

**DEPARTMENT OF EDUCATION
OFFICE OF THE SECRETARY
1000 Student Activities**

1011 Interscholastic Athletics during the COVID-19 Pandemic

1.0 Applicability

The Delaware Interscholastic Athletic Association was established, in part, to protect the physical well-being of student athletes and promote healthy adolescent lifestyles (14 **Del.C.** §301). This regulation shall apply to Interscholastic Athletics at Member Schools during the public health emergency due to the COVID-19 pandemic.

2.0 Definitions

The following words and terms, when used in this regulation, shall have the following meaning:

"Board" means the Delaware Interscholastic Athletic Association Board of Directors established pursuant to 14 **Del.C.** Ch. 3.

"Competition" means a contest between two schools in which student athletes compete.

"Conditioning Program" means a voluntary conditioning program that is available to all interested, enrolled students at a Member School, is not restricted to members of a particular team, and in which sport-specific equipment and organized drills in the skills and techniques of a particular sport are prohibited as provided in subsection 6.5 of 14 **DE Admin. Code** 1008 and 14 **DE Admin. Code** 1009.

"Department" means the Delaware Department of Education.

"Interscholastic Athletics" means sports engaged in by middle and high school student athletes who represent Member Schools. Interscholastic athletics is education-based. Interscholastic athletic programs are designed to support the academic mission of Member Schools and serve as an extension of the classroom that provides learning experiences to student athletes.

"Member School" means a full or associate member school of the Delaware Interscholastic Athletic Association and includes all Delaware public schools and nonpublic Delaware schools that elect to become member schools.

"Open Gym Program" means a voluntary program that is available to all interested, enrolled students at a Member School in which the Member School opens its gymnasium or other facility for informal, recreational activities as provided in subsection 6.4 of 14 **DE Admin. Code** 1008 and 14 **DE Admin. Code** 1009.

"Play Day" is a preseason event involving a series of Scrimmages held during the legal practice period for that sport season involving multiple schools.

"PPE Form" means the DIAA-approved pre-participation physical evaluation form that a student athlete is required to submit to the student athlete's Member School prior to participating in interscholastic tryouts, practices, scrimmages, and games.

"Practice" means working on skills for a particular sport within a single team at a Member School as guided by coaches and includes team workouts and inner-team scrimmages.

"Qualified Healthcare Professional" means a Doctor of Medicine (MD); a Doctor of Osteopathic Medicine (DO); or a school nurse, a nurse practitioner, a physician assistant, or an athletic trainer. Qualified Healthcare Professionals shall be licensed in good standing in the state in which they practice.

"Reexamination" means the limited reexamination in order to medically clear a student athlete who had a pre-participation physical and evaluation and was subsequently treated for an injury during the preceding sports season, absent from school for an illness other than the usual minor upper respiratory or gastrointestinal upset during the preceding sports season, had an operation performed during the preceding sports season, or has a remedial defect as required by subsection 3.1.3 of 14 **DE Admin. Code** 1008 and 14 **DE Admin. Code** 1009.

"Scrimmage" means an informal competition between schools in which a final score is not kept, the time periods are permitted to be modified, the results of the competition are not reported to the media, the coaches are permitted to interrupt the play to provide instruction, and the competition is strictly for practice purposes.

"Tournament" means a series of competitions between a number of Member Schools in a DIAA-recognized sport.

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"Vulnerable Individual" means a person who qualifies as vulnerable and is strongly advised to shelter in place based on the Delaware Division of Public Health's guidance, including a person who is over the age of 65, a person who is immunocompromised, and a person with an underlying health condition. Conditions that can cause a person to be immunocompromised include cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications. Underlying health conditions include chronic lung disease, moderate to severe asthma, a serious heart condition, severe obesity (body mass index of 40 or higher), and diabetes.

"Workout" means generic conditioning activities engaged in by individual student athletes, including aerobic, agility, balance, flexibility, and resistance training.

3.0 Pre-Participation Physical Examination

3.1 New Student Athletes and Out-of-State Transfer Student Athletes

3.1.1 A student athlete who enters sixth or ninth grade, seeks to participate in Interscholastic Athletics for the first time at the middle or high school level, or transfers from another state and enrolls in middle or high school at a Member School for the 2020-2021 school year shall obtain a physical and evaluation and submit the completed 2020-2021 PPE Form before participating in interscholastic athletic activities.

3.2 Returning Student Athletes Who Obtained a Physical for the 2020-2021 School Year

3.2.1 If a student athlete obtained a physical and evaluation after April 1, 2020 and prior to July 1, 2020, the student athlete may submit a completed 2019-2020 PPE Form and 2020-2021 History Form and Athlete Medical Card to be eligible to participate in interscholastic athletic activities during the 2020-2021 school year.

3.2.2 The student athlete is not required to submit a completed 2020-2021 PPE Form unless the student athlete requires a Reexamination. A student athlete who is determined by the Qualified Healthcare Professional or is required to wear a mask and has a history of a cardiac or respiratory disorder or sickle cell trait, shall obtain medical clearance by a doctor (MD or DO), nurse practitioner, or physician assistant prior to participation in interscholastic athletic activities.

3.3 Returning Student Athletes Who Have Not Obtained a Physical for the 2020-2021 School Year

3.3.1 Returning Middle School Student Athletes - Notwithstanding subsection 3.1.1 of 14 **DE Admin. Code** 1008, a Member School's Qualified Healthcare Professional shall review a student athlete's 2020-2021 History Form and Athlete Medical Card to determine if the student athlete is required to obtain a physical and evaluation before participating in interscholastic athletic activities at the middle school level during the 2020-2021 school year if the student athlete had a valid pre-participation physical evaluation during the 2019-2020 school year and does not require a Reexamination. If the Qualified Healthcare Professional determines that a student athlete is not required to obtain a physical and evaluation before participating, the student athlete shall obtain a physical and evaluation and submit the completed 2020-2021 PPE Form by December 31, 2020 in order to continue being eligible to participate.

