



MBYLL 2021 Return To Play Guide For Coaches

On March 21, the MASSACHUSETTS EXECUTIVE OFFICE OF ENERGY AND ENVIRONMENTAL AFFAIRS released its most recent updated document for: [WORKPLACE SAFETY and REOPENING STANDARDS FOR BUSINESSES and OTHER ENTITIES PROVIDING YOUTH and ADULT AMATEUR SPORTS ACTIVITIES](#). Lacrosse practices and games can be played at this time, if they meet the standards outlined in the document.

RESOURCE LINKS-

STATE OF MASSACHUSETTS REOPENING STANDARDS FOR SUPERVISD YOUTH SPORTS LEAGUES-

<https://www.mass.gov/doc/safety-standards-for-youth-and-adult-amateur-sports-activities-phase-iv-step-1-effective-32221/download>

Sadler Sports & Recreation (MBYLL insurance provider) – Coronavirus Risk Management -

<https://www.sadlersports.com/coronavirus-risk-management-in-sports/>

ASPEN INSTITUTE PROJECT PLAY RETURN TO PLAY Covid-19 Risk Assessment Tool –

<https://www.aspenprojectplay.org/return-to-play>

GUIDE FOR COACHES-

- 1) **Spectators:** State Guidelines allow for spectators if the field/field complex has a chaperone or spectator viewing area which allows for at least six feet social distancing between spectators. ***Each town program will be setting any spectator limit based on any local board of health restrictions and the space/capacity of viewing areas at their fields.*** Coaches: Please make the visiting team coach aware of your home field policy by Wednesday for each Sunday home game.
- 2) **Player/Coach/Spectator Flow:** Home Team Coach should email the visiting team coach with any field info designating, mapping out, and markings of the flow pattern for players/coaches and spectators put in place to reduce people entering and exiting complexes and playing areas at the same location.
- 3) **Stay Home When Appropriate:** Coaches, Players, parents/guardians, and spectators should stay home when they are showing signs of COVID-19, have a temperature, or have had close contact with a person with COVID-19. See below for State Guidelines/MBYLL Rules on when and for how long players/coaches should not attend practice or games.
- 4) **Everyone Arrives Ready to Play:** Coaches must promote an “arrive, play, and leave” mentality and ensure that individuals are not congregating in common areas or parking lots before, during or following practices or events (such as tailgating). Players, coaches and officials should arrive for practices/games dressed to play.

- 5) **Stick to the Field:** While in-person, team-based social events are often considered an integral component of recreational sports leagues, more frequent, extended physical or close contact increases the risk of COVID-19 transmission between team members should an outbreak occur. In the interest of reducing preventable transmission events, Coaches must ensure that team-based social gatherings do not occur until all other COVID-19-specific restrictions regulating sports leagues are fully lifted.
- 6) **Creative Sportsmanship:** Athletes should be discouraged from high fives, fist bumps or other social contact during practice.
- 7) **Player Equipment:** Player's equipment should be kept in a bag and should be spaced to encourage social distancing. Players should bring their own disinfectant wipes to wipe down their own equipment between use.
- 8) **Shared Equipment:** The use of team provided equipment should be limited to the greatest extent possible and should be disinfected between each use if possible. Balls should be disinfected whenever possible and an adequate supply should be kept on hand.
- 9) **Food and Beverages:** No shared food or drink may be provided during any activities for participants or spectators except by concessions and food service providers following the Safety Standards for Restaurants. Participants and spectators should only drink from their own containers.
- 10) **Proper Hygiene:** Participants and coaches must achieve proper hand hygiene at the beginning and end of all activities, either through handwashing with soap and water or by using an alcohol-based hand sanitizer.
- 11) **Transportation:** Coaches, players and guardians/parents must also comply with all relevant transportation safety requirements, including but not limited to, ensuring that staff, volunteers, and parents/guardians are not transporting athletes that are not immediate family members. In the event that transportation of non-family members becomes necessary, all parties in the vehicle must wear cloth face coverings or face masks and to the extent possible have external air circulating in the vehicle such as opening a window.

MBYLL NEW COVID-19 RULES FOR 2021

Communication, cooperation, understanding and flexibility will be the keys to a successful Spring season. The goal is not to win games this season, but have all games be played due to safe protocols and standards being met prior to the start of the season and in-season.

- 1) **Mandatory Facial Masks:** Facial masks to be worn by all participants during active play except for individuals with a documented medical condition or disability that makes them unable to wear a face covering.
 - a) For purposes of this guidance, a facial mask means a cloth facial covering that completely covers the nose and mouth. Masks with exhalation valves or vents (including mesh masks) are not allowed. Participants must wear facial coverings on the bench or sidelines at all times and in any huddles or time-outs from active play.
 - i. Cloth masks covering the mouth and nose that attach to the helmet are approved. Players using these are required to have an additional mask with them for anytime they take their helmet off in proximity of others.

