



## **OVERVIEW OF IMPORTANT RETURN-TO-PLAY TOPICS**

***This document was updated on October 23, 2020.** Over time, this document will change. Please check back frequently for updates. The first four pages of this document feature easy-to-understand overviews of Winter 2020-21 COVID-document-related guidelines. For more detailed answers, read this entire packet. Winter athletics will not be risk-free, but by following the guidance in this document, we all can help mitigate those risks. We also ask that you consider your interactions outside of sports during this season in order to limit the potential for exposure in other portions of your daily routine.*

**PROTOCOL FOR POSITIVE CASES:** A detailed and more complete version of these protocols can be found on page 5 of this document (“What to Do When Someone Gets Sick”).

1. Contact health department and follow guidance.
2. Close contacts MAY have to quarantine for 14 days; follow health department guidance. “Close contact” is defined as someone who was within six feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period, starting from two days before illness onset.
3. Notify all schools, families and officials involved without identifying the person involved.
4. Students, coaches, officials and others at the event but NOT in close contact should be closely monitored for symptoms and may not need testing. Follow health department guidance.
5. Clean the area.

**FACE COVERINGS:** [Facial coverings are covered in detail in the guidance released on Sept. 10](#), and [updated again on Oct. 6](#). In general, facial coverings are required for athletes in basketball, competitive cheer, ice hockey and wrestling at all times. Face coverings are optional for athletes in active participation in bowling, gymnastics and skiing but are required at all other times when not involved in active participation. Bench personnel are required to wear face coverings at all times. This includes athletes not currently in the game, coaches, managers, trainers, statisticians, media and anyone else on the sideline. Management, school administrators, media and all staff are required to wear face coverings. Spectators are required to wear face coverings.

**REGULAR-SEASON TOURNAMENTS, INVATIONALS, MULTI-TEAM COMPETITIONS:** The following limitations are in place for regular season winter tournaments and invitationals, both home and away. Regular-season dual/head-to-head matchups, between multiple levels of two different schools, are not affected.

- Bowling – 72 individual competitors at a site
- Competitive Cheer – four schools/teams at a site
- Gymnastics – four schools/teams at a site
- Skiing – 72 individual competitors at a site
- Swimming & Diving – four schools/teams at a site
- Wrestling – four schools/teams at a site
- Basketball & Ice Hockey – one game permitted for a team in a day. Host sites must strictly enforce spectator capacity limits on a game-by-game basis and actively sanitize between games. Event organizers must consider proper scheduling, seating areas, and crowd entry and exit to facilitate sanitizing and physical distancing.

When determining the number of teams present at a tournament, count the school’s varsity team as one team, and its JV team as a second team. The goal is to achieve physical distancing at all possible times; teams not in competition should be provided adequate space, and spectator limitations must be followed. Consider staggered contest and team arrival times to maintain physical distancing. Where two sites/facilities are used, there should not be any crossover competition between the two tournaments.

**SCRIMMAGES:** There are no scrimmages allowed for any sports this winter.

**SPECTATOR LIMITATIONS:** For all winter sports, all competition will begin with the 2-spectator-per-participant limitation. Local schools will determine participants connected to athletic events (sideline cheer, dance, pompon, etc.) and in all cases, the maximum number of spectators must be within all MDHHS limitations. For participants who have parents/guardians in excess of two individuals, schools are encouraged to use common sense and flexibility in managing those situations.

Limitations on spectators are based on the MDHHS Emergency Order of Oct. 5. As of October 6, if an indoor event is in a fixed indoor seating venue (gymnasium or pool), 20% of seating capacity is allowed for up to 500 spectators (25% in Region 6). If your gymnasium seats 2,500 or more, you would be able to sell 500 spectator tickets. If your gymnasium seats less than 2,500, take 20% (or 25% in Region 6) of your maximum capacity to determine the number of allowed spectators. If an outdoor event is in a fixed outdoor seating facility (skiing), 30% of seating capacity is allowed for up to 1,000 spectators. If your facility seats 3,333 or more, you would be able to sell 1,000 spectator tickets. If your facility seats less than 3,333, take 30% of your maximum seating capacity to determine the number of allowed spectators. Note that if an outdoor event is NOT in a fixed outdoor seating venue, a site must maintain no more than 30 spectators per 1,000 square feet of the facility, up to a maximum of 1,000 spectators. Use every opportunity possible to announce and remind all involved to keep social distancing at all times. More updates on spectator policies will be forthcoming as MDHHS guidance changes and is updated. If local health department orders exist that are stricter than these updated MHSAA requirements, member schools and host venues are expected to follow those local orders.

**ENTRANCE/EXIT STRATEGIES:** Event organizers and venues must consider proper scheduling, seating areas, and crowd entry and exit to facilitate needed sanitizing and physical distancing protocols.

