

Welcome Back Letter (to be sent to families before season starts)

Sent August 30th, 2020

Hopkins Football Families,

We are looking forward to returning to the field! As we are working hard to ensure that all of the preparations are in place for safe gameplay, we wanted to send this note to provide you with additional information on our practices starting next week and the week after.

If you haven't already received a separate communication on your team assignments, you should be receiving this shortly. Similarly, for those parents also supporting their teams as coaches or assistant coaches, if you haven't already received a separate communication with additional details, you should be receiving this shortly.

Please find the information below regarding the changes to the 2020 season to comply with the MDH Return to Play strategy. The safety of our players, coaches, parents, and spectators will always be first and foremost at HFL. We appreciate your cooperation to make sure we have a fun season!

HFL Board.

Preparations before your first practice

- **Equipment.** ALL players will be required to have equipment for everyone's safety. Required gear for the season include mouthguards, jersey (provided by league at handout before first game), water bottle, and facemask. Optional gear include cleats and receiver gloves. Flags will be provided by the league at each practice and/or game. If you are in need of financial assistance or any of the above items, please contact Bo Johnston for additional resources.
- **Review the COVID-19 Safety Plan.** This is available at online at <https://www.hopkinsfb.com/covid>. Please look for additional updates to our COVID-19 safety plan to be sent in the upcoming days including adapted game play, location for family spectators, etc. This was recently approved by the State of Minnesota with additional guidance, and from the City of Minnetonka for use of the field and surrounding area. we will only use when necessary with each group of practice pods.
- **Talk to your kids about the new guidelines.** Ask them to maintain at least six feet distance from others at all times, wear their face masks except when instructed by coaches that it is OK to remove them (not required to be removed), not to touch their faces, cover any sneezes or coughs with their elbow, wash their hands regularly, do not share equipment with other players, drink water frequently, and have fun!

What to do before each practice / game

- Be aware of your player's health. If you are aware of these

- Take the temperature of players before each practice or game. This is a requirement for safety as coaches are not equipped to do so.
- **Check for symptoms.** Be on the lookout for symptoms of COVID-19, which include fever, cough, or shortness of breath. Call your doctor if you think you or a family member is sick. Any participant experiencing symptoms of sickness or who has recently had a close contact with a person with COVID-19 should not attend practice and will be prohibited from attending.
- **If ill or exposed, report to HFL and do not attend.** Individuals who are ill should not attend the youth sports activity. Further, please notify the HFL COVID-19 point of contact if your child (or family member) becomes sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.
- Hopkins Football Leagues, COVID-19 point of contact
Bo Johnston (HopkinsFBLeague@gmail.com / mobile 952.239.0403)
- Refrain from carpooling. If absolutely necessary, please try and carpool with other players within their team.
- Arriving at Hopkins High School for drop-off and for pickup in designated parking lots. Please instruct players to maintain distances when walking into and out of the field locations. Start times will be staggered by 10-15 minutes between teams / pods.
- Wear face coverings and practice distancing when walking between the car and the field. Please note that masks will be required for all players and family members at all times when they are not on the actual field.
- No spectators are allowed during practices. During practice, parents are asked to stay off the fields, and instead remain in their cars in the parking lots or in the common areas outside the designated areas, while still observing social distancing recommendations.
- Check for inclement weather. Parents are encouraged to remain at Big Willow when there is higher likelihood of rain or inclement weather, as there is limited shelter available. Please remember to provide your kid with rain gear as well. Real-time weather updates will be posted on the Big Willow website (and via Twitter @HopkinsYouthFB).
- Make sure your player has all their equipment in a bag, including plenty of water in a labeled water bottle. As a reminder, our facility doesn't have concession stands and water is not readily available. Absolutely no food is allowed before, during, or after practice.
- Use restrooms at home beforehand. While the facilities do have temporary facilities and the Lindbergh center is close by, it is recommended families encourage their children to use the facilities at their home before practice.
- This is a lot of information and a new way to practice and play football. Please let us know if you have any questions or need anything explained further by replying to this email. Playing football in a pandemic will not be like any other season, but it can still be safe & fun while we work on skill-building and encourage teamwork. We will provide additional updates as we learn best practices, and appreciate any input you might have.

If you have any questions on how to implement the new COVID-19 safety measures or feedback on these, please contact your coach or the board COVID-19 safety response coordinator (Bo Johnston at hopkinsfbleague@gmail.com / mobile 952.239.0403).

Thank you so much for helping get your kids ready to play this season! Our goal is still as it has always been – to have a fun and safe season.

HFL Return to Play Plan Letter (to be posted on Website)

As fellow parents, we at the Hopkins Football League know this outbreak has been stressful to many, and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community. After careful thought and planning, we are excited to let you know that we have updated our plan to not only resume practices but also resume scrimmages and games, and while following CDC and Minnesota Department of Health (MDH) considerations, and approved by the City of Minnetonka, to protect players, families, and our community.

The Hopkins Football League (HFL) has established its guidelines based on recommended best practices as developed for other community youth football organizations, and in alignment with Governor Tim Walz's Emergency Executive Order 20-56, "Safely Reopening Minnesota's Economy and Ensuring Safe Non-Work Activities during the COVID-19 Peacetime Emergency" and other related orders. Please note that all guidelines from local, state and federal officials supersede HFL's recommendations and guidelines.

Consistent with guidance from the Minnesota Department of Health for youth sports, the focus of the HFL programming will be on skill development, and has been designed to minimize interaction between players.

Changes to the 2020 Season

- Tackle Football will not be offered for the 2020 season.
- All football will be flag or touch football to reduce contact between players.
- Modified rules will be provided to minimize face to face contact with players.
- Within the program, consistent "pods" of the same youth players, staff and volunteers, with a maximum number of 25 people in each pod will be used (with actual numbers lower as team size plus coaches is lower, and noting there will be no intermixing between pods, other than games and scrimmages as noted in these revised guidelines).

