



WINTER SPORTS

**SEASON OF COMPETITION BEGINS:
JANUARY 5, 2021**

REGULAR SEASON CONCLUDES: FEBRUARY 19, 2021

****INCLUDING ANY PLAY-IN GAMES****

- All sport modifications are required.
- No scrimmages, invitational tournaments or Region tournaments.
- No out-of-state competitions.
- Must have a minimum of 14 days of practice before any competition.
- The 14 day exclusion will apply to student athletes and coaches once a school has begun its official practice, official season of sport. Tryouts may only take place during the season of sport.
- The 14 day exclusion will apply to a student athlete or coach who is a member of a high school winter sport team and competes with an outside team/group in the same sport or different sport. For the purposes of this rule a scrimmage would be considered a competition.
- Practice with any outside team/group, if staying within that cohort, would not require a 14 day exclusion from the high school team.
- Club youth coaches (13 and under) will not fall into the 14 day exclusion rule unless they are involved with out of state tournaments. It is strongly recommended that the coach wear a face covering while coaching that youth club team.
- For the 2020-21 school year, the Non-school Participation Rule for winter sports will take effect on January 5, 2021. The Season of Competition begins January 5th for all schools in all winter sports without exception.
- No fans permitted until metrics are appropriate.
- Testing is recommended if possible in your county.
- Conference Leadership will determine the minimum number of contests required to qualify for the state tournament.
- Spiritline:
 - Student athletes participating in Spiritline may continue to participate with both club/studio and school programs.
 - Beginning November 30th the 14 day exclusion will apply, if:
 - A student athlete participates in Conventions or Master Classes that pull various clubs/studios (cohorts) together to participate at the same time.
 - A student athlete participates in any in-person competition that pulls various clubs/studios (cohorts) together at the same time.
- Spring sports season begins February 15, 2021

***Exclusion** defined as a student/coach shall not practice/compete with the high school team during period of exclusion.



2020 AIA Basketball Modifications

This document provides guidance and match modifications for schools, administrators, coaches, and players to follow in accordance with NFHS, state and local restrictions and recommendations. Game Administration is responsible for informing all participants of local guidelines for participation.

❖ PREGAME, TRAVEL AND FACILITIES:

● DRESSING ROOM FACILITIES, TRAVEL & PREGAME:

- 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.
- Before, during and after the contests players, coaches, game officials, team personnel and game administration should wash or sanitize their hands as often as possible, but at a minimum of each time they move to a new locations (locker room to court, beginning of game, back to the locker room at halftime, after halftime and the end of the game).
- When possible, maintain social distancing of 6 feet at all times while on the sidelines and on the court during pregame when possible.
- All bench personnel including all coaches and players must wear a face covering at all times.
- Players must wear a face covering during travel, pregame when possible and post-game.

● PREGAME PROTOCOL:

- Suspend the captains meeting and replace with a coaches meeting
- Coaches meeting should be conducted with both head coaches and the referee at the division line in front of the scorer's table.
 - All individuals must maintain a social distance of 3 to 6 feet
- Suspend handshakes prior to and following the Pregame Conference

● TEAM BENCHES:

- Place team benches opposite spectator seating, if possible.
- Add bench/chairs to allow bench personnel to observe social distancing of 3 to 6 feet (Extend past end line and expand the coaching box line, if necessary. If possible, stagger and offset the team benches).
- Limit bench personnel to observe social distancing of 3 to 6 feet.
- All bench personnel including all coaches and players must wear a face covering at all times.

● SUBSTITUTION PROCEDURES

- Maintain social distancing of 3 to 6 feet between the substitute, officials and or teammate(s) by encouraging substitutions to occur between the team 28' mark and the division line.

