



Cedarburg Flag Football League Covid-19 Guidelines

*****Cedarburg Flag Football reserves the right to revise these rules before, during, and after the season.*****

Cedarburg Flag Football League (CFFL), in coordination with Federal, State, and local regulations, wish to promote the health and safety of all players, coaches, officials, volunteers and spectators. The following guidelines will be used to accomplish this goal.

1. Any player, coach, or volunteer who is ill should stay home and not participate. Notify your coach or appropriate Board Member if you will be absent.
2. Players will be permitted to wear a cloth face covering on the field during game play and practice, if physically able to do so, based upon the directive of a medical provider or individual determination of the player/parent/guardian. Players are not required to wear a face covering while on the field during game play.
3. Hand sanitizing supplies will be provided to each team and coach. Coaches are encouraged to have each player sanitize before using the equipment, during time outs, water breaks, and any other time that they see fit.
4. Social distancing will be encouraged at practices. This includes:
 - a. Eliminating unnecessary touching during games/practices (high fives, fist bumps, handshakes, sharing personal items, etc.)
 - b. Spectators are expected to practice social distancing on their own. At this time they will be encouraged to bring their own lawn chairs.
 - c. While waiting in line or during a demonstration, players should practice social distancing.
5. Practice Structure
 - a. Practices will be spread out and limit 1 team per field per practice.
 - b. The season will begin with 4 weeks of practice and conclude with 5 weeks of games.
 - c. The first 2 practices will be limited to drills in which players are able to properly distance themselves from other players.
 - i. Examples (throwing, catching, working on offensive plays in the playbook, kicking, snapping the football, and reviewing of the rules and penalties.)
 - d. The final 2 practices will allow drills with their own teammates which will prepare the players for game play, and during the drills social distancing may or may not take place.
 - i. Examples (defending a WR, Flag Removal, hand offs, small game play)
6. Players are encouraged to use their own personal equipment and avoid sharing.
 - a. Mouth Guard (1 is provided to each player on the roster for their own personal use)
 - b. Gloves
7. All players equipment and personal bags should be placed spaced at least 6 feet apart from each other's bags and equipment.
8. CFFL will provide footballs, flag belts, and cones as shared equipment.
9. Coaches will spray all shared equipment before and after their practice/game. CFF will provide the sanitizing spray.
10. Players, coaches, and referees will not be allowed to chew gum, chew/spit seeds or other similar items while playing games or practicing. Coaches will need to remove any such items found and send them home with parents.
11. Game Play
 - a. Team benches should be on opposite sidelines during each game.
 - b. The nature of the game of football does not allow for social distancing at all times while the ball is in play.
 - c. When the ball is not in play, coaches and players should work to socially distance themselves. This means if a huddle is needed for relaying a play, that huddle should be spread out and not shoulder to shoulder.
 - d. Two game balls will be needed for each game. One for when the home team is on offense, and one for when the visiting team is on offense. When a game ball is not in use, it should be sprayed with the provided sanitizer prior to being used again.
 - e. Players should keep their mouth guards in their mouths at all times when on the field. When removing their mouth guard, players should re-sanitize their hands with the provided hand sanitizer.
12. Teams should not share any snacks, food, or beverage. Players should bring their own pre-packaged food, if needed.

Cedarburg Flag Football League Responsible Spectator Plan

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1. Anyone sick or showing symptoms of being sick should stay home.
2. Those at higher risk for severe disease should consider consultation with their medical provider before attending a game and should ensure the strictest adherence to guidelines regarding face coverings, distancing, and handwashing. Such groups include:
 - Those with a serious underlying medical condition, including heart disease, morbid obesity, diabetes, lung disease, immunocompromised, chronic kidney disease, and chronic lung disease.
 - Those currently residing in a nursing home or long-term care facility.
 - Those over 65 years old.
3. All spectators should follow best social distancing practices — stay six feet away from individuals outside their household; consider wearing a cloth face covering when social distancing is challenging or not feasible; avoid direct hand or other contact with players/managers/coaches during play.
4. Families should sit together but maintain social distancing from other families.
5. Parents are encouraged to supply their player(s) with wipes or sanitizer in their equipment bags for use before, during, or after games as necessary.
6. Spectators will not be allowed to chew/spit seeds or other similar items while at the Korb Sports Complex or OHOW Fields. Parents are encouraged to leave those items at home.