

NCHSAA Modified Sports Manual

Face Coverings and Practices and Contests

- Must be worn by all that are not in active participation
- This includes student-athletes, coaches, officials, event management staff, spectators, etc.

Cleaning Protocols

- Adequate cleaning schedules must be created and implemented for all athletic facilities. Cleaning: 30 minute window to clear and wipe down the gym. Example, "Empty the gym" between JV and Varsity games in order to sanitize bleachers. *FLA is not using bleachers, bring your folding chairs to their place.*
- Bathrooms must be disinfected often
- Hand Sanitizer will be made available



Locker Rooms

- Use of locker rooms is determined by the host school. *RCS will only use locker rooms for **bathroom purposes only**.* Show up to the venue dressed.

Spectators

- Indoor facilities are based on 25 max not including coaches, players, and support staff. NCAC athletic directors voted on a 15/10 ticket distribution. 15 tickets given to the host school and 10 tickets given to the away team.
- Support staff **ONLY** includes: **Volleyball**- Gatekeeper, bookkeeper, line judge, clock keeper, and libero tracker. **Basketball**- gatekeeper, bookkeeper, clock keeper, videographer, and statistician. ***Six support staff for hosting school and 3 support staff for visiting teams. Administration should be temperature screeners.

- Seating for support staff will be the scoring table or a designated location on or near the bench.
- Signage and safe distancing markers are required. (Practice 3 Ws)
- Designate appropriate seating areas.
- Athletic Directors will collect names of participants, support staff, coaches, and ticket holders before each game. ADs will send a copy of the list to the host school. This is done for tracking purposes.

Competition & Practice Requirements

- All coaches and students must be screened daily for signs/symptoms of COVID-19 prior to participating, including a temperature check. Link to digital form: [RCS Athletic QRS Code Form](#) (refer to the back pages)
- Team roster is screened by the coach daily (practices/workouts/ games). The head coach is responsible for the collection of the data from each day's screening.
- Everyone will have temperature checked by the host school.
- Anyone with a temperature of 100.4 F or higher, or who reports any COVID-like symptoms, must not be allowed to participate.

Dead Periods

- For out of season sports, NCHSAA Handbook regulations regarding skill development sessions remain in place
- Sessions are not allowed:
 - November 4-6
 - November 23-25
 - December 7-9
 - January 11-13
 - February 8-10
 - March 1-3
 - April 12-14
 - Last 5 student days of the 1st semester
 - Last 10 student days of the the 2nd semester

Due to the possibility of recurrent outbreaks in the coming months, we must be prepared for periodic school closures and the possibility of some teams having to isolate for two or more weeks while in season

