



ARIZONA
SOCCER ASSOCIATION

The logo for the Arizona Soccer Association features the word "ARIZONA" in a large, bold, sans-serif font. The letters are filled with a color gradient: blue at the bottom, red in the middle, and yellow at the top. A soccer ball icon is integrated into the letter "O". Below "ARIZONA" is the text "SOCCER ASSOCIATION" in a smaller, black, sans-serif font.

Return to Play Guidelines

Return to Play Responsibilities

As the time comes that we can get back on the field it is important to recognize and understand that everyone plays a role in the creating a safe, controlled environment that allows everyone to participate. The roles and their responsibilities include:

Club

- Distribute and post Return to Play protocols
- Be sensitive and accommodating to parents that may be uncomfortable with returning to play.
- Train and educate all staff on Return to Play protocols
- Provide adequate field space for social distancing
- Ensure appropriate waste receptacles at fields

Coach

- Follow all Return to Play protocols
- Inquire how athletes are feeling. If they are not feeling well, send them home.
- Ensure all athletes have their individual equipment (ball, water, shin guards, etc.)
- Coach is the only person to place/pick-up/touch cones, discs, or training equipment
- Ensure drills/exercises provide for adequate social distancing
- Ensure that training vests/pinnies are disinfected after each use.
- Respect players, parents, and families by accommodating those that may not yet be comfortable with returning.

Parent

- If you are not comfortable with returning to play, **DON'T**. You are the only one who will make the decision when your child returns to play.
- Check child's temperature before coming to any training session.
- Ensure child's clothing is washed after every training session.
- Ensure all equipment (cleats, ball, shin guards, etc.) are sanitized before and after every training.
- Notify Club/coach immediately if your child becomes ill for any reason.
- Supply your child with individual sanitizer.
- Adhere to social distancing requirement; stay in car.
- **Ensure you child has plenty of water**

Player

- If you are not comfortable with returning to play, **DON'T**.
- Adhere to all Return to Play protocols
- Wash hands thoroughly before and after training.
- Wash and sanitize training equipment (shoes, shin guards, clothing) after every training
- Do not share water, food, or equipment.
- Respect and practice social distancing.
- Place equipment, bags, etc. at least 6 feet apart
- No high 5's, handshakes, knuckles, or group celebrations



Return to Play

All youth and amateur sports organizations want to get back on the field or court. A phased approach will provide clear direction and understanding for coaches, players, families, and communities to engage in youth and amateur sports. Before beginning to play games, organization need to introduce training/practices in a manner that provides a safe environment, not only relative to COVID-19 but also to the prolonged layoff that athletes have had. The following are the recommended phases for Return to Play, with more details in the following pages:

Phase I

- No Contact
- Focused on return to activity with individual training; no group drills
- Groups not to exceed 30 participants per field
- No sharing of water or equipment
- Participants to remain a minimum of 10 feet apart
- Practice times should be set to maximize social distancing

Phase II

- Small group training introduced; should not exceed 4 v. 4
- Physical contact to be minimized
- Groups not to exceed 30 participants per field
- No sharing of water
- Practice times should be set to maximize social distancing

Phase III

- Introduction of controlled scrimmages/ practice games
- Physical contact to be minimized
- No limitations on participants per field
- No sharing of water
- Recommend no travel to events that would require overnight stay

Phase IV

- Full return of play
- No restriction on training session
- No sharing of water
- Games and tournaments to be played
- Recommend social distancing practices still be maintained by leagues and events

Field – The area marked identifying the boundaries of play. This will include the perimeter, up to three (3) feet outside the marked lines. If there are no field markings, it will be defined as the total area of play.

Participant – Any person, player, coach, team official, or spectator that is part of the group/organization hosting the event.



Note: While CDC and ADHS recommend six (6) feet for social distancing, due to the nature of physical activity in sports, the social distancing distance is increased to ten (10) feet.

