLDO GLVWDQFLQJ JXLGHOLQHV
- 3UH DQG 3RVW 0HHW FRQIHUHQFHV
- &OHUNLQJ DW WKH VWDUW OLQH
- 7DEXODWLRQV DQG SRVWLQJ RI UHVXOWV
- 2^FLDOV FRQWLQXH WR XVH WKHLU RZQ SHUVRQDO HTXLSPHQW

Water Bottles & Hydration Stations

- 7HDP PHPEHUV VKDOO QRW VKDUH ZDWHU ERWWOHV
- +\GUDWLRQ VWDWLRQV PD\ EH XWLOLJHG EXW VKDOO EH WRX

2020-21 Soccer Guidelines & COVID-19 OCCYM20-21 S

Foundational Statement

7KH IROORZLQJ JXLGHOLQHV DQG PRGL; FDWLRQV ZHUH FUHDWHG
OHWHV GXULQJ WKH &RYLG 3DQGHPLF 7KH IROORZLQJ JXLGH
WLRQV IURP WKH &) WKH 1DWLRQDO)HGHUDWLRQ RI 6WDWH +I
WR UHPDLQ ZLWKLQ WKH VFRSH RI DOO VWDWH SXEOLF KHDOW

MODERATE

General Guidelines

- 0DVNMKDOO EH ZRUQ DW DOO WLPHV E\ DOO LQGLYLGXDOV
FRPSHWLWLRQ
- 6RFLDO GLVWDQFLQJ PHDVXUHV VKDOO EH LQ SODFH DW DOO

Event Limitations

- PDWFKHV SHUPLWWHG GXULQJ WKH VHDV RQ
- \$GKHUH WR ORFDO FRXQW\ JXLGHOLQHV

Pre-Game Conference

- /LPLW DWWHQGHV WR KHDG RU FHQWHU UHIHUHH WKH KHDG
- 0RYH WKH ORFDWLRQ RI WKH SUH JDPH FRQIHUHQFH WR WKH
- 3DUWLFLSDQWV PXVW PDLQWDLQ VRFLDO GLVWDQFLQJ SURW
- 1R KDQGVKDNHV

Team Benches

- &RDFKHV JDPH SHUVRQQHO DQG SOD\HUV RQO\ SHUPLWWHG
- 6RFLDO GLVWDQFH UHTXLUHPHQWV PXVW EH REVHUYHG E\ DOO
- 7HDP EHQFK DUHDV PD\ EH ORFDWHG RQ RSSRVLWH VLGHV RI
- 6SHFWDWRUV VKDOO QRW EH SHUPLWWHG EHKLQG WKH WHDP

Post-Game Procedures

5HSODFH KDQGVKDNHV DIWHU WKH JDPH ZLWK D VRFLDO GLVWDQJ

2^FLDO 6FRUHNH

/LPLWHG WR KRPH WHDP VFRUHNHSHU DQG WLPHU 0DLQWDLQ
SHUVRQQHO VFRUHNHSHU VWDWLVWLFLDQ WLPHU DUH QRW
DOWHUQDWLYH ORFDWLRQ



2020-21 SOCCER GUIDELINES & COVID-19 MODIFICATIONS

(TXLSPHQW 6DQL

*DPHV VKDOO XWLOLJH D WKUHH EDOO URWDWLRQ HQVXULQJ
VDQLWLJHG WKRURXJKO\ ZLWK D EOHDFK ZLSH EHIRUH UHWXUQ

(TXLSPHQW \$FF

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2020-21 SOFTBALL GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

7KH IROORZLQJ JXLGHOLQHV DQG PRGL;FDWLRQV ZHUH FUHDWHG
OHWHV GXULQJ WKH &RYLG 3DQGHPLF 7KH IROORZLQJ JXLGH
WLRQV IURP WKH &) WKH 1DWLRQDO)HGHUDWLRQ RI 6WDWH +I
WR UHPDLQ ZLWKLQ WKH VFRSH RI DOO VWDWH SXEOLF KHDOW