3.3.1.1 Subsection 3.3.1 shall not apply to a student athlete who is required to wear a mask and has a history of a cardiac or respiratory disorder, sickle cell trait, or being diagnosed with COVID-19. The student athlete shall obtain medical clearance by a doctor (MD or DO), nurse practitioner, or physician assistant prior to participation in interscholastic athletic activities.

3.3.2 Returning High School Student Athletes - Notwithstanding subsection 3.1.1 of 14 **DE Admin. Code** 1009, a Member School's Qualified Healthcare Professional shall review a student athlete's 2020-2021 History Form and Athlete Medical Card to determine if the student athlete is required to obtain a physical and evaluation before participating in interscholastic athletic activities at the high school level during the 2020-2021 school year if the student athlete had a valid pre-participation physical evaluation during the 2019-2020 school year and does not require a Reexamination. If the Qualified Healthcare Professional determines that a student athlete is not required to obtain a physical and evaluation before participating, the student athlete shall obtain a physical and evaluation and submit the completed 2020-2021 PPE Form by December 31, 2020 in order to continue being eligible to participate.

3.3.2.1 Subsection 3.3.2 shall not apply to a student athlete who is required to wear a mask and has a history of a cardiac or respiratory disorder, sickle cell trait, or being diagnosed with COVID-19. The student athlete shall obtain medical clearance by a doctor (MD or DO), nurse practitioner, or physician assistant prior to participation in interscholastic athletic activities.

3.3.3 If a Member School's Qualified Healthcare Professional does not make a determination as provided in subsections 3.3.1 and 3.3.2, the student athlete shall obtain a physical and evaluation and submit the completed 2020-2021 PPE Form before participating in interscholastic athletic activities.

4.0 Suspension of Interscholastic Athletic Activities and DIAA Return to Play Stages

4.1 Member Schools, student athletes, coaches, administrators, officials, and spectators shall comply with the requirements of this regulation and of all orders and guidance applicable to sports, exercise facilities, and pools issued by the State related to the COVID-19 pandemic. The Board may investigate, conduct hearings, and impose penalties for failure to comply with any of the requirements of this regulation.

4.2 If the State determines there is significant community spread of COVID-19, school buildings are closed, and only remote learning is permitted, all interscholastic athletic activities, including tryouts, Practices, Scrimmages, Competitions, and tournament events, shall be suspended for all Member Schools. Member Schools shall not offer or permit interscholastic athletic activities of any kind. Member Schools that offer or permit interscholastic athletic activities in violation of this subsection gain an unfair advantage over other Member Schools once Interscholastic Athletics resume and may have penalties imposed against them.

4.3 If the State determines there is minimal-to-moderate community spread of COVID-19 and a hybrid model of remote instruction and in-person learning options with precautions in place is permitted, Member Schools whose buildings are open may provide interscholastic athletic activities subject to the requirements in subsection 4.5.

4.4 If the State determines there is minimal community spread of COVID-19 and schools are open for in-person instruction, Member Schools whose buildings are open may provide interscholastic athletic activities subject to the requirements in subsection 4.5.

4.5 If subsection 4.3 or 4.4 applies, the Board shall determine the applicable DIAA Return to Play Stage for Member Schools that choose to have Interscholastic Athletics.

4.5.1 DIAA Return to Play Stages are different from the State's Economic Reopening Phases. DIAA may establish and enforce requirements for Interscholastic Athletics that are stricter than the Delaware Division of Public Health's guidance and the State's Economic Reopening Phases guidelines applicable to sports.

4.5.2 How the Applicable DIAA Return to Play Stage Is Determined

4.5.2.1 Movement from and between the DIAA Return to Play Stages will be determined by the Board in consultation with the Delaware Division of Public Health and subject to the State's orders.

4.5.2.2 The Board's Executive Director shall provide notice to Member Schools of the applicable DIAA Return to Play Stage.

4.5.3 Requirements That Apply to DIAA Return to Play Stages 1, 2, 3, and 4

4.5.3.1 Member Schools may establish and enforce stricter requirements than the requirements provided in this regulation.

4.5.3.2 Member Schools shall perform screenings for COVID-19 symptoms before every activity, including team meetings.

4.5.3.2.1 Screenings shall include a temperature check.

4.5.3.2.2 The Member School shall record the temperatures and responses to the screening questions of each person on the DIAA COVID-19 Screening Form. The responses shall be recorded and stored by the Member School.

4.5.3.2.3 The person conducting the screenings shall immediately report any person whose temperature is above 100.4°F or who had a positive response to one of the screening questions to the Member School's Qualified Healthcare Professional. The Member School's Qualified Healthcare Professional shall confirm if the person has any symptoms of COVID-19. A person who has any symptoms of COVID-19 shall not participate in the activity, shall leave the school premises immediately, and shall not return to any interscholastic athletic activities until the Member School receives written verification of the person's negative polymerase chain reaction (PCR) test for COVID-19 and the person is cleared by the Delaware Division of Public Health.

4.5.3.2.4 A student athlete who tests positive for COVID-19 shall obtain medical clearance from a doctor (MD or DO), nurse practitioner, or physician assistant and submit a completed DIAA COVID-19 Return to Play form to the student athlete's Member School in order to resume

