2020-2021 MINNESOTA STATE HIGH SCHOOL LEAGUE

Hockey, Boys and Girls

Guidance and information is subject to change based on the most current information, directives from state government and health department officials and member school feedback.

Hockey, Boys

- Start date: Monday, January 4, 2021
- First competition date: Thursday, January 14, 2021
- Last date of regular season competition: TBD
- First date of post-season contests: TBD
- Season end date: TBD
- Total weeks including postseason: TBD
- Maximum number of regular season contests: 18
- Maximum number of games per week: 2
- Increase to 3 contests per week during the final two regular season weeks to make-up contests due to COVID-19 or weather-related postponements.
- Duals only.
- No invitationals or tournaments.
- No scrimmages. No jamborees.
- Opponents: Conference, Section, Regional or local teams as defined by the school.
- Competitions with opponents from bordering states are allowed when less than 50 miles one way and when determined as local. Competitions of greater distances may be approved by the MSHSL with supporting rationale. Any out of state competition must follow MSHSL guidelines for competition types.
- If practice begins after January 4, 2021, the first competition may be held 10 days after the first day of practice. (Bylaw 411.10)

Hockey, Girls

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Hockey, Boys and Girls
Information and Guidance

General Guidelines	
Required	• All student-athletes must be provided with a copy of the MSHSL COVID-19 Notice. • Athletic programs must follow the identified protocols for student-athletes or coaches who have tested positive, are experiencing symptoms consistent with a COVID-19 diagnosis or have had exposure to (close contact with) an individual who has been diagnosed with COVID-19. • Educate student-athletes about mask use, physical distancing, handwashing and sanitizer use, and other immune system protocols. • Any person who has had a fever or cold symptoms in the previous 24 hours must not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional. • Pods must be no larger than 25. o Pods include student-athletes and managers. o Coaches do not need to be included in the pod count of 25 if they remain physically distanced and masked. o Pods are small groups of student-athletes always working out together. This will ensure limited exposure if someone develops an infection. • Student-athletes who are not participating in practice or a contest must maintain a physical distance of at least 6 feet from other student-athletes. This includes those on benches, sidelines etc. • Activities directors and coaches are responsible for assuring that their teams maintain physical distancing, masking and other requirements.
Recommendations and Considerations	• Social activities and congregation of student-athletes outside of practice and contests should not take place. • Carpooling of student-athletes is discouraged. If it is necessary for students to carpool, masks are encouraged. • Sportsmanship should have a constant presence in all school-based

	athletic programs. • Teams are encouraged to find appropriate methods of demonstrating good sportsmanship and respect towards others within the physical distance guidance. • Additional care should be taken when addressing contest officials with questions or seeking interpretations. At no time, other than in the natural course of competition, should a coach or student-athlete violate the required physical distance with an official. Any coach or student-athlete who verbally interacts with an official must do so with a mask on and at a safe distance.

Locker Room Use

- Whenever possible it is recommended that locker rooms not be used.
- If locker rooms are to be used:
  - Student-athletes must only enter the locker room with their designated pod (Varsity, JV, B-Squad, etc.)
  - The locker room must be completely empty prior to it being utilized by a new pod.
  - Student-athletes must maintain social distancing of 6 feet.
  - Student-athletes must wear an appropriate mask/face covering.
  - If the locker room is not large enough to provide appropriate social distancing of 6 feet for the entire pod, then the pod must be divided into smaller groups that allow proper social distancing.
  - The locker room must be sanitized after the complete pod has exited.
- If student-athletes are in distance learning they should arrive at the venue for practice dressed for practice.
- If student-athletes are in distance learning they should arrive at the venue dressed in uniform ready for competition.
- It is recommended that student-athletes shower at home after practice or competition. However, if school showers are to be used:
  - Student-athletes must maintain social distancing of 6 feet.
  - If the locker room is not large enough to provide appropriate social distancing of 6 feet for the entire pod then the pod must be divided into smaller groups that allow proper social distancing.

