

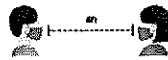
SUDBURY NO-CONTACT FLAG FOOTBALL LEAGUES COVID-19 PROTOCOLS

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YOUTH AND ADULT AMATEUR SPORT ACTIVITIES ACTIVITY ORGANIZERS

MA COVID-19 Checklist



SOCIAL DISTANCING

Ensure >6ft between individuals

Competition and Tournament Organizers must adhere to the following:

- Outdoor Competitions & Tournaments Capacity Limits:**
 - No more than 25 players on any surface/playing area for team/group sports
 - No more than 50 people excluding players, coaches, referees, or facility/activity workers in the aggregate in, on, or surrounding any surface/playing area or start/finish lines at any one time, provided that there is adequate space for all players, coaches, referees, facility/activity workers to maintain at least six feet social distancing, recognizing that for some moderate risk sports intermittent contact may occur for players
 - Spectators must wear facial coverings and maintain six feet of social distance at all times
 - For competitions and tournaments in the water, the aforementioned limitations apply to any applicable activities on land
 - No spectators are allowed for sports and activities played by individuals 21 years and older
- Indoor Competition Capacity Limits:**
 - No more than 25 players on any surface/playing area for team/group sports
 - If an indoor facility has a chaperone or spectator viewing area which allows for at least six feet social distancing between spectators and the presence of spectators plus players, coaches, referees, and facility/activity workers does not cause the facility to exceed more than 40% of the maximum occupancy for the indoor facility, then 1 spectator per player under 21 years old is allowed to attend
 - Spectators must wear facial coverings and maintain six feet of social distance at all times
 - For indoor competitions in the water, the aforementioned limitations apply to any applicable activities on land
 - No spectators are allowed for indoor competitions for sports and activities played by individuals 21 years and older
- Multiple Playing Surface Capacity Limits:**
 - For facilities with multiple fields, surfaces, courts, etc. the above capacity limitations for Outdoor Competitions & Tournaments and Indoor Competitions shall apply per playing field, surface, court, etc. provided that there is adequate spacing for at least six feet social distancing for all individuals, including those at adjacent fields, surfaces, courts, etc.
 - Activity Organizers should set Competition and Tournament schedules with a time buffer to prevent the overlap of competitions at any one time and to allow for disinfection of equipment and cleaning of commonly touched surfaces, if necessary. Games should end in a draw if time expires
 - For facilities with multiple fields, surfaces, courts, etc., Facility Operators & Activity Organizers should mark off designated areas for spectators for each field, surface, court, etc. to minimize the overlap of spectators from adjacent fields, surfaces, courts, etc.
- For team and group sports, no more than 25 players or participants can be on a single playing surface/area/court at any one time. The number of coaches and staff should be limited. Larger playing areas and surfaces, such as athletic fields, tracks, facilities that have multiple courts or playing areas, may be used by more than one group of 25 at one time, provided that adequate social distance and group separation can be maintained. To ensure group separation, groups must be spaced at least 14 feet apart while sharing a single playing surface, court or field
- Dugouts, benches & bleachers are allowed to open only if six feet of distance can be maintained between each participant at all times and they can be thoroughly cleaned before and after every use
- Sportsmanship should continue in a touchless manner – no handshakes/slaps/fist bumps
- If social distancing is not possible in an athletic facility, chaperones/spectators may be asked to wait outside the facility until an activity is completed
- Activity Organizers should ensure that individuals are not congregating in common areas or parking lots following practices or events
- Once athletes have completed their competition or activity, they must leave the area if another team is taking the field or using the playing surface to ensure adequate space for distancing

YOUTH AND ADULT AMATEUR SPORT ACTIVITIES ACTIVITY ORGANIZERS

MA COVID-19 Checklist



HYGIENE PROTOCOLS

Apply robust hygiene protocols

- Organizers must ensure that any shared personal equipment is disinfected before use by each individual using a product from the [list of disinfectants meeting EPA criteria for use against the novel coronavirus](#). Personal equipment includes all gear that is worn by players (e.g., gloves, helmets, masks, skates, footwear, pads, etc.)
- Organizers should minimize sharing of other equipment, and clean and disinfect all shared equipment at the end of a practice session using a product from the [list of disinfectants meeting EPA criteria for use against the novel coronavirus](#)
- 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](#)
- Water bubblers, fountains, and bottle filling stations can open. Managers are encouraged to install signs near any drinking equipment advising users to use for bottle refill only and not to touch the tap with their mouth or the mouth of their water bottle
- Participants and spectators should only drink from their own containers. Organizers must provide individual, dedicated water bottles for children if they do not have their own
- 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
- Organizers should encourage athletes to arrive dressed for practice and to leave immediately after practice. Locker room and changing room use should be minimized