**PRE-WORKOUT AND PRE-GAME SCREENING:** All coaches and students should be screened daily for signs and symptoms of COVID-19 prior to participating, including with a temperature check. This check may take place onsite or be completed and verified prior to arrival onsite (at home, for example). Anyone with a temperature of greater than 100.3 degrees should not participate and be sent home. Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19. These records must be kept confidential. Any person displaying symptoms of COVID-19 should not be allowed to participate, should self-isolate and contact his or her primary care provider or other healthcare professional. Continue to remind and insist that coaches and students disclose symptoms so all schools can compete safely. Involve local health departments if positive cases of COVID are discovered. Vulnerable adult individuals should not coach, supervise or participate in any competitions or workouts. School districts will make the decision on vulnerable individuals.

**COVID GAME CANCELLATIONS:** Any game or contest cancelled because of COVID issues is not considered a forfeit. It is considered a no-play, provided the contest has not started. For officials' payment purposes, this is considered an act of God.

**TICKETS:** Schools should strongly consider using a digital ticket or cashless system. Schools must work together to develop a distribution plan for the limited amount of tickets available per game. If a physical ticket is used, each school should consider conducting a pre-sale, with no onsite ticket sales – only tickets, not money, is collected at the event site.

**TRANSPORTATION:** The use of buses is a local school district decision. Cleaning and ability to physically distance should be part of the decision. Schools should also consider length of trips when determining the season schedule. When feasible, consider having parents drive athletes to and from games.

**LOCKER ROOMS:** Home teams are not required to offer locker room access. Visiting teams should arrive dressed and ready to play. Locker room restrooms should be available, and a cleaning schedule should be created.

**INCLEMENT WEATHER:** Have an action plan ready for outdoor sports that go into a weather delay. Determine where teams should go in the case of lightning or thunder.

**FACILITY CLEANING:** Adequate cleaning schedules should be created and implemented for all athletic facilities. Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (bleachers, chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.). Individuals should wash their hands for a minimum of 20 seconds before participating in workouts. Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

**CONCESSIONS:** Concession stands are not allowed at indoor venues. Concession stands may be open with appropriate physical distancing for outdoor venues.

### **BEST PRACTICES FOR NON-ATHLETES – THIS IS NOT SPORT-SPECIFIC**

#### **Administrators/Host Management**

- Administrators must wear face coverings and practice physical distancing.
- Obtain officials' information in order to trace contacts if necessary. (This information may be accessible through Arbiter.)
- Provide clear instruction to teams in advance of contests about entrance and exit points of the facility.
- At larger spectator events, consider providing volunteers to monitor entrances and spectator seating areas who can promote physical distancing and face coverings.
- When possible, officials and teams should be provided separate bathrooms and/or gathering areas.
- Scorer's Table/Press Box – essential personnel should be 6 feet apart when possible.
- A cordless microphone could be used.
- Cleaning supplies should be available onsite with devices sanitized between uses.

#### **Coaches**

- Coaches must wear face coverings and practice physical distancing.
- Provide and review NFHS Playing Rule modifications with players and parents.

#### **Spectators**

- Spectators must wear face coverings and practice physical distancing.
- Entrance and exit protocols, and posted signs by host management must be obeyed.

#### **Media Personnel**

- Media must wear face coverings and practice physical distancing.
- Press box/table accommodations should allow for appropriate physical distancing.
- Promote to local media the need to call in advance of the event to secure accommodations.
- Designate locations where photographers may shoot from and enforce it. Make sure photographers are aware of restrictions when they arrive. Photographers must be kept out of team box and bench areas.
- Limit postgame interviews to open-air areas. No locker room access.
- Establish times when the venue will become available to the media and when it will close.



## Preparing for When Someone Gets Sick

### **Precautionary Measures (in addition to other protocols and precautions)**

- Anyone attending or participating in an MHSAA regular season or tournament event should check his/her temperature before arriving. Spectators, participants or personnel displaying COVID-19 symptoms (e.g., *fever, cough or shortness of breath*), or with temperatures of 100.3°F or greater, should stay home and consider coronavirus testing if symptoms persist.
- Prior to participation, the COVID-19 athlete/coach monitoring form should be used, which includes five questions plus a temperature check. **NOTE: Athletic directors should consider requiring similar precautions for game officials.**

### **Protocol for Suspected Cases of COVID-19**

- All schools should have an emergency action plan in place for each site. If a student, coach or official is or becomes sick on site with symptoms of COVID-19, they should be placed in a clearly identified and designated quarantine area with a mask in place until they can be picked up. Staff who are identified to care for students must wear a mask.
- A symptomatic student should be sent home with a parent or designated adult until they have tested negative or have been released from isolation according to the local health department's protocols.
- Students, coaches, and/or officials should be transported by their parent or guardian, emergency contact or ambulance (if clinically unstable) for off-site testing. If an ambulance is called, or someone is being brought to the hospital, there should be an attempt to call the hospital first to alert them that the person may have COVID-19. If a student, coach or official becomes sick, they must not use group transportation to return home.

