



2020-21 NSAA Winter Season Guidelines

Circumstances related to the COVID-19 pandemic are constantly changing and vary from community to community. Difficult decisions will have to be made from week to week or even day to day. The health and safety of students, staff, and local communities remain the priority of the NSAA as we provide opportunities to participate in the winter sports season.

Each school has the authority to determine if it will participate in the 2020-21 Winter Season. During the season it will be the responsibility of the host school to provide administrative oversight and compliance with established COVID-19 guidelines in accordance with their local health departments and facilities.

FOR ALL WINTER ACTIVITIES:

The NSAA is requiring the following of schools, officials and spectators for all winter season contests:

- Active participants are permitted, but not required, to wear face coverings during competition/performance.
- Coaches and non-active participants (those not currently on the court, mat or stage) are required to wear face coverings at all times. Cheer and dance are considered non-active participants.
- Spectators are required to wear face coverings at all times while attending indoor events.
- Face coverings must cover the nose and mouth.
- The host school may establish additional requirements in consultation with local health departments. Additional requirements implemented by the host school must be the same for all schools, officials, judges, and spectators.

The host school shall comply with the current directed health measure (DHM), mitigate risk and provide adequate opportunities for physical distancing procedures for the visiting schools, officials, judges and all spectators.

Recommended protocols for winter contest hosts:

- Restricted attendance/seating areas based on current DHM
- Require 6 feet of physical distance between household groups in stands and spectator areas
- Create separate points of entry and seating for home and visitor teams/spectators
- Provide no concession stands or separate/multiple concession stands for home and visitor spectators
- Provide separate/multiple restrooms for home and visitor spectators
- Use signage, stanchions or floor markings to ensure physical distancing of 6 feet at concession stands and restrooms
- Communicate availability of locker room space for the opposing team and officials to maintain 6 feet of physical distance
- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces

PROGRAM NORMS FOR ALL ACTIVITIES:

Symptom Monitoring:

- Participants, coaches, judges, officials and staff must perform a self-screening prior to arriving at school sites or participating in NSAA activities.
- Symptomatic participants, coaches, judges, officials and staff may not attend until:
 1. Visiting a healthcare provider, being given an alternate diagnosis, are fever-free for 24 hours and symptoms have improvedOR
 2. Testing negative for COVID-19

Distancing:

- During practice/rehearsals, coaches and staff shall ensure physical distancing whenever possible. Provide at least 6 feet of distance when participating in warm-up, stretching, instructional time and drills.
- During competition, the team, bench, and backstage areas should be restricted to essential personnel only. Coaches, officials, judges and participants must follow physical distancing guidelines maintaining 6 feet of distance when interacting before, during, and after contests/performances.
- Spectators should maintain at least 6 feet from other spectators who are not part of their household and be at least 12 feet from players and coaches during competition.

Groups:

- Coaches should utilize smaller training/rehearsal groups as much as possible.
- Limit group sizes as much and as often as possible.
- Groups should be kept consistent throughout the season as much as possible.
- A daily attendance record should be kept, including group information.

NSAA encourages schools to play their regularly scheduled competitions unless a COVID-19 issue prevents them from playing. Member schools, in consultation with their local health department, shall be responsible for determining whether a scheduled game, match, contest, or other activity is cancelled or postponed due to a COVID-19 related issue. Member schools shall notify the NSAA of any cancellation or postponement.

The NSAA has great appreciation for all its member schools and their tireless efforts to provide opportunities for learning and participation in NSAA activities. Communication, flexibility, and patience will be key in supporting our high school student participants as they participate in activities this winter season.



2020 NSAA Play Production District Contest Information

These modifications are subject to change in response to COVID-19. (Updated 10/26/20)

Participants, coaches, staff, judges, or spectators that have COVID-19 symptoms, feel sick or have been advised to quarantine or isolate by public health or school officials, shall not attend or participate in practice or competition. The NSAA requires all non-active participants, coaches, and spectators to wear face coverings. Face coverings should cover the nose and mouth. Physical distancing of 6 feet should be maintained when possible.

The health and safety of students, staff, and local communities remain the priority of the NSAA.