Masks/Face Coverings

Required	• Face coverings must be worn by all persons at all times, including during practices and contests.
	• Student-athletes and others are not permitted to remove their face coverings during activities that involve a high level of exertion.
	  • The following are considered appropriate mask/face coverings—paper or disposable masks, cloth masks, or neck gaiters.
	  • Face coverings at contests are limited to black, white, or beige or school colors. These may include only the school names and/or mascot. The manufacturer's logo, if present, may not exceed 2.25 inches in any dimension.
	  • A mask/face covering must cover the nose and mouth completely.

Practice

Practice: Preparation	
Required	• Student-athletes, coaches, and team personnel must confirm that they are symptom free. These confirmations must be aligned with the CDC's "Coronavirus Self-Checker" or current recommendations. • A record must be kept of all student-athletes and team personnel at each practice session to allow for contact tracing. • Avoid grouping of student-athletes at start and end of practice or during transitions. Stagger start times for practices and team meetings. • Pods must either practice in physically separate rooms, facilities or areas or steps must be taken to separate pods by no less than 12 feet at all times. • Frequently touched objects and areas must be cleaned and sanitized frequently. • Cleaning and sanitization of spaces and equipment must take place between use by pods. • Provide hand-sanitizer in easy-to-access areas including the entrance and exit. • Drinking fountains must not be utilized. • Sharing of water bottles is not allowed. • Student-athletes must wear their own clothing. No sharing of clothing is allowed. • Spectators are not allowed at practices. • Two pods of up to 25 may be on the ice at the same time. Multiple pods must be separated by a distance of no less than 12 feet at all times.
Recommendations and Considerations	• Practices should start with skill development practices that allow student-athletes to maintain social distance from members of other households for the first week or two of practice. This may help slow initial disease transmission on the team and ease back into practice for those who have not had much physical activity during the pause. • Cleaning and sanitization of spaces and equipment should be completed frequently. • Consider how contact in the sport can be modified and decreased. • No social activity or congregation of student-athletes should take place. • Student-athletes should provide their own pre-filled, labeled water bottles. • Student-athletes' bags and equipment should be placed 6 feet from other's bags. Athletes should store their gear in bags (as opposed to a community pile or tossed on the bench.)
Practice: Equipment	
Required	• When equipment is used by multiple pods, sanitization must occur between each pod use. • Equipment must not be shared to the extent that it is possible.

Recommendations and Considerations	• It is recommended that personal prep areas are set up prior to practice - Cones or other markers should be set up at least 6 feet apart so student-athlete have a specific place for their own bag, water bottle, etc. One cone or marker should be assigned per student-athlete. • No touch distribution and collection methods of equipment are encouraged. • Student-athletes should limit contact with tooth and mouth protectors. Tooth and mouth protectors should remain in place as much as possible. • Player braces, equipment, etc. should be cleaned after each use/wearing.
Practice	
Required	• Student-athletes and coaches must wash hands thoroughly or use a hand sanitizer at the beginning and end of practice. • Clean frequently touched objects and areas. This includes ball carts, score tables, clocks media table, team bench, and any other common surfaces. • Student-athletes must maintain the recommended six feet of distancing between individuals and must not be in contact with each other. • Cleaning and sanitization of spaces and equipment must take place between pods. • There is to be no sharing of equipment to the extent that it is possible. • At the conclusion of practice, student-athletes must leave the venue as soon as possible.
Recommendations and Considerations	• Student-athletes should shower immediately when they arrive at home.
Competition	
Competition: Site Set Up	
Required	• Seating for student-athletes, coaches, table workers, and judges must be physically distanced. • Areas for video, web-streaming or broadcast must be designated prior to the contest. • Benches or chairs must be set up to provide physical distancing of 6 feet between coaches and student-athletes. • The scorer's table must be limited to essential personnel. Social distancing must be adhered to by all personnel and masks/face coverings must always be worn. • Essential personnel are defined by the host school. More information is included in the MDE Guidelines. • Evaluate the needs of meet personnel and reduce the number whenever possible. • Signage, flags, etc. must be used to designate spectator areas. • Visiting team personnel (scorer/statistician) are not deemed essential

