



# RETURN-TO-PLAY GUIDELINES

*Washington Interscholastic Activities Association*

**UPDATED: April 23, 2021**

**(Jan. 19, 2021)** - The WIAA staff have created a summary of the Healthy Washington Sport & Activity Guidelines for school-based activities which were issued by the Washington State Department of Health on January 5, with details added on the Governor's website on January 11. [The Healthy Washington Sport & Activity Guidelines summary can be found on the Covid-19 Planning section of the WIAA website.](#) Please note that the summary is intended to highlight key policies and add clarity to the DOH guidelines, and it does not reflect WIAA policies. The full language issued on the Governor's website can be accessed [here](#).

The Governor's Office has declared school districts and organizations must follow these guidelines, unlike the recommendations issued in the decision-making tree for schools to return to in-person learning. It is not mandated that schools return to in-person learning before taking part in extracurricular activities given the phase requirements are met. WIAA staff strongly encourages each school to work with their risk manager while planning for a return to participation.

**The following document includes detailed return-to-play guidelines for WIAA sports and activities.**

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# BASEBALL GUIDELINES

WIAA STAFF LEAD: *Cindy Adsit*

## SPORT-BY-SPORT SEASON DATES (UPDATED 3/22/2021)

Considering all recommendations by the NFHS, WIAA rules and regulations, and the SMAC guidelines, the following are the specific guidelines for Baseball.

Baseball has been identified as a MODERATE Contact sport. Competitions may begin in Phase 2.

<b>Phase 2</b>
<b>BASEBALL COMPETITIONS MAY BEGIN - Minimum Practice Requirement = 5</b>
<ul style="list-style-type: none"><li>● Ideal: 1 bat, 1 glove, batting gloves, etc. If not provided for every player, each item must be sanitized between use.</li><li>● Consider warm up pitches / arm warm up. Utilize a bucket of balls to limit contact between players.</li><li>● Only athletes will touch the balls. Umpires must inspect the balls but will not be placing balls into play.</li><li>● Eliminate throwing the ball around the horn.</li><li>● Hydration stations may be utilized but must be cleaned after every practice or competition.</li><li>● Recommended to have teams gather in space other than a dugout if physical distancing is not able to be met in the dugout. Team could spread out along the fence-line to maintain space.</li><li>● Limit "captain meeting" to 1-person per school and umpire, maintaining physical distance.</li><li>● Entering / exiting field process recommended to stagger athletes as they enter or leave the dugout to allow for physical distancing.</li><li>● Masks required in the dugout.</li></ul>

## NFHS RETURN TO COMPETITION RECOMMENDATIONS

- **General Considerations:**
  - Wash stations or sanitizer should be at each dugout.
  - No one touches the score sheet except the scorer.
  - The bench/dugout must be sanitized according to local requirements prior to competition.
  - Have a bucket of "dirty" balls available so they can be sanitized after the game.
  - Bases will be sanitized after each practice or contest according to local requirements.

- **Considerations for Coaches:**
  - Recommend 3-part line-up cards, so that each coach and the umpire has their own copy (umpire will receive the middle page.)
  - Physical distancing must be maintained during any discussion/clarification with umpires.
  - The foul line will be the boundary for any discussion/clarification with umpires.
- **Considerations for Players:**
  - No sharing of batting helmets unless they are sanitized and adequate time is allowed for the sanitizer to dry between uses.
  - No sharing of catcher's equipment.
  - No sharing of bats unless they are sanitized between uses.
  - Players should avoid putting their hands in their mouth and then touching the ball.
- **Considerations for Umpires:**
  - Come dressed and ready to umpire. Locker rooms will not be provided.
  - A separate bathroom and a designated meeting space for pre and post game meetings should be provided for umpires when possible.
  - Bring personal hand sanitizer. Wash hands/sanitize frequently.
  - Don't share equipment.
  - Recommend 3-part line-up cards, so that each coach and the umpire has their own copy (umpire will receive the middle page.)
  - No touching of baseballs. Tongs could be used to examine the balls.
  - The umpire-in-chief should wear a face covering or modify/extent your stance behind the plate.
  - Umpires are recommended to bring their own food and water.
  - Umpires will not be expected to monitor the physical distancing; each person is responsible.
  - Physical distancing must be maintained to insure confidentiality if umpires confer on a call or situation.
- **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 students' personal equipment after each game or practice.

# BASKETBALL GUIDELINES

WIAA STAFF LEAD: Andy Barnes

## SPORT-BY-SPORT SEASON DATES (UPDATED 4/14/2021)

Considering all recommendations by the NFHS, WIAA rules and regulations, and the SMAC guidelines, the following are the specific guidelines for Basketball.

Basketball has been identified as a HIGH Contact sport. Competitions may begin in Phase 3.

<b>Phase 3</b>
<b>BASKETBALL COMPETITIONS MAY BEGIN - Minimum Practice Requirement = 5</b>
<ul style="list-style-type: none"><li>• Only athletes/officials will touch the balls.</li><li>• Players/Officials should use hand sanitizer before entering and when exiting the court during substitutions or; no hand touching allowed during substitutions (sanitizer could be set up on a chair at end of bench.)</li><li>• Hydration stations may be utilized but must be cleaned after every practice/workout or competition.</li><li>• Artificial noisemakers such as an air horn or a timer system with an alarm can be used to signal in place of a traditional whistle.</li><li>• Only team personnel and players listed in scorebook should be in the team bench area</li></ul>

## NFHS RETURN TO COMPETITION RECOMMENDATIONS

- **Basketball Rules Considerations**
  - ***Pregame Protocol (2019-2021 NFHS Officials Manual, page 16, 1.8)***
    - Limit attendees to the referee and the head coach from each team with each coach standing on the center circle on each side of the division line.
  - ***Team Benches (1-13-1)***
    - ***Social distancing should be practiced when possible. Below are some suggestions.***
      - Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.
      - Create separation between the team bench and spectator seating behind the bench.
  - ***Officials Table (2-1-3)***
    - Home Game management should provide hand sanitizer for table use.

- The host should sanitize the table before the game and at half time.
  - Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
  - Limit seats at the table to essential personnel which includes home team scorer and timer with a recommended distance of 6 feet or greater between individuals. Other personnel (visiting scorer, statisticians, media, etc.) may not be deemed essential personnel and consider an alternate location for them.
- **Basketball Rules Interpretations**
  - ***Officials Uniform and Equipment***
    - Long-sleeved shirts are permissible.
    - Officials should not be required to wear jackets during pregame court/player observation.
    - Electronic whistles are permissible.
      - Choose a whistle whose tone will carry inside.
    - Gloves are permissible.
- **Other Considerations**
  - ***Throw-in***
    - Official may stand 6 feet or greater away from player making the throw-in and bounce the ball to that player on a front court throw-in.
  - ***Free Throw Administration***
    - The lead official shall stand on the end line and bounce the ball to the free thrower.
  - ***Jump Ball***
    - Eliminate the jump ball and award the ball to the visiting team the first alternating possession for the throw in.

To start an overtime period, use a coin toss to determine which team is awarded the ball.

