

Dual County League



Mission

The DCL ADs strongly believe that Interscholastic Athletics can play a vital role in continuing to re-engage our students as we seek to get back to school and to some sense of normalcy. A functioning athletic program will aid in the process of rebuilding the interpersonal connections that would fundamentally support the implementation of any of the instructional academic models being proposed. In the quest to educate the whole student, it cannot be overstated enough the role that Interscholastic Athletics can play in fostering deep and positive social and emotional health outcomes in our collective communities.

Through a modified, competition structure, the DCL seeks to creatively reimagine what is possible within the constraints of the health and safety protocols that have been established in response to the ongoing pandemic. By continuing to limit competition to divisional play, we aim to create a sustainable model for school-sponsored athletics throughout the duration of this pandemic.

Energy and Environmental Affairs

K-12 Sports Guidance

Updated Guidelines Effective November 7, 2020

<https://www.mass.gov/doc/safety-standards-for-youth-and-adult-amateur-sports-activities-phase-iii-step-2-effective-11720/download>

MIAA Rule Adjustments

- Winter Sports Start Date - December 14, 2020
- Sports Medicine Comm & Sport Committees met on safety guidelines all in line with DESE and EEA
- No Winter State Tournaments
- Out of Season Coaching allowed from 12/14/20 - 2/20/21
- Districts ultimately responsible to follow safety guidelines (SMC, DESE, EEA)
- District responsible to notify opponents if town/city Covid rate designation changes to Red.
- District Athletic Committees will hear requests for season adjustments
- Students can play all 4 seasons

Timeline

Process for building modifications and guidelines for Winter Sports

- **Nov. 16th** - Sport Committees & Sports Medicine Comm to deliver for sports to meet Level 3 play requirements as outlined by EEA
- **Nov. 18th** - MIAA Covid-19 Task Force reviews SMC and Sport Committee recommendations
- **Nov, 20th**- MIAA Covid-19 Task Force shares finalized sport modifications w/MIAA President and Executive Director
- **December 1** - Each district will need to receive local approval as to what sports will be implemented.
- Prior to play- Appropriate planning must be made within local districts to putting measures in place to meet EEA, DESE, MIAA guidelines

Pros & Cons

PROS

- Engages student-athletes in school and sports regardless of the academic model being used (hybrid or remote)
- Allows for special transportation issues to be resolved with limited budget implications and limits buses needed
- If schools opt out, other schools within that division can still have a schedule
- Each school, in each of the five sports, would only play certain schools in any given week (contact tracing)
- Allows for low and moderate risk sports not to lose a season

CONS

- Schools could opt out of season
- Games might not be played against schools in the “Red”
- No Middle School sports
- No MIAA postseason tournaments

Divisions

- Acton Boxboro, Concord Carlisle, Lincoln Sudbury, Newton South, Westford Academy
- Bedford, Boston Latin, Cambridge Rindge and Latin, Waltham, Wayland, Weston

Season 2

- Tryouts and/or practices on 12/14 through 2/20.
- Competitions would begin on 1/5 and end on 2/17.
- Season 2 would consist of the following sports:
 - *Basketball*
 - *Ice Hockey*
 - *Swim & Dive*
 - *Alpine & Nordic Ski*
 - *Gymnastics*

Additional Seasons

- **Season 3: Feb 22 - April 25th (Floating Season/Fall 2)** *Football, Fall Cheer, Girls Volleyball, Girls Swim (AB, BL, WAL) Unified Basketball. (Moderate and High Risk), Indoor Track*
- **Season 4: April 26th - July 3rd (Spring Sports)-** *Baseball, Softball, B/G Lacrosse, B/G Tennis; Boys Volleyball, B/G/U Outdoor Track & Field, Rugby, Sailing, Girls Golf, Crew. (Low, Moderate and High Risk), Wrestling, Winter Cheer, Dance*

Protocols

- Follow all of the Governor's Office/EEA, DESE, Board of Health, MIAA Sports Medicine and individual School/District Guidelines for Athletics
- Sport Modifications
http://www.miaa.net/contentm/easy_pages/view.php?sid=38&page_id=317
- No fans will be admitted to indoor facilities (revisited on 1/4/21)
- All athletes will be required to wear a mask and distance 6 ft. apart while not actively competing (i.e. in the bench area, on the sidelines and on school provided buses).
- All coaches and team personnel will be required to wear a mask and distance 6 ft. apart at all times.
- No locker rooms.
- Officials must arrive in proper officiating gear to the contest, and will be required to wear mask during pre-game instructions.

Protocols (continued)

- No post-game handshakes (symbolic recognition to be developed).
- Student-athletes must bring their own water bottles.
- S/A should have their own Hand Sanitizer.
- S/A must wash their clothes/uniforms after each session.
- All equipment should be sanitized after each session.
- No loitering before or after contests.

Coaching Out of Season Recommendations

The goal and overall focus of our out-of-season coaching needs to be on engaging students for their mental health and well being. No coach should be looking at this as an opportunity to improve their team, or a way to "to get an edge". This really is about offering chances for kids to socialize in a setting which we have lacked for several months now.

The following guidelines must be met to gain the ability to work with your student-athletes during the off-season:

1. Your school's principal must agree to allow out-of-season practices.
2. All out-of-season activities must follow all EEA/DESE/MIAA guidelines around Covid-19 safety requirements.
3. Each coach must create a practice plan and schedule that is approved by the athletic director prior to starting any practices.
4. All practices must be optional and be open to any interested student-athlete (no schools will subsidize any out-of-season practices). All practices must be skill based, coaches should not be coaching teams in out-of-season leagues.
5. All coaches must follow the state guidelines around their particular sport paying close attention to what you can and can't do at practice based upon the risk level (for example high risk sports must create cohorts of no more than 10 players).
6. No team may exceed more than two practices per week.
7. No practices are allowed during the two weeks prior to the next season starting (see dates below).



Questions?