

**Montgomery Area School District
Resocialization of Sports Policy and Procedures for
Voluntary Organized Activities
June 22, 2020 through August 9, 2020**

1. Purpose of policy:

The COVID-19 pandemic has sparked dramatic changes across all aspects of our daily lives. The combination of lifestyle modifications and potential comorbidities associated with COVID-19 also presents important, student-athlete specific health and safety risks as return to sport plans emerge. While it is clear that transition periods have a higher risk for catastrophic sport injury, some of the factors that place student-athletes at higher risk during these periods may be amplified as a result of social distancing measures. These risk factors may also be amplified at various levels – so even student-athletes within the same team may have a spectrum of risk profiles. As plans for a return to organized sport begin, over 10 million high school and college athletes emerge from this unprecedented period, calling for healthcare providers and administrators to give greater consideration for how to reduce risk while re-introducing sport.

2. Policy statement:

This policy describes the best practice procedures for returning to sport and exercise following a period of prolonged physical distancing for student-athletes, coaches, and staff of Montgomery Area School District. This document is designed specifically for the return to activity following physical distancing from the COVID-19 pandemic. This policy will be a living, working document that is continually reviewed and updated as the organization and our community changes.

3. Pandemic Task Force Team:

The appointed Athletic Pandemic Coordinator and Point Of Contact will be the Director of Athletics.

The team will include but not be limited to the following;

Superintendent
High School Principal
School Nurse
Athletic Trainer
MACC Coordinator
Director of Buildings and Grounds
Coaching Staff

4. Scope:

This policy applies to all staff members (e.g., athletic trainers, physicians, athletic administrators, coaches, strength and conditioning staff, school administrators, advisors) of the Montgomery Area School District who are associated with all aspects of Junior and Senior High athletics.

5. Procedures:

The following are mandatory guidelines and procedures for all organized voluntary activities for out of season practices or competitions. The resocialization of sports will be broken down into two phases to limit contact and spread of any communicable disease.

Requirements for all phases for Junior and Senior High Athletics:

1. Student-athletes, Coaches, and Staff will undergo a COVID-19 health screening prior to any practice, event, or team meeting. The purpose is to check for signs and symptoms of COVID-19 and it will include a questionnaire and temperature check. If anyone has a temperature greater than 100.4°F and/or answers yes to any symptom listed on the questionnaire, the person will be sent home immediately.
 - a. All Coaches and Staff will be pre-screened prior to the start of practice.
 - b. All those driving student-athletes to practice will be asked to remain until the student-athlete completes the pre-screening.
 - c. Student-athletes will line up with a distance of six feet between them while waiting for their pre-screening.
 - d. The temperature check and questionnaire will be filled out in a location where the information will remain confidential.
2. Promote healthy hygiene practices such as hand washing, using hand sanitizer, cough in your elbow, avoid touching eyes, nose, face and mouth, no spitting, no gum chewing.
3. Limit/avoid overall contact between individuals such as no handshakes or celebrations (high fives, fist/elbow bumps, chest bumps, hugging).
4. Intensify cleaning and disinfection by utilizing the Victory Sprayer.
5. Each individual will be responsible for the cleaning and sanitizing of all their personal equipment before and after each workout. Before the workout, the student-athlete will be provided with a disinfecting wipe to wipe down all of their equipment. All equipment must be taken home after every workout and disinfected at home.
6. Parents are encouraged to stay in their vehicles during drop-off and pickup of their children and will not be permitted on/in any practice facility.
7. Encourage social distancing through increased spacing, small groups, and limited mixing between groups.
8. Educate student-athletes, coaches, and staff on health and safety protocols regarding COVID-19.
9. Any person (coach, student-athlete, or staff) displaying any sign or symptom of COVID-19 and/or has a fever greater than 100.4°F must stay home and cannot participate until cleared by a medical professional.
10. If a student-athlete or staff tests positive for COVID-19, contact tracing will be initiated by the school and is encouraged by the family of the infected individual.
11. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures without any person's name being released.
12. Student-athletes and coaches MUST provide their own water bottle for hydration. Water bottles MAY NOT be shared.
13. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments. Face coverings will not be used for student-athletes while practicing or competing. Face coverings must be worn inside while not actively participating.

