



2020-2021 MINNESOTA STATE HIGH SCHOOL LEAGUE

Hockey, Girls and Boys

Note that the resumption of all activities and athletics are subject to change, based on the most current information, directives from state government and health department officials, and member school feedback.

Boys:

- Start date: November 23, 2020
- First competition date: December 3, 2020
- Last date of regular season competition: February 20, 2021
- First date of Post-Season Play: February 22, 2021
- Season end date: Saturday, March 13, 2021
- Total weeks including postseason: 16
- Maximum number of contests: 18 (regular season)
- Maximum number of games per week: 2
 - Increase to 3 contests per week during the final two regular season weeks to make-up contests due to COVID-19 or weather-related postponements.
- Single game each day. No Invitationals or tournaments. No scrimmages. No jamborees.
- Conference, Section, Regional or local teams as defined by the school.

Girls:

- Start date: November 30, 2020
- First competition date: December 10, 2020
- Last date of regular season competition: February 27, 2021
- First date of Post-Season Play: March 1, 2021
- Season end date: Saturday, March 20, 2021
- Total weeks including postseason: 16
- Maximum number of contests: 18 (regular season)
- Maximum number of games per week: 2
 - Increase to 3 contests per week during the final two regular season weeks to make-up contests due to COVID-19 or weather-related postponements.
- Single game each day. No Invitationals or tournaments. No scrimmages. No jamborees.
- Conference, Section, Regional or local teams as defined by the school.

General Guidance

- All aspects of athletics including meetings, practices, competitions, transportation and facility usage must align with the requirements of the Minnesota Department of Education plan for return to learning, must follow the requirements from the Minnesota Department of Health's Guidance on Youth Sports, and must include the required actions identified in the Governor's Executive Orders.
- The first week of practice should focus on implementing effective protocols and routines for pre participation screenings, effective social distancing, compliance with all health recommendations, establishment of pod limits of 25 or less, and additional actions that mitigate the spread of disease and

enhance safety of student-athletes and coaches.

- Athletic programs must follow the identified protocols for student-athletes or coaches who have tested positive, are experiencing symptoms consistent with a COVID-19 diagnosis or have had exposure to an individual who has been diagnosed with COVID-19.
- For schools that are required by localized metrics to be in a distance learning mode, practices are limited to virtual contact only.
- Interscholastic scrimmages (including Jamborees) will not be allowed.
- Competitions with opponents from bordering states are allowed when less than 50 miles one way and when determined as local. Competitions of greater distances may be approved by the MSHSL with supporting rationale. Any out of state competition must follow MSHSL guidelines for competition types.
- Sportsmanship should have a constant presence in all school-based athletics.
 - Teams are encouraged to find appropriate methods of demonstrating good sportsmanship and respect towards others within the physical distance guidance.
 - Additional care should be taken when addressing contest officials with questions or seeking interpretations. At no time, other than in the natural course of competition, should a coach or student-athlete violate the required physical distance with an official. Any coach or student-athlete verbally interacts with an official must do so with a mask on and at a safe distance.

COVID-19 NOTICE

PLEASE READ CAREFULLY

In accordance with governmental directives, the MSHSL will offer certain activities subject to compliance with local, state, and federal laws, regulations, and guidelines. The Minnesota Department of Health, Minnesota Department of Education and the MSHSL have developed guidance and requirements related to youth sports, use of school facilities and modifications of MSHSL activities designed to keep participants safe and reduce the spread of COVID-19. Even with these measures, the MSHSL cannot guarantee that student-athletes or other individuals participating in organized athletic activities ("Participants") will not be exposed to COVID-19. Participants and their parents/legal guardians should consider the risks before participating in any MSHSL activities. It is a shared responsibility to protect everyone from COVID-19 and Participants should follow State/CDC guidelines to reduce the risk of exposure, including but not limited to the following:

- Stay home as much as possible;
- Stay at least 6 feet from other people if you are in public places;
- Avoid close contact with people who are sick;
- Wash your hands often, with soap and water. Wash for at least 20seconds;
- Always wash your hands after being in a public place;
- Always wash your hands after blowing your nose, coughing, or sneezing;
- If soap and water are not available, use hand sanitizer that is at least 60% alcohol;
- Cover your mouth and nose when you cough or sneeze. Cough or sneeze into your elbow or a tissue. Throw used tissues in the trash;
- Wear masks/face coverings that cover your nose and mouth and fit snugly against the sides of your face.

