



# EDUCATION BASED ATHLETICS

## COVID 19 MODIFICATIONS

- Information as of December 15, 2020

- CIF Youth Sports
- CIF Guidelines will
- Any student athlete
- School district
- governing

### CIF Season 1 Sports (January - April):

Cheerleading, Cross Country, Field Hockey, Football, Gymnastics, Skiing/Snowboarding, Girls Volleyball, Water Polo

### CIF Season 2 Sports (March - June):

Badminton, Baseball, Basketball, Golf, Lacrosse, Soccer, Softball, Swimming & Diving, Tennis, Track & Field, Boys Volleyball, Wrestling



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### WIDESPREAD

Sports allowed in this tier: Cross Country, Golf, 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: Football, Water Polo, and Wrestling.

### MINIMAL

Sports allowed in this tier: Badminton, Basketball, Lacrosse, Soccer, Softball, Swimming & Diving, Tennis, Track & Field, and Volleyball.

and may be used in conditioning practices and drills. Competition is not allowed in order to compete.