

PGHS ATHLETICS

UPDATE - COMPETITION



CIF REVIEW - COMPETITION

January 25, 2021, the California Department of Health and the CIF allowed competition under the guidelines outlined for sports based on a colored tier system.

- Widespread/Purple Tier - Cross Country, Golf, Swimming, Tennis, Track, and Field
- Substantial/Red Tier - Baseball, Softball
- Moderate/Orange Tier - Football, Boys Lacrosse, Soccer, Volleyball, Water Polo
- Minimal/Yellow Tier - Basketball, Competitive Cheer, Wrestling

In addition, the **Pacific Coast Athletic League (PCAL) Board of Managers** met and took the following action regarding PCAL sports for the remainder of the 2020-2021 school year: effective immediately, the formal league schedules in all sports are suspended for the remainder of the year. This was done to give all 34 league schools, their districts, and governing Boards the maximum flexibility to provide their students with sports experiences when and as the current restrictions change and their local situations allow.

CIF UPDATE - COMPETITION

February 26, 2021, the CIF implemented new conditions for athletic competition as follows:

Teams listed in red and orange tiers can now compete regardless of county tier status if the county gets to 14:100000 or less. If competition for high and moderate contact sports is permitted to resume in a county pursuant to this updated guidance, competition is not required to stop if the county's adjusted case rate exceeds the 14 to 100000 threshold.

- a. Red (Outdoor Moderate Contact Sports) for PGHS = Baseball and Softball
- b. Orange (Outdoor High-Contact Sports) for PGHS = Football, Soccer, Waterpolo, Boys Lacrosse

CIF UPDATE - COMPETITION

CIF Season 1 Sports (January - April):

Traditional Competitive Cheer, Cross Country, Field Hockey, Football, Gymnastics, Skiing/Snowboarding, Girls Volleyball, Water Polo

CIF Season 2 Sports (March - June):

Badminton, Baseball, Basketball, Competitive Sport Cheer, Golf, Lacrosse, Soccer, Softball, Swimming & Diving, Tennis, Track & Field, Boys Volleyball, Wrestling

^Please refer to respective CIF Sections for verification of seasons of sport

****Outdoor Sports in Red (Substantial) and Orange (Moderate) Tiers may hold competitions, regardless of county tier status, if respective county COVID-19 adjusted case rate is equal to or less than 14 per 100,000.***

*Additionally, the sports of **football and water polo** must conduct COVID-19 testing. Please visit the [CDPH Youth Sports Guidelines](#) for further details regarding testing.*

Please visit the [State Dashboard](#) for the latest county case rate data.

March 2, 2021

County Tier Status



CIF REGULATIONS, GUIDELINES, PROCEDURES - COMPETITION

- Teams listed in red and orange **can now compete** regardless of county tier status if the county gets to **14:100000 or less**.
- Red (**Outdoor Moderate Contact Sports**) for PGHS = Baseball and Softball
- Orange (**Outdoor High-Contact Sports**) for PGHS = Football, Soccer, Waterpolo, Boys Lacrosse
- **FOOTBALL** is now allowed to compete with the following conditions
 - COVID testing all athletes and coaches once per week until the county reaches the red tier. OptimServe contract for COVID testing.
 - If competing testing performed with test results made available within 24 hours of play.
 - Testing when adjusted case rates for the county are between 14-7 per 100000
- **Informed consent.** Parents/guardians must sign an informed consent document before a student can participate in red and orange classified sports - if that sport were to compete outside of the designated tier.

CIF REGULATIONS, GUIDELINES, PROCEDURES - COMPETITION

COVID-19 SAFETY PROCEDURES - EXAMPLE FOOTBALL

General Guidelines

- Masks are recommended to be worn at all times by all individuals participating in the activity, even with heavy exertion as tolerated.
- Social distancing measures shall be in place at all times other than when engaged in competition.

Event Limitations

- 10 games permitted during the season.
- Adhere to local county guidelines.

Pre-Game Conference

- Limit attendees to one captain from each team, Head referee and Umpire.
- Coin toss should take place in the center of the field with designated individuals maintaining social distancing of 6-feet.
- No handshakes prior to and following the coin toss.
- Maintain social distancing of 6 feet while performing all pregame responsibilities with all officiating crew members, game administration staff, line-to-gain crew, clock operators, individuals handling the balls during the game and team personnel.

Team Benches

- The team box may be extended on both sides of the field to the 10-yard lines (for players only) in order for more social-distancing space for the teams.
- Maintain social distancing of 6-feet at all times while in the team box.

Pre/Post-Game Ceremony

Replace handshakes after the game with a social distance acknowledgment of the team's choosing.

Football Sanitation

Games shall utilize a three-ball rotation, ensuring that anytime a ball goes out of play it shall be sanitized thoroughly with a bleach wipe before returning to the rotation.