
Quincy Public Schools Spring Athletics

2020-2021 School Year

Athletic Directors:

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DESE Guidance on Modified Sports Seasons

- Collaboration with EEA & MIAA to provide a modified sports schedule for the 2020-2021 school year.
- MIAA has developed sport-specific modifications to meet the guidance from the EEA prior to the start of each season.
- Latest EEA Guidelines (Phase IV, Step 1) were updated on April 16, 2021. Click [HERE](#) for full updated EEA Guidelines.



Massachusetts Executive Office of Energy & Environmental Affairs (EEA) Guidelines

- Guidance applies to K-12 school and other youth sports activities
- Categorized sports into “**Lower Risk**”, “**Moderate Risk**”, and “**Higher Risk**” based on the risk of transmission of COVID-19
- “**Lower Risk**”
 - Sports or activities that can be done with social distancing and no physical contact
 - Sports or activities that can be done individually
 - Examples: Tennis, swimming, golf, individual sailing, cross country



Massachusetts Executive Office of Energy & Environmental Affairs (EEA) Guidelines

- **“Moderate Risk”**
 - Sports or activities that involve intermittent close proximity or limited, incidental physical contact between participants
 - Examples: Baseball, softball, sailing, outdoor track & field, indoor track & field, team swimming, volleyball, girls’ lacrosse, soccer
- **“Higher Risk”**
 - Sports or activities for which there is a requirement or a substantial likelihood of routine close or sustained proximity or deliberate physical contact between participants and a high probability that respiratory particles will be transmitted between participants
 - Examples: Football, wrestling, basketball, lacrosse, ice hockey, competitive cheer



Levels of Play - EEA Guidelines

- **Level 1** - Individually or socially distanced group activities (non-contact workouts, conditioning, individual skill work, and drills)
- **Level 2** - Competitive Practices (Intra-team/group games, contact drills, and scrimmages)
- **Level 3** - Competitions (Inter-team games, meets, matches, races, etc)
- **Level 4** - Tournaments



Levels of Play - EEA Guidelines

- “**Lower Risk**” - Can participate in Levels 1, 2, 3, and 4 type of play
- “**Moderate Risk**” - Can participate in Levels 1, 2, and 3 type of play
- “**Higher Risk**” - Can participate in Levels 1, 2, and 3 type of play, subject to the following:
 - Football may conduct Level 1 play indoors but must only engage in Level 2 and 3 activities outdoors.
 - If feasible, conduct Level 2 and 3 wrestling activities outdoors, but wrestling may be conducted indoors.



MIAA Season Calendar 2020-2021

- **September 18 - November 20: *FALL SPORTS***
 - B/G Soccer, B/G Cross Country, Girls Volleyball, Boys Golf
- **December 14 - February 21: *WINTER SPORTS***
 - B/G Basketball, B/G Ice Hockey, B/G Swim & Dive
- **February 22 - April 25: *FALL SPORTS II "FLOATING SEASON"***
 - Football, Fall Cheer, B/G Indoor Track & Field
- **April 26 - July 3: *SPRING SPORTS***
 - Baseball, Softball, B/G Lacrosse, B/G Tennis, Boys Volleyball, B/G Outdoor Track & Field, Sailing, Girls Golf, Wrestling



EEA Guidelines - Facial Coverings

- **Mandatory Facial Coverings for All Sports:** Require facial coverings to be worn by all participants during active play except:
 - During swimming, water aerobics or other sports where individuals are in the water;
or
 - For low risk sports when a distance of at least 14 feet or more is consistently maintained between each participant during active play or performance (e.g., singles tennis, a runner that is at least 14 feet or more away from the next runner)
 - For individuals with a documented medical condition or disability that makes them unable to wear a face covering.
- All spectators, coaches, staff, referees, and other officials are required to wear a facial covering



EEA Guidelines - Social Distancing

- Keep a record of all individuals present at team activities - Daily Symptom/Attendance Checklist
- Indoor and outdoor facilities limit capacity to no more than 50% of the facility's maximum permitted occupancy.
- Dugouts, benches, bleachers are allowed to be open only if six feet distancing can be maintained between each participant at all times.
- Locker rooms are permitted to open to 50% capacity - must maintain 6 foot social distancing.
- No congregating in common areas or parking lots following practices and events.
- Promote an “arrive, play, and leave” mentality.



