



Fort Calhoun Pioneer Athletics

Basketball & Wrestling

Fans in the Stands Policy (All Winter Sports)

- Gymnasium
 - **Competition Gym**
 - **Household Members Only**
 - Home- South Bleachers
 - Away- North Bleachers
 - **Aux Gym**
 - **Parents Only**
 - Capacity is 50- Fort Calhoun does not have the capacity for “household members.”
 - Home spectators sit behind home bench
 - Away spectators sit behind away bench
 - Bleachers split down the middle

Basketball Entry for Home Games

- **High School**
 - **Spectators-**
 - Household members of participating athletes may come to the game of their son/daughter and stay for the remaining games.
 - Household members should sit in family pods
- **Junior High**
 - **Aux Gym- Parent Only Expectations**
 - Only attend the game that your son or daughter is participating in.
 - C Team Players and Parents- Please empty the gym at the completion of the C Team game
 - B Team Players and Parents- Please empty the gym at the completely of the B Team game
 - A Team Players and Parents- Please do not attend the C and B Team games. Please wait until the end of the B Team game to enter the gym.
 - **New Gym- Household Member Expectations**
 - Household members are welcome to stay for A, B, and C games to support the other players on different teams.



Wrestling Tournament and Dual Entry at Home

- **Duals and Tri's**
 - Household Members Only
- **Tournaments and Quads**
 - Parents Only

Managers

- Limit 2 per game
- Managers may have household family members at the games or parents only depending on the location of the game.

Teams in the Stands

- Teams need to sit together in the bleachers in the labeled designated area. Location will be a section of bleachers directly behind the bench. Teammates should stay with team for the entirety of the trip. Masks are required while not in competition. 6 feet of separation at all times.

Concessions:

- Concession will not be provided at this time.

Safety Procedures

- Sanitize all equipment used after practice and games.
 - Basketball should not be sanitized more than once a week.
- Hand sanitizer before and after practice or activities.
- Foggers/Sprayers should be used to sanitize equipment and practice/playing area that applies.
- Temperature Checks
 - If a student has been at school, no temperature check needs to be taken before practice.
 - If it's not a school day and temperatures have not been taken, coaches are responsible for temperature checks for all participating members.
- Team Meals- No team meals on school premises.
- Social Distance as much as possible during practice, pre and post game.
- Team Meetings/Film- Mandatory Masks/Socially distance as much as possible. Teams may need to break into multiple groups with different coaches to socially distance.

Masks

- Masks are required at all times until players are in Full Competition Mode
 - Full Competition Mode-
 - Scrimmage, games, live wrestling, and high level conditioning
 - High-level Conditioning- Athletes may take mask down during the running session. Once complete, masks need to be put back on as they recover.



- Clarification- During most conditioning sessions, athletes recover next to one another while breathing heavily. If athletes can be properly distanced, masks can stay down during the recovery process. If athletes can not distance, masks need to be worn during the recovery process.
- Masks Required During
 - Light conditioning, drill work, chalk talk, breaks, time outs, pre and post practice/game speeches, and any other time players are not in Full Competition Mode.
 - **This is NOT a suggestion. This is required.**
 - **Masks should not be worn on an athletes chin during times masks are required. It is the coach's responsibility to monitor.**
 - Masks during games/matches
 - Bench athletes are required to wear a mask.
 - The only athletes that can take off their masks include the 5 players on the court or wrestler on the mat who are competing.
 - Coaches- Mask are required at all times.

Locker Rooms- Traveling

- If possible, have uniforms on and be ready to compete without using a locker room. Some schools may not offer locker rooms to visiting teams.
- This will be discussed by AD's before the competition.
- Try to prepare for competition without having to use a locker room. If you need a locker room, be prepared to stagger by grade or competition level so we can social distance.

Locker Rooms- Showering

- Morning Practices-
 - Due to Covid 19, it is a necessity that our athletes shower after morning competition/practices. Showering and sanitizing is our expectation before school starts and athletes join classes.
- Away Activities-
 - Due to Covid 19, it is a necessity that our athletes shower after games/matches on the road. Showering and sanitizing is our expectation before athletes get on the bus.

FC Locker Rooms-

- Masks are required in the locker rooms
- Stagger groups of 8-10 in the locker room at one time before school, after school, and after practices/games.