- ii. Gators are approved if they are made of a cloth material.
 - iii. While helmet shields are allowed if they meet the helmet manufacturers safety requirements, they do not meet the state standard for masks and a cloth mask would still be required.
 - b) Participants should take frequent facial covering breaks when they are out of proximity to other players, using caution to avoid touching the front or inside of the face covering by using the ties or ear loops to remove and replace.
 - c) Facial mask requirement also applies to **all spectators and chaperones, coaches, staff, referees, and other officials.**
- 2) **Face-Offs:** Face Offs will be allowed to start the season provided in weeks 1-3 of Classic Play both coaches in every game agree to have them part of that game. Coaches must communicate prior to Sundays to determine if they will be playing with face-offs. If one coach does not want to due to lack of practice or health/safety concerns, there will be no face offs for that game. Coaches from both teams **MUST** communicate and discuss the face-off **PRIOR** to arriving at the fields on Sundays.
 - a) If face-offs are not being done
 - i. A coin toss will determine the team that starts the game with possession at midfield. Possession will alternate for remaining quarters/halves.
 - ii. Following a goal, the team scored upon will be granted possession.
 - 1. For L1/2 and L3/4 possession will be given at midfield in their offensive end of the field no more than 5 yards from midfield.
 - 2. For L5/6 and L7/8, possession will be given at Goal Line Extended to any member of the team. The opposing team must start outside the box until the whistle is blown. We are urging coaches to use common sense. If one team is struggling to clear the ball and routinely leads to turnovers before gaining an offensive possession, coaches should consider allowing a free clear to mid-field.
 - iii. Per normal MBYLL rules, if any team is trailing by 6+ goals at anytime in the game, they automatically get possession at midfield.
- 3) **Home Team Coach:** Must communicate via email to the visiting team coach the week of the game. Suggested to do so by Wednesday each week. Coach must let the visiting team know of their preference regarding Face Offs (in weeks 1-3 only), spectator limits/rules at their fields, and of any other local restrictions or directions for parking and drop/off pick up that are unique due to covid-19. This must be done even if there are no local rules/restrictions. Examples of local restrictions are, but not limited to: Number of spectators per player; equipment bags are not allowed on the field; specific locations for spectators.
- 4) **Visiting Team Coach:** Must reply to communication from home team coach, prior to Sunday, with their preference on Face Offs, and acknowledging receipt of local rules and restrictions.
- 5) **Cooperation, Understanding & Flexibility:** In the event either or both teams are down players due to players in quarantine, AND it is still safe via CDC and MA State Board of Health Guidelines, for the remainder of the team to play for the teams to work together to make a game happen. While we do not want to inter-mingle teams, games can be played with fewer numbers of players on the field. Games can look to be rescheduled only if both teams are in agreement that the scheduled game cannot be played safely.

6) Body Checks/Player Contact/Loose Ball Scrums

- a) L1/2 & L3/4 already have a no body check rule. Referees will emphasize this rule for 2021.
- b) Referees will be given complete discretion to blow the whistle, stopping play, at any time they feel players are in close contact for an extended period of time. Examples, but not limited to, are:
 - i. Loose Balls – when two or more players are in close contact attempting to pick up a ground ball. Alternate possession will be awarded
 - ii. On Ball Play – when an offensive player with the ball and defender are in close contact during play for an extended period of time.
 - iii. Off Ball Play – When two or more opponents are working for position and are in close contact for extended period of time.
- c) Referees will give verbal warnings whenever possible before stopping play.
- d) If a referee warns and/or stops play for close contact from the same player multiple times, at the referees discretion they may flag a player (delay of game/unsportsmanlike conduct).

7) Contact Tracing

- a) From State Guidelines: Activity Organizers must keep rosters of all participants with appropriate contact information and make that information available upon request by state officials, local boards of health or their authorized agents. Should an Activity Organizers fail to completely and promptly cooperate with health officials, operators and organizers risk closure or suspension of a league's practices and/or games.
- b) Each team must keep an attendance sheet for every practice and game.
 - i. Attendance sheet must list all players on the team with the name of at least 1 parent/guardian and phone number for the parent/guardian.
 - ii. Attendance sheet must be dated for each practice/game and marked off as to which players are in attendance.
 - iii. Attendance sheet must be kept for at least 14 days from date of practice/game.
- c) Games
 - i. Following each game, the Visiting Coach must provide the Home Coach with their attendance sheet for that game.
 - ii. It is recommended that the Visiting Coach make 2 identical attendance sheets and keep 1 for themselves.
 - iii. Game Attendance Sheets must be kept by the home team for a minimum of 14 days.

8) Close Contact and Quarantine Guidelines: MBYLL is following CDC and Mass Department of Health Guidelines as it relates to defining being a close contact and minimum quarantine periods for anyone who was a close contact or tested positive for covid-19. As always, you should follow the guidance of your healthcare provider and contact your local board of health with any questions.

- a) Close contact is defined by the CDC as someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.
- b) If a player or coach is considered exposed to someone with covid-19 due to close contact, or they have tested positive for covid-19, they must follow the MA State Board of Health Guidelines for quarantine before returning to practice or games. See the guidance here - <https://www.mass.gov/guidance/information-and-guidance-for-persons-in-quarantine-due-to-covid-19>