**CIAC Boys/Girls Soccer Fall 2020 Guide For Coaches and Athletic Directors**

The successful completion of this season rests with the underlying premise that students, and school personnel remain healthy.  To that end, it is imperative that coaches stress with their athletes, the importance of remaining healthy and stemming the spread of COVID-19 through social distancing, wearing masks, washing hands and face, and by following all the guidelines established by their school and team. Coaches should stress the importance of good health practices while they are with the team and when they are at home and in school. This season depends on students remaining healthy and that required diligence at all times.

\*The CIAC guidelines take precedence. The purpose of this guide is to clarify and highlight sport specific guidelines. The details for the CIAC 2020-2021 Fall Sports Plan can be found at <https://www.casciac.org/fallplan/>

PRE-SEASON

1. Coaches must become aware of each student's fitness level and be especially conscious of inexperienced players.
   1. Coaches must develop a plan for progression of conditioning. That progression should extend over the entire preseason.
   2. During the conditioning period of the preseason balls may be used for drills, as the coach deems necessary for training for quickness, speed or agility. Teams may use balls  for positioning drills and tactical instruction.
   3. No inter-squad scrimmages during the pre-season conditioning period. Full team scrimmages may take place beginning September 18th.

POST SEASON

1. A Tournament experience is scheduled to take place during the first two weeks of

November. The exact format is yet to be determined.

REGULAR SEASON

1. It is important for the schools to communicate with each other prior to the contest. Coaches should discuss:
   1. The home team spectator policy (who, if anyone, is allowed at the field as a spectator)
   2. Bench space
   3. Field entrance and exits
   4. Space to put bags, clothing, etc
   5. Balls sanitizing procedures
   6. Sportsmanship standards remain in place as detailed in the “CIAC Class Act” program and the tournament packet for all regular season and postseason contests.

Officials and teams should refrain from shaking hands and maintain distance.



**2020-21 Soccer Rules Considerations**

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS Soccer Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

**Return to Competition**

**General Considerations:**

* Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
* Clean and disinfect frequently touched surfaces and exercise equipment including balls.
* Thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
* Wear a cloth face covering that covers your nose and mouth in public settings.
* Cover mouth and nose with a tissue when coughing or sneezing.
* Stay at home if you are sick.
* ***Pre and Post Game Ceremony:*** Establish field hockey specific social distancing game protocols including the elimination of handshakes before and after the match.

**Considerations for Coaches**:

* Communicate your guidelines in a clear manner to students and parents.
* Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

**Considerations for Students**:

* Consider making each student responsible for their own supplies
* Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
* Hand sanitizer should be plentiful at all contests and practices.
* Athletes should tell coaches immediately when they are not feeling well.
* Cloth face coverings are permitted.
* Bring your own water bottle.

**Considerations for Officials**:

* Bring personal hand sanitizer. Wash hands frequently
* Don’t share equipment.
* Follow social distancing guidelines. Consider six feet minimum distance when carding or talking to others (players, coaches, other officials).
* Consider using electronic whistle.
* Do not shake hands and follow pre and post-game ceremony guidelines established by state associations.
* Use of radios to communicate with partner is permissible.
* Officials personnel may wear cloth face coverings at all times.

**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.
* Disinfect your student’s personal equipment after each game or practice.

\*\*\* If there are questions or concerns, the coach should talk to their athletic director.

\*\*\* Below are more specific game management procedures to be followed by officials.

1. **Soccer Rules Considerations**
   * ***Pregame Conference (5-2-2d)*** 
     + Limit attendees to head referee or center referee, the head coach from each team, and a single captain from each team.
     + Move the location of the pregame conference to center of the field. All individuals maintain a social distance of 6 feet.
     + Suspend handshakes prior to and following the Pregame Conference.
   * **Ball Holders (6-1)**
     + Encourage social distancing of 6 feet
   * ***Team Benches (1-5-1)***
     + Encourage bench personnel to observe social distancing of 6 feet.
   * ***Substitution Procedures (3-4)***
     + Maintain social distancing of 6 feet between the substitute, officials and/or teammate(s) by encouraging substitutions to occur closer to the center line.
   * ***Officials Table (6-2; 6-3)***
     + Limit to essential personnel which includes home team scorer and timer with a recommend 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.
2. ***Pre and Post Match Ceremony***
   1. Suspend the pregame world cup introduction line and send players to their field positions with bench personnel lined up on the touch line (6 feet apart) for introductions.
   2. Suspend post game protocol of shaking hands.
3. **Soccer Rules Interpretations**
   * ***Rule 4-1 EQUIPMENT AND ACCESSORIES*** 
     + Cloth face coverings are permissible.
     + Gloves are permissible.
   * ***Rule 4-2 LEGAL UNIFORM***
     + Long sleeves are permissible. (4-1-1)
     + Long pants are permissible. (4-1-1)
     + Under garments are permissible but must be of a similar length for the individual and a solid like color for team. (4-1-1d)
   * ***Rule 5-3 OFFICIALS UNIFORM AND EQUIPMENT***
     + By state association adoption, long-sleeved shirt/jackets are permissible. (5-1-3)
     + Electronic whistles are permissible (supplies are limited).
       - Choose a whistle whose tone will carry outside.
       - Fox 40 Mini -
       - Fox 40 Unisex Electronic - 3 tone
       - Ergo-Guard - (3 tone) - orange
       - Windsor - (3 tone) grey
       - Check the market for other choices
     + Cloth face coverings are permissible.
     + Gloves are permissible.

**Officials are not responsible for monitoring activities on the sidelines, such as social distancing, hand washing, symptoms of illnesses and other such issues.  This monitoring remains with the coaching staff and school personnel.**