VOLLEYBALL

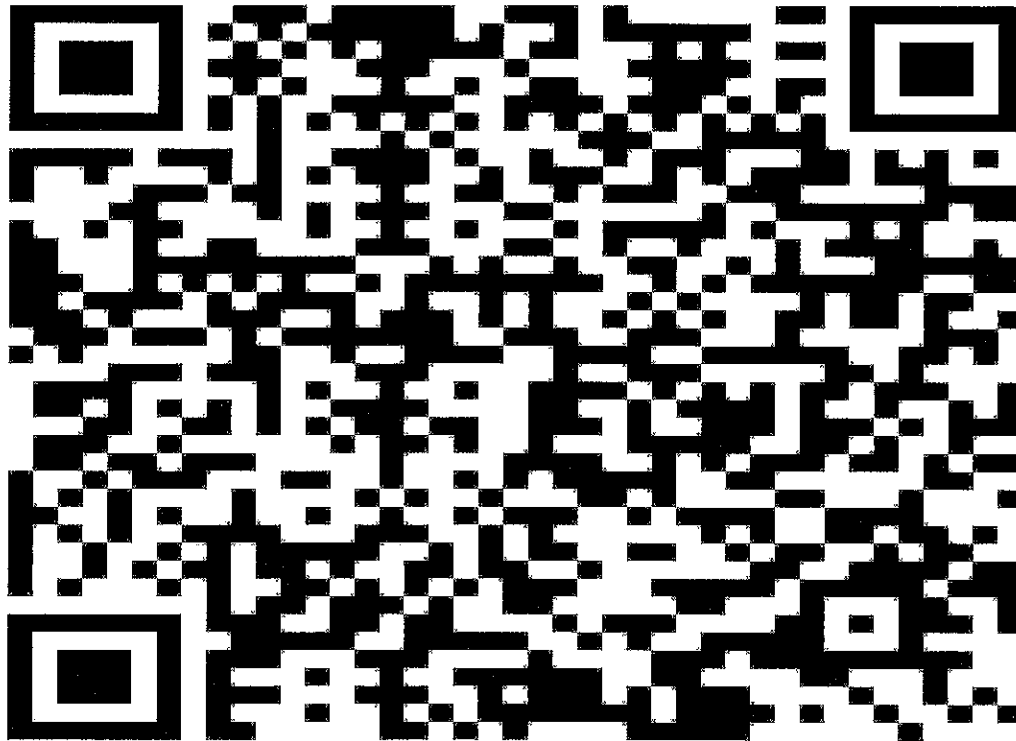
- Use sanitized volleyballs in between sets
- Practice the 3 W's (No High Fives, no handshaking- limit touching)
- Visiting teams must bring their own volleyballs for warm up purposes
- Pre-match Conference will be held at center court with one coach and one referee (social distance and wear face covering). Same procedure for coin toss to determine serve/receive, the visiting coach shall call the toss, and the winner choosing to serve or receive.
- Switching benches between sets is not allowed.
- Observe 6 ft social distancing on the bench.
- Encouraging substitution to occur within the sub zone closer to the attack line. (Substitution from the back instead of the front)

**See the NCHSAA modified manual (refer to the back pages)

CROSS COUNTRY

- A maximum of four schools per contest (Excludes NCAC Championship)
- Runners must maintain at least 6 ft of distancing
- Teams are limited to seven individuals (4 teams)
- Voyager Academy will not run during the season, however, they will compete in the NCAC Conference Championship
- Pods (schools) of 7 runners stay together to start the race. Distance each school of runners about 10 ft apart from each other. The start line should be about 50 meters long. Runners must wear face coverings to begin the race and when not actively participating.
- No spectator zones at the finish area and wherever the teams are warming up.
- No handshakes or high fives
- Coaches/officials must wear face coverings at all times

**See the NCHSAA modified manual (refer to the back pages)



<http://bit.ly/rcsbulldogs>

BULLDOG ATHLETICS

Please make sure that you have turned in all the required paperwork and filled out ONLINE COVID-19 SYMPTOMS SURVEY before attending workouts/practices and games. Cloth face coverings must be worn at all times by any individual not actively participating in the contest. This includes student-athletes, coaches, officials, event management staff, spectators, etc.



Cross-Country



First Practice:	November 4	Season Limitation:	14 Meets
First Contest:	November 16	Weekly Limitation:	2 Meets
Final Play Date & Reporting Deadline:	January 8	Daily Limitation:	1 Meet
Regionals:	January 15-16	State Championships:	January 22-23

Skill Development Regulations

- NCHSAA Handbook Regulation 2.2.15 remains in place for the 20-21 school year with the exception of *Section (d) - Dead Periods*
 - Updated dead periods are listed under *Points of Emphasis* on page 9
- Runners must maintain at least 6 feet of distancing between individuals, no grouping (i.e. starts and finishes)

Regular Season Modifications

- A maximum of four (4) schools per contest are allowed
- The number of individuals allowed to participate on a team during an event is as follows
 - Four (4) schools per contest
 - Teams are limited to seven (7) individuals
 - Three (3) schools per contest
 - Teams are limited to nine (9) individuals
 - Two (2) schools per contest
 - Teams are limited to fourteen (14) individuals

NFHS Rules Modifications

- Course: Consider widening the course to at least 6 feet at its narrowest point
- Start of Race: Consider using staggered, wave or interval starts

