



Massachusetts Youth Soccer Association and Newton Girls Soccer

Return to Soccer Guidelines, Sept 8, 2020

The following is a quick guide to help you plan and adhere to the MYSA guidelines for return to play (mayouthsoccer.org/return-to-soccer-activities/) Please keep these important changes handy for practices and game play. This does not replace the more complete documented guidelines noted above that you must be familiar with.

Key Safety Points

- **100% Mask Policy.** Masks must be worn by players, coaches and spectators at all times. No neck gaiters for players, only behind the ear, loop-style masks. Parents/Guardians/Spectators are required to wear masks at games and when dropping off/picking up.
- If conditions are dangerous for wearing masks, games should be canceled
- Players must be in good health. They must have had no signs or symptoms of COVID-19 or have been exposed to someone that has been ill in the past 14 days. Parents must take their daughter's temperature (100.4 or higher, stay home) before arriving at the field and keep them home if they feel sick.
- Incoming players should not enter the field until players from the earlier session have left the area. Please do not arrive more than 5 minutes before the session.
- We need to reduce numbers. Only one spectator per child is allowed to attend a game and if possible, parents should not be present at practices. Please do not congregate in parking lots. Waiting in the car is permissible.
- Attendance on TPCA must be 100% accurate as is mandated by the state. Please make sure that you keep your players' TPCA account up to date at all times.
- Families must notify NGS President (president@newtongirlssoccer.org) and COVID-19 Safety Officer (ngsdoc@newtongirlssoccer.org) immediately if a player becomes sick or develops symptoms of COVID-19. NGS will notify the team.

Equipment

- Players must use their own equipment and sanitize their equipment after every training session. No sharing of balls or goalie gloves. NGS is providing each player with a pinnie to keep for the season and bring to each practice. Players have been asked to purchase goalie gloves for personal use.
- Each participant is required to have their own water bottle, towel, and personal hygiene products (hand sanitizer, facial tissues, extra masks).
- Coaches are responsible for cleaning equipment (cones, goals etc.) with disinfectant before and after training. Players must not touch the equipment.

Changes to Rules for Play

Coaches have been given specific instructions to make modifications in the team's soccer activities to comply with state mandates. The modifications will help to limit face to face contact, keep players 6 feet apart whenever possible and eliminate players from touching shared equipment. Coaches will always wear masks.

- **Any time a ball must be placed for a restart it should be placed with the foot, the ball must not be touched by player's or official's hands and if touched with hands the ball must be removed from play and sanitized**
- No Coin Toss to determine start of game, AWAY team will have choice to kick off or defer to 2nd half
- All intentional heading is suspended for all age groups, a violation will result in a free kick restart
- Any intentional body contact will be considered a violation resulting in a free kick restart
- Throw-Ins are replaced with an indirect free kick from the point on the touchline where the ball went out of play
- Corner Kicks are suspended and replaced with indirect free kick from the corner area
- All restarts require opponents to be 10 yards from the ball and players must be more than 6 feet apart (teammates and opponents).
- Drop Balls are suspended and replaced with an indirect free kick.
- Slide tackling is suspended and will be considered a violation resulting in an indirect free kick
- No defensive walls.
- Sportsmanship and team cheers should continue but in a touchless manner, no post-game handshakes, High-fives, or fist bumps.

Team Managers/COVID Manager: Each team must have a designated COVID-19 Manager. He or she will remind and update families on necessary guidelines for the safety of all of the players, coaches and families. Please cooperate fully.