

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

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-region¹ 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