- Distance between teams or competitors, depending on the start, must be established from the starting box through the first 100 meters or more
 - Meet host will have the option to use and communicate any of the procedures below
 - Option 1 - Spaced Mass Start
 - Extend alleys out to 100m or more (see **Appendix A**)
 - Distance between teams must be a minimum of 6'
 - Greater spacing is recommended if the site allows
 - Option 2 - Wave Start by Team Positions
 - Wave by teams' #1s, #2s, #3s, etc.
 - Individuals from the 4 different teams would be spread across the start line using every other start box with a minimum of 6' between teams
 - Time between waves 15 seconds minimum
 - Option 3 - Wave Start by Team
 - Wave by teams
 - The entire team will start with time between each team
 - Time between waves 30 seconds minimum
 - Usage of Rule 8.4.4.b. / Audio-Visual start is recommended for Wave Starts. An air horn or whistle can be used for starting each wave
- Race Finish
 - Consider using finish corrals and/or multiple chutes and FAT timing for larger meets (see **Appendix B**)
 - With no FAT timing system, consider alternative means of finish place and time to address congestion at the finish line
 - Consider using image-based equipment at the finish to assist with picking a place to avoid congestion
 - The finish area must be designated as "No Spectator Zone"
 - Athletes must leave the finish chute promptly and return to the designated team area immediately upon finishing

General Requirements

- Establish social distancing protocols for checking uniforms
 - Designate a time for each team to be at the clerk's table/tent to avoid a gathering of multiple teams

- Pre and Post Game Ceremony
 - Establish meet specific social distancing protocols including the elimination of handshakes before and after the meet
- Requirements for Coaches

- Cloth face coverings must be worn at all times
 - Clearly communicate your guidelines to students and parents
 - Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed
- Requirements for Students
 - Cloth face coverings are permitted during competition and must be worn when not actively competing
 - Competitors will be allowed to wear cold-weather gear during meets. All other uniform rule codes are still enforceable and must be followed
 - Each student is responsible for their own supplies: hand sanitizer, water bottle, towels, etc.
 - Students should wear their own appropriate workout clothing or uniform (do not share clothing)
 - Athletes should tell coaches immediately when they are not feeling well
- Requirements for Officials
 - Cloth face coverings must be worn at all times
 - Follow social distancing guidelines:
 - Pre and Post Meet conferences
 - Clerking at the start line
 - Tabulations and posting of results
 - Bring personal hand sanitizer; Wash hands frequently
 - Do not share equipment
 - Consider using an electronic whistle
 - Do not shake hands
 - Follow established pre and post-game ceremony guidelines
- 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
 - Follow social distancing guidelines, including wearing a cloth face covering while at the facility

NCHSAA Regulation Modifications

- Face Coverings

- Cloth Face coverings must be worn to the start area. It is recommended that athletes have a method of keeping their face covering with them during the race
 - For example, a safety pin could be used to secure the cloth face covering to the uniform, face-covering pulled down and around the neck, or tucked into a waistband. This would also facilitate the resumption of wearing face-covering promptly after the finish of the race
- Designated Team Area
 - Locations must be designated for teams to remain when not warming up, racing, or cooling down
 - Designated Team Area must be for competing athletes and coaches only. No spectators or parents allowed in the Designated Team Area
 - Designated Team Areas should be clearly marked by painted boxes, roped areas, cones, etc.
 - Minimum spacing between each Designated Team Area must be at least 10 feet apart
- Multiple Level or Group Competition
 - If Varsity and JV competitions or multiple group competitions are conducted at the same facility on the same day, the facility must be cleared between competitions
 - If a facility is hosting a multi-level or group competition, arrival and departure times for each team must be clearly communicated and strictly adhered to in order to prevent overlapping of teams or groups on site