- **It is the responsibility of the coaching staff to ensure our attendance in the locker rooms is staggered.**

Transportation

- Mandatory Masks on buses and vans
- Meals cannot be provided on the bus. Meals must be eaten before athletes get on the bus/vans.
- Cheerleaders
 - Will not travel to any away activities
- Vans- Limited to 11 Riders
- JV/Varsity Buses
 - Separate girls and boys- front to back
 - Keep teams separated to the best of your ability
 - Assigned seating is encouraged when players have to share a seat

NFHS Live Streaming- New Gym Games Only

- <https://www.nfhsnetwork.com/schools/fort-calhoun-high-school-fort-calhoun-ne>

NSAA Guidelines

- Wrestling and Basketball- Below

NSAA Guidelines

2020-21 Wrestling Rules Modifications & Considerations

These modifications are subject to change in response to COVID-19.

Participants, coaches, officials or spectators that feel sick should not attend or participate in practice or competition. The NSAA requires all non-active participants, coaches, and spectators to wear face coverings. Physical distancing should be practiced when possible.

NSAA Approved Ruling Modifications:

- **Team/individual contest limitations will change from 10 tournament dates and 8 individual duals to – 18 total competition dates. Schedules will still need to be entered into Trackwrestling for purposes of weight management as weigh-in sheets will still be required for each competition.**
- **Teams will not be required to input schedules into the NSAA system to allow for necessary changes during the season.**
- **When possible, consider dual meet format for contests**
- **NSAA Wrestling Manual states that any contest that have more than 4 teams must be considered a tournament.**
- **Recommend that tournaments be limited to no more than eight teams or, for individual tournaments, 112 participants.**



- When possible, multiple gyms or spaces also recommended when there are more than 4 teams competing – to minimize exposure.
- Attendance can be limited according to the respective DHM capacity restrictions

Additional NFHS/NSAA Wrestling Rules Modification/Considerations

- Consider temperature checks conducted at weigh-ins (for coaches and athletes)
- Weigh-ins completed by team rather than shoulder-to-shoulder
- Wrestlers are required to wear a face covering when in the weigh-in area
- Eliminate shaking hands with officials at any time
- Eliminate shaking hands with opposing coach
- Officials will not raise the winner's hand
- Officials should not go the table for a coach's meeting if the coach is not wearing a face covering
- Flip disc should be caught by the official instead of allowing it to hit the mat
- Officials can wear face coverings but are not required
- Consider percentage of capacity allowance for spectators – follow respective DHM's for your area

Additional Considerations

Practices

- Temp checks prior to practice – all coaches and wrestlers
- Pods of no more than 4-5 to workout with daily, throughout season
- Mandatory cleaning of mats and surfaces before and after every practice
- No shared towels, practice gear, headgear, etc.
- No shared drinking facilities (individual water bottles)
- Disinfecting wipes, spray or foam for wrestlers before and/or immediately after practice

Competitions

- Temperature checks conducted at weigh-ins (for coaches, athletes and officials)
- Mandatory cleaning of mats before the start of each dual meet, at session breaks and at the conclusion of competition for each day
- Conduct weigh-ins in the competition area by team (larger than the locker room or wrestling room where they are typically held)



- Coaches need to wear face coverings at all times
- All workers must wear face coverings
- When not competing, wrestlers need to wear face coverings and physical distance (designated space for respective teams and they should only sit in those areas) Utilize multiple gyms or classrooms if possible - Designate specific areas for teams to sit and keep respective teams in their designated area when seated
- Sanitary wipes and sanitizer available at the scoring/head tables
- Reduce the traveling parties to essential personnel only (competitors and coaches, medical personnel)

Venues, Workers and Spectators

- All staff, workers, and spectators must wear a face covering
- Prepare gym/arena for physical distancing, where possible - follow respective DHM's for your area and follow capacity limitations
- Hand sanitizer and disinfectant wipes available at each scorer's table
- Writing utensils, when used, handled by one person or sanitized between uses by other workers
- Limit the number of workers at each table – only necessary personnel

Officials

- Officials are NOT responsible for monitoring activities on the sidelines, such as physical distancing, hand sanitizing, symptoms of illness and other such issues. This monitoring is the responsibility of the respective coaching staff and school personnel.
- Face coverings required when arriving and departing and optional when actively officiating
- May wear disposable gloves
- Do not share equipment

NSAA Guidelines

2020-21 NSAA Basketball Rules Modifications & Considerations

These modifications are subject to change in response to COVID-19.