We at the HFL recognize that returning to the field is a risk / reward situation that each family will need to assess for themselves. In developing these guidelines, we have sought to eliminate risk as much as practicable, as we have both heard from many of our families – and believe – that the benefits of safe youth interaction and development is important. With this, we understand that with the right protocols

in place, the potential for physical distancing and adapted practice and play with youth football is well suited to keep our kids safe. We have sought to weight safety over minor inconveniences. We believe we can continue to develop the skills of the kids in our community while making it fun...!

The health and safety of our youth athletes, staff, and volunteers remain our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as practicable while also allowing our athletes to play.

In this, we will need your support as parents in helping reinforce the safety protocols in place, and ensuring their attentiveness to direction from coaches. Together we look forward to getting back on the field, and keeping our kids and community safe!

Sincerely,

Hopkins Football League Board of Directors.

GUIDELINES FOR “RETURN TO GAMEPLAY”

Revised August 28, 2020

Pre-practice email sent to players, parents, and coaches detailing practice guidelines.

- Requiring all participants to practice social distancing, and adhere to the face mask requirements, at all times.
- Youth players (and any family member accompanying) are **required to wear a cloth face covering on their way to and from the field for practices**, and follow coach instruction on the field.
- Urge families to refrain from carpooling, but if absolutely necessary, request that families carpool with other players within their practice pod (see below for more information on practice pods).
- Be on the lookout for symptoms of COVID-19, which include fever, cough, or shortness of breath. Call your doctor if you think you or a family member is sick. Any participant experiencing symptoms of sickness or who has have recently had a close contact with a person with COVID-19 should not attend practice and will be prohibited from attending.
- Parents are asked to take the temperature of players before each practice as coaches are not equipped to do so.
- Parents are required to talk to their kids about the new guidelines.
- In addition to regular football equipment (jersey, shoes/cleats, mouthguard, etc.), parents to provide their kids with at least the following for their personal use: cloth face covering, hand sanitizer, and individual water bottle (clearly labeled).

Modified Practices/Games Metrics

- HFL will mirror the Hopkins Public Schools Learning Model Policy numbers for how
- “In-Person Learning” level will return practices/games back to typical (2019 & Prior) policies including the following:
 - Modified rules will still be played.
 - Games will return to weekdays for second half of practice.
 - Additional practices may be added. Practice rotations (stations) for speed and agility training will be added back into practice.
 - Interleague play will also return.
- “Hybrid Learning” level will see the use of Modified Practice Plan including rules as noted in the Rules addendum attached. It will generally include the following:
 - Games will take place 1 time per week (typically on Saturday/Friday Night).
 - Practices limited to team pods (<12-14 players/coaches)
- “Distance Learning” level will further restrict contact.
 - Reduction in number of games.
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Recommended Learning Model Policy		14-day Case Rate Range per 10,000 People
Elementary Students	Middle/High School Students	
 In-Person Learning	 In-Person Learning	0 to less than 10
 In-Person Learning	 Hybrid Learning	10 to less than 20
 Hybrid Learning	 Hybrid Learning	20 to less than 30
 Hybrid Learning	 Distance Learning	30 to less than 50
 Distance Learning	 Distance Learning	50 or more

14-day case rate per 10,000 people by date of specimen collection

County Name	6/7 - 6/20	6/14 - 6/27	6/21 - 7/4	6/28 - 7/11	7/5 - 7/18	7/12-7/25	7/19-8/1
Hennepin	10.61	12.12	15.00	17.75	21.39	23.34	23.76

Source: MN Department of Health, [Data for K-12 Schools: 14-day COVID-19 Case Rate by County](#) (Updated 7/30)

Practices/Games and Spectators

- Spectators will not be allowed on the field level at any locations. Spectating will be allowed in stands (Stadium Only) and along H11 grass fields to space out fans.
 - Stadium – Spectators are allowed in the stands of the Stadium during practices or games but will be required to practice social distancing between family groups. To the best of our ability, all Shula/Madden/Walsh games have been scheduled within the Stadium.

- Turf Practice Fields – Spectators are not allowed within the fenced area and spectators must observe from outside the area.
- H11 (Grass) Fields – the grass fields will be painted to maximize distance between fields. Spectators are allowed but must practice social distancing and stay 20 yards away from playing fields.
- During practice, parents are asked to stay off the fields, and instead remain in their cars in the parking lots or in the common areas outside the fields, while still observing social distancing recommendations.
- Spectators are *not* allowed to remain in the common areas during games (i.e. not allowed in the bleachers, in between the fields, near the ends of the stadium running track, near the concession/ticket stand, etc.).
- Parents are encouraged to remain at the Varsity Field Complex when there is higher likelihood of rain or inclement weather, as there is limited shelter available.
- Make clear that all posted or published local and state-regulated guidelines shall be followed.
- Start times will be staggered by 10 minutes between teams / pods.

Waivers

- Parents will be required to review and sign waivers before their youth players attend practice. This waiver was made part of the sign up process and details of waiver can be found as appendices to this plan.
- Additional training sessions for coaches will be held prior to practice to review guidelines.
- HFL board members and coaches will be helping remind families of the safety protocols.

Practices and Fields

- Each field will be divided up into specific practice areas and zones and the teams (players and coaches) will be assigned to specific area. Players will have location for water bottles and gear and should report to area
- Upon arriving, coaches will instruct players to maintain distance while placing their gear in the designated area along the fence line.
- Players should arrive at their designated practice times to stagger flow of teams into stadium.
- Players should not interfere with practices that are already being completed.

Player Safety & Expectations

- Players will not share gear or equipment.
- Players will be required to wear mouthguards (previous safety requirement)
- Recommended equipment include cleats, receivers gloves, and facemask.
- Each team/pod will be issued a set of flags for team use. Flags should be worn at practice and allowed to sit for 48 hours between practices and games. Coaches will keep flags inside their travel bags.
- Each team/pod will be given additional footballs for practices and games. Teams should be split up into small groups during practices and footballs assigned to each group. Coaches will also be

given bottles of disinfectant to sanitize footballs during practices/games. Alternatively, footballs can be rotated out during practice and allowed to sit for 48 hours before being reused.