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- participating in any interscholastic athletic activities.
- 4.5.3.3 Student athletes shall wear face coverings based on the Delaware Division of Public Health's current guidance applicable to sports. All other individuals, including coaches, administrators, officials, and spectators, shall wear face coverings as required by the State's emergency order and modifications thereto. Individuals who have a medical condition that makes it hard to breathe or a disability that prevents them from wearing a face covering may request a reasonable accommodation as follows:
- 4.5.3.3.1 Student athletes may request a reasonable accommodation from their Member School;
 - 4.5.3.3.2 Coaches may request a reasonable accommodation from the Member School by which they are employed;
 - 4.5.3.3.3 Administrators may request a reasonable accommodation from the Member School by which they are employed;
 - 4.5.3.3.4 Officials may request a reasonable accommodation from the Officials' Association by which they are employed; and
 - 4.5.3.3.5 Spectators may request a reasonable accommodation from the Member School hosting the interscholastic athletic event.
- 4.5.3.4 Social distancing shall be maintained based on the Delaware Division of Public Health's guidance applicable to sports, including at facilities and on buses. Student athletes shall be at least six feet apart from one another at all times except during on-field play in game-time situations. Student athletes and coaches shall be at least six feet apart from one another at all times unless they are from the same household. Member Schools shall ensure social distancing by student athletes during non-playing time, including arranging alternate seating, so student athletes are not clustered together on bleachers and benches. Member Schools shall provide adequate space for belongings, water bottles, and equipment to ensure social distancing when student athletes access their gear.
- 4.5.3.5 Member Schools shall organize and stagger student athletes' arrival and departure procedures to reduce close contact and mixing of teams.
- 4.5.3.6 Student athletes shall not gather in enclosed spaces, such as dugouts, unless they can maintain social distancing based on the Delaware Division of Public Health's current guidance applicable to sports.
- 4.5.3.7 Member Schools shall make hand sanitizer or hand washing stations readily available to individuals throughout the facilities where Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, and Open Gym Programs are held, including at each entry and exit. If student athletes do not have their own bottles of hand sanitizer, Member Schools should provide one hand sanitization station or bottle per every 15 student athletes. Hand sanitizer shall be composed of 60% ethanol or 70% isopropanol. Student athletes, coaches, and officials must wash or sanitize their hands, per the guidelines from the CDC and the Delaware Division of Public Health, before and after Practices, Scrimmages, and Competitions. Hand washing or sanitizing during Practices, Scrimmages, and Competitions with shared equipment or facilities is strongly encouraged.
- 4.5.3.8 Hydration stations are prohibited. Student athletes shall bring their own water bottles to interscholastic athletic activities but they shall not share their water bottles with others.
- 4.5.3.9 Spitting of all types is prohibited, including chewing sunflower seeds, chewing gum, spitting of water post-rinsing, and general spitting.
- 4.5.3.10 Coaches and officials shall bring their own clothing, towels, and drinks.
- 4.5.3.11 Officials shall use artificial noisemakers, such as an electronic whistle, instead of traditional whistles. Coaches are not permitted to use megaphones and shall wear a mask and maintain six feet of social distance at all times when communicating with others.
- 4.5.3.12 Member Schools shall follow the Delaware Division of Public Health's and the Center for Disease Control's infection control guidelines for cleaning of bodily fluids.
- 4.5.3.13 Handshakes, high-fives, and fist bumps are discouraged.
- 4.5.3.14 Spectators shall adhere to the restrictions on gatherings based on the State's orders.
- 4.5.3.15 Scrimmages and Competitions against a school in a different state should be avoided. If a Member School's team travels to a Scrimmage or Competition against a school in a different state, the

- team shall follow all of the requirements in this regulation and any applicable requirements of the other state.
- 4.5.3.16 Hosting Scrimmages and Competitions for a school from a different state is discouraged. If a member school hosts a Scrimmage or Competition with a school from a different state, the out-of-state school is required to follow applicable guidance and orders.
 - 4.5.3.17 Member Schools are required to post extensive signage for student athletes, coaches, administrators, officials, and spectators about wearing required face coverings, maintaining social distancing, hand washing, covering coughs and sneezes, and staying home if experiencing COVID-19 symptoms.
 - 4.5.3.18 Member Schools shall ensure student athletes, coaches, administrators, officials, and spectators are informed and routinely reminded of team infection control measures and of the expectation to stay home when sick.
 - 4.5.3.19 Coaching out of season, as provided in subsection 7.6 of 14 **DE Admin. Code** 1008 and 14 **DE Admin. Code** 1009, is permitted in DIAA Return to Play Stages 1, 2, 3, and 4 as provided in subsections 4.5.4.7, 4.5.5.9, 4.5.6.9, and 4.5.7.8.
- 4.5.4 DIAA Return to Play Stage 1 - During DIAA Return to Play Stage 1, Workouts are permitted subject to the limitations in subsection 4.5.4.4. Practices, Scrimmages, Competitions, Play Days, Tournament events, Conditioning Programs, and Open Gym Programs are not permitted.
- 4.5.4.1 Vulnerable Individuals shall not attend Workouts.
 - 4.5.4.2 All coaches and student athletes shall be screened by their Member School for COVID-19 symptoms prior to every Workout.
 - 4.5.4.3 Member Schools shall keep a record of all persons present at every Workout.
 - 4.5.4.4 Limitations on DIAA Return to Play Stage 1 Workouts
 - 4.5.4.4.1 Workouts shall be held outdoors only.
 - 4.5.4.4.2 Workouts shall be limited to no more than 10 student athletes at a time and shall be conducted in pods of five to 10 with the same student athletes working out together during each Workout.
 - 4.5.4.4.3 Individuals shall maintain social distancing at all times based on the Delaware Division of Public Health's guidance applicable to sports. If individuals cannot maintain the minimum distance, the maximum number of individuals shall be decreased until proper social distancing occurs.
 - 4.5.4.4.4 Individual drills requiring the use of athletic equipment are permitted.
 - 4.5.4.4.5 Resistance training is permitted and shall be emphasized with bodyweight based, sub-maximal lifts and use of resistance bands.
 - 4.5.4.5 Athletic Equipment
 - 4.5.4.5.1 Athletic equipment, including towels, clothing, shoes, and sports specific equipment, shall not be shared between student athletes.
 - 4.5.4.5.2 Clothing and towels shall be washed after each Workout.
 - 4.5.4.5.3 All athletic equipment, including balls and equipment for individual drills and resistance training, shall be cleaned after each use and prior to use by the next individual.
 - 4.5.4.6 Additional Health and Safety Requirements
 - 4.5.4.6.1 Locker rooms shall be closed.
 - 4.5.4.6.2 Member Schools shall adequately clean bathrooms with an EPA List 6 approved disinfectant.
 - 4.5.4.6.3 Coaches shall limit the number of individuals in the bathroom in order to maintain social distancing.
 - 4.5.4.6.4 Student athletes and coaches shall clean their hands based on the Delaware Division of Public Health's guidance before touching any surfaces and before and after participating in Workouts.
 - 4.5.4.6.5 Member Schools shall cover equipment that has holes with exposed foam, such as athletic pads.
 - 4.5.4.6.6 Student athletes shall report to Workouts in proper gear, should return home to shower at the end of Workouts, and should wash their Workout clothing immediately upon returning home.

