



OVERVIEW OF IMPORTANT RETURN-TO-PLAY TOPICS

***This document was updated on February 15, 2021.** Over time, this document will change. Please check back frequently for updates. The first four pages of this document feature easy-to-understand overviews of Winter 2020-21 COVID-document-related guidelines. For more detailed answers, read this entire packet. Winter athletics will not be risk-free, but by following the guidance in this document, we all can help mitigate those risks. You should also consider your interactions outside of sports during this season in order to limit the potential for exposure in other portions of your daily routine.*

PROTOCOL FOR POSITIVE CASES: A detailed and more complete version of these protocols can be found on page 4 of this document (“What to Do When Someone Gets Sick”).

1. Contact health department and follow guidance.
2. Close contacts MAY have to quarantine for 14 days; follow health department guidance. “Close contact” is defined as someone who was within six feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period, starting from two days before illness onset.
3. Notify all schools, families and officials involved without identifying the person involved.
4. Students, coaches, officials and others at the event but NOT in close contact should be closely monitored for symptoms and may not need testing. Follow health department guidance.
5. Clean the area.

FACE MASKS: The December 18, 2020 order issued by the Michigan Department of Health and Human Services (MDHHS), as amended, mandates that masks are to be worn during practice and competition. In general, face masks are required for athletes in basketball, bowling, competitive cheer and ice hockey at all times. In wrestling, all participants must have a negative rapid antigen test on either the day before or day of a meet or a negative PCR test within 72 hours of competition. All tested wrestlers would be able to compete without wearing a mask during the match; masks would be required of all individuals at all other times during meets and practices. Face masks are optional for athletes in active participation in gymnastics and skiing but are required at all other times when not involved in active participation. Bench personnel are required to wear face masks at all times. This includes athletes not currently in the game, coaches, managers, trainers, statisticians, media and anyone else on the sideline. If a student has a disability or medical situation that would not permit a mask to be worn, the student would need to obtain documentation of such disability or medical situation from a medical provider (MD, DO, PA, NP) and complete a negative COVID test within 24 hours (rapid antigen test) or 72 hours (PCR test) for each day of competition and practice. Both items must be documented and paper copies shall be made available to all officials and opponents prior to each contest. Management, school administrators, table personnel, announcers, media, broadcasters and all staff are required to wear face masks. Spectators are required to wear face masks.

REGULAR-SEASON TOURNAMENTS, INVATIONALS, MULTI-TEAM COMPETITIONS: The following limitations are in place for regular season winter tournaments and invitationals, both home and away. Regular-season dual/head-to-head matchups, between multiple levels of two different schools, are not affected.

- Bowling – 72 individual competitors at a site
- Competitive Cheer – four schools/teams at a site
- Gymnastics – four schools/teams at a site
- Skiing – 72 individual competitors at a site
- Swimming & Diving – four schools/teams at a site
- Wrestling – four schools/teams at a site
- Basketball & Ice Hockey – one game permitted for a team in a day. Host sites must strictly enforce spectator capacity limits on a game-by-game basis and actively sanitize between games. Event organizers must consider proper scheduling, seating areas, and crowd entry and exit to facilitate sanitizing and physical distancing.

When determining the number of teams present at a tournament, count the school's varsity team as one team, and its JV team as a second team. The goal is to achieve physical distancing at all possible times; teams not in competition should be provided adequate space, and spectator limitations must be followed. Consider staggered contest and team arrival times to maintain physical distancing.

Where two sites and/or facilities are used, there should not be any crossover competition between the two tournaments.

SCRIMMAGES: There are no scrimmages allowed for any sports this winter.

SPECTATOR LIMITATIONS: The current MDHHS epidemic order indicates that in facilities with fixed seating of more than 10,000, the maximum number of spectators is 500. In facilities with fixed seating of less than 10,000, the maximum number of spectators is 250. If a facility has no fixed seating such as an ice rink with no bleachers, the maximum number of spectators is 100. For smaller gyms or other school facilities (under a seating capacity of 1250), the spectator capacity limit would be 20% of the facility's seating capacity. Schools may limit spectators further (two per participant, as suggested by MDHHS) but the order defines the maximum number of spectators based on facility size and type.

Bowling and swimming & diving spectators limits are 25% of the bowling center or bather limit capacities.

If local health department orders exist that are stricter than these updated MHSAA requirements, member schools and host venues are expected to follow those local orders.

Sideline cheerleaders, dance team members and pompon squads would be considered participants if a school allows. If a non-athletic support organization such as a pep band is allowed in a facility, all those individuals must be counted in the total number of spectators.

ENTRANCE/EXIT STRATEGIES: Event organizers and venues must consider proper scheduling, seating areas, and crowd entry and exit to facilitate needed sanitizing and physical distancing protocols.

PRE-WORKOUT AND PRE-GAME SCREENING: All coaches and students should be screened daily for signs and symptoms of COVID-19 prior to participating, including with a temperature check. This check may take place onsite or be completed and verified prior to arrival onsite (at home, for example). Anyone with a temperature of greater than 100.3 degrees should not participate and be sent home. Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19. These records must be kept confidential. Any person displaying symptoms of COVID-19 should not be allowed to participate, should self-isolate and contact his or her primary care provider or other healthcare professional. Continue to remind and insist that coaches and students disclose symptoms so all schools can compete safely. Involve local health departments if positive cases of COVID are discovered. Vulnerable adult individuals should not coach, supervise or participate in any competitions or workouts. School districts will make the decision on vulnerable individuals.

COVID GAME CANCELLATIONS: Any game or contest cancelled because of COVID issues is not considered a forfeit. It is considered a no-play, provided the contest has not started. For officials' payment purposes, this is considered an act of God.

TICKETS: Schools should strongly consider using a digital ticket or cashless system. Schools must work together to develop a distribution plan for the limited amount of tickets available per game. If a physical ticket is used, each school should consider conducting a pre-sale, with no onsite ticket sales – only tickets, not money, is collected at the event site.

TRANSPORTATION: The use of buses is a local school district decision. Cleaning and ability to physically distance should be part of the decision. Schools should also consider length of trips when determining the season schedule. When feasible, consider having parents drive athletes to and from games.

LOCKER ROOMS: Home teams are not required to offer locker room access. Visiting teams should arrive dressed and ready to play. Locker room restrooms should be available, and a cleaning schedule should be created.

FACILITY CLEANING: Adequate cleaning schedules should be created and implemented for all athletic facilities. Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (bleachers, chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.). Individuals should wash their hands for a minimum of 20 seconds before participating in workouts. Hand sanitizer should be plentiful and available to individuals as they transfer from place to place.

CONCESSIONS: The current MDHHS order states that consumption of food or beverages is permitted only where patrons are seated and those groups of patrons are separated by at least six feet. The order also states that no more than six patrons may be seated at a table and those groups of patrons cannot intermingle.