- As CDC guidelines suggest that that an incidence of the virus may only survive for a matter of hours to days, and as the time and resources required for disinfecting porous surfaces such as those of the footballs would not be practicable, once a set of footballs are used for a practice or game they will be taken out of use for at least two (2) days by the coach.
- For gameplay, when a team is on offense, they will use their footballs as the game balls (no sharing of footballs between teams).
- Additional footballs for practice and games will be made available to the coaches as needed.
- Coaches will be provided with antibacterial wipes or spray to sanitize equipment as needed.

Hand Sanitizer

- Parents to supply their players with antibacterial wipes and/or hand sanitizer for use as needed.
- Soap and water are not readily available on the fields. As such, it is required that players use an FDA-approved alcohol-based hand sanitizer that contains at least 60% alcohol. (You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.)
- Players will be instructed by their coaches to wash their hands using hand sanitizer frequently.
- This includes washing hands at the start of practice or game and before each set of drills, at the end of each set of drills or session where there is shared contact (e.g. throwing / catching a football, etc.), and again at the end of practice or game.
- Players will also be instructed to wipe down their non-mouthguard equipment at the end of practice with antibacterial wipes.
- Parents should wash mouthguard at end of practice at home.
- Coaches will repeatedly remind players not to touch their faces.

Facemask Use

- Players are required to wear face coverings in common areas during practices and games, and there will be no contact allowed. Common areas include pathways into and out of the fields,
- Youth players will be required to wear a cloth face covering on their way into the field for practices and games, as well as any family member dropping off their children.
- Youth players will be required to wear a face covering at all other times, with no removal except as allowed by coaches (e.g. when drills are deemed to be a safe distance apart, when distanced and taking a water break, when game play is to begin, etc.).
- Coaches, and any other youth sports staff or officials, will be required to wear a cloth face covering on their way into the field for practices and games, and at all times throughout. This is both for safety, and to set a positive example. Coaches may remove the face covering when sufficiently distant from players and others as needed (e.g. when providing instructions, etc.).
- As a reminder, guidance from the CDC and MDH on the use of face masks states that “masks can help to stop your germs from infecting others. This is important as people without symptoms can spread the virus... Wearing a mask does not protect you from others who may spread the

virus. You will still need to wash your hands often, cover your cough, and stay 6 feet away from others.”

- Players are permitted & encouraged to wear other PPE items if they choose to do so. Any additional PPE items worn should do not compromise the safety of the wearer or any participants at the practice or game.
- Bags will be required for kids of all ages (to allow for a place to safely store water bottle, face mask when not in use, etc.).
- Families can donate extra bags
- Coaches will encourage players to cover coughs and sneezes using the inside of their elbow, and reminding them to not spit.
- Players and coaches must maintain minimum six feet of distance from any other person at all times before, during and after practice and gameplay.
- Minimize player contact – modified rules have been provided to minimize player contact (see 2020 Rules with Modifications below for more information).
- No coach contact – coaches will also maintain distance and refrain from contact with players and other coaches, except as necessary in the event of a medical emergency.
- To help maintain distancing during gameplay (and as masks will not be required to be worn by youth players on the field), the following additional protocols are in place.

Players should bring an individual water bottle.

- Drinks should absolutely not be shared.
- There will be no team-shared coolers, and the concession stand will be closed.
- All bottles must be labeled clearly with the player’s name so it is not mistaken for someone else’s.
- While the field will have functioning water fountains, it is recommended that players bring larger water bottles or multiple water bottles to avoid groups clustering for refilling.
- As with all warm weather play, coaches will be encouraging regular water breaks.
- If a player forgets their water bottle, or runs out, coaches or volunteers will ensure players have access to water.

Practice and Gameplay Modifications

- All recommendations for group size will be followed, noting modifications for gameplay.
- Players will be assigned to smaller groups (referred to as “pods”) during practice to help enable social distancing on the field.
- Practice pods will be generally under approx. 12 people total (including coaches), and will not exceed 25 people at games. Note that recent guidance from MDH notes that organizations should not feel pressured to go up to 25 people in the outdoor settings, taking time to feel comfortable about bringing kids together is the first priority.
- Pod groups will remain the same for the entire practice.
- At practice, pods will remain at the assigned location of the field for the duration of practice. They should not rotate onto other team’s fields.

- The pod groupings will be the same for the entire season. Pod participants will not change for each practice.
- No more than six pods per field for a practice. Each football field will be divided up into practice areas approximately half of a flag football field.
- Each flag football field plays across the field (55 yards) with width of 30 yards. Each practice area will be approximately 30 x 30 yards and coaches to modified drills as necessary to stay within this area.
- Pods will be separated at all times for practice

Modified inclement weather protocols.

- In the event of rain, social distancing requirements will remain in effect and shelter will not be provided.
- Parents are strongly recommended to remain at Big Willow for practice or games when there is an increased likelihood of rain.

Modified restroom protocols

- While the park does have public restrooms available for use, it is recommended families encourage their children to use the facilities at their home before practice or games.
- Players and others needing to use the public restrooms during practice or games will be required to wear face covering, and required by the coach to re-wash their hands with sanitizer when returning.
- Please note that the public restrooms are maintained by the Hopkins High School (and not by the HFL).

Modified first aid protocols.

- A medic or trained personnel will be present at all practices and games to provide first aid. The first aid kit will now include gloves, extra face masks, and additional hand sanitizer, and which will be required to be used by medic, coaches, or others administering first aid.
- If someone does get sick or present symptoms during practice or games, ensure they are wearing their mask if able, isolate them from others, and arrange for transportation to their home or healthcare facility (as directed by their parents as appropriate for youth players or staff). See additional detailed guidelines.
- As a reminder, cloth face coverings should not be placed on anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cover without assistance.

Guidelines if someone gets sick.

- Coaches, staff, officials, players, and families are advised that sick individuals should not attend the youth sports activity, and that they should notify youth sports officials (e.g., the COVID-19 point of contact) if they (staff) or their child (families) become sick with COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.

