

**Notes:** Two rules will be waived for the 2020 season.

Eight games will not be required to be playoff eligible. / Six games in your own class or above will not be required to be playoff eligible.  
Flex days may be used only with principal approval and phase III limitations must be followed.

**Requirements**

1. Extend the coaching box for social distancing on the sidelines. (15 to 15)
2. All water provided will be individual containers / No public water sharing systems
3. Limit sidelines to essential personnel only. (Coaches, Trainer, Manager etc.)
4. Extend time outs and length of time between quarters to 2:00
5. Social distancing announcements should be made over the PA throughout the contest.

**Recommendations**

1. Travel with fewer players to away games / Dress fewer for home games
2. Modify pregame meals
3. Use extra dressing facilities / come partially dressed to away games/ Dress in smaller pods of 10-15 at a time.  
\*Arrange dressing and shower situation with host team.
4. Conduct halftimes in the end zones instead of dressing rooms.
5. Pay per view options for schools to recover lost revenue.
6. Transportation and or bus modifications per WV State Department guidelines
7. Limit practices to only one contact day per week.
8. No pre or post game handshakes
9. Electronic tickets recommended
10. Hand sanitizing stations on the sidelines
11. Use CDC COVID 19 screening questions. Follow local health department guidelines for reporting suspicious cases.
12. Teams use end zones or other outside areas at halftime.
13. Disinfectants and Cleaning Agents / use CDC and WVDHHR protocols for cleaning equipment, facilities, etc.
14. Band and Cheerleaders – recommend they do not travel to away games
15. Face shield Information will be made available to schools

## West Virginia Secondary School Activities Commission (WVSSAC) Fall Sports Schedule

Sport		High School	Middle School
Football	1 <sup>st</sup> day of practice	August 17	August 17
	1 <sup>st</sup> day for pads	August 21	August 24
	1 <sup>st</sup> day for contact	August 25	August 27
	Earliest scrimmage	August 28 (after 4:00 pm)	August 31
	1 <sup>st</sup> contest	September 3	September 7
	Playoffs (Rounds 1-3)	November 13-28	October 31 (season ends)
	Super Six	December 4-5	

\*Note – contracts for Week 1 are to be null and void. Teams are permitted to schedule 10 games.

Soccer	1 <sup>st</sup> day of practice	August 17	August 17
	1 <sup>st</sup> contest	September 2	September 7
	Sectional	October 19-24	
	Regional	October 27 and 29	
	State	November 6-7	October 31 (season ends)

Volleyball	1 <sup>st</sup> day of practice	August 17	August 17
	1 <sup>st</sup> contest	September 2	September 7
	Sectional	November 2-5	
	Regional	November 7	
	State	November 13-14	October 31 (season ends)

Cross Country	1 <sup>st</sup> day of practice	August 17	August 17
	1 <sup>st</sup> contest	September 2	September 7
	Regional	October 22-24	
	State	October 31	October 20 (season ends)

Golf	1 <sup>st</sup> day of practice	August 17	
	1 <sup>st</sup> contest	August 18	
	Regional	September 28	
	State	October 6-7	
Girls Golf Invitational		Sept 1	

Cheer	1 <sup>st</sup> day of practice	August 17	August 17
	Regional	November 7	
	State	December 12	December 12

- **Extended Sidelines** - increase amount of space for social distancing of athletes, coaches, and officials. For volleyball, do not switch benches in between sets - Required
- **Identification of “Travel Squads”** – to help limit number of people traveling
- **Pre-Game Meals** – Modify pre game meals. Consider “grab and go” when possible.
- **Dressing Rooms** – limit use as much as possible. Have athletes come to game in uniform whenever possible.
- **Modify Schedules** – reduce number of teams competing in regular season tournaments
- **Water** – Do not supply water bottles for shared use. Have each student bring his/her own water bottle. - Required
- **Sideline Limits** – limit sidelines to essential personnel only - Required
- **Pay Per View Options** – WVSSAC will provide schools with more information
- **PreGame Conferences** – limit the number of people involved in the pre-game conference
- **Keep Hands to Yourself!** – No handshakes, hand slaps, “high fives”, back slapping, etc. No unnecessary contact with others.
- **Electronic Ticketing** – WVSSAC will send more information to schools
- **Disinfectants and Cleaning Agents** – Use CDC and WVDHHR recommended cleaning protocols for all equipment, facilities, etc.
- **Electronic Whistles** – not in football, but may be used in other sports. Official responsible for providing his/her own if used
- **Band and Cheerleaders** – recommended that band and cheer do not travel to away games
- **COVID Screening** – use of CDC screening questions. Temperature checks are local school decision
- **Reporting Suspicious Cases** – follow local health department guidelines for reporting suspicious cases

