



# Modifications for individual sport groups

## Lacrosse

## Hockey

## Basketball

### Competition

**Body Checking:** No body checking at ALL ages

**Face-Offs:** none at young ages (coin toss winner starts with possession; alt. possession after)

**Loose-Ball Play:** Official ends play at discretion if during long scrums for loose ball (e.g., >3 seconds) & awards ball via alt. possession rule

**Timeouts:** No timeouts during games to eliminate team and coach close contact

**Positioning of players and starting play:** Team with possession starts in near center spot, all other players should be five yards from player

**Body Checking:** All games will be under the No-Checking USA Hockey Rule Book

**Face-Offs:** Defenseman position minimum of 6ft apart; Wings face sideways and physically distance from centers and opposing players. Centers remain distanced until signaled by official to approach for puck drop.

**Timeouts:** No timeouts during games to eliminate team and coach close contact at Youth Level

**Substitution Process:** Subs do not report to scorers table. One player stands/kneels in designated area six feet from bench when team intends to substitute. Multiple substitutions can be made from bench.

**Player on surface:** Players should not pick out other player that has fallen to the court surface.

**Free Throws:** Players should not huddle as a team prior to, during or following free throw situations

**Timeouts:** Teams move 15 ft on to court at timeouts – all players and coaches must wear masks during timeouts. HS Level

**Timeouts:** No timeouts during games to eliminate team and coach close contact at Youth Level

### Training

**Training "Pods":**

- Practices are limited to small group trainings of no more than 10 in a cohort
- Cohorts must be more than 10 yards apart on the playing surface outside or 14 apart inside

**Training "Pods":**

- Practices are limited to small group trainings of no more than 10 in a cohort
- Keep each cohort more than 14 ft apart

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	Lacrosse	Hockey	Basketball
Social Distancing	<p><b>Sideline/Bench Area:</b> Ensure 3ft distance between player on bench outside &amp; 6ft inside</p> <p><b>Add'l Personnel:</b> Other personnel must keep social distance at all times</p> <p><b>Team Meetings:</b> Each team must gather in one opposite half of field for meetings</p>	<p><b>Sideline/Bench Area:</b> Extend bench area to keep players 6 ft apart whenever feasible. When not feasible, other safety measures (dividers, etc.) may be implemented.</p> <p><b>Add'l Personnel:</b> Other personnel must keep social distance at all times</p> <p><b>Locker Rooms:</b> All facilities must follow state guidance</p>	<p><b>Sideline/Bench Area:</b> Benches should be socially distanced. Multiple court facilities should use “alternating” benches on opposite sides of court</p> <p><b>Add'l Personnel:</b> Table workers, athletic trainings maintain 6 ft distance</p> <p><b>Locker Rooms:</b> All facilities must follow state guidance</p>
Face Coverings	<p><b>Players:</b> Must wear face coverings at all times, except when wearing protective helmet.</p> <p><b>Add'l Personnel:</b> Coaches, officials, scorekeepers &amp; spectators wear face coverings at all times</p> <p><b>Integrated Face Shields:</b> Face-off players will be required to wear helmets with plastic shields. If alternating possession rule is used no face-off rules are in effect.</p>	<p><b>Players:</b> Must wear face coverings at all times, except when wearing protective helmet.</p> <p><b>Add'l Personnel:</b> Coaches, officials, scorekeepers &amp; spectators wear face coverings at all times</p> <p><b>Integrated Face Shields:</b> Helmets with protruding masks or shields, large foam chin straps that cover a significant percentage of mouth area are required. Participants are required to wear face coverings any time the helmet mask/shield is removed.</p>	<p><b>Players:</b> Must wear face coverings at all times, except when on court playing. Bench players must wear a mask.</p> <p><b>Add'l Personnel:</b> Coaches, officials, scorekeepers &amp; spectators wear face coverings at all times</p>
Shared equipment	<p><b>Personal Equipment:</b> Players must not share equipment or hydration</p> <p><b>Game Ball/Equipment:</b> Only use sticks to pick up ball</p>	<p><b>Personal Equipment:</b> Players will all transport their own equipment, only player or parent should handle equipment.</p> <p><b>Personal Equipment:</b> Players must not share equipment or hydration</p>	<p><b>Personal Equipment:</b> Players must not share equipment or hydration</p> <p><b>Game Ball/Equipment:</b> Basketballs cleaned at end of each time period, at timeout and game conclusion.</p>