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- 4.5.4.7 Notwithstanding subsections 7.6.1 and 7.6.1.3 of 14 **DE Admin. Code** 1008 and 14 **DE Admin. Code** 1009, if the Board determines DIAA Return to Play Stage 1 is applicable, a certified, emergency, or volunteer coach may provide instruction out of the designated season in the coach's assigned sport to any student registered in the school at which the coach coaches, including providing instruction or coaching during the designated season in the coach's sport to current members of the varsity or subvarsity teams of the school at which the coach coaches outside of school-sponsored Practices, Scrimmages, and Competitions, subject to the conditions in subsection 7.6.1.1 and 7.6.1.2 of 14 **DE Admin. Code** 1008 and 14 **DE Admin. Code** 1009.
- 4.5.5 DIAA Return to Play Stage 2 - During DIAA Return to Play Stage 2, Workouts; Practices in the sports specified in subsection 4.5.5.4; and Practices, Scrimmages, and Competitions in the sports specified in subsection 4.5.5.5 are permitted subject to the limitations in subsection 4.5.5.6. Play Days and Tournament events are not permitted. Conditioning Programs and Open Gym Programs that are held indoors or outdoors are permitted.
- 4.5.5.1 Vulnerable Individuals shall not attend Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, or Open Gym Programs.
- 4.5.5.2 All coaches and student athletes shall be screened by their Member School for COVID-19 symptoms prior to every Workout, Practice, Scrimmage, Competition, Conditioning Program, or Open Gym Program. Officials shall be screened by the host Member School prior to officiating.
- 4.5.5.3 Member Schools shall keep a record of all persons present at every Workout, Practice, Scrimmage, Competition, Conditioning Program, and Open Gym Program.
- 4.5.5.4 Practices are permitted in the following sports during Stage 2: baseball; field hockey; girls' lacrosse; soccer; softball; swimming and diving - relays; tennis - doubles; indoor and outdoor track and field; Unified flag football; and volleyball.
- 4.5.5.5 Practices, Scrimmages, and Competitions are permitted in the following sports during Stage 2: cross country with staggered starts; golf; swimming and diving - individual; tennis - singles; and indoor and outdoor track and field - individual running events and throwing events only.
- 4.5.5.6 Limitations on DIAA Return to Play Stage 2 Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, and Open Gym Programs
- 4.5.5.6.1 Practices, Scrimmages, and Competitions shall be held outdoors only except that indoor track and field; swimming and diving; and volleyball Practices, Scrimmages, and Competitions may be held indoors if permitted by the Delaware Division of Public Health's guidance applicable to youth sports and the Member School's plan to host the indoor sport has been approved by the Delaware Division of Public Health. Prior to hosting the indoor sport, the Member School shall provide documentation of receiving approval from the Delaware Division of Public Health to host the indoor sport to the DIAA Office. Workouts, Conditioning Programs, and Open Gym Programs may be held indoors or outdoors if permitted by the Delaware Division of Public Health's guidance applicable to sports.
- 4.5.5.6.2 The number of individuals participating in a Workout, Practice, Scrimmage, Competition, Conditioning Program, or Open Gym Program shall be limited based on the Delaware Division of Public Health's guidance.
- 4.5.5.6.3 Workouts and Conditioning Programs shall be conducted in small groups or pods of student athletes with the same student athletes working out together during each Workout and Conditioning Program.
- 4.5.5.6.4 Individuals shall maintain social distancing at all times, including on sidelines and benches, based on the Delaware Division of Public Health's guidance applicable to sports. If individuals cannot maintain the minimum distance, the maximum number of individuals shall be decreased until proper social distancing occurs.
- 4.5.5.6.5 Teams should remain stable from one day to the next. The same student athletes and staff should make up one team. Student athletes and staff should not switch between teams. Member Schools should restrict interaction between teams as much as possible to reduce the risk of spread of COVID-19. Staggered scheduling by team is encouraged.
- 4.5.5.7 Athletic Equipment
- 4.5.5.7.1 Athletic equipment, including towels, clothing, shoes, and sports specific equipment, shall not be shared between student athletes.

