



# Frequently Asked Questions Regarding MIAA Athletics in 2020-2021

## MEDICAL

### What is the status of physicals?

All physicals must be within the last 13 months. The Sports Medicine Committee (SMC) petitioned the MA Department of Public Health to allow physicals to extend to 18 months, however this request was not approved.

### What is the guidance if an athlete, coach or participant tests positive for COVID-19? (This is copied from the General Information area of sport modifications).

Student-athletes and coaches who are diagnosed with COVID-19 infection should rest and avoid exercise for ten days from symptom onset. Procedures for return to activity/play should follow CDC, DPH, and local board of health guidelines ([CDC link](#)). In addition, persons with COVID-19 infection need to receive written clearance from their health care provider and school administrator/designee to return to sport. Return to activity should be slow and graded. An example of a graduated return to play protocol can be found at this [link](#).

Student-athletes, coaches, spectators, and any others associated with the athletic program who were exposed to COVID-19 must quarantine, including no participation in practices or games following exposure, and should follow all CDC, DPH, and local board of health protocols. Athletes and coaches should receive written clearance from their school administrator/designee to return to sport.

### What is the guidance for who is a contact if there is a positive case on a team(s)?

Ultimately the decision about who is a contact when there is a positive case on a sports team is up to the local board of health based on standard CDC definitions. For high risk sports, if the local board of health does not feel confident in their contact tracing efforts, or if there is evidence of transmission within or between teams, they may require the team (or both teams, if at a game) to quarantine. We do not expect this would be standard practice with the possible exception of ice hockey, in which there have been well-documented on-ice transmissions. For ice hockey, quarantine may still be advised for whole teams, though this remains at the discretion of the local board of health. Spectators would not be included in this (unless they were exposed in another way, such as through a carpool).

### Who is responsible for tracking doctors' notes regarding face covering waivers?

For individuals that are unable to wear a face covering due to a medical condition or disability, the coach must possess a copy of the medical note/documentation excusing the player from wearing a mask.

### What is the status of CPR certifications for coaches?

The American Heart Association has provided card extensions:

[https://cpr.heart.org/-/media/cpr-files/resources/covid-19-resources-for-cpr-training/updated-interim-guidance-on-card-extensions-72320\\_final.pdf?la=en](https://cpr.heart.org/-/media/cpr-files/resources/covid-19-resources-for-cpr-training/updated-interim-guidance-on-card-extensions-72320_final.pdf?la=en)

As well as blended and virtual training:

<https://cpr.heart.org/en/resources/coronavirus-covid19-resources-for-cpr-training/how-the-aha-is-taking-care-of-the-training-network-and-healthcare-providers>

Coaches should check in with their regular provider of training about their options.



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### SEASONS

#### **How are out of season sport and non-MIAA sport activities best addressed by schools?**

These sports would need to be run through the [EEA guidelines](#) for safety and playing conditions. School districts would need to manage this through their local DPH and school system.

#### **When can we play our first game in the winter season?**

For the winter season the first team competition may not occur before the 11th calendar day after and including the first day of practice.

#### **What happens if our Winter Season is cut short due to the health pandemic and we are unable to complete the season? Are we allowed to move to another season during the year?**

As stated for the fall season, your school would have to appeal to your District Athletic Committee (DAC) and request approval to move to another season. DAC chairs approved the following guidance, “If a school or league has completed 50% of interscholastic competitions the DAC will only consider extenuating circumstances to move from Fall I (or another season) and repeat the sport season of play. If a school or league cannot schedule/complete 50% of interscholastic competitions a request to move the Fall I season of play in another season may be forwarded to the DAC for their action.”

#### **If a team is moving sports to Fall Season II, can they scrimmage in Fall Season I?**

No, the out of season coaching is not meant to be interscholastic. If you are declaring your Fall sports, such as soccer, to be played in Fall Season II, that is your new “soccer season”. The simplest way to understand the rationale is understanding that schools playing soccer this Fall, will not be allowed to scrimmage in Fall Season II. Same applies for schools playing in Fall Season II, they cannot scrimmage in Fall Season I.

#### **Can a school cancel a sports season?**

Yes, sport participation is a local decision.

