



## 2021 MIAA Football Modifications

# Thank you

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- MIAA Football Committee
- MIAA Sports Medicine Committee
- MIAA COVID-19 Task Force and Board of Directors

# Background and Data

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- **\*\*Average high school play lasts 5.6 seconds (+/- 2.0 seconds)**
- **Estimated 50-60 plays per high school game converts to roughly 8-10 minutes of actual gameplay/contact.**

# Background and Data

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- Some modifications were pulled from NFHS, as well as from other states
- Categories that were analyzed:
  - Competitive/Game Management
  - Game Officials
  - Practice
  - Additional Considerations

# Competition/Game Management

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- Facial coverings worn at all times
- Tube style “gaiters” are not permitted. Balaclava style face coverings that are multi-layered and are extended over the full head are permitted.
- “Splash guards” are acceptable in addition to face masks
- No pregame/postgame handshakes

# Competition/Game Management

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- In order to limit the total number of people in proximity to the field of play, game day personnel with an assigned responsibility are the only people permitted on the sidelines.

# Competition/Game Management

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- Teams rosters: on the field cannot exceed 45 players and a maximum of 6 coaches.
- Teams are required to delineate with a physical marker (cone, spray paint etc.) the social distancing requirements (6 ft) for their players and coaches while on the sideline area.
- Reduce players on the sideline. Dressed players should be those with a potential opportunity or need to play.

# Competition/Game Management

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- Not permitted: Injured players with no ability to play or extra “JV” players
- Recommended to not put players in uniform for the sole benefit of dressing
- It is recommended that swing players should be limited when possible.
- Team Box: The Team Box is expanded to the 10 Yard Lines.



# Competition/Game Management

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- According to EEA guidelines, no more than 25 players or participants can be on one half of the playing field at any one time. Teams that have more than 25 players can still allow additional players to wait on the sidelines or bleachers to substitute for players on the field. To ensure group separation, opposing teams must be spaced at least 14 feet apart while sharing the field.

# Competition/Game Management

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- Each team is responsible for their own:
  - Sanitizer
  - Face coverings
  - Towels, water, ice, med kit, footballs
- Coin Toss (1 player each team, 2 officials)
- Huddles – same direction, work to reduce, hand signals, limit close contact

# Competition/Game Management

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- Mandatory water breaks at the halfway point of each quarter
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized; Must use “designated” refill person.
- Team Time-outs are extended to 2 minutes.
- The intermission between periods (first/second and third/fourth) as well as the time period following a try, extended to a maximum of two minutes.

# Competition/Game Management

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- 6' social distancing for all game officials, the coaches' area minimum of 2-yard belt between the front of team box and the sideline becomes a restricted area when the ball is live.
- No player, non-player, or coach shall be in the restricted area when the ball is live.
- First offense warning, second 5-yard penalty and subsequent violations result in a 15-yard penalty.

# Officials

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- Officials shall use alternative whistles such as electronic whistles; air horns are permissible.
- When possible, schools should provide a designated area for officials to prepare and use restroom facilities before the game, break during halftime and at the end of the game.

# Practice

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- No football team activities may take place indoors.
- Team planning should consider innovative coaching methods, with zoom meetings and film sessions in lieu of group/in-person meetings.
- From EEA guidelines, “For the avoidance of doubt, football and rugby must only engage in the permissible activities outdoors.”

# Practice

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- Coaches must maintain social distancing when addressing the team (avoiding close huddles, etc.)
- Athletes must bring their own water, masks, personal sanitizing materials (no sharing between athletes)
- Avoid group contact among teammates (high fives, group huddles, etc.)

# Practice

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- Full contact drills up to 30 minutes per week (45 minutes during a week without a scheduled game). Intent: limit full contact of each student to 30 minutes during a week of practice (45 minutes during a week without a scheduled game). During this time, full contact is allowed in no more than 2 practices per week, no more than 15 minutes per day, and consideration should also be given to limiting full contact on consecutive days
- According to EEA guidelines, no more than 25 players or participants can be on one half of the playing field at any one time.



# Additional School Considerations

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- Predetermine area for shelter in case of inclement weather
  - Recommend a space for players/coaches/officials where social distancing can still take place
- Assign a ball sanitizing person(s) for each team when possible
- Establish seat markings in the bleachers for spectators to maintain social distancing
- Maintain a record of all individuals present at team activities
- Home team is responsible for sanitizing and prepping all facilities and equipment