



OVERVIEW OF IMPORTANT RETURN-TO-PLAY TOPICS

***This document was updated on March 24, 2021.** Over time, this document will change. Please check back frequently for updates. The first four pages of this document feature easy-to-understand overviews of Spring 2020-21 COVID-document-related guidelines. For more detailed answers, read this entire packet. Spring athletics will not be risk-free, but by following the guidance in this document, we all can help mitigate those risks. You should also consider your interactions outside of sports during this season in order to limit the potential for exposure in other portions of your daily routine.*

PROTOCOL FOR POSITIVE CASES: A detailed and more complete version of these protocols can be found on page 4 of this document (“What to Do When Someone Gets Sick”).

1. Contact health department and follow guidance.
2. Close contacts MAY have to quarantine for 14 days; follow health department guidance. “Close contact” is defined as someone who was within six feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period, starting from two days before illness onset.
3. Notify all schools, families and officials involved without identifying the person involved.
4. Students, coaches, officials and others at the event but NOT in close contact should be closely monitored for symptoms and may not need testing. Follow health department guidance.
5. Clean the area.

FACE MASKS: The March 2, 2021 order issued by the Michigan Department of Health and Human Services (MDHHS), as amended, mandates that masks are to be worn during practice and competition for outdoor contact sports. Additionally, if practices are held indoors, masks must be worn in ALL sports at ALL times. In general, face masks are required for athletes in boys lacrosse, girls lacrosse and girls soccer at all times. Face masks are optional for athletes in active participation in all other spring sports but are required at all other times when not involved in active participation. Bench personnel are required to wear face masks at all times. This includes athletes not currently in the game, coaches, managers, trainers, statisticians, media and anyone else on the sideline. If a student has a disability or medical situation that would not permit a mask to be worn, the student would need to obtain documentation of such disability or medical situation from a medical provider (MD, DO, PA, NP) and complete a negative COVID test within 24 hours (rapid antigen test) or 72 hours (PCR test) for each day of competition and practice. Both items must be documented and paper copies shall be made available to all officials and opponents prior to each contest. Management, school administrators, table personnel, announcers, media, broadcasters and all staff are required to wear face masks. Spectators are required to wear face masks.

REGULAR-SEASON TOURNAMENTS, INVATIONALS, MULTI-TEAM COMPETITIONS: The following limitations are in place for regular season spring tournaments and invitationals, both home and away. Regular-season dual/head-to-head matchups, between multiple levels of two different schools, are not affected.

- Baseball – four schools/teams at a site
- Golf – traditional contest limits apply
- Lacrosse – four schools/teams at a site
- Soccer – four schools/teams at a site
- Softball – four schools/teams at a site
- Tennis – traditional contest limits apply
- Track & Field – 16 single-gender teams at a site

When determining the number of teams present at a tournament, count the school’s varsity team as one team, and its JV team as a second team. The goal is to achieve physical distancing at all possible times; teams not in competition should be provided adequate space, and spectator limitations must be followed. Consider staggered contest and team arrival times to maintain physical distancing.

Where two sites and/or facilities are used, there should not be any crossover competition between the two tournaments.

SCRIMMAGES: There are no scrimmages allowed for any sports this spring.

SPECTATOR LIMITATIONS: The current MDHHS epidemic order indicates that outdoor entertainment and recreation facilities must not allow more than 1,000 patrons to gather. Schools may limit spectators further (two per participant, as suggested by MDHHS) but the order defines the maximum number of spectators based on facility size and type.

If local health department orders exist that are stricter than these updated MHSAA requirements, member schools and host venues are expected to follow those local orders.

Sideline cheerleaders, dance team members and pompon squads would be considered participants if a school allows. If a non-athletic support organization such as a pep band is allowed at a facility, all those individuals must be counted in the total number of spectators.

ENTRANCE/EXIT STRATEGIES: Event organizers and venues must consider proper scheduling, seating areas, and crowd entry and exit to facilitate needed sanitizing and physical distancing protocols.

PRE-WORKOUT AND PRE-GAME SCREENING: All coaches and students should be screened daily for signs and symptoms of COVID-19 prior to participating, including with a temperature check. This check may take place onsite or be completed and verified prior to arrival onsite (at home, for example). Anyone with a temperature of greater than 100.3 degrees should not participate and be sent home. Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19. These records must be kept confidential. Any person displaying symptoms of COVID-19 should not be allowed to participate, should self-isolate and contact his or her primary care provider or other healthcare professional. Continue to remind and insist that coaches and students disclose symptoms so all schools can compete safely. Involve local health departments if positive cases of COVID are discovered. Vulnerable adult individuals should not coach, supervise or participate in any competitions or workouts. School districts will make the decision on vulnerable individuals.