General Guidelines

- 0DVNMKDOO EH ZRUQ DW DOO WLPHV E\ DOO LQGLYLGXDOV FRPSHWLWLRQ
- 6RFLDO GLVWDQFLQJ PHDVXUHV VKDOO EH LQ SODFH DW DOO

Event Limitations

- \$GKHUH WR ORFDO FRXQW\ JXLGHOLQHV

Pre-Game Conference

- /LPLW DWWHQGHV WR +HDG &RDFK RI ERWK WHDPV DQG JDP
- 3DUWLFLSDQWV PXVW PDLQWDLQ VRFLDO GLVWDQFLQJ SURW
- 1R OLQH XS FDUG H[FKDQJH
- 1R KDQGVKDNHV

Team Dugouts

- &RDFKHV JDPH SHUVRQQHO DQG SOD\HUV RQO\ SHUPLWWHG
- 6RFLDO GLVWDQFH UHTXLUHPHQWV PXVW EH REVHUYHG E\ DOO
- ,WKH GXJRXW DUHD LV QRW ODUJH HQRXJK WR SURYLGH IRU
- SHUVRQQHO PD\ PRYH RXWVLGH RI WKH LPPHGLDWH GXJRXW D
- 6SHFWDWRUV VKDOO QRW EH SHUPLWWHG QHDU WKH GXJRXW

Post-Game Procedures

5HSODFH KDQGVKDNHV DIWHU WKH JDPH ZLWK D VRFLDO GLVWDQJ

2 FLDO 6FRUHN

/LPLWHG WR RQH SHUVRQ IURP HDFK WHDP DQG PXVW REVH
EDFNWRS



2020-21 SWIM & DIVE GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

7KH IROORZLQJ JXLGHOLQHV DQG PRGLFDWLRQV ZHUH FUHDWHG
OHWHV GXULQJ WKH &RYLG 3DQGHPHF 7KH IROORZLQJ JXLGH
WLRQV IURP WKH &) WKH 1DWLRQDO)HGHUWLRQ RI 6WDWH +I
WR UHPDLQ ZLWKLQ WKH VFRSH RI DOO VWDWH SXEOLF KHDOW

General Guidelines

- 0DVNMKDOO EH ZRUQ DW DOO WLPHV E\ DOO LQGLYLGXDOV
FRPSHWLWLRQ
- 6RFLDO GLVWDQFLQJ PHDVXUHV VKDOO EH LQ SODFH DW DOO

Event Limitations

- PHHWV SHUPLWWHG GXULQJ WKH VHDVRQ
- \$GKHUH WR ORFDO FRXQW\ JXLGHOLQHV
- \$WKOHHW FOHUNLQJ DUHDV VKRXOG EH HOLPLQDWHG

Pre-Meet Conference

- 'HFUHDWPEHU RI SDUWLFLSDQWV RU KROG RQH FRQIHUHQF
FDSWDLQV ZKLOH PDLQWDLQLQJ SURSHU VRFLDO GLVWDQFH
- 7KHUHIHUHH FDQ XVH 3\$ V\WHP RU VWDUWLQJ V\WHP PLF
NHHS WKHP SURSHUO\ VHSUDWHG





2020-21 SWIM & DIVE GUIDELINES & COVID-19 MODIFICATIONS

State Championship

\$W WKLW WLPW WKHWH DUH QR FKDQJHV WR TXDOL¿FDWLRQ SUR
FKDQJH ZLWKRXW DGYDQFHG QRWLFH



2020-21 TENNIS GUIDELINES

Foundational Statement

7KH IROORZLQJ JXLGHOLQHV DQG PRGL;FDWLRQV ZHUH FUHDWHG
OHWHV GXULQJ WKH &RYLG 3DQGHPLF 7KH IROORZLQJ JXLGH
WLRQV IURP WKH &, WKH 1DWLRQDO)HGHUDWLRQ RI 6WDWH +I



2020-21 TENNIS GUIDELINES & COVID-19 MODIFICATIONS

Equipment & Accessories

- 8VHDOFRKRO EDVHG GLVLQIHFWDQW WR FOHDQ DOO WHQQLV J PDFKLQHV HWF
- 3HUPLVVLEOH IDFH FRYHULQJV DUH UHTXLUHG WR EH ZRUQ D
- *ORYHV DUH SHUPLVVLEOH
- 3OD\HUV VKDOO XWLQJLH WKHLU RZQ HTXLSPHQW ELQ IRU DO

