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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.

- Physical conditioning, practice, skill-building, and training can be conducted outdoors 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.
- 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 15, 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):

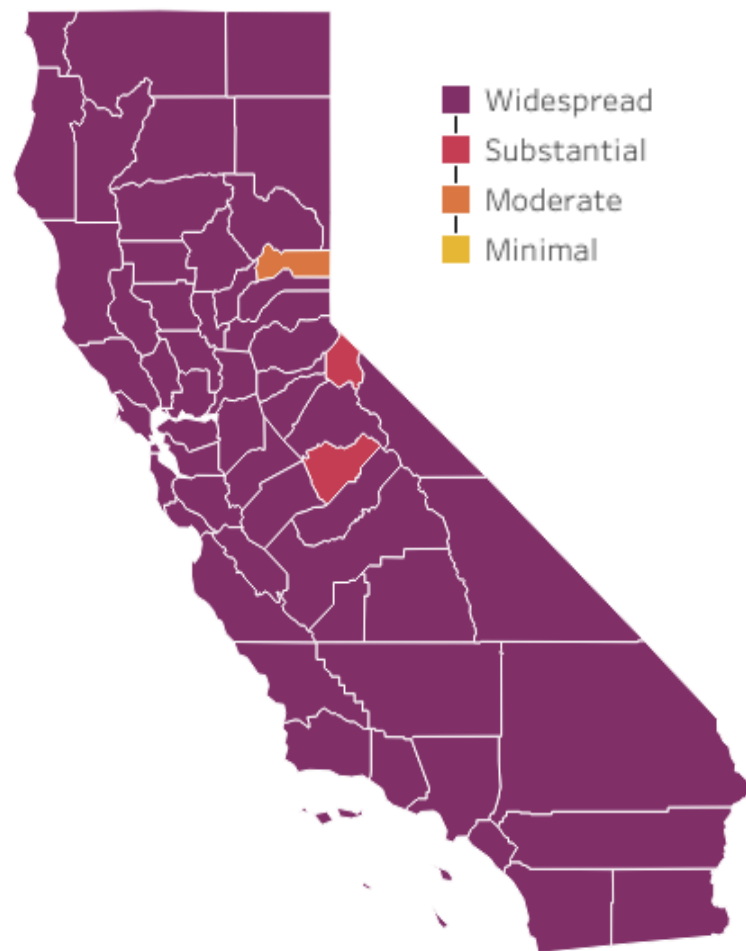
Cheerleading, Cross Country, Field Hockey, Football, Gymnastics, Skiing/Snowboarding, Girls Volleyball, Water Polo

CIF Season 2 Sports (March - June):

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

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

December 15, 2020



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, 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.



2020-21 BADMINTON GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

MODERATE

General Guidelines

- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Limitations

- 24 matches permitted during the season.
- Adhere to local county guidelines.

Pre-Game Conference

- Limit attendees to the official and the head coach from each team.
- All individuals maintain a social distance of 6-feet or greater.
- Suspend handshakes prior to and following the Pre-game Conference.

Pre/Post-Game Ceremony

Replace handshakes before and after the match with a social distance acknowledgment of the team's choosing.

Game Shuttlecock/Birdie Sanitation

- Athletes can provide their own shuttlecock/birdie and retrieve their own implements.
- If athletes cannot provide their own implements, then it is recommended that implements be sanitized between each use.
- Display signage reminders when possible.



Equipment & Accessories

- Limit the use of coaching equipment such as target cones.
- Encourage players to use their racquet/foot to return shuttlecocks.
- Disinfect the nylon birdies before and after using them.
- Cloth face coverings are required to be worn at all times by all attendees present.
- Gloves are permissible.
- Players shall utilize their own equipment bin for all personal gear on the sideline.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Officials' Uniform & Equipment

- By state association adoption, long-sleeved shirts are permissible. (5-1-3)
- Wash hands frequently. Bring personal hand sanitizer.
- Do not share equipment.
- Follow social distancing guidelines.
- Consider using electronic whistle.
- Officiating personnel may always wear permissible face coverings.
- Gloves are permissible.



2020-21 BASEBALL GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

SUBSTANTIAL

General Guidelines

- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Limitations

- Adhere to local county guidelines.

Pre-Game Conference

- Limit attendees to Head Coach of both teams and game umpires.
- Participants must maintain social distancing protocols during the conference.
- No line-up card exchange.
- No handshakes.

