

Last Updated: #####										
DISTRICT	STATE	As of Date	Risks Open?	Can you play games?	Outside of state play, other states come in to play?	Social Distancing	Masks?	Capacity limit	Other Guidelines for Hockey (youth sports, personal recreation or gym)	Website
Atlantic	DE	09/04/20	Yes if safety plans are approved by DPH	Safety plans must be approved by DPH before modified play may take place	No	Yes	Yes	Only one spectator per athlete, max 15 athletes	Discouraged use of shared equipment, staggered schedule, limit use of shared equipment	<a href="https://coronavirus.delaware.gov/reopening/phases/">https://coronavirus.delaware.gov/reopening/phases/</a>
Atlantic	NJ	10/12/20	Yes	Yes	14 day quarantine for people coming to NJ from 33 states (10% + positivity rate)	Yes	Yes	25%, 25 people	Discouraged use of shared equipment, staggered schedule, screening via temperature checks and/or health questionnaire	<a href="https://covid19.nj.gov/faq/frequently-asked-questions-reopening-guidance-and-restrictions/can-organized-sports-practices-resume-can-professional-sports-resume">https://covid19.nj.gov/faq/frequently-asked-questions-reopening-guidance-and-restrictions/can-organized-sports-practices-resume-can-professional-sports-resume</a>
Atlantic	PA	10/09/20	Yes	Yes	Yes	Yes	Yes	Occupancy limits based on Max Occupancy in building (0-2,000 + 20% of max occupancy)	Limit use of shared equipment, separate equipment, CDC guidelines	<a href="https://www.governor.pa.gov/covid-19/sports-guidance/">https://www.governor.pa.gov/covid-19/sports-guidance/</a>
Central	IA	07/24/20	Yes	Yes	No	Yes	Yes	50%	CDC Guidelines	<a href="https://coronavirus.iowa.gov/">https://coronavirus.iowa.gov/</a>
Central	IL	07/29/20	Yes	No, only no-contact practices and trainings, only youth	No travel restrictions, but must follow CDC guidance	Yes	Yes	50% of facility capacity, at max 20% seating capacity, no more than 50 in a group	Staggered schedule to minimize groups, discouraged use of shared equipment, equipment that is shared should be sanitized after each use, CDC sanitation guidelines	<a href="https://coronavirus.iliosn.gov/introduction">https://coronavirus.iliosn.gov/introduction</a>
Central	KS	07/03/20	Yes	No, practice and training is permitted	Only quarantine restriction for international or if attended a 500+ gathering outside the state	Yes	Yes	No more than 45	Designated spots on benches, discouraged use of shared equipment (shared equipment should be sanitized after each use)	<a href="https://covid19.ks.gov/content/uploads/2020/05/KS20_Support_Guidelines_5-21-2021.pdf">https://covid19.ks.gov/content/uploads/2020/05/KS20_Support_Guidelines_5-21-2021.pdf</a>
Central	MD	09/23/20	Some	Yes for ages 14 and under	No	Yes	Yes	30 athletes in a group plus 2 coaches per group, 2 spectators per athlete (max 50)	Symptom screening (weekly covid testing of high school athletes), staggered schedule, discouraged use of shared equipment, discouraged use of locker rooms	<a href="https://health.md.gov/living/health/COVID-19/communities/novel-coronavirus/">https://health.md.gov/living/health/COVID-19/communities/novel-coronavirus/</a>
Central	NE	07/01/20	Yes	Yes	No travel restrictions	Yes	Encouraged	50%	Designated spots on benches, discouraged use of shared equipment (shared equipment should be sanitized after each use)	<a href="http://dhs.ne.gov/Pages/COVID-19-Directed-Health-Measures.aspx">http://dhs.ne.gov/Pages/COVID-19-Directed-Health-Measures.aspx</a>
Central	WI	10/13/20	Yes	Yes	No travel restrictions, but highly discouraged to travel within the state or out of state (travel may begin Jan 1)	Yes	Yes	max of 10	Symptom screening, discourage use of shared equipment, stable cohorts, limit 10 people in a group	<a href="https://www.dhs.wisconsin.gov/covid-19/community.htm">https://www.dhs.wisconsin.gov/covid-19/community.htm</a>