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- 4.5.5.7.2 Clothing and towels shall be washed after each Workout, Practice, Scrimmage, Competition, Conditioning Program, and Open Gym Program.
- 4.5.5.7.3 All sports specific athletic equipment, including balls, shall be intermittently cleaned during Practices, Scrimmages, and Competitions. For all sports, balls shall be cleaned at the end of every Practice, Scrimmage, and Competition.
- 4.5.5.7.4 Athletic equipment for individuals, such as bats, batting helmets, and catcher's gear, shall be cleaned between uses.
- 4.5.5.7.5 Weight equipment shall be wiped down thoroughly before and after an individual's use.
- 4.5.5.7.6 Maximum lifts shall be limited and power cages shall be used for squats and bench presses. Spotters may stand at the end of the bar.
- 4.5.5.8 Additional Health and Safety Requirements
 - 4.5.5.8.1 Locker rooms and athletic training rooms shall be closed. Staggered use of the weight room may begin as part of a Conditioning Program. Member Schools shall increase ventilation in the weight room by using fans or opening windows or doors if it is safe to open them.
 - 4.5.5.8.2 Member Schools shall sanitize all hard surfaces with an EPA List 6 approved disinfectant, including equipment, bathrooms, and benches, of the facility where the Workout, Practice, Scrimmage, Competition, Conditioning Program, and Open Gym Program will be held prior to an individual or group entering the facility.
 - 4.5.5.8.3 Individuals shall clean their hands based on the Delaware Division of Public Health's guidance before touching any surfaces and before and after participating in Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, and Open Gym Programs.
 - 4.5.5.8.4 Member Schools shall cover equipment that has holes with exposed foam, such as athletic pads.
 - 4.5.5.8.5 Student athletes shall report to Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, and Open Gym Programs in proper gear, should return home to shower at the end of the Workout, Practice, Scrimmage, Competition, Conditioning Program, or Open Gym Program, and should wash their Workout, Practice, Scrimmage, Competition, Conditioning Program, or Open Gym Program clothing immediately upon returning home.
- 4.5.5.9 Notwithstanding subsections 7.6.1 and 7.6.1.3 of 14 **DE Admin. Code** 1008 and 14 **DE Admin. Code** 1009, if the Board determines DIAA Return to Play Stage 2 is applicable, a certified, emergency, or volunteer coach may provide instruction out of the designated season in the coach's assigned sport to any student registered in the school at which the coach coaches, including providing instruction or coaching during the designated season in the coach's sport to current members of the varsity or subvarsity teams of the school at which the coach coaches outside of school-sponsored Practices, Scrimmages, and Competitions, subject to the conditions in subsection 7.6.1.1 and 7.6.1.2 of 14 **DE Admin. Code** 1008 and 14 **DE Admin. Code** 1009.
- 4.5.6 DIAA Return to Play Stage 3 - During DIAA Return to Play Stage 3, Workouts; modified Practices in the sports specified in subsection 4.5.6.4; and Practices, Scrimmages, and Competitions in the sports specified in subsection 4.5.6.5 are permitted subject to the limitations in subsection 4.5.6.6. Play Days and Tournament events are not permitted. Conditioning Programs and Open Gym Programs (indoors and outdoors) are permitted.
 - 4.5.6.1 Vulnerable Individuals may attend Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, and Open Gym Programs if permitted by the Delaware Division of Public Health's guidelines.
 - 4.5.6.2 All coaches and student athletes shall be screened by their Member School for COVID-19 symptoms prior to every Workout, Practice, Scrimmage, Competition, Conditioning Program, and Open Gym Program. Officials shall be screened by the host Member School prior to officiating.
 - 4.5.6.3 Member Schools shall keep a record of all persons present at every Workout, Practice, Scrimmage, Competition, Conditioning Program, and Open Gym Program.
 - 4.5.6.4 Modified Practices that comply with the Delaware Division of Public Health's guidelines for social distancing are permitted in the following sports during Stage 3: basketball, football, boys' lacrosse, and wrestling.
 - 4.5.6.5 Practices, Scrimmages, and Competitions are permitted in the following sports during Stage 3: baseball; cross country with staggered starts; field hockey; Unified flag football; golf; girls'

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lacrosse; soccer; softball; swimming and diving - individual and relays; tennis - singles and doubles; indoor and outdoor track and field - individual and team events; and volleyball.

- 4.5.6.6 Limitations on DIAA Return to Play Stage 3 Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, and Open Gym Programs
- 4.5.6.6.1 Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, and Open Gym Programs may be held indoors or outdoors if permitted by the Delaware Division of Public Health's guidance applicable to sports. A Member School shall not host Practices, Scrimmages, or Competitions indoors unless the Member School's plan to host the sport indoors has been approved by the Delaware Division of Public Health. Prior to hosting the indoor sport, the Member School shall provide documentation of receiving approval from the Delaware Division of Public Health to host the indoor sport to the DIAA Office.
- 4.5.6.6.2 The number of individuals participating in a Workout, Practice, Scrimmage, Competition, Conditioning Program, or Open Gym Program shall be limited based on the Delaware Division of Public Health's guidance.
- 4.5.6.6.3 Individuals shall maintain social distancing at all times, including on sidelines and benches, based on the Delaware Division of Public Health's guidance applicable to sports. If individuals cannot maintain the minimum distance, the maximum number of individuals shall be decreased until proper social distancing occurs.
- 4.5.6.6.4 Teams should remain stable from one day to the next. The same student athletes and staff should make up one team. Student athletes and staff should not switch between teams. Member Schools should restrict interaction between teams as much as possible to reduce the risk of spread of COVID-19. Staggered scheduling by team is encouraged. Member Schools should stagger the starts of Practices. Only one sport is permitted inside of the gym for Practices, provided that the Member School has received the Division of Public Health's approval to host the sport indoors, and there must be a period of thirty minutes between Practices to disinfect the gym.
- 4.5.6.7 Athletic Equipment
- 4.5.6.7.1 Towels, clothing, and shoes shall not be shared between student athletes.
- 4.5.6.7.2 Clothing and towels shall be washed after each Workout, Practice, Scrimmage, Competition, Conditioning Program, and Open Gym Program.
- 4.5.6.7.3 Athletic equipment for individuals, such as bats, batting helmets, and catcher's gear, shall be cleaned between uses. Other equipment, such as football helmet/pads, hockey helmets/pads, lacrosse helmets/pads/gloves/eyewear, and wrestling ear guards, shall be worn by only one individual and not shared.
- 4.5.6.7.4 Weight equipment shall be wiped down thoroughly before and after an individual's use.
- 4.5.6.7.5 Maximum lifts shall be limited and power cages shall be used for squats and bench presses. Spotters may stand at the end of the bar.
- 4.5.6.7.6 All sports specific athletic equipment, including balls, shall be intermittently cleaned during Practices, Scrimmages, and Competitions. During modified practices for football, and Practices, Scrimmages, and Competitions for baseball, Unified flag football, soccer, softball, and volleyball, balls shall be changed on a four-ball rotation when the ball exits the field of play or during normal transition time. For all sports, balls shall be cleaned at the end of every Practice, Scrimmage, and Competition.
- 4.5.6.8 Additional Health and Safety Requirements
- 4.5.6.8.1 Staggered use of the weight room may continue and staggered use of the locker room and athletic training room may begin. Member Schools shall increase ventilation in indoor communal spaces by using fans or opening windows or doors if it is safe to open them.
- 4.5.6.8.2 Member Schools shall sanitize all hard surfaces with an EPA List 6 approved disinfectant, including chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, and athletic training room tables, of the facility where the Workout, Practice, Scrimmage, Competition, Conditioning Program, or Open Gym Program will be held prior to an individual or group entering the facility.
- 4.5.6.8.3 Individuals shall clean their hands based on the Delaware Division of Public Health's guidance before touching any surfaces and before and after participating in Workouts, Practices,

