



2020-21 NSAA Spring Season Guidelines

Effective: March 1, 2021

Circumstances related to the COVID-19 pandemic are constantly changing and vary from community to community. 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 spring sports season.

Each school has the authority to determine if it will participate in the 2020-21 Spring 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 SPRING ACTIVITIES:

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

- Active participants are permitted, but not required, to wear face coverings during competition/performance.
- Spectators are required to wear face coverings for entrance to all activities. Face coverings may be removed if outside and 6 feet of physical distance can be maintained.
- Face coverings must cover the nose and mouth.
- Follow local/state DHM's for spectator attendance.
- 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.

Recommended protocols for spring contest hosts:

- Coaches and non-active participants are encouraged to wear face coverings at all times
- Create separate points of entry and seating for home and visitor teams/spectators
- Provide no concession stands or separate/multiple concession stands
- Provide separate/multiple restrooms
- Use signage, stanchions, or field 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
- Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces

NSAA expects 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 spring season.



2021 NSAA Track & Field **COVID-19 Regular Season Accommodations**

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

The host school should make every effort to mitigate risk and provide adequate opportunities for physical distancing procedures for the opposing teams, officials, and all spectators.

This may include but is not limited to:

- Restricting attendance / seating areas
- Separate points of entry for teams and spectators
- No concession stands, or multiple concession stands
- Multiple restrooms for spectators
- Adequate locker room space / outdoor space for the opposing teams
- Adequate locker room space / outdoor space for the officials
- Encouraging / requiring spectators to wear face coverings
- Implementing a diligent and effective cleaning / disinfecting procedure of frequently touched objects and surfaces

Competition Considerations:

- Minimize the number of teams or participants at the competition
- Recommend / require athletes to physical distance when not actively competing
- Recommend / require athletes to wear face coverings when not actively competing
- Disinfect implements before, during and after competition
- Recommend / require meet officials to wear face coverings
- Provide adequate space to physical distance in the clerking area



2021 NSAA Baseball Rules Modifications & Considerations

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

- All NSAA member schools must follow their local [Directed Health Measures](#).
- The host administration must pre-communicate local protocols and activity requirements to participating school(s).

NSAA Approved Rulings:

Schedules

1. The deadline to submit varsity schedules to the NSAA has been extended to Thursday, March 18th.
2. Regular season games that are canceled due to COVID-19 will be considered a “no-contest.”
 - a. Wild card points will not be awarded for “no-contest” games.
 - b. Forfeits will not be issued for “no-contest” games.
3. Replacement games (not originally scheduled) may be scheduled at any time.
 - a. Wild card points will not be awarded.
 - b. Contest limitations may not be exceeded.

NSAA Baseball Rules Modifications:

- **Facial Coverings:** Players are not permitted to use white facial coverings and they cannot be distracting. Facial coverings should not have designs other than the school mascot/logo.
- **Offensive helmets** do not need to match.
- **Pregame conferences:** Limit attendees to one coach from each team plus the umpires. Coaches should stay outside the width of the batter’s box at home plate, maintaining six feet of distance between each person.
- **Lineups** should be handed to the umpire, and the umpire will verbally approve or ask any questions about the lineup. It is recommended that lineup cards be exchanged team to team and teams to scorekeeper to be shared via photo or text.
- **Pitch Counts** should be exchanged verbally after each game at each level of play.
- **Substitutions/Coaching:** The verbal exchange should occur six feet from the coach to scorer and opposing team when making lineup changes. Coaches who wish to discuss a rule or a ruling on the field must maintain at least six feet of distance from the umpire.
- **Bench & Field Conduct:** Players are not permitted to leave the dugout area to congratulate players when scoring or after home runs. Players and coaches should maintain six feet of social distance when possible. If extending the dugout, rule 1-2-4 shall be followed and the dugout extension should be outside of the field.
- **Conferences:** Conferences shall be limited to one coach attending with all persons involved maintaining at least six feet of social distance.
- **Press Box:** Limit the number of non-essential personnel who are in the press box throughout games.

General Considerations:

- Have hand sanitizer and wipes available at the field.
- Wash stations or sanitizer at each dugout.
- No one touches the score sheet except the scorer.
- Disinfect the bench/dugout prior to competition.
- Stagger seating of fans.
- The home team should provide the game balls.

- Provide a clean/dirty bucket.
- Clean/sanitize as needed.

Considerations for Coaches:

- Wear masks on and off the field.
- Eliminate handshakes post-game.
- Maintain six feet distance between players and umpires.
- Limit and shorten visits with Homeplate umpires between innings.
- No seeds, gum or spitting.
- Coaches are responsible for ensuring social/physical distancing is maintained between players as much as possible.

Considerations for Players:

- No seeds, gum or spitting.
- Players should clean and sanitize equipment after each game.
- Social distancing on the bench and/or dugout.
- No sharing of water bottles, helmets, catcher's equipment, or bats.
- Sanitize all equipment after each game.
- Eliminate handshakes post game.
- Eliminate handshakes with coaches/umpires pre-game.
- Carry hand sanitizer.

Considerations for Umpires:

- Wearing of facial coverings. Facial coverings should be one solid color and not distracting.
- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- No touching of baseballs.
- Clean equipment after each game.
- Follow social distancing guidelines. Consider six feet minimum distance when talking to others (players, coaches, other umpires) at plate meeting.
- Do not shake hands and follow pre and post-game ceremony guidelines established by state associations.
- Consider facility size and spacing within umpire dressing rooms. They should be cleaned and sanitized.
- If umpires must enter the field through the dugout, the dugout should be empty with no players/coaches/team personnel.