### **Protocol for Positive Cases of COVID-19**

- The local health department should be contacted by the school for further direction. They likely will initiate contact tracing, following regular public health practices.
- All schools, public and private, must cooperate with the local public health department if a confirmed case of COVID-19 is identified, and collect the contact information for any close contacts (*i.e., someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period*) starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated. Close contacts should be quarantined for 14 days at home. Local health officials may identify other contacts who require quarantine.
- Administrators of the schools involved, as well as students/families/officials in attendance, should be notified of the presence of any laboratory positive or clinically diagnosed cases of COVID-19 so there continues to be awareness and close observation of any symptoms. **NOTE: Student communicable disease related information is protected health information. The individual with COVID-19 should not be identified by name to non-family or non-health department officials. Even if a family/student acknowledges and publicly discloses a positive test, school staff and officials must not participate in discussion or acknowledgement of a positive test by identifying a specific student.**
- Students, coaches or officials who were at the event, but not in close contact with a positive case, should continue to be closely monitored for any symptoms of COVID-19. At this time, these individuals are not required to receive testing unless they develop COVID-19 symptoms.
- Areas that were used by the sick person should be closed off and should not be used until after cleaning and disinfecting them (this includes surfaces or shared objects in the area). If possible, cleaning and disinfecting of the area should not occur until at least 24 hours has elapsed. If 24 hours is not feasible, as much time possible should be allowed to pass before cleaning or disinfection occurs.



**SPORT:** Wrestling  
**ASSISTANT DIRECTOR:** Dan Hutcheson

This information is provided to schools to help conduct a high school wrestling season. The intent of this information is to minimize and reduce risk as much as possible. As such, parents and athletes should discuss the risks and determine if these provisions allow participation for their child.

The situation with COVID-19 continues to change and these considerations may quickly become outdated. Continue to keep up with the latest from the CDC and your local health department. A coach within the program should be designated to be responsible for responding to COVID-19 concerns.

### Required:

- Face coverings are currently REQUIRED for indoor activities where physical distancing is not possible.  
***This is mandated by the Michigan Department of Health and Human Services, which has been granted that authority by the State Legislature: MCL 333.2253***
- “Face mask” or “face covering” means a tightly woven cloth or other multi-layer absorbent material that closely and completely covers an individual’s mouth and nose.
- The portions that cover the nose and mouth must be sufficient to stop the spread of respiratory droplets (no mesh or other materials that cannot meet this standard) and unaltered as produced by the manufacturer in the nose and or mouth area.
- School administrators (athletic directors or principals) should inspect and approve any masks worn for wrestling practice or competition.
- Face coverings are currently required for all spectators, coaches and event workers.
- All other requirements: uniform, head gear, mouth piece (for braces), etc., are still in effect.
- All other NFHS and MHSAA playing rules shall be enforced.
- Contestants are required to weigh-in in a legal uniform.
- The referee, or other authorized person (regardless of gender) is permitted to supervise weigh-ins.
- Skin checks may be performed by the referee prior to or after the weigh-in.
- Mats MUST be cleaned/sanitized prior to each dual competition as well as the conclusion of the event.
- No scrimmages (*other than within your own team*).

### Practice Guidelines/Protocols:

- Coaches should limit wrestlers’ workout partners. The same small, limited group is preferred.
- Coaches may assign workout partners, including utilizing pods of 4 wrestlers who only practice together to limit contact between wrestlers.
- Coaches should record who practiced with whom (on a daily basis) in an effort to help with contact tracing.
  - Coaches may assign workout partners and only permit these partners to work out together as another way to accomplish contact tracing.
- Coaches are encouraged to limit number of wrestlers within your room to maintain space.
  - Run split practices if necessary.
  - Look to implement activities that allow wrestlers to utilize open spaces when possible.
- Coaches should provide frequent breaks, where participants sanitize.
- Wrestlers should have a mask they use for practice, and a separate one they wear when not training or competing.

### Weight Management System:

- All wrestlers must have an alpha weigh-in, recorded and entered into TrackWrestling, prior to competing, and must follow the OPC (Optimal Performance Calculator) in regard to allowed weight class participation.
- All wrestlers and teams must complete the required Nutrition Training. Resources, tools and or videos are available on the MHSAA website.