BEST PRACTICES FOR NON-ATHLETES – THIS IS NOT SPORT-SPECIFIC

Administrators/Host Management

- Administrators must wear face masks and practice physical distancing.
- Obtain officials' information in order to trace contacts if necessary. (This information may be accessible through Arbiter.)
- Provide clear instruction to teams in advance of contests about entrance and exit points of the facility.
- At larger spectator events, consider providing volunteers to monitor entrances and spectator seating areas who can promote physical distancing and face masks.
- Schools should restrict spectators on both sides of the gym from sitting in the first two rows of bleachers closest to the gymnasium floor to allow for adequate spacing between the spectators and contest participants, permit a scorer's table/judge's table and benches to be moved back or use the first row of bleachers for team bench seating if needed.
- When possible, officials and teams should be provided separate bathrooms and/or gathering areas.
- Scorer's Table/Press Box – essential personnel should be 6 feet apart when possible.
- A cordless microphone could be used.
- Cleaning supplies should be available onsite with devices sanitized between uses.

Coaches

- Coaches must wear face masks and practice physical distancing.
- Provide and review NFHS Playing Rule modifications with players and parents.

Spectators

- Spectators must wear face masks and practice physical distancing.
- Entrance and exit protocols, and posted signs by host management must be obeyed.

Media Personnel

- Media must wear face masks and practice physical distancing.
- Press box/table accommodations should allow for appropriate physical distancing.
- Promote to local media the need to call in advance of the event to secure accommodations.
- Designate locations where photographers may shoot from and enforce it. Make sure photographers are aware of restrictions when they arrive. Photographers must be kept out of team box and bench areas.
- Limit postgame interviews to open-air areas. No locker room access.
- Establish times when the venue will become available to the media and when it will close.

Preparing for When Someone Gets Sick

Precautionary Measures (in addition to other protocols and precautions)

- Anyone attending or participating in an MHSAA regular season or tournament event should check his/her temperature before arriving. Spectators, participants or personnel displaying COVID-19 symptoms (e.g., *fever, cough or shortness of breath*), or with temperatures of 100.3°F or greater, should stay home and consider coronavirus testing if symptoms persist.
- Prior to participation, the COVID-19 athlete/coach monitoring form should be used, which includes five questions plus a temperature check. **NOTE: Athletic directors should consider requiring similar precautions for game officials.**

Protocol for Suspected Cases of COVID-19

- All schools should have an emergency action plan in place for each site. If a student, coach or official is or becomes sick on site with symptoms of COVID-19, they should be placed in a clearly identified and designated quarantine area with a mask in place until they can be picked up. Staff who are identified to care for students must wear a mask.
- A symptomatic student should be sent home with a parent or designated adult until they have tested negative or have been released from isolation according to the local health department's protocols.
- Students, coaches, and/or officials should be transported by their parent or guardian, emergency contact or ambulance (if clinically unstable) for off-site testing. If an ambulance is called, or someone is being brought to the hospital, there should be an attempt to call the hospital first to alert them that the person may have COVID-19. If a student, coach or official becomes sick, they must not use group transportation to return home.

Protocol for Positive Cases of COVID-19

- The local health department should be contacted by the school for further direction. They likely will initiate contact tracing, following regular public health practices.
- All schools, public and private, must cooperate with the local public health department if a confirmed case of COVID-19 is identified, and collect the contact information for any close contacts (*i.e., someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period*) starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated. Close contacts should stay at home for up to 14 days after last contact with a person who has COVID-19. Follow the recommendations of the local health department. Options they may consider include stopping quarantine after day 10 without testing and after day 7 after receiving a negative test.
- Administrators of the schools involved, as well as students/families/officials in attendance, should be notified of the presence of any laboratory positive or clinically diagnosed cases of COVID-19 so there continues to be awareness and close observation of any symptoms. **NOTE: Student communicable disease related information is protected health information. The individual with COVID-19 should not be identified by name to non-family or non-health department officials. Even if a family/student acknowledges and publicly discloses a positive test, school staff and officials must not participate in discussion or acknowledgement of a positive test by identifying a specific student.**
- Students, coaches or officials who were at the event, but not in close contact with a positive case, should continue to be closely monitored for any symptoms of COVID-19. At this time, these individuals are not required to receive testing unless they develop COVID-19 symptoms.
- Areas that were used by the sick person should be closed off and should not be used until after cleaning and disinfecting them (this includes surfaces or shared objects in the area). If possible, cleaning and disinfecting of the area should not occur until at least 24 hours has elapsed. If 24 hours is not feasible, as much time possible should be allowed to pass before cleaning or disinfection occurs.



SPORT: Wrestling
ASSISTANT DIRECTOR: Dan Hutcheson

This information is provided to schools to help conduct a high school wrestling season. The intent of this information is to minimize and reduce risk as much as possible. As such, parents and athletes should discuss the risks and determine if these provisions allow participation for their child.

The situation with COVID-19 continues to change and these considerations may quickly become outdated. Continue to keep up with the latest from the CDC and your local health department. A coach within the program should be designated to be responsible for responding to COVID-19 concerns.

Required:

- To be eligible to compete, all wrestlers must complete a negative rapid antigen test prior to weigh-in for that competition with no exceptions. All individuals would also be subject to contract tracing and close contact requirements when positive cases or tests exist. When school administration signs the weigh-in form, they are also attesting that all participants have passed their rapid test, and are able to compete. Those tested wrestlers would be able to compete without wearing a mask during the match but masks would be required of all individuals at all other times during meets and practices. This is required for wrestling as published in the MDHHS FAQ document.
- “Face mask” or “face covering” means a tightly woven cloth or other multi-layer absorbent material that closely and completely covers an individual’s mouth and nose.
- The portions that cover the nose and mouth must be sufficient to stop the spread of respiratory droplets (no mesh or other materials that cannot meet this standard) and unaltered as produced by the manufacturer in the nose and or mouth area.
- School administrators should inspect and approve any masks worn for practice.
- Extra, unused face coverings should be on hand and readily available in the event a face covering becomes damaged or unusable.
- Face coverings are currently required for all spectators, coaches and event workers.
- All other requirements: uniform, head gear, mouth piece (for braces), etc. are still in effect.
- All other NFHS and MHSAA playing rules shall be enforced.
- Contestants are required to weigh-in in a legal uniform.
- The referee, or other authorized person (regardless of gender) are permitted to supervise weigh-ins.
- Skin checks may be performed by the referee prior to or after the weigh-in.
- Mats **MUST** be cleaned/sanitized prior to each dual competition as well as the conclusion of the event.
- No scrimmages (*other than within your own team*).

Practice Guidelines/Protocols:

- Coaches should limit wrestler’s workout partners. The same small, limited group is preferred.
- Coaches may assign workout partners, including utilizing small pods of wrestlers who only practice together, to limit contact between wrestlers.
- Coaches should record who practiced with who (on a daily basis) in an effort to help with contact tracing.
 - Coaches may assign workout partners and only permit these partners to work out together as another way to accomplish contact tracing.
- Coaches are encouraged to limit the number of wrestlers within your room to maintain space.
 - Run split practices if necessary
 - Look to implement activities that allow wrestlers to utilize open spaces when possible.
- Coaches should provide frequent breaks for participants to sanitize.
- Wrestlers should have masks they use for practice and separate ones they wear when not training.

Weight Management System:

In partnership with the MWA, the following will be used in regard to Weight Management:

- When a wrestler weighs in for the first time for a competition, this establishes the wrestler’s **Lowest Minimum Weight (LMW)**.

