



## NJSIAA/NFHS 2020-21 Field Hockey Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Field Hockey Rules Committee & NJSIAA staff offers this document as reasonable modifications to the field hockey rules for the 2020-21 season. The considerations 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.

Note: 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. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in New Jersey.

### Return to Competition

#### General Considerations:

- Social distancing of at least 6 feet should always be maintained. No hugging, shaking hands, or fist bumps for support/encouragement.
- Clean and disinfect frequently touched surfaces and exercise equipment including balls.
- Thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Wear a face covering that covers your nose and mouth in public settings unless doing so would inhibit the individual's health.
- Cover mouth and nose with a tissue when coughing or sneezing.
- Stay at home if you are sick.
- Local school protocols must be communicated effectively with all parties.
- **Pre and Post Game Ceremony:** Establish field hockey specific social distancing game protocols including the elimination of handshakes before and after the match.
- Spectators and media personnel are required to wear face coverings, unless doing so would inhibit the individual's health.

**Considerations 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.
- Coaches are required to wear face coverings, unless doing so would inhibit the coach’s health.
- Coach your team and limit interaction with officials to key questions at the appropriate time. This season is all about participation and an opportunity for the students to engage in educational athletics.
- Please review the NJSIAA Field Hockey Tournament Modifications including regular season recommendations and rules.
- There will be no tolerance for confronting officials and may result in a game ejection (see tournament modifications).

**Considerations for Students:**

- Consider making each student responsible for their own supplies.
- If protective equipment is used, it must be labeled and not shared (goggles, masks if permitted).
- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- Hand sanitizer should be plentiful at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Student-athletes are required to wear face coverings, unless doing so would inhibit the student’s health, the student is in extreme heat outdoors, the student is engaged in high intensity aerobic or anaerobic activities.
- Face coverings are required when meeting with officials, unless doing so would inhibit the student’s health. (Pre-game meeting)
- All players on the bench and anyone at the scorer’s table must wear face coverings, unless doing so would inhibit the student’s health.
- Bring your own water bottle.
- Students are expected to handle the game ball, not the officials. Recommendation is to avoid hand contact if possible.
- There will no tolerance for confronting officials and may result in a game ejection.
- If you are not feeling well, please stay home. Be a role model and a selfless teammate.

### **Considerations for Umpires:**

- Bring personal hand sanitizer, tissues, towels etc. Wash hands frequently.
  - Don't share equipment.
  - Bring your own water bottle (filled).
  - Players should always handle the game ball.
  - Follow social distancing guidelines. Consider six feet minimum distance when carding or talking to others (players, coaches, other officials) including interaction with the scorer's table.
  - The NJSIAA Sportsmanship Statement must be read to all players, maintaining social distancing.
  - Meeting with coaches and captains should be conducted maintaining social distancing and face masks should be worn by all at the meeting. Limit the attendees in the pregame conference to officials, head coach and one captain from each team.
  - Consider using electronic whistle.
  - Do not shake hands and follow pre- and post-game ceremony guidelines established by state associations.
  - Use of radios to communicate with partner is permissible and encouraged.
- Umpires (continued)
- Officials are required to wear face coverings, unless doing so would inhibit the official's health, or the official is in extreme heat outdoors, or the official is engaged in high intensity aerobic or anaerobic activities.
  - School protocols will dictate temperature checks, questionnaires and the like.
  - Officials should not expect a changing area. Bathrooms will be at the discretion of the site, again following all protocols in place by that school.
  - Officials not feeling well should turn back their assignment and contact the school and assignor immediately.

### **Considerations for Parents**

(A family's role in maintaining safety guidelines for themselves and others):

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home),
- Provide personal items for your child and clearly label them.
- Disinfect your student's personal equipment after each game or practice.
- Parents are required to wear face coverings, unless doing so would inhibit the individual's health.
- Reminder to all this season is about participation so let the players play, let the coaches' coach and let the officials officiate while you enjoy watching your child's team participate in educational athletics.