



Playing Rules Waivers due to COVID-19 for 2020-21 Winter Sports

For interpretations and information related to men's and women's basketball, please refer to the "Best Practices for Game Day Operations" document that is being sent under separate cover.

Waivers	Sport/Rule Reference	Rationale
<p>Extend the minimum distance between the competition area and non-competition area from 3 feet to 6 feet.</p> <p>Current rule: A minimum distance of 1 meter (3 feet, 3 inches) will need to be kept between the playing and nonplaying areas.</p>	<p>Women's Bowling (1.1.a.1)</p>	<p>Enhance physical distancing.</p>
<p>If matches are unable to be played on adjoining pairs, they will still count as an NCAA match.</p> <p>Current rule: Only matches with both teams on the same pair of lanes count as an NCAA match.</p>	<p>Women's Bowling (1.1.b.2)</p>	<p>Provides flexibility if the center is unable to allow competition on adjoining pairs of lanes.</p>
<p>Limit the number of players a team may send to the warmup pair at one time to two players per team rather than no limit.</p> <p>Current rule: There are no rules that limit the number of players per team that may be at the warmup pair at any time.</p>	<p>Women's Bowling (1.1.d.2)</p>	<p>Enhance physical distancing.</p>
<p>If competing on nonadjoining pairs for a traditional five-person game, starting members of the competing teams shall bowl five frames. Once completed, frames 6-10 will be completed on the alternate lane.</p> <p>Current rule: There are no rules that outline the procedure for a traditional match to be conducted on non-adjoining pairs.</p>	<p>Women's Bowling (5.2)</p>	<p>Provides flexibility if the center is unable to allow competition on adjoining pairs of lanes.</p>

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<p>Removes the requirement for a three-day tournament to end with a minimum of two rounds of bracket play.</p> <p>Current Rule: c. Three-Day Events. 1) Daily Format. a) All three permissible formats must be used throughout the event (see Rule 6). A minimum of two-round bracket play must be used on the final day to conclude the tournament.</p>	<p>Women's Bowling (7.7.c.1.a)</p>	<p>Provides flexibility to use the permissible competition formats in a round robin format.</p>
<p>Eliminate the 90 minute open warm-up and conduct only a structured team event warm-up.</p> <p>Current rule: The open warm-up period is currently 90 minutes followed by a minimum 30-minute structured team event warm up period.</p>	<p>Men's Gymnastics (Modification 2)</p>	<p>Reduce the spread of germs by reducing the opportunity for athletes from different teams to interact during the open stretch time.</p>
<p>Reduce the open stretch period from 30-minutes to 20-minutes, prior to the standard 15-minute event warm-up period.</p> <p>Current rule: The open stretch period is currently 30 minutes in length for gymnasts to mount equipment for general warm up and stretching in no particular order of use.</p>	<p>Women's Gymnastics (Mod. Appendix VIII 3.1.a)</p>	<p>Reduce the spread of germs by reducing the opportunity for athletes from different teams to interact during the open stretch time.</p>
<p>In emergency situations (e.g., officials are unable to enter the facility or unable to officiate due to travel issues or illness), a game may be started with two officials instead of the current rule of three for the women and four for the men.</p> <p>Current rule: In men's competition, the two referee and two linesmen officiating system shall be used. It is recommended that the two referee and two linesmen officiating system be used in women's competition; however, the two referee and one linesman system may be utilized in women's hockey only.</p>	<p>Men's and Women's Ice Hockey (32.1)</p>	<p>Provide opportunity to still conduct a game if an official is unavailable.</p>