STAFFING & OPERATIONS

Include safety procedures in the operations

- To participate or attend, organizers should ensure that participants, volunteers, coaches, and spectators must show no signs or symptoms of COVID-19 for 14 days. Current list of symptoms is available from the [CDC](#)
- If any individual develops symptoms of COVID-19 during the activity, they should promptly inform organizers and must be removed from the activity and instructed to return home
- Organizers of activities are responsible for following all guidelines and creating a safe environment for participants
- Organizers must educate all participants and spectators on the applicable protocols for the relevant activity, protocols for entering/leaving the facility, and any other hygiene requirements
- Organizers in coordination with Facility Operators must ensure that hand sanitizer is available to all players



CLEANING & DISINFECTING

Incorporate robust hygiene protocols

- Organizers should disinfect any shared equipment before and after every clinic, practice, and game
- Organizers should assess the cleanliness and disinfection protocols being employed at the facility they are using for athletic activity. If cleanliness is low, or any other concerns arise, organizer should immediately stop any ongoing athletic activity until such time as operator can show that conditions have been brought up to the standards outlined in this guidance
- Organizers should understand the cleaning and disinfection protocols employed at the facility they are using and should raise any issues to the operator or Local Board of Health

Sudbury NO Contact Flag Football League General Protocols

General Precautions

- If an individual planning to attend a SFFL event (games and/or practice) and is currently experiencing a fever (100.4+) or any severe flu-like symptoms, that individual will NOT attend the upcoming event.
- Any athlete that has missed school 14 days prior to an event for experiencing any flu-like symptoms is not eligible to play in upcoming event unless he or she tests negative for COVID-19 through a rapid test.
- If an athlete or spectator has experienced any flu-like symptoms recently, he or she needs to be symptom free for 14 days prior to the event in order to attend unless he or she tests negative for COVID-19 through rapid testing.
- If you travel to a hot spot defined by the Governor of Massachusetts you need to quarantine for 14 days.
- All coaches, referees and field personal will be checked regularly for COVID-19 symptoms, anyone experiencing any symptoms must get tested specifically for COVID-19 immediately to be eligible to be at the event

Event Precautions

- Post and pre-game handshakes and high-fives are suspended at events and team until further notice. All athletes and coaches should refrain from handshakes and high-fives during competition.
- Players, coaches, officials, on field league help can NOT congregate together at any time before, after and during the game. Unless it is actually a live play, all players need to need to social distance of at least 6 feet
- Players can NOT help another player up if he falls down
- All coaches MUST wear a face covering at all events
- All players MUST wear a face covering at all events and except when physically competing in the event
- All parents are REQUIRED to social distance and wear a mask.
- All referees and coaches disinfect their football before and after each event during long time stoppages, at halftime and whenever possible.
- Until further notice, there will NO food at the events
- Field staff will provide hand-sanitizing options at the front gates to the field for spectators, athletes, coaches and referees.

Personal Hygiene Precautions

- Athletes, coaches, spectators and referees should practice good hand hygiene by washing their hands for 20 seconds with hand sanitizer before and after all events
- Players should avoid touching their face, eyes, nose and mouth at all times. -
- We encourage all athletes to cough and sneeze into their elbow to prevent the spread of germs, and to use hand sanitizer after any time that they cough, sneeze or blow their nose.
- Athletes and families should not share any drinks or snacks with anyone.
- Each individual should dispose of their own water bottles, utensils and trash to avoid spreading germs