- This same weigh in also establishes their **“3-Weight Window”**.
- *Example:* Wrestler weighs in for the first time for a competition and makes the 160-pound weight class.
- The wrestler’s Lowest Minimum Weight (LMW) is the 152-pound weight class.
- The wrestler’s initial “3-Weight Window” consists of the weight class they weighed in for, and two weight classes above (160, 171 and 189).
 - This does not mean that a wrestler could weigh in at the 160-pound weight class and wrestle at 189 for that meet. A wrestler may only compete in two of the three weight classes which are determined by the weight the wrestler weighs in at.
 - NFHS rules in regards to weigh in and allowed weight classes will be followed.
 - **Once the wrestler makes 152 “scratch” (their LMW), their new “3-Weight Window” consists of their LMW and two above (152, 160 and 171).**
- The wrestler cannot compete below their LMW (in the case above, 152).
- If the wrestler competes ABOVE the “3-Weight Window” after making their LMW, their LMW is adjusted to a heavier weight class.
- *Example:* If the same wrestler wrestles at 189 in a meet after making 152 “scratch” previously, their new LMW is now 160.
- **Growth Allowance:**
A wrestler may only receive the 2-pound growth allowance (*or any additional weight allowance*) at a weight for which they have made “scratch” weight.
- *Example:* A wrestler weighs in for the 160-pound weight class. At the next competition, the wrestler would only have to make 162 to be eligible for that weight class. A wrestler that has not made “scratch” at 160 previously must weigh in at 160 “scratch” in order to be eligible for the 160-pound weight class.

Nutrition:

- All wrestlers and teams must complete the required **Nutrition Education**.
- This may be done “virtually”.
- *Resources, tools, videos and the standard report form are available on the MHSAA wrestling web page.*

Pre-Workout & Pre-Meet Screening:

- To be eligible to compete, all wrestlers must complete a negative rapid antigen test prior to weigh-in for that competition with no exceptions. (Please see the “Wrestling Bullet Points” below for more specifics in regards to the testing process.
- All coaches and students should be screened daily for signs and symptoms of COVID prior to participating, including a temperature check. This check may take place onsite or be completed and verified prior to arrival onsite (at home, for example). Anyone with a temperature greater than 100.3 degrees should not participate and be sent home. Responses to screening questions for each person should be recorded and stored for everyone present in case a student develops COVID. These records must be kept confidential.
- Any person displaying symptoms of COVID:
 - Should not be allowed to participate.
 - Should self-isolate and contact his or her primary care provider or other health-care professional.
- Continue to remind and insist that coaches and students disclose symptoms so all schools can compete safely. Involve local health departments if positive cases of COVID are discovered. Vulnerable adults should not coach, supervise or participate in any competitions or workouts. School districts will make the decision on vulnerable individuals.
- The MHSAA COVID Tracking Form is provided at the end of this document.
- Schools may also develop their own online survey (Google Forms, or other software applications) used for contact tracing. Many schools currently are utilizing this system for daily attendance, with parents providing the information. This may be something you can develop through your school system. You may also consider developing a QR Code for wrestlers to access forms/applications without touching pens/paper.
- Below are typical questions to ask daily before participation:
 1. *That day’s date*
 2. *Last Name*
 3. *First Name*
 4. *Weight Class*
 5. *Have you been diagnosed with COVID-19 in the past 14 days?*
 6. *Are you experiencing symptoms typically associated with COVID-19 such as: rash, diarrhea, fever, coughing, fatigue, headache, chills, loss of taste/smell or respiratory distress?*
 7. *Have you been in contact with anyone who has a suspected or confirmed diagnosis of COVID-19 in the past 14 days?*
 8. *Have you taken medicine for a fever or body aches within the past 24 hours?*

9. If you have answered "YES" or your temperature is 100.3 degrees or higher, you are not able to participate in today's activities. Please isolate and contact your primary care physician for direction.
10. By submitting, I am certifying that all information supplied is accurate and true.

Regular-Season Competition Guidelines: See attached tentative schedule for guidance.

- To be eligible to compete, all wrestlers must complete a negative rapid antigen test prior to weigh-in for that competition with no exceptions. All individuals would also be subject to contact tracing and close contact requirements when positive cases or tests exist. When school administration signs the weigh-in form, they are also attesting that all participants have passed their rapid test, and are able to compete. Those tested wrestlers would be able to compete without wearing a mask during the match but masks would be required of all individuals at all other times during meets and practices. This is required for wrestling as published in the MDHHS FAQ document.
- **Two (2) Regular-Season competition per week (MON-SUN)**
- Each week, two (2) regular-season competitions may be in the form of a dual, tri or quad that could include three (3) other schools.
- Schools may not exceed two (2) competition per week (MON-SUN) **but are encouraged to schedule events so that there are at least 48 hours between contests to help with contact tracing.**
- During these events, **regardless of the day, 3** duals max allowed per team, **3** matches max allowed per wrestler at the event. *(3 duals may be difficult to accomplish on a normal school night...)*
- Max of **4** schools at a location. 2 mats if Varsity only. 3 mats if event includes JV from the SAME schools. JV may wrestle a max of 3 rounds.
- Subvarsity matches should be conducted as close as possible to a dual meet structure for better contact tracing.
 - Although a "Best Practice" would be to follow previous guidelines in regards to Varsity "B" competitions, we understand the limitations in regards to matches for wrestlers. With testing of all athletes now in place, we have more options in regards to competitions.
 - Below is updated verbiage as it pertains to Varsity "B" competition:
 - *Schools that wish to wrestle a Varsity "B" schedule may do so, but are encouraged to compete against the same teams that the Varsity "A" schools are competing against. In an attempt to offer more matches for wrestlers, a school with a Varsity "B" team could compete at a team event where an additional varsity team could make the dual/tri or quad event complete.*
 - Competition limits of two (2) in a week are still in effect.
 - **Coaches are responsible to make sure that no wrestler competes in 3 competitions in a week.**
 - **PLEASE KNOW THAT A POSITIVE CONTACT CASE WITH YOUR VARSITY "B" OR JV, COULD IMPACT PARTICIPATION OF YOUR VARSITY "A" TEAM AND INDIVIDUALS.**
- In wrestling, JV and Varsity teams of the same school are considered the same team.
- Subvarsity meets will mirror the varsity meets, meaning that the same teams are competing against each other at the same location (on a separate mat) or a different location (on 2 mats).
 - If a school chooses to not send their JV, the subvarsity event may still take place, even though the schools present are not the "same" as the Varsity event.
- If an event is cancelled due to weather, the event may be held the following day if permitted by the hosting school, however, wrestlers must weigh-in again and also complete the rapid testing protocols.
- If official's availability is an issue, schools may schedule an AM or PM competition on the weekend. Schools and or individuals may not participate in an AM event, then later in a PM event on the same day.
 - Suggested AM – PM Schedule:

AM	PM
▪ Rd #1: 10:00AM-11:30AM <i>Break/Sanitize mats/wrestlers</i>	▪ Rd #1: 4:10PM-5:40PM <i>Break/Sanitize mats/wrestlers</i>
▪ Rd #2: 11:40AM-1:10PM <i>Break/Sanitize mats/wrestlers</i>	▪ Rd #2: 5:50PM-7:20PM <i>Break/Sanitize mats/wrestlers</i>
▪ Rd #3: 1:20PM-2:50PM	▪ Rd #3: 7:30PM-9:00PM
- **Weigh-In:**
 - Teams **MUST** use the new weigh-in form: **[HS Home Weigh-In Form](#)**
 - For the regular-season, teams will weigh-in at their OWN location no earlier than 3:00PM the day before, and no later than 2 hours prior to the event.
 - Regular-season weigh-Ins will follow the normal HOME weigh-in procedure with a school administrator or designee conducting the weigh-in.
 - Rapid tests will be administered prior to weigh-ins. (See "Wrestling Bullet Points" below for specifics).
 - Coaches should conduct pre-skin checks prior to weigh-in.

