

## **Return to Activities 1.0**

**On July 29<sup>th</sup>, 2020, the IHSA Board modified the Return to Activities to reflect the following:**

Certain fall sports will not be allowed to happen in the fall; as a result the IHSA calendar will be adjusted with the following tentative timelines.

- Teams will play shortened regular season schedules in Winter, Spring, and Summer
- State Series events for all sports will be determined on a sport by sport basis.
- Activities that can happen virtually can remain in their traditional seasons.
- Activities that can't happen virtually could potentially need to adjust their seasons.
- **On July 29<sup>th</sup>, 2020, the IHSA Board modified the current Phase 4 Return to Play Guidelines to allow for fall contact days to begin on Monday of Week 10 (September 7, 2020) and continue until the end of Week 17 (October 31, 2020). There is a 20-day limit on contact days during that time period for any sport not in season.**

### **Fall (August 10 – October 24, 2020 in “traditional” season)**

Boys & Girls Golf - in groups of 50 or less where multiple groups are distanced a minimum of 30 ft apart. Competitions should be within an Illinois COVID Region or within a conference.

Girls Tennis - in groups of 50 or less where multiple groups are distanced a minimum of 30 ft apart. Competitions should be within an Illinois COVID Region or within a conference.

Boys & Girls Cross Country – in groups of 50 or less where multiple groups are distanced a minimum of 30 ft apart. Competitions should be within an Illinois COVID Region or within a conference.

Girls Swimming & Diving - less than 50 in attendance with multiple groups distancing 30 ft. apart. Competitions should be within an Illinois COVID Region or within a conference.

- Spectator and group gatherings subject to IDPH guidelines during this time (less than 50 participants, social distancing, etc...).

NOTE: Football, Girls Volleyball and Boys Soccer moved to a Spring 2021 season – See Below.

**If a school does not have a girls' volleyball and/or a boys' football team, schools may conduct Softball and Baseball seasons respectively in accordance with current IHSA By-laws 5.010 and 5.260.**

- Spectator and group gatherings subject to IDPH guidelines for outside activities.

### **Winter (Nov. 16, 2020 – Feb. 13, 2021)**

Boys & Girls Basketball

Wrestling

Boys Swimming & Diving

Competitive Cheerleading

Competitive Dance

Boys & Girls Bowling

Girls Gymnastics

- Contests can begin Nov. 30 within an Illinois COVID Region or within a conference.
- Schools limited to a maximum of 2 contests per week and no tournaments/events of more than 3 teams.
- Spectator and group gatherings subject to IDPH guidelines during this time.
- State Series TBD.

### **Spring (Feb. 15 – May 1)**

Football

Boys Soccer

Girls Volleyball

Boys & Girls Cross Country

Girls Swimming & Diving

Girls Badminton

Boys Gymnastics

Boys & Girls Water Polo

- Contests can begin March 1 in all sports except football which may begin on March 5 to allow for acclimatization.
- Schools limited to a maximum of 2 contests per week and no tournaments/events of more than 3 teams. (Football is allowed one game/week)
- Spectator and group gatherings subject to IDPH guidelines during this time.
- State Series TBD.
- Football: Schools should anticipate a 7 game regular season followed by a regional post season at minimum.

## Summer (May 3 – June 26)

Baseball

Softball

Boys & Girls Track & Field

Girls Soccer

Boys Volleyball

Boys & Girls Lacrosse

Boys Tennis

- Contests can begin on May 17
- Maximum of 2 events per week. (exception: baseball/softball can play 3 games in a given week if one of the events is a DH)
- Spectator and group gatherings subject to IDPH guidelines during this time.
- State Series TBD.

<u>Sport/Activity</u>	<u>Traditional Season</u>	<u>2020-21 Season</u>	<u>Start Date</u>	<u>End Date</u>
Boys/Girls Golf	Fall	Fall	August 10	Oct. 24
Girls Tennis	Fall	Fall	August 10	Oct. 24
Boys/Girls Cross Country	Fall	Fall	August 10	Oct. 24
Girls Swimming & Diving	Fall	Fall	August 10	Oct. 24
Boys & Girls Basketball	Winter	Winter	Nov. 16	Feb. 13
Wrestling	Winter	Winter	Nov. 16	Feb. 13
Boys Swimming & Diving	Winter	Winter	Nov. 16	Feb. 13
Cheerleading	Winter	Winter	Nov. 16	Feb. 13
Dance	Winter	Winter	Nov. 16	Feb. 13
Boys/Girls Bowling	Winter	Winter	Nov. 16	Feb. 13

Girls Gymnastics	Winter	Winter	Nov. 16	Feb. 13
Football	Fall	Spring	Feb. 15	May 1
Boys Soccer	Fall	Spring	Feb. 15	May 1
Girls Volleyball	Fall	Spring	Feb. 15	May 1
Girls Badminton	Spring	Spring	Feb. 15	May 1
Boys Gymnastics	Spring	Spring	Feb. 15	May 1
Boys/Girls Water Polo	Spring	Spring	Feb. 15	May 1
Baseball	Spring	Summer	May 3	June 26
Softball	Spring	Summer	May 3	June 26
Boys/Girls Track & Field	Spring	Summer	May 3	June 26
Girls Soccer	Spring	Summer	May 3	June 26
Boys Volleyball	Spring	Summer	May 3	June 26
Boys/Girls Lacrosse	Spring	Summer	May 3	June 26
Boys Tennis	Spring	Summer	May 3	June 26