



# Alaska Youth Soccer Association

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**Alaska Youth Soccer Association**  
**Indoor Mitigation & Safety Guidelines**  
**Compliance for Sanctioned Leagues**  
**Match Day Guidelines 2020-2021**

**Club Compliance**

- 1) **Guidelines-** Ensure teams are current on State Mandates and Municipality Emergency Orders.
  - Continued AYSA COVID-19 prevention and response protocols in place and followed.
  - Acknowledge and support family decisions of athletes to “Not Return to Play” at this time.
  - Remain responsible to provide oversight to ensure social distancing protocols are implemented.
  - If league location is under a Municipality Emergency Order that requires mask wearing ensure athletes, coaches, managers, and referees Always Wear A Mask...No Mask, No Play.
  - Masks should cover the nose and mouth, be breathable, consist of cotton/ wick-type material. Follow CDC guidelines.
- 2) **Sanitation-** Ensure all teams have supplies including hand sanitizer and disinfectant wipes on hand for each game.
  - Continue sanitizing options available onsite. including hand sanitizer and disinfectant.
  - Continue sanitizing equipment immediately after all each game.
- 3) **Hydration-** Athletes must bring their own water; clearly label. No sharing. Communal water should not be utilized. Athletes should not touch anyone else’s bottle. Water breaks should adhere to social distancing guidelines.
- 4) **Game Ball-** Teams will use disinfectant on the game ball between each game if the same ball is used.
- 5) **Warmups-** Use minimal equipment to limit transmission of virus. Athletes should not pick up field equipment, move goals, or handle other necessary training equipment.
- 6) **Transition-** Formulate a No Congregating Policy of athletes at drop off zones, at entrance/exit areas of the facility, or before or after games. Limit carpooling to only members of the same family. Parents stay in vehicle.
  - Teams should limit congestion during warm up and team transitions etc.
- 7) **Technical Area-** Establish measures to create social distance between coaching staff and athletes by ensuring each team has **only 2** or less technical area staff in the Technical Area/ Sideline at any time. Roster Limit to Only 4 Technical Staff.
  - Continued social distancing practices maintained before and after games, and always on the sidelines.
  - Designated side-line space for each athletes to keep their soccer equipment and water bottle.
  - **Streaming Games-** Teams may bring one individual to stream the game. the individual must be listed on team roster. The individual will be included as 1 of the 4 Technical Staff listed.
  - Tactical discussions to be provided in digital format. Team meetings in closed environments should be avoided at all costs. Follow AYSA Code of Conduct - **Social Media Guidelines** (Section 111).
- 8) **Athletic Trainers-** Team/ Club Trainers: Establish a protocol for safeguard measures between trainers and athletes.
- 9) **Health Status -** Ensure participants (adults, athletes, and their families) are aware that they MAY NOT attend if either they or a household member has onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19.
  - Ensure Health Status Agreements have been signed and collected by each athlete.
  - Current Indoor Mitigation & Safety Guidelines requires coaches and referees to wear mask/ face covering.
- 10) **COVID-19 Safety Officer-** Assign an individual who will ensure that policy is communicated club-wide to coaching staff, parents, and athletes as well as send regularly scheduled.
  - Engage your parents and athletes to help ensure protocols are followed.
- 11) **COVID-19 Reporting and Tracing Purposes-** All teams including but not limited to athletes, coaches, managers, trainers, referees, and team personnel must remain diligent. Clubs will follow the AYSA COVID-19 Protocols and reporting process for a positive test result or exposure to someone who tested positive within the program.

## League Compliance

- 1) **Guidelines-** Follow State Mandates and Municipality Emergency Orders. Consult the Municipality Division of Public Health to ensure you are following guidelines along with ensuring the facility you are using is current on guidelines.
  - Attendees will be limited to team members, coaches, officials, and trainers, or other required medical personnel and will be counted prior to any spectators regarding indoor capacity guidelines.
- 2) **Application-** Have been approved by the AYSA office to operate a Sanctioned League and paid the fee.
- 3) **Permits-** Have active current facility permits to hold league games.
- 4) **Certificates of Insurance (COI)-** Proper COI in place prior to starting any sanctioned league activity.
- 5) **Emergency Operations-** Review the existing plans for your facility locations.
- 6) **Polices-** Ensure all AYSA policies, guidelines, and Indoor Mitigation & Safety Guidelines are being followed.
- 7) **Transition-** Ensure time of between the end of one game and the beginning of the second game. Times should be staggered to minimize large group gathering.
  - Formulate a No Congregating Policy of players at drop off zones, at entrance/exit areas of the facility and field. Display signage for direction of walking traffic. Do not block entryway or stand in groups.
  - No Communal Spaces: **Teams are to Not Arrive** until 15 minutes prior to **their assigned game time**.
  - **Transition of Play**; Teams waiting should not enter field and technical areas until previous teams leave the field.
- 8) **Game Rosters/ Cards-** Establish rosters for teams will be paperless and be available to team managers electronically.
- 9) **Spectators-** Will follow State Mandates, Municipality Emergency Orders and Facility Mitigation Guidelines regarding parent spectators during games. Spectators should always wear a mask and maintain social distance.
- 10) **Sideline-** Designate social distance space between coaching staff and athletes, **No team benches, bleachers or chairs.**
  - Teams will clear the area and leave the field as soon as reasonably possible after play.
- 11) **Field Layout -** Teams (technical areas) will be placed on opposite halves/ sides of the pitch (diagonal from each other). **Minimum 10 feet back from the touchline. \* See diagram**
- 12) **Clear Area-** Team, coaches, and referees should leave the field as soon as reasonably possible after play.
- 13) **Substitutes -** If substitute wear a pinnie, player coming off field should not take pinnie from the substitute.
- 14) **Spitting-** No spitting is allowed by soccer players, coaches or officials, period.

