

## **IESA CONTACT DAYS POLICY**

During the Fall Contact Period, schools can conduct contact days that are consistent with the Illinois All-Sports Policy guidelines. As a reminder, the Fall Contact Period is an optional period of participation for students and participation or lack thereof during this time cannot be used as criteria for the selection of a school's team during the team's established season.

### **November 2 – December 18 (7 weeks)**

Sports that are not in season can have a maximum of 15 contact days for coaches to provide instruction in the skills and techniques of each sport. Open gyms and open weight rooms can continue during this time and throughout the entire school year, following the open gym by-law (3.150).

#### **Low-risk sports**

- track & field, bowling
- Teams in low-risk sports can have intra-squad scrimmages with their own players.

#### **Medium-risk sports**

- basketball, volleyball
- Teams in medium-risk sports can have intra-squad scrimmages with their own players if parents give consent for their children to participate in these scrimmages.
- Schools develop their own local consent forms.
- Students must wear face coverings during intra-squad scrimmages in medium-risk sports when indoors. When students and coaches are social distancing outdoors, face coverings do not need to be worn.

#### **High-risk sports**

- competitive cheerleading, wrestling
- Teams in high-risk sports can have no-contact practices and trainings.
- Team in high-risk sports are not allowed to have intra-squad scrimmages.

Schools are not allowed to scrimmage or have contests with other schools in any sports during the Fall Contact Period.