**CIAC 2020 Fall Sports Regular Season Guidelines**

(Update for 9/16/2020)

The CIAC emphasizes that this plan is fluid and in a perpetual state of evaluation. COVID health metrics and data in Connecticut will continue to be closely monitored and the appropriateness of holding youth sport and/or interscholastic athletic contests can change at any time. The CIAC will continue to consult with our stakeholders and will adjust offerings as appropriate, including the stop of interscholastic athletics should the health metrics direct that action.

**DATES:** For the sports of boys’ soccer, girls’ soccer, girls’ volleyball, field hockey, girls’ swimming, boys’ cross country, and girls’ cross country the regular season begins on September 21, 2020 and extends to November 6, 2020.

**PARTICIPATION**: For the sports of boys’ soccer, girls’ soccer, girls’ volleyball, field hockey, girls’ swimming, boys’ cross country, and girls’ cross country all team members can participate for practices and games during the regular season. Full team practice.

**CONTACT**: For the sports of boys’ soccer, girls’ soccer, girls’ volleyball and field hockey all practices, scrimmages and contests full contact is allowed.

**PROGRESSION**: Coaches must plan for a progression to full speed participation.

**TIME:** September 21 – September 25 – 90 minute practices for all sports.

 September 26 – October 1 – 120 minute practices for all sports.

 Additional time can be spent online with student-athletes.

**FIRST SCRIMMAGE**: For the sports of boys’ soccer, girls’ soccer, girls’ volleyball and field hockey the first scrimmage can take place on September 26.

**FIRST CONTEST**: For the sports of boys’ and girls’ soccer, girls’ volleyball, field hockey, girls’ swimming and boys’ and girls’ cross country the date for the first contest is October 1.

**SPECTATORS**: The CIAC recommends that no spectators will be allowed at contests. Schools should consult with their district and the local department of health.

**FACE COVERINGS**: For the sport of girls’ volleyball all participants must wear a face covering at all times during practices and matches.

**SPORT SPECIFIC GUIDELINES**: Coaches and athletic directors must adhere to the sport specific guidelines posted on the CIAC website at casciac.org.