The Referee role is not to enforce the current protocols; their role is to note and report instances of non-compliance to the league assigner, league, and Alaska Youth Soccer.

Teams failure to enforce current Phase requirements will result in forfeit for the team and a fine to the club. Referee will have the discretion to suspend and, if necessary, terminate the game if club/ team cannot comply.

- 15) **Referees-** Should allow when possible to remain Ten (10) feet for social distancing prior, during and after the game.
  - No pre-game coin toss: Home team chooses direction
  - No pre or post game handshakes.
  - Referees will not handle rosters or passes for league play.
  - **Rules of Play-** No Throw-ins (can help decrease risk)
  - **Red Card-** Deliberately coughing on or at an opponent or any other person should be treated as spitting on or at for the purpose of the laws of the game and is therefore a red card.
  - **Match Play-** The laws of the game remain the same.

## Club Register Compliance

- 1) **Club Pass- [Club Pass](#)** has been approved for teams within the same club, and within the same training bubble. (attendance records must be kept). Athletes must be properly registered to the club and follow the club pass policy. Do not club pass athletes from outside of your core training bubble.
  - If a positive test result or exposure comes from a main roster of a team or from the club pass athletes, all teams involved will follow the quarantine guidelines and scheduled games will be rescheduled or cancelled.
  - All club teams are encouraged to create “Team Pods” to limit Crossover Exposure (limit coaches and athletes’ exposure per to AYSA Indoor Mitigation & Safety Guidelines).
- 2) **Guest Players-** The Single Event Guest Player Policy will not be allowed this indoor season.
- 3) **Roster Allowances-** Team roster size and [field formatting](#) will remain the same except for the U16-19 age group. The roster size remains the same, but if a roster has over 18 athletes, only 18 may attend the game. The additional rostered athletes are not allowed to attend due indoor capacity limitations.

- 4) **18-Year-Old Athletes-** Registered AYSA 18-year-old athletes who are considered legally to be adults in the State of Alaska and therefore will be subject to the SafeSport law. The 18-year-old athletes with access to minor athletes (train or play on the same team with minor athletes) are required to complete the SafeSport training within the first 35 days of access to youth participants. Clubs will quarterly submit the Safe Sport Tracking form to the Alaska Youth Soccer Office.

Alaska Youth Soccer ask the clubs, athletes, parents, and coaches to help mitigate the spread of COVID-19 by doing their part! Reminder please continue to self-screen and stay home if you are not feeling well. It is imperative that we not lose focus on doing everything in our power to reduce the spread of COVID-19.

To Read the full 2020 Indoor Mitigation & Safety Guidelines [click here](#)

AYSA remains committed to do everything possible to support our clubs, leagues, athletes, coaches, families, referees, and communities. During this process we will continue to partner with our affiliate clubs as we are deeply appreciative of the leadership demonstrated throughout the soccer community on and off the pitch during this unprecedented time.

**Anchorage Leagues and Clubs-** To remain compliant with the current Anchorage Municipality **Attachment B – Organized Sports Emergency Order** *Under Activities, Competitions, Games, Or Practices Section-* “Sporting events shall be limited to existing teams” and “Maintaining practice groups in consistent pods of small sizes that do not mix athletes”. AYSA goal is to minimize potential spread by remaining consistent with our small sizes “Team Pods” that do not mix players from outside groups. Please ensure that all teams are following the Attachment B guidelines.

Thank you,

*Linda J. Burke*

Linda Burke

Executive Director

Alaska Youth Soccer

\* Enhanced Field Layouts



**Note: All AYSA Sanctioning always adheres to Federal, State, Local and Public Health Authority recommendations, directives guidelines, and requirements.**