Water Bottles & Hydration Stations

- 7HDP PHPEHUV VKDOO QRW VKDUH ZDWHU ERWWOHV
- +\GUDWLRQ VWDWLRQV PD\ EH XWLQJLHG EXW VKDOO EH WRX

2^FLDOV† 8QLIRUP (T

- %\ VWDWH DVVRFLDWLRQ DGRSWLRQ ORQJ VOHHYHG VKLUWV
-)DFH FRYHULQJV DUH SHUPLVVLEOH
- *ORYHV DUH SHUPLVVLEOH

Foundational Statement

7KH IROORZLQJ JXLGHOLQHV DQG PRGL;FDWLRQV ZHUH FUHDWHG
OHWHV GXULQJ WKH &RYLG 3DQGHPLF 7KH IROORZLQJ JXLGH
WLRQV IURP WKH &) WKH 1DWLRQDO)HGHUDWLRQ RI 6WDWH +I
WR UHPDLQ ZLWKLQ WKH VFRSH RI DOO VWDWH SXEOLF KHDOW

General Guidelines

- 0DVNMKDOO EH ZRUQ DW DOO WLPHV E\ DOO LQGLYLGXDOV
FRPSHWLWLRQ
- 6RFLDO GLVWDQFLQJ PHDVXUHV VKDOO EH LQ SODFH DW DOO

(YHQW 0RGL;FDW

- 7R OLPLW FRQWDFW DWKOHWHV FDQ SURYLGH WKHLU RZQ LP
RZQ LPSOHPHQWV DIWHU DOO WKURZV
,I DWKOHWHV FDQ W SURYLGH WKHLU RZQ LPSOHPHQWV W
VDQLWLJHG EHWZHHQ HDFK XVH
- 7R ORZHU WKH ULVN RI WKHWHV HYHQWV PHHWV FDQ FRYHU K
UHPRYHG DQG GLVLQIHFWHG DIWHU HDFK DWKOHWH WKHUHI
- 6SULQW



2020-21 TRACK & FIELD GUIDELINES & COVID-19 MODIFICATIONS

(TXLSPHQW \$FFHVVR

- 3HUPLVVLEOH IDFH FRYHULQJV DUH UHTXLUHG WR EH ZRUQ D
- 3OD\HUV VKDOO XWLOLJH WKHLU RZQ HTXLSPHQW LPSOHPHQ
- 6DQLWLJH DOO HTXLSPHQW DQG DFFHVVRULHV

State Championship

- \$ZUGV FHUHPRQLHV ZLOO EH OLPLWHG WR HQVXUH VDIH VRF
- 6RFLDO GLVWDQFLQJ PHDVXUHV VKDOO EH LQ SODFH DW DOO

2020-21 MEXLEYBALL GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

REIGHDSDGPEFDWLEUHFUHDWHGWBKWDHSDUWLFLLSDWLESHWDWK

California Interscholastic Federation

2020-21 VOLLEYBALL GUIDELINE & COVID-19 MODIFICATIONS

Substitution

Maintain social distancing of 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.

Officials' Table

Limit to essential personnel which includes home team scorer, libero tracker and timer with a 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.

Pre/Post-Game Ceremony

Replace handshakes before and after the match with a social distance acknowledgment of the team's choosing.

Volleyball San

Games shall utilize a three-ball rotation, ensuring that anytime a ball goes out of play it shall be sanitized thoroughly with a bleach wipe before returning to the rotation.

Equipment & Accessories

- Permissible face coverings are required to be worn at all times by all attendees present.
- Gloves are permissible.
- Players shall utilize their own equipment bin for all personal gear on the sideline.

Uniform

- Long sleeves are encouraged to reduce skin contact with the ball.
- Long pants and undergarments are permissible.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Officials' Uniform & E

- By local association adoption, long-sleeved, all-white/all-blue collared polo shirt/sweater are permissible.
- Electronic whistles shall be utilized to minimize the spread of respiratory particles.
- Permissible face coverings are required.
- Gloves are permissible.

Boys Regional Championships

- Qualifying teams reduced to eight (8) per division.
- All games played at host school sites.
- Championships shall be single elimination.
- Awards ceremonies will be limited to ensure safe social distancing and to minimize mass gatherings.



