



South Dakota High School Activities Association

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SDHSAA Winter 2020-2021 Rule Modifications

Rule modifications are divided into three categories:

1. **Mandatory** = rule changes that shall be followed until further advised
2. **Optional** = rules allowances that may be utilized if desired until further advised
3. **Impermissible** = items that are not allowed by SDHSAA rule

THE SDHSAA RESERVES THE RIGHT TO MODIFY THE BELOW ITEMS AS NECESSARY THROUGHOUT THE SEASON.

Coaches, Athletes, Administrators and Families must be vigilant in reporting and accurately sharing information regarding symptomatic athletes, getting tested as necessary, and ultimately, positive cases. Failing to do so may result in massive, statewide shutdowns of the activity for a period of multiple days, much like other communicable diseases have caused in other instances.

GYMNASTICS

MANDATORY MODIFICATIONS	<p>Notification of Exposure: In the event a competitor tests positive for COVID, schools shall notify the school of any competitors of the positive individual during the previous 48 hours and inform them of the positive test and exposure. Participants who test positive are expected to be forthright in the close contact investigation and inform those completing the investigation of close contact with teammates and people on opposing teams.</p> <p>Competitors shall carry a gym bag with the following items in it:</p> <ul style="list-style-type: none"> • A reusable cloth facial covering. • Grips, wristbands and any braces that are normally used during practices will stay in the gym bag. • Include a travel size spray bottle filled with water to spray grips. Keep the spray bottle inside a Ziploc bag in case it leaks. • Personal bottle of hand sanitizer - less chance of possible cross contamination and less time standing around waiting to use a shared gym bottle – be sure to have this inside a Ziploc bag, in case it leaks. This will be used before each event and when exiting the building. • Disinfectant wipes for personal use to disinfect feet – can be alcohol wipes. These will be used when entering, after each event and before exiting. • 1 ½" white athletic tape and any other tape normally used during practice. • Fingernail clippers – flat edge instead of round because they are for cutting rips • Personal water bottles for drinking – the water fountains will not be in use because of CDC guidelines (bottle filling stations may be available).
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	<ul style="list-style-type: none"> • Shoes shall also be stored in the gym bag, in a separate compartment or bag that is inside the gym bag, preventing possible cross contamination with other items in the gym bag. • A Gallon size freezer Ziploc bag or plastic container big enough to get your hands into. Each gymnast shall have chalk for their personal use. There will not be any shared chalk buckets available in the gym. • Everything inside the gym bag shall be disinfected after every practice – before you return to the gym again. Be sure the disinfectant doesn't contain bleach, it could ruin the bag. Be sure to spray the inside and the outside of the bag as well. This is for everyone's protection, we don't want to take a chance of carrying any potential virus back and forth. <p>Remove common chalk bowls. Individuals should bring their own Ziploc bag of chalk for their personal use.</p> <p>Social Distancing/Hygiene</p> <ul style="list-style-type: none"> • Social distancing of at least 6 feet should be maintained at all times. Offer non-contact support/encouragement rather than hugs/handshakes/fist bumps. • Social distancing while waiting for a turn on the apparatus or moving from one event to another. Communicate gym policies clearly to participants and parents. • Wash and sanitize hands before entering and leaving the gym and wash/sanitize their hands between rotation to different events. • Each athlete/coach shall carry and use hand sanitizer following rotations. • Hand sanitizer shall be plentiful at all contests and practices. • Stay home if you do not feel well.
<p>OPTIONAL MODIFICATIONS</p>	<ul style="list-style-type: none"> • Athletes (when not competing), coaches, judges and those working the event –strongly encouraged to wear masks/face coverings and bring their own water bottle. • Highly recommended that competitions are organized in “pods” to limit exposure. Warmup, then compete and exit building when pod is completed. • Coaches may pick up their score sheets prior to leaving the building and results for the competition will be emailed to the coaches at the conclusion of the meet. <p>Considerations for Coaches:</p> <ul style="list-style-type: none"> • Communicate your guidelines in a clear manner to students and parents. • Consider conducting workouts in “pods” of same students always training and rotating together on apparatus in practice to ensure more limited exposure if someone develops an infection.