- **OFFICIALS TABLE:**
 - If possible, place officials table sufficiently away from the sideline to allow for additional space for substitutions.
 - Limited to essential personnel which includes home team scorer and timer with a recommended distance of 3 to 6 feet between individuals. Visiting team personnel (scorer, statisticians, PA announcer etc.) are not deemed essential personnel and will need to find an alternative locations unless the scorer table can accommodate.
 - All personnel must be wearing a face covering at all times.

- **TIME OUT AREA:**
 - 30-second time-out – only the players on the floor shall stand and be involved in the huddle, bench personnel (exception – manager, assistant coaches) shall remain on the bench.
 - Players and coaches should have their own beverage container that is not shared.
 - A single charged time-out may be extended in length for hydration and to sanitize game equipment without permitting coaches gamesmanship.

- **PRE AND POST GAME CEREMONY:**
 - Suspend the pregame introduction handshakes
 - Suspend post-game handshakes

❖ **BASKETBALL RULES INTERPRETATIONS:**

- **EQUIPMENT AND ACCESSORIES**

- Cloth face coverings are permitted

- **LEGAL UNIFORM:**

- Long sleeves are permissible (3-6)
- Long pants are permissible (3-5)
- Under garments are permissible by rule but must be of a similar length for the individual and solid like color for team. (3-5-3b)

- **THROW-IN:**

- In the front court end line throw-in, the official may stand 3-6 feet away from the thrower and bounce the ball to that player.

❖ **FREE THROW ADMINISTRATION:**

- The lead officials shall stand on the end line and bounce the ball to the free thrower.

❖ **INTERMISSION BETWEEN PERIODS:**

- The intermission may be extended between the first, third and OT periods for hydration and to sanitize game equipment, without permitting coaches gamesmanship.

❖ **NO REGULAR SEASON INVITATIONALS/TOURNAMENTS PERMITTED**

❖ **OFFICIALS UNIFORM AND EQUIPMENT:**

- Long-sleeved black shirts are permissible
- Electronic whistles are permissible (supplies are limited)
 - Choose a whistle whose tone will carry outside
 - Fox 40 Mini
 - Fox 40 Unisex Electronic – 3 tone
 - Spalding – Vodeson (3 tone) – little smaller than Fox 40 Unisex – orange
 - Windsor – (3 tone)
 - Check the market for other choices
- Cloth face coverings are permissible.

❖ **OFFICIALS PRIOR TO CONTEST AND TRAVEL:**

- Contact the AIA office if you have a temperature or are not feeling well. Do NOT attempt to travel to or work a game sick.
- Officials should contact the host Athletic Director prior to the day of the contest to discuss logistics and requirements for that particular school, district or municipality.
 - Officials must follow any additional requirements imposed by the school or municipality.
- Drive yourself to the contest when possible. If carpooling is necessary, wear a face covering and limit the amount of people in a single vehicle.
- Bring your own container of water
- Bring your own equipment and towel. Do not share.
- Arrive at the game site dressed, if possible.

❖ **OFFICIALS PREGAME:**

- Social distance during pregame as best as possible.
- Consider holding pregame in the gym if necessary.

❖ **FACE COVERINGS AND GLOVES:**

- Officials must wear a face covering while on campus (whenever not actively engaged in officiating a contest including while observing warmups).
- The wearing of a cloth face covering and gloves while officiating is permissible.

Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on aiaonline.org.



2020 AIA Soccer Modifications

This document provides guidance and game modifications for schools, game administrators, coaches, players, and officials to follow in accordance with NFHS, state and local restrictions and recommendations. Game Administration is responsible for informing all participants of local guidelines for participation.

❖ PREGAME, TRAVEL & FACILITIES

● DRESSING ROOM FACILITIES, TRAVEL & PREGAME

- 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.
- 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.
- Maintain social distancing of 6 feet at all times while on the sidelines and on the field of play during pregame when possible.
- Team personnel (including players) must wear face coverings during travel, pregame, and postgame.

❖ RULE MODIFICATIONS

● PREGAME CONFERENCE

- Limit the pregame conference to one captain and the head coach from each team and the center referee.
- Conference should take place in the center of the field with all individuals maintaining social distancing of 6 feet.
- No handshakes prior to or following the pregame conference.

