**2020 MRC Youth Volleyball Season**

**Covid 19 Guidelines & Rules**

1. Practice times are 1 (one) hour. There are 30 minutes between each practice time to reduce contact between teams. Please respect the 1 (one) hour time limit and do not arrive early or stay late for practices.
2. Parents Attending Practices/Games:
* MRC recommends that parents/guardians do not attend practices; however, we understand that this may not be in the best interest of every child. Only 1 (one) parent/guardian per child is allowed to observe a practice. The parent/guardian must wear a mask and must social distance. If either of these practices is not followed, the parent/guardian may be asked to leave. No siblings/friends/other children are allowed to observe practices.
1. Coaches are required to wear masks at all times during practices and games.
2. Players are required to wear a mask when entering the building. The player may remove his/her mask once his/her team has begun practice or warm-ups for his/her game.
3. Players are required to provide their own water bottle for practices.
4. Only 2 spectators per player are allowed on game day. Spectators are required to practice social distancing and wear masks. Each court would not exceed mass gatherings of 45. The mass gathering limit refers to the spectators who cannot social distance, not the player on the court.
5. All Scorekeepers/Officials/Supervisors are required to wear a mask at all times in the building. The stand official will not be required to wear a mask while officiating from the stand but will at all other times.
6. All spectators must exit the building once their game has ended. No congregating in the lobby or hallways following the games.
7. All spectators must be seated during games. No spectator will be allowed to stand in open gym areas or on the sidelines.
8. Games will be scheduled with a 15-minute buffer in between to prevent overlap of participants. Start times will be staggered where no more than half of the facility is changing over at any given time. Games may be played to completion. Teams will be asked to arrive no earlier than 15 minutes before game time.
9. Each team will be given a two (2) minute serving period for players to practice their serve before game time.
10. The benches and bleachers for participant use only, will be disinfected between each game and practice, or whenever the participant group switches. Time will be made to allow the completion of this task.
11. The volleyball will be disinfected before and after every game.
12. Teams will not switch sides with each set, as is usual for volleyball. Players will not huddle after each point, or at any point during, before, or after practices or games. No hand slaps after practice or games. Sportsmanship will continue in a touchless manner.
13. Hand Sanitizer will be available at the score table.
14. Their will be no warm up balls available before games.
15. Signage will be displayed encouraging hand washing/healthy practices, social distancing, and describing what rule adjustments have been made. Staff should be empowered to enforce. One-way signage and/or tape should be used to limit patrons and players interactions.
16. Lines around lobby and restroom area throughout the event are discouraged, practice social distancing. Vulnerable populations should be asked to stay home.