### **Pre-Workout & Pre-Meet Screening:**

- All coaches and students should be screened daily for signs and symptoms of COVID-19 prior to participating, including a temperature check. This check may take place onsite or be completed and verified prior to arrival onsite (at home, for example). Anyone with a temperature greater than 100.3 degrees should not participate and be sent home. Responses to screening questions for each person should be recorded and stored for everyone present in case a student develops COVID-19. These records must be kept confidential.
- Any person displaying symptoms of COVID:
  - Should not be allowed to participate.
  - Should self-isolate and contact his or her primary care provider or other healthcare professional.
- Continue to remind and insist that coaches and students disclose symptoms so all schools can compete safely. Involve local health departments if positive cases of COVID are discovered. Vulnerable adults should not coach, supervise or participate in any competitions or workouts. School districts will make the decision on vulnerable individuals.
- Coaches should conduct and record temperature checks with infrared thermometers prior to practice and weigh-ins. Temperatures should be recorded on the weigh-in sheet, practice sheet or via software applications.
- A link to the MHSAA COVID Tracking Form is provided: [COVID MONITORING FORM](#)
- Schools may also develop their own online survey (Google Forms, or other software applications) used for contact tracing. Many schools currently are utilizing this system for daily attendance, with parents providing the information. This may be something you can develop through your school system. You may also consider developing a QR Code for wrestlers to access forms/applications without touching pens/paper.
- Below are typical questions to ask daily before participation:
  1. *That day's date*
  2. *Last Name*
  3. *First Name*
  4. *Weight Class*
  5. *Have you been diagnosed with COVID-19 in the past 14 days?*
  6. *Are you experiencing symptoms typically associated with COVID-19 such as: rash, diarrhea, fever, coughing, fatigue, headache, chills, loss of taste/smell or respiratory distress?*
  7. *Have you been in contact with anyone who has a suspected or confirmed diagnosis of COVID-19 in the past 14 days?*
  8. *Have you taken medicine for a fever or body aches within the past 24 hours?*
  9. *If you have answered "YES" or your temperature is 100.3 degrees or higher, you are not able to participate in today's activities. Please isolate and contact your primary care physician for direction.*
  10. *By submitting, I am certifying that all information supplied is accurate and true.*

### **Competition Guidelines: See attached tentative schedule for guidance.**

- One (1) Regular-Season competition per week (MON-SUN)
- Each week, one (1) regular-season competition may be in the form of a dual, tri or quad that could include three (3) other schools.
- During these events, **regardless of the day, 3** duals max allowed per team, **3** matches max allowed per wrestler at the event. *(3 duals may be difficult to accomplish on a normal school night...)*
- Max of **4** schools at a location. 2 mats if varsity only. 3 mats if event includes JVs from SAME schools. JVs may wrestle a max of 3 rounds.
- Subvarsity matches should be conducted as close as possible to a dual meet structure for better contact tracing.
  - Schools that wish to wrestle a Varsity "B" schedule may only do so if the Varsity "B" schools are the same that the Varsity "A" schools are competing against on the same day (most likely at a different location).
- In wrestling, JV and varsity teams of the same school are considered the same team.
- Subvarsity meets will mirror the varsity meets, meaning that the same teams are competing against each other at the same location (on a separate mat) or a different location (on 2 mats).
  - If a school chooses to not send its JV, the subvarsity event may still take place, even though the schools present are not the "same" as the varsity event.
- If an event is cancelled due to weather, the event may be held the following day if permitted by the host school.
- Schools may not exceed ONE (1) competition per week (MON-SUN) but **are encouraged to schedule events so that there are at least 48 hours between contests.**
- If officials' availability is an issue, schools may schedule an AM or PM competition on the weekend. Schools and/or individuals may not participate in an AM event, then later in a PM event on the same day.

- Suggested AM – PM Schedule:

**AM**

- **Rd #1:** 10:00AM-11:30AM  
*Break/Sanitize mats/wrestlers*
- **Rd #2:** 11:40AM-1:10PM  
*Break/Sanitize mats/wrestlers*
- **Rd #3:** 1:20PM-2:50PM

**PM**

- **Rd #1:** 4:10PM-5:40PM  
*Break/Sanitize mats/wrestlers*
- **Rd #2:** 5:50PM-7:20PM  
*Break/Sanitize mats/wrestlers*
- **Rd #3:** 7:30PM-9:00PM

- Weigh-In:

- For the regular season, teams will weigh-in at their OWN location no earlier than 4:00PM the day before, and no later than 2 hours prior to the event.
- Regular-season weigh-ins will follow the normal HOME weigh-in procedure with a school administrator or designee conducting the weigh-in.
- Coaches conduct and record temperature checks with infrared thermometers prior to weigh-ins. Temperatures should be recorded on the weigh-in sheet and/or other software/applications.
- Coaches should conduct pre-skin checks prior to weigh-in.
- Officials will still conduct inspections onsite.
- Coaches must also conduct temperature checks prior to departure for the event to assure competitors are fit and compliant for competition.
- Teams should change into gear prior to departing for the event so as not to require a locker room upon arrival.
- Competitors must only use their own personal equipment, including water bottles.
- Pre-dual coin flips will take place near the head table with the official and a single coach from each team.
- Red and green ankle bands may ONLY be used if they can be sanitized between each and every use.
  - If ankle bands are needed, a best practice would be to alternate use. Example: the first bout team “A” (103) wrestler wears a RED ankle band, team “B” (103) wrestler wears NO ankle band. At the conclusion of the match, the RED ankle band is sanitized and allowed to dry during the next match. In the next match, team “B” (112) wrestler will wear the GREEN ankle band. Continue this alternating system through the dual. Teams wear their same sanitized ankle band throughout the dual on alternating matches.
- No team/food tables at events. Wrestlers should bring their OWN personal quantities of food and fluids.
- Team benches must be 10 feet back from the edge of the mat.
- During dual/quad competition, coaches are not permitted at the corners of the mat and must coach from the bench.
- Teams should physical distance as much as possible, including when sitting on their team’s bench or while in their team area. Participants should avoid changing seats throughout the event.
- If teams change benches or areas during an event (most likely during a quad), these areas must be wiped down/sanitized before the next group’s use.
- At the conclusion of each match, participants should sanitize themselves and their gear as soon as possible.
  - Wrestlers should avoid using hand sanitizer on their face and body.
  - Soap and water skin wipes could be utilized, but should not be a substitute if a shower is possible.
- Handshakes are eliminated between coaches and wrestlers as well as wrestlers and officials.
- Post-match team handshake lines are eliminated.
  - Teams may choose to line up on their edge of the mat at the conclusion of the dual and appropriately salute the opposing team as a show of good sportsmanship.
- When Michigan individuals or teams compete out of state, health and safety regulations in Michigan travel with them. This includes wearing face coverings, team limitations at an event, etc.
  - NOTE: Out-of-state teams that wrestle in Michigan must also follow all of our health and safety requirements.

**Best Practices:**

- A face covering must be worn at all times, including competition; the following items as they pertain to face coverings are recommended:
  - Extra, unused face coverings should be on hand and readily available in the event a face covering becomes damaged or unusable while competing.
  - Wrestlers should have or use a different face covering for each match during a competition.
  - Wrestlers should have a separate, clean face covering they change into between and after matches.
  - These face coverings may be disposable or washable after use.
  - Wrestlers should have a separate mask they do not use for competition, that they wear between matches or while not competing.
- Schools may choose to delay the start of their season.
- Schools may choose to not compete on every allowed date.
- Schools may choose to reduce the number of teams at a competition.

- Schools/leagues may reduce the length of their season.
- Focus on dual competitions (one team vs another team).
- Coaches should work with their AD to schedule league competitions first, then fill in non-league events where open.
- No individually bracketed regular-season tournaments.
- No league/conference finals allowed that would exceed team limitations.
  - Leagues may choose to base their league standing and/or individual champions based on league duals throughout the season (head-to-head competitions).
  - If leagues choose this path, they may need to keep the last week open to schedule duals or quads within the league that would complete the league results.
- Schools may restrict “unattached” competitions where a student is allowed to compete in two (2) events while not representing their school. Or, if the student chooses to compete “unattached,” he or she may not participate in team activities (practice, competitions, etc.) for a minimum of 7 calendar days upon return and are symptom free.
- Schools and coaches should discourage weight cutting so as to keep participants feeling healthy without potentially compromising their immune system.
- If benches or seating are used by teams, participants should use the same seat throughout the event.
- Have disinfecting items (wipes, spray, hand sanitizer) on hand for use before, during or immediately after a match.
- Mats must be sanitized using proper disinfecting methods at the beginning of each dual as well as at the conclusion of the event.

#### **Officials:**

- Officials will not be required to stand between wrestlers in the neutral position. However, any false starts in the neutral position will be penalized with a caution (per rule). Officials must be vigilant in regard to calling false starts in an attempt to keep wrestlers safe from injury.
- Officials shall avoid contact with wrestlers unless required to do so in the event of a potentially dangerous position or illegal situation.
- Officials should keep a book/record showing what schools they have officiated and when. This will help with contact tracing.

#### **HYGIENE RESOURCES: [HYGIENE FORMS](#)**

#### **2020-21 Tentative Wrestling Schedule**

Regular-season events are designed to minimize and reduce risk. In wrestling, JV and varsity teams of the same school are considered the same team. Schools may choose to have their JVs at the same venue (wrestling on a separate mat) or may choose to have the same four (4) schools’ subvarsity programs participate at a separate location on two (2) mats.

Subvarsity matches should be conducted as close as possible to a dual meet structure for better contact tracing.