● BALL HOLDERS

- If possible, use additional balls for play. This permits the intermittent cleansing of game balls, allowing them to dry before game use, using disinfecting wipes during the match.
- Encourage social distancing of 6 feet.

● TEAM BENCH

- Persons on the sidelines must be restricted to players, coaches, athletic trainers, athletic directors, administration, media.
- Officials have the authority to notify game administration about unauthorized personnel and have them removed from the sideline.
- Maintain social distancing of 6 feet as possible
- Sideline personnel must wear face coverings.
- Do not share uniforms, towels, water bottles, and other apparel or equipment.
- All coaches, players and other personnel must wear face coverings.

● SUBSTITUTION PROCEDURES

- Maintain distancing of 6 feet between the substitute, referee, and the player by encouraging substitutions to occur closer to the center line.

- **OFFICIALS TABLE**
 - Limit to essential personnel which includes home team scorer and timer with a recommended 6 feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not considered essential personnel and may need to find an alternative location.
- **PRE AND POST MATCH CEREMONY**
 - Suspend the pregame world cup introduction and send players to their field positions with bench personnel lined up on the touch line (6 feet apart) for introductions.
 - Suspend the post-game handshake.
- **SOCCER RULES INTERPRETATIONS**
 - Cloth face coverings are permissible
 - Gloves are permissible
 - Long sleeves are permissible
 - Long pants are permissible
 - Undergarments are permissible but must be unadorned and of a single, solid color to the predominant color of the uniform top or bottom.
- **CHARGED TIME-OUTS AND AUTHORIZED CONFERENCES**
 - Players, officials, and coaches should have their own beverage container that is not shared.
 - A single charged time-out may be extended in length for hydration and to sanitize game equipment.
- **INTERMISSION BETWEEN HALVES AND AFTER SCORING**
 - The intermission between halves and after scoring may be extended for hydration and to sanitize game equipment.

❖ **NO REGULAR SEASON INVITATIONALS/TOURNAMENTS PERMITTED**

❖ **POSTGAME**

- **HANDSHAKE LINE**
 - No handshakes, high fives, fist bumps, hugs, etc. should occur pre or post-match.
 - Maintain social distancing prior to and following the contest.

❖ OFFICIALS

- **PRIOR TO CONTEST & TRAVEL**

- Contact the AIA Office if you have a temperature or are not feeling well. Do NOT attempt to travel to or work a game sick.
- Officials should contact the Athletic Director prior to the day of the contest to discuss logistics and requirements for that particular school, district, or municipality. Officials must follow any additional requirements imposed by the school or municipality.
- Drive yourself to the contest when possible. If carpooling is necessary, wear face coverings and limit the amount of people in a single vehicle.
- Bring your own equipment and towel. Do not share.
- Bring your own container of water.
- Arrive at the game site dressed if possible.

- **PREGAME**

- Social distance during pregame as best as possible.

- **FACE COVERINGS & GLOVES**

- Officials must wear a face covering while on campus (whenever not actively engaged in officiated a contest).
- The wearing of face coverings and gloves while officiating is permissible.
- The use of electronic whistles is permissible.

Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on aiaonline.org.

Please refer to the AIA Recommended Guidelines for Return to Activity; Recommendations for Facilities Management (Section IV, page 16).



2020 AIA Wrestling Modifications

This document provides guidance and game modifications for schools, game administrators, coaches, players, and officials to follow in accordance with NFHS, state and local restrictions and recommendations. Wrestling is considered the highest risk of all sports, it is imperative that the modifications are followed to allow our student-athletes to compete and for the sport of wrestling to continue to thrive.