2020-21 WATER POLO GUIDELINES & COVID-19 MODIFICATIONS



2020-21 WATER POLO GUIDELINES & COVID-19 MODIFICATIONS

Equipment Sanitation

2020-21 WRESTLING

Foundational Statement

V@^A,[[[, a} *A* ~aa^|a} ^Aae} aA { [aa, &acá [} A ^!^A&!^ac^a^c [Aae][, A [!Ac@^A~^A] ae:ca&a] aeá [} A [-A~^A} cEae@E |^c^Aa^ |a} *Ac@^AÖ [caäEFJAUae} a^ { a&EAV@^A~ [|| [, a} *A* ~aa^|a} ^A~ [|| [, A^cA] !ae&ca&^Aae} aA!^& [{ {^} aae cá [] •A~! [{ Ac@^AÖQÖAc@^A^Paeá [} ae|A^a^!aeá [} A [-AUcæc^A^P^* @AU&@ [[|AcE•• [&aeá [] •AcPØPÜDEae} aA , a|A& [] cá} ~^A c [A!^ { ae} A , ac@a} Ac@^A& [] ^A [-Aae|A~cæc^A] ~ a|a&A@^ae|c@A [!a^!•EA

General Guidelines

- Tæ\•A•@ae|A à^A , [!} A aeá ae|A cá { ^A a^A ae|A a} aäcäa~ ae|A a} A aecc^ } aae} &^A [c@^!Ac@ae} A , @^} A^ } *æ* ^a^ a} & [{] ^cáca [] E
- U [&ae|Aa^cæ } &a} *A { ^æ~!^A•A•@ae|A à^Aa} A] |ae&^Aaeáae|A cá { ^A [c@^!Ac@ae} A , @^} A^ } *æ* ^a^ a} A& [{] ^cáca [] E

Event Limitations

- I€A { ae&@^A•A } ^! { äcc^a^a~ |a} *Ac@^A•^æ• [] E
- V^æ { •A { ae^A@ae^A { [!^Ac@ae} A [] ^Ac^æ { Aa~ ae|Aa} AaeAa^A^cA { ~cA\^^] Ac^æ { •A•^ } ae!ae^a^Ac [A { ^cA• [&ae] a^cæ } &a} *A* ~aa^|a} ^A•EAU} |^Ac [Ac^æ { •A , a|Aa^Aae| [, ^a^Ac [A& [{] ^c^AaeAc@^A•æ { ^Acá { ^E
- Ö [] c^c•A { ~cA à^A •&@^a~ |^a^c [A ae| [, A~ [!Aae]]! [] !aecc^A&|^æ} a} *Aae} aA •æ} acá : a} *A , @^} AaeA } ^ , Ac^æ { & [{ ^Ac [Ac@^A~ae&a|ac^E
- CEä@^!^Ac [A [&ae|A& [] ~c^A* ~aa^|a} ^A•E

Weigh-ins

Y^a* @Eä } •A•@ [~|a^A^A& [{] |^c^a^A [] ^Ac^æ { AaeáaeAcá { ^EA

Team Benches

CEä@^!^Ac [A] @^ •a&ae|Aa^cæ } &a} *A* ~aa^|a} ^A•EAU} |^A [] ^A& [ae&@Aae} aA [] ^Aaecc|^c^A] ^!Ac^æ { A , a|Aa^A] ^! { äcc^a^A [] A c@^A { aeáa~ |a} *AaeA { ae&@E

Warm-ups

Y@^} AaeA , !^c|a} *A! [[{ Aä•Aaeçae|aeà|^EAc@^A@ [{ ^Ac^æ { A•@ [~|a~ •^Ac@^A , !^c|a} *A! [[{ A~ [!Ac@^A: A , ae! { E~] E

Officials' Table

CE••a* } ^a^A~^æcá } *A~ [!A^••^} cáae|A à^ } &@A] ^!• [] } ^|Aa^A!^& [{ {^} a^a^ , ac@AaeA a^cæ } &^A [-A ÎE~^cA à^c , ^^} A c@^ { EA





2020-21 WRESTLING GUIDELINES & COVID-19 MODIFICATIONS

Pre/Post-Game Ceremony