

2020-2021 Competition Cheer Recommendations

The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

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Spirit Rules Book Modifications

- ❖ Cheerleading General Risk Management (2-1-14 & 16)
 - Participants should be appropriately spaced on the mat to ensure proper social distancing, when practicable.

Spirit Considerations and Modifications

- ❖ Cheerleading Apparel / Accessories (3-1-1)
 - Cheerleaders must wear face coverings while not actively performing on the mat.
 - Examples of face coverings to consider. This is not an exhaustive or definitive list.
 - Coverings that are held in place with over-the-head straps using Velcro or other breakaway type connections.
 - Full head coverings.
 - Coverings that minimize the chance of having fingers caught in them.

Skill Restrictions

- ❖ It is ultimately the decision of the individual school district whether stunting occurs or not.
- ❖ Stunting with face coverings should only take place in consultation with school administration, and with the consent of all those involved (cheerleaders and parents).
- ❖ Teams must abide by the following restrictions:
 - No cradles
 - No twist ups or twist downs
 - No spinning skills
 - No basket tosses
 - No inversions
 - No transitional stunts
 - No pyramids
 - No tumbling into a stunt
- ❖ Stunting that IS permitted:
 - Preps and prep level stunts
 - Extensions and awesomes
 - Single-leg stunts
 - Dismounts must be Bump Down or Pop Down only
- ❖ Reminder: No stuntwork can occur while out-of-season. Under Phase 3 Guidelines, 10-foot social distancing is required.

Additional Recommendations

- ❖ Coaches should be sure to follow stunt progressions with all cheerleaders.
- ❖ Stunt groups should remain consistent, in the same “pods,” for practices and/or performances.
- ❖ Stunt groups should work together for no more than 10 minutes at a time, to minimize the time spent in close contact and allow proper hand sanitizing, etc.
- ❖ In the case of a “pod” member’s absence, that individual’s group or “pod” is ground bound for that day, to reduce potential cross contamination between stunt groups. Do NOT substitute group members between groups.
- ❖ Build in breaks during practices and/or performances to sanitize.
- ❖ Consult your mat manufacturer regarding appropriately sanitizing your mats appropriately (i.e., what cleaners, frequency, etc.).

Notes

- Teams conducting out-of-season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in-season teams to conduct regular season and postseason events.
- During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID-19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.

2020-2021 Cross Country Recommendations

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General Recommendations

- ❖ Cross-country meets should use staggered, wave or interval starts.
- ❖ Finish:
 - Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
 - With no FAT timing system, consider alternative means of finish place and time to address congestion at finish line.
 - Consider using image-based equipment at finish to assist with picking place to avoid congestion.
- ❖ Clean and disinfect frequently touched surfaces and exercise equipment.
- ❖ Pre and Post Event Ceremony: Establish cross-country specific social distancing meet protocols including the elimination of handshakes before and after the meet. Event results should not be posted but available online and/or email results to coaches. Awards will be picked up by the coach prior to team departure.

Rule Modification for the 20-21 school year

- ❖ 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.

Recommendations for Coaches

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

Recommendations for Student-Athletes

- ❖ Consider making each student-athlete responsible for their own supplies.
- ❖ Student-athlete should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home.
- ❖ Student-athletes should tell coaches immediately when they are not feeling well.

Notes

- ☐ Teams conducting out-of-season workouts will continue to abide by Phase 3 Guidelines as established by the VHSL and the Virginia Department of Health, regardless of established adjustments allowed for in-season teams to conduct regular season and postseason events.
- ☐ During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID-19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.

2020-2021 Football Recommendations

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Football Rule Recommendations

- ❖ Team Box (rule 1-2-3g)
 - The team box will be extended on both sides of the field to the 20-yard lines, in order for more social distancing space for the teams.
 - Maintain social distancing of at least 6 feet at all times while in the team box.
 - Do not share uniforms, towels, other apparel, or equipment.
- ❖ Ball (Rule 1-3-2)
 - The ball should be cleaned and sanitized throughout the contest, as recommended by the ball manufacturer.
 - The ball holders should maintain social distancing of at least 6 feet at all times during the contest.
- ❖ Face Masks [(Rules 1-5-1a, 1-5-3c(4))]
 - Plastic shields covering the entire face (unless integrated into the facemask and attached to the helmet and clear without the presence of any tint) shall not be allowed during the contest.
- ❖ Gloves (Rule 1-5-2b)
 - Gloves are permissible but still must comply with Rule 1-5-2b by meeting either the NOCSAE Standard or the SFIA Specification.
- ❖ Charged Time-outs and Authorized Conferences
 - A single charged time-out may be extended to a maximum of two minutes in length.
 - The authorized conference for the charged time-out should take place between the 9-yard marks and not the sideline for social-distancing purposes. (It would be permissible for more than one coach to be involved in this conference and for technology to be used.)
 - Each game official and player should have their own beverage container brought.
- ❖ Intermission Between Periods and After Scoring (Rule 3-5-7)
 - 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. Situations warranting an extended intermission include sanitizing balls, hydration of players and officials, etc.