❖ PRE MATCH, TRAVEL AND FACILITIES:

- Dressing facilities for game officials and teams should be large enough for them to use social distancing protocols and must be properly cleaned and sanitized prior to their arrival.
- 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.
- Maintain social distancing of 6 feet at all times when not on the mat.
- **Team personnel/athletes must wear face covering during travel, pre match, and post-match.**
- Teams will confirm that their athletes are cleared to compete prior to leaving their school through the daily screening of symptoms by designated COVID19 point of contact.
- Teams are to bring their own water and athletes are not to share water bottles etc.

❖ WEIGH INS:

- Stagger team weigh-ins
- Coaches to submit lineup roster/weigh in sheet to host site coach.
- Athletes must arrive in singlet and ready to weigh in.
- Starting weight for duals to be determined at this time.
- **Skin checks, temperature checks and COVID survey must be completed at this time.**

❖ RULE MODIFICATIONS:

- No handshake of the opposing coach or official during the competition or at the conclusion.
- Official will have limited contact with wrestlers.
- One captain for pre match instruction/coin flip.
- All rule discussions shall take place socially distanced near the head table.
- Athletes will check in at the head table while remaining socially distant.
- The winning wrestler will verify their name to the head table while remaining socially distant.

❖ PRACTICE:

- **Limit practice partners.**
- **No coach demonstrations with student athletes.**
 - **If demonstrations are needed it must be between coach/coach or student/student.**

❖ **OFFICIALS:**

- Officials will confirm they are cleared to work through the daily screening for symptoms.
- Officials should contact the host Athletic Director prior to the day of the contest to discuss logistics and requirements for that particular school, district, or municipality. Officials must follow any additional requirements imposed by the school or municipality.
- Officials should arrive dressed and ready to work the event.
- Official may wear a black, long sleeve under shirt or gloves if desired.
- No shaking of any hands.
- Officials will only make contact with athletes when necessary. (Potentially dangerous or illegal hold situations)
- Officials will wear a face covering when not working a match. (may officiate in a face covering as well)
- Official will acknowledge winner by pointing to them.
- Officials will bring their own equipment and towel (do not share).
- Officials will sanitize hands in between matches when able.
- Officials will bring your own container of water.

❖ **TABLE AREA:**

- Table workers will confirm they are symptom free prior to arrival.
- Workers will wear a face covering from arrival through departure of the competition.
- Table must have sanitizer and Clorox type wipes.
- Three people at the head table: Scorer, Timer and Announcer.

❖ **COACHES/BENCH AREA:**

- Stagger the bench area with athletes as much as possible.
- Only two coaches in a corner. Chairs to be distanced as much as possible.
- Do not share uniforms, towels, water bottles, and other apparel or equipment.
- Wrestler is responsible to report to the mat wearing a team provided anklet.
- Wrestling shoes should only be put on when warmups or competition begins.
- A shoe cleaning area should be provided prior to stepping on the mat. (disinfectant towel)
- **Face coverings will be worn by all coaches and team personnel from the time of arrival through departure of the event. This is not an option. No face covering, no competition.**

❖ **ATHLETIC TRAINERS/STUDENT:**

- Will wear a face covering at all times.
- Will dispose of gloves after each interaction with athlete.
- Treatment/taping table needs to be sanitized after each interaction with athlete.
- Blood area/supplies should be located away from the head table.

❖ **MATCH ADMINISTRATION:**

- Contact the opponents' Athletic Director prior to the day of the contest to discuss any logistics and guidelines for that particular school and its district.

❖ **MATCH OPPORTUNITIES:**

- No invitationals
- Dual Meets only
 - Exception: If your program does not have a full team, a small multiple can be scheduled. However wrestlers are only permitted to wrestle once per day.
- No out of state travel.

❖ **SEASON OF SPORT:**

- 11/9/2020-2/20/2021
- Regular season ends January 30, 2021 for boys with the sectional tournament taking place on February 13, 2021.
- Regular season ends January 30, 2021 for girls with the sectional tournament taking place on February 6, 2021.

Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on aiaonline.org.