	<ul style="list-style-type: none"> • Athlete safety is paramount and coaches should not be restricted from spotting an athlete if necessary, to protect the athlete from injury. • Expectations regarding spotting or alternative teaching/coaching methods should be clearly communicated repeatedly during practice. • It is highly recommended and STRONGLY ENCOURAGED that a cloth facial covering for non-coaching staff, coaching staff and student athletes be worn. <p>Considerations for Students:</p> <ul style="list-style-type: none"> • Student should be responsible for their own supplies • Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout. • Hand sanitizer be placed in your gym bag and used often. • Athletes should tell coaches immediately when they are not feeling well. • Highly recommended to wear a cloth facial covering when not actively participating. • Have your supplies available in your personal gym bag. <p>Considerations for Judges:</p> <ul style="list-style-type: none"> • Bring personal hand sanitizer. Wash hands frequently. • Bring your own equipment and do not share equipment. • Follow social distancing guidelines. • Space judges 3-6 feet apart at judging tables or use separate tables. • Do not shake hands and follow pre and post meet ceremony guidelines established by state associations. • It is highly recommended and STRONGLY ENCOURAGED that judges and meet personnel wear cloth face coverings. <ul style="list-style-type: none"> • NO Community gatherings within gymnastics events should occur. This includes hospitality rooms, tailgating, etc.
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BASKETBALL

MANDATORY MODIFICATIONS	<p><i>Notification of Exposure</i> In the event a competitor tests positive for COVID, schools shall notify the school of any competitors of the positive individual during the previous 48 hours and inform them of the positive test and exposure. Competitors are expected to be forthright in the close contact investigation and inform those completing the investigation of close contact with teammates and people on opposing teams.</p> <p><i>Pregame Protocol/ Introductions</i></p> <ul style="list-style-type: none"> • Suspend pregame meeting with officials and captains.
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- Starters will be announced and go to their free throw line area on their side of the court. No opponent or opposing coach handshakes.

Post-Game Protocol

- Suspend post game protocol of shaking hands.

Team Benches (1-13-1)

- Only team personnel allowed on the benches. Stats/managers/book keepers, etc. should find an alternate area.
- ***Social distancing shall be practiced when possible.***

(Here are some OPTIONAL suggestions for team benches).

- Limit the number of bench personnel to observe social distancing of 6 feet or greater.
- Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater.
- Create separation between the team bench and spectator seating behind the bench.
- Limit contact between players when substituting.

Officials Table (2-1-3)

- The host shall sanitize the table before the game and at half time.
- Place officials table sufficiently away from the sideline to allow for additional space for substitutes where feasible.
- Limit seats at the table to essential personnel which includes home team scorer, timer and shot clock operator with a recommended distance of 6 feet or greater between individuals. Other personnel (visiting scorer, statisticians, media, etc.) not deemed essential personnel and find an alternate location.
- It is highly recommended/strongly encouraged that table personnel wear a cloth face covering/masks.

Throw-in

- Official shall stand 6 feet or greater away from player making the throw-in and bounce the ball to that player on a frontcourt throw-in.

Free Throw Administration

- The lead official shall stand on the end line and bounce the ball to the free thrower.

EQUIPMENT AND ACCESSORIES

- Basketball
 - Ball given to officials in the locker room, where it is sanitized as recommended by the ball manufacturer and not used for warm-ups.
- **Officials and Athletes shall bring their own water/water bottle.**
- **Hand sanitizer shall be available for athletes/coaches to use upon entering and exiting the contest (substitutions, timeouts, etc.)**

	<ul style="list-style-type: none"> • Clean frequently touched areas, and provide ample hand sanitizer at all practices and contests.
OPTIONAL MODIFICATIONS	<p><i>Equipment and Accessories</i></p> <ul style="list-style-type: none"> • Strongly encourage cloth face coverings for team personnel not actively participating in the contest, including coaches. Color is not an issue, a single, solid color is preferred. • Cloth face coverings for players are allowed. • Media, spectators etc. should practice social distancing at all times in the stands. • Site administration should have safety plans for entering and exiting courts. <p><i>Officials Uniform and Equipment</i></p> <ul style="list-style-type: none"> • Long-sleeved shirts are permissible. • Officials are not required to wear jackets during pre-game court/player observation. • Electronic whistles are permissible (supplies are limited). <ul style="list-style-type: none"> ○ Choose a whistle whose tone will carry inside. ○ Check the market for choices • Cloth face coverings are permissible. • If not wearing a mask, consider covering whistle with "<u>whistle pouch</u>" • Gloves are permissible.

WRESTLING

MANDATORY MODIFICATIONS	<p>Exposure in Wrestling: Due to the nature of the activity, any athlete, coach or individual that engages in a match, practice, sparring or other hand-to-hand activity in the sport of wrestling shall be considered for exposure. The CDC guidelines are simply not applicable in wrestling given the nature of the sport. As such:</p> <p>In Practices – Develop practice “pods” such that a group of athletes only interacts within that group. If someone in a pod becomes infected, the whole pod shall be considered for exposure. Coaches should be specifically limited to demonstrating/contacting a singular group of athletes. If coaches bounce from pod-to-pod and physically interact/demonstrate with the wrestlers, all pods that interact with that coach should be considered for exposure if any wrestler, or the coach themselves, becomes a positive case. Similarly, should any team choose not to use the pod system, an entire team shall be considered for exposure in the event any member of the coaching staff or team test positive.</p> <p>In Contests – In the event a competitor tests positive for COVID, schools shall notify the school of any competitors of the positive individual during the previous</p>
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48 hours and inform them of the positive test and exposure. Participants who test positive are expected to be forthright in the close contact investigation and inform those completing the investigation of close contact with teammates and people on opposing teams.