	personnel and must not sit at the official scorer's table. An alternative location must be provided by the home team. • If spectators are permitted at the event, they must not have access to student-athletes and must be restricted to areas outside of the competition area. • Team benches/seating areas must be isolated from spectators (if allowed) or other non-essential personnel. Team benches/seating areas must be only available to members of that specific team, and not a shared/common space. • Competitive pods (Varsity, JV, B-Squad, C-Squad teams) may remain at the site for their school's competitions. Masks must be worn and social distancing must be maintained. • Plans to control entry and exit of all athletes must be developed and communicated. • **Team Benches** o Bench personnel must observe social distancing of 6 feet. Placing tape or other marks on the floor, bench, or glass 6 feet apart is recommended. o Bench personnel is limited to 3 people. • **Scorers/Penalty Box Area** o The host must sanitize the table before the contest and between periods. o The scorer's area is limited to essential personnel which includes home team scorer, timekeepers, and announcer. o Social distancing of 3 – 6 feet must be adhered to by all personnel and masks/face coverings must be worn at all times.
Recommendations and Considerations	•
Competition: Pre-Contest	
Required	• A record must be kept of all participants at each contest. • Communicate information with the visiting team prior to the competition, including entry and exit information, area to store items, etc. • Student-athletes, coaches and other team personnel must be screened daily. Each team is responsible for their own screening. • The home team must communicate information to the visiting team ahead of time. This includes entrance information, areas to store items etc. • Pre-contest handshakes, fist bumps, or hugs are not allowed. • Pre-contest conference: o Must be limited to one coach and one captain from each team, head referee and assistant referee (if applicable). o Must take place away from other participants, with one coach and one captain from each team positioned on each side of the referees(s). o May not include handshakes.

	○ Handshakes, fist bumps or hugs should not occur between student-athletes and officials. ○ If applicable: the coin toss will be conducted by the official who is the owner of the coin. Only this individual will handle the coin. • Teams must remain socially distanced for the playing of the National Anthem. • Team introductions may take place; social distancing must be maintained. • Pre-contest handshakes or fist bumps must not occur between student-athletes and officials. • Student-athletes must use hand sanitizer prior to their competition. • The six starters on the visiting team will be introduced first. They will move to the blue line on their end of the arena until all starters are introduced. • The six starters from the home team will then be introduced and go to their blue line on their end of the arena until all starters are introduced.
Recommendations and Considerations	• Areas for video, web-streaming or televising should be designated prior to the contest and sanitized. • Additional signage may be necessary to identify restricted spectator areas. See Signage for Facilities and Events.
Competition: Contest	
Required	• No handshakes, hugging, fist bumps. • Social distancing must be maintained during time-outs. • Towels must not be shared. Individual towels must stay in each student-athlete's designated bench/seating area must not be handled by any individual other than that athlete • Competitive pods (Varsity & JV) may remain in the venue for other competitive pod contests as long as masks/face covering are worn and they are separated from spectators by a minimum of 12 feet. • If consecutive competitions are taking place in the same venue between different teams, the venue must be sanitized and every seat in the team bench area must be cleaned and sanitized prior to a new team utilizing the space. • Officials are not expected to monitor physical distancing: each person is responsible to provide space between themselves and others. • Coaches must provide direction to their student-athletes regarding social distancing and other safety protocols.
Recommendations and Considerations	• Before, during, and after competition, student-athletes, coaches, judges and personnel should wash their hands as frequently as possible.
Competition: Post-Contest	
Required	• Team celebrations or congratulations must be no-touch and conducted with appropriate physical distancing. • Awards ceremonies must not be held. • Teams must remove trash and belongings from their area.

	• Post-contest handshakes or fist bumps or hugs are not allowed. • Teams' post-contest meetings must be brief and must observe social distancing. • Team personnel must leave the venue as soon as possible.
Recommendations and Considerations	• Teams and coaches should consider ways to show physically distanced post-game appreciation for opponents and officials. • No extra-curricular or social activity should take place after the contest. No social congregation after competition. • Air exchange should take place at least one time per competition for indoor facilities.
Competition: Playing Rules Adjustments	
Required	• Regular season contests are limited to one overtime period.
Recommendations and Considerations	
Officials	
Officials: Uniform and Equipment	

Required	• Officials should bring their own equipment.
	• Masks/face coverings are required the entire time the official is in the facility.
	• Home team must communicate with officials if locker rooms will be available. Whenever possible it is recommended that locker rooms not be used by officials.
	• If locker rooms are to be used:
	  o Officials must maintain proper social distancing of 6 feet.
	  o Officials must wear an appropriate mask/face covering
	  o The locker room must be sanitized after the officials exit
	• The host site shall provide an area for officials to store their belongings.

