

General Rules – All Activities

Pre-Season Agreement

The written participant agreement included with these rules must be signed and returned by all players and parents prior to an athlete participating in any activities. This includes an agreement by all participants to stay home if:

1. They are feeling sick in any way, or are experiencing fever, sore throat, nausea, cough, shortness of breath or a temperature at or above 100.4 degrees;
2. They have been in contact with someone who tested positive for COVID-19;
3. They are part of the vulnerable population.

Pre-Attendance Questions

Prior to any tryout, practice or game, all attendees must answer the questions listed below. Teams are required to record answers to the questions, and to preserve the records in a manner such that they are readily available to the Diocese and DPH upon request. Teams may record responses by hand, or may do so electronically provided that the electronic method includes a time stamp.

A parent or guardian must answer the following questions before his or her child may participate in any activity:

1. Does the child have a temperature at or above 100.4 degrees Fahrenheit?
2. Does the child have a sore throat, nausea, cough, shortness of breath or other symptoms of respiratory infection?
3. Has the child been in close contact with anyone exhibiting those symptoms?

In the event of an affirmative answer to any question, the child is not allowed to participate in the team activity.

Symptoms During Activity

In the event a child begins to show COVID-19 symptoms (ex. – fever, cough, shortness of breath) during a tryout, practice or game, the child will be escorted out of the gym by a masked adult maintaining a distance of at least 6 feet, and the child's parent will be called. A masked adult volunteer will wait with the child, maintaining proper distance, until the parent arrives to take the child. The hygiene manager present will spray the child's seating area, and any balls or equipment the child may have touched.

In the event an adult begins to show COVID-19 symptoms (ex. – fever, cough, shortness of breath) during a tryout, practice or game, the adult will be asked to leave the facility immediately, and a volunteer will spray the adult’s seating area, and any balls or equipment the adult may have touched.

If it appears necessary to call an ambulance, the coach(es) for the team will do so, alerting the ambulance that there may be a COVID-19 risk, and will wait with the child or adult until an ambulance arrives.

Food, Water, Bathrooms

Participants should focus on eliminating as much trash as possible, in order to reduce the cleaning burden, and to help gym volunteers avoid contact with bottles, wrappers and containers.

All participants should bring individual water bottles. Participants are strongly urged to bring reusable, refillable bottles rather than disposable bottles.

Participants are not allowed to bring food or snacks of any kind to games. It is up to individual parishes and schools whether to allow food at tryouts and practices. Under no circumstances will communal food or drink stations be permitted.

Only one person per bathroom (per gender) is permitted at a time.

CYM Tryout/Practice Rules

Attendance Limits

Only coaches, players and necessary school/parish personnel are permitted to enter the building or attend a tryout/practice session.

A player may attend a maximum of 2 tryouts. Tryouts and practices are limited to 2 hours or less.

Arrival & Departure

Parishes will develop arrival and departure procedures for practices and tryouts, and announce them to their participants.

Contact Tracing Data

Parishes/schools must maintain a record of all adult and child attendees at a tryout or practice. In the event of exposure or illness, DPH will need immediate access to accurate records in order to contact anyone who may need to quarantine.

Face Covering & Distancing

Masks

All players, coaches, and volunteers must wear masks at all times during a tryout or practice, including players wearing masks during active play. Players may remove masks temporarily for water breaks, provided they are distanced according to the procedure directly below.

The Diocese allows only those types of masks recommended and permitted in DPH's publication entitled Guidance for the Use of Face Coverings During COVID-19 Pandemic, as last revised September 16, 2020.

Distancing

1. Prior to the start of each tryout and practice session, players will be given a designated space around the sides of the gym. Those spaces will be used for each player's bag/equipment, and will be spaced at least 6 feet apart. Spaces will be marked by tape, numbered signs other prominent means. When not playing or using the bathroom, players must remain in their assigned spaces.
2. Coaches may move around the court when players are not engaged in play, and will have their own designated spaces at least 6 feet from any player spaces, to be used as necessary when they are otherwise unable to distance from players and each other.