# BOWLING GUIDELINES

WIAA STAFF LEAD: BJ Kuntz

## **SPORT-BY-SPORT SEASON DATES** (UPDATED 1/15/2021)

Considering all recommendations by the NFHS, WIAA rules and regulations, and the SMAC guidelines, the following are the specific guidelines for Bowling.

Bowling has been identified as a MODERATE Contact sport. Competitions may begin in Phase 2 and school and leagues must adhere to the requirements of their local bowling center.

### REFERENCES:

United States Bowling Congress: [https://bowl.com/About/About\\_Home/USBC\\_COVID-19\\_Update](https://bowl.com/About/About_Home/USBC_COVID-19_Update)

### USBC RULE MODIFICATIONS:

Rule 18 USBC will temporarily allow the use of isopropyl alcohol, aka rubbing alcohol on the outer surface of the ball at any time during USBC certified competition.

Rules 106a and 106b USBC will temporarily allow individual teams to compete on a single lane without the requirement to rotate lanes after each frame.

### Phase 2/3

#### **BOWLING COMPETITIONS MAY BEGIN**

- Each participant must use their own equipment (schools can work with bowling centers to gain access to equipment as allowed).
- Bowler limitations per lane per DOH guidelines
- Non-bowlers will be located in separate locations (see options).
- Competition:
  - Competition for the 2020-21 school year will consist of regular games only (no baker).
  - Recommendation is to bowl 3 games; each game is worth a point to determine winner/loser.
  - If needed, bowling 2 games would allow 1 point per game and if tied after 2, total pinfall could determine the winner.
- Bowling will remain teams of 4 for the 2020-21 school year.

# NFHS RETURN TO COMPETITION RECOMMENDATIONS

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- **Options:**

- Conduct league bowling as normal – team on odd lane is assigned bowlers area and team on even lane is assigned a table on the concourse. Still bowling cross lane.
- Conduct league bowling with 2 teams on a pair BUT with NO cross lane – team on odd lane is assigned bowlers area and only bowls on odd lane and team on even lane is assigned a table on the concourse and only bowls on even lane.
- Conduct league with 1 team per pair of lanes – 1 team bowls on a pair of lanes normal cross lane.
- Conduct league with 1 team per pair of lanes – 1 team bowls on a pair but ONLY using odd lane NO cross lane.



# CHEERLEADING GUIDELINES

WIAA STAFF LEAD: *Cindy Adsit*

## **SPORT-BY-SPORT SEASON DATES** (UPDATED 4/22/2021)

Considering all recommendations by the NFHS, WIAA rules and regulations, and the SMAC guidelines, the following are the specific guidelines for Cheerleading with Stunting.

Cheerleading with Stunting has been identified as a HIGH Contact sport. Competitions may begin in Phase 2.

### Phase 2 & 3

#### CHEER WITH STUNTING COMPETITIONS MAY BEGIN

- Cheer participants may practice/perform stunts indoors (chants, jumps, dances without contact are permissible).
- Appropriate clothing and shoes must always be worn (being barefoot even with socks on will not be allowed.) One set of athletic shoes should be dedicated for indoor cheerleading and not worn outside the venue.
- Each student shall have their own clearly marked handheld item (poms, megaphones and signs must be clearly labeled with the student's name to ensure they are used only by that student).
- Cheer boxes may be used by different cheerleaders provided only one cheerleader is on a box at a time.
- There should be only one designated person to operate sound equipment unless it is cleaned prior to use by the next individual.
- Expectations regarding spotting or alternative teaching/coaching methods should be clearly communicated repeatedly during practice.
- Megaphones cannot be transferred from one to another or picked up by another person.
- Poms and signs may be shared provided the items have been sanitized and cheerleaders sanitize their hands before and after each practice/performance.
- All cheerleaders must sanitize their hands before and after stunting.
- When stunting, the shoes of the top person must be sanitized before and after each practice/performance.

# NFHS RETURN TO COMPETITION RECOMMENDATIONS

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- **Considerations for Judges, Coaches, and other Personnel**
  - A separate meeting room should be made available and accessible for judges.
  - A separate bathroom should be provided for judges when possible.
  - Judges are recommended to bring their own food; prepackaged food provided to judges would be acceptable.
  - Judges must be spaced 6 feet apart.
  - Scorer's table – scorekeepers should be 6 feet apart; each should have their own computer or sanitize the computers between users.
  - A cordless microphone could be used.
  - Judges will not be expected to monitor the physical distancing; each person is responsible.
  - Judges should bring their writing utensils to fill out score sheets. Cleaning supplies should be available on site with devices sanitized between uses.
  
- **NFHS Spirit Rules Considerations**
  - Cheerleading Apparel / Accessories (3-1-1): Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.

# CROSS COUNTRY GUIDELINES

WIAA STAFF LEAD: Justin Kesterson

## [SPORT-BY-SPORT SEASON DATES](#) (UPDATED 3/22/2021)

Considering all recommendations by the NFHS, WIAA rules and regulations, and the SMAC guidelines, the following are the specific guidelines for Cross Country.

Cross Country has been identified as a LOW Contact sport. Competitions may begin in Phase 1.

### Phase 1, 2 & 3

#### CROSS COUNTRY COMPETITIONS MAY BEGIN - Minimum Practice Requirement = 5

- Follow Covid 19 Racing Guidelines [Here](#)
- Masks may be worn at all times, but may be lowered once your race begins
- Maximum capacity for events in phase 1 and 2 remain at 200, but 400 in phase 3

## NFHS RETURN TO COMPETITION RECOMMENDATIONS

- **General Considerations:**
  - Possible Rule Modifications:
    - 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.
  - 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.
- **Considerations for Coaches:**
  - Communicate your guidelines in a clear manner to students and parents.
  - Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- **Considerations for Officials:**
  - Don't share equipment.
  - Follow social distancing guidelines:
    - Pre and Post Meet conferences,
    - Clerking at the start line,
    - Tabulations and posting of results.

- Consider using electronic whistles.
- **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.

# DANCE/DRILL GUIDELINES

WIAA STAFF LEAD: *Cindy Adsit*

## **SPORT-BY-SPORT SEASON DATES** (UPDATED 4/22/2021)

Considering all recommendations by the NFHS, WIAA rules and regulations, and the SMAC guidelines, the following are the specific guidelines for Dance/Drill with Stunting.

Dance/Drill with Stunting has been identified as a HIGH Contact sport. Competitions may begin in Phase 2 with restrictions.

### Phase 2 & 3

#### **DANCE/DRILL WITH STUNTING COMPETITIONS MAY BEGIN**

- Dance/Drill participants may practice/perform stunts indoors. Chants, jumps, and dances without contact are permissible.
- Appropriate clothing and shoes must be worn at all times (being barefoot will not be allowed.) One set of athletic shoes should be dedicated for indoor practices and not worn outside the venue.
- There should be no shared athletic equipment (towels, clothing, shoes, or specific equipment) between students. Each student shall have their own clearly marked hand held item (poms must be clearly labeled with the student's name to insure they are used only by that student.)
- Poms and any other hand held item cannot be transferred from one to another or picked up by another person.
- There should be only one designated person to operate sound equipment unless it is cleaned prior to use by the next individual.
- Expectations regarding spotting or alternative teaching/coaching methods should be clearly communicated repeatedly during practice.
- Poms and signs may be shared provided the items have been sanitized and participants sanitize their hands before and after each practice/performance.
- All participants must sanitize their hands before and after stunting.
- When stunting, the shoes of the top person must be sanitized before and after each practice/performance.