Recommendations and Considerations	• Electronic whistles are permissible and recommended but not required. • Officials may wear a face shield in addition to a mask/face covering. • Whistle coverings are permissible and recommended. • Officials may wear gloves – including medical latex gloves, work gloves or gloves designed specifically for officiating.
Officials: Pre-Contest, Contest and Post-Contest	
Required	• Officials must leave the venue as soon as possible following the contest • Schools must have officials' information to do contact tracing if necessary. Officials shall provide a copy of their profile page from Arbiter with contact information and the eligibility badge visible.

Recommendations and Considerations	

Resources:

- COVID-19 Sports Practice Guidance for Youth and Adults-Minnesota Department of Health
- COVID-19 Youth and Adult Sports Guidance Minnesota Department of Health
- CDC Sports Guidance
- National Federation of State High Schools Association

Minnesota State High School League

COVID-19 NOTICE: PLEASE READ CAREFULLY

In accordance with governmental directives, the MSHSL will offer certain activities subject to compliance with local, state, and federal laws, regulations, and guidelines. The Minnesota Department of Health, Minnesota Department of Education and the MSHSL have developed guidance and requirements related to youth sports, use of school facilities and modifications of MSHSL activities designed to keep participants safe and reduce the spread of COVID-19. Even with these measures, the MSHSL cannot guarantee that student-athletes or other individuals participating in organized athletic activities ("Participants") will not be exposed to COVID-19. Participants and their parents/legal guardians should consider the risks before participating in any MSHSL activities. It is a shared responsibility to protect everyone from COVID-19 and Participants should follow State/CDC guidelines to reduce the risk of exposure, including but not limited to the following:

- Stay home as much as possible;
- Stay at least 6 feet from other people if you are in public places;
- Avoid close contact with people who are sick;
- Wash your hands often, with soap and water. Wash for at least 20 seconds;
    - Always wash your hands after being in a public place;
    - Always wash your hands after blowing your nose, coughing, or sneezing;
    - If soap and water are not available, use hand sanitizer that is at least 60% alcohol;
- Cover your mouth and nose when you cough or sneeze. Cough or sneeze into your elbow or a tissue. Throw used tissues in the trash;
- Wear masks/face coverings that cover your nose and mouth and fit snugly against the sides of your face.

In recognizing the serious nature of the COVID-19 pandemic and the positive impact that participation in MSHSL fine arts activities and athletics has on student-athletes participants, it is imperative that student-athletes and families know and understand the following:

1. Participating in MSHSL activities is **voluntary**.
2. While participating in MSHSL activities, all laws as well as MSHSL and school rules, guidelines, and protocols related to COVID- 19 must be followed.
3. Participant acknowledges the contagious nature of COVID-19, and the Participant understands that there is risk of injury and/or illness from participating in MSHSL activities, including the risk to have direct or indirect contact with individuals who have been exposed to and/or diagnosed with COVID-19.
4. Participant agrees that if he/she is exposed to, or infected by, COVID-19 during the period of participation, they will immediately cease participation and follow Minnesota Department of Health protocols for schools and activities. The MSHSL Graduated Return to Sport protocol is recommended following a diagnosis.
5. Participant has signed a separate Eligibility Statement connected to general participation in MSHSL athletics/activities and agrees that the terms of that statement are wholly incorporated into this document and that the terms of this document are incorporated into the Eligibility Statement.

Additional information regarding Activity Participation and COVID can be found at:

- health.state.mn.us/diseases/coronavirus/sportsguide.pdf,
- health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf
- www.mshsl.org
- www.nfhs.org