



## Indoor Sports COVID-19 Guidelines

### Guidelines and Modifications

Category	Guidelines and Modifications
General	<ul style="list-style-type: none"> <li>• All requirements to be shared with players and officials prior to first game.</li> <li>• Players must certify having read and understood guidelines and rules prior to first game through the registration process.</li> <li>• Officials and players are required to adhere to the guidelines of the facility in which they are playing.</li> </ul>
Expectations:	<ul style="list-style-type: none"> <li>• All officials and players must adhere to six-foot social distancing before and after games. Players are expected to respect other people’s personal space to the best of their ability during game play, warm-ups, while receiving instruction from officials, at games stoppages, etc.</li> <li>• All officials and players must conduct daily symptom assessment. Anyone experiencing symptoms or has come into contact with someone who has tested positive for COVID-19 in the last 10 days must stay home. *</li> <li>• If anyone develops symptoms while at a game, the person must immediately isolate and/or seek medical care.</li> <li>• All officials and players should follow all facility requirements for masks</li> <li>• Players must be registered on the active team roster on League Lab.</li> <li>• Players must show ID upon arrival to their game in week 1 and in playoffs. Any player not on the roster will not be allowed to play.               <ul style="list-style-type: none"> <li>• Acceptable forms of ID can be anything with your name that proves you match the name on the roster.</li> </ul> </li> </ul>
Recommendations:	<ul style="list-style-type: none"> <li>• Officials and players are encouraged to sanitize upon arrival to the facility, when leaving the facility, and as needed during game play.</li> <li>• Everyone should bring and use their own water and water bottle.</li> <li>• Whenever possible, equipment and personal items should have proper separation and should not be shared amongst team players and other teams. If equipment must be shared, proper sanitation should be used.</li> <li>• Players should adhere to the “No Touch Rule” by refraining from high fives, handshake lines, and other physical contact with teammates, opposing players, and officials. A “tip of the cap” can be used following the game in lieu of handshakes.</li> <li>• Players and officials are encouraged to travel to the games alone or with a member(s) of their immediate family / household.</li> <li>• Players should be mindful of the spaces needed for the teams whose games are in progress and leave space for arriving teams to safely prepare for their games.</li> </ul>

*\*Per the CDC, symptoms include cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, and new loss of taste or smell.*