PHASE I (June 22, 2020 through July 10, 2020)

The following are required procedures and are permitted if in the YELLOW or GREEN phase as per the state government guidelines. (No activities will be permitted during a RED phase) All coaches and staff must wear a face covering as per the guidelines of the CDC unless it jeopardizes their health.

Limitations of Facilities:

- Only outdoor facilities may be used with the exception of indoor restrooms
- Any person who utilizes the indoor restrooms will be required to use hand sanitizer at the workout location prior to being allowed to participate
- No locker rooms are permitted
- No weight room activities are permitted

Limitations of Gatherings:

- All workouts or competitions must be scheduled and approved by the Director of Athletics/Athletic Pandemic Coordinator or MACC Coordinator
- No more than 15 student-athletes permitted at one field/court location at any one time
- No parents/spectators allowed
- Social distancing shall be applied at all times to the extent possible

Facility and Equipment Usage and Cleaning:

- All personal equipment will be wiped down with a disinfecting wipe provided during the pre-screening before the workout
- All personal equipment must be taken home after each workout and sanitized at home
- No equipment sharing will be permitted
- Adequate cleaning schedule shall be created and coordinated between Director of Athletics, Director of Buildings and Grounds, and/or coaching staffs
- All student-athletes are responsible for cleaning facility equipment before and after usage. This will be monitored by the coach or staff member who is with the student-athletes.

Hydration:

- Each student-athlete must supply their own individual water bottle
- Water bottles may not be shared
- Hydration stations (water coolers, touch fountains, troughs, hoses, etc...) shall not be utilized unless they are hands free and only to fill bottles.

Pre-workout Screening:

- All coaches and student-athletes must be screened for signs/symptoms of COVID-19 prior to any workout (See appendix for A COVID-19 Screening Form)
- Temperature checks will be conducted by coaches, athletic trainer, or any other task force member
- Responses to screening questions for each individual shall be confidentially obtained, recorded and stored
- Any person with positive symptoms reported shall not be allowed to participate in an activity, directed to contact a health care professional, and sent home
- The person who is sent home may not return to participation until documentation from a health care professional is provided

Physical Activity:

- Only NON-CONTACT (person to person) practices and workouts are permitted
- Hand sanitizer and/or hand washing breaks shall be used periodically throughout the activity
- Athletic equipment (balls, shields, tackling dummies, shotput, discus, etc.) that is used by multiple individuals shall be limited and cleaned between each student-athlete's use during practice and events

PHASE II (July 11, 2020 through August 9, 2020)

The following are required procedures and are permitted if in the YELLOW or GREEN phase as per the state government guidelines. (No activities will be permitted during a RED phase) All coaches and staff must wear a face covering as per the guidelines of the CDC unless it jeopardizes their health.

Limitations of Facilities:

- All facilities both indoor and outdoor are permitted following social distancing guidelines
- Locker rooms are permitted, but masks must be worn and student-athletes must socially distance
- The amount of student-athletes will be limited and each student-athlete will wipe down the areas that they touched with a disinfecting wipe prior to leaving the locker room
- Weight room activities are permitted in small groups, but student-athletes must social distance, follow the equipment usage guidelines below and, if possible, wear a mask

Limitations of Gatherings:

- All workouts or competitions must be scheduled and approved by the Director of Athletics or MACC Coordinator
- Any activity must adhere to the CDC recommendations for gathering limits (Yellow-25, Green- 250)
- No parents/spectators allowed at practices/competitions
- Social distancing shall be applied at all times to the extent possible

Facility and Equipment Usage and Cleaning:

- All personal equipment will be wiped down with a disinfecting wipe provided during the pre-screening before the workout
- All personal equipment must be taken home after each workout and sanitized at home
- No equipment sharing will be permitted
- Adequate cleaning schedule shall be created and coordinated between Director of Athletics, Director of Buildings and Grounds, and/or coaching staffs
- All student-athletes are responsible for cleaning facility equipment before and after usage
- Equipment cleaning will be monitored by the coach or staff member who is with the student-athletes

Hydration:

- Each student-athlete must supply their own individual water bottle
- Water bottles may not be shared
- Hydration stations (water coolers, touch fountains, troughs, hoses, etc...) shall not be utilized unless they are hands free and only to fill bottles.