Massachusetts	MA	10/04/20	Yes	Yes if meet modified play regulations	No, only inter-team games and no tournaments	Yes	Yes	40%, 1 parent/guardian per participant (no spectators for participants 21+), 25 athletes max	Discouraged use of shared equipment, locker rooms closed, screening of symptoms, only one player in penalty box at a time	<a href="https://www.mass.gov/info-details/executive-office-of-energy-and-environmental-affairs-eea-covid-19-guidance-documents/youth-and-adult-amateur-sports-activities">https://www.mass.gov/info-details/executive-office-of-energy-and-environmental-affairs-eea-covid-19-guidance-documents/youth-and-adult-amateur-sports-activities</a>
Michigan	MI	09/04/20	Yes	Yes	Not recommended	Yes to the extent compatible with the sporting activity	Yes	2 people per athlete	Temperature checks and symptom screening, CDC guidelines, regular clean equipment and facility, no concessions	<a href="https://www.michigan.gov/coronavirus/0,7133,7-406-100447_100913_00.html">https://www.michigan.gov/coronavirus/0,7133,7-406-100447_100913_00.html</a>
Mid-American	IN	09/26/20	Most	Yes	No travel restrictions (state league was created to minimize ingress and egress of teams during season)	Yes	Yes	50% max 250	Shared equipment is not allowed unless absolutely necessary and should be sanitized after each use, staggered schedule	<a href="https://backtrack.in.gov/">https://backtrack.in.gov/</a>
Mid-American	KY	09/15/20	Yes	Yes	Yes	Yes	Yes	50%, 1 spectator per player	Limit squad size, limit shared equipment, symptom screening, staggered schedule, temperature checks	<a href="https://govstatus.egov.com/ky/health-at-work">https://govstatus.egov.com/ky/health-at-work</a>
Mid-American	OH	10/06/20	Yes	Yes	Yes, but encouraged to only play local teams	Yes	Yes	15% of fixed seating capacity, max 100	Staggered schedule, limit shared equipment, symptom screening and temperature checks	<a href="https://coronavirus.ohio.gov/news/papers/covid-19-responsible-restart-ohio/sector-specific-operating-requirements/">https://coronavirus.ohio.gov/news/papers/covid-19-responsible-restart-ohio/sector-specific-operating-requirements/</a>
Mid-American	PA	10/09/20	Yes	Yes	Yes	Yes	Yes	Occupancy limits based on Max Occupancy in building (0-2,000 + 20% of max occupancy)	Limit use of shared equipment, separate equipment, CDC guidelines	<a href="https://www.governor.pa.gov/covid-19/sports-guidance/">https://www.governor.pa.gov/covid-19/sports-guidance/</a>
Mid-American	WV	09/16/20	Yes	Yes in some counties	May not bring together players or spectators from certain counties	Yes	Yes	40%, 35 spectators	Temperature checks, CDC guidelines	<a href="https://governor.wv.gov/Pages/The-Comeback.aspx">https://governor.wv.gov/Pages/The-Comeback.aspx</a>
Minnesota	MN	07/25/20	Yes	Yes	Yes, but discouraged games outside of MN	Yes	Yes	2 pods on ice at a time consisting no more of 25	Benches should not be used during practice, no more than 2 coaches on a bench, equipment should be sanitized after each use	<a href="https://staysafe.mn.gov/industry-guidance/organized-sports">https://staysafe.mn.gov/industry-guidance/organized-sports</a>
New England	CT	10/08/20	Yes	Yes	Yes	Yes	Yes	50% or 25 people (can exceed to include 1 parent/guardian per athlete)	Discourage use of shared equipment	<a href="https://portal.ct.gov/DECD/Content/Coronavirus-Business-Recovery/Sector-Rules-and-Certification-for-Reopen">https://portal.ct.gov/DECD/Content/Coronavirus-Business-Recovery/Sector-Rules-and-Certification-for-Reopen</a>