- School administration will sign the weigh-in sheet affirming the wrestler's weight as well as confirmation of a completed negative rapid antigen test and no issues with contact tracing.
- Officials will still conduct inspections on site.
- Coaches are encouraged to conduct temperature checks prior to departure for the event to assure competitors are fit and compliant for competition.
- Teams should change into gear prior to departing for the event so as not to require a locker room upon arrival.
- Competitors must only use their own personal equipment including water bottles.
- Pre-Dual coin flips will take place near the head table with the official and a single coach from each team.
- Red and Green ankle bands may ONLY be used if they can be sanitized between each and every use.
 - If ankle bands are needed, a best practice would be to alternate use: Example; the first bout team "A" (103) wrestler wears a RED ankle band, team "B" (103) wrestler wears NO ankle band. At the conclusion of the match, the RED ankle band is sanitized and allowed to dry during the next match. In the next match team "B" (112) wrestler will wear the GREEN ankle band. Continue this alternating system through the dual. Teams wear their same sanitized ankle band throughout the dual on alternating matches.
- No team/food tables at events. Wrestlers should bring their OWN personal quantities of food and fluids.
- Team benches must be 10' back from the edge of the mat.
- During dual/quad competition, coaches are not permitted at the corners of the mat and must coach from the bench.
- Teams should physical distance as much as possible, including when sitting on their teams' bench or while in their team area. Participants should avoid changing seats throughout the event.
- If teams change benches or areas during an event (most likely during a quad), these areas must be wiped down/sanitized before the next group's use.
- At the conclusion of each match, participants should sanitize themselves and their gear as soon as possible.
 - Wrestlers should avoid using hand sanitizer on their face and body.
 - Soap and water disposable wash cloths → ([LINK](#)) could be utilized, but should not be a substitute if a shower is possible.
- Handshakes are eliminated between coaches and wrestlers as well as wrestlers and officials.
- Post-match team hand shake lines are ELIMINATED.
 - Teams may choose to line up on their edge of the mat at the conclusion of the dual and appropriately salute the opposing team as a show of good sportsmanship.
- When Michigan teams and or individuals compete out-of-state, health and safety regulations in Michigan travel with them. Team limitations at an event, etc.
 - NOTE: Out-of-state teams that wrestle in MI, must also follow all of our health and safety requirements.

Small Program Provision:

- For schools with six (6) or less wrestlers in their entire high school program, those schools (for the **regular season ONLY**) may combine with other schools meeting the same criteria, for the purposes of being accepted into events that are dual meet based.
- More than 2 schools may come together to form a dual "team", as long as the combined numbers of those programs do not exceed 20 wrestlers.
- Schools that combine under these guidelines must remain together for the entire regular season*. Teams may NOT change with other schools as the season progresses. This is to assure proper and consistent contact tracing.

**Teams may separate and compete independently if required for league or conference dual meets.*
- This provision does NOT allow the teams that are combined to practice together as that would be considered a scrimmage, which is NOT allowed this year.
- This provision is to assist those schools that traditionally do not compete in team dual events, but normally only compete in individually bracketed tournaments during the regular season, which is NOT allowed this year due to COVID.
 - No "official" team score will be kept
 - The dual match itself must be recorded in TrackWrestling
 - *This is to assure a record of contact tracing for individuals competing in the dual*
 - These combined teams may NOT participate in the "team" portion of the post season
 - These combined teams may NOT practice together
 - Individual matches will stand (*as long as the wrestlers are otherwise eligible*)
- Please note that this is NOT a "co-op" program, and may only be utilized for the 20-21 school year.

Best Practices:

- See new or additional "Best Practices" under the "Wrestling Bullet Points" below.
- A face covering must be worn at all times except for those wrestlers actively participating in competition.; the following items as they pertain to face coverings are recommended:

- Extra, unused face coverings should be on hand and readily available in the event a face covering becomes damaged or unusable while practicing.
- Face coverings may be disposable or washable after use.
- Wrestlers should have a separate mask they do not use for practice, that they wear between matches or while traveling between schools.
- Schools may choose to delay the start of their season.
- Schools may choose to not compete on every allowed date.
- Schools may choose to reduce the number of teams at a competition.
- Schools/leagues may reduce the length of their season.
- Focus on dual competitions (one team vs another team)
- Coaches should work with their AD to schedule league competitions first, then fill in non-league events where open.
- No individually bracketed regular-season tournaments.
- No league/conference finals allowed that would EXCEED team limitations.
 - Leagues may choose to base their league standing and or individual champions based on league duals throughout the season (head-to-head competitions).
 - If leagues choose this path, they may need to keep the last week open to schedule duals or quads within the league that would complete the league results.
- Schools may restrict “unattached” competitions where a student is allowed to compete in two (2) events while not representing their school, or prior to Limited Team Membership going into effect. Or, if the student chooses to compete “unattached”, he or she may not participate in team activities (practice, competitions, etc.) for a minimum of 7 calendar days upon return and are symptom free.
- Schools and coaches should discourage weight cutting so as to keep participants feeling healthy without potentially compromising their immune system.
- If benches or seating are used by teams, participants are encouraged to use the same seat throughout the event.
- Have disinfecting items (wipes, spray, hand sanitizer) on hand for use before, during and immediately after a match.
- Mats should be sanitized using proper disinfecting methods at the beginning and the conclusion of the event.
- Where time permits, schools are encouraged to sanitize mats between duals.

Officials:

- Officials will not be required to stand between wrestlers in the neutral position. However, any false starts in the neutral position will be penalized with a caution (per rule). Officials must be vigilant in regards to calling false starts in an attempt to keep wrestlers safe from injury.
- Officials will wear face coverings and are encouraged to wear other protective equipment such as gloves, etc.
- Officials shall avoid contact with wrestlers, unless required to do so in the event of a potentially dangerous position or illegal situation.
- Officials will not raise the hand of the winning wrestler at the end of the match, but will simply inform the winning wrestler to raise their own arm.
- Officials should keep a record showing what schools they have officiated and when.
- Officials should personally use disinfecting wipes, or soap and water disposable wash cloths → [\(LINK\)](#) throughout the competition.

2020-21 Tentative Wrestling Schedule

Regular-season events are designed to minimize and reduce risk. In wrestling, JV and Varsity teams of the same school are considered the same team. Schools may choose to have their JV's at the same venue (wrestling on a separate mat or if space allows, 2 mats) or may choose to have the same four (4) school's subvarsity programs participate at a separate location on two (2) mats. Subvarsity matches should be conducted as close as possible to a dual meet structure for better contact tracing.

All matches (including subvarsity) MUST be recorded in TrackWrestling as another tool for contact tracing.