- If an individual is onsite with COVID-19 symptoms (i.e., fever, cough, shortness of breath), immediately separate from coaches, staff, officials, and players.
- Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow CDC guidance for caring for oneself and others who are sick.
- Individuals who have had close contact with a person who has symptoms should be separated and sent home as well, and follow CDC guidance for community-related exposure (see notifications below).
- Parents will be contacted for safely transporting anyone who is sick to their home or to a healthcare facility (an ambulance may also be contacted if an emergency). If calling an ambulance or bringing someone to the hospital, try to call first to alert them that the person may have COVID-19.
- Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).
- Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure safe and correct use and storage of cleaning and disinfection products, including storing them securely away from children.

Communication, attendance tracking and confirmed cases.

- The association will disseminate these guidelines to all coaches, referees, medics, players, and parents.
- The team parent/coach of each pod will keep an accurate record of their youth players and any assistant coaches, including contact information, and their respective attendance at each practice or game.
- Attendance should be updated within the SportsEngine App and parents will be required to RSVP through this app. In the case of someone getting infected, this will be necessary for Minnesota Department of Health (MDH) to perform contact tracing.
- Organizers are required contact the MDH about any suspected case of COVID-19 or known exposure. Coaches and families will contact the dedicated association contact, who will in turn contact the MDH and alert the HFL community as appropriate.
- Work with local health officials to develop a reporting system (e.g., letter) youth sports organizations can use to notify health officials and close contacts of cases of COVID-19.
- Advise those who have had close contact with a person diagnosed with COVID-19 to stay home and self-monitor for symptoms, and to follow CDC guidance if symptoms develop.

Support and resources from the association, upfront and ongoing.

- The association will provide mandatory coaches training, and will seek to ensure consistent application of safety guidelines.
- This training will also highlight and encourage youth development, and how to run modified drills, etc. with the safety guidelines.

- The association will learn from and adapt its guidelines as appropriate, and there will be continuous sharing and feedback between coaches.
- The association and coaches will have a zero-tolerance policy for intentional breaches to the safety guidelines.
- There will be a dedicated association contact for coaches and families, providing ongoing support and communications.
- If a family is unable to obtain their own equipment, please contact the HFL president for more information on scholarship support.
- The association will monitor absenteeism of players, coaches and officials, cross-train staff, and create a roster of trained back-up personnel.
- There will be at least one designated Hopkins Football Board Member or Division Manager onsite for additional support and monitoring while the field is in use for scheduled practices and games.

Additional guidelines for referees.

- Referees will be required to wear a cloth face covering on their way into the field for practices, and at all times throughout practice.
- Must maintain six feet distance from offensive backfield.
- Must conduct a daily symptom assessment and stay home if experiencing symptoms, which include fever, cough, or shortness of breath. Call your doctor if you think you or a family member is sick. If experiencing symptoms of sickness or if you recently had close contact with a person with COVID-19, you should not attend and will be prohibited from attending.
- Must avoid exchanging equipment with any other person.
- Must avoid exchanging documents or equipment with any other person (timecards will be done via email).
- Referees should bring an individual water bottle as the concession stand is closed.
- No touch rule – umpires must refrain from physical contact with coaches, players, and others.
- A “tip of the cap” will be used as a salute to the teams to promote sportsmanship.
- These guidelines will be posted in the equipment shed, and communicated with the umpire staff by the association.
- Umpires to bring at least the following for their personal use: cloth face covering, hand sanitizer, any disinfectant wipes (for personal use), individual water bottle, and rain gear.

Additional guidelines for field crew.

- Volunteer field crew will set up fields prior to games and practices. The duties include setting up field yard markers and cones for outlines of the fields. Volunteers shall sign up through the DIBS link on SportsEngine.
- Crew will be provided additional instructions around cleaning and disinfecting equipment (cones, yard markers, play clock timers, etc.) before and after each use.
- Field crew volunteers shall wear a facemask while on the fields.
- Field crew opening shifts will continue to be scheduled before others are on the field.

- Field crew closing shifts will continue to be scheduled after others have left the field.
- If scheduling does not allow for the fields to be clear for a shift, field crew will be required to wear a cloth face covering.
- Must conduct a daily symptom assessment and stay home if experiencing symptoms, which include fever, cough, or shortness of breath. Call your doctor if you think you or a family member is sick. If experiencing symptoms of sickness or if you recently had close contact with a person with COVID-19, you should not attend and will be prohibited from attending.
- Cleaning products should not be used near children, and staff should ensure that there is adequate ventilation when using these products to prevent children or themselves from inhaling toxic fumes.
- These guidelines will be posted in the equipment shed, and communicated with the field crew staff by the association.
- Field crew to bring at least the following for their personal use: cloth face covering, hand sanitizer, any disinfectant wipes (for any personal use), individual water bottle, and rain gear.

Additional support for volunteer coaches.

- The association will provide additional support for coaches.
- This includes a coach's binder for each pod, containing:
 - Safety guidelines
 - Contact information for parents
 - Suggested practice plans, and any additional specific guidance
 - Suggested drills to run, and any additional specific guidance
- Safety checklists will also be provided, covering:
 - Start of practice, start / finish of a drill, practice completion
 - Water breaks and bathroom breaks
 - First aid, concussion symptoms and actions, and additional safety protocols
 - Contingencies for inclement weather
- The coach's equipment bag for each pod will contain:
 - Two sets of footballs for rotation of balls
 - One set of flags for use during the season
 - Playbook (to only be used
- The coach shall be the only personnel on the field with the players.
- Coaches to bring at least the following for their personal use: cloth face covering, hand sanitizer, any disinfectant wipes (for personal equipment), and rain gear.

Hopkins Flag Football Rules

2020 Season Modifiers

Due to COVID Pandemic and requirements set forth by the MDH Return to Play guidelines, several changes will be applied to the 2020 football season to comply with these requirements. The rules have been modified for the 2020 season and changes are noted within the document. Please reference the HFL COVID plan for additional information on requirements for players, coaches, and spectators. Modifications for the 2020 season are noted in the rule documents in blue text.

Spirit of the Rules

Coaches, Players, and Parents must remember the rules are defined to create the most beneficial experience for the players. Coaches must remember that the games are to be played for the players and not for the Coaches or Parents creating the Spirit of the Rules.

