Face masks/coverings are permitted during stunting and tumbling, with the following guidelines:

- Should be snug fitting.
- Should not impede vision or movement.
- Should be soft and pliable with no exposed metal.
- Should provide adequate ventilation and protection from the spread of particle matter.
- Should be secured with over-the-head straps by a breakaway type connection (i.e. velcro, snaps, etc.)
- The following *stunt skills and lifts* should not be done while wearing face masks/coverings:
  - Inversions
  - Twisting
  - Basket Tosses

**Additional guidelines to be followed:**

- Coaches should be wearing a face mask at all times.
- Athletes should be wearing a face mask before and after practice/game.
- Athletes should be wearing a face mask when not participating (injured, benched, sitting out for any reason).
- Athletes should be wearing a face mask when participating in any non-cardio related activities including stretching and static warm up.
- Athletes should be wearing a mask during any team travel.