Team Dugouts

- Coaches, game personnel and players only permitted in the dugout.
- Social distance requirements must be observed by all in the dugout.
- If the dugout area is not large enough to provide for social distance requirements, players and game personnel may move outside of the immediate dugout area to practice social distance requirements.
- Spectators shall not be permitted near the dugouts and/or the immediate area of the dugout.

Post-Game Procedures

Replace handshakes after the game with a social distance acknowledgment of the team's choosing.

Official Scorekeeping Area

Limited to one (1) person from each team and must observe social distance requirements behind the backstop.



Equipment Sanitation

- Each team provides sanitized balls (bucket) while on defense.
- Have a “dirty” ball bucket available, so they can be sanitized after the game.
- Sanitize bases after each game.

Equipment & Accessories

- Permissible face coverings are required to be worn at all times by all attendees present other than when engaged in competition.
- Players shall utilize their own equipment bin for all personal gear in the dugout.
- Minimize the sharing of playing equipment (bats, batting helmets and catchers gear). Equipment must be sanitized between usage of multiple players.
- Batting gloves are encouraged to minimize contact with bats, balls and bases.
- Sanitize all equipment and accessories after each game.

Uniforms

Long sleeves are encouraged to reduce skin contact with the ball and bases.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Umpires

- No line-up card exchanges.
- Observe social distance requirements when communicating with coaches, players and other umpires.
- Face coverings are required at all times.
- Carry hand sanitizer and use frequently.

Game Personnel Considerations (coaches, players, umpires)

- No sunflower seeds, spitting or gum.
- Carry hand sanitizer and use frequently.
- If a pitcher puts his/her hands to their mouth and touches the ball, “TIME” is called, the pitcher must sanitize their hands and a new ball is inserted before throwing the next pitch.

Regional Championships

- All games played at host school sites.
- Championships shall be single elimination.
- No pre-game player introduction assemblies on the foul lines.
- Awards ceremonies will be limited to ensure safe social distancing and to minimize mass gatherings.



2020-21 BASKETBALL GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

MINIMAL

General Guidelines

- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Limitations

- 28 games permitted during the season.
- Adhere to local county guidelines.

Pre-Game Conference

- Limit attendees to the referee and the head coach from each team with each coach standing on the center circle on each side of the division line.
- All individuals maintain a social distance of 6-feet or greater at the center circle.
- Suspend handshakes prior to and following the Pregame Conference.

Team Benches

- Limit the number of bench personnel to observe social distancing of 6-feet or greater.
- Place team benches opposite the spectator seating whenever possible.
- Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6-feet or greater.
- Personnel not in the game should adhere to any required local/state face covering requirements.

Substitution Procedures

Maintain social distancing of 6-feet between the second referee and the player and limit contact between players when substituting.

Officials' Table

- The host should sanitize the table before the game and at half-time.
- Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
- Limit to essential personnel which includes home team scorer and shot clock timer with a distance of 6-feet between individuals.
- Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
- Table personnel should adhere to any required local/state face covering requirements.



Pre/Post-Game Ceremony

Replace handshakes before and after the match with a social distance acknowledgment of the team's choosing.

Basketball Sanitation

Ball given to officials in the locker room, where it is sanitized as recommended by the ball manufacturer and not used for warm-ups. Game ball should be cleaned at the end of each quarter.

Equipment & Accessories

- Permissible face coverings are required to be worn at all times by all attendees present.
- Gloves are permissible.
- Players shall utilize their own equipment bin for all personal gear on the sideline.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Officials' Uniform & Equipment

- By state association adoption, long-sleeved shirts are permissible. (5-1-3)
- Officials should not be required to wear jackets during pre-game court/player observation.
- Electronic whistles are permissible (supplies are limited).
 - Choose a whistle whose tone will carry inside
 - Check the market for choices
- Permissible face coverings are permissible.
- Gloves are permissible.

State Championships

- Qualifying teams reduced to eight (8) per division.
- All games played at host school sites.
- Championship shall be single elimination.
- Awards ceremonies will be limited to ensure safe social distancing and to minimize mass gatherings.



2020-21 COMPETITIVE CHEER GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

MINIMAL

General Guidelines

- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Modifications

- Participants should be appropriately spaced on the court, field or sideline to ensure proper social distancing.