2021 NSAA Soccer Rules Modifications & Considerations

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

Participants, coaches, officials or spectators that feel sick or have been exposed to someone with a confirmed positive COVID-19 diagnosis in the last 14 days, should not attend or participate in practice or competition. The NSAA requires all non-active participants, coaches, and spectators to wear face coverings. Physical distancing should be practiced when possible.

NSAA Approved Ruling Modifications:

- **NSAA schedule deadline is extended from March 10th to March 19th**
- **Regular season games that are canceled due to COVID-19 will be considered a “no-contest.”**
 - **Wild card points will not be awarded for “no-contest” games.**
 - **Forfeits will not be issued for “no-contest” games.**
- **Replacement games (not originally scheduled) may be scheduled at any time.**
 - **Wild card points will not be awarded.**
 - **Contest limitations may not be exceeded.**
- **Attendance can be limited according to the respective DHM capacity restrictions**

Additional NFHS/NSAA Wrestling Rules Modification/Considerations

- Eliminate shaking hands with officials at any time
- Eliminate shaking hands with opposing team or coach before or after the contest
- Pregame conference
 - Limit attendees to head referee or center referee, the head coach from each team, and a single captain from each team.
 - All individuals maintain a social distance of 6 feet.
- Maintain social distancing of 6 feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line.
- Team benches should be more than 6 feet off of the out-of-bounds line to allow for the AR to freely move and keep socially distanced
- Limit the official’s table to essential personnel which includes: home team scorer, and timer with a recommended distance of 6 feet between individuals. Visiting team personnel (scorer, statisticians) are not deemed essential personnel and will need to be at an alternate location
- Consider percentage of capacity allowance for spectators – follow respective DHM’s for your area

ADDITIONAL CONSIDERATIONS

Practices

- No shared drinking facilities (individual water bottles)

Competitions

- Wash stations or sanitizer at each team bench.
- No one touches the score sheet except the scorer.
- Disinfect the benches prior to competition.
- Stagger seating of fans.
- The home team should provide the game balls
- Coaches need to wear face coverings at all times

- When not competing, players need to wear face coverings and physical distance
- Sanitary wipes and 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 wear a face covering
- Prepare field 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.
- Bring personal hand sanitizer. Wash hands frequently
- Follow social distancing guidelines. Consider six feet minimum distance when talking to others (players, coaches, other umpires) at plate meeting.
- Do not shake hands and follow pre and post-game ceremony guidelines established by state associations.
- Consider facility size and spacing within official's dressing rooms. They should be cleaned and sanitized.
- Face coverings required when arriving and departing and optional when actively officiating
- May wear disposable gloves
- Do not share equipment



2021 NSAA Boys Golf Rules Modifications & Considerations

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

Equipment/Facility:

- Driving range is to be determined by golf course.
- Much of the facility information will come from the golf course.
- If bad weather occurs it is recommended that all should return to their vehicles rather than the clubhouse.
- It is recommended to not have award ceremonies.

Contest warm up:

- Driving range regulations determined by golf course.
- Consider having a rotation of use to limit number on the range at one time and putting green.

Competition:

- Communicate the details of the event prior to the day of the event. This way schools can plan their arrival and competition with minimal gatherings to discuss the event details.

Practice Areas - The policies below for the practice range and putting/chipping green(s) allows for players to practice prior to their start time on a limited basis. All players should have equal opportunity to practice before their round if the following are adhered to.

- **Practice Range**
 - Limitations to the number of players that may be on the range will be site specific based on the size of the range and the number of stations available using 6' social distancing.
 - Players only allowed on the practice range.
 - Players can be limited to only one bag of balls (approximately 50 balls) to hit on the range.
- **Putting/Chipping Greens**
 - Limitations to the number of players that may be on the practice putting green and/or chipping green will be site specific based on the size of the greens.
 - Players only allowed on or around the greens.
 - Players should be quick and efficient with their practice to ensure all players get time on the greens.

Starting Areas - Players should arrive at their assigned tee no more than 5 min before their assigned starting time.

- **Scoring** –
 - Digital scoring may be used when available.
 - Scorecards should be distributed to each player. Scorecards will not be exchanged or require signatures.
 - Upon completion of the round players will enter the designated scoring area to review and verify their scores verbally with the scoring official.

GOLF COURSE SET-UP & RULES OF GOLF MODIFICATIONS

- **Bunkers** - Limited number of bunker rakes could be available on the golf course.
 - Ball will be played as it lies in the bunker.
 - If a player feels their ball is in an abnormal ground condition they can ask for relief from a member of the Committee. If granted, the relief procedure will be followed as stated in the Rules of Golf.
- **Flagstick** - Attending and removal of flagsticks is permitted if allowed by the facility.
 - It is recommended that the player that removed the flagstick be the one to replace it.
- **Returned Scorecard** - A scorecard will be deemed returned when the player has verbally verified their hole-by-hole scores with their marker and the scoring official and left the designated scoring area.

NSAA Championships and District Contests.

- Scoring monitors will not be used at district and state championships.

NSAA Board approved changes

Schedules for Class A are now due March 17th.

Schools in Class A can replace a meet or tournament that is missed. Schools cannot exceed the individual contest limit. Meets or tournaments that are replacement meets or tournaments will not count towards an individual or team differential. Note: This does not refer to meets or tournaments that are rescheduled.