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# CALIFORNIA INTERSCHOLASTIC FEDERATION

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## CIF Proposed Plan for the Return of Educational-Based Athletics

Everyone in California wants students to be able to return to in-person learning, sports, and all other co-curricular activities that are so important for their physical and mental well-being. As COVID-19 transmission rates are rising significantly in California, communities across the state must continue to take measures to limit the spread of the virus. Therefore, we implore ALL Californians to wear a mask, practice social distancing, limit mixing between households, and practice all basic hygiene. This is the way to ensure the best chance for CIF competition to commence by January 25, as allowed by the guidance from the California Department of Public Health. State agencies will continue to monitor epidemiological trends. The information below is not intended to be an exhaustive list of the CDPH guidance document. Please consult the link entitled “CDPH Youth Sports Guidelines” on the following page for the entire document.

- Physical conditioning, practice, skill-building, and training can be conducted outdoors, with 6-feet of physical distancing, and within stable team cohorts remain authorized regardless of county tier status. Such activities may be conducted indoors consistent with the Gym & Fitness Center Guidance Capacity. In counties under the Regional Stay at Home Order, only activities consistent with the sentence above are permitted, regardless of the county’s tier status.
- Competitions, meets, races, or similar events are authorized only if (a) both teams are located in the same county and the sport is authorized, or (b) teams are located in immediately bordering counties and the sport is authorized in both counties.
- Out of state competition is not allowed at this time.
- The county-based authorizations outlined in this document apply to the locations/counties in which the teams, schools, and leagues are functionally based. (e. g. where the players reside, where facilities are located, etc.).
- Any tournaments or events that involve more than two teams are not currently permitted in California. Exceptions may be made, with authorization from the local health department, for the following sports where individual competitors from multiple teams are routine: track and field; cross-country; golf; skiing and snowboarding; tennis; and swimming/diving.

Schools must still follow all guidelines from their local county and the governing board of their school district or private/parochial school.

This document is not intended as medical or legal advice. Schools and school districts should refer to their local governing bodies and their own legal counsel for assistance.



## EDUCATION-BASED ATHLETICS COVID-19 MODIFICATIONS

- Information is current as of December 29, 2020
- [CDPH Youth Sports Guidelines](#)
- **CIF Guidelines will be adjusted weekly**
- **In the event of a positive test for COVID-19, schools will follow the current [CDPH Guidelines for Schools](#)**
- **Any student-athlete testing positive for COVID-19 may not return to practice or competition until cleared by their physician**
- **Schools must still follow all guidelines from their local county and the governing board of their school district or private/parochial school**

### **CIF Season 1 Sports (January - April):**

Traditional Competitive Cheer, Cross Country, Field Hockey, Football, Gymnastics, Skiing/Snowboarding, Girls Volleyball, Water Polo

### **CIF Season 2 Sports (March - June):**

Badminton, Baseball, Basketball, Competitive Sport Cheer, Golf, Lacrosse, Soccer, Softball, Swimming & Diving, Tennis, Track & Field, Boys Volleyball, Wrestling

*\*Please refer to respective CIF Sections for verification of seasons of sport*

#### WIDESPREAD

Sports allowed in this tier: Cross Country, Golf, Skiing/Snowboarding, Swimming & Diving, Tennis, and Track & Field.

#### SUBSTANTIAL

Sports allowed in this tier: Baseball, Field Hockey, Girls Lacrosse, and Softball.

#### MODERATE

Sports allowed in this tier: Badminton, Football, Gymnastics, Boys Lacrosse, Soccer, Volleyball, and Water Polo.

#### MINIMAL

Sports allowed in this tier: Basketball, Competitive Cheerleading, and Wrestling.

Physical conditioning, practice, skill building, and training that can be conducted outdoors, with 6-feet of physical distancing, and within stable team cohorts are currently authorized for all sports regardless of county tier status. Such activities may be conducted indoors consistent with the Gym & Fitness Center Guidance Capacity. In counties under the Regional Stay at Home Order, only activities consistent with the sentence above are permitted, regardless of the county's tier status.

Competition between two teams will not be allowed in California until January 25, 2021, at the earliest. Once return to competition is allowed every participating school's county must also be in the authorized tier status for the respective sport in order to compete.

### December 29, 2020 County Tier Status

