

IHSA Sports Restrictions

WINTER, SPRING & SUMMER

RISK LEVEL	SPORT	PHASE 4	TIER 1	TIER 2	TIER 3
Lower	<p>Winter: Badminton B. Swim/Dive Cheerleading Dance Bowling G. Gymnastics</p> <p>Spring: B. Gymnastics</p> <p>Summer: Baseball Softball Track B. Tennis</p>	Tournaments, Out-of-Conference games, Out-of-State games, Championship games	Tournaments, Out-of-Conference games, Out-of-State games, Championship games	Intra-Conference & Intra-EMS Regions Games, Championship games	<p>PAUSE all Indoor Sports</p> <p>Outdoor Sports allowed non-contact practices and training</p>
Moderate (Outdoor)	<p>Spring: B. Soccer</p> <p>Summer: G. Soccer</p>	Tournaments, Out-of-Conference games, Out-of-State games, Championship games	Intra-Conference & Intra-EMS Regions Games	<p>Intra-Team Scrimmage (Parent consent for minors)</p> <p>No Games</p>	
Moderate (Indoor)	<p>Spring: G. Volleyball Water Polo</p> <p>Summer: B. Volleyball</p>	Intra-Conference & Intra-EMS Regions Games	Intra-Conference & Intra-EMS Regions Games	<p>Intra-Team Scrimmage (Parent consent for minors)</p> <p>No Games</p>	
Higher	<p>Spring: Winter Basketball</p> <p>Summer: LaCrosse Wrestling</p> <p>Spring: Football</p>	Intra-Conference & Intra-EMS Regions Games	<p>Intra-Team Scrimmage (Parent consent for minors)</p> <p>No Games</p>	<p>Non-contact practices, Training Only</p> <p>No Practice or Games</p>	