



## 2020-21 NJSIAA COVID-19 Girls Lacrosse Rules Considerations-3/3/21

Subject to Change

In support of the Guidance for Opening Up High School Athletics and Activities, the NJSIAA/NFHS/USL Girls Lacrosse Rules Committee and the NJSIAA staff offers this document as reasonable modification for the Girls Lacrosse 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.

### General Considerations

- Wear a face covering that covers your nose and mouth in public settings unless doing so would inhibit the individual's health.
- Coaches are required to wear face coverings unless doing so would inhibit the coach's health.
- Students are required to wear face coverings unless doing so would inhibit the student's health, the student is in extreme heat, or the student is engaged in high intensity aerobic or anaerobic activities.
- Students on the bench or sidelines are required to wear face coverings.
- Officials are required to wear face coverings unless doing so would inhibit the official's health, the official is in extreme heat, or the official is engaged in high intensity aerobic or anaerobic activities.
- All other personnel necessary for the practice or competition are required to wear face coverings unless doing so would inhibit the individual's health.
- Meeting with coaches and captain, should be conducted maintaining social distancing and face coverings 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. Sportsmanship Statement.
- The home school is responsible to communicate in advance all COVID-19 school specified protocols to the visiting school and officials.
- 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.
- Cover mouth and nose with a tissue when coughing or sneezing. Discard tissue after use.
- Stay at home if you are sick.
- Local school protocols must be communicated effectively with all parties.

- Pre and Post Game Ceremony: Establish 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.
- Only players should be touching the ball.

#### **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.
- Instruct players to wear face coverings during the draw.
- Balls should be periodically sanitized and rotated into the game. (home team responsibility). Players should handle the ball, whenever possible and not rely on the officials.
- Players sticks should be labeled with player number or initials.
- Instruct players on all Rules Considerations within this documentation.
- 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.
- Sticks should be labeled (some form of ID) and not shared.
- 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 and use hand sanitizer as needed.
- 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 Officials:**

- 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 will be read to one coach and one captain from each team, maintaining social distancing.
- Meeting with coaches and captain, should be conducted maintaining social distancing and face coverings 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.
- Officials are reminded they are not responsible for COVID-19 school specified protocol requirements with players, staff, and spectators. Discuss any safety issues with the on-site school administrator as needed.
- 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.
- 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.
- Officials must review the NFHS Girls Lacrosse Rules Considerations.
- Consider hand sanitizer or wearing gloves during the stick check.
- 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.

## NFHS Girls Lacrosse Rules Considerations

- ***Pre-Game Meeting (3-5-3)***
  - Limit attendees to one coach and one captain from each team and lead official. All involved should be wearing a face covering unless doing so would inhibit the individual's health.
  - Ensure the pre-game meeting is away from sideline and all individuals maintain a social distance of 6 feet. Mask use by coach and official is recommended during the meeting.
  - Eliminate handshakes following pre-game meeting and at the conclusion of the game.
  
- ***Equipment and protective clothing (2-4-1, 2-7-3, 2-9-5)***
  - Players and officials may wear face coverings, gloves, and long undergarments.
  - Pre-game stick and equipment checks will be completed by one official per team. Each team will place their starters sticks on their restraining line during pre-game meeting. One official will check 5 starters sticks per team. The official should consider using hand sanitizer or wearing gloves for their protection for the pre-game stick check. Players should remain socially distanced in a near location and collect their own stick after pre-game check is completed.
  
- ***Table Personnel (3-6-1, 3-7-1)***
  - Limit to essential personnel only at the table. Statisticians or visiting scorer personnel are not essential. Home team scorer and timer are essential.
  
- ***The Draw (5-2)***
  - The players and the official at the draw are required to wear face coverings, unless doing so would inhibit the individual's health.
  - The goalie should roll or throw the ball to a teammate after a goal.
  
- ***Substitution and Sideline Protocol (1-1-4h thru l, 4-7-3, 4-7-4)***
  - Ensure that players substituting, coaches, and the table personnel are maintaining social distancing.
  - Split sub box so that each team subs in from their own half of the sub box.
  - If available, recommend that a penalty area be marked off that allows social distancing between penalized players, substitutes, and the table personnel.