# NFHS RETURN TO COMPETITION RECOMMENDATIONS

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- **Considerations for Judges, Coaches, Other Personnel**
  - A separate meeting room should be made available and accessible for judges.
  - A separate bathroom should be provided for judges when possible.
  - Judges are recommended to bring their own food; prepackaged food provided to judges would be acceptable.
  - Judges must be spaced 6 feet apart.
  - Tabulation table – tabulators should be 6 feet apart; each should have their own computer or sanitize the computers between users.
  - A cordless microphone could be used.
  - Judges will not be expected to monitor the physical distancing; each person is responsible.
  - Judges should bring their writing utensils to fill out score sheets. Cleaning supplies should be available on site with devices sanitized between uses.
  
- **NFHS Spirit Rules Considerations**
  - Cheerleading Apparel / Accessories (3-1-1): Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical alert medal must be taped and may be visible. Masks may be worn but are not required.

# FOOTBALL GUIDELINES

WIAA STAFF LEAD: Andy Barnes

## SPORT-BY-SPORT SEASON DATES (UPDATED 3/22/2021)

Considering all recommendations by the NFHS, WIAA rules and regulations, and the SMAC guidelines, the following are the specific guidelines for Football.

Football has been identified as a HIGH Contact sport. Competitions may begin in Phase 2.

<b>Phase 2</b>
<b>FOOTBALL COMPETITIONS MAY BEGIN - Minimum Practice Requirement = 10</b>
<ul style="list-style-type: none"><li>• When not directly participating in practices or contests, care should be taken to maintain a minimum distance of 6 feet between each individual. Consider using tape or paint as a guide for students and coaches.</li><li>• All field equipment should be cleaned and sanitized after set up and before contests.</li><li>• Each school is responsible to bring towels (if necessary).</li></ul>

## NFHS RETURN TO COMPETITION RECOMMENDATIONS

- **Considerations for Officials, Coaches, Other Personnel**
  - Schools should have officials' information in order to track contacts (may be accessible through Arbiter.)
  - A separate bathroom should be provided for officials when possible.
  - Officials are recommended to bring their own food and water.
  - Electronic whistles are preferred.
  - Officials must be spaced 6 feet apart.
  - Officials will not be expected to monitor the physical distancing; each person is responsible.
  - Cleaning supplies should be available on site with devices sanitized between uses.
- **FOOTBALL RULES CONSIDERATIONS**
  - **TEAM BOX (Rule 1-2-3g)**
    - The team box may be extended on both sides of the field to the 10-yard lines
  - **BALL (Rule 1-3-2)**
    - The ball holders should maintain social distancing of 6 feet at all times 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.
- **STATE ASSOCIATION ADOPTIONS (Rule 1-7)**
  - Each state association may adopt other playing/administrative rules for football for the 2020 season that would decrease exposure to respiratory droplets and COVID-19.
- **CHARGED TIME-OUTS AND AUTHORIZED CONFERENCES (Rules 2-6-2, 3-5-3, 3-5-8)**
  - 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 at 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 out to them on the field.
- **INTERMISSION BETWEEN PERIODS AND AFTER SCORING (Rule 3-5-7I)**
  - 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.
- **FOOTBALL GAME OFFICIALS MANUAL CONSIDERATIONS**
  - **GAME OFFICIALS UNIFORM AND EQUIPMENT**
    - Electronic whistles are permissible (supplies are limited).
      - Choose a whistle whose tone will carry outside.
      - Fox 40 Mini -
      - Fox 40 Unisex Electronic – (3 tone) -
      - Ergo-Guard - (3 tone) - orange
      - Windsor - (3 tone)
      - Check the market for other choices
    - Gloves are permissible.
    - Do not share uniforms, towels and other apparel and equipment.
  - **PREGAME CONFERENCE, COIN TOSS AND OVERTIME PROCEDURES**
    - For the coin toss, limit attendees to the referee, umpire and one designated representative from each team.
    - Maintain social distancing of 6 feet while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, individuals handling the balls during the game and team personnel.



- For the overtime procedure, please use the same procedure as used at the start of the contest for the coin toss.
- **FINAL CONSIDERATIONS FOR FOOTBALL**
  - Before, during and after the contest, players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands as often as possible.
  - Gloves are permissible for all coaches and team staff and for all game administration officials.
  - Try and limit the number of non-essential personnel who are on the field level throughout the contest.

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.

**Football Reconditioning Update** (*Updated 12/14/2020*)

[Football Equipment Recertification Guidelines](#)

[2020 NAERA 10-Year Policy](#)

[2020-2021 COVID-19 NAERA Recommendation Letter](#)

### **Football Reconditioning Recommendations from the National Athletic Equipment Reconditioners Association (NAERA)**

1. Coaches and ADs need to stay in contact with their vendors and get helmets turned in as soon as possible.
2. Regardless of use, any 2011 helmet should not be issued or used for the 2021 season.
3. If you do not send in all your helmets to be reconditioned, coaches and ADs need to follow manufacturers' suggestions on cleaning and sanitizing helmets. Make sure to follow instructions, as using chemicals from outside sanitizing vendors may or may not break down the integrity of the interior of the helmet. Warm water and soap recommended. Check with your vendor or manufacturer prior to using any cleaning agents (specific cleaning agents may void the warranty).
4. If you issue helmets to athletes following the final WIAA event in June/July for spring/summer camps, collect those helmets from the athletes and re-issue the same helmet to the same athlete. If different athletes wear a different helmet they should be re-certified prior to re-issue. Do not let athletes keep their helmets from the end of spring/summer workouts to the beginning of August camp.
5. Review guidelines for contact camps and start date following WIAA final spring events. Recommendations may be to only participate in summer programs that do not require a helmet.
6. NAERA emphasized the sanitizing of shoulder pads. The concern about the transmission of Covid warrants the cleaning process

7. All ADs and coaches should review the video on the [NAERA website](#) entitled “*NAERA and Covid Information.*”
8. Regardless of use, any helmet that does not have a 2020 certification is not to be used for the 2021 season. Remember, in a regular season, if you were sending helmets in for recertification, the helmet that was on a shelf is treated no different than the one used.

NOTE: Vendors have said if coaches send in helmets after November 30, they will be returned with a 2021 sticker (check with your vendor to confirm).

For schools on an every-other-year program, NAERA recommends that helmets not sent in should be sanitized.

# GOLF GUIDELINES

WIAA STAFF LEAD: Andy Barnes

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## **SPORT-BY-SPORT SEASON DATES** (UPDATED 3/22/2021)

Considering all recommendations by the NFHS, WIAA rules and regulations, and the SMAC guidelines, the following are the specific guidelines for Golf.