COVID GAME CANCELLATIONS: Any game or contest cancelled because of COVID issues is not considered a forfeit. It is considered a no-play, provided the contest has not started. For officials' payment purposes, this is considered an act of God.

TICKETS: Schools should strongly consider using a digital ticket or cashless system. Schools must work together to develop a distribution plan for the limited amount of tickets available per game. If a physical ticket is used, each school should consider conducting a pre-sale, with no onsite ticket sales – only tickets, not money, is collected at the event site.

TRANSPORTATION: The use of buses is a local school district decision. Cleaning and ability to physically distance should be part of the decision. Schools should also consider length of trips when determining the season schedule. When feasible, consider having parents drive athletes to and from games.

LOCKER ROOMS: Home teams are not required to offer locker room access. Visiting teams should arrive dressed and ready to play. Locker room restrooms should be available, and a cleaning schedule should be created.

FACILITY CLEANING: Adequate cleaning schedules should be created and implemented for all athletic facilities. Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (bleachers, chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.). Individuals should wash their hands for a minimum of 20 seconds before participating in workouts. Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

CONCESSIONS: The current MDHHS order states that consumption of food or beverages is permitted only where patrons are seated and those groups of patrons are separated by at least six feet. The order also states that no more than six patrons may be seated at a table and those groups of patrons cannot intermingle.

BEST PRACTICES FOR NON-ATHLETES – THIS IS NOT SPORT-SPECIFIC

Administrators/Host Management

- Administrators must wear face masks and practice physical distancing.
- Obtain officials' information in order to trace contacts if necessary. (This information may be accessible through Arbiter.)
- Provide clear instruction to teams in advance of contests about entrance and exit points of the facility.
- At larger spectator events, consider providing volunteers to monitor entrances and spectator seating areas who can promote physical distancing and face masks.
- Schools should restrict spectator seating to allow for adequate spacing between the spectators and contest participants e.g. permit a scorer's table/judge's table and benches to be moved back or use the first row of bleachers for team bench seating if needed.
- When possible, officials and teams should be provided separate bathrooms and/or gathering areas.
- Scorer's Table/Press Box – essential personnel should be 6 feet apart when possible.
- A cordless microphone could be used.
- Cleaning supplies should be available onsite with devices sanitized between uses.

Coaches

- Coaches must wear face masks and practice physical distancing.
- Provide and review NFHS Playing Rule modifications with players and parents.

Spectators

- Spectators must wear face masks and practice physical distancing.
- Entrance and exit protocols, and posted signs by host management must be obeyed.

Media Personnel

- Media must wear face masks and practice physical distancing.
- Press box/table accommodations should allow for appropriate physical distancing.
- Promote to local media the need to call in advance of the event to secure accommodations.
- Designate locations where photographers may shoot from and enforce it. Make sure photographers are aware of restrictions when they arrive. Photographers must be kept out of team box and bench areas.
- Limit postgame interviews to open-air areas. No locker room access.
- Establish times when the venue will become available to the media and when it will close.



SPORT: Spring Soccer
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This information is provided to schools to help conduct a high school soccer season. The intent of this information is to minimize and reduce risk as much as possible. As such, parents and athletes should discuss the risks and determine if these provisions allow participation for their child.

This is not an exhaustive list and there might be additional steps in each school, city and state to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams.

The situation with COVID-19 continues to change and these considerations may quickly become outdated. Continue to keep up with the latest from the CDC and your local health department. A coach and the athletic director within the program should be designated to be responsible for responding to COVID-19 concerns.

The MHSAA/NFHS Guidance For Re-Opening School Sports lists Soccer as a moderate risk sport.

*Moderate risk sports involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants. **Because soccer is a contact sport, masks must required at all times.***

Competition and Spectator Limitations

- 2021 Spring regular season tournament competition limit – no more than 4 teams at a site.
- No scrimmages allowed.

