



SOCCER CLUB OF NORFOLK

RULES OF PLAY DURING COVID-19 PANDEMIC

Dear S.C. Norfolk Community,

The S.C. Norfolk Board has adopted these new rules in response to the COVID-19 Pandemic. As you know, Massachusetts now classifies soccer as a Moderate Risk Activity and permits Level 1, 2, and 3 type of play. In accordance with the amended Executive Order, the Massachusetts Youth Soccer Association has developed a set of guidelines governing our return to play. These rules follow those required by MYSA. You can find more information at [MYSA Return to Soccer Activities](#).

We are all eager to get back onto the soccer field. This season is NOT about winning divisions or competitiveness. As always, but especially in this current environment, the health and safety of our S.C. Norfolk community is paramount. We all must do our part to follow these rules to protect the wellbeing of our children, our friends, and our neighbors.

Thank you in advance for your support.

Best,

Rick Kizik
S.C. Norfolk President
S.C. Norfolk COVID-19 Safety Officer



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GENERAL RULES

- Each club will assign a COVID-19 Safety Officer. Rick Kizik is the COVID-19 Safety Officer for S.C. Norfolk.
- Each team will have a Team COVID Safety Coordinator. This will be a Coach or Assistant Coach who will enforce these rules.
- No more than 25 players and coaches are allowed per single playing surface. A single playing surface is a standard 7v7 or 9v9 field and does not include the sidelines.
 - This will impact practices. We cannot have two teams on a field for practices.
 - We will have to space practice times to limit clusters of people before/after practice.
 - We haven't finalized the team practice schedule yet but the "slots" will consider both of the preceding bullets.
- No more than 50 persons may surround a single playing surface.
 - Only 1 spectator (parent, legal guardian, or chaperone) is allowed per player.
 - Minors may accompany spectators but count toward the 50-person rule.
 - Players must arrive ready to play 5 minutes before kickoff and must leave immediately after the game. Do not loiter in the parking lots as we will have another game as soon as 20 minutes after the end of your game.
 - Warm ups (for our teams and our opponents) are not permitted on an adjacent field, even if the surface is not occupied.
- All persons must always wear facial coverings and maintain six feet of social distance.
- All players must wear facial coverings (Neck Gaiters are NOT allowed). Specifically (from the EEA),

The State requires facial coverings to be worn by all participants except: a) During high intensity aerobic or anaerobic activities. b) When distancing of 6 feet or more is possible between participants whenever feasible. c) For individuals that are unable to wear a face covering due to a medical condition or disability. The State specified that soccer players should have facial coverings with them at all times and where possible play with the facial covering on, removing it for long runs down the field, for plays without close contact, and in the goal. Participants for all sports must wear facial coverings while on the sidelines at ALL times and in any huddles or time-outs.

The Modified Rules may change during the season. The S.C. Norfolk Board will provide further guidance should any of the Modified Rules change.

MODIFIED PLAYING RULES

- No Heading the ball.
- No Shoulder to Shoulder contact. 50/50 challenges, block tackling, and poke tackling are permitted so long as there is no physical contact.
- No Slide Tackling.
- Throw-Ins are suspended and to be replaced by a Kick-in.
- All opponents must remain at least 10 yards from all kick ins and must distance at least 6 feet from all players. This applies to corner kicks as well.



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- No Dropped Balls. Referee will award the ball to the team deemed to be in possession based on her/his judgment.
- No traditional Defensive Walls are permitted
- Except for a GK wearing gloves, the ball may not be hand touched by anyone. If a ball is touched or carried, it must be sent to the Home Coach to be sanitized before it can be used in play. The Home Coach must always provide a sanitized ball during team activities.

ROLES AND RESPONSIBILITIES

Coaches

- Wear facial covering at all times and ensure social distancing.
- Ensure the health and safety of all athletes.
- Enforce facial covering requirements during ALL team activities.
- Ensure athletes arrive dressed for practice and leave immediately after practice.
- Inquire how athletes are feeling, send them home if you believe they are acting or look ill.
- No handshakes, fist or elbow bumps, or any other physical contact.
- You will be provided hand sanitizer and sanitized wipes. Make sure all players use hand sanitizer upon arrival to and upon departure from the fields.
- Enforce the No Sharing of Equipment. You will be provided a game ball(s), an air pump, GK gloves and practice cones. GK gloves are intended for a single player during all team activities. You must sanitize the gloves after all team activities. You will not have a team bench, practice balls, or pinnies.
- Only coaches may handle practice cones and game balls. You must sanitize game balls any time they are touched without gloved hands.
- Maintain a roster of player attendance for all team activities.
- NO team snacks during halftime. NO sharing of water during any team activity.

Special rules for Team COVID Safety Coordinator

- Communicate COVID-19 policies with team (masks, balls, hand sanitizer, social distancing)
- Communicate S.C. Norfolk COVID-19 rules to opposing coaches before game days
- Keeps accurate attendance records for practices and games. Necessary for contact tracing.
- Monitor sidelines to ensure COVID-19 policies (physical distancing, masks) are being followed.