Post-Season Modifications

- Conference Championship Meets
 - One (1) conference tournament/meet that does not count towards season/weekly limitation, allowing all conference member schools to compete. This meet would need to be contested before the end of the regular season date of Jan. 8th
 - Meets are limited to 7 runners per team per gender
- Regional Championships
 - Teams and individuals will qualify for the Regional competitions based on conference placing
 - Each conference may choose the best method of determining conference placing

- Qualification can be determined by placing at a conference (championship) meet
 - Qualification can be determined by regular-season standings
 - Conferences may determine how individuals will be ranked for the regular season
 - Number of teams qualifying for Regionals out of each conference
 - Will be staggered based on the number of full teams in each conference. The exact structure of this staggered system or number of teams will be announced
 - The number of teams qualifying will be based on the eligibility summary, which is due one week after the first contest date
 - The number of individuals qualifying for Regionals out of each conference will be limited. This exact number of individuals will be announced. Regardless of the determined number, regional qualifying individuals will be required to place in the Top 12 at the conference meet or be ranked in the Top 12 for the regular season
- State Championships:
 - The exact number of teams and individuals will be announced at a later date.

Volleyball



First Practice:	November 4	Season Limitation:	14 Games
First Contest:	November 16	Weekly Limitation:	2 Games
Final Play Date:	January 8	Daily Limitation	2 Games
Bracketing:	January 9	3rd Round:	January 16
1st Round:	January 12	Regional Round:	January 19
2nd Round:	January 14	State Championships:	January 23

Skill Development Regulations

- NCHSAA Handbook Regulation 2.2.15 remains in place for the 20-21 school year with the exception of *Section (d) - Dead Periods*
 - Updated dead periods are listed under *Points of Emphasis* on page 9
- Limit sharing of balls to within pods
- Disinfect equipment frequently and before use by another pod
- Individuals must maintain 6 feet physical distancing

NFHS/NCHSAA Rules Modifications

- Pre-match Conferences
 - 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 must maintain a social distance of 6 feet and wear a cloth face covering
 - A coin toss to determine serve/receive is to be conducted during the pre-match conference with one coach and one referee positioned on each side of the net (same individuals). The visiting coach shall call the toss, with the winner choosing to serve or receive

- Suspend roster submission at the pre-match conference. Rosters are submitted directly to the officials' table before the 10-minute mark
- **Game Balls**
 - Game balls shall be disinfected during set changes and/or time outs to assist with reducing potential spread. See **Wilson Recommendations (Appendix C)**
 - Visiting teams must bring their own balls for warm-ups and may bring game balls to assist with the rotation of disinfected balls
- **Team Benches**
 - 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 6 feet. If needed, and when possible, designate additional seating in the bench area for team and essential personnel, while maintaining 6 feet of social distancing
- **Deciding Set Procedures**
 - Move the location of the deciding set coin toss to center court with one captain (or coach) per team and the second referee maintaining the appropriate social distance of 6 feet and wear a cloth face covering. A coin toss, called by the home team, will decide to 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. (Wipe down seating/bench area if officials deem it necessary to switch benches)
- **Substitution Procedures**
 - 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
 - Players should limit contact while switching during a substitution
- **Officials Table**
 - Limit to essential personnel which include 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

- Strongly recommend providing gloves and hand sanitizer for essential personnel

- **Pre and Post Match Ceremony**
 - Establish volleyball specific social distancing match protocols including the elimination of handshakes before and after the match
 - Instead of pre and post-match handshakes, teams may do a run-through up to the 10-foot attack line for "air high-fives;" or lineup on the attack line to honor/promote sportsmanship in a creative way (i.e. wave or bow at an opponent; say good luck in sign language)

- **Player Equipment and Accessories**
 - Cloth face coverings are permissible but must be worn when not actively competing
 - Gloves are permissible
 - Long sleeves are permissible
 - Long pants are permissible
 - Undergarments 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

- **Officials Uniform and Equipment**
 - Long-sleeved, all-white collared polo shirt/sweater is permissible
 - Electronic whistles are permissible
 - Cloth face coverings must be worn at all times
 - Gloves are permissible