Special Equipment and Facility Considerations for Girls Soccer

Sports Equipment	Facility
<ul style="list-style-type: none"> • Soccer Balls • Goals/Nets/Posts • Corner Flags • Scorer’s table • Ball Handlers • Goalie Gloves • Pennies • Cones 	<ul style="list-style-type: none"> • Bleachers • Team Area/Bench • Warm-up Areas • Bathrooms • Locker Rooms • Ticket Booths • Entry Gates • Concessions • Weight training facilities

GIRLS SOCCER – Return to Play Guidelines

PRACTICE

- Practice as normal. Contact and intra-squad scrimmaging can occur. Coaches should be cognizant of keeping physical space between athletes when they are not in active participation during a drill.
- Balls may be passed/shared, provided students wash their hands before and after practice.

COMPETITION

- No pre-game and post-game handshakes/high-fives/fist bumps.
- All equipment should be cleaned and sanitized after set up and before contest.
- Athletes should not share pennies.
- Each team is responsible for its own hand sanitizer and its own med kit.
- Face coverings must be worn during the captains meeting.
- Only athletes will touch the balls.
- Sanitized back up ball(s) should be available and should be rotated in regularly (someone needs to be designated to sanitize the ball.) Keep sanitized and non-sanitized balls separated.
- Players should use hand sanitizer before entering and when exiting the game during substitutions; no hand touching allowed during substitutions.
- Create additional space if possible, between officials and sideline benches. If benches are used for subs, maintain physical distancing.
- Limit sidelines to essential people.
- World Cup Walk out not allowed.
- Limit captain meeting to 1 athlete per school and officials, maintaining physical distance.

SOCCER – NFHS Playing Rule Modifications

1. Soccer Rules Considerations

- ***Pregame Conference (5-2-2d)***
 - Limit attendees to head referee or center referee, the head coach from each team, and a single captain from each team.
 - Move the location of the pregame conference to center of the field. All individuals maintain a physical distance of 6 feet.
 - Suspend handshakes prior to and following the Pregame Conference.
- ***Ball Holders (6-1)***
 - Encourage physical distancing of 6 feet
- ***Team Benches (1-5-1)***
 - Encourage bench personnel to observe physical distancing of 6 feet.
- ***Substitution Procedures (3-4)***
 - Maintain physical distancing of 6 feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line.
- ***Officials Table (6-2; 6-3)***
 - Limit to essential personnel which includes home team scorer and timer with a recommend 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. Pre and Post Match Ceremony

- a. Suspend the pregame world cup introduction line and send players to their field positions with bench personnel lined up on the touch line (6 feet apart) for introductions.
- b. Suspend post game protocol of shaking hands.

3. Soccer Rules Interpretations

- ***Rule 4-1 EQUIPMENT AND ACCESSORIES***
 - Cloth face coverings are permissible.
 - Gloves are permissible.
- ***Rule 4-2 LEGAL UNIFORM***
 - Long sleeves are permissible. (4-1-1)
 - Long pants are permissible. (4-1-1)
 - Under garments are permissible but must be of a similar length for the individual and a solid like color for team. (4-1-1d)
- ***Rule 5-3 OFFICIALS UNIFORM AND EQUIPMENT***
 - By state association adoption, long-sleeved shirt/jackets are permissible. (5-1-3)
 - Electronic whistles are permissible (supplies are limited).
 - Cloth face coverings are permissible.
 - Gloves are permissible.

Officials Considerations for COVID-19 Soccer Guidelines

Included below are considerations for contest officials within the guidelines for returning to school sports. They have been developed in consultation with health professionals, government officials, the National Federation and officials from around the state of Michigan. They include general expectations for schools in relation to officials, provisions specific to officials in the sport, rules and mechanics modifications and protocols for when a suspected or confirmed case of COVID-19 is identified.

Officials are not responsible for monitoring activities on the sidelines, such as physical distancing, hand washing, symptoms of illnesses and other such issues. This monitoring remains the responsibility of the coaching staff and school personnel.

General Expectations for Schools

- School athletic directors and officials should communicate with one another well in advance of the contest so that there is a clear understanding as to what is expected from each. Failure to discuss the details may create greater conflicts at the date/time of the contest.
- Officials should be provided a designated parking area apart from the general public.
- An adult host should meet the officials at a single, designated location and time for arrival. They should be escorted all together to a *private open and/or ventilated locker room or meeting area* before the start of the contest, to and from the contest during any intermissions and to the parking areas following the conclusion of the contest.
- Officials should be provided cold beverages either (1) in a sealed, disposable bottle or (2) in a newly washed, reusable bottle. Each shall be designated for a single official and should be marked to indicate to which official the beverage is assigned.
- If offered, snacks or meals provided to officials should be individually packaged separately for each official.
- It is recommended that officials' fees are paid using an electronic payment method.