**All matches (including subvarsity) MUST be recorded in TrackWrestling as another tool for contact tracing.**

#### **Competition Summary:**

- One (1) Regular-Season competition per week (MON-SUN)
- Each week, one (1) regular-season competition may be in the form of a dual, tri or quad that could include three (3) other schools.
- During these events, **regardless of the day, 3** duals max allowed per team, **3** matches max allowed per wrestler at the event. *(3 duals may be difficult to accomplish on a normal school night...)*
- Max of **4** schools at a location. 2 mats if varsity only. 3 mats if event includes JVs from SAME schools. JVs may wrestle a max of 3 rounds.
- Subvarsity matches should be conducted as close as possible to a dual meet structure for better contact tracing.
  - Schools that wish to wrestle a Varsity “B” schedule may only do so if the Varsity “B” schools are the same that the Varsity “A” schools are competing against on the same day (most likely at a different location).
- In wrestling, JV and varsity teams of the same school are considered the same team.
- Subvarsity meets will mirror the varsity meets, meaning that the same teams are competing against each other at the same location (on a separate mat) or a different location (on 2 mats).
  - If a school chooses to not send its JV, the subvarsity event may still take place, even though the schools present are not the “same” as the varsity event.
- If an event is cancelled due to weather, the event may be held the following day if permitted by the host school.
- Schools may not exceed ONE (1) competition per week (MON-SUN) but **are encouraged to schedule events so that there are at least 48 hours between contests.**
- If officials’ availability is an issue, schools may schedule an AM or PM competition on the weekend. Schools and/or individuals may not participate in an AM event, then later in a PM event on the same day.

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## SCHEDULE

MON: 11-16 FIRST PRACTICE

WED: 12-9 First allowed date of competition One (1) Regular-Season competition per week (MON-SUN)

### TENTATIVE TOURNAMENT DATES

**(will be finalized by Representative Council by Dec. 11):**

Team Tournament Feb. 2/3 (District), Feb. 10 (Regional), Feb. 17 (QF & Semis) and Feb. 24 (Finals)

Individual Tournament Feb. 6 & 13 (District), Feb. 20 (Regional), Feb. 27 (Finals-Week 1) and March 6 (Finals-Week 2)

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## Wrestling: Face Coverings

11-10-20

This information is provided in regard to face coverings while competing in wrestling. The intent of this information is to minimize and reduce risk as much as possible. As such, parents and athletes should discuss the risks and determine if these provisions allow participation for their child.

The situation with COVID-19 continues to change and these considerations may quickly become outdated. Continue to keep up with the latest from the CDC and your local health department. A coach within the program should be designated to be responsible for responding to COVID-19 concerns.

### **Required:**

- Face coverings are currently REQUIRED for indoor activities where physical distancing is not possible. ***This is mandated by the Michigan Department of Health and Human Services, which has been granted that authority by the State Legislature: MCL 333.2253.***
- “Face mask” or “face covering” means a tightly woven cloth or other multi-layer absorbent material that closely and completely covers an individual’s mouth and nose.
- The portions that cover the nose and mouth must be sufficient to stop the spread of respiratory droplets (no mesh or other materials that cannot meet this standard) and unaltered as produced by the manufacturer in the nose and or mouth area.
- School administrators (athletic directors or principals) should inspect and approve any masks worn for wrestling practice or competition.
- Extra, unused face coverings should be on hand and readily available in the event a face covering becomes damaged or unusable while competing.
- Face coverings are currently required for all spectators, coaches and event workers.

### **Best Practices:**

- As face covering must be worn at all times including competition, the following items are recommended:
  - Wrestlers should have or use a different face covering for each match during a competition.
  - Wrestlers may choose to change into fresh or clean face coverings periodically throughout practice.
  - Wrestlers should have a separate, clean face covering they change into between and after matches.
  - These face coverings may be disposable or washable after use.
  - Wrestlers should have a separate mask(s) they do not use for competition or practice, that they wear while not competing.

## What Face Coverings May Be Worn:

- “Face mask” or “face covering” means a tightly woven cloth or other multi-layer absorbent material that closely and completely covers an individual’s mouth and nose.
- The portions that cover the nose and mouth must be sufficient to stop the spread of respiratory droplets (no mesh or other materials that cannot meet this standard) and unaltered as produced by the manufacturer in the nose and or mouth area.
- School administrators (athletic directors or principals) should inspect and approve any masks worn for wrestling practice or competition.
- Traditional wrestling Face Guard (*for broken nose, etc. . .*)
- Allowed, but a cloth or approved medical grade fabric/material face covering which covers the nose and mouth must be worn under the wrestling Face Guard.
- “Lucha” style wrestling masks
  - NOT allowed as they may be difficult to remove in the event of an emergency.
- Bandanas
  - NOT allowed.

## Face Covering Match FAQs:

### Q. How do matches start?

A. Matches are started with face coverings made of cloth or approved medical grade fabric/material that cover each wrestler’s nose and mouth. Officials are also required to wear a face covering.

