



## Basketball Considerations 2020-2021

This document is intended to provide guidance for schools conducting practices and hosting games during the 2020-2021 SIJHSAA basketball season. The guidelines explained in this document are intended to decrease potential exposure to respiratory droplets and potential for illness through safe practices such as social distancing, proper hygiene, and appropriate protective equipment. This is not an exhaustive list, and school officials may take additional measures based on requirements set forth by their school district and/or local health officials. Please understand that even with this guidance, there is still risk of transmitting illness at events such as basketball practice and contests. Additionally, with the changing nature of the circumstances surrounding the COVID-19 pandemic, these guidelines may adjust.

### SEASON DATES – BOYS

- Practice may start: School's discretion
- Contests may begin: February 1, 2021
- Regional Seeding: February 24, 2021
- Regional Tourneys: March 8-13, 2021

Regular Season games should be limited to:

1. Within Conference, OR
2. Schools within the same general EMS Region

### SEASON DATES – GIRLS

- Practice may start: School's discretion
- Contests may begin: March 8, 2021
- Regional Seeding: March 31, 2021
- Regional Tourneys: April 12-17, 2021

### Requirements and Considerations

- All guidelines of SIJHSAA Return to Play must be adhered to.

**Social distancing** between individuals, not on the court, or at least 6 feet must be maintained at all times. Handshakes, fist bumps, hugging, etc. are not permissible at any time.

**Gym Capacity** – In Phase 4 regions, schools are limited to having no more than 50 spectators present. Schools may permit media members to the contest as space permits. Schools should also limit the number of cheerleaders, dance team members, and other ancillary groups at a contest to minimize any possible spread of COVID-19. These ancillary groups are neither participants nor spectators so there are no specific limits on their attendance.

#### Spectators

- Managers should work with their local health departments to consider whether spectators will be allowed
- If allowed, spectators must maintain social distance throughout the gym.
- Spectators must wear masks.



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### Tournaments at One Host Site

- Multiple team events can be scheduled but must follow appropriate gathering limit guidance as outlined by IDPH.
- Time for cleaning and sanitation of all used spaces and equipment must occur between games.
- Participating teams from the previous contest must exit a facility followed by sanitation of the bench areas before the next contest participating teams enter a facility.
- Participating teams must be eligible to participate in any tournament event in accordance with IDPH COVID-19 region status.
- Team benches should be placed on the same side of the floor as the scorer's table, if possible. If fans are allowed to attend any game, they should be seated opposite the bench area. If the allowable number of fans can be seated at least 30 feet from the playing floor, then they should be seated at that distance. If a gym cannot seat fans at least 30 feet from the playing floor, then they may be seated at least 12 feet from the playing floor (out-of-bounds lines). If fans are allowed and are seated on the bench side of the floor, they shall be at least 12 feet away from the athletes and coaches on the bench.
- Team benches shall be spaced out to allow for appropriate distance between players and coaches (minimum of 6 feet between individuals). This may require benches to extend into the bleachers. Benches may extend beyond the baseline, if space allows.
- Any basketball used as a part of warm-ups or game play must be cleaned and sanitized between games.
  - Game balls should not be used as part of any warm-up.
  - All balls should be cleaned and sanitized in a manner consistent with guidelines provided by the manufacturer.
- All spaces and equipment (gym, chairs, scorer's table, locker rooms, bleachers) must be cleaned and sanitized between games.
  - Spaces should be cleaned and sanitized in a manner consistent with all local and national health guidelines.
- All individuals must wear masks.

**Competition** - Per IDPH guidelines, schools may play contests against other schools as outlined by IDPH.

**Transportation** – For transportation to and from extracurricular events, schools may adhere to the same guidance provided by ISBE regarding transporting students to and from school.

**Practices** – Practices are solely intra-team.

### Equipment and Accessories

#### 1. Basketball

- Prior to a contest, it is recommended that two (2) game balls be sanitized according to the instructions from the ball manufacturer, set aside, and placed on top of the scorer's table. The game balls must not be used for warm-ups. The host school should switch balls during full time-outs and between quarters and sanitize the ball taken out of play.
- Sanitizer should be provided by the host team at the scorer's table.
- Face coverings are required for all players, coaches, and team personnel.
  - Players should bring multiple masks to replace sweat-soaked masks through games and practices.
  - Any mask modification requests, due to a documented medical condition, must be submitted to the school district and/or local health officials.



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### 2. Official's Table

- The host school should sanitize the table before the game and at half time.
- Place officials table sufficiently away from the sideline (if possible, at least 6 feet) to allow for additional space for substitutes.
- Limit seats at the table to necessary personnel which includes home team scorer and timer with a recommended distance of 6 feet apart (visiting scorer, statisticians, media, etc.) should be allowed at the official's table. However, these other personnel are not considered necessary personnel, and an alternate location for them should be considered if spacing guidelines can't be met at the official's table.
- Table personnel are required to wear face coverings.
- Game venues should have sanitation materials (disinfecting wipes, sprays, hand sanitizer, etc.) in prime locations for game personnel to clean and disinfect frequently touched surfaces and equipment.

### 3. Team Benches

**Social distancing should be practiced. Below are some considerations.**

- Consider limiting the number of bench personnel to observe social distancing of 6 feet or greater.
- If possible, place team benches opposite the spectator seating, if spectators are allowed.
- Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6 feet or greater between bench personnel (coaches and players).
- Create at least 12 feet of separation between the team bench and spectator seating behind the bench (if applicable).
- Encourage substitutes to maintain social distancing from other substitutes after checking in with the official scorer.
- Players not in the game must wear a mask and **MUST** be separated by 6 feet in the bench area
- During full time outs, players and coaches should maintain social distance as is practical.
- During 30 second time outs, only those players in the game and coaches may stand and be involved in the huddle, maintaining appropriate social distance. (NOTE: a manager distributing water bottles may also stand to fulfill his/her role. He/She must maintain social distance during this time.)