Regular Season Competition Summary:

- To be eligible to compete, all wrestlers must complete a negative rapid antigen test prior to weigh-in for that competition with no exceptions and have no issues with contact tracing.
 - Two (2) Regular-Season competition per week (MON-SUN)
 - Each week, two (2) regular-season competition may be in the form of a dual, tri or quad that could include three (3) other schools.
 - During these events, **regardless of the day, 3** duals max allowed per team, **3** matches max allowed per wrestler at the event. *(3 duals may be difficult to accomplish on a normal school night...)*
 - Max of **4** schools at a location. 2 mats if Varsity only. 3 mats if event includes JV from SAME schools. JV may wrestle a max of 3 rounds. *(If space allows, JV could wrestle on 2 mats at the same location)*
 - Subvarsity matches should be conducted as close as possible to a dual meet structure for better contact tracing.
 - Although a "Best Practice" would be to follow previous guidelines in regards to Varsity "B" competitions, we understand the limitations in regards to matches for wrestlers. With testing of all athletes now in place, we have more options in regards to competitions.
 - Below is updated verbiage as it pertains to Varsity "B" competition:
 - *Schools that wish to wrestle a Varsity "B" schedule may do so, but are encouraged to compete against the same teams that the Varsity "A" schools are competing against. In an attempt to offer more matches for wrestlers, a school with a Varsity "B" team could compete at a team event where an additional varsity team could make the dual/tri or quad event complete.*
 - Competition limits of two (2) in a week are still in effect.
Coaches are responsible to make sure that no wrestler competes in 3 competitions in a week.
 - **PLEASE KNOW THAT A POSITIVE CONTACT CASE WITH YOUR VARSITY "B" OR JV, COULD IMPACT PARTICIPATION OF YOUR VARSITY "A" TEAM AND INDIVIDUALS.**
 - In wrestling, JV and Varsity teams of the same school are considered the same team.
 - Subvarsity meets will mirror the varsity meets, meaning that the same teams are competing against each other at the same location (on a separate mat or two) or a different location (on 2 mats).
 - If a school chooses to not send their JV, the subvarsity event may still take place, even though the schools present are not the "same" as the Varsity event.
 - If an event is cancelled due to weather, the event may be held the following day if permitted by the host school.
 - Schools may not exceed TWO (2) competition per week (MON-SUN)
but are encouraged to schedule events so that there are at least 48 hours between contests.
 - If official's availability is an issue, schools may schedule an AM or PM competition on the weekend. Schools and or individuals may not participate in an AM event, then later in a PM event on the same day.
-

SCHEDULE

MON: 1-16 FIRST ALLOWED NON-CONTACT PRACTICE

MON: 2-8 FIRST ALLOWED CONTACT PRACTICE

MON: 2-12 FIRST ALLOWED COMPETITION DATE Two (2) Regular-Season competition per week (MON-SUN)

Schools are encouraged to include 48 hours between events

With a potential shortage of officials schools/league may need to schedule on non-traditional days such as TUE or THR.

To be eligible to compete, all wrestlers must complete a negative rapid antigen test prior to weigh-in for that competition with no exceptions. All individuals would also be subject to contract tracing and close contact requirements when positive cases or tests exist. When school administration signs the weigh-in form, they are also attesting that all participants have passed their rapid test, and are able to compete. Those tested wrestlers would be able to compete without wearing a mask during the match but masks would be required of all individuals at all other times during meets and practices. This is required for wrestling as published in the MDHHS FAQ document.

TENTATIVE TOURNAMENT DATES:

Team Districts: 3-17 & 18 17th: D2 & D4 18th: D1 & D3

Individual Districts: 3-20

Team Regionals: 3-24

Individual Regional: 3-27

Team FINALS: 3-30

Individual FINALS: 4-2 & 3

WRESTLING BULLET POINTS: 2-22-21

From MDHHS:

MI Safe Schools & MI Safer Sports Check-In

Friday, February 26, 11:30 am - 12 pm

[Click here to join the meeting](#)

- 1) ISDs will continue to stock our schools for both educator and student-athlete testing. MDHHS has sent enough kits to each ISD to cover them for 10 weeks of educator testing and the full winter season of sports. MDHHS is continually monitoring the ISDs inventory and will ship more kits to the ISDs as needed. MDHHS will ensure enough stock is allocated so that educators can be tested throughout the remainder of the school year and sport teams can be tested through the winter season. MDHHS is not sending kits to individual school districts or schools and pick-up/drop off should be coordinated with your local ISD.
 - a) ISDs monitor the inventory of the districts based off a dashboard we have created. This dashboard is fed through two main portals.
 - i) First, is the antigen reporting form (found [here](#)). Completing this is required by law and must be done on the day of testing.
 - (1) When reporting it is **IMPERATIVE** that you are entering your [district and building code](#).

- Facility Information
 - Org. Type = "School"
 - Org. ID = District #
 - Building ID = 5-digit code, *critical*
- Can lookup via Search: [EEM](#) | [EEM Home \(state.mi.us\)](#)

ii) Second, is the weekly reordering form (found [here](#)). Each school should fill out this survey **WEEKLY**. This is to be completed regardless of the school's inventory. If your school has enough tests, we will not provide additional kits. The information from this form gives us additional data we need to monitor the program.

- (1) For student-athlete testing, it will need to submit twice, if the schools are testing both masked sports and unmasked sports. It will need to be filled out once for sports where masking may be dangerous (wrestling) and then again for sports that require masking (basketball, ice hockey, etc.).
- 2) We will continue to hold office hours throughout the month of February.
 - a) MI Safer Sports office hours on Fridays from 2-2:30 pm, you can [click here to join the meeting](#)
- 3) Our websites continue to have the most up to date information. Continue to check <https://link.edgepi-lot.com/s/79bbaac3/kUia680V10OV53vg74SRSA?u=http://www.michigan.gov/sportcovidinfo> for details. We should suggest checking out the [MDHHS Rapid Antigen Testing Training Series](#), as it has all of our forms and recordings

MI Safer Sports

- a) We do not expect enrollment in this program to be on a "rolling basis" like educator testing. Enrollment is only required **ONCE**. The only time a school would need to submit a second enrollment form is if they wanted to enroll an additional sport or team that they didn't enroll the first time.
- b) "Optional" testing sport (basketball, cheer, ice hockey) would like to test once weekly, we would urge them to enroll. We have been happy to see many wrestling teams enroll already. We still urge other contact sports teams (basketball, cheer, ice hockey) to enroll. These teams can get supplies to test once weekly.

Thank you for helping keep Michigan Safe!

Team Regional Hosting:

- Team Regionals continue to be hosted on a "rotational" basis.
- The Team District winner from the HIGHEST number Team District will host the Team Regional.
 - Example: Team District #101, #102, #103 and #104 are in a Team Regional.
 - The winner from Team District #104 will host this year (2021).
- If you are in the HIGHEST number Team District in your Team Region, and you think your school has a chance to advance, please look at your facility availability for WED 3-24-21 ASAP!

Other Post Season Items:

- Stay tuned for more information in regards to Individual Districts, as well as post season locations and formats.
- There are MANY items being worked out and information will be shared as soon as it is available.
- We are still in need of hosts for Team Districts as well as Individual Districts.