### Q. What if a wrestler’s face covering falls below the nose and mouth while wrestling?

A. If a mask comes down while wrestling, it should be treated the same as if a head gear comes off during a match. The official will verbally inform the wrestler in question to adjust the face covering appropriately. The official will stop action for the adjustment as soon as action allows or either wrestler is placed in a dangerous situation.

### Q. What if a wrestler’s mask comes down while a scoring situation is occurring, or during a pinning situation?

A. The scoring situation will continue, similar to if a head gear comes off or unsecured. The correction should be made at the conclusion of the scoring situation.

### Q. What if a wrestler purposely pulls down his/her own face mask to avoid a scoring or pinning situation?

A. The scoring situation will continue, and the offending wrestler shall be penalized for unsportsmanlike conduct.

### Q. What if a wrestler purposely pulls down or alters his/her opponent’s face covering?

A. The official will stop the match, allow the offended wrestler the opportunity to correct the altered face covering, and the offending wrestler shall be penalized for unsportsmanlike conduct.

### Q. What if a wrestler’s face covering breaks or becomes unusable during a match?

A. If a face covering is broken or becomes unusable during a match, it should be treated the same as if a legal head gear or a legal shoe becomes damaged during a match. The official shall stop the match, when action allows, for a replacement face covering to be changed. This may not be the face covering of another wrestler. Coaches are encouraged to have a quantity of clean, unused face coverings on hand in case of face covering damage.

## MORE FAQ’S:

Q. I am wrestling out of state. Can I choose to not wear a face covering while competing?

A. **NO**

Q. An out-of-state team is wrestling in Michigan. Can they choose to not wear face coverings while competing?

A. **NO**

Q. Could a tournament host/tournament management choose to not require the use of face coverings while competing at their event?

A. **NO**

Q. Could an official choose to not require the use of face coverings while competing?

A. **NO**

Q. Could coaches mutually agreed to not require the use of face coverings while competing?

A. **NO**

Q. If wrestlers from the same team compete against each other, can they choose to not wear face coverings?

A. **NO**

20-21 HS WRESTLING

## **Officials Considerations for COVID-19 Wrestling Guidelines**

Included below are considerations for contest officials within the guidelines for returning to school sports. They have been developed in consultation with health professionals, government officials, the National Federation and officials from around the state of Michigan. They include general expectations for schools in relation to officials, provisions specific to officials in the sport, rules and mechanics modifications and protocols for when a suspected or confirmed case of COVID-19 is identified.

Officials are not responsible for monitoring activities on the sidelines, such as physical distancing, hand washing, symptoms of illnesses and other such issues. This monitoring remains the responsibility of the coaching staff and school personnel.

### **General Expectations for Schools**

- School athletic directors and officials should communicate with one another well in advance of the contest so that there is a clear understanding as to what is expected from each. Failure to discuss the details may create greater conflicts at the date/time of the contest.
- Officials should be provided a designated parking area apart from the general public.
- An adult host should meet the officials at a single, designated location and time for arrival. They should be escorted all together to a *private open and/or ventilated locker room or meeting area* before the start of the contest, to and from the contest during any intermissions and to the parking areas following the conclusion of the contest.
- Officials should be provided cold beverages either (1) in a sealed, disposable bottle or (2) in a newly washed, reusable bottle. Each shall be designated for a single official and should be marked to indicate to which official the beverage is assigned.
- If offered, snacks or meals provided to officials should be individually packaged separately for each official.
- It is recommended that officials' fees are paid using an electronic payment method.

### **Protocols for Suspected and Confirmed Cases of COVID-19**

#### **Suspected Cases at Contest**

- If an official becomes symptomatic at a contest, he or she should be moved to a designated quarantine area with a mask in place until they are transported from the facility. If the symptoms are severe, the official should be picked up by an emergency contact or by ambulance (if clinically unstable) for off-site testing. If an ambulance is called, or someone is being transported to the hospital, there should be an attempt to call the hospital first to alert them that the person may have COVID-19.

#### **Confirmed Cases**

- If an official has a laboratory positive or clinically diagnosed case of COVID-19, he or she should immediately contact the local health department for further instructions, and inform the athletic director(s) of any host school he or she visited within the previous two days before displaying COVID-19 symptoms.
- Officials must inform any host school for which they are scheduled to officiate for (at least) 14 days following confirmation that they are unable to work those contests. They will remain ineligible to officiate any MHSAA contests until they are medically cleared by their personal healthcare provider.

- All officials considered close contacts (*i.e.*, someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period) will be informed when a positive case of COVID-19 is identified from a contest they officiated within two days of when the infected individual first displayed symptoms. If identified as a close contact, an official should quarantine and must return assignments scheduled for the next 14 days.
- If an official was at the event, but not in close contact with a positive case, he or she should continue to be closely monitored for any symptoms of COVID-19. At this time, these individuals are not required to receive testing unless they develop COVID-19 symptoms.

