



New Mexico Activities Association 2020-2021 Covid-19 Guidelines and Procedures Cross Country, Football, Soccer, and Volleyball

The following guidelines 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 governing body of State High School Associations, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

Competition during the spring semester of the 2020-2021 school year will follow these general guidelines and will be subject to change based on Governor's orders:

- No overnight travel
- No consecutive-day competitions
- Masks shall be worn at all times by all individuals in attendance
- Social distancing measures shall be in place at all times other than when engaged in competition
- With Governor permission, spectators shall be permitted but not to exceed 25% of facility capacity
 - Ticketless entry is strongly recommended
 - Spectator entry/exit procedures shall follow all social distancing requirements
 - Spectators shall not be permitted behind team benches
 - Spectator areas/seats shall be clearly marked to ensure social distancing requirements are met

CROSS COUNTRY GUIDELINES

1. Practice Guidelines

- a. See NMAA Return to Play Guidance document: https://www.nmact.org/file/NMAA-RETURN_TO_PLAY_GUIDELINES.pdf

2. Event Guidelines

- a. Cross Country meets are limited to athletes, coaches and event workers. No spectators will be allowed into competitions other than parents of the competitors.
- b. Staggered start times are required to limit number of participants at the start line.
- c. Masks must be worn by everyone in attendance. Athletes participating must wear a mask during competition. If someone is not wearing a mask, a doctor's note is required for exemption.
 - i. (With Governor permission, we'd like to request that masks be optional for athletes when racing)
- d. Restrooms must be provided and sanitized after each use. If you are the host of the meet, you are responsible for providing workers to consistently sanitize the restrooms.
- e. Team camps are eliminated at competitions. All teams must remain in their busses or cars until it is time to warm up and get ready for their races. Following each race, teams must immediately cool down and retreat back to their busses or vehicles.
- f. Teams are allowed to show up at the starting line no sooner than 15 minutes prior to the start of the race. There should be no congregating at the starting line.
- g. Starting lines must provide six feet of spacing between teams to allow for proper social distancing at the start of the race.
- h. The course must be a minimum of six feet wide throughout the entire length of the course.
- i. There should be no finish line chute at the end of the race to prevent gathering at the finish line. Once a runner is finished competing he/she must exit the finish line area immediately.
- j. No awards ceremonies should take place.
- k. Each athlete will be responsible for his/her own water. No shared water bottles will be allowed. Coaches may wait at the finish line and provide their own athletes with their own water bottles at the finish line.

3. Season Dates

- a. Practice Start Date: February 22, 2021
- b. First Competition Date: February 27, 2021
- c. Season End Date: March 27, 2021

FOOTBALL GUIDELINES

1. Practice Guidelines

- a. See NMAA Return to Play Guidance document: [https://www.nmact.org/file/NMAA-RETURN TO PLAY GUIDELINES.pdf](https://www.nmact.org/file/NMAA-RETURN%20TO%20PLAY%20GUIDELINES.pdf)

2. Event Guidelines

a. General

- i. The season will be shorter with schools playing only 4-7 football games, depending upon advancement in the state tournament.
- ii. Roster sizes will be capped to limit the number of individuals on each sideline.
- iii. Spectators shall be permitted (per Governor approval) but not to exceed 25% of facility capacity.
- iv. All players, coaches, other team personnel, event personnel, officials, spectators, media, or any other individuals in attendance must wear a face covering at all times. (includes athletes actively participating – see gameplay rules play)
- v. Before, during, and after the contest, players, coaches, game officials, team personnel and game administration should wash or sanitize their hands as often as possible.
- vi. Maintain social distancing of 6 feet at all times while on the sidelines and on the field when not actively involved in gameplay.
- vii. Field access should be limited to team personnel, officials, media, and essential event staff. Parents, boosters, and other non-essential personnel should not be granted access to the field/sidelines.

b. Dressing/Locker Rooms

- i. 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.
- ii. Dressing facilities can only be used at 25% capacity. If this does not allow for all players/coaches/officials/etc. to occupy the area at the same time, individuals can enter at staggered times (in/out policy).
- iii. Towels and other dressing room items should not be shared and individuals are encouraged to sanitize and/or wash their hands frequently.

c. Rule Modifications

i. Coin Toss

- 1. One captain from each team.
- 2. Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6 feet.
- 3. No handshakes prior to and following the coin toss

ii. Team Box

- 1. The team box will be extended on both sides of the field to the 10-yard lines in order for more social distancing space
- 2. Maintain social distancing of 6 feet while in the team box and not engaged in activities.
- 3. All coaches must remain in the team box unless there is a time out or authorized conference.
- 4. Do not share helmets, uniforms, towels, water bottles, and other apparel/equipment.

iii. Ball

- 1. The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer.
- 2. Ball personnel should maintain social distancing of 6 feet at all times during the contest.

