

# Northeast Ohio Flag Football

## Return to Play Guidelines

UPDATED: 7.29.20

(Mandates subject to change to follow State and Local Guidelines)

Northeast Ohio Flag Football return to play guidelines have been developed by using many sources in coming up with our recommendations, including but not limited to local high school athletic association guidelines, [the Aspen Institute](#), [the Play Sports Coalition](#), [the Centers for Disease Control and Prevention](#), and [NFL FLAG](#) recommendations

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### LEAGUE REQUIREMENTS for Practices and Games:

#### MANDATES FOR ATHLETES

- [Must sign off on a COVID waiver.](#)
  - Must conduct daily symptom assessments (self-evaluation) on their participant(s). Anyone that is experiencing symptoms, a temperature of 100.3 or above, or has come into contact with someone who is sick **must stay home**.
  - Wash your hands with soap and water. Use hand sanitizer at league provided hand sanitizer station when entering and exiting the field and bring personal use hand sanitizer when on the field.
  - Bring a **personal water bottle** which **MUST** be labeled with the player's name.
  - Must not share water bottles
  - Must adhere to 6-foot social distancing while on the sidelines at all times.
  - Players are highly encouraged to not touch their mouth guard once it has been placed in their mouth and to sanitize their hands after it has been touched.
  - No touch rule – players should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, officials, and fans. A “round of applause” can be used following the game in lieu of the handshake line.
- Update: wear face covering to field before practice and game (player does not need it on during competition/warmup)
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#### MANDATES FOR SPECTATORS

- Must conduct daily symptom assessments (self-evaluation). Anyone that is experiencing symptoms, a temperature of 100.3 or above, or has come into contact with someone who is sick must stay home.
- Must not enter player areas during including both practices and games.
- Must adhere to 6-foot social distancing practices. This includes in and around bleachers for anyone not in the same family. **Please have only immediate family members at all games.** This will limit the number of spectators in attendance at the games.
- Must keep 15-feet or more distance from the sideline in locations without bleachers.
- Face coverings please follow state or local mandates
- Avoid post play socializing and leave the field as soon as reasonably possible.

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## Return to Play Guidelines

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### MANDATES FOR COACHES

- Must adhere to 6-foot social distancing practices.
  - Strongly Recommended for all coaches to wear facing coverings at all times (follow local guidelines).
  - Must conduct daily symptom assessments (self-evaluation). Anyone that is experiencing symptoms, a temperature of 100.3 or above, or has come into contact with someone who is sick must stay home.
  - Wash your hands with soap and water. Use hand sanitizer at league provided hand sanitizer station when entering and exiting the field.
  - There will be no coin toss. The home team will begin with ball possession and the away team will begin with ball possession after halftime.
  - No touch rule – coaches should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, officials, and fans. A “round of applause” can be used following the game in lieu of the handshake line.
  - Coaches must call the referee to their sideline with all questions and remain 6ft away.
  - Ensure that players are following COVID-19 -related prevention measures included.
  - Teams must be on opposite sides of the field and separated by 6 feet..
  - All teams must use their own balls and keep them clean in between possessions (wiping them down with a Clorox/disinfecting wipe).
  - No team snacks/drinks
  - No after game team huddle
  - Avoid post play socializing.
  - Leave the field as soon as reasonably possible
- Update: Players in Huddles should maintain at least 3 feet distance from teammates and coaches.
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### MANDATES FOR OFFICIALS

- Must conduct daily symptom assessments (self-evaluation). Anyone that is experiencing symptoms, a temperature of 100.3 or above, or has come into contact with someone who is sick must stay home.
  - Wash your hands with soap and water. Use hand sanitizer at league provided hand sanitizer station when entering and exiting the field and bring personal use hand sanitizer when on the field.
  - Must adhere to 6-foot social distancing practices when interacting with players, coaches, and spectators off the field of play.
  - Recommended to wear facing coverings at all times (follow local guidelines).
  - Only officials are to touch the pucks.
  - Must avoid exchanging documents or equipment with players, coaches, or spectators.
  - There will be no coin toss. The home team will begin with ball possession and the away team will begin with ball possession after halftime
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### MANDATES FOR STAFF

- Must conduct daily symptom assessments (self-evaluation). Anyone that is experiencing symptoms, a temperature of 100.3 or above, or has come into contact with someone who is sick must stay home.
- Wash your hands with soap and water. Use hand sanitizer at league provided hand sanitizer.
- Must adhere to 6-foot social distancing practices when interacting with players, coaches, and spectators off the field of play.
- Recommended to wear facing coverings at all times (follow local guidelines).