

COVID Guidelines for Montgomery Flag Football

As new information and best practices are discovered, new guidelines may be implemented before this document is updated.

1. **Guidelines:** Montgomery Flag Football Association will follow all guidelines published in the [NJ Department of Health Guidance for Sports Activities](#). Flag Football is not a listed sport, however it is my understanding that it falls under Medium Risk (intermittent close contact OR group sports OR sports that use equipment that cannot be cleaned between participants), similar to basketball.
2. **Waiver:** All participants over the age of 18 and parents of participants under the age of 18 will sign a waiver in person prior to the first game of the season which acknowledges the risk of participation given the potential spread of infectious diseases like COVID.
3. **Fever:** All participants, coaches, and referees will be temperature screened each week upon arrival (before the start of the 30 minute practice). Any participant, coach, or referee whose temperature equals or exceeds 100.4 will not be able to participate and be asked to leave.
4. **Arrival:** Players, parents/guardians, and spectators should not congregate prior to the opening practice and should stay in their cars until right before practice to avoid other groups that are leaving the prior event. After the event, coaches, players, parents/guardians, and spectators should quickly exit the field and go directly to their cars without congregating in common areas.
5. **Face Coverings:** Face coverings are mandatory for COACHES while interacting with their team within the huddle, as well in proximity to their team during the 30 minute pre-game practice. Coaches are strongly encouraged to wear masks for the entire 2.5 hours. Face coverings are mandatory for REFEREES, who will be using electronic hand-held whistles.
6. **Sidelines:** No more than two teams can share a sideline. If two teams are sharing a sideline, the teams must stay between the 5 and 20 yard line of their side. In the event we have enough players to field only four teams in a division, there will be an empty field between each game so that no players will need to be on the same sideline. In the event we have enough players to field six teams, two games will be tangent to each other, so that only two teams need to share a sideline, and there will be an empty field between those two games and the third game.
7. **Equipment:** Footballs will be provided to the coaches as they arrive for their time slot. Balls will be disinfected prior to distribution and will be disinfected after all the games. No other footballs will be allowed at the field. Each coach will be provided with disinfectant wipes, and it will be the responsibility of the coach to have the team to wipe down the flags after each game and collect the flag belts from each player. The flag belts should have the name or initials of the player written on them and will be collected in the coach's bag. That bag will be stored in the equipment shed at the field.
8. **Spectators:** Parents and spectators are encouraged to wear face coverings whenever they are at the field and stay within 6 ft. of any person not of the same household.
9. **No Contact:** A strict no-contact policy will be observed for customary game-related activities. This eliminates pre-game coaches' handshakes, umpire-coach-player introductions, and post-game handshakes between members of opposing teams. Instead, officials, players, and coaches should just use verbal queues such as "good game", without shaking hands, high-fiving, or fist-bumping.