



# SUPER Y LEAGUE RETURN TO PLAY PROTOCOLS

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## Return to Play Protocols & Best Practices

The Super Y League would like to provide all members with important guidelines related to the Covid-19 situation. These Return-to-Play Protocols and Best Practices (these “Protocols”) are not intended to serve as (and are not) a substitute for professional medical advice, diagnosis, or treatment. Similarly, it is also possible that, in some cases, these Protocols will be less strict than the guidance, recommendations or requirements of applicable state and local health authorities (“Health Authority Guidance”). In these cases, teams and players must comply with the Health Authority Guidance. Put differently, these Protocols are intended to supplement (and not replace) Health Authority Guidance. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training or competition.

Although no activity can ever be completely risk free, the intention of these Protocols is to put in place certain recommendations and requirements such that the risk of contracting Covid-19 is limited to a medically acceptable level and, by providing additional information and resources, to help ensure the health and safety of players, coaches, parents, administrators, and others. Unless specifically noted, however, the within

Much of the information included in these Protocols has been collected from publicly available sources, including federal agencies, government entities and other sport organizations, while many of the requirements and recommendations will relate back to the Health Authority Guidance specific to your locality. However, the knowledge and circumstances around COVID-19 are changing constantly and, as such, the Super Y League makes no representation and assumes no responsibility for (a) the accuracy or completeness of any information included in these Protocols or (b) the sufficiency of these Protocols to prevent the contraction of the virus.

Super Y League expressly reserves the right to modify these Protocols from time to time in its discretion.



## General Health & Safety Recommendations

\*Unless explicitly noted as mandatory, the Protocols included in this “Health & Safety Recommendations” section are applicable to situations *other than* on game days and are intended only to serve as a set of recommendations and best practices\*

### 1. General Recommendations/Hygiene Recommendations/Handling Equipment

The following practices have been recommended by the CDC and should be reinforced within your organization.

*General hygiene:*

- Avoid touching your eyes/mouth/nose
- Frequently wash or sanitize your hands
- Cover mouth and nose (with arm, elbow or tissue, not hands) when coughing or sneezing; Wash hands afterwards and dispose of any tissues
- Avoid spitting or coughing in the vicinity of other individuals
- When possible, wear a facemask or covering
- Frequently clean or sanitize commonly use surfaces (Restrooms, concession stands, door knobs, benches);
- Avoid shaking hands or other contact interactions;
- Maintain a distance of 6ft between you and other individuals;
- Stay home if you feel sick or are experiencing any symptoms of COVID-19 and contact your health care provider;
- We recommend clubs screen its players and families prior to any team activities (games, training sessions, etc.). A sample questionnaire is included as Exhibit A.
- Send home anyone who feels sick.
- We highly recommend individuals of 65 years of age or older or those in high-risk categories do not attend any games/events
- Do not make indoor space or locker rooms available for use
- Keep contact information (if permitted) to provide to local health departments in the case of exposure to COVID-19.

### 2. Covid-19 Symptoms



Clubs should identify a main point of contact for COVID-19 related questions or concerns. Parents should inform the club POC if their child is experiencing any COVID-19 related symptoms, and a sample pre-activity screening questionnaire has been included as Exhibit A.

The most common symptoms associated with infection include:

- Fever (100.4 degrees F)
- Cough
- Shortness of breath

Less common symptoms:

- Sore throat
- Congestion
- Nausea and vomiting
- Diarrhea
- Headache
- Muscle / joint Pain
- Sudden loss of taste or smell
- Chills

### **3. Club Recommendations (Generally)**

- Be accommodating to parents and players who may be uncomfortable with returning to play
- Send home any players or spectators from your club who appear or act ill upon arrival
- Create club protocols and distribute to members
- Train and educate all staff on these Protocols
- Have an effective communication plan
- Identify a staff member as a point of contact for any Covid-19 related concerns or questions
- Provide adequate field space for social distancing
- Have an action plan in place, in case of a positive test result
- Be prepared to shut down and stop operations
- Communicate with local health officials and identify a main point of contact