Pre-workout Screening:

- All coaches and student-athletes must be screened for signs/symptoms of COVID-19 prior to any workout (See Appendix A for COVID-19 Screening Form)
- Temperature checks will be conducted by coaches, athletic trainer, or any other task force member
- Responses to screening questions for each individual shall be confidentially obtained, recorded and stored
- Any person with positive symptoms reported shall not be allowed to participate in an activity, directed to contact a health care professional, and sent home
- The person who is sent home may not return to participation until documentation from a health care professional is provided

Physical Activity:

- CONTACT (person to person) practices and workouts are permitted as per PIAA rules (See Appendix D)
- The type of contact will depend on PDE, DOH, and CDC guidance with respect to COVID-19
- Hand sanitizer and/or handwashing breaks shall be used periodically throughout the activity
- Athletic equipment (balls, shields, tackling dummies, shotput, discus, etc.) that is used by multiple individuals shall be limited and cleaned between each student-athlete's use during practice or events

Transportation:

- Parents are responsible to transport their own student-athletes to and from all away activities
- Parents should remain on site until their student-athlete has been successfully pre-screened

Positive Cases and Coaches, Staff, or Student-Athletes Showing COVID-19 Symptoms

What are the signs and symptoms of COVID-19?

Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe.

Symptoms may include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

What to do if you are sick?

- If you are sick with COVID-19 or think you are infected with the virus, **STAY AT HOME**. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and/or develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school immediately (principal, athletic director, athletic trainer, coach)
- It will be determined if others who may have been exposed (student-athletes, coaches, staff) need to be notified, isolated, and /or monitored for symptoms
- If a Positive case of COVID-19 is diagnosed, Contact Tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH.

What to do if a student-athlete or staff become ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?

- Every effort will be made to isolate the ill individual from others and they will be required to wear a mask, unless medically unable, until the student-athlete or staff member can leave the school or event
- If the student-athlete becomes ill, a parent/guardian will be contacted immediately, and arrangements will be made for the student-athlete to be picked up
- Ill individuals will be directed to contact their physician or appropriate healthcare professional for direction

When may a student-athlete or staff member return to athletics following a COVID-19 diagnosis?

- Student-athletes or staff members must provide proof of medical clearance from their physician or appropriate healthcare professional indicating that they are eligible for return

APPENDIX

Table of Contents

- A. MASD Daily Screening Form**
- B. MASD Participation Waiver**
- C. PA Department of Health Contact Tracing Information**
- D. PIAA Rules for Out-of Season Activities**

Appendix A

Montgomery Area School District Student-Athlete and Staff Daily COVID-19 Screening Form

Name: _____ Date: _____

Grade: _____ Sports: _____

NAME	DATE	TEMP	Fever/ Chills	Cough	Sore Throat	Short Breath	Loss Taste/ Smell	Vomiting Diarrhea	Congested Or Runny Nose	Close Contact
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
17										
18										
19										
20										
21										

For the column "Close Contact" the answer should reflect the following question:
 Within the past 14 days have you had close contact with someone who is currently sick with suspected or confirmed COVID-19? (Note: Close contact is defined as within 6ft for more than 10 consecutive minutes, without PPE equipment.)
 If any responses are "YES", student-athlete will NOT be allowed to practice or compete, and will be asked to leave school grounds. Parent/Guardian will be notified.

- The other symptoms should be marked as "N" – NO or "Y" Yes answers.

Appendix B

Montgomery Area School District Athletic Department Participation Waiver for Communicable Diseases Including COVID-19

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to student-athletes, coaches, and their families.

The MASD will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, UPMC, as well as the NFHS and PIAA. Montgomery Area School District realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, student-athletes, and spectators.

