California Interscholastic Federation

Education-Based Athletics
COVID-19 Modifications

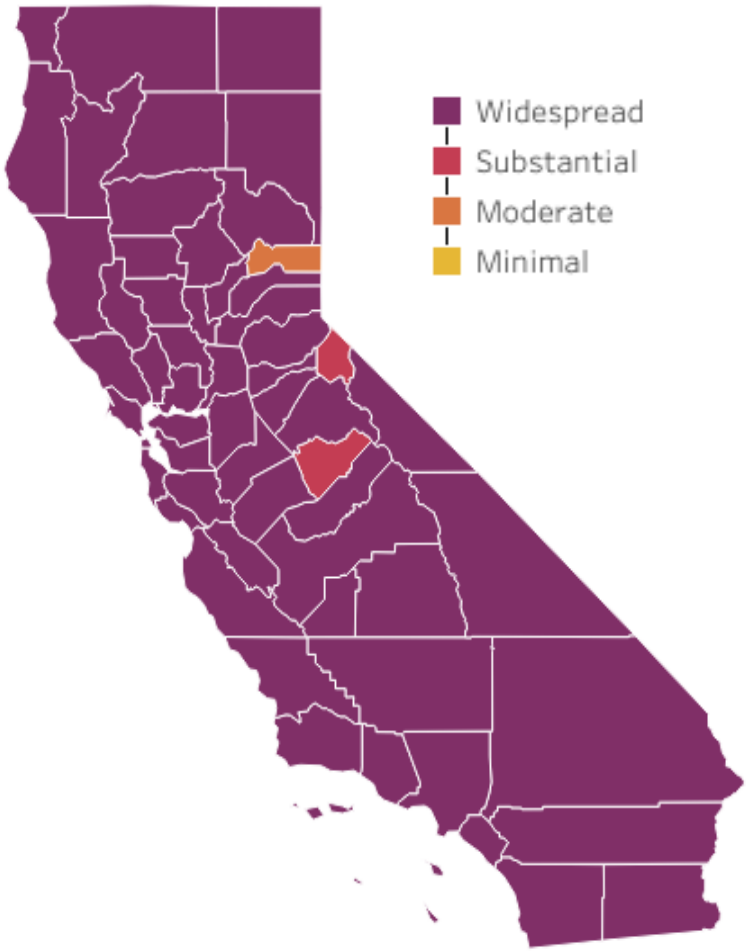
- ***Information is current as of December 22, 2020***
- ***CDPH Youth Sports Guidelines***
- ***CIF Guidelines will be adjusted weekly***
- ***In the event of a positive test for COVID-19, schools will follow the current CDPH Guidelines for Schools***
- ***Any student-athlete testing positive for COVID-19 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*

December 22, 2020
County Tier Status



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.