### **4. Coach Recommendations (Generally)**



- Ensure the health and safety of your players
- Monitor the health of players and send home anyone who acts ill or looks ill upon arrival
- Wear a facemask at all times
- Follow all Health Authority Guidance
- Ensure all players use their own individual equipment (ball, water, shin guards, etc.)
- Ensure players are following social distancing protocols;
- Ensure all equipment (under the club's control) is cleaned or sanitized with EPA approved disinfectant (balls, cones, vests, flags, etc.)

#### **5. Parent/Guardian Recommendations (Generally)**

- Do not return your child to play if you are uncomfortable
- Check your child's temperature before attending any training sessions or games
- Wear a mask when in public
- Sanitize or clean all equipment before and after every training session or game (cleats, ball, shin guards, etc.)
- Maintain social distancing guidelines;
- Notify the club/coach if your child becomes ill
- Supply your child with individual water bottles
- Provide your child with necessary sanitizing products
- Support the coach and organization in adhering to all safety recommendations

#### **6. Player Recommendations (Generally)**

- Do not return to play if you are uncomfortable;
- Follow all social distancing guidelines; including while in the bench area and walking to or from the field of play;
- Place equipment/bags at least 6 feet away from others when in the bench area;
- Frequently wash your hands, especially before and after training or games;
- Do not share any individual equipment or water with other players;
- Avoid high 5's, handshakes, fist bumps or celebrations
- Wear a mask, except when actively participating in training



## 7. Protocols Following Confirmed or Suspected Case of Covid-19

Below are recommendations that are intended to guide SYL clubs with decision-making regarding players or staff with a confirmed or suspected case of COVID-19 infection. SYL recommends each club develops their own set of protocols in conjunction with local health authorities and in accordance with Health Authority Guidance. Also, participant contact information should be kept (if permitted) to provide to local health departments in the case of exposure to COVID-19.

*Symptomatic player/staff with suspected or confirmed COVID-19 infection:*

- Inform your club's main POC
- Cannot attend club events until:
  - At least 3 days (72 hours) have passed since resolution of fever (defined as 100.4 degrees F) without the use of fever-reducing medications and respiratory symptoms (e.g., cough, shortness of breath)
  - 10 days have passed since symptoms first appeared

**OR:**

- Negative results of an FDA authorized molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected 24 hours apart (two negative specimens)
  - Viral Test: determines a current infection
  - Antibody Test: determines a past infection
- Wear a cloth over your face if you must be around other people or other peoples animals (Even at home)

*Player / staff with confirmed COVID-19 who have not had any symptoms:*

- Inform your clubs main POC
- Cannot attend club events until:
  - 10 days after date of their first positive COVID-19 test, assuming no symptoms since that time.

**OR:**

- Negative results of an FDA authorized SARS-CoV-2 RNA test from at least two consecutive respiratory specimens collected 24 hours apart (two negative specimens)
  - Viral Test: determines a current infection
  - Antibody Test: determines a past infection





## **8. Protocols Following Exposure to a Suspected or Diagnosed Case of COVID-19**

Below are recommendations that are intended to guide SYL clubs with decision-making regarding players or staff following exposure to a suspected or diagnosed case of COVID-19 infection in order to reduce the risk of disease transmission. SYL recommends each club develops their own set of protocols in conjunction with local health authorities and in accordance with Health Authority Guidance.

### *Asymptomatic player / staff following exposure to a suspected or diagnosed case of COVID-19*

- Take your temperature if symptoms develop
- Practice social distancing; Maintain 6ft of distance from others and stay out of crowded places
- Follow CDC guidance if symptoms develop
- Stay at home until 14 days after your last exposure; monitor for any symptoms consistent with infection during this timeframe
- Check temperature twice a day and stay away from people who are at higher-risk
- If asymptomatic after 14 days since last exposure, they can return to participation.