EEA Guidelines - Hygiene

- Participants and coaches must achieve proper hand hygiene before and after each activity with hand-washing or hand sanitizer.
- Sportsmanship should remain touchless - no handshakes, fist bumps, high-fives.
- Any shared equipment will be cleaned and disinfected prior to use and after each session.
- Water fountains can be available as refill stations only. *Encouraging participants to bring their own clearly labeled water bottle*
- Participants should arrive dressed for practice/play and leave immediately following the event to limit locker room usage.



EEA Guidelines - Spectators

- If an outdoor and indoor facility has a spectator viewing area which allows for at least six feet social distancing between spectators, then spectators are allowed for players under 21 years old.
- In no event can the presence of spectators, plus players, coaches, referees, and facility workers cause an indoor facility to exceed more than 50% of the maximum capacity of the facility.
- All spectators must wear masks and maintain six feet of social distance at all times.



MIAA Sport Specific Modifications



- MIAA sport specific committees and Sports Medicine Committee collaborate to arrive at guidelines/modifications that are in accordance with the EEA guidelines.



MIAA Modifications - Baseball

- Max of 20 players in uniform, 4 coaches.
- Team benches must be redefined and expanded to allow for additional spacing for coaches & players to adhere to 6 feet distancing.
- One coach, one umpire at pre-game meeting.
- Pitcher's conferences should be limited to coach, pitcher, catcher.
- No seeds, gum, or spitting is permitted.
- Umpire must wear mask at all times.
- Plate umpire must minimize the time in close proximity to the catcher, "stepping in" as late as possible.
- Umpire has authority to issue pause play and issue warnings to player & coach about mask wearing.
- Equipment can be shared but properly sanitized after use.
- Home team required to provide game balls.



MIAA Modifications - Softball

- Max 20 players per team.
- Team benches must expand to areas on the sidelines that allow players and coaches to adhere to 6 feet distancing.
- Pregame meeting limited to 1 captain and coach from each team.
- Social distancing followed during timeouts when coach talking with pitcher or other players.
- No seeds, gum, or spitting is permitted.
- Umpire must wear mask at all times.
- Plate umpire must minimize the time in close proximity to the catcher, “stepping in” as late as possible.
- Umpire has authority to issue pause play and issue warnings to player & coach about mask wearing.
- Equipment can be shared but properly sanitized after use.
- Home team will supply both teams with 3 game balls, which pitchers will keep entire game.



MIAA Modifications - Tennis

- Face coverings required at all times.
- Each team provides own tennis balls for warm-ups.
- Use different numbered tennis balls on adjacent courts. Mark the court number on all assigned balls.
- Frequently disinfect practice equipment (racquets, baskets, etc.).
- Home team provides hand sanitizer for both teams. Use sanitizer before the match, at every changeover, and after the match.
- Coaches exchange lineups electronically prior to the matches.
- Players will switch sides on opposite sides of the net.
- Players should remain safely separated from their doubles partner during all changeovers.
- Only home team will touch scorecards.
- Players should tap racquets in place of traditional handshakes.



MIAA Modifications - Volleyball

- Game day roster cannot exceed 15 players.
- Benches and warm-up areas should be marked to indicate 6 feet of spacing.
- Minimum of 6 balls set aside as the game balls.
- Each team provides their own balls for warmup.
- Pre-match conference limited to both coaches and both referees.
- Teams will remain on the same side of the court throughout the match.
- Substitutions will take place at the attack line.
- When substituting, both players must sanitize their hands (in and out players).
- Timeouts require 6 feet distancing.
- Balls are to be replaced with a clean ball after every set.
- No post-game handshakes. Replaced with a wave a hand to acknowledge their opponent.



MIAA Modifications - Wrestling

- MIAA Sports Medicine Committee is still working on the modifications with the Wrestling Committee. Should be finalized on Friday.
- Practices are being conducted in “pods” of about 10 or less kids in each “pod”.
- Each “pod” does a session of wrestling, lifting, and running.



