



# Frequently Asked Questions Regarding MIAA Athletics in 2020-2021

## MEDICAL

### What is the status of physicals?

All physicals must be completed 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 above). 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.

The links below are examples of Graduated Return to Play protocols. These examples are not required protocols mandated by the MIAA, rather resources for information.

[British Journal of Sports Medicine Infographic](#)  
[MA Chapter of the American Academy of Pediatrics](#)

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.

Should a player be quarantined because of a COVID-19 designation, he/she must participate in a minimum of one practice before returning to interscholastic competition. Should a player being quarantined because of a positive diagnosis of COVID-19 the ATC/Athletic Director should consider a more extensive return-to-play protocol for the individual player(s). It is necessary for all athletes to complete all other state guidelines.

### 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. 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?

All individuals that are unable to wear a face covering due to a medical condition or disability must provide a medical note to the school administrator/designee excusing the player from wearing a mask. This note must always be in the possession of the head coach and available to the opposing head coach and/or game officials upon request. The head coach is the only participant that can submit documented permission of "non-mask" participation. Student-athletes cannot discuss or present non-mask permission to an official.



## 2020-2021 Athletics FAQs



### 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.

## 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 Fall II season?

For the Fall II season the first team competition may not occur before the 11th calendar day after and including the first day of practice. In the sport of football, each participant must have fifteen days of practice before competing in an interscholastic competition.

### What happens if our Fall II 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 previous seasons, 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."

### Can a school cancel a sports season?

Yes, sport participation is a local decision.

### 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, for example one team against another for competitive play.



## 2020-2021 Athletics FAQs



### **STUDENT PARTICIPATION**

#### **What are the limits for total participants on the indoor court and indoor surfaces for practice?**

For Cheer, Volleyball and Unified Basketball, courts are not considered “larger playing surfaces” per EEA guidance. No more than 25 players or participants can be on a single court at any one time. This was a recent decision by the MIAA Board of Directors which is different from current (Feb. 8) EEA guidelines. 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.

This 25-player limit also includes team practices if a Fall II sport moves a practice indoors.

#### **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.

### **FOOTBALL**

#### **Are there required practice protocols for preseason football?**

Preseason football regulations are detailed in both the [Football Preseason Calendar Fall II 2021](#) and the [Football Preseason Chart and Definitions Fall II 2021](#) at these links or on the MIAA Football Page. These protocols are maximum limits for each day and/or week. Teams can choose to practice in any manner, with or without contact as long as they do not exceed the daily/weekly limitations detailed in these documents. Teams should make best practice decisions for student-athletes relative to proper technique training/contact during practice in preparation for the first scrimmage and/or interscholastic competition.

#### **What are the guidelines for regular season contact, weekly and daily?**

Within the [football modifications](#), regular season contact is detailed from March 10 through the end of the season.

#### **Can football teams practice indoors?**

Per [EEA guidance](#), practice and indoor activities for football are only permitted at Level 1.

#### **Can cheerleaders and band/music students participate at football games?**

Cheerleaders and band/music students can perform at an outdoor football game as participants if there is enough space for everyone to be socially distanced. Social distancing requirements, MSAA Cheerleading Modifications, and any other guidelines relative to performing with instruments must be followed. For the purpose of defining EEA guidance in relation to spectators, cheerleaders and band/music students would be considered participating players.

### **TOURNAMENTS**

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

There will be no MIAA sponsored tournaments in the Fall II 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 Fall II Season, April 25, 2021.



## 2020-2021 Athletics FAQs



### **LOGISTICS**

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

All MIAA member schools must follow EEA & Commonwealth regulations for spectators. EEA information can be found on page 7 of this document: [EEA Guidelines](#)

#### **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 athletic participation in their community.

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

Please view transportation guidelines here: <https://mailchi.mp/doe.mass.edu/commissioners-weekly-update-2-16-21-esser-ii-rfp-fafsa-grant-emergency-licenses#updatedtranspo> 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.