Mandatory Changes to NFHS Wrestling Rules:

- Rule 1-5: Weight Control Program – Due to challenges of properly conducting body mass, hydration and testing of athletes, SDHSAA will continue to use “50% of Weigh-Ins” language for weight class eligibility in 2020-21. Descent plan will take effect in 2021-22.
- Rule 2-2: Team Benches – In Dual format, only those competitors actually eligible to compete in the dual are allowed in the team bench area. Team benches shall be a minimum of 10’ from the mat, and social distancing should be considered.
- Rule 2-2: Team Benches – Corners – Seating for teams shall be “assigned” in the corners. Only one person per seat, per match. Different assistant coaches/statisticians cannot rotate in-and-out of the seats in a single dual setting. The same 3 individuals are the only three allowed matside, all others shall remain 10’ from the mat in the bench area.
- Rule 2-3: Scorer’s Table – Only the official timekeeper, head scorer, scoreboard operator, PA announcer and TrackWrestling operator(s) shall be allowed at the head table. All other personnel shall be in a team bench or spectator area.
- Rule 3-1-1: Referee’s Uniform & Duties – DISK – Officials shall “Catch” the disk for any and all tosses and not allow the disk to fall to the mat/floor.
- Rule 3-1-5: Referee’s Duties – Skin Checks & Grooming – Referees shall not perform skin checks or check for grooming issues prior to a match. Skin checks shall be done by a licensed health care professional, which could be an athletic trainer, school nurse or other comparable individual. This professional is required to wear PPE when performing skin checks.
- Rule 4-1: Wrestler’s Uniform –Headgear shall be cleaned between each match/competition. As a reminder, tape cannot be worn/used on headgear.
- Handshakes – No handshakes, team or individual, shall occur prior to or following any match, dual, event or tournament.

SDHSAA-SPECIFIC RULE MODIFICATIONS –

- **Regular Season** competitions are limited in size based upon number of participating teams & teams allowed to be present. **The maximum number of participants for any given event is limited to 112 participants (if a girls division is offered, up to 24**

female participants can attend) from no more than 12 teams.

For example, whether a series of duals is scheduled, or an individually-bracketed tournament is scheduled, the maximum number of participants at that event cannot exceed 112 (14 8-person brackets).

- **The term “event”** includes any/all matches, duals, tournament, etc., that occur in a day within that facility.
 - **Duals, Triangulars, and Quads may be allowed**, however, teams “waiting” to compete must do so in a manner that encourages distancing and limits exposure. Scheduling shall be done so that teams arrive and leave on a staggered schedule and interaction is limited between all parties and to allow appropriate cleaning and sanitizing when a new team comes into the facility.
 - **Individually-bracketed tournaments** are allowed, however, the number of participating individuals and/or teams must adhere to the 112/24 participants from no more than 12 teams limitations as above. See below consideration for “scramble match” use as opposed to use of traditional tournament-setting.
 - Teams cannot “combine” for a tournament entry – the number of teams is specific to teams that have specifically identified themselves as a “team” for SDHSAA postseason competition.
- **No more than two days of competition in a calendar week.**
 - **No more than four matches per day, per wrestler.**
 - **Weigh-ins** should be conducted at home as often as possible in accord with SDHSAA rule. Again, a school administrator shall be present when weigh-ins are conducted as per SDHSAA policy. When conducted on-site, weigh-ins shall be done by team and not by weight class. Ensure that scales are properly cleaned between uses.

Maximizing competition opportunities:

- “Scramble Matches” will be allowed at dual and multi-team events in lieu of or immediately following traditional duals. A use of “only” scramble matches may be the most effective for multi-team events versus individually bracketed events, and should be considered as an alternative to tournaments for the season.
 - For example, Team A receives a forfeit at 138#, while Team B receives a forfeit at 145# in the dual. Following the conclusion of the dual, those two wrestlers could compete in a “scramble match” that counts towards varsity record, etc., but does not count toward the result of the dual.

