



## 2020-21 FOOTBALL GUIDELINES & COVID-19 MODIFICATIONS

### Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders. *The suggested NFHS modifications are recommendations only and not to be considered mandatory rule changes.*

MODERATE

### General Guidelines

- Masks are recommended to be worn at all times by all individuals participating in the activity, even with heavy exertion as tolerated.
- Social distancing measures shall be in place at all times other than when engaged in competition.

### Event Limitations

- 10 games permitted during the season.
- Adhere to local county guidelines.

### Pre-Game Conference

- Limit attendees to one captain from each team, Head referee and Umpire.
- Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6-feet.
- No handshakes prior to and following the coin toss.
- 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.

### Team Benches

- The team box may be extended on both sides of the field to the 10-yard lines (for players only) in order for more social-distancing space for the teams.
- Maintain social distancing of 6-feet at all times while in the team box.

### Pre/Post-Game Ceremony

Replace handshakes after the game with a social distance acknowledgment of the team's choosing.

### Football Sanitation

Games shall utilize a three-ball rotation, ensuring that anytime a ball goes out of play it shall be sanitized thoroughly with a bleach wipe before returning to the rotation.



### Equipment & Accessories

- Permissible face coverings are required to be worn at all times by all attendees present.
- Gloves are permissible.
- Players shall utilize their own equipment bin for all personal gear on the sideline.

### Uniform

- Long sleeves are encouraged to reduce skin contact with the ball.
- Long pants and undergarments are permissible.

### Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

### Officials' Uniform & Equipment

- By local association adoption, long-sleeved shirts are encouraged.
- Do not share uniforms, towels and other apparel and equipment
- Permissible face coverings are required.
- Gloves are permissible.