Pre-Post Meet Ceremony

Replace handshakes before and after the match with a social distance acknowledgment of the team's choosing.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.



2020-21 CROSS COUNTRY GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

WIDESPREAD

General Guidelines

- Cross country meets should consider using staggered, wave or interval starts.
- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Modifications

- Consider widening the course to at least 6-feet at its narrowest point.
- Finish line area should be enlarged to provide for social distancing guidelines

Pre-Post Meet Ceremony

Do not shake hands before or after the races/events.

Pre-Post Meet Conference

- Follow social distancing guidelines:
 - Pre and Post Meet conferences,
 - Clerking at the start line,
 - Tabulations and posting of results.
- Officials continue to use their own personal equipment

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.



2020-21 FIELD HOCKEY GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

SUBSTANTIAL

General Guidelines

- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Limitations

- Adhere to local county guidelines.

Pre-Game Conference

Move the location of the pre-match conference to the center of the field with one coach and one referee on either side of the center line. All four individuals maintain social distance guidelines of 6-feet.

Officials

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines. Consider six feet minimum distance when carding or talking to others (players, coaches, other officials).
- Do not shake hands.
- Use of radios to communicate with partner is permissible.
- Officials personnel may wear cloth face coverings at all times.
- By local association adoption, long-sleeved shirt/sweater are permissible.
- Gloves are permissible.

Pre/Post-Game Ceremony

Replace handshakes after the game with a social distance acknowledgment of the team's choosing.



Equipment & Accessories

Players shall utilize their own equipment bin for all personal gear on the sideline.

Uniform

- Long sleeves are encouraged to reduce skin contact with the ball.
- Long pants and undergarments are permissible.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.



2020-21 FOOTBALL GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

MODERATE

General Guidelines

- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Limitations

- 10 games permitted during the season.
- Adhere to local county guidelines.

Pre-Game Conference

- Limit attendees to one captain from each team, Head referee and Umpire.
- Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6-feet.
- No handshakes prior to and following the coin toss.
- Maintain social distancing of 6 feet while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, individuals handling the balls during the game and team personnel.

Team Benches

- The team box may be extended on both sides of the field to the 10-yard lines (for players only) in order for more social-distancing space for the teams.
- Maintain social distancing of 6-feet at all times while in the team box.

Pre/Post-Game Ceremony

Replace handshakes after the game with a social distance acknowledgment of the team's choosing.

Football Sanitation

Games shall utilize a three-ball rotation, ensuring that anytime a ball goes out of play it shall be sanitized thoroughly with a bleach wipe before returning to the rotation.



Equipment & Accessories

- Permissible face coverings are required to be worn at all times by all attendees present.
- Gloves are permissible.
- Players shall utilize their own equipment bin for all personal gear on the sideline.

Uniform

- Long sleeves are encouraged to reduce skin contact with the ball.
- Long pants and undergarments are permissible.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Officials' Uniform & Equipment

- By local association adoption, long-sleeved shirts are encouraged.
- Do not share uniforms, towels and other apparel and equipment
- Permissible face coverings are required.
- Gloves are permissible.



2020-21 GOLF GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

WIDESPREAD

General Guidelines

- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Only essential personnel are permitted on the course. These are defined as players, coaches, athletic trainers, and officials.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Modifications

- Golf equipment – Players should use their own equipment and golf balls. Players should not touch other players equipment or golf balls.
- Course equipment – Players should not touch the flagstick, bunker rakes or ball cleaning devices on the course.

Pre-Post Meet Ceremony

Replace handshakes before and after the match with a social distance acknowledgment of the team's choosing.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

State Championship

- Awards ceremonies will be limited to ensure safe social distancing and to minimize mass gatherings.
- Social distancing measures shall be in place at all times other than when engaged in competition.



2020-21 GYMNASTICS GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

MODERATE

General Guidelines

- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Limitations

- Adhere to local county guidelines.

Pre-Meet Conference

- Limit attendees to the official and the head coach from each.
- All individuals maintain a social distance of 6-feet or greater.
- Suspend handshakes prior to and following the Pregame Conference.

Pre/Post-Meet Ceremony

Replace handshakes before and after the game with a social distance acknowledgment of the team's choosing.