New England	ME	09/01/20	Yes	Yes	No, only games within-team (intra-squad scrimmages, one cohort of participants, No tournaments allowed)	Yes	Yes	Max 50	Discouraged use of shared equipment, separation of participant belongings, staggered scheduling, stable cohort	<a href="https://www.maine.gov/dec/d/checklists/community-sports">https://www.maine.gov/dec/d/checklists/community-sports</a>
New England	NH	08/08/20	Yes	Yes	Only teams/groups/athletes from the New England area are allowed at sessions unless quarantined for 14 days in home state with written proof of quarantine	Yes	Yes	50% (can be exceeded to include one parent/guardian per athlete)	Screening required on arrival to event, shared equipment must be sanitized between each use, staggered schedule,	<a href="https://www.co.guidance.nh.gov/recreational-and-tourism-guidance">https://www.co.guidance.nh.gov/recreational-and-tourism-guidance</a>
New England	Ri	09/11/20	Yes	Yes if meet modified play regulations	14 day quarantine for people arriving to Ri from high positivity rate states	Yes	Yes	50% facility, 15 people in a group	Stable groups, temperature check, discouraged use of shared equipment	<a href="https://reopeningri.com/parks-recreation">https://reopeningri.com/parks-recreation</a>
New England	VT	10/09/20	Yes	Yes, but no tournaments	Yes if state is listed as a quarantine-free travel state, but no tournaments	Yes	Yes	max 75 (larger venues over 17,500 square feet max 150 people with restrictions)	Symptom screening, discourage use of shared equipment	<a href="https://act.vermont.gov/news/update-new-work-safe-additions-be-smart-stay-safe-order/sports-and-organized-sports">https://act.vermont.gov/news/update-new-work-safe-additions-be-smart-stay-safe-order/sports-and-organized-sports</a>
New York	NY	08/19/20	Yes	No, only no/low contact training	14 day quarantine for several states entering NY	Yes	Yes	50%, no more than 2 spectators per player	Staggered schedule recommended, limit sharing of equipment and frequently-sanitize equipment, screening	<a href="https://www.ny.gov/statewide-guidelines">https://www.ny.gov/statewide-guidelines</a>
Northern Plains	MT	08/03/20	Yes	Yes	No travel restrictions, but out of state play or teams coming in from other states is discouraged	Yes	Yes	75% or max of 50	Screening encouraged, CDC sanitation guidelines	<a href="https://covid19.mt.gov/Portals/223/Documents/Reopening%20Montana%20Phase%202.pdf?ver=2020-05-20-142015-167">https://covid19.mt.gov/Portals/223/Documents/Reopening%20Montana%20Phase%202.pdf?ver=2020-05-20-142015-167</a>
Northern Plains	ND	09/15/20	Yes	Yes	Not recommended	Yes	Yes	75% or max 500	CDC guidelines	<a href="https://ndresponse.gov/covid-19-resources/covid-19-business-and-employer-resources/nd-smart-restart/nd-smart-restart-protocols">https://ndresponse.gov/covid-19-resources/covid-19-business-and-employer-resources/nd-smart-restart/nd-smart-restart-protocols</a>
Northern Plains	SD	04/28/20	Yes	Yes	Yes	Yes	Encouraged	max 10	CDC guidelines	<a href="https://covid.sd.gov/">https://covid.sd.gov/</a>
Northern Plains	WY	09/16/20	Yes	Yes	Not recommended	Yes	Yes	max 10 participants, max 250 total including spectators	Limit shared equipment, symptom screening	<a href="https://health.wyo.gov/publichealth/infectious-disease-epidemiology-unit/diseases/novel-coronavirus/covid-19-orders-and-guidance/">https://health.wyo.gov/publichealth/infectious-disease-epidemiology-unit/diseases/novel-coronavirus/covid-19-orders-and-guidance/</a>
Pacific	AK	05/22/20	Yes	Yes	No travel restrictions, but protocol calls for a negative COVID test and documentation	Yes, when not exercising	Encouraged	max 10	CDC guidelines for cleaning and equipment	<a href="https://covid19.alaska.gov/reopen/">https://covid19.alaska.gov/reopen/</a>