Parents

- Ensure your player is fit to play and not showing any signs of illness.
- Ensure your player follows facial covering requirements arriving to and departing from all team activities.
- Ensure your player brings a ball, water, shin guards, GK gloves (if necessary) and two t-shirts (light, dark) to practice.
- 1 spectator ONLY per game.
- Wear facial coverings at all times for team events and practice social distancing.
- Ensure players adhere to time specifications described above for all team events.
- Please adhere to MYSA recommendation re: no carpooling. We understand it may not be feasible.
- Sanitize player equipment after use.



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- Complete the waiver at the end of this document. No player will be permitted to attend any team activity without a signed waiver. This is a MYSA requirement that S.C. Norfolk must follow.

Players

- Practice good hygiene at all team events.
- Do NOT share any equipment or any of your personal belongings.
- Arrive ready to play with your own ball, water bottle, shin guards, GK gloves, and t-shirts (one light, one dark).
- Bring your own chair to games.
- Maintain social distancing at all times during practices and while on sidelines.
- No group celebrations, handshakes, fist bumps, etc...

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In the event someone in our soccer community contracts COVID-19, we will take necessary steps to ensure all rules, regulations, and best practices are followed:

- Affected individual or parent should contact Rick Kizik, the S.C. Norfolk COVID-19 Safety Officer. Rick will contact the local DPH.
- All Parties who have had close contact with the individual will be notified using the COVID diagnosis notification form, found in the resource section of the Return to Soccer Activities page of MA Youth Soccer website.
- All teams and individuals that have come in close contact with the individual will have soccer activities suspended for 14 days.

Anyone not conforming to these rules will not be permitted to attend any team events. We understand this may be considered harsh, but these rules have been put in place to ensure the safety of our community. S.C. Norfolk will not refund any registration fees to those disqualified from play for violating these rules.



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### PLAYER PARTICIPANT RELEASE OF LIABILITY

In consideration of my child being allowed to participate in any way in the soccer programs and activities of US Youth Soccer and its members (e.g. Massachusetts Youth Soccer Association and its member organizations), and their related events and activities (the "Programs"), the undersigned, acknowledge, appreciate, and agree that:

The risk of injury and illness from the activities involved in the Programs is significant, including (without limitation) the potential for injury or illness – in particular and not by way of limitation, risks of exposure, directly or indirectly, arising out of, contributed to or by, or resulting from any infectious or communicable disease, including (without limitation) the current or any future outbreak of the novel coronavirus (COVID-19) and/or any mutation or variation thereof – and while particular skills, equipment and personal discipline may reduce this risk, the risk of serious injury or illness does exist. I knowingly and freely, for myself and on behalf of my child, assume all such risks, both known and unknown, even if arising from the negligence of the Releasees or others, and assume full responsibility for my and my child's participation in the Programs.

I consent to my child participating in the Programs.

I, for myself and on behalf of my child, and our respective heirs, assigns, personal representatives and next of kin, hereby release, indemnify, and hold harmless US Youth Soccer, its member organizations (e.g. Massachusetts Youth Soccer Association and its member organizations), and their respective directors, officers, employees, agents, associated personnel, volunteers, other participants, sponsoring agencies, sponsors, advertisers and, if applicable, owners and lessors of fields, facilities and premises utilized for the Programs (collectively, the "Releasees"), with respect to any and all injury, illness, disability, death or loss or damage to person or property associated with my or my child's presence at, or participation in the Programs, including being transported to or from the Programs, whether arising from the negligence of the Releasees or otherwise, to the fullest extent permitted by law.

I hereby authorize the transportation of my child to or from the Programs.

My child has received a physical examination by a licensed medical doctor and has been found physically capable of participating in the sport of soccer. I have provided written notice attached to this release setting forth any specific issue, condition, or ailment that my child has that may impact my child's participation in the Programs. I give my consent to have an athletic trainer and/or licensed medical doctor or dentist provide my child with medical assistance and/or treatment and agree to be financially responsible for the reasonable cost of any such assistance and treatment.

When necessary, I understand that an uploaded or provided photo will only be used for printing on a credential (i.e., ID, Pass Card, Roster) and will not be used for any other purposes without express consent. I consent to Massachusetts Youth Soccer and its affiliates taking photographs, video recordings, and/or sound recordings in documenting the activities of Massachusetts Youth Soccer's programs and services. I hereby grant Massachusetts Youth Soccer and its affiliates' permission to use the negatives, prints, motion pictures, video recordings, audio recordings, or any other reproduction of the same for Massachusetts Youth Soccer and its affiliates' educational and promotional purposes in manuals, on flyers, the internet, or other publications.

My child and my child's parents and guardians will abide by the rules, policies, procedures and protocols as provided by U.S. Youth Soccer and members of U.S. Youth Soccer, including Massachusetts Youth Soccer and all affiliated member organizations.

I understand and give permission for my child to participate in practices and games where they may be on the field with players of younger or older ages. I understand and accept there may be risks involved when playing with players of different ages. I am aware that if I do not accept such risks I may remove my child from the field.

I have read this release of liability and assumption of risk agreement, and fully understand its terms. I understand that I have given up substantial rights by electronically signing this document, and I sign it freely and voluntarily without any inducement. I hereby waive all such rights above including the right to file a legal action or assert a claim for personal or physical injury or death of any kind.

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Parent or Guardian Signature

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Date