Equipment & Accessories

- Social distancing of at least 6-feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
- Remove common chalk bowls. Chalk bowls frequently become talking places for athletes.
- Consider wearing a permissible facial covering for non-coaching staff, coaching staff, and student-athletes.
- Student-athletes should consider wearing cloth facial covering while in the facility and when moving from each apparatus, but not while participating on the equipment as the mask could come off, move, or become a distraction and increase the risk of injury.
- Permissible face coverings are required to be worn at all times by all attendees present.
- Players shall utilize their own equipment bin for all personal gear on the sideline.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Judges Uniform & Equipment

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines.
- Space judges 3-6 feet apart at judging tables.
- Do not shake hands and follow pre and post meet ceremony guidelines established by state associations.
- Judges and meet personnel may wear permissible face coverings.



2020-21 BOYS LACROSSE GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

MODERATE

General Guidelines

- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Limitations

- Adhere to local county guidelines.

Pre-Game Conference

- Pregame equipment checks should be conducted after the players have placed their equipment on the field and left the field. Officials then may inspect the equipment and blow the whistle to alert the teams to get their equipment and find the results of the equipment check.
- Meeting with Captains: One captain for each team, official wears a mask, captains stay apart, official shows coin result to each captain.
- No line up. Coaches to relay information to their teams.
- No meeting with faceoff players (if performed).
- Eliminate handshakes following pre-game meeting and at the conclusion of the game.

Team Benches

Team bench areas should be more clearly marked to remind players of proper location.

Facing Off

Consider only performing the faceoff during the beginning of the game and at the beginning of the third quarter. If necessary, at the beginning of overtime play. If reduced faceoffs is implemented, then alternating possession shall be used.

Penalty Enforcement

If there is a violation, blow the whistle quick and award ball.



Officials' Table

Officials should wear a mask when instructing table personnel. Table personnel should wear mask. Minimize table personnel – official scorer and timekeeper, visiting team personnel should be at their team bench and not at the table. Extend the table if needed.

Pre/Post-Game Ceremony

- Replace handshakes after the game with a social distance acknowledgment of the team's choosing.

Equipment & Accessories

- Permissible face coverings are required to be worn at all times by all attendees present.
- Clear, molded, and non-rigid face shields approved by the helmet manufacturer are allowed.
- Players shall utilize their own equipment bin for all personal gear on the sideline.

Uniform

- Long sleeves are encouraged to reduce skin contact with the ball.
- Long pants and undergarments are permissible.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Officials' Uniform & Equipment

- By local association adoption, long-sleeved shirt/sweater are permissible.
- Permissible face coverings are required.
- Gloves are permissible.



2020-21 GIRLS LACROSSE GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

SUBSTANTIAL

General Guidelines

- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Limitations

- Adhere to local county guidelines.

Pre-Game Conference

- Limit attendees to one coach from each team and lead official.
- Ensure the pre-game meeting is away from sideline and all individuals maintain a social distance of 6-feet. Masks must be worn by coach and official during the meeting.
- Suspend the use of the coin toss. The visiting team will start with possession and the home team will choose goal to defend.
- Eliminate handshakes following pre-game meeting and at the conclusion of the game.

The Draw

- Alternate start at the center with draw positioning to start each half and after goals. This is not alternate possession (AP) and does not impact AP for penalty administration during the game. The start of play is on the whistle for these starts. No other changes to player positioning rules.
- The goalie should roll or throw the ball to the official after a goal.

8 Meter Positioning

Only one player per hash on 8-meter setup, the existing rule that allows the defense to adjacent hashes remains in force.



Substitution Procedures & Sideline Protocol

- Ensure that players substituting, coaches, and the table personnel are maintaining social distancing. Split sub box so that each team subs in from their own half of the sub box.
- If available, recommend that a penalty area be marked off that allows social distancing between penalized players, substitutes, and the table personnel.

Table Personnel

Limit to essential personnel only at the table. Statisticians or visiting scorer personnel are not essential. Home team scorer and timer are essential.

Pre/Post-Game Ceremony

Replace handshakes after the game with a social distance acknowledgment of the team's choosing.

Equipment & Accessories

- Permissible face coverings are required to be worn at all times by all attendees present.
- Players and officials may wear permissible face masks, gloves, and long undergarments.
- Players shall utilize their own equipment bin for all personal gear on the sideline.
- Pre-game stick and equipment checks will be completed by one official per team. Each team will place their sticks on their restraining line during pre-game meeting. One official will check sticks per team. Recommend glove use by the officials for stick checks. Players return to collect their own stick after pre-game check is completed.