MIAA Modifications - Boys Lacrosse

- Substitution box/scorer's table areas shall be set up with 3 separate tables/seats maintaining 6 ft. physical distancing.
- Masks will be required to be worn by all players, coaches and officials.
- Sideline - players' and coaches' box - Shall be extended to the end line to ensure proper distancing.
- Game will remain with four 12-minute quarters with halftime reduced to 5 minutes with teams remaining on the field. Time between quarters will be a maximum of 2 minutes.
- Game day rosters will be limited to 45 players, including injured athletes and student-managers.
- No equipment inspections prior to the game. Goalkeeper's chest protectors must meet new NOCSAE guidelines.
- 1 coach per team will meet with officials for pregame certification.
- Meeting with captains: one (1) captain per team-will meet with the official for the coin toss.



MIAA Modifications - Girls Lacrosse

- Mandatory facial coverings per EEA regulations.
- Game will be played in four equal quarters of 12.5 minutes with a 2-minute break between quarters. Halftime will be a maximum of 5 minutes.
- Rosters are limited to 45 players, including injured athletes and student-managers.
- Home team is responsible for creating a sub and penalty area on the field that allows social distancing. Teams will substitute from their half of the field within the substitution area.
- Pre-game meeting is limited to officials, single coach and single captain from each team.
- Pre-game stick check procedure will be changed to random selection and closer inspection of eight sticks. Following the pre-game stick check, selected sticks must be sanitized prior to player usage.
- Bench area must be set up at least 10 yards from midfield. Team benches must be set up to ensure social distancing.



MIAA Modifications - Outdoor Track & Field

- Only essential personnel are permitted on the practice area and competition area each day.
- Only virtual and/or dual meets are permitted.
- Designated team and warm up areas must be provided for each team to ensure social distancing before the meet.
- Running Event - Can be ran in all lanes.
- Field Events - When handling equipment, operators must sanitize hands and equipment before and after events.



MIAA Modifications - Golf

- Must follow all safety protocols put in place by the golf course must be followed.
- Single tee starts should be staggered, at a minimum of 10 minutes between groups to support social distancing.
- Social distancing must be maintained throughout the round and all Covid-19 course regulations followed. Coaches are encouraged to travel throughout the golf course during the match to ensure that all participants are following all safety guidelines.
- Scorecards and pencils will be handed out to players by the home coach. Each player will receive a scorecard as the Marker for another player's score and should also note his/her own hole by hole score as well. At no time will players exchange score cards.



MIAA Modifications - Sailing

- A face masks must always be properly worn by students and staff. This includes at the school buildings, in transit to Community Boating Inc. (CBI) /back to Quincy, when utilizing the CBI facility, and when on the water and sailing. Hand sanitizer and disinfectants will always be available in Coaches bag.
- Changing clothes is not allowed at CBI until further notice.
- Only 1 school is allowed on the dock at a time to practice social distancing protocols and disinfect all equipment between teams. If another school is still rigging when we arrive, we will wait outside of the facility until they are done.



Other MIAA Recommendations

- MIAA Tournament Management Committee approved a state tournament for the spring season.
- All schools may opt in regardless of record. Team tournaments only.
- Cut-off date of June 15. Seeding will take place on June 16-17. Games played starting June 18-19.
- Spring schedules will be mainly league based or within geographic region to limit travel. We will also have a Patriot Cup starting the first week of June.



QPS Spring Sports & Levels Offered

QUINCY HIGH SCHOOL

- Baseball (V, JV)
- Softball (V, JV)
- Boys Lacrosse (QNQ)
- Girls Lacrosse (V, JV)
- Boys & Girls Tennis
- Wrestling (QNQ)
- Boys & Girls Outdoor Track & Field (QNQ)
- Girls Golf (QNQ)
- Sailing (QNQ)

NORTH QUINCY HIGH SCHOOL

- Baseball (V, JV)
- Softball (V, JV)
- Boys Lacrosse (QNQ)
- Girls Lacrosse (V, JV)
- Boys & Girls Tennis
- Wrestling (QNQ)
- Boys & Girls Outdoor Track & Field (QNQ)
- Girls Golf (QNQ)
- Sailing (QNQ)