



EDUCATION-BASED ATHLETICS COVID-19 MODIFICATIONS

- Information is current as of January 12, 2021
- [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):

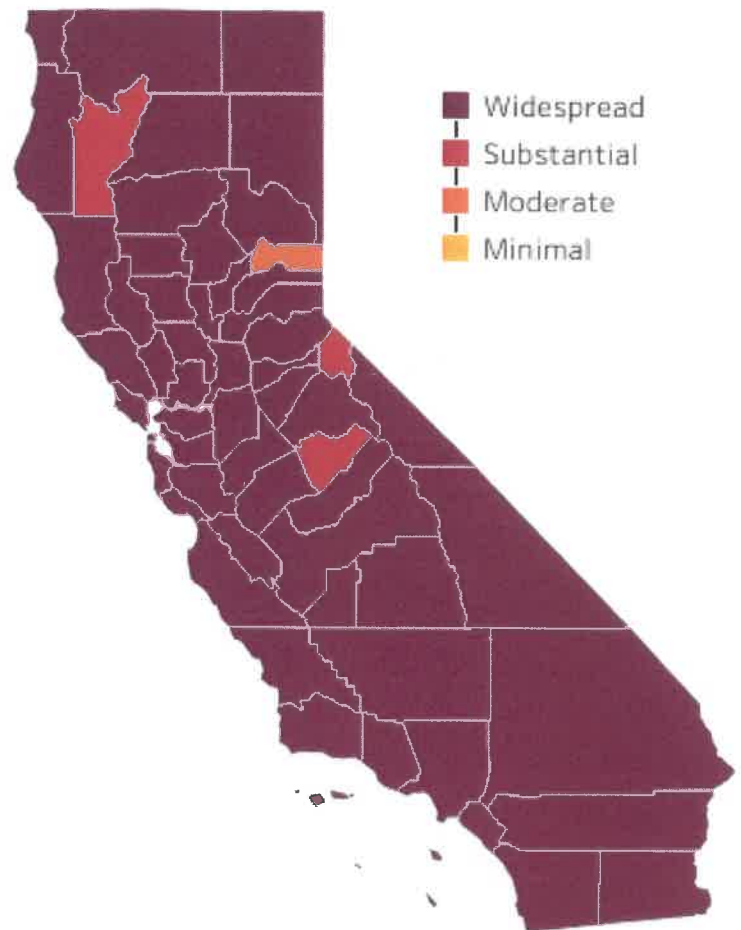
Traditional Competitive Cheer, Cross Country, Field Hockey, Football, Gymnastics, Skiing/Snowboarding, Girls Volleyball, Water Polo

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*

January 12, 2021 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.

California Interscholastic Federation



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.

State Championships

- 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.

California Interscholastic Federation



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 should be worn at all times by all individuals participating in the activity, even with heavy exertion as tolerated.
- 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.

California Interscholastic Federation



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

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 Takoff 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 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.



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 should be worn at all times by all individuals participating in the activity, even with heavy exertion as tolerated.
- 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.