- iv. **Player Face Coverings**
 - 1. Face coverings that tie to the head or loop around the ears under the helmet/mask are required – no restriction on color.
 - 2. A neck gaiter or buff should NOT be allowed as it could result in a neck/tracheal/laryngeal injury if grabbed from behind and used to drag a ball carrier down.
 - 3. Plastic shields covering the entire face (unless integrated into the face mask and attached to the helmet and clear without the presence of any tint) shall not be allowed during the contest.
 - v. **Tooth and Mouth Protectors**
 - 1. Encourage Athletes should refrain from the removal of mouthguards while on the playing field. If mouthguards are removed on the sidelines or bench area, the athlete should use hand sanitizer each time after touching the mouthguard.
 - vi. **Gloves**
 - 1. Gloves are permissible but still must comply with either the NOCSAE Standard or the SFIA Specification.
 - vii. **Charged Time-Outs and Authorized Conferences**
 - 1. A single charged time-out may be extended to a maximum of two minutes in length.
 - 2. 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.)
 - 3. Each game official and player should have their own beverage container brought out to them on the field.
 - viii. **Intermission Between Periods and After Scoring**
 - 1. The intermission may be extended 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 for hydration and to sanitize game equipment.
- d. Football Game Officials Manual Considerations**
- i. **Pregame Conference, Coin Toss, and Overtime Procedures**
 - 1. For the coin toss, limit attendees to the referee, umpire and one designated representative from each team.
 - 2. Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6 feet.
 - 3. No handshakes prior to and following the coin toss.
 - 4. 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.
 - 5. For the overtime procedure, please use the same procedure as used at the start of the contest for the coin toss.
 - 6. Electronic whistles or any other whistle that can be used with face covering shall be utilized.
 - e. **Pre and Post Game Considerations**
 - i. Suspend pregame protocol of shaking hands during introductions.
 - ii. Suspend postgame protocol of shaking hands.

3. Season Dates

- a. Practice Start Date: February 22, 2021
- b. First Competition Date: March 4-6, 2021
- c. Season End Date: April 3, 2021

SOCCKER GUIDELINES

1. Practice Guidelines

- a. See NMAA Return to Play Guidance document: [https://www.nmact.org/file/NMAA-RETURN TO PLAY GUIDELINES.pdf](https://www.nmact.org/file/NMAA-RETURN%20TO%20PLAY%20GUIDELINES.pdf)

2. Event Guidelines

a. General

- i. Non-stadium venues will be limited to athletes, coaches and event workers. No spectators will be allowed into competitions other than parents of the competitors.
- ii. Spectators will be permitted (per Governor approval) in stadium venues, but not to exceed 25% of facility capacity.

b. Pregame Conference

- i. Limit attendees to head referee or center referee, the head coach from each team, and a single captain from each team.
- ii. Move the location of the pregame conference to center of the field. All individuals maintain a social distance of 6 feet.
- iii. Suspend handshakes prior to and following the Pregame Conference.

c. Ball Holders

- i. Shall maintain social distancing of 6 feet.

d. Team Benches

- i. Bench personnel shall observe social distancing of 6 feet.

e. Substitution Procedures

- i. Maintain social distancing of 6 feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line.

f. Pre and Post Match Ceremony

- i. Suspend the pregame world cup introduction line and send players to their field positions with bench personnel lined up on the touch line (3-6 feet apart) for introductions.
- ii. Suspend post game protocol of shaking hands.

g. Equipment and Accessories

- i. Cloth face coverings are required to be worn at all times by all attendees present.
- ii. Gloves are permissible.

h. Legal Uniform

- i. Long sleeves are permissible.
- ii. Long pants are permissible.
- iii. Under garments are permissible.

i. Officials Uniform and Equipment

- i. Long-sleeved shirt/jackets are permissible.
- ii. Electronic whistles or any other whistle that can be used with face covering shall be utilized.
- iii. Cloth face coverings are required.
- iv. Gloves are permissible.

3. Season Dates

- a. Practice Start Date: March 1, 2021
- b. Competition Start Date: March 6, 2021
- c. Season End Date: April 10, 2021

VOLLEYBALL GUIDELINES

1. Practice Guidelines

- a. See NMAA Return to Play Guidance document: [https://www.nmact.org/file/NMAA-RETURN TO PLAY GUIDELINES.pdf](https://www.nmact.org/file/NMAA-RETURN%20TO%20PLAY%20GUIDELINES.pdf)

2. Event Guidelines

a. General

- i. Spectators shall be permitted (per Governor approval) but not to exceed 25% of facility capacity.
- ii. Pool play and tournaments shall not be permitted.
- iii. Locker rooms shall not be utilized.

b. Pre-Match Conference

- i. Limit attendees to one coach from each team, first referee and second referee.
- ii. 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.
- iii. 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.
- iv. Suspend roster submission at the pre-match conference. Rosters are submitted directly to the officials' table before the 10-minute mark.

c. Team Benches

- i. Suspend the protocol of teams switching benches between sets.
- ii. Chairs and rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.
- iii. Spectators shall not be permitted behind team benches.

d. Deciding Set Procedures

- i. 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.

e. Substitution Procedures

- i. 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.

f. Officials Table

- i. Limit to essential personnel which includes home team scorer, libero tracker and timer with a 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.

g. Pre and Post Match Ceremony

- i. Eliminate handshakes before and after the match.

h. Volleyball Sanitation

- i. 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.

i. Equipment and Accessories

- i. Cloth face coverings are required to be worn at all times by all attendees present.
- ii. Gloves are permissible.
- iii. Players shall utilize their own equipment "basket" for all personal gear on the sideline.

j. Legal Uniform

- i. Long sleeves are required.
- ii. Long pants are permissible.
- iii. Under garments are permissible.

k. Officials Uniform and Equipment

- i. By state association adoption, long-sleeved, all-white collared polo shirt/sweater are permissible.
- ii. Electronic whistles or any other whistle that can be used with face covering shall be utilized.
- iii. Cloth face coverings are required.
- iv. Gloves are permissible.

3. Season Dates

- a.** Practice Start Date: February 22, 2021
- b.** First Competition Date: February 27, 2021
- c.** Season End Date: April 3, 2021