Golf has been identified as a LOW Contact sport. Competitions may begin in Phase 1.

<b>Phase 1</b>
<b>GOLF COMPETITIONS MAY BEGIN</b>
<ul style="list-style-type: none"><li>• Each school is responsible to bring towels (if necessary).</li><li>• Appropriate physical distancing will need to be maintained during practices and matches. Consider using tape or paint as a guide for students and coaches.</li></ul>

**Washington Golf Restart Covid-10 Requirements and Recommendations:**

<https://www.governor.wa.gov/sites/default/files/COVID19%20Standard%20and%20Mini%20Golf%20Guidance.pdf>

# GYMNASTICS GUIDELINES

WIAA STAFF LEAD: Cindy Adsit

## SPORT-BY-SPORT SEASON DATES (UPDATED 2/9/2021)

Considering all recommendations by the NFHS, WIAA rules and regulations, and the SMAC guidelines, the following are the specific guidelines for Gymnastics.

Gymnastics has been identified as a **LOW Contact sport**. Competitions may begin in **Phase 2**.

*Due to a limited availability of equipment at gymnastics clubs which are utilized by over 50 percent of schools that offer gymnastics, the WIAA Executive Board voted on September 15 that WIAA coaches are not allowed to coach athletes on gymnastics equipment or apparatus during the Open Coaching Window. This includes uneven bars, balance beam, vault however a team is allowed to practice on wrestling mats.*

### Phase 2

#### **GYMNASTICS COMPETITIONS MAY BEGIN - Minimum Practice Requirement = 10**

- Gymnasts may remove their masks/facial coverings when competing or practicing on equipment.
- Individual drills requiring the use of athletic equipment are permissible.
- Appropriate physical distancing will need to be maintained during practices and matches. Consider using tape or paint as a guide for students and coaches.

## NFHS RETURN TO COMPETITION RECOMMENDATIONS

**NOTE:** This is not an exhaustive list and there might be additional steps in each school, city, and county to help prevent the spread of the virus. Even when taking all precautions, there will still be Contact 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 your county.

**RETURN TO PRACTICE OR COMPETITION: Local schools or non-school facilities may have more restrictive standards.**

- **General Considerations:**
  - Equipment manufacturers should be contacted for specifics on proper cleaning protocols for their equipment.
  - Remove common chalk bowls. Chalk bowls frequently become talking places for athletes.

- Physical distancing should be in practice while waiting for a turn on the apparatus or moving from one event to another.
- **Considerations for Coaches:**
  - Communicate WIAA and local school district guidelines in a clear manner to students and parents. Schools must follow the most restrictive rules as determined not only by the school district, but also their County Department of Health.
  - Consider conducting workouts in “pods” of the same students always training and rotating together on apparatus 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.
  - Athlete safety is paramount, and coaches should not be restricted from spotting an athlete if necessary, to protect the athlete from injury.
  - NFHS Covid-19 certificate of training is recommended.
- **Considerations for Students:**
  - Each student must be responsible for their own supplies. Schools should provide the chalk for each athlete.
  - Athletes should tell coaches immediately when they are not feeling well.
  - Provide your own personal items and clearly label them.
    - Gym bag, plastic baggie, water bottle, grips, tapes, pre-wrap, wrist guards, personal chalk bag etc. (See gym bag document below)
    - Individual chalk bags, plastic bins, buckets, or other storage containers should be used and stored in the athlete’s gym bag.
- **Considerations for Judges:**
  - Follow Washington State guidelines to space judges, flashers, and timers at judging tables.
  - Participants will not be allowed to approach the judges’ tables prior to competing.
  - Personal belongings must remain with the judge at the table.
- **Gym Bag**
  - **Supplies needed for your personal gym bag:**
    - A reusable cloth facial covering.
    - Grips, wristbands and any braces that are normally used during practices will stay in your gym bag.
    - Include a travel size spray bottle filled with water to spray your grips. Be sure to keep the spray bottle inside a Ziploc bag in case it leaks.
    - 1 ½” white athletic tape or any other medical supplies you normally use during practice.

- Personal water bottles for drinking– the water fountains will not be in use because of CDC guidelines. Bring two bottles if you think you will drink that much water.
- Your shoes must be stored in your gym bag.
- A gallon size freezer Ziploc bag or plastic container big enough to get your hands into. Each gymnast will be given chalk for their personal use. There will not be any shared chalk buckets available in the gym.

**USA Gymnastics Equipment Cleaning Resources** *(Updated 10/28/2020)*

[Spieth Equipment Cleaning Protocols](#)

**AAI Equipment**

- [Cleaning Tips](#)
- [Vinyl Mats and Shapes](#)
- [Suede Beams and Vaults](#)

# SOCCER GUIDELINES

WIAA STAFF LEAD: BJ Kuntz

## SPORT-BY-SPORT SEASON DATES (UPDATED 1/15/2021)

Considering all recommendations by the NFHS, WIAA rules and regulations, and the SMAC guidelines, the following are the specific guidelines for Soccer.

Soccer has been identified as a MODERATE Contact sport. Competitions may begin in Phase 2.

### Phase 2

#### SOCCER COMPETITIONS MAY BEGIN - Minimum Practice Requirement = 5

- All equipment should be cleaned and sanitized after set up and before the contest.
- Athletes should not share pennies.
- Only athletes will touch the balls.
- No hand touching allowed during substitutions.
- Hydration stations may be utilized but must be cleaned after every practice or competition.
- Recommended to have team benches on opposite sides of the field and possibly at diagonals to minimize interactions with sideline officials. Create additional space if possible, between officials and sideline benches. If benches are used for subs, maintain physical distancing.
- Limit sidelines to essential people.
- International Walk out not allowed.

**Officials are encouraged to utilize FIFA Law 7 while teams are regaining fitness and/or when the situation permits:**

- Cooling Break: In the interests of player welfare and safety, competition rules may allow, in certain weather conditions 'cooling' breaks (usually 90 seconds to three minutes) to allow the body's temperature to fall.
- Drink Break: Competition rules may allow 'drinks' breaks (of no more than one minute) for players to rehydrate; these are different from 'cooling' breaks.

# NFHS RETURN TO COMPETITION RECOMMENDATIONS

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- **Considerations for Officials, Coaches, Other Personnel**
  - Schools should have officials' information in order to track contacts (may be accessible through Arbiter).
  - A separate bathroom should be provided for officials when possible.
  - Officials are recommended to bring their own food and water.
  - Electronic whistles are preferred.
  - Officials will not be expected to monitor the physical distancing; each person is responsible.
  - Cleaning supplies should be available on site with devices sanitized between uses.
- **Return to Competition:**
  - 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 the center of the field. All individuals maintain a social distance of 6 feet.
    - Ball Holders (6-1)
      - Encourage social distancing of 6 feet
    - Team Benches (1-5-1)
      - Encourage bench personnel to observe social distancing of 6 feet.
    - Substitution Procedures (3-4)
      - Maintain social 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 recommended 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.
  - Soccer Rules Interpretations
    - Rule 4-1 EQUIPMENT AND ACCESSORIES
      - 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 the team. (4-1-1d)
- Rule 5-3 OFFICIALS UNIFORM AND EQUIPMENT
  - By state association adoption, long-sleeved shirts/jackets are permissible. (5-1-3)
  - Electronic whistles are permissible (supplies are limited).
    - Choose a whistle whose tone will carry outside.
    - Fox 40 Mini –
    - Fox 40 Unisex Electronic - 3 tone
    - Ergo-Guard - (3 tone) - orange
    - Windsor - (3 tone) grey
    - Check the market for other choices
  - Gloves are permissible.