In recognizing the serious nature of the COVID-19 pandemic and the positive impact that participation in MSHSL fine arts activities and athletics has on student-athletes participants, it is imperative that student-athletes and families know and understand the following:

1. Participating in MSHSL activities is **voluntary**.
2. While participating in MSHSL activities, all laws as well as MSHSL and school rules, guidelines, and protocols related to COVID- 19 must be followed.
3. Participant acknowledges the contagious nature of COVID-19, and the Participant understands that there is risk of injury and/or illness from participating in MSHSL activities, including the risk to have direct or indirect contact with individuals who have been exposed to and/or diagnosed with COVID-19.
4. Participant agrees that if he/she is exposed to, or infected by, COVID-19 during the period of participation, they will immediately cease participation and follow Minnesota Department of Health protocols for schools and activities. The MSHSL Graduated Return to Sport protocol is recommended following a diagnosis.
5. Participant has signed a separate Eligibility Statement connected to general participation in MSHSL athletics/activities and agrees that the terms of that statement are wholly incorporated into this document and that the terms of this document are incorporated into the Eligibility Statement.

Additional information regarding Activity Participation and COVID can be found at:

- health.state.mn.us/diseases/coronavirus/sportsguide.pdf
- health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf
- www.mshsl.org
- www.nfhs.org

COVID Related Guidance:

1. Educate student-athletes about physical distancing, handwashing and sanitizer use, and other immune system protocols.
2. Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.
3. Individually or as a team, participants should confirm that they are symptom free. These confirmations can be aligned with the CDC's "Coronavirus Self-Checker" or current recommendations.
4. A record should be kept of all individuals present at practices and competitions (contact tracing).
5. It is recommended that personal prep areas are to be set up prior to practice - Cones or other markers should be set up at least 6 feet apart so student-athlete have a specific place for their own bag, water bottle, etc. One cone or marker should be assigned per student-athlete.
6. Avoid grouping of athletes at start and end of practice or during transitions. Staggered start times for practices and team meetings are recommended, when possible and when space does not allow student-athlete to come and go from separate areas.
7. Workouts should be conducted in "pods" – following current State Return-to-Play guidelines. Pods are small groups of student-athletes always working out together. This will ensure limited exposure if someone develops an infection.
8. Whenever possible, student-athletes should maintain the recommended six feet of distancing between individuals and should not be in contact with each other. In addition, there is to be no sharing of equipment to the extent that it is possible.
9. Officials are not expected to monitor physical distancing: each person is responsible to provide space between themselves and others. Coaches should provide direction to their student-athletes regarding social distancing and other safety protocols.
10. Team celebrations or congratulations should be no-touch and should be done with appropriate social distancing.

MSHSL Hockey Guidance and Information

Practice	
Required	<ul style="list-style-type: none"> • Hand sanitizer must be used by student athletes and coaches as they enter and leave practice. • Student-athletes may enter the facility 15 minutes prior to practice and must leave the facility as quickly as is possible after practice. • Student-athletes must wear a mask/face covering at all times in the arena except on the ice or bench. • Masks/face coverings must be worn by coaches, staff, and other team personnel at all times. • Social distancing measures must be followed at all times when the student-athlete is not on the ice or on the bench. • Maximum time in a locker room is 15 minutes or less. • Pods must be no larger than 25. Pods include players, coaches, and managers. • Two pods of up to 25 can be on the ice at the same time.