Uniform

- Long sleeves are encouraged to reduce skin contact with the ball.
- Long pants and undergarments are permissible.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Officials' Uniform & Equipment

- By local association adoption, long-sleeved shirt/sweater are permissible.
- Permissible face coverings are required.
- Gloves are permissible.



2020-21 SKIING/SNOWBOARDING GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

WIDESPREAD

General Guidelines

- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Modifications

- All individual athlete and staff equipment should be sanitized before and after the on-snow/sport-specific training session.
- All “team/site equipment” should be sanitized before, during, and after the on-snow/sport-specific training session.
- Athletes do not need to wear face covering when on course, but should do so when not on course.
- Maintain physical distancing of a minimum of 6-feet at all times, including chairlift lines, on hill and during ski/snowboard service.
- It is recommended to be a single rider on a chairlift, or with teammates. Limit sharing chairlifts with public people outside of your training group.

Pre-Post Meet Ceremony

Do not shake hands before or after the races/events.

Pre-Post Meet Conference

Follow social distancing guidelines:

- Pre and Post Meet conferences,
- Clerking at the start line,
- Tabulations and posting of results.

Officials continue to use their own personal equipment

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.



2020-21 SOCCER GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

MODERATE

General Guidelines

- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Limitations

- 28 matches permitted during the season.
- Adhere to local county guidelines.

Pre-Game Conference

- Limit attendees to head or center referee, the head coach and a single captain from each team.
- Move the location of the pre-game conference to the center of the field.
- Participants must maintain social distancing protocols during the conference.
- No handshakes.

Team Benches

- Coaches, game personnel and players only permitted in the team bench area.
- Social distance requirements must be observed by all in the team bench area.
- Team bench areas may be located on opposite sides of the field.
- Spectators shall not be permitted behind the team benches.

Post-Game Procedures

Replace handshakes after the game with a social distance acknowledgment of the team's choosing.

Official Scorekeeping Area

Limited to home team scorekeeper and timer. Maintain social distance requirements. Visiting team personnel (scorekeeper, statistician, timer) are not deemed essential personnel and will need to find an alternative location.



Substitution Procedures

Maintain social distance of at least 6-feet between referees, opponents and/or teammates.

Equipment Sanitation

Games shall utilize a three-ball rotation, ensuring that anytime a ball goes out of play it shall be sanitized thoroughly with a bleach wipe before returning to the rotation.

Equipment & Accessories

- Permissible face coverings are required to be worn at all times by all attendees present.
- Players shall utilize their own equipment bin for all personal gear on the sideline.
- Long sleeves and long pants are permissible.
- Gloves are permissible.
- Undergarments are permissible but must be of a similar length for the individual and a solid-like color of the team.
- Sanitize all equipment and accessories after each game.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Referees

- Observe social distance requirements when communicating with coaches, players and other umpires.
- Face coverings are required at all times.
- Long-sleeved shirts/jackets are permissible.
- Gloves are permissible.

Regional Championships

- All games played at host school sites
- Championships shall be single elimination
- Suspend pre-game world cup introduction line and send players to their field positions for introductions.
- Awards ceremonies will be limited to ensure safe social distancing and to minimize mass gatherings.



2020-21 SOFTBALL GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

SUBSTANTIAL

General Guidelines

- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Limitations

- Adhere to local county guidelines.

Pre-Game Conference

- Limit attendees to Head Coach of both teams and game umpires.
- Participants must maintain social distancing protocols during the conference.
- No line-up card exchange.
- No handshakes.

Team Dugouts

- Coaches, game personnel and players only permitted in the dugout.
- Social distance requirements must be observed by all in the dugout.
- If the dugout area is not large enough to provide for social distance requirements, players and game personnel may move outside of the immediate dugout area to practice social distance requirements.
- Spectators shall not be permitted near the dugouts and/or the immediate area of the dugout.

Post-Game Procedures

Replace handshakes after the game with a social distance acknowledgment of the team's choosing.

Official Scorekeeping Area

Limited to one (1) person from each team and must observe social distance requirements behind the backstop.



Equipment Sanitation

- Each team provides sanitized balls (bucket) while on defense.
- Have a “dirty” ball bucket available, so they can be sanitized after the game.
- Sanitize bases after each game.