Varsity “B” Matches:

- With testing of all athletes now in place, we have more options in regards to competitions.
- Although a “Best Practice” would be to follow previous guidelines in regards to Varsity “B” competitions, we understand the limitations in regards to matches for wrestlers.
- Below is updated verbiage as it pertains to Varsity “B” competition:
 - Schools that wish to wrestle a Varsity “B” schedule may do so, but are encouraged to compete against the same teams that the Varsity “A” schools are competing against. In an attempt to offer more matches for wrestlers, a school with a Varsity “B” team could compete at a team event where an additional varsity team could make the dual/tri or quad event complete.
- Competition limits of two (2) in a week are still in effect.
Coaches are responsible to make sure that no wrestler competes in 3 competitions in a week.
- **Please know that a positive contact case with your Varsity “B” or JV, could impact participation of your Varsity “A” team and individuals.**

TrackWrestling:

- Be sure to update all information in TrackWrestling. Please know this is a major tool used for contact tracing, and is also required for Individual Districts.
- Questions? Reach out to TrackWrestling directly as they are best equipped to answer your questions.

Handshakes:

- Handshakes following each individual match between two wrestlers that just completed a bout is ALLOWED.
- **Please avoid wrestlers (following their match) shaking hands or fist bumping the opposing coach.**
- **Even though all wrestlers have been tested, coaches have NOT.**

Face Coverings Reminder:

- Coaches must be vigilant in this area.
- CHECK-IN:
 - Wrestler may remove their mask when they are actively participating in the competition.
 - **Wrestlers should check in at the head table ready to wrestle.**
 - **A “best practice” would be that a wrestler would remove their face covering and placing it in their own bag before they go to check in at the head table, and putting it back on immediately after the match.**
- Face coverings must be worn at all time during practice.
- Wrestler may still choose to wear a face covering while competing.

Weigh-In Form:

- [HS Home Weigh-In Form](#) MUST be used.
- [JH/MS Weigh-In Form](#) MUST be used.

WRESTLING BULLET POINTS: 2-15-21

TrackWrestling:

Many schools competed this weekend and have **NOTHING** showing in TrackWrestling. Please make sure this is updated ASAP as this is a tool needed for contact tracing as well as establishing a wrestler Lowest Minimum Weight (LMW). As a reminder, any questions in regards to TrackWrestling should be directed to TrackWrestling. **If you need help - click the blue “Need Help” button on the right side of any TrackWrestling page of the website to contact support.**

Weigh-In Form:

- Excellent job using the new [HS Home Weigh-In Form](#) that also indicates each participant has passed the required rapid test.
- Here is the link for the [JH/MS Weigh-In Form](#).

Testing:

- Testing results should be submitted online the “**day of**” testing.
- In general, schools will pick up testing kits at their local ISD.
- Be sure to connect with your local ISD ahead of time in regards to process, procedure (pick up dates and times).

Handshakes:

There is some confusion about handshakes following each individual match. Handshakes between two wrestlers that just completed a bout is ALLOWED. What we want to avoid is wrestlers (following their match) shaking hands or fist bumping the opposing coach. Even coaches shaking their own wrestlers’ hand after a match is not encouraged, until the wrestler has an opportunity to sanitize. The goal is to avoid any unnecessary contact at this time. Below are additional items in regards to post match or post dual items:

- At the conclusion of each match, participants should sanitize themselves and their gear as soon as possible.
 - Wrestlers should avoid using hand sanitizer on their face and body.
 - Soap and water disposable wash cloths → ([LINK](#)) could be utilized, but should not be a substitute if a shower is possible.
- Handshakes are eliminated between coaches and wrestlers as well as wrestlers and officials.
- Post-match team hand shake lines are ELIMINATED.
 - Teams may choose to line up on their edge of the mat at the conclusion of the dual and appropriately salute the opposing team as a show of good sportsmanship.

Face Coverings:

- Many did a GREAT job this weekend! As a reminder, if we want to continue to wrestle without masks, we must make sure they are worn at all times when not competing. Coaches must be vigilant with their team in this regard.
- Coaches are also a great resource when it comes to asking their own spectators to comply as well.
- CHECK-IN:
 - Wrestler may remove their mask when they are actively participating in the competition.
 - **Wrestlers should check in at the head table ready to wrestle.**
 - **A “best practice” would be that a wrestler would remove their face covering and placing it in their own bag before they go to check in at the head table, and putting it back on immediately after the match.**
- Face coverings must be worn at all time during practice.
- Wrestler may still choose to wear a face covering while competing.

Cleaning / Sanitizing “Best Practices”:

- If benches or seating are used by teams, participants are encouraged to use the same seat throughout the event.
- Have disinfecting items (wipes, spray, hand sanitizer) on hand for use before, during and immediately after a match.
- Mats should be sanitized using proper disinfecting methods at the beginning and the conclusion of the event.
- Where time permits, schools are encouraged to sanitize mats between duals.

Food:

- As all regular season events this year are “dual” based, and only against three other schools, there is no need for “Team Tables” where wrestlers may eat continuously throughout the event.
- A “best practice” would be to prepare sack meals/lunches for each individual wrestler, that they can access after each dual. These sack meals/lunches should have individually wrapped or packaged items.
- Teams are reminded to clean up after themselves as to not put an additional burden on the host school.

HS Testing & Weigh-In:

- Click the “[Health & Safety](#)” tab at the top.
- Wrestling items are ½ way down the page under the heading “**Winter Contact Sports- Wrestling Antigen Testing Program**”.
- Rapid test links, FAQ’s, training videos, etc. are located on the MHSAA website.
- Call your ISD in regards to questions related to testing kit orders and pick up.

- All wrestlers **MUST** complete and pass a rapid test prior to the event.
 - **A best practice would be to complete the rapid test 15 minutes prior to weigh-in.**
 - This allows school administration to use the NEW weigh-in form to attest to weight, and also that all participants completed and passed a COVID test, and are also not excluded due to contact tracing.
 - **THE NEW WEIGH-IN FORM MUST BE USED OR YOU WILL NOT BE ABLE TO COMPETE.**
 - **NEW “[HS Home Weigh-In Form](#)”**
 - This form is found on the “Wrestling” page of the MHSAA website. Go to the “Coaches Box” on the right, and it is under the “Weigh-In Links”, with the title being “[HS Home Weigh-In Form](#)”
 - No rapid passed test = no attendance or participation at the competition.
 - A failed (or positive) rapid passed test = no attendance or participation at the competition.
 - Wrestlers that pass the rapid test may still be excluded from competition if they are part of a contact trace (workout partner tests positive, etc.)
 - Wrestlers that pass the rapid test may still be excluded from competition if they do not pass officials inspection once on site.
 - **Coaches do not take the rapid tests and must wear face coverings at all times.**

NOTE: We are still encouraging schools to schedule 48 hours between events. As we have stated often, the goal is to start AND finish the season. We understand that 48 hours may not be possible in some instances. **Please know that each event requires the same system for rapid tests. One rapid test would NOT allow for participation on two (2) days.**

For those that weigh-in on Friday for a Friday and Saturday competition:

- **Schools must still complete TWO separate rapid tests.**
- Best practice: Schools rapid test 15 minutes before their home weigh-in on Friday (coverage for the Friday event).
- Schools would test AGAIN Saturday morning before departing for that day’s event (coverage for the Saturday event).
- School administration may use the same weigh-in form, but must indicate on the form the two (2) testing dates, and acknowledge that they tested twice for the two separate events.