	<ul style="list-style-type: none"> ○ For girls' wrestling, consideration of participants in "scramble matches" has been the design/inclination for 2020-21. The same process should be used here – girls competitors should be allowed to "scramble match" at the end of a dual in situations that make sense between two teams/programs as participation/interest allows. • Teams will be allowed to make considerations for "exhibition" type matches to allow athletes to actually compete as opposed to being locked-in to a forfeit. The lone requirement for scramble matches is that the athletes must have weighed-in at neighboring weight classes to compete against one another. Athletes are reminded of the above regulations of 4 matches per day max. • Expand the number of weigh-in opportunities for athletes to 18 total, again with no more than two allowed in a calendar week. <p>SDHSAA Postseason:</p> <ul style="list-style-type: none"> • Postseason will consist of traditional events, however, discussion about further modifications to the Regional and State Tournament and the format of those events will be upcoming. Consideration of splitting the State Championships, or limiting the # of rounds, competitors or consolations will be held in the future.
<p>OPTIONAL MODIFICATIONS</p>	<p>Schools should strongly consider restricted tickets or no fans at individual/multi-team tournaments to allow space for wrestlers to socially distance when not competing.</p> <p>NFHS RULE MODIFICATIONS –</p> <ul style="list-style-type: none"> • Rule 3-1-1: Referee's Uniform – Officials may make the following alterations to uniform rules: <ul style="list-style-type: none"> ○ Officials are permitted to wear long sleeve shirts (either black/white striped or gray) ○ Officials are permitted to wear disposable gloves. If worn, gloves shall be changed after each match ○ Officials are allowed to wear masks, either with the use of an electronic whistle or a pouched-whistle • Rule 4-1: Wrestlers' Uniform – Wrestlers are recommended to shower after each round of competition and consider putting on a fresh uniform prior to their next competition in a multi-round or multi-dual event. If showers and/or uniform changes are not practical or possible, a skin disinfectant should be used after each round of competition. All exposed undergarments/sleeves/pads/braces should also be cleaned/disinfected between rounds of competition. If access to multiple sleeves/pads/braces/exposed undergarments is available, clean/unused items should be worn for each round.

	<ul style="list-style-type: none"> • Mat Tappers & Other Personnel – Consideration should be given to have a member of the teams competing and/or staff to serve as a mat tapper, mat cleaners, blood personnel, etc., as opposed to a youth or other individual not directly connected to the programs competing in the event <p>SDHSAA-SPECIFIC MODIFICATION CONSIDERATIONS:</p> <ul style="list-style-type: none"> • Wrestling Rooms & Practices – Schools should strongly monitor who is attending practices. The only allowable personnel within a practice should be licensed coaches & participants. All other personnel should be deemed non-essential, and not allowed in the room/building, especially spectators. Further, community use of wrestling practice areas should be monitored and limited as well. Consideration should also be given to enhance air flow/exchange in wrestling practice areas, or, moving wrestling practice to areas of a larger space and improved ventilation as possible. • Practices, General – Social distancing and mask use is strongly encouraged in all practice settings, especially when not drilling/sparring. Practice gear, dummies, equipment should not be shared among individuals without first being cleaned/sanitized. • Ample hand sanitizer, mat sanitization opportunities and the daily cleaning of all equipment needs to take place. • Detailed plans demonstrating social distancing, pod use, cleaning, sanitization and limitations should be developed by all prior to wrestling season. <p>GENERAL CONSIDERATIONS:</p> <ul style="list-style-type: none"> • NO Community gatherings within wrestling events should occur. This includes hospitality rooms, tailgating, etc. • When a wrestling room or other gymnasium is available, teams should consider warming-up in separate venues as to limit the time when being unable to socially distance is an issue • All cleaning, sanitizing, face covering and similar procedures from fall sport remain intact and active for SDHSAA wrestling. Schools retain the right to limit attendance of non-essential personnel to all events.
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CONSIDERATIONS FOR SIDELINE CHEER

Sideline cheer is an ancillary program, it is not SDHSAA sanctioned. However, the following considerations should be used when making decisions regarding sideline cheer:

- In Basketball:
 - If used, sideline cheer participants shall maintain a space that is both at least 6 - 10 feet away from the baseline/court and 6-10 feet away from the crowd.

- Stunting and other playing court-based activities shall be limited and only performed when there are no people on the court to avoid contact with players and officials.
 - Cheerleaders shall remain on the sideline and off the playing floor as starting lineups are introduced
 - Poms, megaphones, and other materials should be disinfected before and after each event and during the event as possible.
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- In Wrestling:
 - If used, sideline participants shall be a minimum of 6-10 feet from the edge of the mat and the same distance from team benches.
 - Cheers that involve slapping or pounding of the wrestling mat are not allowed.
 - Stunting and other activities should be performed off of the wrestling mat surface and should only be performed when nobody else is on the mat, to avoid contact with participants and officials.