Equipment & Accessories

- Permissible face coverings are required to be worn at all times by all attendees present.
- Players shall utilize their own equipment bin for all personal gear in the dugout.
- Minimize the sharing of playing equipment (bats, batting helmets and catchers gear). Equipment must be sanitized between usage of multiple players.
- Batting gloves are encouraged to minimize contact with bats, balls and bases.
- Sanitize all equipment and accessories after each game.

Uniforms

Long sleeves are encouraged to reduce skin contact with the ball and bases.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Umpires

- No line-up card exchanges.
- Observe social distance requirements when communicating with coaches, players and other umpires.
- Face coverings are required at all times.

Game Personnel Considerations (coaches, players, umpires)

- No sunflower seeds, spitting or gum.
- Carry hand sanitizer and use frequently.
- If a pitcher puts his/her hands to their mouth and touches the ball, “TIME” is called, the pitcher must sanitize their hands and a new ball is inserted before throwing the next pitch.

Regional Championships

- All games played at host school sites.
- Championships shall be single elimination.
- No pre-game player introduction assemblies on the foul lines.
- Awards ceremonies will be limited to ensure safe social distancing and to minimize mass gatherings.



2020-21 SWIM & DIVE GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

WIDESPREAD

General Guidelines

- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Limitations

- 14 meets permitted during the season.
- Adhere to local county guidelines.
- Athlete clerking areas should be eliminated.

Pre-Meet Conference

- Decrease number of participants or hold one conference with coaches and one meeting with captains while maintaining proper social distance guidelines.
- The referee can use P.A. system or starting system microphone to allow participants to hear but keep them properly separated.

Team Seating & Lane Placement

Keep the teams on opposite sides of the pool and require the home team to compete in lanes 1-3 and visitors to swim in lanes 4-6.

Swimming Warm-up Areas

Establish multiple sessions for warm-up periods to limit number of swimmers per lane. Restrict the number of swimmers in competition area. Limit number of swimmers per lane during warm-up and warm-down periods.

Diving Warm-up Areas

Limit number of divers during warm-up by creating multiple sessions. During competition, divers may not approach the board until their turn to compete. Hot tubs should not be permitted. Dive order sheets should be posted in multiple areas to reduce number of divers viewing at the same time.

Meet Officials

Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location. Develop alternative methods for submitting entries (3-2) and movement of non-electronic information. Require a distance of 3-6 feet between individuals seated at the desk/table.



Diving Officials

Alternative methods for submitting entries (3-2) and movement of non-electronic information will be required. Recommendations include a distance of 3-6 feet between individuals seated at the desk/table. Create a 3-6 foot space between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform.

Referee & Starter

Various rules require interactions between officials, coaches and athletes. Alternative methods of communications include utilization of the P.A. system, hand signals or written communication.

Submission of Entries to Referee

Alternative forms of entry submission can be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries

Timers

- Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing.
- Timers should wear permissible facial coverings.

Relay Takeoff Judges

- Require all takeoff judging from the sides of the pool.
- Space relay swimmers apart from one another.
- Timers and relay takeoff judges should wear permissible facial coverings.

Equipment & Accessories

- Permissible face coverings are required to be worn at all times by all attendees present.
- Gloves are permissible.
- Players shall utilize their own equipment bin for all personal gear on the sideline.

Notification of Disqualification

Notification shall occur from a distance via use of hand signals or the P.A. system.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Officials' Uniform & Equipment

- By local association adoption, long-sleeved, all-white collared polo shirt/sweater are permissible.
- Electronic whistles shall be utilized to minimize the spread of respiratory particles.
- Permissible face coverings are required.
- Gloves are permissible.

State Championship

At this time there are no changes to qualification procedures for the state tournament. This is subject to change without advanced notice.



2020-21 TENNIS GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

WIDESPREAD

General Guidelines

- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Limitations

- 24 matches permitted during the season.
- Adhere to local county guidelines.

Pre-Match Conference

- Limit attendees to the official and the head coach from each.
- All individuals maintain a social distance of 6-feet or greater.
- Suspend handshakes prior to and following the Pregame Conference.

Pre/Post-Match Ceremony

Replace handshakes before and after the game with a social distance acknowledgement of the team's choosing.

Tennis Ball Sanitation

- Practice caution with the tennis balls and avoid letting the participants touch them.
- Try to restrict balls to a particular group, court or day of the week. One idea is to label them with a permanent marker.
- Consider spraying tennis balls briefly with a disinfectant spray (e.g., Lysol or Clorox) at the conclusion of play.
- Using new balls on a very regular basis is highly encouraged.



