

Winter Updates to All Sports Policy

This guidance issued by the Department of Commerce and Economic Opportunity (DCEO), the Illinois Department of Public Health (IDPH), and the Illinois State Board of Education (ISBE) pertains to all youth and adult recreational sports, including, but not limited to, school-based sports (high school and elementary school), 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](#).

Wearing face coverings or masks, including during competition, may further reduce the transmission of disease and is recommended for all sports below where face coverings do not unduly interfere with participation.

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

HIGHER RISK	MODERATE RISK	LOWER RISK
<ul style="list-style-type: none"> • Basketball • Boxing • Football • Hockey • Lacrosse • Martial Arts • Rugby • Ultimate Frisbee • Wrestling 	<ul style="list-style-type: none"> • Fencing • Flag Football or 7v7 Football • Paintball • Racquetball • Soccer • Volleyball • Water Polo • Wheelchair Basketball 	<ul style="list-style-type: none"> • Archery • Badminton • Baseball • Bass Fishing • Bowling • Competitive Cheer • Competitive Dance • Climbing • Crew • Cross Country • Cycling • Disc Golf • Golf • Gymnastics • Horseback Riding • Ice Skating • Ropes Courses • Sailing, Canoeing, Kayaking • Sideline Spirit • Skateboarding • Softball • Skiing • Swimming/Diving • Tennis • Track and Field • Weight Lifting

Additional detailed guidance on sport-specific mitigation efforts, including appropriate distance, cleaning of equipment, and use of masks by participants, are included below.

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, 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

The following mitigation efforts can lower the risk of COVID-19 transmission while engaged in the following sports:

Baseball	Maintain at least 6-feet apart in dugout areas or if players are seated in bleachers behind dugout
Basketball	Maintain at least 6 feet of distance on the bench
Bass Fishing	Limit number of individuals on boat to allow for social distancing
Bowling	Clean and sanitize equipment, including bowling balls
Competitive Cheer	Minimize contact between participants by maintaining at least 6 feet of distancing on the floor during routines, including when changing formations, and by prohibiting lifts, stunts, pyramids, and tosses as well as shared equipment (e.g., signs, flags, poms)
Competitive Dance	Minimize contact between dancers by maintaining at least 6 feet of distance (i.e., spacing) on the floor during routines, including when changing formations, and by prohibiting lifts and stunts and shared equipment (e.g., poms)
Cross County	Significantly limit the number of teams and follow physical workspace guidelines
Cycling	Play individually or use only every other track in velodrome

Gymnastics	Clean equipment between participants and limit sharing of personal equipment or materials (e.g., chalk)
Ice Skating	Play individually
Ropes Courses	Maintain at least 6 feet of socially distance and clean equipment between each individual
Sailing	Limit number on boat to socially distance
Sideline spirit	Maintain social distance at least 6-feet apart and do not perform stunts or lifts
Softball	Maintain at least 6-feet apart in dugout areas or when players are seated in bleachers behind dugout
Swimming/Diving	Restrict play to a single lane and singles diving; no relays, synchronized swimming, or paired diving
Tennis	Minimize touching of shared objects and limit play to singles
Track and Field	Apply delayed starts, use every other track, and clean equipment between usage
Volleyball	Maintain distance of at least 6 feet between players on each side of net and on the bench; clean and sanitize shared equipment
Weight Lifting	Clean between each individual

Follow the latest regional metrics at: <https://dph.illinois.gov/regionmetrics>

For more information on guidance for businesses, please visit the [FAQ on DCEO's website](#).