Coaches

1. Coaches are selected based on their willingness to coach and ability to work with young individuals and not solely on their technical football knowledge. Coaches are required to abide by the Coaches Code of Conduct that can be found at the end of this document, and the overall philosophy of the Hopkins Football League. Coaches must remember the program is for players and not for the Coaches.
2. Coaches must pass a background screening and complete HFL required training, including but not limited to, concussion and abuse prevention training;
3. One coach per team may be present on the actual playing field during Games to assist players in positioning themselves in huddles, directions, etc.
4. Teams will be allowed 30 seconds to huddle, after the huddle the coach may help position players as necessary. The purpose of this rule is to the game moving and the kids engaged. Coaches from both teams should work together to make sure the huddling coach is aware of how much time they have left.
5. Coaches may not interfere in any way with the actual play.
6. Coaches on the field are to remain silent until the play is over, and should not yell instructions during the play.
7. Coaches will use the playbook and plays that are issued by HFL; variances to these standard plays are not allowed. This again is to help keep the game moving.
8. 2020 Season Modifier – Coaches are expected ensure player/staff safety by promoting, abiding by, and enforcing COVID safety rules.

Equipment

1. A team jersey and flag belt are provided by the association and players to wear equipment each practice/game.
2. Players are required to wear mouth pieces during all games and practices.
3. Players must have shirts and jerseys tucked in pants or shorts with flags properly displayed. Make your best effort to make sure your players do not have any loose ends of their belt or shirt interfering with the ability to pull their flags.

4. Flags may not be wrapped around belt loops or the belt.
5. Every player must wear a flag belt.
6. Teams will use the football provided by their league.
7. Footballs size shall be "Pee Wee" (Size 5) for Lombardi (K-2nd) and Shula (3rd/4th grade) divisions and "Juniors" (Size 6) for Madden (5th/6th grade) divisions.
8. 2020 Season Modifier - Football size shall be "Intermediate" or "Youth" (Size 7) for 7th/8th Grade Divisions.

Team Formation

1. Players are assigned to teams by friend requests, elementary school, and by registration time stamp. Friend request will be attempted to be accommodated but not guaranteed.
2. Priorities are first to ensure that players may play on teams with others from friend requests and/or the same school.
3. If a school is able to fill one team roster, and fill or nearly fill a second roster, the team rosters will be split by half and combined with another school(s) to form a complete team.
4. Team size will target 9-11 kids for 7 on 7 leagues to maximize playing time. Team size will target 7-8 kids for 5 on 5 leagues to maximize playing time.
1. 2020 Season Modifier – Teams size will be maintained to ensure that a "Pod" of 25 total people (players, coaches, and refs) or less are on a field at a time. Total team size will be limited to 12 individuals with teams sizes of 9-10 players plus 2 coaches. This would limit pod sizes to 22-24 people for teams and would allow a buffer of 3 people for ref, linesman (down marker only), and potential medic. Additional coaches over the 2 coach limit would reduce the number of players accordingly. An additional coach or parent can fill these roles during the game, if available.

Weight Restrictions

2. There are no weight restrictions for flag football.

Divisions Definitions

1. Divisions shall based on grades of child entering into the Fall School Year.
2. Lombardi Division will have grades Kindergarten, 1st, and 2nd
3. Shula Divisions will have grades 3rd and 4th.
4. Madden Divisions will have grades 5th and 6th.
5. 2020 Season Modifier – 7th and 8th grade will play in Junior High Division.

Practices & Games

1. The goal of Hopkins Flag Football is to develop skills necessary for playing the game of football. All games shall include a period for skill development before games. Formats, by divisions, shall generally follow the following format:

2. 2020 Season Modifier – MDH recommends a 25% reduction in practices and longer periods between games. The 2020 season will transition to Saturday only games with weekday events focusing on player development in small group settings.
3. All practices shall include 10 minute dynamic warm up prior to any skills activities.
4. 2020 Season Modifier – All practices shall be conducted within small team groups (players and coaches only). Rotations between areas of the fields or scrimmages between groups will not be allowed to minimize contact of teams during the week. Coaches will be assigned a specific field area and the team should remain in that area for the duration of the practice. Each practice should consist of a 10-minute dynamic warm up, with designated times for speed and agility training, skills training (catching, route running, defending, etc.), playbook install, and conditioning. Durations are up to the coach planning the practice and general timeline guidance is provided below.
5. Lombardi (K-2) Division:
 - a. Practice/Games to be held on Saturdays only.
 - b. First two weeks shall consist of 75-minute practice and all other weeks shall consist of 10 minute dynamic warmup, 25-30 minute practice followed by 30-40 minute game.
 - c. 2020 Season Modifier – Suggested practice breakdown is 10 minute dynamic warmup, 15 minute speed and agility, 20 minute skills, 20 minute playbook install, 10 minute conditioning game.
 - d. Games will consist of 5 active players on the field per team (5 v. 5), plus one coach per team is allowed on the field during play. One coach, if available, will be on the sideline organizing the players.
 - e. Games will consist of one 30-40-minute game with a recommended 5-minute time out at the midpoint of the game.
6. Shula (3-4) Divisions:
 - a. Team Practices will be on Wednesdays starting 2 weeks before Labor Day and Wednesday & Saturdays following Labor Day.
 - b. Wednesday format will be 120 minute practice for first 3 weeks and the 120 minute practice & game on following weeks) (10 minute dynamic warm up, 50 minute practice, followed by 60 minute game slot). 2020 Season Modifier – Weekdays will be practice only.
 - c. 2020 Season Modifier – Suggested practice breakdown is 10 minute dynamic warmup, 20 minute speed and agility, 30 minute skills, 20-25 minute playbook install, 5-10 minute conditioning and/or conditioning game.
 - d. Saturday format will be 10-minute dynamic warm up, 50 minute practice, followed by 60 minute game slot.
 - e. Games will consist of 7 active players on the field per team (7 v. 7), plus one coach per team is allowed on the field during play. One coach, if available, will be on the sideline organizing the players. 2020 Modifier – *If numbers don't allow 7 on 7, teams will be allowed to play 6 on 6 with Coach snap at Center (non-player)*
 - f. Games shall consist of 5 minute pre-game, two 25-minute halves with a 5 minute halftime.