Equipment

Each team should be assigned its own balls and equipment, to be used solely by that team through the season.

Teams should minimize shared equipment. To the extent possible, balls and equipment should be used by smaller groups, and should not be traded between groups.

Balls should be sanitized or wiped down as often as reasonably possible.

Coaches can only use electronic whistles or other means of stopping play, and cannot use normal whistles.

Sanitizing

Hand Sanitizing

Players are required to have a personal bottle of hand sanitizer at all times. There also should be a hand sanitizer station in the facility as a backup. Players should sanitize at regular intervals throughout the session, at least every 15 minutes.

Facility Sanitizing

Prior to the first session of the day, and between/after each session, a designated volunteer will wipe down and/or use disinfectant spray on:

1. Team benches/seating areas and all chairs to be used by teams, volunteers and referees;
2. Door handles, railings, and bathroom fixtures;
3. Any other equipment with which adults or players are in regular contact.

Doors will be propped open as much as reasonably possible to reduce contact.

CYM Game Rules

CYM expects modifications to in-game rules and procedures. Those modifications will be circulated to athletic associations, and may change through the season.

Attendance Limits

Spectators are not allowed at games. Persons allowed to attend a Basketball game:

1. Players on the official roster of a team scheduled to play in that game;
2. Coaches – 2 per team;
3. Referees – 2 per game;
4. Parent volunteers – 2 per team;
5. Facility employees/volunteers – as few as necessary to oversee the gym.

Arrival & Departure

Scheduled teams (including players, coaches and volunteers) must wait outside and/or in cars until teams from a prior game have exited the gym, whether or not the prior game ends on time. The gym monitor will signal teams when they can enter. Waiting teams should not congregate near the entry/exit doors.

No matter when prior teams exit, teams scheduled for the next game will only be permitted to enter the gym 10 minutes prior to the scheduled start of their game at the earliest, or later if necessary to allow prior attendees to exit, and to allow for cleaning.

After a game, coaches and players must exit immediately so that volunteers can clean the gym. Teams may not hold post-game meetings or otherwise gather in or around the gym.

Contact Tracing Data

The CYM Office will keep records of referees attending each game.

Each parish/school will keep records of any facility volunteers attending a game.

Each team will keep its own records of the adults and players attending a game.

All records will be preserved in a manner that makes them available immediately upon request. In the event contact tracing data is requested, CYM will collect the records from the facility and teams and provide a single set of records to DPH.

Face Covering & Distancing

Masks

Everyone present in a gym must wear masks at all times, including players wearing masks during active play. Players may remove masks temporarily for water breaks, provided they are distanced according to the procedure directly below.

The Diocese allows only those types of masks recommended and permitted in DPH's publication entitled Guidance for the Use of Face Coverings During COVID-19 Pandemic, as last revised September 16, 2020.

Distancing

1. Prior to the start of each game, home team players will be given a designated space along the team bench side of the gym, and visiting team players will be given a designated space along the spectator/bleacher side of the gym. (Gyms with sufficient space may put all players on one side.) Those spaces will be used for each player's bag/equipment, and will be at least 6 feet apart. Spaces will be marked by tape, numbered signs other prominent means. When not playing or using the bathroom, players must remain in their assigned spaces.
2. Coaches will have a "coach's box" at least 6 feet from the score table and any player spaces, which will be marked with tape or pre-existing court paint.
3. The score table will be placed as needed to ensure proper distancing. The scoreboard and scorebook volunteers may sit at the table if they can maintain at least 6 feet from each other, the coach's boxes and player space. Otherwise, the scoreboard operator will be at the table, and the scorebook volunteer will sit separately in a location provided by the parish/school.
4. One parent volunteer per team will be allowed in the gym, in a location provided by the parish/school, placed at least 6 feet from players, coaches, score table and other volunteers. Those volunteers are allowed to record or stream games pursuant to guidelines below, or provide any assistance a team may need.
5. A team is permitted a maximum of 4 adults – 2 coaches, 2 volunteers, or any alternate combination desired. (ex. – 3 coaches and 1 volunteer is allowed)
6. Referees will maintain 6 feet of distance when not on the court actively refereeing the game. Referees will be given chairs and private space along the courts' baselines, away from teams and volunteers.