Equipment & Accessories

- Use alcohol-based disinfectant to clean all tennis gear, including racquets, towels, target cones, ball machines, etc.
- Permissible face coverings are required to be worn at all times by all attendees present.
- Gloves are permissible.
- Players shall utilize their own equipment bin for all personal gear on the sideline.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Officials' Uniform & Equipment

- By state association adoption, long-sleeved shirts are permissible. (5-1-3)
- Face coverings are permissible.
- Gloves are permissible.



2020-21 TRACK & FIELD GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

WIDESPREAD

General Guidelines

- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Modifications

- To limit contact: athletes can provide their own implements (that pass inspection) and retrieve their own implements after all throws.
If athletes can't provide their own implements, then it is recommended that implements be sanitized between each use.
- To lower the risk of these events meets can cover high jump or pole vault pits with a tarp that is removed and disinfected after each athlete (therefore multiple tarps needed to keep event moving).
- Sprint, Hurdle, relay events run entirely in lanes, may use every other lane to assist with distancing.

Pre-Post Meet Ceremony

Do not shake hands before or after the races/events.

Pre-Post Meet Conference

- Follow social distancing guidelines:
Clerking at the start line,
Tabulations and posting of results.
- Officials continue to use their own personal equipment

Equipment Sanitation

- Blocks should be disinfected after each heat/race.
- Schools/competitors can bring their own batons, or they should be disinfected after each heat/race.



Equipment & Accessories

- Permissible face coverings are required to be worn at all times by all attendees present.
- Players shall utilize their own equipment (implements, vaulting poles).
- Sanitize all equipment and accessories.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

State Championship

- Awards ceremonies will be limited to ensure safe social distancing and to minimize mass gatherings.
- Social distancing measures shall be in place at all times other than when engaged in competition.



2020-21 VOLLEYBALL GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

MODERATE

General Guidelines

- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Limitations

- 28 matches permitted during the season.
- Adhere to local county guidelines.

Pre-Game Conference

- Move the location of the pre-match conference to center court with one coach and one referee positioned on each side of the net. All four individuals maintain a social distance of 6-feet.
- Limit attendees to one coach from each team, first referee and second referee.
- Suspend the use of the coin toss to determine serve/receive. The visiting team will serve first in set 1 and alternate first serve for the remaining non-deciding sets.
- Suspend roster submission at the pre-match conference. Rosters are submitted directly to the officials' table before the 10-minute mark.

Team Benches

- Suspend the protocol of teams switching benches between sets.
- Chairs shall not be permitted on the sideline except for coaching staff. Players shall stand while observing social distance requirements. Coaching staff may sit but must also honor social distance requirements.
- Spectators shall not be permitted behind team benches.

Deciding Set Procedures

Move the location of the deciding set coin toss to center court with team captains and the second referee maintaining the appropriate social distance of 6-feet. A coin toss, called by the home team, will decide serve/receive.



Substitution Procedures

Maintain social distancing of 6 feet between the second referee and the player and substitute by encouraging substitutions to occur within the substitution zone closer to the attack line.

Officials' Table

Limit to essential personnel which includes home team scorer, libero tracker and timer with a distance of 6-feet between individuals. Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.

Pre/Post-Game Ceremony

Replace handshakes before and after the match with a social distance acknowledgment of the team's choosing.

Volleyball Sanitation

Games shall utilize a three-ball rotation, ensuring that anytime a ball goes out of play it shall be sanitized thoroughly with a bleach wipe before returning to the rotation.

Equipment & Accessories

- Permissible face coverings are required to be worn at all times by all attendees present.
- Gloves are permissible.
- Players shall utilize their own equipment bin for all personal gear on the sideline.

Uniform

- Long sleeves are encouraged to reduce skin contact with the ball.
- Long pants and undergarments are permissible.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Officials' Uniform & Equipment

- By local association adoption, long-sleeved, all-white/all-blue collared polo shirt/sweater are permissible.
- Electronic whistles shall be utilized to minimize the spread of respiratory particles.
- Permissible face coverings are required.
- Gloves are permissible.

Boys Regional Championships

- Qualifying teams reduced to eight (8) per division.
- All games played at host school sites.
- Championships shall be single elimination.
- Awards ceremonies will be limited to ensure safe social distancing and to minimize mass gatherings.