Return to Play

All youth and amateur sports organizations want to get back on the field or court. The following are recommendations for returning to play, in phases. The following should be applied regardless of the Return to Play phase:

- If you are sick or feel sick, **STAY HOME**
- At risk individuals, youth or adult, **STAY HOME**
- Assign a “station” for each player to place their equipment, and that they should return to during breaks
- Each player must have their own ball and equipment
- No one is to share water, towels, or any equipment. This includes, but not limited to:
 - Balls; no activities should include picking up, or making contact with one's hand, with a ball (Phases I at minimum)
 - Shoes, Socks, or Shin Guards
 - Jersey/Uniform
 - Only coaches should place and pick-up cones
 - Practice Vest/Pinnies; At minimum these must be washed after each use.
 - Recommend issuing each player their individual practice vest/pinnie
- No centralized hydration or refreshment stations (Phases I and II at minimum)
- Spectators should be limited and must maintain minimum social distancing, as defined by the CDC
 - Encourage spectators/parents to remain in parking lot/cars
- Recommend having sanitizing options available. This may include:
 - Hand sanitizer
 - Disinfectant wipes to be used to wipe down all equipment
- Respect for each individual's choices must be the top priority. If a participant wishes to wear a face mask this should be allowed, and accommodations made if needed



Return to Play – Phase I

Returning to play must be done methodically and in a manner that is respectful of everyone. Phase I Return to Play must include all that was listed as well as:

Restrictions

- **NO physical contact. This includes:**
 - Drills that involve players or coaches within 10 feet of each other
 - No high fives
 - No knuckles
- No more than 30 participants per field. This includes players, coaches, and spectators
- Every participant (player or coach) must maintain a distance of 10 feet from one another during any drill or exercise
- No use of scrimmage vests/pinnies
- Practice times should be set to maximize social distancing and limit the number of people in a single area to 30 or less
 - Recommend a minimum of 30 minutes between end time of one session and the start time of the next.
 - If youth need supervision while waiting for pickup, adults should be at least six (6) feet apart.

Activities Permitted

- Individual training and technical activities ONLY

Activities NOT Permitted

- Any drill or exercise that would/could involve participants getting closer than 10 feet apart, or physical contact
- Activities that would create engagement by two or more players
- Activities that may create opportunity for an individual to come in contact with another's equipment. This would include headers, throw-ins, etc.
- No games or tournaments



Return to Play – Phase II

Returning to play must be done methodically and in a manner that is respectful of everyone. Phase III Return to Play must include all that was listed as well as:

Restrictions

- Small group drills may be introduced (e.g. 2 v. 2, 3 v. 3, and 4 v. 4). No drills greater than 4 v. 4.
- Physical contact should be minimized.
- No more than 30 participants per field. This includes players, coaches, and spectators
- Practice Vest/Pinnies; At minimum these must be washed after each use.
- Practice times should be set to maximize social distancing and limit the number of people in a single area to 30 or less
 - Recommend a minimum of 30 minutes between end time of one session and the start time of the next.
 - If youth need supervision while waiting for pickup, adults should be at least six (6) feet apart.

Activities Permitted

- Individual training and technical activities
- Small group drills (e.g. 2 v. 2, 3 v. 3, and 4 v. 4). No drills greater than 4 v. 4.

Activities NOT Permitted

- Activities that may create opportunity for an individual to come in contact with another's equipment. This would include headers, throw-ins, etc.
- No games or tournaments



Return to Play – Phase III

Returning to play must be done methodically and in a manner that is respectful of everyone. Phase III Return to Play must include all that was listed as well as:

Restrictions

- **Group drills may be increased in size beyond 4 v. 4. This may include controlled scrimmage/practice games**
- **Physical contact should be minimized.**
- **No limitations on participants per field. Social distancing should be maximized as appropriate and available, especially for spectators**
- **Practice times should be set to maximize social distancing**
 - **Recommend a minimum of 30 minutes between end time of one session and the start time of the next.**
 - **If youth need supervision while waiting for pickup, adults should be at least six (6) feet apart.**
- **Recommend no travel to events that would require overnight stay**

Activities Permitted

- **Individual training and technical activities**
- **Group drills greater than 4 v. 4.**
- **Activities that may create opportunity for an individual to come in contact with another's equipment. This would include headers, throw-ins, etc. (Recommend that all equipment be disinfected immediately after all training sessions)**
- **Controlled scrimmage/practice games**

Activities NOT Permitted

- **No official games or tournaments**



Return to Play – Phase IV

Returning to play must be done methodically and in a manner that is respectful of everyone. Phase IV Return to Play must include all that was listed as well as:

Restrictions

- Regular training sessions can be held.
- Games may be played in either league or tournament. Recommend that teams not play more than one game per day.
- No limitation on participants per field. Social distancing should be maximized as appropriate and available, especially for spectators
- For complexes that have multiple fields, adjacent fields may be used at the same time.
- Practice times should be set to maximize social distancing.

Activities Permitted

- Participation in games and tournament

Activities NOT Permitted

- No limitation on activities





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