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<p>Waive the bona fide competition requirement that the meet be open to the public.</p> <p>Current rule: "Time standards, consideration standards and optional-entry standards for swimming (individual and relay) events and diving events must be achieved in bona fide competition. Bona fide competition is defined as an event that conforms to all NCAA rules relevant to swimming and diving performances. They include the following: Meet is open to the public (spectators).</p>	<p>Men's and Women's Swimming and Diving (9)</p>	<p>Reduce the spread of germs.</p>
<p>For institutions delaying the start of the season due to COVID-19, waive the mandatory Oct. 1 deadline for inputting the team's first day of practice, competition schedule and roster into the OPC. Head coaches still must input team rosters into the Trackwrestling/NWCA OPC prior to conducting weight assessments. Team schedules must be put into the Trackwrestling/NWCA system prior to the first scheduled competition.</p> <p>Current rule: Annually before midnight Oct. 1, each head coach is required to do the following:</p> <ol style="list-style-type: none"> a. View the annual "NCAA Wrestling Rules Presentation;" b. Input the team's first day of practice into the NWCA OPC; 	<p>Wrestling (8.1.2)</p>	<p>Waiving this deadline for those institutions delaying the start of the season due to COVID-19 would allow for changes to the roster and schedule and ensure more accurate information is input into the OPC. All information still must be input prior to conducting weight assessments and the team's first competition.</p>
<p>For institutions delaying the start of the season due to COVID-19, waive the mandatory deadline of Nov. 1 to conduct weight assessments to allow wrestlers to be certified after Nov. 1 but no later than prior to their first competition. Rule 8.3.12 remains unchanged and no wrestler may weigh-in at a weight classification lower than what is indicated on their weight loss descent plan.</p> <p>Current rule: Each institution's assessor shall conduct an initial weight assessment of its wrestlers not sooner than the first day of classes and not later than Nov. 1 annually. During the initial weight assessment, a wrestler's minimum wrestling weight class for the season shall be determined.</p>	<p>Wrestling (8.3.1)</p>	<p>Waiving this deadline for those institutions delaying the start of the season due to COVID-19 would allow more time for those institutions that may not yet have student-athletes back on campus and ensure wrestlers are not asked to certify too early in the fall semester. Weight assessments still must be conducted prior to the first competition.</p>

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<p>Dual meet medical examination/skin checks may be executed, by mutual agreement, any time on the day of competition but not less than 15 minutes prior to the scheduled time for weigh-ins. If the teams cannot mutually agree on a time, medical examination/skin checks shall be completed 15 minutes prior to the scheduled time for weigh-ins. Individual advancement, team advancement and open event tournament medical examination/skin checks may be executed up to one hour but not less than 15 minutes prior to the scheduled time for weigh-ins.</p> <p>Current rule: Medical examinations/skin checks shall begin 15 minutes or less before the scheduled time of weigh-ins.</p>	<p>Wrestling (9.1.2)</p>	<p>Increasing the window of time to conduct medical examinations would allow for a staged and staggered process of this precompetition event. Additional time provides game management certified athletic trainers the ability to complete the medical examinations using physical distancing best practices without dramatically intruding on the weigh-in schedule.</p> <p>NOTE: The extended window of time only applies to medical exams and not weigh-ins. Weigh-ins still must be conducted according to the times outlined in Rules 9.3.1 and 9.4.2 to ensure healthy weight-loss practices.</p>
<p>At the mutually agreed upon time, or 15 minutes prior to the scheduled time for weigh-ins, all wrestlers who wish to compete shall present themselves at medical exams, properly groomed, in a suitable undergarment and not engaged in any weight loss activity. The penalty for not arriving at the medical exam at the prescribed time is disqualification from the event.</p> <p>If medical exams are held at any time earlier than 15 minutes prior to the scheduled time for weigh-ins, all wrestlers must report for weigh-ins no later than 15 minutes prior to the scheduled weigh-in time. At the time wrestlers report for weigh-ins, wrestlers must again be in a suitable garment and not engaged in any weight loss activity. Penalty for violating this rule is disqualification from the event.</p> <p>Current rule: At the scheduled time for medical exams and weigh-ins, all wrestlers who wish to compete shall present themselves properly groomed, in a suitable undergarment and not be engaged in any weight loss activity. The penalty for not arriving at the medical exam/weigh-in area at the prescribed time is disqualification of the competitor.</p>	<p>Wrestling (9.2.14)</p>	<p>Based on the change to Rule 9.1.2, clarifies the time wrestlers must report for weigh-ins if the medical exam is completed at any time earlier than 15 minutes prior to the scheduled time for weigh-ins and when weight loss activity must cease before weigh-ins. Also outlines the penalty for not arriving to medical exams at the prescribed time.</p>