	<ul style="list-style-type: none"> • Team huddles may not take place prior to play unless student-athletes and coaches are wearing masks/face coverings. • Leave the ice as soon as reasonably possible upon the conclusion of practice. • Wash your hands thoroughly or use a hand sanitizer after coming off the ice. • No social activity or congregation of student-athletes should take place. • Showers should not be utilized after practice.
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Equipment

<p>Required</p>	<ul style="list-style-type: none"> • All equipment and personal work out gear must be taken home daily. • All student-athletes must bring their own clearly labeled water bottle. Water bottles must not be shared. Drinking fountains may not be utilized. • Equipment used during practices should be disinfected between athletes' use of equipment. If in groups, sanitization should occur in between each group. • Student-athletes must wear their own appropriate workout clothing (do not share clothing). Individual clothing/towels should be washed and cleaned after every workout.
<p>Recommendations and Considerations</p>	<ul style="list-style-type: none"> • Clean frequently touched objects and areas. • Student-athlete bags shall be placed 6 feet apart. • Player braces, equipment, etc. should be cleaned after each use/wearing. • Student-athletes should limit contact with tooth and mouth protectors. Tooth and mouth protectors should remain in place as much as possible.

Locker Room Use

<ul style="list-style-type: none"> • Whenever possible it is recommended that locker rooms not be used. • If locker rooms are to be used: <ul style="list-style-type: none"> ○ Student-athletes must maintain social distancing of 6 feet ○ Student-athletes must wear an appropriate mask/face covering ○ If the locker room is not large enough to provide appropriate social distancing of 6 feet for the entire pod, then the pod must be divided into smaller groups that allow proper social distancing. ○ The locker room must be sanitized after the complete pod has exited • If students are in distance learning they should arrive at school for practice dressed for practice • If students are in distance learning they should arrive at school dressed in uniform ready for competition. • It is recommended student-athletes do not shower at school after practice or competition and instead shower at home. However, if showers are to be used; <ul style="list-style-type: none"> ○ Student athletes must maintain social distancing of 6 feet ○ If the locker room is not large enough to provide appropriate social distancing of 6 feet for the entire pod then the pod must be divided into smaller groups that allow proper social distancing. ○ The locker room must be sanitized after the complete pod has exited.

Competition	
Masks/Face Coverings	
Required	<ul style="list-style-type: none">• Masks/face coverings must be worn by coaches, staff and other team personnel at all times.• Student-athletes must wear a mask/face covering at all times in the arena except on the ice or bench.• Officials must wear masks/face coverings at all times. Face shields are allowed during the contest. <p>The following are considered appropriate mask/face coverings—paper or disposable masks, cloth masks, or neck gaiters. Face coverings at contests are limited to neutral or school colors. These may include only the school names and/or mascot. The manufacturer's logo, if present, may not be larger than 2 inches by 2 inches.</p>
Site Set Up	

Required	<p>See MSHSL Facilities and Event Management</p> <p>Team Benches</p> <ul style="list-style-type: none"> • Bench personnel should observe social distancing of 6 feet. Recommend to place tape or other marks 6 feet apart on the floor, bench, or glass behind the bench. • Bench personnel is limited to 3 people. • Bench personnel not in the game should adhere to face covering requirements. <p>Scorers/Penalty Box Area</p> <ul style="list-style-type: none"> • The host should sanitize the table before the game and between periods. • The scorer's area is limited to essential personnel which includes home team scorer, timekeepers, and announcer. • Social distancing of 3 – 6 feet must be adhered to by all personnel and masks/face coverings must be worn at all times. <p>Spectators</p> <ul style="list-style-type: none"> • With spectators permitted at the event, they must NOT have access to athletes and must be restricted to areas outside of the competition area. • Team benches should be isolated from spectators or other non-essential personnel. Team benches must be only available to members of that specific team, and not a shared/common space.
Recommendations and Considerations	<ul style="list-style-type: none"> • Schools should have officials' information and team information to do contact tracing if necessary. • Areas for video, web-streaming or televising should be designated prior to the contest and sanitized. See MSHSL Media Guidance • Additional signage may be necessary to identify restricted spectator areas. See Signage for Facilities and Events.
Pre-competition	
Required	<p>Pregame Protocol</p> <ul style="list-style-type: none"> • Any meeting with the officials and coaches shall include only one official and the head coach from each team. Social distancing of 6 feet or greater is required. All attendees will wear a mask/face covering. • Limit attendees to the pre-game meeting to the referee and a single captain from each team. The pre-game meeting shall be conducted on the ice.