The NSAA is implementing the following requirements for host schools of all NSAA district play production contests:

- Active participants are permitted, but not required, to wear face coverings during competition.
- Spectators and judges are required to wear face coverings at all times.
- Directors, crew members and non-active participants are required to wear face coverings at all times.
- All interactions between participants, spectators, and judges should maintain 6 feet of physical distance.
- Areas with at least 6 feet of distance must be created for all judges during competition and oral critiques.
- Performances must be scheduled at least 1 hour apart.
- The host school may establish additional requirements in consultation with local health departments. Additional requirements implemented by the host school must be the same for all schools, judges, and spectators.

All participating schools, judges and spectators are expected to adhere to these requirements.

In addition to the [winter season guidelines](#) (pg. 1 & 2), recommended protocols for district contest hosts are:

- Designate specific arrival/departure times for participating schools (ex. arrive, setup, perform, teardown, leave)
- Create separate points of entry for cast/crew and spectators
- Restrict attendance/specific seating areas for participating schools/spectators
- Limit theatre/backstage areas to essential personnel only
- Consider digital oral critiques and/or awards ceremony (Zoom, Facebook Live, etc.)
- Communicate availability of locker/dressing room facilities
- Disinfect frequently touched objects and surfaces in theatre/backstage areas

In play production, NSAA member schools apply and volunteer to host district contests. Often, there is a shortage of willing and available member schools to serve as hosts. Therefore, district contest hosts in play production will have the full support of the NSAA, should they implement additional COVID-19 protocols at their facility.



2020-21 NSAA Bowling Rules Modifications & Considerations

These modifications are subject to change in response to COVID-19.

Participants, coaches, staff, officials, or spectators that have COVID-19 symptoms, feel sick or have been advised to quarantine or isolate by public health or school officials, shall not attend or participate in practice or competition. The NSAA requires all non-active participants, coaches, and spectators to wear face coverings. Face coverings should cover the nose and mouth. Physical distancing of 6 feet should be maintained when possible.

NSAA Approved Rulings:

1. **Extend the deadline to submit varsity schedules from November 19th to December 3rd.**
2. **Any regular season contest canceled due to COVID-19 will be considered a “no-contest.”**
 - a. **Schools will notify the NSAA of any contest cancellations.**
 - b. **Wild card points will not be awarded for “no-contest” competitions.**
 - c. **Forfeits will not be issued for a “no-contest.”**
3. **Replacement contests (not originally scheduled) may be scheduled at any time.**
 - a. **Wild card points will not be awarded.**
 - b. **Contest limitations may not be exceeded.**

The host administration must pre-communicate local protocols & activity requirements to participating school(s).

USBC/NSAA Rules Modifications & Considerations:

Schedule: Modify your contest schedule to allow for physical distancing.

Single Lane, USBC Rules 106a/106b & 320a/320b: Individual teams are temporarily allowed to compete on a single lane without the requirements to rotate lanes (on a pair). You may schedule open lanes between teams and play opponents on different lanes. Work with your bowling center management before deciding on how to schedule teams while accommodating physical distancing.

Facial Coverings: Facial coverings are required for any coach and inactive participant. Active participants may remove their facial covering when on the approach. Coverings should not be distracting and have no designs.

Cleaning, USBC Rule 18: Bowlers are temporarily allowed to use isopropyl alcohol (rubbing alcohol) to clean their bowling ball during competition. This exception only applies to isopropyl alcohol – no other USBC-approved cleaners will be allowed during competition.

Further Considerations:

Sanitization & Disinfection: Schools should discuss and consider sanitizing and disinfecting strategies with bowling center management. This should include capturing and storing equipment that is used daily.

Equipment: Participants should not share equipment.

Additional Resources:

[USBC COVID-19 Best Practices](#)



2020-21 Wrestling Rules Modifications & Considerations

These modifications are subject to change in response to COVID-19.

Participants, coaches, staff, judges, or spectators that have COVID-19 symptoms, feel sick or have been advised to quarantine or isolate by public health or school officials, shall not attend or participate in practice or competition. The NSAA requires all non-active participants, coaches, and spectators to wear face coverings. Face coverings should cover the nose and mouth. Physical distancing of 6 feet should be maintained when possible.