Protocols for Suspected and Confirmed Cases of COVID-19

Suspected Cases at Contest

- If an official becomes symptomatic at a contest, he or she should be moved to a designated quarantine area with a mask in place until they are transported from the facility. If the symptoms are severe, the official should be picked up by an emergency contact or by ambulance (if clinically unstable) for off-site testing. If an ambulance is called, or someone is being transported to the hospital, there should be an attempt to call the hospital first to alert them that the person may have COVID-19.

Confirmed Cases

- If an official has a laboratory positive or clinically diagnosed case of COVID-19, he or she should immediately contact the local health department for further instructions, and inform the athletic director(s) of any host school he or she visited within the previous two days before displaying COVID-19 symptoms.
- Officials must inform any host school for which they are scheduled to officiate for (at least) 14 days following confirmation that they are unable to work those contests. They will remain ineligible to officiate any MHSAA contests until they are medically cleared by their personal healthcare provider.

- All officials considered close contacts (*i.e.*, someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period) will be informed when a positive case of COVID-19 is identified from a contest they officiated within two days of when the infected individual first displayed symptoms. If identified as a close contact, an official should quarantine and must return assignments scheduled for the next 14 days.
- If an official was at the event, but not in close contact with a positive case, he or she should continue to be closely monitored for any symptoms of COVID-19. At this time, these individuals are not required to receive testing unless they develop COVID-19 symptoms.

Cancellations/Failure-to-Fulfills

- Games that are cancelled because of COVID-19 are considered cancelled as a result of an act of God and are not subject to a 10-day minimum advanced notice by the school.
- Officials are not subject to a failure-to-fulfill penalty if they break a contract for an assignment when (1) they have been diagnosed with, or display symptoms of, COVID-19 or (2) if a confirmed case of COVID-19 has been identified with a team or facility which/where he or she is scheduled to officiate.

Officials' Sport-Specific Provisions

It is incumbent of MHSAA officials to take necessary precautions to ensure a safe working/playing environment. This is especially important for those considered “vulnerable individuals” – people 65 years and older and others with serious underlying health conditions. Individual circumstances, proximity to others while officiating and overall risk level will determine for many the extent of precautions taken.

Provisions are listed in categories described below. As independent contractors, MHSAA officials have the ability to choose or decline assignments as they see fit. Likewise, because officials are hired by the schools, districts and their administrators may require additional precautions be taken by officials that work their contests beyond those mandated in this document. Officials should check with the schools as to any additional precautions or requirements before accepting an assignment and/or arriving to contest.

Provision Categories

- Permitted** – Precautions and safety measures which officials are allowed to take during MHSAA contests. This list is not exhaustive and officials should contact the host school for guidance if they wish to take further precautions not listed in this document.
- Suggested** – Best practices for MHSAA officials based on the recommendations of health professionals. Not required, but should be followed if possible.
- Mandated** – Required practice in order to officiate MHSAA contests. If an official is unwilling or unable to follow these requirements, he or she is not permitted to officiate the contest.

NOTE: “Physical distancing” refers to a separation of individuals of at least six feet, except for momentary interactions.

Permitted Provisions:

- Officials may use electronic whistles.

- Officials may wear gloves – including medical latex gloves, work gloves or gloves designed specifically for officiating.
- Officials may wear plastic face shields which connect to a hat, wrap around the forehead or that hang around the neck.
- Officials may wear long-sleeve shirts/jackets.

Suggested Provisions:

- Each official should check his/her temperature on game days. Officials displaying COVID-19 symptoms (e.g., fever, cough or shortness of breath), or with temperatures of 100.3F or greater, should stay home and consider coronavirus testing if symptoms persist.
- Officials should consider bringing their own marked beverage(s).
- Upon arrival at the site/facility and throughout the contest, officials should wash and sanitize their hands frequently.
- Officials should not share uniforms, towels apparel or equipment.
- Cloth or surgical face coverings, which cover the mouth and nose are recommended for individuals that can wear them without significant impact upon breathing.
- Officials should sanitize their hands after inspecting soccer balls, nets, casts or braces.

