



2020 ESCRA Sports – Fall Sports Policy

COVID-19 SAFETY Requirements:

- SIGNAGE: “THIS FIELD PRACTICES SOCIAL DISTANCING” and “CHECK-IN” will be used.
- FACE COVERINGS: Mandatory for everyone
- SOCIAL DISTANCING: ONLY Immediate Family Units may sit together
- NO BLEACHERS/BENCHES: Families must bring their own chairs for seating
- PLAYER/FAMILY CHECK-IN: (ALL Practices & Games) answer the 5-Question Survey:
 - **Stay home if you (player, parent, coach) answer “YES” to any question.**
 - Have you been in close contact with a confirmed case of COVID-19?
 - Are you experiencing a cough, shortness of breath, or sore throat?
 - Have you had a fever, greater than 100.4°, in the last 48 hours?
 - Have you had new loss of taste or smell?
 - Have you had vomiting or diarrhea in the last 24-hours?
- TEMPERATURE CHECKS: (Thermal Scanners used on all ESCRA fields)
 - HOPE STAFF: responsible for Admin, Officials and Coach temps
 - COACHES: responsible for player temps, sportsmanship & social distancing
 - ROSTERS: for all practices/games to check in players and monitor temperatures
- PLAYERS: must sit in chairs with their family unit
- TEAM FAMILIES: Must sit family units, AND be socially distanced (6) feet from others
- FANS: Immediate family ONLY may attend practice and games, and MUST wear masks
- PLAYERS: Neck Gaiter Style masks are recommended for players/Coaches/Officials that can be pulled up or down, and easy to breathe (parents may choose masks for safety)
- WATER/SNACKS: PLAYERS MUST BRING THEIR OWN FROM HOME
- NO HANDSHAKES, NO TUNNELS, NO PHYSICAL CONTACT BETWEEN PLAYERS.
- RESTROOMS: will be sanitized (Lysol spray or equivalent)
- HAND SANITIZER: will be available, but is recommended to be supplied by parents.



Coach Responsibilities

- Ensure the safety and health of all players on your team
- Player Check-in and monitor player temps at all team activities (practices and games)
- Continually check on players and send players home if they look or act ill
- Coaches are the only person who can touch equipment, totally responsible for cleaning
- Coaches must wear masks and enforce social distancing per CDC guidelines

Player Responsibilities

- Do not touch or share another's snack, water, equipment or bag
- Practice social distancing during all team activities
- No contact with any other player, teammate, or opponent
- No group celebrations, High 5's, handshakes, or hugs

Parent Responsibilities

- Ensure your child is healthy and able to participate prior to arrival
- Limited or NO Carpooling
- Adhere to social distancing, family units MUST be seated at least 6 feet apart
- Wash practice/game clothing and sanitize equipment immediately after each use
- Provide your player with sanitizer to use during all team activities

Reporting

- If a player/coach is exposed directly to someone with COVID-19, the individual is not allowed at team activities (practices/games) for 14-days
- If a player/coach exhibits a symptom (high fever or sore throat but NOT Covid-19), the individual must be symptom free for 10-days before returning to team activities
- A doctor's note will be required for the individual to return
- Confidentiality will be used by the Hope Sports & Rec Staff for all reporting



2020 "ULTIMATE" FOOTBALL: Modified Rules

- PASS-ONLY League for 2020, PLAYERS CANNOT RUN to advance the ball
- PLAYERS: Mouthpiece is NOT mandatory....
- HUDDLE: during play and huddles, players must pull up face coverings
- Field Dimensions: 60-yards long x 30-yards wide...40-yards goal line to goal line.
- FIELD MARKINGS : 1) 2.5-Yard Mark, 2) 5-Yard Dashes, 3) 10-Yard Line, 4) 15-YARD Dashes, 5) 20-Yard Midfield Line, 6) 10-Yard End Zones.
- 5-DOWNS: to reach line to gain (both to Midfield & then for TD)
- PAT KICKS: following a Touchdown (1-point from 5-Yard Line, 2-point from 10-Yard Line)
- FIELD GOAL ATTEMPT (5th Down, can attempt try from wherever the ball is spotted)
- PYLONS 20' APART, Ball must cross over line in the air to convert PAT.
- CATCH/INTERCEPTION: Ball is dead at the spot of catch
- 4 v 4 FORMAT: QB +4 Offense Receivers / 4 Defense Backs
- U8 QB is Coach, U10-3 player passes/2 by Coach if needed, U13 player QB's only.
- NO CENTER OR SNAPS - QB Holds football and starts the play with cadence....
- CANNOT change QB's during a play.
- TIME: 7-second pass clock or receive penalty
- PENALTIES: OFFENSE - 5-yards, loss of down—DEFENSE Penalty: 5-yards, auto 1st down
- NO downfield blocking or brush-off screens
- DEFENSE: CANNOT rushing the Passer
- Defense must be back 2-yards from Line-Of-Scrimmage or an opposing player.
- Footballs: Teams MUST have 3 balls on the bench, rotate with possessions, and sanitize following possessions. (U8/TDK, U10/TDJ, U13/TDY)
- **ADDED ELEMENT: U8 TEAMS WILL ATTEMPT A TRY @ HALFTIME (1-point) PAT Try @ Halftime (equal number of opportunities per team)**



2020-21 Basketball: PROPOSED RULES

- NO PHYSICAL CONTACT ALLOWED BETWEEN PLAYERS
- MASKS: Mandatory for Players, Coaches, and Officials.
- FORMAT: (All Divisions) 6 v 6 - 3 players on Defense and 3 players on Offense.
- FOUR QUARTERS: (8-minutes for U5-U10), (9-minutes for U12-U14), an (10-minutes for U16-U18)
- PLAYERS CANNOT cross mid-court & must stay in designated Offense/Defense Zone until timeout or substitution.
- DEFENSE: Can play defense, but MUST allow the offense the freedom of movement
- TRANSITION: For Possession changes, the defensive team with ball may advance ball to mid-court without pressure to complete ZONE change.
- DEFENSE: NO PRESSING
- DEFENSE ZONE: 3-POINT ARC
- OFFICIALS: SANATIZE and ROTATE basketballs between quarters.
- FOULS: 6-player, 7-fouls for bonus, & 10 fouls for double bonus and retain possession.
- **ADDED ELEMENT: each player (all divisions) will attempt a Free Throw at Half-time for 1-point (equal number of attempts per team)**