### **Cancellations/Failure-to-Fulfills**

- Games that are cancelled because of COVID-19 are considered cancelled as a result of an act of God and are not subject to a 10-day minimum advanced notice by the school.
- Officials are not subject to a failure-to-fulfill penalty if they break a contract for an assignment when (1) they have been diagnosed with, or display symptoms of, COVID-19 or (2) if a confirmed case of COVID-19 has been identified with a team or facility which/where he or she is scheduled to officiate.

### **Officials' Sport-Specific Provisions**

It is incumbent of MHSAA officials to take necessary precautions to ensure a safe working/playing environment. This is especially important for those considered “vulnerable individuals” – people 65 years and older and others with serious underlying health conditions. Individual circumstances, proximity to others while officiating and overall risk level will determine for many the extent of precautions taken.

Provisions are listed in categories described below. As independent contractors, MHSAA officials have the ability to choose or decline assignments as they see fit. Likewise, because officials are hired by the schools, districts and their administrators may require additional precautions be taken by officials that work their contests beyond those mandated in this document. Officials should check with the schools as to any additional precautions or requirements before accepting an assignment and/or arriving to contest.

### **Provision Categories**

- Permitted** – Precautions and safety measures which officials are allowed to take during MHSAA contests. This list is not exhaustive and officials should contact the host school for guidance if they wish to take further precautions not listed in this document.
- Suggested** – Best practices for MHSAA officials based on the recommendations of health professionals. Not required, but should be followed if possible.
- Mandated** – Required practice in order to officiate MHSAA contests. If an official is unwilling or unable to follow these requirements, he or she is not permitted to officiate the contest.

**NOTE:** “Physical distancing” refers to a separation of individuals of at least six feet, except for momentary interactions.

### **Permitted Provisions:**

- Officials may use electronic whistles.



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- Officials may wear gloves – including medical latex gloves, work gloves or gloves designed specifically for officiating.
- Officials may wear plastic face shields which connect to a hat, wrap around the forehead or that hang around the neck.

**Suggested Provisions:**

- Each official should check his/her temperature on game days. Officials displaying COVID-19 symptoms (*e.g., fever, cough or shortness of breath*), or with temperatures of 100.3F or greater, should stay home and consider coronavirus testing if symptoms persist.
- Officials should consider bringing their own marked beverage(s).
- Upon arrival at the site/facility and throughout the contest, officials should wash and sanitize their hands frequently.
- Officials should not share uniforms, towels apparel or equipment.
- Officials should sanitize their hands after conducting skin checks or inspecting wrestlers' or team equipment.

**Mandated Provisions:**

- Officials will arrange to arrive to the site/facility at a single location and time. Unless unavoidable, officials will enter the facility as a group, maintaining proper physical distancing.
- Officials' pre-match meetings shall be conducted while practicing proper physical distancing.
- Face coverings which cover the mouth and nose are required to be worn by officials at all times as required by the MDHHS directive (formerly in Executive Order 153), unless an exception found in the order applies to the individual.
- Officials shall not engage in pregame/postgame handshakes or fist bumps with wrestlers, coaches or administrators.
- Officials shall not physically contact players during the contest, including players that appear to be injured or ill. This includes raising the arm of the winning wrestler.
- Officials will maintain physical distancing with each other unless conferencing about a call or ruling. In those cases, the officials should avoid speaking face-to-face.
- The pre-meet meeting and instructions with coaches will be conducted in an open area (not inside a locker room) and must include proper social distancing for all involved. The captains meeting will be eliminated and the coin toss will be conducted with the coaches prior to the start of the competition.



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## Rules Modifications (Wrestling)

### • FACE COVERING PROTOCOLS

- When a wrestler's face covering incidentally falls below the mouth and nose while wrestling, it will be treated the same as head gear coming off during a match. The officials will verbally inform the wrestler in question to adjust the face covering so that it fits properly. The official will stop action for the adjustment as soon as action allows or either wrestler is placed in a dangerous position.
- If this occurs during a scoring situation or potential pin, action will continue until the conclusion of the scoring situation.
- If a wrestler purposely removes his/her own face covering during a scoring situation, action will continue until the conclusion of the scoring situation, at which point the offending wrestler will be instructed to adjust the face covering so that it fits properly. The offending wrestler will then be assessed an unsportsmanlike conduct.
- If a wrestler purposely removes his/her opponent's face covering **during a scoring situation for the opponent**, action will continue until the conclusion of the scoring situation. The opponent will then be permitted to adjust the face covering so that it fits properly, and the offending wrestler will then be assessed an unsportsmanlike conduct.
  - If a wrestler intentionally removes his/her opponent's face covering in any other situation, the official will stop the match immediately, the face covering will be adjusted to fit properly and the offending wrestler will then be assessed an unsportsmanlike conduct.