7. Madden (5-6) Division:
 - a. Team Practices will be on Tuesdays and Thursdays starting 2 weeks before Labor Day and Wednesday & Saturdays following Labor Day.
 - b. Practice format will be 120 minute practice for first 3 weeks and the 120 minute practice & game on following weeks) (10 minute dynamic warm up, 50 minute practice, followed by 60 minute game slot). 2020 Season Modifier – Weekdays will be practice only.
 - c. 2020 Season Modifier – Suggested practice breakdown is 10 minute dynamic warmup, 20 minute speed and agility, 30 minute skills, 20-25 minute playbook install, 5-10 minute conditioning and/or conditioning game.
 - d. Saturday format will be 10 minute dynamic warm up, 40 minute practice, followed by 70 minute game time.
 - e. Games shall consist of 5 minute pre-game, two 30-minute halves with 5 minute halftime.
 - f. Games will consist of 7 active players on the field per team (7 v. 7). One coach is allowed on the field for the first half of the season with a goal of transitioning to sideline play calling for last half of the season. One coach, if available, will be on the sideline organizing the players.
8. 2020 Season Modifier – Junior High (7-8) Division:
 - a. Team Practices shall be TBD starting 2 weeks before Labor Day and TBD Weekdays & Saturdays following Labor Day.
 - b. Practice format will be 120 minute practice for the season.
 - c. 2020 Season Modifier – Suggested practice breakdown is 10 minute dynamic warmup, 20 minute speed and agility, 30 minute skills, 20-25 minute playbook install, 5-10 minute conditioning and/or conditioning game.
 - d. Saturday format will be 10 minute dynamic warm up, 40 minute practice, followed by 70 minute game time.
 - e. Games shall consist of 5 minute pre-game, two 30-minute halves with 5 minute halftime.
 - f. Games will consist of 7 active players on the field per team (7 v. 7). One coach is allowed on the field for the first half of the season with a goal of transitioning to sideline play calling for last half of the season. One coach, if available, will be on the sideline organizing the players.

Scoring and Timekeeping

1. Games shall be running time with the exception of time stoppage for injuries and time outs in the last 2 minutes of each half.
2. It is best to select a parent with a stop watch, timer or smart phone to keep time of play. The parent shall give a time warning at 5, 2, and 0 minutes of each half.
3. Scoring
 - a. 6 points for a touchdown
 - b. 1 point for a PAT from the 2.5 yard line.
 - c. 2 points for PAT from 10 yard line if the team elects to go for two point conversion.

- d. 2 points for safety or loss of flag in the end zone. A safety occurs when the ball carrier is declared down in his own end zone. They can be called down when their flags are pulled off by a defensive player, their flag falls out, or they step out of bounds or hit the ground with their knee or arm in the end zone, or if the fumble in the end zone.
4. Official scores or win/loss records will not be recorded or reported.

Playing Time

1. Coaches must strive to provide equal time for all players present.
 - a. Lombardi – Coaches should strive for equal positional rotations. Position rotations can be done by series or games.
 - b. Shula & Madden – Coaches should strive for equal development at positions throughout season in practices. Coaches should strive for equal position rotations during the first half of the season. The second half of the season allows coaches to narrow the number of positions for each player to 2-4 positions to allow for play memorization.
 - c. 2020 Season Modifier – Junior High Division – Coach should strive for equal development at skill positions during practice, but players can specialize in 2-4 positions during the season. Rotation and playing time should be maximized for all players.
2. Full Team Substitutions will be made every SIX (6) plays.
 - a. If there are not enough players on a team during a game to accomplish a full substitution, coaches will rotate players accordingly to ensure equal play time for all and prevent player(s) from being on the field continuously.
 - b. 2020 Season Modifier – Smaller teams will be provided in response to MDH Return to Play and rotations shall be made to maximize player time.
3. It is the requirement of the Hopkins Football that the players shall participate in as many plays as possible in a game. In order to accomplish this goal, after six (6) consecutive plays have been completed, a new complete set of players on the team's sideline shall enter the game and replace each of the players on the field unless there are fewer than fourteen (14) players on a team.
 - a. In the case where a team's roster is greater than fourteen (14) players no player shall be on the sideline for more than two consecutive 6 play series.

General Game Play

1. Coaches may not interfere in any way with the actual play.
2. Coaches to remain silent until the play is over, and should not yell instructions during the play.
3. Prior to the start of the game, Coaches from both teams should discuss the rules and agree to the terms in which they will mutually enforce penalties in order to remain consistent across both teams.
4. Teams designated as Home team shall wear the darker color of the reversible jerseys. Teams designated as Visitors shall wear the lighter color or the reversible jerseys.
5. There are no kick-offs. The team with the light colored jerseys will always get the ball to start the game and dark colored jerseys will get the ball to start the second half. The offensive team

takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, they have four (4) plays to score a touchdown.

6. Offensive Alignment

- a. In general, offense shall consist of 1 Center, 1 Quarterback, and combination of 5 backs playing as running backs, tight ends, or wide receivers. [2020 Modifier – the Center may be removed and replaced with play clock timer device.](#)
- b. Offensive formations may be adjusted by coach but should focus on beginning formations appropriate for the age group being coached.
- c. Three players shall be on the line of scrimmage at the start of the play.
- d. Center should snap the ball using a side snap. No shotgun snaps or under center snaps are allowed. [2020 Modifier – Quarterback may start with the ball held in position approximately where a Center would be. This is meant to minimize the number of players handling ball. QB should be set with ball before Go or Hut is said and play is started.](#)

7. Defensive Alignment

- a. Defensive Ends may line up 1 yard from the line of scrimmage on the outside shoulder of the Tight Ends.
- b. Linebackers (3) and Corners (2) must line up a minimum of 7 yards from the line of scrimmage when the ball is snapped. This will allow the offense's play to develop without the defense crashing in right away. If the play starts inside the 7-yard line, the Goal Line is the maximum distance from the line of scrimmage that the defense must be.
- c. Once Go or Hut is said by the Quarterback, the 7 yard line rule is no longer in effect and ALL defenders may go beyond the line of scrimmage.
- d. A special marker (that will be controlled by the referee or linesman) will designate a RUSH line at 7 yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.

