



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 must wear face masks that cover nose and mouth. When off of the field, officials should wear 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. All must wear face masks that cover their nose and mouth. Approved face shields (Cascade) may be worn in lieu of face masks while on the field (during warmups and games) but face masks are encouraged.
- All spectators and family members should wear face masks in public settings and maintain 6 feet of distance from one another. If they are not compliant, Field Managers will ask coaches to notify their respective sidelines. If spectators are not compliant, the team will be given a warning and if they receive two warnings in a row, they will be taken off the remaining game schedule with no refund.

- 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

- **Beginning April 1, 2021, venues with occupant capacity greater than 500 may increase patron count accordingly:** For non-seated outdoor venues with capacity greater than 500, the venue may operate with an additional 15% of the capacity above 500, with a maximum capacity not to exceed 10,000 for the entire venue. With this increase- we ask that families try to limit spectators to 4 per player when fields are run side by side, otherwise, there isn't really a limit for games played one at a time.
- 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.

Team Game/Practice Guidance

- Athletes must pod in groups of 25 indoors and 50 outdoors.
- At this time, face coverings are required for practices and games.

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

Positive Covid-19 Quarantine Procedures

For teams- if two or more players test positive at the same time, teams will be required to pause for. It is at the individual teams' discretion to pause practices/games if there is a positive case. Please notify me by email if your team falls under this category so I can notify teams/officials etc who may need to be notified. Reminder to respect the affected individuals' privacy and confidentiality when notifying your families if possible.

While 14 days is the recommended period, GNLL will allow the 10 day quarantine or 7 day quarantine option as outlined on the [MDH Close Contacts and Tracing page](#):

Under certain conditions and a negative COVID-19 test: 7-day quarantine



You may consider being around others after seven days only if:

- You get tested for COVID-19 at least five full days after you had close contact with someone with COVID-19, and the test is negative.
 - You must get a negative PCR test, not an antigen test or antibody/blood test. Learn more about the differences at [Types of COVID-19 Tests](#).
 - All tests offered at the state's community testing sites are PCR tests. Visit [COVID-19 Community Testing Sites](#) to make an appointment.
- You have not had any symptoms.
- You have not had a positive test for COVID-19.
- No one in your home has COVID-19.
- You do not live or work in a building where it's hard to stay away from others and easy to spread the virus to multiple people, like a long-term care facility.
- Your contact with someone with COVID-19 had a beginning and an end. For example, your close contact happened at:
 - School
 - Sports event
 - Work
 - Social gathering
- You traveled outside of Minnesota for reasons other than crossing the border for work, study, medical care, or personal safety or security, and all of the above are true. Note: Your "exposure" period ends upon arrival back home. For more information, see [Protect Yourself and Others: Traveling](#).

Under certain conditions: 10-day quarantine

Stay home for at least ten days.



You may consider being around others after 10 days if:

- You have not had any symptoms.
- You have not had a positive test for COVID-19.
- No one in your home has COVID-19.
- You do not live or work in a building where it's hard to stay away from others and easy to spread the virus to multiple people, like a long-term care facility.
- Your contact with someone with COVID-19 had a beginning and an end. For example, your close contact happened at:
 - School
 - Sports event
 - Work
 - Social gathering
 - You traveled outside of Minnesota for reasons other than crossing the border for work, study, medical care, or personal safety or security, and all of the above are true. Note: Your "exposure" period ends upon arrival back home. For more information, see [Protect Yourself and Others: Traveling](#).