

# Coach/Team Manager/Volunteer Guidelines

Covid-19 Spring 2021



Updated April 8 2021

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## **Practices/Games Coach Responsibilities**

### ***Before Practice or Game :***

- Coach should send an email to all parents and players the night before or the day of practice or game reminding them of practice time and arrival time at the field.
- Coach should send parents the "CYS COVID Check-in Document" the night before or the day of practice or game with a reminder that if any answers are "YES", they should not send their child to practice.

### ***Practice or Game Arrival:***

- Team Managers, coaches, and players should wait until the scheduled and reserved time for their practices. Please do not arrive early and do not leave late.
- Upon arrival at practice or game, the coach or team manager must check in all players and volunteers using the *CYS Covid Check-In Document*. Each participant must answer all questions as "NO" before taking the field. If any answer is "YES", that player will not be allowed to play, will be sent home, and will have to be cleared to play by *CYS* before the next practice or game.
- Coaches will create a designated "Equipment area" next to the field where players will place their bags and equipment with approximately 6 feet of spacing between players.

*\*Spectators do not need to have their name included on the "Check-In" sheet unless they will be on the field assisting coaches/players.*

### ***During Practice or Game***

- Players will play soccer according to the modified rules of the season (see below)
- When not playing, players will wear their masks and practice social distancing
  - Coaches are encouraged to provide "spacing cones" at 6-ft spacing for players on sidelines during game
- Players will not share any equipment with one another
- Half-time talks should be minimized and must include proper spacing between players

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- There is no team half-time snack

## ***After practice or game:***

- After practice or game, Team Manager or the Coach will email a copy of the “Check-In” sheet to support@cambridgeyouthsoccer.org. It is important that the sheets accurately represent who was at practice as it could be part of contact tracing should someone become Covid-19 positive.
- After practice or games, the coach or team manager will make sure players leave the field promptly while practicing social distancing and wearing masks
- Coaches are encouraged to skip the “post-game” talk. If necessary, a very short post-game talk must include proper spacing among players

## **Modified Rules**

- **Intentional contact** is considered a violation of Law 12, Playing in a Dangerous Manner, and will result in an indirect free kick in a game and cannot be allowed in practice. Intentional contact consists of intentional “shoulder to shoulder” contact, backing into a player, or pulling an opponent’s shirt, shorts, or mask.
- **Unintentional Contact:** A player is allowed to make intermittent and/or unintentional contact with opposing team members if the contact is the result of an attempt to possess the ball through a legal leg tackle.
- **Ground Play/Slide Tackling** have been suspended, will be considered a violation of Law 12, Playing in a Dangerous Manner, and will result in an indirect free kick. This does not include sliding to save the ball from going out of bounds or intercepting a pass if no player is within 6 feet.
- **Heading the Ball** is no longer a legal part of the game for all ages. It is now a violation of the IFAB Law 12, Playing in a Dangerous Manner and will result in an indirect free kick.
- **Out of Bounds:** If the ball goes out of bounds, no player or referee should touch the ball with their hands. The ball should be placed where it will go back into bounds, with the person’s foot, not hands. If hands are used, the ball will need to be removed from play and sanitized.
  - **Throw-ins:** Throw-ins as defined by IFAB Law 15 are suspended. Instead, the ball will return to play via an indirect free kick on the touchline where it went out of bounds. Players will pass the ball in on the ground (ball must roll).
  - **Corner Kicks:** Corner kicks as defined by IFAB Law 17 are suspended and replaced by an indirect free kick from the corner. Players will pass the ball in on the ground (ball must roll).
- **Drop Kick:** Drop kicks as defined by IFAB Law 15 are suspended. An indirect free kick will replace the drop ball. The referee will give possession to the team they deem had possession prior to the stoppage.

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- **Hygiene behavior:** No one is allowed to spit, clear/clean their nose, or use a glove to clear/clean their nose during practices or games. If it is necessary, they may isolate and use their own disposable tissue, and place immediately in the trash receptacle.

## **Equipment**

### ***Masks:***

All of the CYS Community is required to wear a mask at all times. This includes players, on the playing field, while playing. Players masks must include ear-loops (no bandanas or gaiters). Valved masks are not allowed for players, coaches or spectators. Upon arrival, all players should be wearing a mask. They will also be reminded to bring extra masks to all practices and games.

Only face coverings that secure with loops around a player's ears are acceptable. Face coverings must be worn at all times. "Gaiters" are not allowed to be used during games or practices. Masks must cover both the nose and mouth, and secure to the face via ear loops.