Face Coverings:

- Coaches, school administration, table workers, (spectators), etc. must wear a face covering at ALL times.
- The only time a wrestler may remove their mask is when they are actively participating in the competition.
 - **A best practice would be that a wrestler would remove their face covering when they go to check in at the head table, and would put it back on immediately after the match.**
- Face coverings must be worn at all time during practice.
- Wrestler may still choose to wear a face covering while competing.

TrackWrestling:

- Schools must use TrackWrestling for all events.
- This is how we will track a wrestlers Lowest Minimum Weight (LMW) as well as contact tracing if needed.
- As we are not utilizing the “Alpha” system this year, we are working with TrackWrestling to develop a new system for use for this season.
- TrackWrestling startup information will be sent to schools ASAP.

Weight Management System:

- Reminder: alpha weigh-ins will not be utilized this year.
- Your Lowest Minimum Weight (LMW) – the lowest weight class you can go, will be determined by your first weigh-in.
- Your LMW will be one (1) weight class below the initial weight class you weighed in for.
- Be sure to check the updated “Return” documents for more details.

Middle School Testing & Weigh-In:

- Middle school wrestlers **13 and older** MUST complete and pass a rapid test prior to the event. They will follow ALL of the same guidelines as HS students listed above.
- Middle school wrestlers **12 and younger** are not required to rapid test, and may compete without wearing a face covering.
- All middle school wrestlers must wear face coverings at all times other than while actively competing.
- All middle school wrestlers must wear face coverings at all times during practice.
- **NEW** “[JH/MS Home Weigh-In Form](#)”

Updated “Return” Documents:

- “Return” documents are being updated and will be posted once complete. Be sure to check the MHSAA website for any updates.

Post Season:

- The post season schedule has been provided and is posted.
- Event details will be provided in the near future.

TRACKWRESTLING – Sent 2-12-21

Subject: TrackWrestling Update

Good day all. Below you will find the updated process and procedure to set up your rosters in TrackWrestling. You will have to enter rosters and add weights for a dual to be run on TrackWrestling. Please be sure to put any and all matches in TrackWrestling, as this is a needed tool to help with Lowest Minimum Weight (LMW) as well as contact tracing. Again, we are striving to address the quickly changing issues presented by this unprecedented season. Thank you for your patience and support.

Setting Your Roster & Weight Class

CREATING A ROSTER

To import your roster from a previous season:

1. Click on the 'Roster' link in the grey top menu
2. Click on the [Import Roster] button
3. Select the season and team you wish to import from and then click the [Next] button
4. Place a check mark in the box next to any wrestlers you wish to import and then click the [Import] button
5. The imported wrestlers will then appear on your roster
6. To edit a wrestler's information, you can click on the name of the wrestler.

To add team members manually:

1. Click on the 'Roster' link in the grey top menu
2. Click on the [Add Wrestler] button
3. Fill out the form with information about the wrestler you are adding
4. Click the [Add] button
5. The added wrestler will then appear on your roster
6. To edit a wrestler's information, you can click on the name of the wrestler.

SETTING SEASON WEIGHT CLASS

Creating a weigh-in form to record season weight class on day of your first competition.

Note - this is a one-time process only done after the first competition weigh in is completed.

1. Go to the schedule and create an event for your first competition
2. Once you add the event or dual meet, click on the scale icon next to the event name
3. Select the wrestlers on your team

****Note** - hold the CTRL or SHIFT button to select multiple wrestlers at once

4. You will use the weight class each wrestler weighed in at as their certified weight class for the shortened season.

Use the drop-downs in the 'Weight' column to change the weight class to the weight class each wrestler will be 'certifying' at. (Note: this weight class should be the weight class without the growth allowance. Example: Wrestler weighs in at 133, so they make $132+2=134$, Coach should enter 132 as the weight class)

5. Enter weight class weight **for a second time** into in the column under the event date header. This would be the 'actual weight' column. Please make sure to enter the weight as the weight class. As an example, if the wrestler is at 132, then type the weight in as 132.
6. After entering all of the weights, click on the commit button. Once you confirm the commit, this will save your weigh-in reports.
7. To create a team weigh-in report to develop your lowest weights
 - a. Go to My Account in the menu bar
 - b. Click on My Extras
 - c. Click on 50% Report
 - d. This would show the lowest the wrestler weighed-in for the team

If you need help - click the blue "Need Help" button on the right side of any page of the website to contact support.

20-21 HS WRESTLING

Officials Considerations for COVID-19 Wrestling Guidelines

Included below are considerations for contest officials within the guidelines for returning to school sports. They have been developed in consultation with health professionals, government officials, the National Federation and officials from around the state of Michigan. They include general expectations for schools in relation to officials, provisions specific to officials in the sport, rules and mechanics modifications and protocols for when a suspected or confirmed case of COVID-19 is identified.

Officials are not responsible for monitoring activities on the sidelines, such as physical distancing, hand washing, symptoms of illnesses and other such issues. This monitoring remains the responsibility of the coaching staff and school personnel.

General Expectations for Schools

- School athletic directors and officials should communicate with one another well in advance of the contest so that there is a clear understanding as to what is expected from each. Failure to discuss the details may create greater conflicts at the date/time of the contest.
- Officials should be provided a designated parking area apart from the general public.
- An adult host should meet the officials at a single, designated location and time for arrival. They should be escorted all together to a *private open and/or ventilated locker room or meeting area* before the start of the contest, to and from the contest during any intermissions and to the parking areas following the conclusion of the contest.
- Officials should be provided cold beverages either (1) in a sealed, disposable bottle or (2) in a newly washed, reusable bottle. Each shall be designated for a single official and should be marked to indicate to which official the beverage is assigned.
- If offered, snacks or meals provided to officials should be individually packaged separately for each official.
- It is recommended that officials' fees are paid using an electronic payment method.

Protocols for Suspected and Confirmed Cases of COVID-19

Suspected Cases at Contest

- If an official becomes symptomatic at a contest, he or she should be moved to a designated quarantine area with a mask in place until they are transported from the facility. If the symptoms are severe, the official should be picked up by an emergency contact or by ambulance (if clinically unstable) for off-site testing. If an ambulance is called, or someone is being transported to the hospital, there should be an attempt to call the hospital first to alert them that the person may have COVID-19.

Confirmed Cases

- If an official has a laboratory positive or clinically diagnosed case of COVID-19, he or she should immediately contact the local health department for further instructions, and inform the athletic director(s) of any host school he or she visited within the previous two days before displaying COVID-19 symptoms.
- Officials must inform any host school for which they are scheduled to officiate for (at least) 14 days following confirmation that they are unable to work those contests. They will remain ineligible to officiate any MHSAA contests until they are medically cleared by their personal healthcare provider.

- All officials considered close contacts (*i.e., someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period*) will be informed when a positive case of COVID-19 is identified from a contest they officiated within two days of when the infected individual first displayed symptoms. If identified as a close contact, an official should quarantine and must return assignments scheduled for the next 14 days.
- If an official was at the event, but not in close contact with a positive case, he or she should continue to be closely monitored for any symptoms of COVID-19. At this time, these individuals are not required to receive testing unless they develop COVID-19 symptoms.