# SOFTBALL GUIDELINES

WIAA STAFF LEAD: BJ Kuntz

## SPORT-BY-SPORT SEASON DATES (UPDATED 3/22/2021)

Considering all recommendations by the NFHS, WIAA rules and regulations, and the SMAC guidelines, the following are the specific guidelines for Softball.

Softball has been identified as a MODERATE Contact sport. Competitions may begin in Phase 2.

Phase 2
<b>SOFTBALL COMPETITIONS MAY BEGIN - Minimum Practice Requirement = 5</b>
<ul style="list-style-type: none"><li>● Ideal: 1 bat, 1 glove, etc. If you cannot provide, must sanitize between use.</li><li>● All equipment should be cleaned and sanitized after setting up and before the contest.</li><li>● Consider warm up pitches / arm warm up. Utilize a bucket of balls to limit contact between players.</li><li>● Only athletes will touch the balls.</li><li>● Eliminate throwing the ball around the horn.</li><li>● Hydration stations may be utilized but must be cleaned after every practice or competition.</li><li>● Recommended to have teams gather in space other than a dugout if physical distancing is not able to be met in the dugout. Team could spread out along the fence-line to maintain space.</li><li>● Entering/exiting field process recommended to stagger athletes to allow for physical distancing.</li><li>● Masks required in the dugout.</li></ul>

## NFHS RETURN TO COMPETITION RECOMMENDATIONS

- **General Considerations:**
  - Wash stations or sanitizer should be at each dugout.
  - No one touches the score sheet except the scorer.
  - The bench/dugout must be sanitized according to local requirements prior to competition.
  - Bases will be sanitized after each practice or contest according to local requirements.
- **Considerations for Coaches:**
  - Recommend 3-part line-up cards, so that each coach and the umpire has their own copy (umpire will receive the middle page.)

- Physical distancing must be maintained during any discussion/clarification with umpires.
- The foul line will be the boundary for any discussion/clarification with umpires.
- **Considerations for Players:**
  - No sharing of batting helmets unless they are sanitized and adequate time is allowed for the sanitizer to dry between uses.
  - No sharing of catcher's equipment.
  - No sharing of bats unless they are sanitized between uses.
  - Players should avoid putting their hands in their mouth and then touching the ball.
- **Considerations for Umpires:**
  - Come dressed and ready to umpire. Locker rooms will not be provided.
  - A separate bathroom and a designated meeting space for pre and post game meetings should be provided for umpires when possible.
  - Bring personal hand sanitizer. Wash hands/sanitize frequently.
  - Don't share equipment.
  - Recommend 3-part line-up cards, so that each coach and the umpire has their own copy (umpire will receive the middle page.)
  - No touching of softballs. Tongs could be used to examine the balls.
  - The umpire-in-chief should wear a face covering or modify/extent your stance behind the plate.
  - Umpires are recommended to bring their own food and water.
  - Umpires will not be expected to monitor the physical distancing; each person is responsible.
  - Physical distancing must be maintained to insure confidentiality if umpires confer on a call or situation.
- **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 students' personal equipment after each game or practice.

# SWIMMING & DIVING GUIDELINES

WIAA STAFF LEAD: Andy Barnes

## SPORT-BY-SPORT SEASON DATES (UPDATED 3/22/2021)

Considering all recommendations by the NFHS, WIAA rules and regulations, and the SMAC guidelines, the following are the specific guidelines for Swimming & Diving. Swim and Dive should follow Pool and [Water Recreation Facility Guidelines](#).

Swimming & Diving has been identified as a LOW Contact sport. Competitions may begin in Phase 1.

<b>Phase 1</b>
<b>SWIMMING &amp; DIVING COMPETITIONS MAY BEGIN - Minimum Practice Requirement = 5</b>
<ul style="list-style-type: none"><li>• Coaches can rotate between groups with a buffer zone of 30 feet between pods; no physical contact allowed. Recommended 30 feet distance between pods.</li><li>• Hydration stations may be utilized but must be cleaned after every practice or competition.</li><li>• All equipment should be cleaned and sanitized after set up and before the contest.</li><li>• Each school is responsible to bring towels (if necessary).</li></ul>

## NFHS RETURN TO COMPETITION RECOMMENDATIONS

- **Considerations for Judges, Coaches, Other Personnel**
  - A separate bathroom should be provided for officials when possible.
  - Officials are recommended to bring their own food and water.
  - Officials must be spaced 6 feet apart.
  - Officials will not be expected to monitor the physical distancing; each person is responsible.
  - Cleaning supplies should be available on site with devices sanitized between uses.
  - Announcer's/Scorer's table – Announcers/Scorekeepers should be 3-6 feet apart when possible; each should have their own computer.
  - Officials should bring their writing utensils to fill out any necessary paperwork.
- **NFHS Swimming and Diving Rule Considerations:**
  - **Conduct (1-3-2)**
    - Require athletes to arrive at a venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for 6 feet of social distancing.

- **Lap Counting (2-7-6, 3-4)**
  - Only one person per lane should be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices.
- **Pre-Meet Conference (3-3-6, 4-2-1d)**
  - Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use P.A. system or starting system microphone to allow participants to hear but keep them properly separated.
- **Referee and Starter (4-2, 4-3)**
  - Various rules require interactions between officials, coaches and athletes. Alternative methods for communications include utilization of the P.A. system, hand signals or written communication.
- **Notification of Disqualification (4-2-2d, e)**
  - Notification shall occur from a distance via use of hand signals or the P.A. system.
- **Meet Officials (4-8, 4-10, 4-11, 4-12, 4-13)**
  - Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location. Develop alternative methods for submitting entries (3-2) and movement of non-electronic information. Require a distance of 3-6 feet between individuals seated at the desk/table.
- **Timers (4-9)**
  - Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing. Timers should wear cloth facial coverings.
- **Submission of Entries to Referee (5-2)**
  - Alternative forms of entry submission can be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries.
- **Relay Takeoff Judges and Relays (8-3)**
  - Require all takeoff judging from the sides of the pool. Space relay swimmers apart from one another. Timers and relay takeoff judges should wear cloth facial coverings.
- **Diving Officials (9-6)**
  - Alternative methods for submitting entries (3-2) and movement of non-electronic information will be required. Recommendations include a distance of 6 feet between individuals seated at the desk/table. Create a 6 feet space between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform.
- **Swimming Warm-up Areas**

- Establish multiple sessions for warm-up periods to limit number of swimmers per lane. Restrict the number of swimmers in competition area. Limit number of swimmers per lane during warm-up and warm-down periods.
- **Diving Warm-up Areas**
  - Limit number of divers during warm-up by creating multiple sessions. During competition, divers may not approach the board until their turn to compete. Hot tubs should not be permitted. Dive order sheets should be posted in multiple areas to reduce number of divers viewing at the same time.
- **Teams Seating and Lane Placement**
  - Keep the teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6.
- **Preparing Athletes for Competition**
  - Athlete clerking areas should be eliminated

# TENNIS GUIDELINES

WIAA STAFF LEAD: Andy Barnes

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## **SPORT-BY-SPORT SEASON DATES** (UPDATED 3/22/2021)

Considering all recommendations by the NFHS, WIAA rules and regulations, and the SMAC guidelines, the following are the specific guidelines for Tennis.

