



Return to Play Guidelines

Nevada Youth Soccer Association

*The contents of this documents are fluid and subject to change

All youth sports organizations want to get back on the field and we believe a phased approach will provide clear direction and understanding for coaches, players and families. Returning to play must be done methodically and in a manner that stresses the health and welfare of youth and adult participants.

All affiliate member leagues and clubs must communicate risk protocols to their coaches, administrators, parents, players and other officials in advance of any training or meeting with players. NYSA will post current Return to Play phases at www.nevadayouthsoccer.org.

The Following Shall Be Applied Regardless of the Return to Play Phase:

- Member affiliates must support any decisions to not participate on the part of youth, parents, and adult leaders/coaches who are uncomfortable participating in soccer activities for any reason. Leagues, clubs and other members shall not discriminate or in any way penalize players, parents, coaches or officials if they choose not to participate
- Ensure adult leaders, youth and their families do not enter facilities or recreational areas if either they or a household member has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days
 - Ideally, adult leaders/coaches and youth participants should check their temperatures daily before participation in soccer activities and ask/administer screening questions about illnesses in participants or their household members
 - Symptoms of COVID-19 can include fever or feverishness, cough, shortness of breath or difficulty breathing, chills or shaking chills, muscle pain, headache, sore throat, and new loss of taste or smell
- Participants are to pick up their own trash at the conclusion of any and all activities
- No one is to share water, towels, or any equipment. This includes, but not limited to:
 - Balls; no activities should include picking up, or making contact with one's hand, with a ball (Phases I at minimum)
 - Shoes, Socks, or Shin Guards
 - Jersey/Uniform
- Practice Vest/Pinnies; At minimum these must be washed after each use.
 - Recommend issuing each player their individual practice vest/pinnie
- No centralized hydration or refreshment stations (Phases I and II at minimum)
- Spectators should be limited and must maintain minimum social distancing, as defined by the CDC
- No spitting is allowed by soccer players, coaches or officials, period





- Recommend having sanitizing options available. This may include:
 - Hand sanitizer
 - Disinfectant wipes to be used to wipe down all equipment
- Adhere to state gathering restrictions by reducing the total number of participants in activities to no more than the number allowed by the state
- Regarding safety protocols, members will be required to follow the more restrictive guidelines, whether that is municipal or within our own governing body
- Only those activities approved by NYSA shall include insurance coverage

Coaches

- Minimize physical contact between players and coaches. No handshakes, high fives or other physical touching before, during or after soccer activities. 6 feet distancing when not in play.
- Only coaches should place and pick-up cones.
- Sanitize hands and all shared equipment, (balls, pennies, cones, benches etc.) before, as needed during and after soccer activity.

Players

- Sanitize hands, before, (if necessary) during, and after soccer activity.
- Refrain from handshakes, high fives or other physical touching before, during or after soccer activities.
- Wear masks if desired, and observe social distancing of 6 feet when not in play.
- Wash/disinfect gear and equipment immediately after soccer activity.
- Don't share drinks, food, equipment or gear.

Parents

- Communicate, preferably electronically, any of you or your child's participation concerns to the team coach. Do not participate if you, your child, household member or someone you have been in contact with has COVID-19 or COVID-19 symptoms in the prior 14 days. Player/parent should not participate in Soccer activities if they are uncomfortable for any reason.
- Avoid any participation in soccer activities if those activities do not follow the return to play guidelines.
- Provide hand sanitizer for your child's use before, during and after soccer activity and a mask, if desired.
- Ensure player's gear and equipment is washed/sanitized before/after soccer activity.
- Limit carpooling to soccer or activities.

Clubs/Leagues

- Provide masks for your coaching staff/administrators whom are in contact with other staff/players/parents.
- Establish and communicate NYSA protocols and any additional league/club expectations.





- Ensure no repercussion for players/parents that are not comfortable participating.

NYSA will administer the following four phases for return to play. These instructions and protocols are subject to change at any time or as conditions may warrant. The dates for each phase will be announced by NYSA in advance, and participation on the part of any player, coach, parent or other official is subject to the dates and protocols provided herein.

Phase I

- No Contact
- Focused on return to activity with individual training; no group drills
- Groups not to exceed 30 participants per field
- No sharing of water or equipment
- Participants to remain a minimum of 6 feet apart

Phase II

- Small group training introduced; should not exceed 4 v. 4
- Physical contact to be minimized
- Groups not to exceed ~~30~~ 50 participants per field
- No sharing of water

Phase I.5

- No Contact
- Focused on return to activity with individual training; group drills not exceeding 4 people
- Groups not to exceed 30 participants per field
- No sharing of water or equipment
- Participants to remain a minimum of 6 feet apart
- Shooting on a goalkeeper allowed with regular equipment cleaning





Phase III

- Introduction of controlled scrimmages/ practice games
- Physical contact to be minimized
- No limitations on participants per field
- Recommend no travel to events that would require overnight stay

Phase IV

- Full return of play
- No restriction on training session
- Games and tournaments to be played
- Recommend social distancing practices still be maintained by leagues and events

Field – The area marked identifying the boundaries of play. If there are no field markings, it will be defined as the total area of play. The equivalent of a 70 x 120 full sized competitive field.

Participant – Any person, player, coach, team official, or spectator that is part of the group/organization hosting the event.