SFFL EVENT REQUIREMENTS AND PROTOCOLS

- No more than 25 players or participants can be on a single playing field. This would not include a maximum of 2 coaches per team and a referee
- No more than 3 games per football field (Distancing between games is 3 surfaces per 120 yards of space. (each field is 20 yards wide, thus allowing for 20 yards or 60 feet of separation between fields for proper (social distancing) exiting and departure of players and staff. This is well within the EEA guidelines of 14 feet
- Spectators must maintain distance of at least 6 feet between spectator groups.
- Staff will be limited to essential personnel and essential volunteers only
- First aid kits will be available at the playing area and the front tables
- Spectators are limited to 1 parent/legal guardian per child
- No other siblings will be allowed at the event
- Spectators must maintain distance of at least 6 feet between spectator groups.
- All bleachers will be off-limits and no other seating provided
- All players must remain in their car until 10 minutes before game time
- Times between games will include at least 20 minutes. 10 minutes for the teams to vacate the field and field personal to clean the football, cones, pylons and other equipment. 10 minutes for the incoming teams to enter field and warmup.
- All players must remain in their car until 10 minutes before game time
- Games will start and end at a specific time regardless of any time stoppages
- Absolutely no food or snacks allowed on premises
- Hand sanitizers will be available at every field
- All players must have face coverings on with them at all times and need to be worn all times they are NOT participating in the game
- All players need to maintain distance of at least 6 feet between players when NOT on the actual playing field
- All players are required to wear a mouthpiece. Mouthpieces **CANNOT** be shared.
- All players are required to wear gloves. Gloves **CANNOT** be shared.
- Coaches will keep a log of all players who participate in each event as well as a list of spectators at the game. This log will be turned in after each game at the front desks.

Updated Event Safety Protocols, Social Distancing and NO Contact Rules

- All players on both teams must start from a spread formation (at least 6 feet apart from another player)
- All players must be run from shotgun formation of at least 6 feet
- All defensive players must line up at least 6 feet off the line of scrimmage and lined up 6 feet apart.
- For plays that end inside the two-yard line, the ball will be spotted on the 2 yard line.
- Each half will be 20 minutes running time. All games have a maximum time limit of 50 minutes. Once 50 minutes hits, the game will be end regardless of time on the clock
- Teams will calisthenics type huddle at least 15 yards from the line of scrimmage with all players and coaches at least 6 feet apart
- All discussions between coaches and/or players, referees and other coaches will be at least 6 feet apart
- Once the defender pulls flag with his glove, he will drop flag on ground for offensive player to retrieve
- No forward handoffs
- **There is NO tackling, blocking, pushing, running over defenders or any contact of any kind**
- No runners can flag guard (slap defensive players hand away)
- No other offensive player can run alongside ball carrier
- Runners need to avoid any contact with the defensive player. If they are running down field and defender is right in front of them, they need to avoid them. If they purposely do not avoid the defender, they will be ejected from game
- Defenders need to avoid contact and just pull flag. If they do NOT try for flag or push runner, they will be ejected from game
- Offense players cannot purposely block or purposely get in the way of a defensive rusher
- Offense players cannot “pick” defenders on pass routes
- Defenders are NOT allowed to “bump” receivers
- Defensive players may NOT charge through an offensive player in a “non-moving screen,” they must go around the player
- Defensive players may NOT attempt to strip the ball and/or hit the quarterback’s arm while he is throwing
- Defensive players may not dive from the behind to pull the flag

Coaches Sport Compliance Attestation

- Coaches, referees, and other personnel understand they are required to wear face coverings at all times
- Players are required to wear face coverings at all times, except when participating in intense aerobic sporting activities on the field of play Hygiene and sanitization protocols have been established and all personnel have been trained on those procedures We have read the EEA guidance on allowed levels of play based on the risk categorization of our sport or activity, including the Mandatory Modifications for Level 2 and Level 3 activities, if we are a moderate or higher risk sport or activity:
- Level 2 - Cohort training implemented (no more than 10 athletes working out together). Players arrive ready to play and do not share equipment
- Modifications implemented to eliminate deliberate contact and minimize intermittent contact among the players We have taken the following steps to comply with state mandatory safety standards for workplaces: We ask you to do your part as well by wearing your face mask and maintaining social distance.
- Coaches will keep a log of all players who play each week as well turn in a list of spectators who were at the field watching their child.
- Referees will disinfect any all cones and pylons before and after every game
- Coaches will be required to certify that all players have clean and disinfect all equipment (e.g., football, gloves, face covering, flags, etc.)
- 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
- Coaches should minimize sharing of other equipment, and clean and disinfect all shared equipment including football at the end of a event using a product from the list of disinfectants meeting EPA criteria for use against the novel coronavirus before and after

We have read and understand the EEA guidance on face coverings:

Signature (Coach/REF)

The above protocols are intended to provide a safe environment for our participants and players as well as league staff. We appreciate everyone cooperation during these challenging times—League Management