Tennis has been identified as a **LOW Contact sport**. Competitions may begin in **Phase 1**.

<b>Phase 1</b>
<b>TENNIS COMPETITIONS MAY BEGIN - Minimum Practice Requirement = 5</b>
<ul style="list-style-type: none"><li>• Ball machines may be used (recommended that one single person or ball shagger is used to pick up balls).</li><li>• Hydration stations may be utilized but must be cleaned after every practice or competition.</li><li>• All equipment should be cleaned and sanitized after set up and before the contest.</li><li>• Each school is responsible to bring towels (if necessary).</li><li>• Maintain physical distancing when switching sides of the court.</li></ul>



## NFHS RETURN TO COMPETITION RECOMMENDATIONS

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- **Considerations for Judges, Coaches, Other Personnel**
  - A separate bathroom should be provided for officials when possible.
  - Officials are recommended to bring their own food and water.
  - Officials will not be expected to monitor the physical distancing; each person is responsible. Cleaning supplies should be available on site with devices sanitized between uses.

# TRACK & FIELD GUIDELINES

WIAA STAFF LEAD: Justin Kesterson

## SPORT-BY-SPORT SEASON DATES (UPDATED 3/22/2021)

Considering all recommendations by the NFHS, WIAA rules and regulations, and the SMAC guidelines, the following are the specific guidelines for Track & Field.

Track & Field has been identified as a LOW Contact sport. Competitions may begin in Phase 1.

<b>Phase 1</b>
<b>TRACK &amp; FIELD COMPETITIONS MAY BEGIN - Minimum Practice Requirement = 5</b>
<ul style="list-style-type: none"><li>• Larger meets can be held utilizing the capacity guidelines.</li><li>• Create finishes and staging areas that do not encourage congestion.</li><li>• Teams/Individuals should not mass collect warm-ups at the start/competition area.</li><li>• All Competitors are to be masked when not competing, but may lower masks when they are competing. Once an athlete finishes their race or attempt, they should place their masks back up until the next event or attempt.</li><li>• All event workers are to be masked and should be gloved when appropriate.</li><li>• Sanitizing stations should be located around the track area, especially around the finishing area.</li><li>• All lanes may be used in running events, there is no requirement for staggering.</li></ul>

## NFHS RETURN TO COMPETITION RECOMMENDATIONS

- **Possible Rule Change Considerations (schools should abide by all NFHS rules as a default, adjusting relevant rules as needed to allow for COVID-19 risk mitigation factors where necessary for this year):**
  - Rules 6-4-11 and 6-5-24: Schools may consider alternate ways to conduct the vertical jumps for dual meets. Lowering the cross bar after competition has begun may be one-way schools may modify rules. With small numbers of competitors, schools may wish to jump each athlete to completion.
- **General Considerations:**
  - Temperature checks and checking of symptoms should be done on coaches, athletes, officials, and spectators prior to or upon entry of meets.
  - Recommendations for students to wear a cloth facial covering when not actively competing, and for coaches, officials, and event workers at all times.



- Individual schools will supply their own sanitization supplies.
- While modifications may be made (except as outlined here) to the event procedures, safety and event rules will be followed.
- SP, DT, JT should enforce social distancing for all athletes and officials.
  - To limit contact: athletes can provide their own implements (that pass inspection) if possible and retrieve their own implements after all throws.
  - Modifications can be made to the order of throws to accommodate multiple implements in the field (ex. have two throwers, measure and pick up).
- LJ, TJ should enforce social distancing for all athletes and officials.
- HJ, PV should enforce physical distancing for all athletes and officials.
  - To limit contact: athletes should not share vaulting poles with athletes from other schools.
- Sprint, Hurdle, relay events run entirely in lanes, should use every other lane to assist with distancing.
  - Recommend athletes come to the starting line in uniforms, no warmups.
  - If using every other lane for hurdles, all lanes must have hurdles set up.
  - Hurdle crews shall sanitize after setting up or clearing hurdles for each race.
  - Relay participants should sanitize hands following the race.
- Middle Distance and distance races on the track of 800m and longer (any event not run entirely in lanes) are considered moderate Contact activities if conducted under normal circumstances.
- Whenever any equipment (implements, blocks, poles, and batons) is shared between athletes or teams, it is recommended the equipment is sanitized after each use.
- Anyone handling starting blocks should sanitize immediately after handling.
- **Considerations for Officials/Event Workers:**
  - Bring personal hand sanitizer. Wash hands frequently.
  - Do not share equipment.
  - Follow physical distancing guidelines:
    - Pre and Post Meet conferences
    - Clerking at the start line
    - Tabulations and posting of results.
  - Consider using electronic whistles.
  - Official personnel will comply with face covering protocols as coordinated by the local Department of Health.
- **Considerations for Coaches:**
  - Communicate your guidelines in a clear manner to students and parents.
  - Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

- **Considerations for Students:**
  - Consider making each student responsible for their own supplies
  - Athletes should tell coaches immediately when they are not feeling well.
- **Considerations for Parents (a family's role in maintaining safety guidelines for themselves and others):**
  - Make sure your child and immediate household members are without symptoms of from illness before participating in practice and competition (if there is doubt stay home)
  - Provide personal items for your child and clearly label them.
  - If spectating, follow all guidelines for physical distancing and facial coverings as outlined by the local Department of Health.

# VOLLEYBALL GUIDELINES

WIAA STAFF LEAD: Cindy Adsit

## SPORT-BY-SPORT SEASON DATES (UPDATED 1/15/2021)

Considering all recommendations by the NFHS, WIAA rules and regulations, and the SMAC guidelines, the following are the specific guidelines for Volleyball.

Volleyball has been identified as a MODERATE Contact sport. Competitions may begin in Phase 2.

