**All Sports Guidance**

This guidance pertains to all youth and adult recreational sports, including, but not limited to, school-based sports (IHSA & IESA), travel clubs, private leagues and clubs, recreational leagues and centers, and park district sports programs. This guidance does NOT pertain to professional sports leagues or college division level sports.

**These guidelines do not apply to adult sport activities subject to existing DCEO guidance identified below:**

- For golf, refer to existing guidance on the DCEO website.
- For tennis, refer to existing guidance on the DCEO website.

This guidance will be regularly updated as public health conditions change and new information becomes available.

Sports are categorized based on their inherent risk level, dictated by the amount of contact between athletes and their proximity during play.

**Sports Risk Levels**

| Sport | Risk Level |
|---|---|
| Boxing | Higher |
| Competitive Cheer | Higher |
| Competitive Dance | Higher |
| Football | Higher |
| Hockey | Higher |
| Lacrosse | Higher |
| Martial Arts | Higher |
| Rugby | Higher |
| Ultimate Frisbee | Higher |
| Wrestling | Higher |
| Basketball | Medium |
| Fencing | Medium |
| Flag Football or 7v7 Football | Medium |
| Paintball | Medium |
| Racquetball | Medium |
| Soccer | Medium |
| Volleyball | Medium |
| Water Polo | Medium |
| Wheelchair Basketball | Medium |
| Archery | Lower |
| Badminton | Lower |
| Baseball | Lower if at least 6-feet apart in dugout areas, or players seated 6-feet apart in bleachers behind dugout, otherwise considered Medium |
| Bass Fishing | Lower if limit number of individuals on boat to allow for social distancing, otherwise Medium |
| Bowling | Lower |
| Climbing | Lower |
| Crew | Lower |

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|---|---|
| Cross Country | Lower if number of teams is significantly limited and physical workspace guidelines followed |
| Cycling | Lower if individual or use only every other track in velodrome, otherwise Medium |
| Disc Golf | Lower |
| Scholastic Golf | Lower |
| Gymnastics | Lower if able to clean equipment between participants, otherwise Medium |
| Horseback Riding | Lower |
| Ice Skating | Lower if singles only, otherwise Higher |
| Ropes Courses | Lower if able to socially distance and clean between each individual, otherwise Higher |
| Sailing, Canoeing, Kayaking | Lower if limited number on boat to socially distance, otherwise Higher |
| Sideline Spirit | Lower if 6-feet apart and no stunts or lifts, otherwise Higher |
| Skateboarding | Lower |
| Softball | Lower if at least 6-feet apart in dugout areas, or players seated 6-feet apart in bleachers behind dugout, otherwise considered Medium |
| Swimming/Diving | Lower if restricted to single lane and singles diving; no relays, synchronized swimming, or paired diving, otherwise Medium |
| Tennis | Lower |
| Track and Field | Lower if delayed starts, every other track, and cleaning of equipment between usage; otherwise Medium |
| Weight Lifting | Lower if able to clean between each individual, otherwise Medium |

The level of play allowed is dictated by current public health conditions.
Below are the **Type of Play Levels**:

Level 1: No-contact practices and trainings only
Level 2: Intra-team scrimmages allowed, with parental consent for minors; no competitive play
Level 3: Intra-conference or Intra-EMS-region[1] or intra-league play/meets only; state- or league-championship game/meet allowed for low-risk sports only
Level 4: Tournaments, out-of-conference/league play, multi-team meets, out-of-state play allowed; championship games allowed

**Current Conditions Allow for the Following Types of Play per Sport Risk Level:**

- Lower-risk sports can currently play at Levels 1, 2, and 3
- Medium-risk sports can currently play at Level 1 and 2
- Higher-risk sports can currently play at Level 1

[1] EMS Regions are the 11 regions IDPH uses for the Restore Illinois boundaries