

**Phase 1 will be defined by the following Restrictions and Activities:**

<b>RESTRICTIONS</b>	<b>ACTIVITIES PERMITTED</b>	<b>ACTIVITIES NOT PERMITTED</b>
<ul style="list-style-type: none"> <li>• NO Physical contact. This includes:               <ul style="list-style-type: none"> <li>• Drills that involve players or coaches within 6 feet of each other</li> <li>• No high fives</li> <li>• No knuckles</li> <li>• No more than 10 participants per field. This includes players, coaches, and spectators</li> <li>• No use of scrimmage vests/pinnies</li> <li>• Practice times should be set to maximize social distancing and limit the number of people in a single area to 10 or less.</li> <li>• Recommend a minimum of 30 minutes between end time of one session and the start time of the next.</li> <li>• If youth need supervision while waiting for pickup, adults should be at least six (6) feet apart.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Individual training and technical activities ONLY</li> </ul>	<ul style="list-style-type: none"> <li>• Any drill or exercise that would/could involve participants getting closer than 6 feet apart, or physical contact</li> <li>• Activities that would create engagement by two or more players</li> <li>• Activities that may create opportunity for an individual to come in contact with another's equipment. This would include headers, throw-ins, etc.</li> <li>• NO GAMES OR TOURNAMENTS</li> </ul>

**Phase 2 will be defined by the following Restrictions and Activities in an expanded group:**

<b>RESTRICTIONS</b>	<b>ACTIVITIES PERMITTED</b>	<b>ACTIVITIES NOT PERMITTED</b>
<ul style="list-style-type: none"> <li>• NO Physical contact. This includes:</li> <li>• Drills that involve players or coaches within 6 feet of each other</li> <li>• No high fives</li> <li>• No knuckles</li> <li>• No more than 25 participants per field. This includes players, coaches, and spectators</li> <li>• No sharing of scrimmage vests/pinnies</li> <li>• Practice times should be set to maximize social distancing and limit the number of people in a single area to 25 or less.</li> <li>• Recommend a minimum of 30 minutes between end time of one session and the start time of the next.</li> <li>• If youth need supervision while waiting for pickup, adults should be at least six (6) feet apart.</li> </ul>	<ul style="list-style-type: none"> <li>• Individual training and technical activities ONLY</li> </ul>	<p>Any drill or exercise that would/could involve participants getting closer than 6 feet apart, or physical contact</p> <ul style="list-style-type: none"> <li>• Activities that would create engagement by two or more players</li> <li>• Activities that may create opportunity for an individual to come in contact with another’s equipment. This would include headers, throw-ins, etc.</li> <li>• NO GAMES OR TOURNAMENTS</li> </ul>

**Phase 3 will begin lifting restrictions**

RESTRICTIONS	ACTIVITIES PERMITTED	ACTIVITIES NOT PERMITTED
<ul style="list-style-type: none"> <li>• Introduction of controlled, small sided scrimmages/practice games</li> <li>• Physical contact to be minimized</li> <li>• No sharing of water</li> <li>• Groups not to exceed 25 participants or in accordance with Governor’s orders for group gatherings.</li> </ul>	<ul style="list-style-type: none"> <li>• Individual training and technical activities</li> <li>• Small sided scrimmages</li> <li>• Activities that would create engagement by two or more players, time in this activity should be limited</li> </ul>	<ul style="list-style-type: none"> <li>• Activities that may create opportunity for an individual to come in contact with another’s equipment. This would include headers, throw-ins, etc.</li> <li>• NO GAMES OR TOURNAMENTS</li> </ul>

**Phase 4 RETURN TO GAMES**

RESTRICTIONS	ACTIVITIES PERMITTED	ACTIVITIES NOT PERMITTED
<ul style="list-style-type: none"> <li>• Physical contact allowed but should be minimized</li> <li>• No sharing of water</li> <li>• Groups not to exceed 25 participants or in accordance with Governor’s orders for group gatherings.</li> </ul>	<ul style="list-style-type: none"> <li>• Individual training and technical activities</li> <li>• In State league games and scrimmages</li> </ul>	<ul style="list-style-type: none"> <li>• No Tournaments or festivals</li> <li>• No playing of out of state teams</li> </ul>

VSA remains steadfast in our commitment to the safety of our players, coaches, referees, families, and communities. It is imperative that everyone understand their role and demonstrate a commitment adhering to the VSA Return-to-Play Guidelines which have been created based on federal, state, and local directives and guidance with the intent of providing a safe environment to get back on the field. If there is hesitation in returning to play – **DON’T; just because you can does not mean you MUST.**