NSAA Approved Ruling Modifications:

- **Team/individual contest limitations will change from 10 tournament dates and 8 individual duals to – 18 total competition dates. Schedules will still need to be entered into Trackwrestling for purposes of weight management as weigh-in sheets will still be required for each competition.**
- **Teams will not be required to input schedules into the NSAA system to allow for necessary changes during the season.**
- **When possible, consider dual meet format for contests**
- **NSAA Wrestling Manual states that any contest that have more than 4 teams must be considered a tournament.**
- **Recommend that tournaments be limited to no more than eight teams or, for individual tournaments, 112 participants.**
- **When possible, multiple gyms or spaces also recommended when there are more than 4 teams competing – to minimize exposure.**
- **Attendance can be limited according to the respective DHM capacity restrictions**

Additional NFHS/NSAA Wrestling Rules Modification/Considerations

- Symptom and temperature checks conducted at weigh-ins (for coaches and athletes)
- Weigh-ins completed by team rather than shoulder-to-shoulder
- Wrestlers are required to wear a face covering when in the weigh-in area. Face coverings are required at all times except when competing
- Eliminate shaking hands with officials at any time
- Eliminate shaking hands with opposing coach
- Officials will not raise the winner's hand
- Officials should not go the table for a coach's meeting if the coach is not wearing a face covering
- Flip disc should be caught by the official instead of allowing it to hit the mat
- Officials can wear face coverings but are not required
- Reduce percentage of capacity allowance for spectators – follow respective DHM's for your area

ADDITIONAL CONSIDERATIONS

Practices

- Symptom and temperature checks prior to practice – all coaches and wrestlers
- Pods of no more than 4-5 to workout with daily, throughout season
- Mandatory disinfecting of mats and surfaces before and after every practice
- No shared towels, practice gear, headgear, etc.
- No shared drinking facilities (individual water bottles)
- Disinfecting wipes, spray or foam for wrestlers before and/or immediately after practice
- Utilize multiple practice sessions to limit group size

Competitions

- Symptom and temperature checks conducted at weigh-ins (for coaches, athletes and officials)
- Mandatory cleaning/disinfecting of mats before the start of each dual meet, at session breaks and at the conclusion of competition for each day
- Conduct weigh-ins in the competition area by team (larger than the locker room or wrestling room where they are typically held) Maintain physical distancing between teams
- Coaches need to wear face coverings at all times
- All staff/workers must wear face coverings
- Wrestlers are not allowed matside at any time except when they are on deck
- When not competing, wrestlers and need to wear face coverings and physical distance (designated space for respective teams and they should only sit in those areas) Utilize multiple gyms or classrooms if possible - Designate specific areas for teams to sit and keeps respective teams in their designated area when seated
- Spectators not allowed in the designated team areas
- Sanitizing wipes and hand sanitizer available at the scoring/head tables
- Reduce the traveling parties to essential personnel only (competitors and coaches, medical personnel)

Venues, Workers and Spectators

- All staff, workers, and spectators must wear a face covering
- Prepare gym/arena for physical distancing, where possible - follow respective DHM's for your area and follow capacity limitations
- Hand sanitizer and disinfectant wipes available at each scorer's table
- Writing utensils, when used, handled by one person or sanitized between uses by other workers
- Limit the number of workers at each table – only necessary personnel

Officials

- Officials are NOT responsible for monitoring activities on the sidelines, such as physical distancing, hand sanitizing, symptoms of illness and other such issues. This monitoring is the responsibility of the respective coaching staff and school personnel.
- Face coverings are required when arriving and departing and optional when actively officiating
- May wear disposable gloves
- Do not share equipment



2020-21 NSAA Swimming & Diving Rules Modifications & Considerations

These modifications are subject to change in response to COVID-19.

Participants, coaches, staff, officials, or spectators that have COVID-19 symptoms, feel sick or have been advised to quarantine or isolate by public health or school officials, shall not attend or participate in practice or competition. The NSAA requires all non-active participants, coaches, and spectators to wear face coverings. Face coverings should cover the nose and mouth. Physical distancing of 6 feet should be maintained when possible.