## Game Day Health & Safety Requirements

\*Unless explicitly noted as a recommendation, this “Game Day Health & Safety Requirements” section applies on game days and compliance with these Protocols is mandatory\*

### 1. Screening.

No player, family member, coach, or other club personnel may attend a match (or other team activity) if they (a) are feeling sick, (b) are experiencing COVID-19 symptoms, or (c) have had close contact with anyone who has a diagnosed or suspected case of COVID-19.

We recommend that clubs screen their players and families prior to any games, and a sample questionnaire has been included as Exhibit A.

### 2. Temperature Checks.

Each player, family member, coach, or other club personnel may attend a match must perform a temperature check prior to reporting to a match (or to the first match, if there are multiple). It is recommended that such temperature checks be conducted at home or the hotel prior to departing for the match or in the car once you have arrived (but not outside at the fields). Anyone with a temperature of 100.4°F or above must immediately exit the fields/facility.

### 3. Club Responsibilities.

The Club, through its coaches and other club personnel, is required on game days to ensure the following:

- Players or spectators from the club who appear or act ill upon arrival are immediately sent home (see “Screening” section above);
- Only two spectators per player attend games (unless impractical);
- Adequate field space (if applicable) is provided for social distancing;
- Its personnel at the field wear a facemask at all times;
- All Health Authority Guidance is followed;
- All players, where practical, use their own individual equipment (ball, water, shin guards, etc.);
- Other than while on the field during a match, players are following social distancing protocols (including that players must stay 6ft away while in the bench area);
- All club-provided equipment (or equipment under the club’s control) is cleaned or sanitized with EPA approved disinfectant (balls, cones, vests, flags, etc.);
- Players are able to wash or sanitize their hands during half-time of games;





- A maximum of two coaches/managers are permitted in the bench area;
- One person is designated to handle the check-in process with referees, and that the same person tracks stats to avoid multiple interactions;
- Team huddles or handshakes before, during or after games are prohibited.

#### **4. Parent/Spectators Responsibilities**

Each player's parents or guardians are required on game days to:

- Do not return your child to play if you are uncomfortable
- Check your child's temperature before arrival at the field/facility (*see "Temperature Checks" section above*);
- Limit the number of spectators for your child to 2;
- Upon arrival, watch games only from the spectator sideline;
- Wear a mask at all times while at the fields/facility;
- Sanitize or clean all of your child's equipment before and after each game (cleats, ball, shin guards, etc.);
- Maintain social distancing guidelines while spectating games, staying 6ft away from other spectators;
- Notify the club/coach if your child becomes ill;
- Ensure that your child is provided individual water bottles; and
- Leave the field area as soon as the game concludes.

We also recommend that parents or guardians bring their own seating when spectating games and avoid bleachers or public seating when possible.

#### **5. Player Responsibilities.**

Each player is required on game days to:

- Upon arrival, go directly to the player bench area;
- Do not return to play if you are uncomfortable;
- Follow all social distancing guidelines, other than while on the field during a match, including staying 6ft away while in the bench area and while walking to or from the field of play;
- Place equipment/bags at least 6 feet away from others when in the bench area;
- Frequently wash your hands, especially before and after training or games;
- Do not share any individual equipment or water with other players;



- Avoid high 5's, handshakes, fist bumps or other celebrations;
- Wear a mask at all times at the fields/facility, except when participating in drills, warmups or games (except that players who have just completed active training may have a “cool down” period before they put on a mask, provided they are socially distanced); and
- Leave the field immediately following the conclusion of a game.

## **6. Referees**

Referees are required on game days to:

- Wear a mask while at the fields/facilities, except while refereeing games;
- Designate one referee to handle check-in;
- Ensure social distancing guidelines are followed during check-in; and
- Ensure that no more than 2 coaches/managers are present in each team's bench area.