- Scrimmages, Competitions, Conditioning Programs, and Open Gym Programs.
- 4.5.6.8.4 Member Schools shall cover equipment that has holes with exposed foam, such as athletic pads and weight benches.
 - 4.5.6.8.5 Student athletes shall report to Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, and Open Gym Programs in proper gear, should return home to shower at the end of Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, and Open Gym Programs, and should wash their Workout, Practice, Scrimmage, Competition, Conditioning Program, and Open Gym Program clothing immediately upon returning home.
 - 4.5.6.8.6 Student athletes shall wear appropriate clothing and shoes at all times in the weight room to minimize sweat from transmitting onto equipment and other hard surfaces.
- 4.5.6.9 Notwithstanding subsections 7.6.1 and 7.6.1.3 of 14 **DE Admin. Code** 1008 and 14 **DE Admin. Code** 1009, if the Board determines DIAA Return to Play Stage 3 is applicable, a certified, emergency, or volunteer coach may provide instruction out of the designated season in the coach's assigned sport to any student registered in the school at which the coach coaches, including providing instruction or coaching during the designated season in the coach's sport to current members of the varsity or subvarsity teams of the school at which the coach coaches outside of school-sponsored Practices, Scrimmages, and Competitions, subject to the conditions in subsection 7.6.1.1 and 7.6.1.2 of 14 **DE Admin. Code** 1008 and 14 **DE Admin. Code** 1009, and for fall sports in subsection 5.5.1 only.
- 4.5.7 DIAA Return to Play Stage 4 - During DIAA Return to Play Stage 4, Workouts and Practices, Scrimmages, and Competitions in all sports are permitted subject to the limitations in subsection 4.5.6.6. Play Days and Tournament events are permitted provided the plans have been approved by the Delaware Division of Public Health. Conditioning Programs and Open Gym Programs (indoors and outdoors) are permitted.
- 4.5.7.1 Vulnerable Individuals may attend Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, Open Gym Programs, Play Days, and Tournament events if permitted by the Delaware Division of Public Health's guidelines.
 - 4.5.7.2 All coaches and student athletes shall be screened by their Member School for COVID-19 symptoms prior to every Workout, Practice, Scrimmage, Competition, Conditioning Program, and Open Gym Program. Officials shall be screened by the host Member School prior to officiating.
 - 4.5.7.3 Member Schools shall keep a record of all persons present at every Workout, Practice, Scrimmage, Competition, Conditioning Program, Open Gym Program, Play Days, and Tournament events.
 - 4.5.7.4 The limitations that apply to DIAA Return to Play Stage 3 Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, and Open Gym Programs (subsection 4.5.6.6) shall also apply to DIAA Return to Play Stage 4 Workouts, Practices, Scrimmages, Competitions, Conditioning Programs, Open Gym Programs, Play Days, and Tournament Events.
 - 4.5.7.5 A Member School shall not host a Play Day unless the Member School's plan to host the Play Day has been approved by the Delaware Division of Public Health. Plans must include a method to collect contact information for student athletes, coaches, administrators, officials, and spectators and team rosters and game schedules to assist the Delaware Division of Public Health with contact tracing in the event of a COVID-19 infection. Prior to hosting the Play Day, the Member School shall provide documentation of receiving approval from the Delaware Division of Public Health to host the Play Day to the DIAA Office.
 - 4.5.7.6 DIAA-approved conferences shall not host conference championships in which multiple teams are competing in a bracket unless the conference's plan to host a conference championship has been approved by the Delaware Division of Public Health. Plans must include a method to collect contact information for student athletes, coaches, administrators, officials, and spectators and team rosters and game schedules to assist the Delaware Division of Public Health with contact tracing in the event of a COVID-19 infection. Prior to hosting the conference championship, the conference shall provide documentation of receiving approval from the Delaware Division of Public Health to host the conference championship to the DIAA Office.
 - 4.5.7.7 Each DIAA Sport Committee shall submit a plan for the State tournament in its sport directly to the Delaware Division of Public Health for approval. Plans must include a method to collect contact information for student athletes, coaches, administrators, officials, and spectators and team

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rosters and game schedules to assist the Delaware Division of Public Health with contact tracing in the event of a COVID-19 infection.

- 4.5.7.8 Notwithstanding subsections 7.6.1 and 7.6.1.3 of 14 **DE Admin. Code** 1008 and 14 **DE Admin. Code** 1009, if the Board determines DIAA Return to Play Stage 4 is applicable, a certified, emergency, or volunteer coach may provide instruction out of the designated season in the coach's assigned sport to any student registered in the school at which the coach coaches, including providing instruction or coaching during the designated season in the coach's sport to current members of the varsity or subvarsity teams of the school at which the coach coaches outside of school-sponsored Practices, Scrimmages, and Competitions, subject to the conditions in subsection 7.6.1.1 and 7.6.1.2 of 14 **DE Admin. Code** 1008 and 14 **DE Admin. Code** 1009 and for the fall sports in subsection 5.5.1 only.