NSAA Approved Rulings:

- Extend the deadline to submit varsity schedules on MaxPreps from November 19th to December 3rd.
- **PLEASE NOTE** – there is no contest limitation in NSAA Swimming & Diving.
- Schools can conduct “intrasquad” meets and achieve state qualifying times, if meets are conducted under the jurisdiction of a full complement of officials and fully automatic timing (FAT) is used. These meets must be listed on the MaxPreps schedule by 12/3.
- If a dual is postponed due to COVID-19, it can be contested as an “intrasquad” meet.
- Multi-team contests postponed due to COVID-19 can be re-scheduled with any number of the original teams entered in the contest.
- Schools can conduct “virtual meets” and achieve state qualifying times, at sites in which meets are conducted under the jurisdiction of a full complement of officials and fully automatic timing (FAT) is used.

NFHS Swimming & Diving COVID-19 Rules Considerations:

- **Conduct (1-3-2)** - Require athletes to arrive at venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for 6 feet of physical distancing.
- **Lap Counting (2-7-6, 3-4)** - Only one person per lane should be permitted at turning end.
- **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)** - Alternative methods for communication between officials, coaches and athletes could include utilization of the P.A. system, hand signals or written communication. An electronic whistle is strongly recommended.
- **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)** - Develop alternative methods for submitting entries (3-2) and movement of non-electronic information. Create a distance of 6 feet between individuals seated at the timing desk/table, when possible. Officials are required to wear face coverings at all times.
- **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 are required to wear facial coverings at all times.
- **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 6 feet apart from one another. Timers and relay takeoff judges are required to wear facial coverings.
- **Diving Officials (9-6)** - Develop alternative methods for submitting entries (3-2) and movement of non-electronic information. Create a distance of 6 feet between individuals seated at the desk/table and between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform, when possible.

General Considerations:

- **[Follow all NSAA Winter Season Guidelines](#)**
- **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.
- **USA Swimming – [Re-opening Facility Information](#)**



2020-21 NSAA Basketball Rules Modifications & Considerations

These modifications are subject to change in response to COVID-19.

Participants, coaches, staff, judges, or spectators that have COVID-19 symptoms, feel sick or have been advised to quarantine or isolate by public health or school officials, shall not attend or participate in practice or competition. The NSAA requires all non-active participants, coaches, and spectators to wear face coverings. Face coverings should cover the nose and mouth. Physical distancing of 6 feet should be maintained when possible.

NSAA Approved Rulings:

1. Extend the deadline to submit varsity schedules from November 19th to December 3rd.
2. Games canceled due to COVID-19 will be considered a “no contest”
 - a. Wild card points will not be awarded for “no contest” games.
 - b. Schools will notify the NSAA of any game cancellations.
 - c. Forfeits will not be issued for “no contest” matches.
3. Replacement games (not originally scheduled) may be scheduled at any time with schools who have lost a game due to COVID-19.
 - a. Wild card points will not be awarded.
 - b. Contest limits/competition points may not be exceeded.
 - c. Schools will notify the NSAA of any replacement games scheduled.
 - d. Four team tournaments that are scheduled may use a format to predetermine matchups so that teams are playing the same schools with both genders both days. Four team tournaments that are scheduled and lose one team due to COVID-19 may play a triangular scheduled over three days.

The following are some things to be considered, not required:

1. Play the boys and girls games on separate nights that previously were scheduled to play four games on one night at the same location.
2. Play the boys and girls games at different locations on the same night, these would be games that were previously scheduled to play four games on one night at one location. (girls home and boys away)
3. If possible, allow both teams to warmup in an alternate gym and then when the previous game ends, minimize the warmup on the game floor so time between games is shortened to help reduce the time that spectators congregate (concessions, commons, restroom areas, etc.).

NFHS Game Protocols:

1. Basketball Rules Considerations

a. *Pregame Protocol*

- Limit attendees to the referee and the head coach from each team with all individuals maintaining a social distance of 6 feet or greater
- Eliminate handshakes and fist bumps prior to and following the Pregame Conference.

b. *Team Benches*

- ***Social distancing of 6 feet should be maintained when possible.***
- Limit the number of bench personnel to maintain social distancing of 6 feet or greater.
- Additional chairs or rows may be added to allow bench personnel to maintain social distancing of

6 feet or greater.