# Match Day Operational Requirements

\*Compliance with the Protocols included in this “Match Day Operational Requirements” section is mandatory\*

## 1. Team Requirements for Matches (Both Teams)

- Official Game Day Roster
  - **Home team is required to submit both the HOME & AWAY Game Day Rosters to the league after the completion of the game.**

## 2. Official Game Day Roster

- Team Rosters are required for every game and can be printed 3 days prior to the game on the teams “Team Connect” page.
- All players AND Staff headshots must appear on the Game Day Roster to participate in a match.
- Coaches MUST appear on the Game Day Roster to be allowed on the sidelines during the game. Coaches can appear on multiple Game Day Rosters if needed.
- Players of a younger age CAN play “up” in an older age group. They will need to be added to the Game Day Roster as a “Guest Player”.
- If a player is rostered in an older age group, and they are of correct age for a younger age group, they can play on that team.
- Unlike last season, the Game Day Roster will be auto filled to reflect the game details, teams involved, rosters, and match information. Please ensure all coaches have the necessary information to print out the Game Day Roster.
- Scores will be live once submitted via QR Code or through website link found at bottom of Game Day Roster.
- Team Managers/Assistant Coaches for the HOME team are responsible for submitting the Game Day Roster in its entirety. Stats must be kept for both teams.
- After the match, both coaches and the center referee must sign the Game Day Rosters.
- Within 24 hours of a match’s completion, the HOME team must submit BOTH the HOME & AWAY Game Day Rosters to the league via the QR Code or website link found at the bottom of the Game Day Roster after the game.



My Club  
My Team

my.club.com me@my.club.com (555) 555-5555

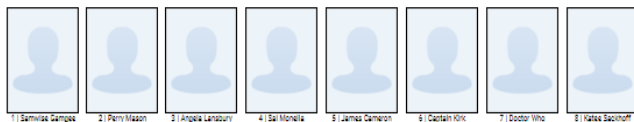
#### GAME DAY ROSTER

<b>GAME</b>	GAME ID 123456789	DATE 1/2/2014	TIME 1:23 AM	LOCATION The Park	DIVISION AAA	POOL Gold				
<b>HOME</b>	SCORE	TEAM NAME My Team	AGE GROUP U-12	CLUB My Club	CONTACT NAME Joe DiMaggio	CONTACT PHONE (555) 555-5555				
<b>AWAY</b>	SCORE	TEAM NAME Their Team	AGE GROUP U-12	CLUB Their Club	CONTACT NAME Joe Montana	CONTACT PHONE (555) 555-5555				
<b>STAFF</b>	FULL NAME	ROLE	SEND OFF/MINUTE		COACH SIGNATURE					
	George Takei	Coach								
	Almond Roca	Assistant Coach								
	Joe DiMaggio	Manager								
<b>ROSTER</b>	FULL NAME	ROLE	SEND OFF/MINUTE		COACH SIGNATURE					
	#	FULL NAME	POSITION	NOT ROSTERED	STARTER	RESERVE	GOALS/MIN	ASSISTS	SEND OFF/MIN	CAUTION/MIN
	1	Samwise Gamgee	Companion							
	2	Perry Mason	Lawyer							
	3	Angela Lansbury	Slueth							
	4	Sal Monella	Disease							
	5	James Cameron	Director							
	6	Captain Kirk	Captain							
	7	Doctor Who	Doctor							
	8	Katee Sackhoff	Cylon							
	#	FULL NAME	POSITION	NOT ROSTERED	STARTER	RESERVE	GOALS/MIN	ASSISTS	SEND OFF/MIN	CAUTION/MIN
	Guest Players									
	#	FULL NAME	POSITION	REGISTERED TEAM	NOT ROSTERED	STARTER	RESERVE	GOALS	ASSISTS	RED CARDS
10	Patrick Stewart	Knight	Lions							
11	Albert Einstein	Physicist	Tigers							
12	Nikola Tesla	Genius	Bears							
#	FULL NAME	POSITION	REGISTERED TEAM	NOT ROSTERED	STARTER	RESERVE	GOALS	ASSISTS	RED CARDS	YELLOW CARDS