Phase I:

- No contact
- Focused on return to activity with individual training; no group drills
- Groups not to exceed 30 participants per field
- No sharing of water or equipment
- Participants to remain a minimum of 10 feet apart

Restrictions/Recommendations

- No physical contact. This includes:
 - Drills that involve players or coaches within 6 feet of each other
 - No high fives, knuckles or handshakes
- No more than 30 participants per field. This includes players, coaches, and spectators
- Every participant (player or coach) must maintain a distance of at least 6 feet from one another during any drill or exercise
- No use of scrimmage vests/pinnies
- Practice times should be set to maximize social distancing and limit the number of people in a single area to 30 or less
 - Recommend a minimum of 30 minutes between end time of one session and the start time of the next





- If youth need supervision while waiting for pickup, adults should be at least 6 feet apart

Activities Permitted

- Individual training and technical activities ONLY

Activities Not Permitted

- Any drill or exercise that would/could involve participants getting closer than 6 feet apart, or physical contact
- Activities that would create engagement, or contact by two or more players
- Activities that may create opportunity for an individual to come in contact with another's equipment. This would include headers, throw-ins, etc.
- No games or tournaments

Phase I.5:

- No contact
- Focused on return to activity with individual training, small group drills (drills should not exceed 4), and shooting on goalkeepers
- Groups not to exceed 30 participants per field
- No sharing of water or equipment
- Participants to remain a minimum of six (6) feet apart

Restrictions/Recommendations

- No physical contact. This includes:
 - Drills that involve players or coaches within 6 feet of each other
 - No high fives, knuckles or handshakes
- Small group drills. No drills greater than groups of 4.
 - When a small group is designated, that group shall stay the same for two weeks (14 days) to reduce cross contact between other players.
- Shooting on goalkeepers with designated balls and equipment for shooting drills.
 - Equipment shall be sanitized by the coach between drills
- No more than 30 participants per field. This includes players, coaches, and spectators
- Every participant (player or coach) must maintain a distance of at least 6 feet from one another during any drill or exercise
- No use of scrimmage vests/pinnies





- Practice times should be set to maximize social distancing and limit the number of people in a single area to 30 or less
 - Recommend a minimum of 30 minutes between end time of one session and the start time of the next
 - If youth need supervision while waiting for pickup, adults should be at least 6 feet apart

Activities Permitted

- Individual training and technical activities
- Small group drills. No drills greater than groups of 4.
- Shooting on goalkeepers when proper equipment cleaning is taking place between drills

Activities Not Permitted

- Any drill or exercise that would/could involve participants getting closer than 6 feet apart, or physical contact
- Activities that would create engagement, or contact by two or more players
- Activities that may create opportunity for an individual to come in contact with another's equipment. This would include headers, throw-ins, etc.
- No games or tournaments

Phase II:

- Small group training introduced; should not exceed 4 v. 4
- Physical contact to be minimized
- Groups not to exceed 50 participants per field / 25 per half, maintaining 6 feet of social distancing at all times on and off the field
- No scrimmages and no games
- No sharing of water

Restrictions/Recommendations

- Small group drills may be introduced (e.g. 2 v. 2, 3 v. 3, and 4 v. 4). No drills greater than 4 v. 4
- Physical contact should be minimized
- No more than 50 participants per field / 25 per half, maintaining 6 feet of social distancing at all times on and off the field. This includes players, coaches, and spectators
- Practice Vest/Pinnies; At minimum these must be washed after each use.





- Practice times should be set to maximize social distancing and limit the number of people in a single area to 50 or less
 - Recommend a minimum of 30 minutes between end time of one session and the start time of the next
 - If youth need supervision while waiting for pickup, adults should be at least six (6) feet apart

Activities Permitted

- Individual training and technical activities
- Small group drills (e.g. 2 v. 2, 3 v. 3, and 4 v. 4). No drills greater than 4 v. 4.

Activities Not Permitted

- Activities that may create opportunity for an individual to come in contact with another's equipment. This would include headers, throw-ins, etc.
- No scrimmages, no games and no tournaments

Phase III:

- Introduction of controlled scrimmages/ practice games
- Physical contact to be minimized
- No limitations on participants per field
- Recommend no travel to events that would require overnight stay

Restrictions/Recommendations

- Group drills may be increased in size beyond 4 v. 4. This may include controlled scrimmage/practice games
- Physical contact should be minimized
- No limitations on participants per field. Social distancing should be maximized as appropriate and available, especially for spectators
- Practice times should be set to maximize social distancing
 - Recommend a minimum of 30 minutes between end time of one session and the start time of the next
 - If youth need supervision while waiting for pickup, adults should be at least 6 feet apart
- No travel to events that would require overnight stay

Activities Permitted

- Individual training and technical activities
- Group drills greater than 4 v. 4





- Activities that may create opportunity for an individual to come in contact with another's equipment. This would include headers, throw-ins, etc. (Recommend that all equipment be disinfected immediately after all training sessions)
- Controlled scrimmage/practice games

Activities Not Permitted

- No official games or tournaments

Phase IV:

- Full return of play
- No restriction on training session
- Games and tournaments to be played
- Recommend social distancing practices still be maintained by leagues and events

Restrictions/Recommendations

- Regular training sessions can be held
- Games may be played in either league or tournament. Recommend teams not play more than one game per day
- No limitation on participants per field. Social distancing should be maximized as appropriate and available, especially for spectators
- Practice times should be set to maximize social distancing

Activities Permitted

- Participation in games and tournament

Activities Not Permitted

- No limitation on activities