5.0 2020-2021 Fall, Winter, and Spring Sports Seasons and Sport-Specific Requirements

- 5.1 Notwithstanding subsection 4.1 of 14 **DE Admin. Code** 1008 and 14 **DE Admin. Code** 1009, the start and end dates of the 2020-2021 sports seasons shall be as follows:
- 5.1.1 For all fall sports except for football, Season 1 (Fall) shall start on September 28, 2020 and end by December 12, 2020. For football, Season 1 (Fall) shall start on September 28, 2020 and end by December 19, 2020.
- 5.1.2 Season 2 (Winter) shall start on November 30, 2020 and end by March 13, 2021.
- 5.1.3 Season 3 (Spring) shall start on March 1, 2021 and end by June 5, 2021.
- 5.2 Notwithstanding subsections 4.1 and 4.2.1.2 of 14 **DE Admin. Code** 1008 and 14 **DE Admin. Code** 1009, the start date and end dates for Practices for the 2020-2021 sports seasons shall be as follows:
- 5.2.1 For all fall sports except for football, Season 1 (Fall) Practices may start on September 28, 2020 and shall end by October 18, 2020. For football, Season 1 (Fall) Practices may start on September 28, 2020 and shall end by October 23, 2020.
- 5.2.2 Season 2 (Winter) Practices may start on November 30, 2020 and shall end by December 20, 2020.
- 5.2.3 Season 3 (Spring) Practices may start on March 1, 2021 and shall end by March 21, 2021.
- 5.3 Notwithstanding subsection 4.1 of 14 **DE Admin. Code** 1008 and 14 **DE Admin. Code** 1009, the start date and end dates for Scrimmages and Competitions for 2020-2021 sports seasons shall be as follows:
- 5.3.1 For all fall sports except for football, Season 1 (Fall) Scrimmages and Competitions may start on October 19, 2020 and shall end by November 28, 2020. For football, Season 1 (Fall) may start on October 23, 2020 and shall end by December 5, 2020.
- 5.3.1.1 The maximum number of Competition dates for each team and individual in all fall sports except for football is twelve.
- 5.3.1.2 The maximum number of Competition dates for each team and individual in football is seven.
- 5.3.1.3 Each DIAA Sport Committee for a fall sport shall determine the minimum number of Competition dates in order to be eligible for the State tournament in its sport.
- 5.3.2 Season 2 (Winter) Scrimmages and Competitions may start on December 21, 2020 and shall end by February 25, 2021.
- 5.3.3 Season 3 (Spring) Scrimmages and Competitions may start on March 22, 2021 and shall end by May 15, 2021.
- 5.4 The start and end dates for Tournaments for the 2020-2021 sports seasons shall be as follows:
- 5.4.1 For all fall sports except for football, Season 1 (Fall) Tournament events may start on November 29, 2020 and shall end by December 12, 2020. For football, Season 1 (Fall) Tournament events may start on December 6, 2020 and shall end by December 19, 2020.
- 5.4.2 Season 2 (Winter) Tournament events may begin on February 26, 2021 and shall end by March 13, 2021.
- 5.4.3 Season 3 (Spring) Tournament events may begin on May 16, 2021 and shall end by June 5, 2021.
- 5.5 The following sports are permitted during the 2020-2021 school year if the Board determines DIAA Return to Play Stage 2, 3, or 4 applies:
- 5.5.1 Season 1 (Fall): Cross country with staggered starts, field hockey, Unified flag football, football, boys' soccer, and volleyball are permitted.
- 5.5.2 Season 2 (Winter): Basketball (boys', girls, and Unified), indoor track and field, swimming and diving, and wrestling are permitted.

5.5.3 Season 3 (Spring): Baseball, golf, lacrosse (boys' and girls'), outdoor track and field, Unified track and field, girls' soccer, softball, and tennis are permitted.

5.6 Sport-Specific Requirements

5.6.1 In addition to the requirements for the applicable DIAA Return to Play Stage set forth in subsection 4.5, the following sport-specific requirements shall apply.

5.6.1.1 Baseball

5.6.1.1.1 Student athletes shall wear a face covering at all times.

5.6.1.1.2 Breaks of at least two minutes during which student athletes remove their face coverings while maintaining a distance of six feet from others shall be taken every 20 minutes during Practices, Scrimmages, and Competitions.

5.6.1.1.3 The pre-game conference shall be held in the center of the field and attendees shall be limited to the plate umpire, the head coach from each team, and one captain from each team.

5.6.1.1.4 The Board may mandate additional sport-specific requirements to protect the physical well-being of student athletes.

5.6.1.2 Basketball

5.6.1.2.1 Member Schools shall follow the requirements in the plan for basketball that is approved by the Board prior to the start of the winter season. The plan shall include rules modifications and sport-specific requirements that are designed to protect the physical well-being of student athletes.

5.6.1.2.2 Student athletes shall wear face coverings at all times unless the applicable plan includes rules changes or face covering modifications to prevent student athletes from being in close proximity or direct contact with one another that have been approved by the Delaware Division of Public Health.

5.6.1.2.3 The Board may mandate additional sport-specific requirements to protect the physical well-being of student athletes.

5.6.1.3 Cross Country with Staggered Starts

5.6.1.3.1 Student athletes may remove their face coverings when active on the course if they are not in close or direct contact with another person but they must wear face coverings at all other times, including at the start of the race.

5.6.1.3.2 The Board may mandate additional sport-specific requirements to protect the physical well-being of student athletes.

5.6.1.4 Field Hockey

5.6.1.4.1 Student athletes shall wear a face covering at all times.

5.6.1.4.2 Scrimmages and Competitions shall be played in four 15-minute quarters with breaks of at least two minutes provided between quarters during which student athletes remove their face coverings while maintaining a distance of six feet from others. During Practices, breaks of at least two minutes during which student athletes remove their face coverings while maintaining a distance of six feet from others shall be taken every 20 minutes.

5.6.1.4.3 The pre-game conference shall be held in the center of the field and attendees shall be limited to the head or center official, the head coach from each team, and one captain from each team.

5.6.1.4.4 The Board may mandate additional sport-specific requirements to protect the physical well-being of student athletes.

5.6.1.5 Unified Flag Football

5.6.1.5.1 Student athletes shall wear a face covering at all times.

5.6.1.5.2 Breaks of at least two minutes during which student athletes remove their face coverings while maintaining a distance of six feet from others shall be taken every 20 minutes during Practices, Scrimmages, and Competitions.

5.6.1.5.3 The pre-game conference shall be held in the center of the field and attendees shall be limited to the head official, the head coach from each team, and one captain from each team.