#### Coach Photos



#### Player Photos



#### Guest Player Photos



#### SYL Scouting Network Player Recommendation



#### SCORE & GAME REPORT

Scan the QR code with your phone or visit <http://www.bonz.it/nvrc>

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### 3. Minimum Standards

- Unless the game is taking place at a neutral site organized by the Super Y League, it is the responsibility of the HOME team to make sure the field is properly set up with the following:
  - 1 corner flag at each corner of the field
  - The field is accurately lined
  - Goals are accurate size and secured to the ground, with the nets properly attached.
- Unless the game is taking place at a neutral site organized by the Super Y League, it is the responsibility of the HOME team to provide **BENCHES to BOTH** teams at SYL matches.
  - Benches should be separated by a distance of at least 12FT in order to adequately support social distancing of players and bench personnel.
  - At designated neutral sites, benches will be provided by the facility
- It is the responsibility of the HOME team to pay for the referees PRIOR to the start of the match and keep the referee assignor updated of any schedule changes including weather, location change, time change, etc.
  - **At designated Midwest neutral sites, referee fees will be split between both teams**
- It is the responsibility of the HOME team to submit the Official Game Day Roster to the league within 24 hours after the completion of the game through U.S. Soccer Connect.
- To report any Minimum Standards non-compliance, please fill out the [Minimum Standards Form](#).



## 2020 Standards Chart



Age Group	Birth Year	Number of Players	Field Size (Max)	Goal Size	Game Length	Half Time	Ball Size	Max Game Day Roster
U11	2010	9 v 9	75x47 max yards	6.5 x 18.5	2 x 30	10	4	16
U12	2009	9 v 9	75x47 max yards	6.5 x 18.5	2 x 30	10	4	16
U13	2008	11 v 11	112x75 max yards	8 x 24	2 x 35	10	5	18
U14	2007	11 v 11	112x75 max yards	8 x 24	2 x 35	10	5	18
U15	2006	11 v 11	112x75 max yards	8 x 24	2 x 35	10	5	18
U16/17	2005/2004	11 v 11	112x75 max yards	8 x 24	2 x 35	10	5	18
U18/19*	2003/2002	11 v 11	112x75 max yards	8 x 24	2 x 35	10	5	18

\* 6 Roster spots available for players born in 2001.

\* Clubs may report to their field no earlier than 30 minutes prior to kick-off.

#### 4. Weather Policies

- A game may be cancelled no earlier than two hours prior to the start time unless the facility in which the game is being played is closed.
  - The HOME team must notify the league AND referee assignor of any cancellations.
- If both teams and the officials show up and adverse weather begins prior to kickoff, all parties must wait ONE hour from the start of the match time before fully cancelling a game.
  - The HOME team must pay 50% of the referee fees in the instance the game gets cancelled.
- In the event a game begins that cannot continue through full regulation time due to weather, the following protocol will come into effect.
  - All parties must wait ONE full hour before abandoning the match.
  - If the game has not completed ONE full half, the game must be rescheduled beginning in the same minute with the same score.
  - If the game HAS played one full half, the game score is final.
  - Referees are to be paid the FULL amount by the HOME team (Split at Midwest Neutral Sites) in either circumstance.
- A team unable to attend, or would be late to a scheduled game for any reason must notify the LEAGUE, Opposing Team, and Referee Assignor immediately.





- The referees can provide water breaks for the players at their discretion.