	<ul style="list-style-type: none"> • All individuals maintain a social distance of 6 feet or greater at the center circle. • Suspend handshakes prior to and following the Pregame Conference. <p>Pregame Introductions</p> <ul style="list-style-type: none"> • The six starters on the visiting team will be introduced first. They will move to the blue line on their end of the arena until all starters are introduced. • The six starters from the home team will then be introduced and go to their blue line on their end of the arena until all starters are introduced. • All individuals will remain socially distanced during introductions. • There will be no pregame handshakes or fist bumps. • Team huddles should be avoided (pregame and throughout competition) • Teams will remain socially distanced during the playing of the National Anthem.
Official's Uniform and Equipment	
Required	<ul style="list-style-type: none"> • Masks/face coverings are required the entire time the official is in the facility. Face shields are allowed during the contest. • Whenever possible it is recommended that locker rooms not be used by officials • If locker rooms are to be used: <ul style="list-style-type: none"> ○ Officials must maintain proper social distancing of 6 feet. ○ Officials must wear an appropriate mask/face covering • The locker room must be sanitized after the officials exit
Recommendations and Considerations	<ul style="list-style-type: none"> • Electronic whistles are permissible. Electronic whistles are recommended but not required. • Electronic whistle must be utilized if a mask is worn during competition. If the referee uses a face shield, then a whistle can be used under the shield. • Whistle coverings are permissible and recommended. • Officials may wear gloves – including medical non-latex gloves, work gloves or gloves designed specifically for officiating.
Competition	
Required	<ul style="list-style-type: none"> • Towels should not be shared. Individual towels should stay in each athlete's designated bench area and should not be handled by any individual other than that athlete. • Social distancing must be maintained during time-outs. • Competitive pods (Varsity & JV) may remain in the arena for other competitive pod games as long as masks/face covering are worn and they are separated from spectators by a minimum of 12 feet. • If consecutive competitions are taking place in the same facility between different teams, the arena should be sanitized and every seat in the team bench area should be cleaned and sanitized.

<p>Recommendations and Considerations</p>	<ul style="list-style-type: none"> • Locker room time must be limited to a maximum of 15 minutes before the game, during intermission, and at the end of the game. • Individual water bottles must be filled prior to the competition and when a refill of the water bottle is necessary, a designated individual, wearing appropriate PPE (i.e. mask, gloves) should fill the bottle. Gloves should be changed in between filling of each water bottle to limit transmission. • Before, during, and after the contest, student-athletes, coaches, game officials, team personnel, and game administration officials should wash and sanitize their hands as often as possible.
<p>Post-Game</p>	
<p>Required</p>	<ul style="list-style-type: none"> • When the game is concluded student-athletes will utilize an appropriate sign of respect and sportsmanship directed to their opponent and then exit the ice. • Teams need to clean bench areas completely, so they are free of ALL trash and belongings • No award ceremonies. • Post-game handshakes may not occur. • Teams should remove trash and belongings from their bench area. • Team post-game meetings should be brief and should observe social distancing. • Masks/face covering must be worn during post-game conversations.
<p>Recommendations and Considerations</p>	<ul style="list-style-type: none"> • Food, drinks, and towels should not be shared. • Participants should not use the arena showers. • No extra-curricular or social activity should take place in the arena after the game is over. • No congregation after competition. • All athletes should leave the facility within 15 minutes of the conclusion of the game. • Teams' post-game meetings should be brief (leave venue asap). • Referees' post-game meetings should be brief (leave venue asap).