



Fall 2020 BHS Athletics

2020 Middlesex League Approved Fall Sports
(Field Hockey, Soccer, Golf, & Cross Country)

It is understood that the League will follow all of the guidance provided by EEA, DESE, & MIAA and conduct practices and games in accordance with said guidance and sport specific modifications.



Key State & Local Agencies Guidance Process

EEA- MA Department of Energy & Environmental Affairs

DESE- MA Department of Elementary & Secondary Education

MIAA- Massachusetts Interscholastic Athletic Association

ML12- Middlesex League of which Belmont is a member

BPS- Belmont Public Schools

EEA **Minimum Mandatory** Standards For Modification To Play

- Identify measures that can be implemented to significantly limit contact and increase physical distancing. Modify play and practice as much as possible to keep players spaced 6 feet apart for the majority of a game or practice.
- Conduct the activity or sport outdoors where possible, as outdoor participation is generally safer than indoors and allows for greater distancing.
- Shorten activities, practices, and game play or perform the activity with fewer participants to the extent possible.
- Modify the activity or sport to reduce the sharing of equipment or to allow for cleaning of shared equipment between participants.
- Incorporate protective equipment in a safe manner to further reduce the spread of respiratory particles.

EEA **Mandatory Modifications** for Level 2 and Level 3 Play

- **Modify Play to Limit Contact or Increase Distancing for Participants where there is intermittent close participant proximity and/or sustained face to face contact between participants. Modifications should strive to keep participants 6 feet apart for the majority of play and must eliminate all deliberate contact. Such modifications include, for example:**

StaggerStarts: In race-like activities where players typically start or finish together, modifications must include staggered starts to avoid close contact.

Eliminate Deliberate Contact: Deliberate close contact must be eliminated. Deliberate close contact includes but is not limited to collisions, body checking, tackling, blocking, and racing/riding in packs.

EEA **Mandatory Modifications** for Level 2 and Level 3 Play

Minimize Intermittent Contact: Game situations that result in intermittent close physical or face-to-face contact must be modified or eliminated, including: restarts, face-offs, throw-ins, scrums for the ball/puck, or similar activities. These activities may be allowed if face masks are used during contact (e.g., face-offs could take place with face masks worn by each player involved).

MIAA Rules Modifications & Guidelines

General Information is provided in detail for the following areas

- **Pre-Workout/Pre-Contest Screening**
- **Cohorts and/or Participants**
- **Social distancing:**
- **Practice and Game Protocols:**
- **Equipment**
- **Hydration**
- **Gym Bag**

MIAA Sports Specific Rule Modification Examples

Cross Country

- “Runners should maintain social distancing throughout the race and not cluster on the course.”
- “Athletes should be grouped, with social distancing and face coverings, as a team at the start line and teams should be a minimum of 14 feet apart upon start.”

Field Hockey

- “Number of players on field - 7 v 7 (must have goalie) “
- “No penalty corners - fouls in circle would be 25 yd. hits “

Example of MIAA Sports Specific Rule Modifications

Golf

“Single tee starts should be staggered, at a minimum of 10 minutes between groups to support social distancing.”

“Social distancing must be maintained throughout the round and all Covid-19 course regulations followed. Coaches are encouraged to travel throughout the golf course during the match to ensure that all participants are following all safety guidelines.”

Soccer

“It is a violation to intentionally head the ball. “

“It is a violation to place your hands on any part of an opposing team member’s body.”

“There will be no throw-ins. When the ball crosses the touchline, the restart will be a “kick-in”

Middlesex League Agreement for Fall Sports

- **First date for Fall Sports September 21, 2020**
- **First contest - Golf week of 9/28 All other sports Saturday 10/3**
- **Maximum number of contests**
Golf, Soccer & Field Hockey Varsity 10 Sub Varsity 8
Cross Country 5 races.
- **Golf matches will be scheduled during the week Monday-Friday**
- **Soccer, Cross Country & Field Hockey games will be played on Saturdays and Columbus Day* & Veterans Day*.**

***Only Varsity contests will take place on the two Fall holidays**

ML12 Agreement Cont.

- **Teams will play contests within their Middlesex League Division. Belmont will play in the Liberty Division against the following schools: (Woburn, Lexington, Arlington, Reading, Winchester)**
- **Boys and Girls teams will play at opposite sites.**
- **For Cross Country, due to the Building Project Belmont Girls' Cross Country will be at the same site as the Belmont Boys' Cross Country.**
- **No Make Ups should an event be postponed**

ML12 Agreement Cont.

- Practices are limited to 3 per week for varsity and 2 per week for sub varsity
- Roster Size (Soccer, Field Hockey, Cross Country) no greater than (25) participants per team, per level
- In the sport of Golf, a roster size no greater than (25) participants per team, per level. Only (10) players may travel to an away match
- Player Rosters will be exchanged 24 hours in advance of any contest and must include student contact info for potential contact tracing.
- No moving of players from JV to Varsity or Varsity to JV

ML12 Agreement Cont.

- **Spectators will be limited to one per student athlete. List of names and contact information must be provided to the host school 24 hour prior to the event. Name, address, and phone number needed. The League anticipates purchasing passes that will be given to each player for their family. This will be used on game day to identify and admit spectators to contests. Anyone without a pass will be asked to leave.**
- **Face masks are required to be worn at all time by participants, coaches, & fans.**
- **COVID-19 Training must take place at the local level with School District Nurses / Health Dept. for coaches & student athletes.**