- Create separation between the team bench and spectator seating behind the bench (recommendation would be the 1st 2 rows of seating on team bench side whenever possible).
- **Personnel not in the game are required to wear face coverings.**
- Timeouts- If possible, move team benches on to the playing floor away from traffic exiting or entering the gym.

c. Officials Table

- Limit seats at the table to essential personnel which includes home team scorer, timer, and announcer with a recommended distance of 6 feet or greater between individuals. Other personnel (visiting scorer, statisticians, media, etc.) may not be deemed essential personnel. Consider an alternate location for them.
- Table personnel are required to wear face coverings.

2. Pre and Post Game Ceremony

- a. Eliminate the pregame introduction handshakes and fist bumps.
- b. Eliminate the post-game protocol of shaking hands.

3. Basketball Rules Interpretations

a. EQUIPMENT AND ACCESSORIES

- Hand sanitizer should be provided by the host team at the table.
- Cloth face coverings are permissible for active players.
- Coaching staff and other bench personnel including non-active players are required to wear face coverings while on the bench.

b. Officials Uniform and Equipment

- Long-sleeved shirts are permissible.
- Officials should not wear jackets during pre-game court/player observation.
- Electronic whistles are permissible.
- Cloth face coverings are permissible.
- Gloves are permissible.

4. Other Considerations

a. Throw-in

- Official may stand 6 feet or more away from player making the throw-in and bounce the ball to that player on a front court throw-in.

b. Free Throw Administration

- The lead official may stand on the end line and bounce the ball to the free thrower.

5. Considerations for Officials

- a. Take your temperature prior to attending your competition. If temperature is above 100.4, stay home.
- b. If you do not feel well or have COVID-19 symptoms, stay home.
- c. Do not share equipment.
- d. Maintain 6-foot distance from others during pre- and post-game conferences and during games.
- e. Do not shake hands or fist bump other officials, players or coaches.
- f. Officials may wear face coverings at all times. These should cover the nose and mouth.
- g. Officials are NOT responsible for monitoring activities on the sidelines, such as physical distancing, hand sanitizing, symptoms of illness and other such issues. This monitoring is the responsibility of the coaching staff and school personnel.



2020-21 NSAA Speech Modifications

These modifications are subject to change in response to COVID-19.

Participants, coaches, staff, judges, or spectators that have COVID-19 symptoms, feel sick or have been advised to quarantine or isolate by public health or school officials, shall not attend or participate in practice or competition. The NSAA requires all non-active participants, coaches, and spectators to wear face coverings. Face coverings should cover the nose and mouth. Physical distancing of 6 feet should be maintained when possible.

The health and safety of students, staff, and local communities remain the priority of the NSAA.

The NSAA is implementing the following requirements for host schools of all regular season speech contests:

- Active participants are permitted, but not required, to wear face coverings during competition.
- Spectators and judges are required to wear face coverings at all times.
- Coaches and non-active participants are required to wear face coverings at all times.
- All interactions between participants, spectators, and judges should maintain 6 feet of physical distance.
- Areas with at least 6 feet of distance must be created for all judges during competition.

In addition to the [winter season guidelines](#) (pg. 1 & 2), recommended protocols for contest hosts are:

- Utilize rooms with good ventilation and air change rate for both in-person practice and competition
- Minimize in-person practice time to 30 minutes, with physical distancing, when possible
- Restrict attendance at in-person contests
- Restrict who is allowed in performance rooms during in-person contests (ex. judge & active participant(s) only)
- Designate specific team areas/rooms for participating schools at in-person contests
- Provide only pre-packaged or boxed meals/snacks for hospitality rooms/concession stands
- Provide separate or multiple restrooms for participating schools/judges
- Provide hand sanitizer in all competition rooms/team areas
- Disinfect frequently touched objects and surfaces in performance areas/rooms
- Conduct speech contests virtually (SpeechWire/NSDA Campus, Tabroom.com/NSDA Campus, Zoom, etc.)
- Utilize electronic ballots/tabulation (SpeechWire, Tabroom.com)
- Hold a digital awards ceremony (Zoom, Facebook Live, etc.)
- Communicate contest protocols/information to all participating schools/judges well in advance of the contest