The requirements include but are not limited to:

1. Student-athletes, Coaches, and Staff will undergo a COVID-19 health screening prior to any practice, event, or team meeting. The purpose is to check for signs and symptoms of COVID-19 and it will include a questionnaire and temperature check. If anyone has a temperature greater than 100.4°F and/or answers yes to any symptom listed on the questionnaire, the person will be sent home immediately.
 - a. All Coaches and Staff will be pre-screened prior to the start of practice.
 - b. All those driving student-athletes to practice will be asked to remain until the student-athlete completes the pre-screening.
 - c. Student-athletes will line up with a distance of six feet between them while waiting for their pre-screening.
 - d. The temperature check and questionnaire will be filled out in a location where the information will remain confidential.
2. Promote healthy hygiene practices such as hand washing, using hand sanitizer, cough in your elbow, avoid touching eyes, nose, face and mouth, no spitting, no gum chewing.
3. Limit/avoid overall contact between individuals such as no handshakes or celebrations (high fives, fist/elbow bumps, chest bumps, hugging).
4. Intensify cleaning and disinfection by utilizing the Victory Sprayer.
5. Each individual will be responsible for the cleaning and sanitizing of all their personal equipment before and after each workout. Before the workout, the student-athlete will be provided with a disinfecting wipe to wipe down all of their equipment. All equipment must be taken home after every workout and disinfected at home.
6. Parents are encouraged to stay in their vehicles during drop-off and pickup of their children and will not be permitted on/in any practice facility.
7. Encourage social distancing through increased spacing, small groups, and limited mixing between groups.
8. Educate student-athletes, coaches, and staff on health and safety protocols regarding COVID-19.
9. Any person (coach, student-athlete, or staff) displaying any sign or symptom of COVID-19 and/or has a fever greater than 100.4°F must stay home and cannot participate until cleared by a medical professional.
10. If a student-athlete or staff tests positive for COVID-19, contact tracing will be initiated by the school and is encouraged by the family of the infected individual.
11. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures without any person's name being released.
12. Student-athletes and coaches MUST provide their own water bottle for hydration. Water bottles MAY NOT be shared.
13. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments. Face coverings will not be used for student-athletes while practicing or competing. Face coverings must be worn inside while not actively participating.

Parent/Guardian and Athlete Signature Page

I understand that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. While particular recommendations and personal discipline may reduce the risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for my participation. I willingly agree to comply with the stated recommendations put forth by Montgomery Area School District to limit the exposure and spread of COVID-19 and other communicable diseases.

Sport: _____

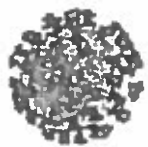
Signature of Parent/Guardian: _____ Date: _____

Signature of Student-Athlete: _____ Date: _____

***Parents/Guardians may request a full copy of the MASD Resocialization of Sports Recommendations by contacting Mike Snyder, Director of Athletics and Athletic Pandemic Coordinator, at msnyder@montasd.org**

***Please return all signature pages to the Head Coach prior to participating in any workouts.**

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



02/10/21 09:00:00

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

BACKGROUND

Contact tracing is the process of reaching out to anyone who came into close contact with an individual who is positive for COVID-19. Contact tracing helps monitor close contacts for symptoms and to determine if they need to be tested. Contact tracing is a key strategy for preventing the further spread of infectious diseases such as COVID-19.

WHAT DOES THIS PROCESS LOOK LIKE?

- In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.
- Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.
- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.
- A **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.
- A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.

Appendix D

2019-2020

BY-LAWS

2. All sports have a defined-season, and no sport may operate to the detriment of any other sport.

3. All students should have the opportunity to participate in as many interscholastic athletic experiences as is reasonably possible.

Section 2. Rules and Regulations.

Each sport has a defined-season which includes the first Practice day, the first Inter-School Practice or Scrimmage day, the first Regular Season Contest day, the last Regular Season Contest day, the District Deadline, the dates for PIAA Championships, the maximum number of Regular Season Contests and the maximum number of Regular Season Inter-School Practices or Scrimmages. All PIAA member schools must comply with the defined-season established for each sport.

Within each defined-season, PIAA member schools may sponsor sports Teams which compete against other PIAA member schools or schools that follow all PIAA Policies and Procedures and Rules and Regulations.