Additional Recommendations

- ❖ Gloves are permissible for all coaches and team staff and for all game administration officials.
- ❖ 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.
- ❖ Pregame meeting and coin toss should only include a coach from each team and an official.

Notes

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- During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID-19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.

2020-2021 Golf Recommendations

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Recommendations for Coaches

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

Recommendations for Student Athletes

- ❖ Consider making each student responsible for her/his own clubs and gloves.
- ❖ Student Athletes should wear their own appropriate clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every practice and match.
- ❖ Student Athletes should adhere to local rules in order to restrict touchpoints such as flagsticks and bunker rakes.
- ❖ Hand sanitizer should be plentiful at all contests and practices.
- ❖ Athletes should tell coaches immediately when they are not feeling well.
- ❖ Bring your own water bottle.

Additional Recommendations for Competition

- ❖ Social distancing measures should be in place in all practice areas which may result in limited space.
- ❖ Players should be courteous and limit their time in the practice areas to allow everyone the opportunity to warm up.
- ❖ Players should remain at least 6 feet away from each other and the official scorer at all times while in the scoring area.

Notes

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- ☐ During times of substantial COVID-19 activity in a community, participating in recreational sports that involve close contact with others may increase risk of COVID-19 transmission and is not advisable. This is especially true with large events. Consider the extent of community transmission in a region/locality when deciding whether to participate. During times of significantly increasing disease spread, organizers of such events should consider cancelling or postponing competition in favor of lesser risk activities such as low-contact drills or practices.

2020-2021 Volleyball Recommendations

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Volleyball Rule Adjustments for the 2020-21 School Year

- ❖ Prematch Conference (1-2-4a; 1-6-2; 1-6-3; 2-1-10; 5-4-1h, k; 5-6-1; 7-1-1; 7-1-1 PENALTIES 1; 9-1a; 12-2-3)
 - Limit attendees to one coach from each team, first referee and second referee.
 - Move the location of the prematch conference to behind scorer table. If space is not available, conduct meeting in front of scorer table. All four individuals maintain a social distance of 6 feet.
 - Suspend the use of the coin toss to determine serve/receive. The visiting team will serve first in set 1 and alternate first serve for the remaining non-deciding sets.
 - Suspend roster submission at the prematch conference. Rosters are submitted directly to the officials' table before the 10-minute mark.
- ❖ Team Benches (5-4-4b, 9-1-2, 9-1-2 NOTE, 9-3-3b)
 - Suspend the protocol of teams switching benches between sets.
 - During the coaches meeting, both coaches will be asked if a disadvantage exists to remain on the same playing end. If one coach feels it does, teams will continue to alternate playing ends, while the team bench remains the same, i.e., coach will be coaching opposite their team. If both agree no advantage exists, they will remain through out the match on the end where play began.
 - Limit bench personnel to observe social distancing of 6 feet.
- ❖ Deciding Set Procedures [1-2-4b, 5-4-4c, 5-5-3b(26), 9-2-3c]
 - Move the location of the deciding set coin toss to center court with coaches and the second referee maintaining the appropriate social distance of 6 feet. A coin toss, called by the home team, will decide serve/receive.

Volleyball Rules Recommendations

- ❖ Substitution Procedures (2-1-7, 10-2-1, 10-2-3, 10-2-4)
 - 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 (3-4)
 - Limit to essential personnel which includes home team scorer, libero tracker, and timer with social distance of 6 feet between individuals.

Volleyball Officials Manual Recommendations

- ❖ Pre and Post Match
 - Establish volleyball specific social distancing match protocols.

Volleyball Rules Interpretations

- ❖ Rule 4-1 Equipment and Accessories
 - Gloves are permissible. (4-1-1)
- ❖ Rule 4-2 Legal Uniform
 - Long sleeves are permissible. (4-2-1)
 - Long pants are permissible. [4-2-1i (1)]
 - Under garments are permissible, but must be unadorned and of a single, solid color similar in color to the predominant color of the uniform top or bottom. [4-2-1h (3), 4-2-1i (2)]

Notes

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