<b>Phase 2</b>
<b>VOLLEYBALL COMPETITION MAY BEGIN - Minimum Practice Requirement = 5</b>
<ul style="list-style-type: none"><li>• Nets, standards and officials stands should be cleaned and sanitized after set up and before contest.</li><li>• Eliminate benches, allow players to stand with social distancing (players cannot be closer than 6 feet to the court.)</li><li>• Only athletes will touch the balls; balls should be set on the floor during a timeout.</li><li>• Players would need to use hand sanitizer before entering and when exiting the court during substitutions or with libero; no hand touching allowed during substitutions (sanitizer could be set up on a chair at end of bench.)</li><li>• Hydration stations may be utilized but must be cleaned after every practice or competition.</li></ul>

## NFHS RETURN TO COMPETITION RECOMMENDATIONS

- **Considerations for Officials, Coaches, Other Personnel**
  - Schools should have officials' information in order to track contacts (may be accessible through Arbiter.)
  - A separate bathroom should be provided for officials when possible.
  - Officials are recommended to bring their own food and water.
  - Electronic whistles are preferred.
  - Officials should bring their own pen to sign the lineup sheets.
  - Scorer's table – scorekeeper, libero tracker and scoreboard operator should be 3- 6 feet apart when possible.
  - A cordless microphone could be used; flip score cards could be used on the opposite side of the gym.
  - Officials will not be expected to monitor the physical distancing; each person is responsible.

- **NFHS Return to Competition Recommendations:**
  - **Volleyball Rules Considerations**
    - **Pre-match 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 pre-match conference to center court with one coach and one referee positioned on each side of the net. 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 pre-match 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. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present.
      - Limit bench personnel to observe social distancing of 3 to 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 team captains and the second referee maintaining the appropriate social distance of 6 feet. A coin toss, called by the home team, will decide serve/receive.
      - Suspend the protocol of teams switching benches before a deciding set. In the event there is a clear and distinct disadvantage, teams may switch sides, observing all social distancing protocols. Officials will determine if a disadvantage is present.
    - **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 a recommended 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.
  - **Volleyball Officials Manual Considerations**
    - **Pre and Post Match Ceremony**

- Establish volleyball specific social distancing match protocols including the elimination of handshakes before and after the match.
- **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)]
  - **Rule 5-3 OFFICIALS UNIFORM AND EQUIPMENT**
    - By state association adoption, long-sleeved, all-white collared polo shirt/sweater are permissible. (5-3-1 NOTES 2)
    - Electronic whistles are permissible. (5-3-2a, b)
    - Gloves are permissible.

# WRESTLING GUIDELINES

WIAA STAFF LEAD: Justin Kesterson

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## SPORT-BY-SPORT SEASON DATES (UPDATED 4/23/2021)

Considering all recommendations by the NFHS, WIAA rules and regulations, and the SMAC guidelines, the following are the specific guidelines for Wrestling.

Wrestling has been identified as a HIGH Contact sport. Competitions may begin in Phase 3.

### FAQ's

**Q:** How often do students need to be tested for wrestling?

**A:** *Students should be tested twice weekly using rapid antigen testing - once during the week and on a match day, spaced out by 3-4 days. For weeks with two or more contests, athletes should test prior to each contest. You will not need to test a third time if the match days are only separated by a day.*

**Q:** If a student who tests positive believes there is a false positive, can a second test be given?

**A:** *Yes, if the person is asymptomatic, a second test may be given. If the test is negative, the school can use the negative result and the student may participate that day. If the student tests positive again, students who are not fully vaccinated will enter contact tracing protocol and will not be eligible to compete for at least that date. Schools should immediately notify their local DOH of the positive test and work through the appropriate steps.*

**Q:** If a team has fully separated practices with absolutely no crossover between squads or teams do both have to quarantine when there is a positive case?

**A:** *If a school runs completely separate practices (ex: Team A practices 2:30-3:30 and Team B practices 3:45-4:45), and there is no crossover of the athletes, and they do not share a space at the same time for practices, only the team/squad with the positive case would need to quarantine. In this example it would be possible, if a positive test was found in team A, for team B to go and compete at a match if all wrestlers were negative.*

**Q:** If an athlete has been fully vaccinated for COVID-19, do they still have to participate in the testing program?

**A:** *Fully vaccinated athletes will not need to be tested unless symptomatic. Any athlete or individual who is symptomatic, even if fully vaccinated, should isolate and be tested. Athletes who have been vaccinated against COVID-19 by a two-dose mRNA vaccine (such as Moderna and Pfizer), or a single dose vaccine (such as Johnson & Johnson), are considered "fully vaccinated" two weeks after the final dose of vaccine (the second dose for a two-dose regimen, or the single dose for a single-dose regimen). You will need to show proof of vaccination in lieu of a negative test result.*

**Q:** Do Middle Schools need to participate in testing?

**A:** *If Middle Schools are not going to compete against other schools, students do not need to be tested.*

**Q:** How are masks going to be handled during matches?

**A:** *Masks worn during wrestling will be treated as special equipment. If the mask is misplaced, the referee is authorized to stop the match as follows:*

- *a. in the neutral position, when no takedown is in progress, the match may be stopped as soon as the mask is displaced;*
- *b. if the wrestler is being placed at a disadvantage because the misplaced mask is covering the eyes, nose, mouth or is causing choking, the match shall be stopped so that the proper adjustment may be made; or*
- *c. in all other situations, the referee shall stop the match only when there is no significant action taking place. It shall be restarted as following an out of bounds.*

## Phase 2

### **WRESTLING COMPETITIONS OUTDOOR MAY BEGIN - Minimum Practice Requirement = 6**

- Modified practices with contact may begin.
- No signs or symptoms of Covid-19 in the past 14 days.
- No close sustained contact with anyone who is sick or individuals that may have been exposed to Covid-19 within 14 days of beginning group training.
- Wrestlers should maintain the recommended six feet of distancing between individuals and should be in limited contact with each other.
- Consider small pods for workouts with 30 square feet of distancing between groups.
- Masks are to be worn at all times, including training and competition.
- Mats are to be disinfected between each dual or round at a tournament.
- One coach allowed on the mat per wrestler.
- Coaches may not approach the table for protests or reviews, remain in the coaches box.
- Follow additional rules outlined in phase 2 guidelines of Governor's Document

## Phase 3

### **WRESTLING COMPETITIONS INDOOR MAY BEGIN - Minimum Practice Requirement = 6**

- No signs or symptoms of Covid-19 in the past 14 days.
- No close sustained contact with anyone who is sick or individuals that may have been exposed to Covid-19 within 14 days of beginning group training.
- Resume normal sized group training sessions.
- Onsite coaching can resume without physical distancing. Coaches should gradually build back

up to full training loads but may need to modify practices for various levels of conditioning.

- Masks are to be worn at all times, including training and competition.
- Mats are to be disinfected between each dual or round at a tournament.
- One coach allowed on the mat per wrestler.
- Coaches may not approach the table for protests or reviews, remain in the coaches box.
- Follow additional rules outlined in phase 3 guidelines of Governor's Document

## NFHS RETURN TO COMPETITION RECOMMENDATIONS

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- **General Considerations:**
  - No one touches the score sheet except the scorer.
  - If writing implements are used, they should be sanitized and not shared with anyone.
  - Disinfect the mats prior to competition, this includes between each dual when multiple are being held on the same date (tri, quad or tournament).
  - Participate/host smaller events (more duals, less larger tournaments).
  - Minimize the number of spectators.
  - One-way traffic on and off the floor.
  - Boxes available for on deck (coaches and wrestlers).
  - One table worker per table at the mat side.
  - No mat side video or statistics.
- **Considerations for Coaches:**
  - Take the temperature of the coaches before practices/matches.
- **Considerations for Wrestlers:**
  - Take the temperature of the wrestlers before practices/weigh-ins.
  - Showers/Skin Hygiene are recommended after prolonged contact.
  - All athletic equipment should be cleaned before, during and after practices and between practices/sessions.
  - Other equipment, such as wrestling headgear, shoes, braces, knee pads should be worn by only one individual and not shared.
  - Stagger weight classes, so not everyone is in chairs mat-side.
- **Considerations for Officials:**
  - Take the temperature of the officials before matches.
  - Do not share equipment.
  - Change whistle several times during the day.