A. Out-of-Season Activities.

Outside of the defined-season for sports:

1. PIAA member schools may not sponsor Teams in that sport;

2. PIAA member schools, Coaches and/or students of PIAA member schools may be involved with sports activities such as training programs, recreational activities, Open Gyms, clinics, and camps provided that any participation by Coaches and/or students is as private citizens;

3. Coaches and/or students acting as private citizens, and on a voluntary basis, may participate on Teams that are not affiliated with PIAA member schools. Coaches and other PIAA member school personnel may not require a student to participate in a sport or a training program for a sport outside of the PIAA-defined sport's season. The participation of students in any sports activity that occurs outside of its defined season must be voluntary, and

4. The school's name, nickname, and interscholastic athletic uniform may not be used by community organizations, groups, or students; however, the Principal may permit community organizations, groups or students to use the school's Interscholastic athletic equipment and the school's interscholastic athletic health/first-aid supplies.

B. Conclusion of Regular Season.

Except as provided below, all activity in a sport, including Practice, must terminate by the last Regular Season Contest day in that sport unless the Team is entered into District or Inter-District Championship Contests. If the Team is entered into those Championship Contests, all activity in the sport must terminate on the day of elimination from such Championship Contests.

With the approval of the District Committee, Regular Season Contests which have been postponed may be rescheduled and played between the last Regular Season Contest day in that sport and the District Deadline in that sport. For purposes of the immediately preceding sentence, the last date of playing such a postponed Regular Season Contest constitutes the last Regular Season Contest day in that sport.

C. Football.

The following sport-specific rules modify the provisions otherwise set forth in this ARTICLE. To the extent any other provision in this ARTICLE is inconsistent with this Section, this Section controls.

1. For purposes of this Section, "Physical Contact" means blocking and/or tackling. "Physical Contact" does not include contact with blocking and/or tackling dummies, shields and/or sleds, and/or minimum risk "form" blocking or tackling.

2. Students who engage in Physical Contact at football camps and/or during clinics and/or drills, or similar or comparable functions or activities, and/or during Practices, Inter-School Practices, Scrimmages, and/or Contests, outside the PIAA-defined football season are ineligible to participate in interscholastic football for a period of up to one year from the date of such participation. Coaches assisting and/or supervising in Physical Contact by students from PIAA member schools, outside the PIAA-defined football season are ineligible to Coach interscholastic football at any PIAA member school for a period of up to one year from the date of such conduct.

3. Outside the PIAA-defined football season, the Principal may permit students of the Principal's school to use the school's helmets and shoes for NON-PHYSICAL CONTACT skill related instruction supervised by school-approved adults or at instructional camps (shoulder pads are not to be worn except for quarterback throwing activities). This provision is to promote student safety in football-related activities that do not include Physical Contact.

4. Outside the PIAA-defined football season, in addition to PIAA member school sponsorship of activities defined in Section 2.A(3) of this ARTICLE, PIAA member schools may sponsor non-contact 7v7 programs provided that any participation by Coaches and/or students is voluntary.

5. In recognition of the unique circumstances within those PIAA member schools that are absent of any junior high/middle school interscholastic football program, students enrolled in and attending those member schools in grades 7 and 8 may annually participate in the out-of-season interscholastic football program organized and operated as National Football League (NFL) Junior Player Development. A student's participation shall be limited to a maximum of two weeks per year.

6. Nothing in this Section shall prevent any student from participating, up through the completion of 8th grade, on community based non-school affiliated youth fall football programs through December 31st of that fall football season.

D. Competitive Spirit.

Competitive spirit was adopted by the PIAA Board of Directors, as an opportunity to expand competitive opportunities for girls. Because of the unique elements of competitive spirit, application of certain PIAA By-Laws is not practical. To the extent inconsistent with the following, then, other PIAA By-Laws are waived.

1. Season. Competitive spirit squads may not Practice or participate in any Inter-School Practice, Scrimmage, and/or Contest on more than six days in any Calendar Week. Within that limitation, they may participate in Practices, Inter-School Practices, Scrimmages, and/or Contests at any time and at the discretion of the Principal of the competitive spirit squad's member school. There is no maximum number of Inter-School Practices, Scrimmages, and/or Contests in which a competitive spirit squad may participate.

2. Contest Officials. Competitive spirit judges do not register with PIAA. They are retained by the Tournament organizers under standards set by the Tournament organizers.

3. PIAA Championships. Annual Competitive Spirit Championships shall be held by PIAA at a date and location to be determined by the PIAA Board of Directors. PIAA may license a third party to organize and manage said Championships.