Cancellations/Failure-to-Fulfills

- Games that are cancelled because of COVID-19 are considered cancelled as a result of an act of God and are not subject to a 10-day minimum advanced notice by the school.
- Officials are not subject to a failure-to-fulfill penalty if they break a contract for an assignment when (1) they have been diagnosed with, or display symptoms of, COVID-19 or (2) if a confirmed case of COVID-19 has been identified with a team or facility which/where he or she is scheduled to officiate.

Officials' Sport-Specific Provisions

It is incumbent of MHSAA officials to take necessary precautions to ensure a safe working/playing environment. This is especially important for those considered “vulnerable individuals” – people 65 years and older and others with serious underlying health conditions. Individual circumstances, proximity to others while officiating and overall risk level will determine for many the extent of precautions taken.

Provisions are listed in categories described below. As independent contractors, MHSAA officials have the ability to choose or decline assignments as they see fit. Likewise, because officials are hired by the schools, districts and their administrators may require additional precautions be taken by officials that work their contests beyond those mandated in this document. Officials should check with the schools as to any additional precautions or requirements before accepting an assignment and/or arriving to contest.

Provision Categories

- Permitted** – Precautions and safety measures which officials are allowed to take during MHSAA contests. This list is not exhaustive and officials should contact the host school for guidance if they wish to take further precautions not listed in this document.
- Suggested** – Best practices for MHSAA officials based on the recommendations of health professionals. Not required, but should be followed if possible.
- Mandated** – Required practice in order to officiate MHSAA contests. If an official is unwilling or unable to follow these requirements, he or she is not permitted to officiate the contest.

NOTE: “Physical distancing” refers to a separation of individuals of at least six feet, except for momentary interactions.

Permitted Provisions:

- Officials may use electronic whistles.



Updated 2/8/21

- Officials may wear gloves – including medical latex gloves, work gloves or gloves designed specifically for officiating.
- Officials may wear plastic face shields which connect to a hat, wrap around the forehead or that hang around the neck.

Suggested Provisions:

- Each official should check his/her temperature on game days. Officials displaying COVID-19 symptoms (*e.g., fever, cough or shortness of breath*), or with temperatures of 100.3F or greater, should stay home and consider coronavirus testing if symptoms persist.
- Officials should consider bringing their own marked beverage(s).
- Upon arrival at the site/facility and throughout the contest, officials should wash and sanitize their hands frequently.
- Officials should not share uniforms, towels apparel or equipment.
- Officials should sanitize their hands after conducting skin checks or inspecting wrestlers' or team equipment.

Mandated Provisions:

- Officials will arrange to arrive to the site/facility at a single location and time. Unless unavoidable, officials will enter the facility as a group, maintaining proper physical distancing.
- Officials' pre-match meetings shall be conducted while practicing proper physical distancing.
- **Face masks which cover the mouth and nose are required to be worn by officials at all times as required by the MDHHS order, unless a medical exception applies to the individual. Under the current MDHHS order, officials must have documentation from a medical provider (MD, DO, PA, NP) and provide that to the host school administrator upon arrival.**
- Officials shall not engage in pregame/postgame handshakes or fist bumps with wrestlers, coaches or administrators.
- Officials shall not physically contact players during the contest, including players that appear to be injured or ill. This includes raising the arm of the winning wrestler.
- Officials will maintain physical distancing with each other unless conferencing about a call or ruling. In those cases, the officials should avoid speaking face-to-face.
- The pre-meet meeting and instructions with coaches will be conducted in an open area (not inside a locker room) and must include proper social distancing for all involved. The captains meeting will be eliminated and the coin toss will be conducted with the coaches prior to the start of the competition.



Updated 2/8/21

Rules Modifications (Wrestling)

- **TESTING PROTOCOLS**

- Wrestlers are not required to wear face coverings when actively competing as long as they have had a negative rapid antigen test on either the day before (done in conjunction with home weigh-in) or day of a meet or a negative PCR test within 72 hours of competition.
- A school administrator's signature on the weigh-in form or other attesting document that each wrestler present has received a negative test will suffice for confirmation of this requirement.

- **SPECTATOR SEATING**

- **Schools should restrict spectators on both sides of the gym from sitting in the first two rows of bleachers closest to the gymnasium floor** to allow for adequate spacing between the spectators and contest participants, permit a scorer's table and benches to be moved back or use the first row of bleachers for team bench seating if needed.



MHSAA Officials Program



Face Coverings and Contest Officials

2/8/21

THIS GUIDANCE CONTAINS SIGNIFICANT CHANGES FROM PREVIOUS ORDERS

This is a brief summary of the expectations for MHSAA officials regarding face mask mandates found in orders issued by the Director of the Michigan Department of Health and Human Services.

Definition

- “Face mask” means a tightly woven cloth or other multi-layer absorbent material that closely covers an individual’s mouth and nose. Plastic face shields may no longer serve as an alternative to face masks for game officials.

Allowable Exception to Face Mask Mandate

- The most recent MDHHS order permits officials to claim a **medical exception** to the face mask mandate if one applies to the individual. **Under the current MDHHS order, officials must have documentation from a medical provider (MD, DO, PA, NP) and provide that to the host school administrator upon arrival.**

Requirements During Down Times:

- All officials shall wear face masks upon arrival at a facility, before the contest, during intermission away from the field/court/area of play and following the contest until departure from the facility.

Prerogative of Local School Districts

- **Local school districts may choose to only hire game officials that wear face masks at all times. If this is the case, schools must inform officials in advance of the contest in compliance with MHSAA cancellation policies.**

Requirements During Contests

- MHSAA officials are subject to orders of the MDHHS.
- Officials *outdoors* may officiate without face masks.
- Officials *indoors* must officiate with face masks on at all times unless the medical exception indicated above applies.

Officials’ Responsibilities for Enforcement During Contests

- **MHSAA officials shall treat the requirement for participants to wear face masks (when required) as follows:**
 - **An athlete required to wear a face mask will not be permitted to enter the playing surface until his/her face mask is worn properly (i.e., entirely covering the mouth and nose).**
 - **Officials use good judgment and preventative officiating to remind athletes that are wearing face masks to wear them properly if/when they fall below the mouth and nose**
 - **If an athlete refuses to wear his/her face mask (or wear it properly), the face mask is broken during play or an official’s instructions become repetitive for the athlete to make adjustment to wear it properly, play will be stopped at the nearest pause in action and the athlete will be removed from the contest until it is corrected. Athletes that are deemed as intentionally removing an opponent’s face mask should be penalized accordingly.**
- **Officials should expect to encounter MHSAA games where the players may or may not wear face masks and should consider this when deciding whether to accept assignments. MHSAA wrestlers are not required to wear face masks. Athletes in other MHSAA sports may not be required to wear face masks if a medical exception applies to the individual. If this is the case, the school administrator or head coach will notify the game officials of the athlete(s) to which this exception applies.** If an MHSAA official does not feel safe because a team refuses to wear facial coverings *when required*, or to wear them properly, after brought to the attention of the coach or site administrator, the official may leave the contest without penalty.
- If a team refuses to play against another team that is refusing to wear facial coverings, the official will provide a short time for the issue to be resolved between teams. If not resolved in a reasonable amount of time, the official may leave the contest without penalty. The official should complete an incident report online, and the determination of the results of the contest will be made by the MHSAA office.