8. Changes in Possession:

- a. Teams may be allowed to “Punt” on fourth down. If a team elects to punt, the opposing team will take position of the ball half way between end-zone (that they defend) and mid-field.
- b. If the offense fails to score the ball changes possession and the new offensive team starts its drive at the previous line of scrimmage.
- c. If the offense fails to cross mid-field the ball changes possession and the new offensive team takes possession at mid-field.

9. Interceptions

- a. Lombardi (K-2): Interceptions may not be advanced. Ball is called dead upon interception and spotted at the location where the ball was caught.
- b. Shula (3-4) and Madden (5-6) Divisions: Interceptions may be advanced and the play is live.
- c. [2020 Modifier – Junior High Division will allow interceptions to be advanced and the play is live.](#)

- d. Full Team Substitutions should not occur after an interception, unless the turnover happens on the 6th play of a series.

10. Motion

- a. All offensive players must come to complete stop for 1 second before the ball is snapped. Movement by a player who is set or a player who runs towards the line of scrimmage while in motion is considered a false start.
- b. Lombardi (K-2) & Shula (3-4) Divisions - There is to be no offensive movement after the players are set (i.e. no motion is allowed).
- c. Madden Division (5-6) – Motion is allowed. One offensive player may go into motion before the start of the play. Offensive players must come to a complete stop for 1 second before the ball is snapped, unless he is the one player in motion. One player at a time may go in motion, 1 yard beyond and parallel to the line of scrimmage. No motion is allowed towards the line of scrimmage.
- d. 2020 Modifier – Junior High Division will play the same rules as Madden Division.

11. Rushing

- a. Defensive players may not cross the line of scrimmage until either a “5-MISSISSIPPI” count, ball is transitioned to running back, or until the point when the ball leaves the quarterback’s hands, whichever comes first. 2020 Modifier – At the Lombardi and Shula Division, no offensive rushing is allowed for pass plays where quarterback has ball. If the ball is transitioned to the running back, the lineman may rush across the line of scrimmage.
- b. The OFFENSIVE coach is responsible for counting down the rush for the defense. After the snap the coach should clearly say out loud “1-Mississippi, 2-Mississippi, 3-Mississippi, 4-Mississippi, 5-Mississippi”. 2020 Modifier – the Lombardi and Shula divisions will not have 5-Mississippi count. A timer clock will be provided at Shula level and Junior High level and timer shall provide count down for coverage sack. Time duration shall be discussed with coaches at start of season.
- c. The “QB-Veer” offensive play will bring into question this rule. Defensive players will be allowed to cross the line of scrimmage to make the play on the QB during this play because there is not a point where the ball leaves the QB’s hands. BOTH TEAMS’ coaches should use best judgment on this play to ensure fair play. The offense is only allowed one (1) designed QB run (Veer or Draw) per 4 down series. 2020 Modifier – QB Veer can only be run 1 time per 4 series down and QB should rush outside of spot marked by tight end (i.e. no running inside 3 yards on either side of center).
- d. Madden Divisions (5-6) - Quarterback rushing is allowed by a single player. The rushing player must start a minimum of 7 yards from the line of scrimmage when the ball is snapped. A legal rush is a rush from a point greater than 7 yards from the line of scrimmage. If a rusher leaves the rush line early, they may return to the rush line, reset, and then legally rush the QB. A penalty may be called if the rusher leaves the rush line before the snap and crosses the line of scrimmage before the hand off or a pass—Illegal Rush (5 yards step off from LOS and 1st Down). 2020 Modifier – Only 1 Quarterback

Rush is allowed per 4 down series. This is meant to limit the number of face to face interaction with players.

- e. 2020 Season Modifier – to prevent bunching up of players around line of scrimmage, interior runs shall be discouraged. Running backs will be required to run outside of TE alignment (3 yards outside of center on each side of the balls). Sweeps, screens, or QB Veer (bootlegs) will be allowed as long as they have running motion to outside of the field.

12. Fumbles

- a. All fumbles will be whistled dead ball immediately and there will not be loss of possession. This rule is to avoid unintended contact.
- b. The team who fumbled the ball will retain possession at the point of the fumble, there will be a loss of down and play will continue. If the fumble occurs on 4th down the result of the fumble is a turnover on downs.
- c. The ball shall be spotted at the location of the player who fumbled the ball. Forward or backward progress of the ball shall not be considered.

13. Loss of flag

- a. Should a player's flag fall off during play in the back field, the ball is dead and will be spotted at the line of scrimmage and the offense will be allowed to replay the down.
- b. If a player's flag falls off after the line of scrimmage the ball carrier is considered down at the point of the fallen flag and play will continue.
- c. If a player's flag falls off before a pass is caught, the player is considered down at the point of the catch.
- d. If the ball hits the ground at any time in the game, including during a snap, it is a dead ball and loss of down.
- e. 2020 Modifier – Junior High Division shall be playing Skel/Touch downs. The player is down upon defensive player touching the player's numbers or logo on the front of the jersey.

14. Spotting the Ball. The ball will be spotted where:

- a. The flag was removed by the defense.
- b. Where the ball carrier goes out of bounds.
- c. Where a ball carrier goes to the ground (intentional or accidental). Once a player goes to the ground they may not get up and advance the ball.
- d. Where the ball lands on the ground from a fumble, see "fumble" rules above.

15. Screening/Blocking for run plays: Reminder that this is a NON-CONTACT league.

- a. Offensive players may get in the way, interfere, disrupt angles or pick defensive players.
- b. Screening/Blocking is encouraged and is meant to teach the kids the proper angles, footwork and hand placement for open field Heads-up blocking.
- c. Offensive players are allowed to slow/stop/divert the defense from taking the flag of a runner by:
 - i. simply getting in the way without contact;

- ii. using their open hands on the chest of a defender. With their open hands on a defenders chest they may not displace a defender (i.e. push them backwards with excessive force).
- d. Drive blocking the defensive player is NOT allowed in this flag football program
- e. Overly overt or aggressive physical engagement with a defensive player is not allowed. An infraction will result in an offensive loss of down.