E. Open Gyms.

This activity, as defined in the Glossary, is to encourage participation in a sport. Open Gyms are limited to two hours per day and three days per calendar week outside the defined sport season during the school year.

Weight training and conditioning activities are not considered Open Gyms and may be held daily so long as they are voluntary and not compulsory.

Effective July 1, 2019: Within 10 days prior to the start of each sports season, no student enrolled at a PIAA member high school may participate in any team competition on a team on which all other players and at least one coach are also affiliated at that student's school.

Section 3. Reporting of and Procedure for Alleged Violations.

Violations of this ARTICLE shall subject the Student, Team and/or school to any and all possible penalties provided for in Sections 2 through 9 of ARTICLE XIII of the PIAA By-Laws.

Section 4. Mixed Gender Participation.

PIAA strongly supports and encourages participation by both boys and girls in interscholastic athletics. Based upon real and demonstrable physical and competitive differences between similarly aged and trained boys and girls in athletic performances, PIAA recognizes that combining genders for competition purposes would have a chilling effect on female participation in interscholastic athletics. PIAA further recognizes that, historically, girls' participation has been much more limited than boys' participation. To promote participation by the historically underrepresented gender in a fair competitive environment, PIAA, therefore, classifies sports by gender and limits mixed gender participation as follows.

A. If a school has a Boys' Team in a sport, boys at the school are not eligible to play on the school's Girls' Team in that sport. If a school has a Girls' Team in a sport, girls at the school are not eligible to play on the school's Boys' Team in that sport. The Principal may waive this limitation for a girl seeking to play on a Boys' Team if the Principal believes that the girl's skill level is such that participation on the Girls' Team would not provide meaningful competition for the girl.

B. Girls may play on a Boys' Team if the student's school does not sponsor a comparable Girls' Team in that sport. NOTE: softball and baseball are not viewed as being comparable sports. Despite some differences in rules, boys' volleyball and girls' volleyball, as well as boys' lacrosse and girls' lacrosse, are viewed as comparable sports.

C. Boys may play on a Girls' Team if the student's school does not sponsor a Boys' Team in that sport and the Principal determines that:

1. the overall boys' athletic program at the student's school provides fewer opportunities for boys to participate than for girls;
2. the boy would not displace any girl from the Team's roster;

3. the boy would likely not, due to his physical size, athletic ability, and/or other characteristics, pose an increased risk of harm to opponents beyond that which would be posed by an average-sized and skilled participating girl, and

4. the boy would not provide his Team with a significant competitive advantage (as applicable herein, this means that the boy's participation would likely cause the Team to be noticeably more competitive than it would be without the boy's participation on the Team).

In considering whether to permit participation, with regard to factors 3 and 4, above, the Principal shall be guided by the following:

a. Where there is a question as to the risk posed to opponents or to a possible significant competitive advantage to the Principal's Team, such questions should be resolved in favor of the health and safety of opponents and in favor of preventing significant competitive advantage.

b. Due to the increased risk of injury to opponents in direct contact sports (field hockey, lacrosse, soccer and volleyball), particular scrutiny should be applied by the Principal to requests in these sports.

Notwithstanding any other provision in this Section, boys are permitted to participate on a Spirit Team without Principal approval.

D. Rules applicable to Mixed Gender Teams: Because PIAA does not have a Mixed Gender classification, the following provisions govern participation by Mixed Gender Teams:

1. For Postseason purposes, Mixed Gender Teams (other than in the sport of Spirit) shall compete only in the sport classifications designated for boys.

2. For enrollment classification purposes, a Mixed Gender Team shall be classified by using the school's enrollment number for whichever gender constitutes a majority of the Team members.

3. In the sport of volleyball, a Mixed Gender Team shall play during the boys' Regular Season and Postseason.

E. Where a student's gender is questioned or uncertain, the decision of the Principal as to the student's gender will be accepted by PIAA.

F. Nothing in this Section shall be interpreted to require a school to have a Mixed Gender Team where such participation would be inconsistent with the school's religious beliefs.

G. The refusal of a Team to participate in a Contest against a Mixed Gender Team shall result in forfeiture of the Contest by the Team which refuses to participate. In sports in which individual events or matches are conducted, refusal of a contestant to participate in any event or match will result in forfeiture of that event or match by that student and not by the Team.