



Temporary rule changes for COVID-19 (quick reference)

5th May 2021

On the field	On the sideline	Safe conduct
<ul style="list-style-type: none"> • Maintain social distancing (>2m) as much as possible 	<ul style="list-style-type: none"> • Maintain social distancing (>2m) as much as possible 	<ul style="list-style-type: none"> • Maintain social distancing (>2m) as much as possible
<ul style="list-style-type: none"> • Be close to other people ONLY while the ball is live or just before the snap • You have maximum 5 seconds to socially distance again after the ball is dead • Have a way of giving signals / huddling while socially distanced • Remember - your teammates are as likely as your opponents to transmit a virus 	<ul style="list-style-type: none"> • Team areas can go as far as the 10-yard lines. Spread out! • Have plenty of hand sanitiser available • Have soapy water or antiviral wipes to clean the balls • Don't share water bottles, equipment or personal items • If government guidance says so: <ul style="list-style-type: none"> ○ Everyone in the team areas (except substitutes ready to go in to the game) should wear a face covering. ○ This includes coaches, team managers, chain crew and ball persons 	<ul style="list-style-type: none"> • If you are breathing heavily, face away from other people • Don't shout when people are directly in front of you • Avoiding touching people (especially skin-to-skin contact) unless you are blocking or tackling them • Don't hold on to the ball (or any other equipment) longer than necessary • Clean your hands regularly and don't touch your face • Think safe!

Keep your distance. Protect the game. Save lives.