

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.

GENERAL FAQs

- Q. Can a team split into two squads and have contact days with one group on Monday and Wednesday and a different group on Tuesday and Thursday?
- A. Yes. However, the school would have to divide the coaching responsibilities in this situation since each coach is limited to 15 contact days with team members. In this example, if a team splits up and meets four days each week during the seven weeks of contact days, no coach would be able to instruct students on all 28 days. Each student and each coach are limited to 15 contact days.
- Q. Do virtual team meetings count as contact days?
- A. No. As we continue to deal with COVID-19 and our return to activities, virtual meetings are permitted and do not constitute the use of a contact day.
- Q. Are students allowed to participate on non-school teams this fall?
- A. Yes
- Q. During the school year, can a group of students who are all from the same school make up the entire roster of a non-school team? Can that team practice and participate in contests during the school year?
- A. Yes – to both questions. However, a team like this must be completely independent from the school- schools may not raise funds for the non-school team, or transport students to/from practice and contests, provide equipment and/or uniforms.
- Q. Are students and coaches required to wear face coverings when participating in contact days indoors?
- A. Yes
- Q. Are students and coaches required to wear face coverings when participating in contact days outdoors?
- A. Yes. However, students and coaches are not required to wear face coverings outdoors when they are socially distant.
- Q. Are schools allowed to hold open gyms and/or open weight rooms this fall?
- A. Yes. Schools can hold open gyms and/or open weight rooms throughout the school year, provided they are advertised and open to all students. See IHSA by-law 3.150 for more details about open gyms.
- Q. Do open gyms count as contact days this fall?
- A. No. Since coaches are not allowed to instruct students during open gyms, they are not considered contact days.
- Q. If a certain sport conducts a sport-specific weight room session, does it count as a contact day for that sport?
- A. Yes
- Q. What if a school or coach has a question that isn't addressed in this document?
- A. The school or coach should contact the IESA Sport Administrator in charge of the particular sport or activity.

COMPETITIVE CHEERLEADING FAQs

What kinds of activities can schools conduct for competitive cheerleading during the Fall Contact period?

Competitive Cheer Rules Modifications/Considerations:

- Cheerleader to cheerleader contact will not be allowed.
- Tosses, Pyramids, and Partner Stunts are prohibited. (NFHS Rules 3-2 through 3-7)
- Participants should be appropriately spaced to ensure proper social distancing, 6-ft apart.
- Masks must be worn indoors.
- Poms, signs, banners, flags, etc. or any other equipment should not be shared.