5.6.1.5.4 The Board may mandate additional sport-specific requirements to protect the physical well-being of student athletes.

5.6.1.6 Football

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- 5.6.1.6.1 Member Schools shall follow the requirements in the plan for football that is approved by the Board prior to the start of the fall season. The plan shall include rules modifications and sport-specific requirements that are designed to protect the physical well-being of student athletes.
- 5.6.1.6.2 Student athletes shall wear face coverings at all times unless the plan includes rules changes or face covering modifications to prevent student athletes from being in close proximity or direct contact with one another that have been approved by the Delaware Division of Public Health.
- 5.6.1.6.3 The Board may mandate additional sport-specific requirements to protect the physical well-being of student athletes.
- 5.6.1.7 Golf
 - 5.6.1.7.1 Student athletes may remove their face coverings when active on the course if they are not in close or direct contact with another person but they must wear face coverings at all other times.
 - 5.6.1.7.2 The Board may mandate additional sport-specific requirements to protect the physical well-being of student athletes.
- 5.6.1.8 Boys' Lacrosse
 - 5.6.1.8.1 Member Schools shall follow the requirements in the plan for boys' lacrosse that is approved by the Board prior to the start of the spring season. The plan shall include rules modifications and sport-specific requirements that are designed to protect the physical well-being of student athletes.
 - 5.6.1.8.2 Student athletes shall wear face coverings at all times unless the plan includes rules changes or face covering modifications to prevent student athletes from being in close proximity or direct contact with one another that have been approved by the Delaware Division of Public Health.
 - 5.6.1.8.3 The Board may mandate additional sport-specific requirements to protect the physical well-being of student athletes.
- 5.6.1.9 Girls' Lacrosse
 - 5.6.1.9.1 Student athletes shall wear a face covering at all times.
 - 5.6.1.9.2 Breaks of at least two minutes during which student athletes remove their face coverings while maintaining a distance of six feet from others shall be taken every 20 minutes during Practices, Scrimmages, and Competitions.
 - 5.6.1.9.3 The pre-game conference shall be held in the center of the field and attendees shall be limited to the head official, the head coach from each team, and one captain from each team.
 - 5.6.1.9.4 The Board may mandate additional sport-specific requirements to protect the physical well-being of student athletes.
- 5.6.1.10 Soccer
 - 5.6.1.10.1 Student athletes shall wear a face covering at all times.
 - 5.6.1.10.2 Scrimmages and Competitions shall be played in four 20-minute periods with breaks of at least two minutes provided between periods during which student athletes remove their face coverings while maintaining a distance of six feet from others. During Practices, breaks of at least two minutes during which student athletes remove their face coverings while maintaining a distance of six feet from others shall be taken every 20 minutes.
 - 5.6.1.10.3 The pre-game conference shall be held in the center of the field and attendees shall be limited to the head or center referee, the head coach from each team, and one captain from each team.
 - 5.6.1.10.4 The Board may mandate additional sport-specific requirements to protect the physical well-being of student athletes.
- 5.6.1.11 Softball
 - 5.6.1.11.1 Student athletes shall wear a face covering at all times.
 - 5.6.1.11.2 Breaks of at least two minutes during which student athletes remove their face coverings while maintaining a distance of six feet from others shall be taken every 20 minutes during Practices, Scrimmages, and Competitions.

- 5.6.1.11.3 The pre-game conference shall be held in the center of the field and attendees shall be limited to the plate umpire, the head coach from each team, and one captain from each team.
- 5.6.1.11.4 The Board may mandate additional sport-specific requirements to protect the physical well-being of student athletes.
- 5.6.1.12 Swimming and Diving
 - 5.6.1.12.1 Student athletes may remove their face coverings when active in the pool if they are not in close or direct contact with another person but they must wear face coverings at all other times, including at the start of the race.
 - 5.6.1.12.2 The Board may mandate additional sport-specific requirements to protect the physical well-being of student athletes.
- 5.6.1.13 Tennis
 - 5.6.1.13.1 Student athletes shall wear a face covering at all times.
 - 5.6.1.13.2 Breaks of at least two minutes during which student athletes remove their face coverings while maintaining a distance of six feet from others shall be taken every 20 minutes during Practices, Scrimmages, and Competitions.
 - 5.6.1.13.3 The Board may mandate additional sport-specific requirements to protect the physical well-being of student athletes.
- 5.6.1.14 Track and Field
 - 5.6.1.14.1 Student athletes shall wear a face covering at all times.
 - 5.6.1.14.2 Breaks of at least two minutes during which student athletes remove their face coverings while maintaining a distance of six feet from others shall be taken every 20 minutes during Scrimmages and Competitions.
 - 5.6.1.14.3 The Board may mandate additional sport-specific requirements to protect the physical well-being of student athletes.
- 5.6.1.15 Volleyball
 - 5.6.1.15.1 Student athletes shall wear a face covering at all times.
 - 5.6.1.15.2 Breaks of at least two minutes during which student athletes remove their face coverings while maintaining a distance of six feet from others shall be taken every 20 minutes during Practices, Scrimmages, and Competitions.
 - 5.6.1.15.3 The pre-game conference shall be held in the area designated by the officials and attendees shall be limited to the officials and the head coach from each team.
 - 5.6.1.15.4 The Board may mandate additional sport-specific requirements to protect the physical well-being of student athletes.
- 5.6.1.16 Wrestling
 - 5.6.1.16.1 Member Schools shall follow the requirements in the plan for wrestling that is approved by the Board prior to the start of the winter season. The plan shall include rules modifications and sport-specific requirements that are designed to protect the physical well-being of student athletes.
 - 5.6.1.16.2 Student athletes shall wear face coverings at all times unless the plan includes rules changes or face covering modifications to prevent student athletes from being in close proximity or direct contact with one another that have been approved by the Delaware Division of Public Health.
 - 5.6.1.16.3 The Board may mandate additional sport-specific requirements to protect the physical well-being of student athletes.