



GNLL has instituted the following game policies and modifications in accordance with the Minnesota Department of Health, Center of Disease Control, and US Lacrosse's Return to Play Guidelines seeks to provide a safe environment for athletes, coaches, officials, and spectators to participate in.

First and foremost, sick individuals should not attend youth sports events and should notify youth sports officials (e.g., the COVID-19 point of contact) if they or their child become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case. Rather, they should follow CDC guidance for caring for oneself and others who are sick and should not return to events until they have met the CDC's criteria to discontinue home isolation.

Please see below for additional guidelines and policies:

### **Hygiene/Distancing**

- All coaches and team personnel must wear cloth face coverings, that covers nose and mouth, at all times.
- During games, officials should do their best to maintain 6 feet of distance from coaches, player, staff and spectators as well as other officials and if they choose, they may wear cloth face masks that covers nose and mouth. When off of the field, officials should wear cloth face masks and continue to maintain 6 feet of distance from others.
- During games, athletes should do their best to maintain 6 feet of distance from other players, coaches and officials and may choose to wear a face mask during lacrosse games and activity. When interacting with others in a public setting, off the field, all athletes should wear cloth face coverings and maintain appropriate social distancing.
- All spectators and family members should wear face masks in public settings and maintain 6 feet of distance from one another.
- Teams should maintain a contact list for all players and coaches and the League Director will maintain contact lists for EMTs and officials as well as a record of games played for contact tracing purposes.
- Coaches on side-lines should make sure no contact is occurring between athletes, coaches or officials off-field – whether during pre-game, mid-game, or post game (no

huddles handshakes, high-fives, fist bumps, etc...). It is encouraged that coaches lay down cones for players to stand on the sidelines.

- Water, personal items, and gear etc should not be shared.

### **Facility/Venue**

- **Teams must be capped at 20 people** present on game day, including the Coaches.
- Spectators are limited to one parent/guardian per child.
- Unsupervised participants (siblings and pets) should not be permitted at the event.
- Group gatherings for spectators/families and team participants between games are not allowed at events.
- Teams are responsible for their own endline balls and a table/scoreboard will not be required by host sites. However, Host sites are asked to provide cone markers for field and box boundaries and the /midline.
- Players should not arrive at the field until the designated time.

### **Game Modifications**

- Games will be played with the standard number of players on the field.
- No post-game fist bump will occur to minimize contact.
- Once a goal is scored, defense will roll the ball back to center
- We strongly encourage teams to follow Option B in USL's Return to Play Recommended Game Modifications for the Men's Game.

#### ***I. Alternate Faceoff Procedures (Option B)***

1.1 - Coin Toss - Before the start of play, the official will call one player from each team and conduct a coin toss. The winner of the coin toss will start the competition with possession of the ball at the center spot and select which goal they would like to defend initially. The loser of the coin toss will have the first Alternating Possession.

1.2 - Positioning of Players and Starting Play - The team that won the coin toss shall start with the ball in their offensive half of the field near the center spot with a free clear. All other players shall be at least five yards from the player with the ball.

1.3 - Post-Goal - The goalkeeper will remove the ball from the goal, and the team that was scored on will start with possession in the crease or along the goal line extended. No restart shall take place with any player within 5 yards of the ball carrier. When an official blows the whistle, play will resume.

1.4 - Starting a New Quarter/Half: The team that lost the coin toss at the start of the game will have possession to start the second half. No players shall be within 5 yards of the ball carrier.

#### ***II. Loose Ball Play***

1.1 When a loose ball is on the ground and cannot be quickly picked up because a group of players are tied up in a scrum, the official can end play early at their discretion (typically four or more seconds) and award the ball via alternate possession rule.

### **Positive Covid-19 Reporting Plan**

If the League Director is informed of a positive case of Covid-19, the case will be reported to the Minnesota Department of Health at [health.sports.covid19@state.mn.us](mailto:health.sports.covid19@state.mn.us). Youth sports

program staff, umpires/officials, and families who have had close contact with said individual will be notified accordingly per recommendation of MDH.