Penalties

1. Offensive Holding will result in a loss of down and 10 yard penalty.
 - a. Inside the 10 yard-line of the end-zone half the distance to the goal.
2. Defensive Holding will result in a replay of the current down and a 10 yard penalty.
 - a. Inside the 10 yard-line of the end-zone half the distance to the goal.
3. Off sides, encroachment, illegal procedure, delay of game, and illegal formation:
 - a. Offensive infractions will result a loss of down at the original line of scrimmage for the play.
 - b. Defensive infractions will replay the current down at the original line of scrimmage for the play or at the point of the dead ball for a positive yardage play by the offense.
4. De-flagging players without the ball.
 - a. De-flagging of players not in the play should be considered unsportsmanlike and coaches should
 - b. First occurrence by a player, 5 yard penalty. Defensive de-flagging shall move the offensive position forward 5 yards. Offensive de-flagging shall move the ball position back 5 yards.
 - c. Second or more occurrence in a game by same player shall be unsportsmanlike behavior. See below.
5. Flag Guarding or Stiff Arm will result in immediate dead ball at the location of the infraction.
 - a. Flag Guarding is blocking flag grabbing by the ball carrier or offensive teammates or holding onto the flag when attempt for de-flagging is in progress. Spinning is not considered flag guarding.
 - b. Stiff Arm is offensive ball carrier using arms to push away defensive players, either by body contact or by contact with defensive player's arms.
6. Unsportsmanlike behavior, personal fouls, clipping, tripping, head butting, straight arming (multiple infractions), de-flagging player (multiple infractions), pushing the ball carrier out of bounds, tackling, defensive pass interference (any unnecessary and intentional physical contact): Results in a replay of the current down.
 - a. The player's coach may determine to send the player off the field for the remaining series or longer.
 - b. Both coaches on the field will mutually and quickly determine if the action of a player committing this type penalty was intended or incidental, a decision to remove a player from the field MUST be respected by the player, the teams, all coaches and parents.

Coaches Code of Conduct

I hereby pledge to live up to my obligations as a Coach in the Hopkins Flag Football program by pursuing the following standards for coaching ethics:

- I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol and I will refrain from their use at all youth sports events.
- I will be knowledgeable and adhere to the rules of the organization in which my team will participate and I will teach these rules to my players.
- I will use appropriate coaching techniques for each of the skills I teach.
- I will treat the officials and league staff in an appropriate and respectful manner.
- I will treat all my players and parents with respect and appropriate behavior.
- I will realize that sometimes things are not always accurate and correct and will accept decisions made on the field by the current officials representing the on field authority during game time situations.
- I will remember that I am a youth sports coach and the game is for the children and not the adults

COVID WAIVER

Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. Hopkins Football League ("Hopkins Football League" or "HFL") has put in place preventative measures to reduce the spread of COVID-19; however HFL cannot guarantee that you will not become infected with COVID-19. Further, participation could increase your risk of contracting COVID-19.

HFL is in the process of determining requirements for access to public practice facilities and requirements for outdoors sports. At this time, the facilities HFL currently uses requires all users to follow the Outdoor Recreation Guidelines maintained by the Minnesota Department of Natural Resources (<https://www.dnr.state.mn.us/covid-19.html>). All users, groups, and individuals must adhere to the Minnesota Department of Health Guidelines for youth sports. Guidelines for interactions, skill work, and sizes of the teams per field/facility are outlined in this document (<https://www.health.state.mn.us/diseases/coronavirus/schools/youthsports.pdf>).

READ CAREFULLY BEFORE SIGNING

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by participation; and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at HFL activities may result from the actions, omissions, or negligence of myself and others, including, but not limited to, HFL's employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my participation at HFL. On my behalf, I hereby release,

covenant not to sue, discharge, and hold harmless, or reimburse the HFL, its employees, individual board members, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of HFL, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation at HFL. I also hereby release and waive, and further agree to indemnify, hold harmless, or reimburse the City of Minnetonka or any other field/complex/municipality that HFL utilizes when playing games away from the HFL home facilities.

I represent that I have adequate insurance to cover any injury or illness I may suffer or cause while participating in this activity, or else I agree to bear the costs of such injury or illness myself. I further represent that I have no medical or physical condition which could interfere with my safety in this activity, or else I am willing to assume – and bear the costs of – all risks that may be created, directly or indirectly, by any such condition.

In the event that I file a lawsuit, I agree to do so in the state where HFL is located, and I further agree that the substantive law of that state shall apply. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

By signing this document, I agree that if I am exposed or infected by COVID-19 during my participation in this activity, then I may be found by a court of law to have waived my right to maintain a lawsuit against the parties being released on the basis of any claim for negligence.

Participant or parent/guardian or coach certifies that they will comply with any applicable Executive Order from the Governor of Minnesota and guidelines from HFL regarding field use or indoor facilities.

Participant and parent/guardian understands that if participant displays any of the symptoms of Covid-19 they are NOT to attend activities on HFL facilities and must quarantine for 14 days. For symptoms: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>. WE/I understand the signs and symptoms of Covid-19 and will NOT attend HFL facilities if any of them are present in the participant. This includes daily temperature monitoring as the participants responsibility. Symptoms can be found: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

I have had sufficient time to read this entire document and, should I choose to do so, consult with legal counsel prior to signing. Also, I understand that this activity might not be made available to me or that the cost to engage in this activity would be significantly greater if I were to choose not to sign this release, and agree that the opportunity to participate at the stated cost in return for the execution of this release is a reasonable bargain. I have read and understood this document and I agree to be bound by its terms.

If I have signed a separate general waiver of liability connected to my participation at HFL, I agree that the terms of that waiver are wholly incorporated into this document and that the terms of this document are incorporated into the separate general waiver.

I agree that I will practice safe social distancing and clean hygiene during my participation at HFL, Hopkins High School Athletic Fields, and other facilities was participating.

**PARENT OR GUARDIAN ADDITIONAL AGREEMENT
(Must be completed for participants under the age of 18)**

In consideration of the minor player participating in HFL being permitted to participate in this activity, I further agree to indemnify and hold harmless HFL from any claims alleging negligence which are brought by or on behalf of minor or are in any way connected with such participation by minor.