Equipment

Each team will bring a game ball. Game balls will be switched every quarter and wiped or sprayed with disinfectant prior to being used again.

Only one volunteer will be in contact with the scoreboard equipment through the game.

There will be no group or communal food or water stations, and no concessions.

Teams should bring and use only their own practice balls for warmups.

Referees will use electronic whistles.

Sanitizing

Hand Sanitizing

Players are required to have a personal bottle of hand sanitizer at all times. There also should be a hand sanitizer station in the facility as a backup. Players will be directed to sanitize (1) during time outs prior to restarting the game, (2) at any point a player is being substituted, prior to entering the court, and (3) between periods.

Facility Sanitizing

Prior to the first game of the day, and after each game, a designated volunteer will wipe down and/or use disinfectant spray on:

1. Team benches/seating areas and all chairs to be used by teams, volunteers and referees;
2. Score table, including scoreboard machine;
3. Door handles, railings, and bathroom fixtures;

Doors will be propped open as much as reasonably possible to reduce contact.

Parent Volunteers & Streaming Games

Allowing an additional volunteer for each team required specific permission from DPH. CYM's goal is twofold: first, parents who cannot attend can still watch their children play; second, teams are able to rotate volunteers in the hope that more parents can see at least one live game.

Teams should treat this as a privilege, and should follow not only CYM's rules, but any rules, restrictions and requests from the parish/school hosting any game. CYM's first priority is ensuring the continuation of the season for our youth athletes, and will revise this rule as needed to further that goal.

If a team streams a game or posts a recorded game online, the following rules apply:

1. Comments must be disabled. If an intended streaming platform does not allow comments to be disabled, it may not be used.
2. Streams and recordings should be made available via private links only. No game should be posted publicly, *except* if posted on a parish's or school's official YouTube or Facebook page(s).
3. Recordings should only be available online for 48 hours after a game.

Parent/Participant Preseason Agreement

I am the parent or guardian of _____. I would like my child to participate in the Catholic Youth Ministry 2020-2021 Basketball season.

I understand that the State of Delaware has classified basketball as “high-risk” in Governor Carney’s 27th Modification to the State of Emergency Declaration, and that my child’s team will be required to follow certain rules related to the COVID-19 pandemic.

I have been given a copy of CYM’s rules for the 2020-2021 season, and I have reviewed them with my child. My child and I understand and agree to the following:

1. There are no spectators permitted at any tryouts, practices or games. Unless I am a designated team volunteer, I will wait in my car or off the premises while my child plays.
2. Before each team activity, I will check my child for any of the following symptoms: fever, sore throat, nausea, cough, shortness of breath or a temperature at or above 100.4 degrees Fahrenheit.
3. If my child exhibits any of the above symptoms, I will ensure that he or she does not attend or participate in team activities. I will ensure full and honest answers to pre-activity questions related to those symptoms or other potential COVID-19 risks.
4. I will review CYM’s mask and distancing policies with my child and ensure that my child understands and intends to follow those policies. My child will wear a mask at all times, including during active play.

I also understand that my child and I must follow all rules or procedures put in place by Catholic Youth Ministry, the Division of Public Health, the State of Delaware or any other government agency, and in the event my child or I fail to follow those rules, we may be barred from participation in this or future CYM sports seasons.

Parent Printed Name

Parent Signature

Athlete Printed Name

Athlete Signature