



2020-2021 MINNESOTA STATE HIGH SCHOOL LEAGUE

Winter Sports Guidance and Information

Relative to Executive Order 20-99

The Minnesota State High School League has declared that as a result of the restriction and limitations of Executive Order 20-99:

- **The start of the season for Adapted Floor Hockey, Alpine Skiing, Girls and Boys Basketball, Girls Gymnastics, Girls and Boys Hockey, Nordic Ski Racing, Boys Swim and Dive, and Wrestling will be delayed. Due to restrictions included in Executive Order 20-99, the earliest that these seasons could begin is December 19, 2020.**
- **Dance, which began on Monday, November 9, remains in season. All in-person practice and competition aspects of dance are prohibited throughout Executive Order 20-99**

The updated MSHSL 2020-2021 Projected Calendar for winter and spring activities will be distributed when revised.

In recognizing the positive impact that coaches have in connecting, supporting and engaging students the Minnesota State High School League has made an exception to allow MSHSL winter coaches to have virtual contact with student-athletes. This exception begins on Monday, November 23, 2020, and will remain in effect until restrictions of EO 20-99 are lifted. Virtual contact is not allowed on Sundays consistent with League Bylaws.

The following direction is provided for Adapted Floor Hockey, Alpine Skiing, Girls and Boys Basketball, Dance, Girls Gymnastics, Girls and Boys Hockey, Nordic Ski Racing, Boys Swim and Dive, and Wrestling coaches and student-athletes at MSHSL member schools:

Coaches May:

- Connect with participants via electronic communication (i.e., email, social media or school-approved communication tools).

- Provide optional individual workouts or optional individual skills training via electronic communication.
- Virtually connect with and support participants.
- Have in-person contact with a student when the coach is an instructor in a credit-earning class and the student is enrolled in the class, subject to the school's learning model.

Coaches May Not:

- Have in-person contact with participants.
- Require or suggest groups of participants to gather.
- Suggest or support "captain's practices" or "open gyms."
- Conduct tryouts or provide evaluations or feedback on participants' performance (i.e., receive, accept or require participants to submit video of a skill or performance).
- Require participants to take part in individual workouts or skills training, etc. (i.e., journaling, reporting of time spent, submission of results).
- Place undue influence on participants to take part in any individual workouts or skills training.

Students May:

- Connect with coaches via electronic communication (i.e., email, social media or school-approved communication tools).
- Receive optional individual workouts or optional individual skills training via electronic communication.
- Virtually connect with and support teammates.
- Have in-person contact with a coach when the coach is an instructor in a credit-earning class and the student is enrolled in the class, subject to the school's learning model.

Students May Not:

- Have in-person contact with coaches or other participants.
- Require or suggest groups of participants to gather.
- Suggest, support, or participate in "captain's practices" or "open gyms."

- Participate in tryouts or evaluations or receive feedback on their performance (i.e., virtual evaluations or assessments).
- Place undue influence on other students or participants to take part in any individual workouts or skills training.

Fall and Spring Coaches: Bylaw 208, Non-School Competition and Training remains in effect for fall and spring coaches. Fall and spring coaches may not provide any virtual coaching at this time. However, fall and spring coaches may connect virtually with student athletes to provide general information.

School administration, at their discretion, may be more restrictive.

The Minnesota State High School League expects all students, coaches, advisors, officials and directors to adhere to all aspects of the Executive Order 20-99 and participate fully in all recommended safety practices including social distancing, hand washing, covering their coughs and sneezes, and eliminating gatherings.