Pacific	CA	08/04/20	Yes in some counties	No, practice/training is permitted in counties where gyms and fitness facilities are open for youth only	NA (inter state travel is discouraged along with out of state travel)	Yes	Yes in public or common spaces	Different capacity limits for different counties	Stable cohort (max 14 plus 2 supervising adults), activities should take place outside as much as possible, discourage use of shared equipment	<a href="https://covid19.ca.gov/industry-guidance/">https://covid19.ca.gov/industry-guidance/</a>
Pacific	HI	08/06/20	No	No	14-day quarantine for visitors and overseas travel			max 10		<a href="https://hawaii.covid19.com/">https://hawaii.covid19.com/</a>
Pacific	NV	08/10/20	Yes	No, practice and training is permitted	NA	Yes	Yes	50%	Parents/guardians are encouraged to not attend practice, shared equipment is discouraged, but must be sanitized after each use, individual player equipment should be kept 6 ft apart	<a href="https://healthresponse.nv.gov/news/update/">https://healthresponse.nv.gov/news/update/</a>
Pacific	OR	09/13/20	No	No	NA			still encouraged		<a href="https://govstatus.egov.com/OR-ORH-COVID-19">https://govstatus.egov.com/OR-ORH-COVID-19</a>
Pacific	WA	10/06/20	Some	Scrimmages, intra-team competitions, and league games allowed, no tournaments	No travel restrictions	Yes	Yes	1 spectator per minor-aged participant	CDC guidelines, some counties some stricter guidelines	<a href="https://coronavirus.wa.gov/what-you-need-know/safe-start">https://coronavirus.wa.gov/what-you-need-know/safe-start</a>

Rocky Mountain	AZ	05/28/20	Yes	Yes	No travel restrictions	Yes	Yes unless directly participating in activity	Reduced	Discouraged use of shared equipment (equipment sanitized before and after use), symptom screening	<a href="https://www.azcommerce.com/covid-19/business-guidance/reopening-guidance-youth-activities/">https://www.azcommerce.com/covid-19/business-guidance/reopening-guidance-youth-activities/</a>
Rocky Mountain	CO	09/17/20	Yes	Yes, groups not larger than 25, including coaches. Youth and adult games can be played	No travel restrictions, but discouraged	Yes	Yes while indoors	25% or 50 people, spectators are permitted for youth sports	Discourage use of shared equipment	
Rocky Mountain	IL	06/12/20	Yes	Yes	No travel restrictions	Yes	Discouraged	Reduced	CDC guidelines: stable groups, temperature and symptom checks, reservations for training and practice, staggered schedule	<a href="https://covid19.colorado.gov/guidance-by-sector">https://covid19.colorado.gov/guidance-by-sector</a> <a href="https://reboundidaho.gov/stage-4-stay-healthy-guidelines/">https://reboundidaho.gov/stage-4-stay-healthy-guidelines/</a>
Rocky Mountain	NM	10/08/20	Yes	No, only conditioning and no contact skills training	14 day quarantine policy, youth must be from same geographic area (50 mile radius)	Yes	Yes	max 10 (includes spectators, coaches/staff and athletes)	Discourage use of shared equipment	<a href="https://cv.nmhealth.org/covid-safe-practices/">https://cv.nmhealth.org/covid-safe-practices/</a>
Rocky Mountain	OK	06/01/20	Yes	Yes	No travel restrictions, but encouraged to play local	Yes	Encouraged	None	CDC guidelines for social distancing and separation	<a href="https://coronavirus.health.ok.gov/resources-recommendations">https://coronavirus.health.ok.gov/resources-recommendations</a>
Rocky Mountain	TX	07/02/20	Yes	Yes	Follow guidance of CDC	Yes	Yes ages 10 and older	50%, groups no larger than 10	Symptom screening, limit shared equipment	<a href="https://doh.texas.gov/coronavirus/opentexas.aspx">https://doh.texas.gov/coronavirus/opentexas.aspx</a>
