IHSA Updates - General Information

In all Phases and Tiers, IHSA guidelines require all student-athletes to participate in masks (with the exception of swimming & diving, gymnasts on an apparatus and outdoor events where social distancing can occur) and for all game personnel not participating in the contest to also wear masks and adhere to social distancing.

	Phase 4	Tier 1	Tier 2	Tier 3
Low-Risk Sports	Non-conference contests, out-of-state contests, tournaments & State Series allowed	Non-conference contests, out-of-state contests, tournaments & State Series allowed	Contests allowed within conference & region	Pause all practices & contests
Moderate-Risk Sports	*Outdoor Sports Only (Indoor remain at Tier 1 mitigation)*: Non-conference contests, out-of-state contests, tournaments & State Series allowed	Contests allowed within conference & region	Practices & intra-team scrimmages allowed. No contests or scrimmages vs. other schools	Pause all practices & contests
High-Risk Sports	Contests allowed within conference & region	Practices & intra-team scrimmages allowed. No contests or scrimmages vs. other schools	No contact practices & training	Pause all practices & contests

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