#### **Can teams move golf to the spring?**

Yes, with notification to the DAC. Any sports being moved from their “designated season” would eliminate that team from any MIAA postseason tournaments in that sport, if tournaments even take place. For example, if a school decides to play baseball this fall, they would not compete in the Spring or qualify for any Spring baseball tournament.

#### **Do teams need to practice in “cohorts” all of the time if modifications have been approved?**

All sport modifications have the statement that workouts “should” be conducted in pods. This is stated as wise practice to help allow for effective tracking and monitoring BUT does not take away some limited full team drills as long as there are consistent protocols as detailed in MIAA Sport Modifications.

### COACHING

#### **Is Out-of-Season Coaching allowed?**

Out-of-season coaching will be allowed from September 18, 2020 through July 3, 2021 as approved by the member school principal. If schools opt to engage in out of season sport activities that the MIAA has not attested to sport specific guidance and modifications per EEA guidelines, it is the school/district’s responsibility to comply with all EEA and DESE guidance regarding levels of play. Schools/districts choosing to engage in activities for these sports must complete the [Sport Attestation Compliance form](#) and keep it on file. Please note that out of season coaching is not meant to be interscholastic.



### STUDENT PARTICIPATION

#### **What are the limits for total participants on the court/rink surface for basketball and ice hockey?**

For Basketball, courts are not considered “larger playing surfaces” per EEA guidance. Therefore, no more than 25 players or participants can be on a single court at any one time. Teams or competitions that have more than 25 players can still allow additional players to wait on the sidelines or bleachers to substitute for players on the court. To ensure group separation, participating teams must be spaced at least 14 feet apart while sharing the court.

For Ice Hockey, the rink is considered a larger surface and permitted to have 50 total participants on the surface at one time but can never have more than 25 on one half of the ice, separated by 14 ft, at the same time. Given the maximum limits of 20 players on a team, as specified in the MIAA Ice Hockey Modifications, it is recommended during practice that schools/teams have no more than 40 players on the ice at one time (20 players per half of the ice surface) to allow for maximum social distance spacing.

#### **Can a student athlete who transfers from out-of-state after the fall season, and who played football, play football in MA in Fall Season II?**

No. It is clear in Rule 46 that “A student-athlete is not allowed to play more than one season of the same sport in a school year.” Additionally, transfer rules may apply as well.

#### **With the addition of the floating season (Fall II), could a student conceivably play in four (4) seasons during the 2020-2021 school year?**

Yes. The Board of Directors approved the opportunity to participate in four (4) seasons at their August 19, 2020 meeting.

### TOURNAMENTS

#### **Will there be MIAA sponsored tournaments in the Winter Season?**

There will be no MIAA sponsored tournaments in Winter Season. Regions or leagues may choose to run a post-season as they see fit providing it is completed by the final date of the Winter Season, February 21, 2021.

#### **Will there be MIAA sponsored tournaments in Fall Season II?**

There will not be any sponsored MIAA tournaments in Fall Season II, with the possible exception of Football and Indoor Track. The reason for this is that no team in the state can play football in Fall Season I, whereas the other fall sports will be split between some schools playing in Fall Season I and others in Fall Season II. The MIAA Board of Directors moved the Indoor Track season from the Winter Season to the Fall Season II at their November 20, 2020 meeting.

### LOGISTICS

#### **Are spectators allowed at games?**

All MIAA member schools must follow EEA & Commonwealth regulations for spectators. EEA information can be found on pp. 6-7 of this document: <https://www.mass.gov/doc/safety-standards-for-youth-and-adult-amateur-sports-activities-phase-iii-step-i-effective/download>

#### **In school districts that have designated a full remote learning model, are students allowed to participate in athletics?**

Recent guidance has emphasized a need for metrics from multiple weeks in order to best address full-time remote learning color designations. The local Department of Health would have final authority for safe



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athletic participation in their community.

### **What are the DESE guidelines for transportation?**

Please view transportation guidelines here: <https://htv-prod-media.s3.amazonaws.com/files/fall-reopening-k-12-transportation-guidance-vf-1595511059.pdf>. MIAA member schools may decide on their own if they wish to allow alternative forms of transportation, such as allowing parents/guardians to drive students to competitions.

### **How can a parochial school plan for a color designation assigned to a community?**

Parochial schools should communicate with each town or city's local Department of Health for guidance.