2020-21 WATER POLO GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

MODERATE

General Guidelines

- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Limitations

- Adhere to local county guidelines.

Pre-Game Captains Meeting

- Limit attendees to Head Coach and one participant of both teams and officials.
- Participants must maintain social distancing protocols during the conference.
- No handshakes.

Team Benches

- Teams should be seated on opposite sides of the pool and away from the officials table.
- To promote social distancing, substitute players may be in the water behind the goal line outside the re-entry area, at least 2-meters from the goal, provided this is possible on both ends of the field of play.
- Head coaches shall sit or stand behind the goal line in the team area when the team is on defense and shall maintain 6-feet of distance from players and officials. Spectators shall not be permitted near the pool deck.
- Suspend the protocol of teams switching benches between game quarters, unless this leads to an unfair advantage due to sunlight.
- Spectators shall not be permitted behind team benches.

Post-Game Procedures

Replace handshakes after the game with a social distance acknowledgment of the team's choosing.



Game Officials

- Require a distance of 6-feet between individuals seated at the desk/table.
- Officials should wear permissible facial coverings.
- The re-entry areas should be set up on the opposite side from the score table with the goal judges situated on the same side as the score table, each on the goal line at the end of the field of play. If facility constraints make this difficult, configure the deck set-up in a way that promotes 6-feet of social distancing.
- The game timer can also act as shot clock timer, consolidating working positions at the table.
- The duties of the exclusion secretary can be combined with the scorekeeper to consolidate working positions at the table.

Equipment Sanitation

Games shall utilize a three-ball rotation, ensuring that anytime a ball goes out of play it shall be sanitized thoroughly with a bleach wipe before returning to the rotation.

Equipment & Accessories

- Permissible face coverings are required to be worn at all times by all attendees present.
- Players shall utilize their own equipment (swim cap).
- Sanitize all equipment and accessories after each game.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Referees Control Over Conduct

- After the pre-game captains meeting, the head coach and captain(s) are the only individuals authorized to address the referees.
- Alternative methods of communication should be established to encourage 6-feet of social distancing.

Submission of Entries to Referee

Alternative forms of roster submission can be designed to reduce face-to-face interaction when submitting a proper roster, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries.

- For example, teams may provide a pre-printed roster for all levels prior to the game so that only the game secretary is handling the game book and writing utensils.



2020-21 WRESTLING GUIDELINES & COVID-19 MODIFICATIONS

Foundational Statement

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

MINIMAL

General Guidelines

- Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Limitations

- 40 matches permitted during the season.
- Teams may have more than one team dual in a day but must keep teams separated to meet social distancing guidelines. Only two teams will be allowed to compete at the same time.
- Contests must be scheduled to allow for appropriate cleaning and sanitizing when a new team comes to the facility.
- Adhere to local county guidelines.

Weigh-ins

Weigh-ins should be completed one team at a time.

Team Benches

Adhere to physical distancing guidelines. Only one coach and one athlete per team will be permitted on the mat during a match.

Warm-ups

When a wrestling room is available, the home team should use the wrestling room for their warm-up.

Officials' Table

Assigned seating for essential bench personnel is recommended with a distance of 6-feet between them.



Pre/Post-Game Ceremony

Replace handshakes before and after the match with a social distance acknowledgment of the team's choosing.

Mat Sanitation

Contests must be scheduled to allow for appropriate cleaning and sanitizing when a new team comes to the facility.

Equipment & Accessories

- Permissible face coverings are required to be worn at all times by all attendees present.
- Players shall utilize their own equipment bin for all personal gear on the sideline.

Uniform

- Compression shirts are encouraged to reduce skin contact.
- Long pants and undergarments are permissible.

Water Bottles & Hydration Stations

- Team members shall not share water bottles.
- Hydration stations may be utilized but shall be touched only by a single appointed monitor.

Officials' Uniform & Equipment

- By local association adoption, long-sleeves are permissible.
- Electronic whistles shall be utilized to minimize the spread of respiratory particles.
- Permissible face coverings are required.
- Gloves are permissible.
- Pre-and post-game handshakes will no longer be used. An alternate form of social distancing acknowledgment may be used.

State Championships

At this time there are no changes to qualification procedures for the state tournament. This is subject to change without advanced notice.