## 5. Substitution Rule

- **For the regular season, unlimited substitutions are permitted for ALL age groups.**
- **For the U16/17 & U18/19 age groups, unlimited substitutions are permitted throughout the regular season and will follow the rule listed below at the SYL Finals:**
  - A player may be substituted once in the first half. Once the player has been substituted, the player may not re-enter the game until the second half. Once a player is substituted in the second half, he or she can re-enter the game one time during the rest of the match. Furthermore, a player who does not start the second half but later enters the game and is subsequently is substituted for, may re-enter the game again in the second half. The total number of substitutions in the first half shall not exceed seven, which shall not be altered for injury. \*\* This rule will only be enforced at the SYL Finals for the U16/17 – U18/19 age groups for both Boys and Girls.

## 6. Important Notes

- Referee Payment Scale

	U11	U12	U13	U14	U15	U16/U17	U18/U19
AGE	(2010)	(2009)	(2008)	(2007)	(2006)	(05/04)	(03/02)
Referee	40	40	60	60	60	70	70
AR1	20	20	40	40	40	45	45
AR2	20	20	40	40	40	45	45

- Player Registration Dates
  - U11 Player → Players born in 2010
  - U12 Player → Players born in 2009
  - U13 Player → Players born in 2008
  - U14 Player → Players born in 2007
  - U15 Player → Players born in 2006
  - U16/U17 Player → Players born in 2005/2004
  - U18/U19 Player → Players born in 2003/2002
- \* 6 Roster spots available for players born in 2001.



- Ineligible Player

Players listed on the Master Roster, but not eligible to play due to reasons such as not appearing on the Official Game Day Roster, registration forms, proof of citizenship, awaiting international clearance, illegal substitutions or serving a LEAGUE suspension shall be considered an ineligible player. Teams using players before they have been properly cleared to compete by the LEAGUE office will be subject to a loss of THREE (3) points in the LEAGUE standings, forfeiture of the game in which the ineligible player was used, and a **fine of \$50 for a violation of this rule.**

- Illegal player

Any player who does not appear on the Master Roster, has not registered and does not appear on the Official Game Day Roster, is not age eligible (regardless of them appearing on the Master Roster) and competes in a game shall be considered an illegal player. Any team using an illegal player shall be subject to a loss of THREE (3) points in the LEAGUE standings, forfeiture of the game in which the illegal player was used, and a **fine of \$150 for violation of this rule.** For clubs with multiple teams under one age group, players may only be on one master roster. Players competing on a team for which they are not on the master roster are considered illegal. Players are NOT allowed to cross over to other teams after playing in ONE match during the SYL season.



Exhibit A  
**Questionnaire**

1. In the past 72 hours, have you experienced any of the following symptoms?

	Yes	No
Shortness of Breath or Difficulty Breathing	<input type="text"/>	<input type="text"/>
Cough	<input type="text"/>	<input type="text"/>
Fever	<input type="text"/>	<input type="text"/>
Headache	<input type="text"/>	<input type="text"/>
Chills	<input type="text"/>	<input type="text"/>
Sore Throat	<input type="text"/>	<input type="text"/>
Loss of Taste or Smell	<input type="text"/>	<input type="text"/>
Abnormal Muscle Pain	<input type="text"/>	<input type="text"/>
Nasal Congestion	<input type="text"/>	<input type="text"/>
Runny Nose	<input type="text"/>	<input type="text"/>
Diarrhea	<input type="text"/>	<input type="text"/>
Fatigue	<input type="text"/>	<input type="text"/>

If you answered “Yes” to any of the above, please provide details (use additional sheet if necessary): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. To your knowledge, have you had a fever at or above 100.4 degrees Fahrenheit?

Yes	No
<input type="text"/>	<input type="text"/>

If you answered “Yes,” please provide detail below (including temperature readings, if available):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. Do you have reason to believe that you, or anyone with whom you’ve had close contact, may have been exposed to Covid-19 in the past 14 days?



Yes

No

If you answered “Yes,” please provide detail below: \_\_\_\_\_

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