### 4. During Play

Due to players wearing masks during contests, a 90-second time-out will be taken each quarter at the first dead ball under the 5-minute mark to give players an opportunity to catch their breath. 1<sup>st</sup> horn at 75 seconds.

### General Practice Requirements and Consideration for Coaches

- Communicate practice and all competition guidelines in a clear manner to student participants and their parents.
- For practices, consider conducting workouts in "pods" of same students who consistently train and rotate together. This will ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.
- Always have a plan to maintain social distancing amongst your team and coaching staff.
- Require athletes to arrive at the competition venue dressed in competitive attire. If locker rooms are used during halftime breaks, ensure space allows athletes and coaches to maintain social distancing.
- Educate your student-athletes on proper hand washing and sanitation.
- Coaches must wear masks/face coverings at all practices and competitions.



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### General Requirements

#### Requirements for Officials

- Officials are required to wear face coverings at all times.
  - Face coverings must be solid black
  - Traditional or electronic whistles may be used. If a traditional whistle is used, officials should attach a plain black cover to the whistle to limit the spread of respiratory droplets. If an electronic whistle is used, officials should use one whose tone will carry inside.
  - Long-sleeved shirts are permissible.
  - Officials should not wear jackets during pre-game court/player observation.
  - Gloves may be worn.

#### Pregame Officials and Coaches Meeting

- Limit Pregame meeting attendees to the referee and both head coaches. Each coach shall stand on the center circle on each side of the division line.
- All individuals maintain a social distance of 6 feet or greater at the center circle.
- Suspend handshakes prior to and following the Pregame Conference.

### Other Considerations

#### Throw-In

- Officials shall stand 6 feet or greater away from player making the throw-in and bounce the ball to that player on any throw-in.

#### Free Throw Administration

- The lead official shall stand on the end line and bounce the ball to the player attempting the shot.

#### Jump Ball

- Eliminate the jump ball and award the ball to the visiting team for the first possession of the game. The alternating possession arrow will then be set after the initial throw-in.
- For a game being played on a neutral site, use a coin toss to determine which team is awarded the ball to start the game. A coin toss shall also be used for overtime periods. The referee shall have the head coaches come to the center circle before flipping, ask for the visiting team's choice before flipping, and catch the coin in the air and open the palm of the hand which caught the coin to display which side is shown. If the coach calling the flip is correct, his/her team shall begin the game/overtime period with the basketball. If the coach calling the flip is incorrect, the opposing team will begin the game/overtime period with the ball.
- The throw-in to begin a game or overtime period shall be made at the division line opposite the scorer's table.



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### General Requirements and Considerations for Student-Athletes

- Student-athletes should be responsible for their own supplies such as a water bottle.
- Students should wear their own appropriate workout clothing and not share clothing with anyone. All equipment and clothing should be washed immediately upon returning home.
- Hand washing and the use of hand sanitizer should be frequent at all contests and practices.
- Athletes should tell coaches immediately when they are not feeling well.
- Face coverings are always required.
- Players should bring multiple masks to replace sweat-soaked masks throughout games and practices.
- Any mask modification requests, due to a documented medical condition, must be submitted to the SIJHSAA Executive Director.

### General Requirements and Considerations for Parents

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is any doubt, stay home).
- Provide personal items for your child and clearly label them.
- Help ensure that your child is washing/cleaning clothing and personal items after each use.
- Know facility/venue limitations on capacity/attendance prior to attending a contest. Always maintain social distance and wear a face covering while in attendance at an event.

### Transportation

- Follow ISBE Guidelines: For transportation to and from extracurricular events, schools may adhere to the same guidance provided by ISBE regarding transporting student to and from school.

### Eating and Drinking

- Ask athletes to bring their own water and have a plan for retrieving their water after competition.
- Ensure 6-foot distance whenever student-athletes are eating and drinking.
- Replace face coverings immediately after eating or drinking.

### Questions

Questions may be addressed to SIJHSAA Administrators, Greg Hale ([director@sjhsaa.com](mailto:director@sjhsaa.com)), Tracy Lauderdale ([tlauderdale@of90.net](mailto:tlauderdale@of90.net)) or Wes Choate ([wchoate59@gmail.com](mailto:wchoate59@gmail.com)).



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### Resources

#### **IDPH Sport Safety Guidance**

<http://dph.illinois.gov/covid19/community-guidance/sports-safety-guidance>

#### **IDPH COVID-19 EMS-Regions Map**

<http://dph.illinois.gov/regionmetrics?regionID=4>

#### **IDPH Phase 4 Mitigation Guidelines**

<https://dceocovid19resources.com/restore-illinois/restore-illinois-phase-4>

#### **IDPH Tier 1 Mitigation Guidelines**

<http://www.dph.illinois.gov/sites/default/files/COVID19/IL%20Tier%201%20Resurgence%20Mitigations%20-%20January%2018%2C%202021%20Update.pdf>

#### **IDPH Tier 2 Mitigation Guidelines**

<http://www.dph.illinois.gov/sites/default/files/COVID19/IL%20Tier%202%20Resurgence%20Mitigations%20-%20January%2018%2C%202021%20Update.pdf>