Mandated Provisions:

- Officials will arrange to arrive to the site/facility at a single location and time. Unless unavoidable, officials will enter the facility as a group, maintaining proper physical distancing.
- Officials' pregame meetings shall be conducted while practicing proper physical distancing.
- Officials shall not engage in pregame/postgame handshakes or fist bumps with players, coaches or administrators.
- Officials shall not physically contact players during the contest, including players that appear to be injured or ill.
- Officials will maintain physical distancing with each other unless conferencing about a call or ruling. In those cases, the officials should avoid speaking face-to-face.
- Only one official will meet with the timer before the start of the game, while maintaining proper physical distancing.
- Officials will not handle soccer balls. Players will retrieve balls that get away from the immediate pitch area.
- Only the center referee will meet with a single coach and a single team captain at the pregame meeting.
- When providing an explanation of a ruling to a head coach, the referee will meet the coach apart from others located on the sideline. One other official may be present, but physical distancing should be practiced by all involved.



Updated 3/15/21

Rules Modifications (Girls Soccer)

- **SUBSTITUTION PROCEDURES (Rule 3-4)**
 - Maintain physical distancing of 6 feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line.

- **OFFICIALS TABLE (Rules 6-2, 6-3)**
 - Only essential personnel (*i.e., home scorer and timer*) are permitted at the officials table. Visiting team personnel are not deemed “essential” and will need to find an alternative location.

- **EQUIPMENT AND ACCESSORIES (Rule 4-1)**
 - Cloth face coverings are permissible.
 - Gloves are permissible.

- **LEGAL UNIFORM (Rules 4-2, 4-1-1, 4-1-1d)**
 - Long sleeves and long pants are permissible.
 - Under garments are permissible but must be of a similar length for the individual and a solid like color for team.

Preparing for When Someone Gets Sick

Precautionary Measures (in addition to other protocols and precautions)

- Anyone attending or participating in an MHSAA regular season or tournament event should check his/her temperature before arriving. Spectators, participants or personnel displaying COVID-19 symptoms (e.g., *fever, cough or shortness of breath*), or with temperatures of 100.3°F or greater, should stay home and consider coronavirus testing if symptoms persist.
- Prior to participation, the COVID-19 athlete/coach monitoring form should be used, which includes five questions plus a temperature check. **NOTE: Athletic directors should consider requiring similar precautions for game officials.**

Protocol for Suspected Cases of COVID-19

- All schools should have an emergency action plan in place for each site. If a student, coach or official is or becomes sick on site with symptoms of COVID-19, they should be placed in a clearly identified and designated quarantine area with a mask in place until they can be picked up. Staff who are identified to care for students must wear a mask.
- A symptomatic student should be sent home with a parent or designated adult until they have tested negative or have been released from isolation according to the local health department's protocols.
- Students, coaches, and/or officials should be transported by their parent or guardian, emergency contact or ambulance (if clinically unstable) for off-site testing. If an ambulance is called, or someone is being brought to the hospital, there should be an attempt to call the hospital first to alert them that the person may have COVID-19. If a student, coach or official becomes sick, they must not use group transportation to return home.

Protocol for Positive Cases of COVID-19

- The local health department should be contacted by the school for further direction. They likely will initiate contact tracing, following regular public health practices.
- All schools, public and private, must cooperate with the local public health department if a confirmed case of COVID-19 is identified, and collect the contact information for any close contacts (*i.e., someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period*) starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated. Close contacts should stay at home for up to 14 days after last contact with a person who has COVID-19. Follow the recommendations of the local health department. Options they may consider include stopping quarantine after day 10 without testing and after day 7 after receiving a negative test.
- Administrators of the schools involved, as well as students/families/officials in attendance, should be notified of the presence of any laboratory positive or clinically diagnosed cases of COVID-19 so there continues to be awareness and close observation of any symptoms. **NOTE: Student communicable disease related information is protected health information. The individual with COVID-19 should not be identified by name to non-family or non-health department officials. Even if a family/student acknowledges and publicly discloses a positive test, school staff and officials must not participate in discussion or acknowledgement of a positive test by identifying a specific student.**
- Students, coaches or officials who were at the event, but not in close contact with a positive case, should continue to be closely monitored for any symptoms of COVID-19. At this time, these individuals are not required to receive testing unless they develop COVID-19 symptoms.
- Areas that were used by the sick person should be closed off and should not be used until after cleaning and disinfecting them (this includes surfaces or shared objects in the area). If possible, cleaning and disinfecting of the area should not occur until at least 24 hours has elapsed. If 24 hours is not feasible, as much time possible should be allowed to pass before cleaning or disinfection occurs.