Participants, coaches, officials or spectators that feel sick should not attend or participate in practice or competition. The NSAA requires all non-active participants, coaches, and spectators to wear face coverings. Physical distancing should be practiced when possible.

NSAA Approved Rulings:

1. Extend the deadline to submit varsity schedules from November 19th to December 3rd.



2. Games canceled due to COVID-19 will be considered a “no contest”
 - a. Wild card points will not be awarded for “no contest” games.
 - b. Schools will notify the NSAA of any game cancellations.
 - c. Forfeits will not be issued for “no contest” matches.
3. Replacement games (not originally scheduled) may be scheduled at any time with schools who have lost a game due to COVID-19.
 - a. Wild card points will not be awarded.
 - b. Contest limits/competition points may not be exceeded.
 - c. Schools will notify the NSAA of any replacement games scheduled.
 - d. Four team tournaments that are scheduled may use a format to predetermine matchups so that teams are playing the same schools with both genders both days. Four team tournaments that are scheduled and lose one team due to COVID-19 may play a triangular scheduled over three days.

The following are some things to be considered, not required:

1. Play the boys and girls games on separate nights that previously were scheduled to play four games on one night at the same location.
2. Play the boys and girls games at different locations on the same night, these would be games that were previously scheduled to play four games on one night at one location. (girls home and boys away)
3. If possible, allow both teams to warmup in an alternate gym and then when the previous game ends, minimize the warmup on the game floor so time between games is shortened to help reduce the time that spectators congregate (concessions, commons, restroom areas, etc.).

NFHS Game Protocols:

1. **Basketball Rules Considerations**
 - a. ***Pregame Protocol*** ▪ Limit attendees to the referee and the head coach from each team with all individuals maintaining a social distance of 6 feet or greater.
 - a. Eliminate handshakes and fist bumps prior to and following the Pregame Conference.
 - b. ***Team Benches*** ▪ ***Social distancing should be practiced when possible. Below are some suggestions (not required).***
 - Limit the number of bench personnel to observe social distancing of 6 feet or greater.
 - Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.
 - Create separation between the team bench and spectator seating behind the bench (recommendation would be the 1st 2 rows of seating on team bench side whenever possible).
 - Personnel not in the game are required to wear face coverings.
 - Timeouts- If possible, move team benches on to the playing floor away from traffic exiting or entering the gym.
 - c. ***Officials Table*** ▪ Limit seats at the table to essential personnel which



includes home team scorer, timer, and announcer with a recommend distance of 6 feet or greater between individuals. Other personnel (visiting scorer, statisticians, media, etc.) may not be deemed essential personnel and consider an alternate location for them.

- Table personnel are required to wear face coverings.

2. Pre and Post Game Ceremony **a.** Eliminate the pregame introduction handshakes and fist bumps.

b. Eliminate the post-game protocol of shaking hands.

3. Basketball Rules Interpretations **a. EQUIPMENT AND ACCESSORIES**

- Sanitizer should be provided by the host team at the table.
- Cloth face coverings are permissible for players.
- Coaching staff and other bench personnel including nonactive players are required to wear face coverings while on the bench.

b. Officials Uniform and Equipment ▪ Long-sleeved shirts are permissible.

- Officials should not wear jackets during pre-game court/player observation.
- Electronic whistles are permissible.
- Cloth face coverings are permissible.
- Gloves are permissible.

4. Other Considerations

a. Throw-in ▪ Official may stand 6 feet or greater away from player making the throw-in and bounce the ball to that player on a front court throw-in.

b. Free Throw Administration ▪ The lead official may stand on the end line and bounce the ball to the free thrower.

5. Considerations for Officials

- a.** Take your temperature prior to attending your competition. If temperature is above 100.4, stay home.
- b.** If you do not feel well and COVID-19 symptoms are present, stay home.
- c.** Do not share equipment.
- d.** Follow social distancing guidelines during pre- and post-game conferences and during games.
- e.** Do not shake hands or fist bump other officials, players or coaches.
- f.** Officials may wear face coverings at all times.
- g.** Officials are NOT responsible for monitoring activities on the sidelines, such as social distancing, hand sanitizing, symptoms of illness and other such issues. This monitoring remains with the coaching staff and school personnel.

