



UPDATED:  
3/2/2021

## WINTER SPORTS

SEASON OF COMPETITION BEGINS:  
JANUARY 18, 2021

REGULAR SEASON CONCLUDES: MARCH 5, 2021  
\*\*INCLUDING ANY PLAY-IN GAMES\*\*

- All students, coaches and team personnel will be required to wear a cloth mask, disposable non-surgical mask, or gaiter for the entirety of a game/contest. Mesh masks do not meet this requirement.
  - **Exception:** For winter playoffs only, any students or officials actively participating in the contest.
- For winter playoffs only, any students, coaches and officials not actively participating must wear a cloth mask or gaiter for the entirety of the game/contest.
- Each school will complete the AIA COVID-19 Athlete/Coach Monitoring Form the day of all games/contests and provide a copy of the second page to the opposing school prior to the contest.
- At the discretion of the local/school district, the host venue/home team may allow home/visiting spectators. Determinations will be based on executive orders, local jurisdiction and guidance from local health authorities.
- Anyone who attends winter sports events is required to wear a face covering for the entirety of the contest.
  - **Exception:** students & officials actively participating in the game/contest.
- Any school that violates any of the mandatory modifications, including the COVID-19 Return to Play Form, will lose access to AIA officiating.
- All sport modifications are required.
- No scrimmages, invitational tournaments or Region tournaments.
- No out-of-state competitions.
- Must have a minimum of 14 days of practice before any competition.
- Practice with any outside team/group, if staying within that cohort, would not require a 14 day exclusion from the high school team.
- Club youth coaches (13 and under) will not fall into the 14 day exclusion rule unless they are involved with out of state tournaments. It is strongly recommended that the coach wear a face covering while coaching that youth club team.
- For the 2020-21 school year, the Non-school Participation Rule for winter sports will take effect on January 18, 2021. The Season of Competition begins January 18th for all schools in all winter sports without exception.
- Testing is recommended if possible in your county.

*\***Exclusion** defined as a student/coach shall not practice/compete with the high school team during period of exclusion.*



## 2020 AIA Wrestling Modifications

This document provides guidance and game modifications for schools, game administrators, coaches, players, and officials to follow in accordance with NFHS, state and local restrictions and recommendations. Wrestling is considered the highest risk of all sports, it is imperative that the modifications are followed to allow our student-athletes to compete and for the sport of wrestling to continue to thrive.

### ❖ PRE MATCH, TRAVEL AND FACILITIES:

- Dressing facilities for game officials and teams should be large enough for them to use social distancing protocols and must be properly cleaned and sanitized prior to their arrival.
- Before, during, and after the contest, players, coaches, game officials, team personnel and game administration should wash or sanitize their hands as often as possible.
- Maintain social distancing of 6 feet at all times when not on the mat.
- **Team personnel/athletes must wear face covering during travel, pre match, and post-match.**
- Teams will confirm that their athletes are cleared to compete prior to leaving their school through the daily screening of symptoms by designated COVID19 point of contact.
- Teams are to bring their own water and athletes are not to share water bottles etc.

### ❖ WEIGH INS:

- Stagger team weigh-ins
- Coaches to submit lineup roster/weigh in sheet to host site coach.
- Athletes must arrive in singlet and ready to weigh in.
- Starting weight for duals to be determined at this time.
- Skin checks, temperature checks and COVID survey must be completed at this time.

### ❖ RULE MODIFICATIONS:

- No handshake of the opposing coach or official during the competition or at the conclusion.
- Official will have limited contact with wrestlers.
- One captain for pre match instruction/coin flip.
- All rule discussions shall take place socially distanced near the head table.
- Athletes will check in at the head table while remaining socially distant.
- The winning wrestler will verify their name to the head table while remaining socially distant.

### ❖ PRACTICE:

- Limit practice partners.
- No coach demonstrations with student athletes.
  - If demonstrations are needed it must be between coach/coach or student/student.

#### ❖ OFFICIALS:

- Officials will confirm they are cleared to work through the daily screening for symptoms.
- Officials should contact the host Athletic Director prior to the day of the contest to discuss logistics and requirements for that particular school, district, or municipality. Officials must follow any additional requirements imposed by the school or municipality.
- Officials should arrive dressed and ready to work the event.
- Official may wear a black, long sleeve under shirt or gloves if desired.
- No shaking of any hands.
- Officials will only make contact with athletes when necessary. (Potentially dangerous or illegal hold situations)
- Officials will wear a face covering when not working a match. (may officiate in a face covering as well)
- Official will acknowledge winner by pointing to them.
- Officials will bring their own equipment and towel (do not share).
- Officials will sanitize hands in between matches when able.
- Officials will bring your own container of water.

#### ❖ TABLE AREA:

- Table workers will confirm they are symptom free prior to arrival.
- Workers will wear a face covering from arrival through departure of the competition.
- Table must have sanitizer and Clorox type wipes.
- Three people at the head table: Scorer, Timer and Announcer.

#### ❖ COACHES/BENCH AREA:

- Stagger the bench area with athletes as much as possible.
- Only two coaches in a corner. Chairs to be distanced as much as possible.
- Do not share uniforms, towels, water bottles, and other apparel or equipment.
- Wrestler is responsible to report to the mat wearing a team provided anklet.
- Wrestling shoes should only be put on when warmups or competition begins.
- A shoe cleaning area should be provided prior to stepping on the mat. (disinfectant towel)
- **Face coverings will be worn by all coaches and team personnel from the time of arrival through departure of the event. This is not an option. No face covering, no competition.**

#### ❖ ATHLETIC TRAINERS/STUDENT:

- Will wear a face covering at all times.
- Will dispose of gloves after each interaction with athlete.
- Treatment/taping table needs to be sanitized after each interaction with athlete.
- Blood area/supplies should be located away from the head table.

#### ❖ MATCH ADMINISTRATION:

- Contact the opponents' Athletic Director prior to the day of the contest to discuss any logistics and guidelines for that particular school and its district.

❖ **MATCH OPPORTUNITIES:**

- No invitationals
- Dual Meets only
  - Exception: If your program does not have a full team, a small multiple can be scheduled. However wrestlers are only permitted to wrestle once per day.
- No out of state travel.

❖ **SEASON OF SPORT:**

- 11/9/2020-2/20/2021
- Regular season ends January 30, 2021 for boys with the sectional tournament taking place on February 13, 2021.
- Regular season ends January 30, 2021 for girls with the sectional tournament taking place on February 6, 2021.

**Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on [aiaonline.org](http://aiaonline.org).**