Rocky Mountain	UT	06/02/20	Yes	Yes	No travel restrictions	Yes	Encouraged	max 50	CDC guidelines, some counties some stricter guidelines	<a href="https://coronavirus.utah.gov/utah-lets-together/">https://coronavirus.utah.gov/utah-lets-together/</a>
Southeastern	AL	07/29/20	Yes	Yes	Discouraged	Yes	Yes unless directly participating in activity	50%	Discourage use of shared equipment	<a href="https://covid19.alabama.gov/search.html?query=youth-sports">https://covid19.alabama.gov/search.html?query=youth-sports</a>
Southeastern	AR	06/01/20	Yes	No, practice/training is permitted	NA	Yes	Yes unless directly participating in activity		Must be screened before participating	<a href="https://arkansaready.com/resources/sports/">https://arkansaready.com/resources/sports/</a>
Southeastern	DC	06/22/20	No	No	14-day quarantine policy for high risk states					<a href="https://coronavirus.dc.gov/page/stay-home">https://coronavirus.dc.gov/page/stay-home</a>
Southeastern	FL	06/15/20	Yes	Yes	No travel restrictions	Yes	Encouraged		Symptom screening	<a href="https://floridhealth/covid19.gov/business/">https://floridhealth/covid19.gov/business/</a>
Southeastern	GA	07/31/20	Yes	Yes	No travel restrictions	Yes		50% capacity or 8 patrons per 1,000 square feet	Screening, discourage use of shared equipment.	<a href="https://www.georgia.org/covid19guideltother">https://www.georgia.org/covid19guideltother</a>
Southeastern	LA	09/14/20	Yes	Yes	No travel restrictions	Yes	Yes, over the age of 8	25%	Symptom screening, Shared equipment sanitized between each use.	<a href="https://opensafely.la.gov/PublicLinks.aspx">https://opensafely.la.gov/PublicLinks.aspx</a>
Southeastern	MD	10/08/20	Yes	Yes	Strongly discouraged, strongly encourage covid tests and quarantine	Yes	Yes	50% max 100	Spectators are not allowed for adult, only parents/guardians can spectate for youth, discouraged use of shared equipment	<a href="https://open.maryland.gov/backtobusiness/">https://open.maryland.gov/backtobusiness/</a>
Southeastern	MS	10/01/20	Yes	Yes	No travel restrictions	Yes	Yes	25% (excluding coaches and officials)	Participants must be screened, groups max of 20	<a href="https://msdh.ms.gov/msdhsite/Static/14,21866,420.html#reports">https://msdh.ms.gov/msdhsite/Static/14,21866,420.html#reports</a>
Southeastern	NC	10/07/20	Yes	Yes, but not recommended	Follow guidance of CDC	Yes	Yes unless directly participating in activity	25 spectators	Staggered schedule, limit shared equipment, symptom screening	<a href="https://covid19.ncdhs.gov/guidance">https://covid19.ncdhs.gov/guidance</a>
Southeastern	SC	06/15/20	Yes	Yes	No travel restrictions	Yes	Yes, players are encouraged to wear masks when not actively participate	50%	Avoid shared equipment, staggered schedule, CDC guidelines	<a href="https://commerce.com/covid-19-resources/reopening-guidance">https://commerce.com/covid-19-resources/reopening-guidance</a>
Southeastern	TN	10/01/20	Yes	Yes, but encouraged to modify play	No travel restrictions, but encouraged to play local	Yes	Strongly encouraged when not actively participating in activity	Encouraged to limit attendance and team size to accomodate social distancing	Symptom screening, limit shared equipment, encouraged only regional competition	
Southeastern	VA	08/13/20	Yes	No, only training	No travel restrictions, but discouraged	Yes	Yes, ages 50+, unless actively participating in activity	50%	CDC guidelines	<a href="https://www.tn.gov/governor/covid-19/economic-recovery/quick.html">https://www.tn.gov/governor/covid-19/economic-recovery/quick.html</a> <a href="https://www.virginia.gov/coronavirus/forwardvirginia/">https://www.virginia.gov/coronavirus/forwardvirginia/</a>