- Consider using electronic whistles.
- Follow physical distancing guidelines. Consider six feet minimum distance when talking to others (players, coaches, other officials).
- May wear disposable gloves. If so, then they must change after each match.
- Pro contact with wrestlers and coaches unless medically or physically necessary for safety.
- **Considerations for Parents (a family's role in maintaining safety guidelines for themselves and others):**
  - Take the temperature of spectators before matches.
  - 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 students' personal equipment after each match or practice.

# **APPENDIX I**



**WIAA SPORTS MEDICINE ADVISORY COMMITTEE CONSIDERATIONS  
FOR SPORTS AND ACTIVITY PARTICIPATION DURING THE COVID-19 PANDEMIC**

Washington Interscholastic Activities Association (WIAA)  
Sports Medicine Advisory Committee (SMAC)

[For general guidelines, please visit the WIAA's Covid-19 page.](#)

1. The COVID-19 pandemic has had, and will continue to have, a profound impact on the lives of students, student-athletes, their families, friends, teachers, coaches, and schools. While most young people who get the disease have mild symptoms, they can still transmit the coronavirus to friends and family members. While sports and physical activity are considered an important and healthy part of our lives, current times call for restrictions and modifications to participation that may be disruptive, unpopular, but necessary.
2. The WIAA desires to resume its sports and activity schedule as soon as possible but only when it has been deemed to be safe for student participants, coaches, and officials.
3. The WIAA guidelines that govern safe return to play will likely evolve with changes in the COVID-19 disease as well as with emerging knowledge about transmission, treatment, and prevention. However, the guidelines for sports participation will rely on recommendations from public health officials and remain consistent with current local and regional statutes (i.e., State of Washington) as well as accepted national guidelines (i.e., National Federation of State High School Associations, American Medical Society for Sport Medicine, National Athletic Trainers' Association, and the Centers for Disease Control).

**GUIDELINES FOR SEEKING MEDICAL EVALUATION PRIOR TO RETURNING TO SPORTS:**

COVID-19 Risk Profile	Relevant Medical Information of Student-Athlete	Recommended Medical Action
<p><b>Confirmed COVID-19 Disease</b></p>	<ul style="list-style-type: none"> <li>● Confirmed diagnosis of COVID-19 (e.g., positive test)</li> <li>● Prior COVID-19 with on-going symptoms including:               <ul style="list-style-type: none"> <li>○ chest pain/pressure with exercise</li> <li>○ difficulty breathing or shortness of breath with exercise</li> <li>○ decreased exercise tolerance</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Medical evaluation is <b>strongly recommended</b> prior to a return to sports</li> <li>● Additional cardiac testing may be indicated</li> </ul>
<p><b>High Risk Medical Conditions*</b></p> <p><i>*present greater risk of complications or severe illness from COVID-19</i></p>	<ul style="list-style-type: none"> <li>● Moderate to severe asthma</li> <li>● Serious heart condition</li> <li>● Diabetes</li> <li>● Chronic liver or kidney disease</li> <li>● Severe obesity (BMI ≥40)</li> <li>● Weakened immune system</li> </ul>	<ul style="list-style-type: none"> <li>● Medical evaluation is <b>recommended</b> to allow a more detailed assessment of individual risks and an informed decision-making process</li> </ul>

<p><b>Exposure to COVID-19 or Symptoms of Prior COVID-19</b></p>	<ul style="list-style-type: none"> <li>● Prior history of symptoms suggestive of COVID-19</li> <li>● Household or family member diagnosed with COVID-19</li> <li>● Close exposure (i.e., &lt;6 feet apart for &gt;10 minutes) to individual diagnosed with COVID-19</li> <li>● Direct exposure to infectious secretions (e.g., being coughed on) by individual with COVID-19</li> <li>● Direct physical contact during sports with individual diagnosed with COVID-19</li> </ul>	<ul style="list-style-type: none"> <li>● Contact medical provider prior to return to sports to determine if further evaluation is indicated</li> </ul>
<p><b>Baseline Risk</b></p>	<p>Student-athlete with:</p> <ul style="list-style-type: none"> <li>● No past diagnosis of COVID-19</li> <li>● No exposure to COVID-19</li> <li>● No symptoms of prior COVID-19</li> <li>● No high-risk medical conditions or current health problems</li> </ul>	<ul style="list-style-type: none"> <li>● Further medical evaluation at the discretion of the family and medical provider</li> <li>● School requirements for Pre-Participation Physical Evaluation apply</li> </ul>

4. The WIAA recommends that every student-athlete with a prior diagnosis of COVID-19, symptoms suggestive of past COVID-19, or a “close exposure” to someone diagnosed with COVID-19 should contact their medical provider to determine if further evaluation is warranted prior to returning to sports. A close exposure is defined as having a household member diagnosed with COVID-19, prolonged exposure (>10 minutes) within 6 feet of an individual diagnosed with COVID-19, direct exposure to infectious secretions (e.g., being coughed on) or direct physical contact during sports from an individual diagnosed with COVID-19.
  
5. A medical evaluation is **strongly recommended** for student-athletes with a confirmed diagnosis of COVID-19. All athletes with prior COVID-19 should be screened for ongoing symptoms of chest pain/pressure with exercise, difficult breathing with exercise, or decreased exercise tolerance. Additional cardiac testing may be indicated.
  
6. Those at greater risk for developing severe COVID-19 disease or complications should undergo an informed decision-making process with their medical provider before a return to sports as exposure to teammates and opponents may increase their risk of becoming infected. Individuals at higher risk of severe COVID-19 include those with moderate to severe asthma, a heart condition, diabetes, or a weakened immune system.
  
7. It is important to be aware of symptoms that may suggest COVID-19 illness:
  - Fever
  - Cough
  - Shortness of breath or difficulty breathing

- Shaking chills
- Persistent muscle aches/pains
- Sore throat
- Loss of taste or smell
- Persistent pain/pressure in the chest
- Painful discoloration of the fingertips or toes

8. Resources and recommendations for further information.

*CDC (Center for Disease Control) general reference addressing symptoms, protection, decreasing community spread* <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

*NFHS (National Federation of State High School Associations)*  
<https://www.nfhs.org/articles/a-guide-to-coronavirus-and-youth-sports/>

*Cardiac Considerations in Athletes with COVID-19*  
<https://blogs.bmj.com/bjbm/2020/04/24/the-resurgence-of-sport-in-the-wake-of-covid-19-cardiac-considerations-in-competitive-athletes/>