

## Team Sports on Pause

[Contact \(/DECD/Content/Coronavirus-Business-Recovery/Team-Sports-on-Pause/Contact\)](#)

Provided by:

**[Connecticut Department of Economic and Community Development \(/DECD\)](#)**

### Overview

#### **Team Sports on Pause – 11/23/2020 through 1/19/2021**

\* Pause affects all sporting activities except for Collegiate and Professional. Teams that view themselves as professional must obtain approval from DECD. \*

\* Masks now required in Gyms and Fitness Centers, no exceptions \*

*“Team” is defined as a group of more than 4 people jointly engaged in an organized or recreational athletic activity on a court, field, etc.*

#### **What is prohibited during Team Sports on Pause:**

- Participation in High Risk Sports (other than conditioning/non-contact drills)
- All Team scrimmages, competitions, camps, clinics and tournaments (including all interscholastic, “pick-up” games, and other informal athletic activities)
- Participation in any out-of-state Team practices (including conditioning), competitions, camps, clinics and tournaments by CT residents
- Participation in competitions, camps, clinics, tournaments in CT by out-of-state Teams
- Teams are **not** able to break up into smaller groups to practice or compete (e.g. a 20 person team practicing or competing in groups of 4 or less at the same time and location is not allowed)

#### **What is allowed during Team Sports on Pause:**

- [Outdoor Recreation activities \(https://portal.ct.gov/DECD/Content/Coronavirus-Business-Recovery/Sector-Rules-and-Certification-for-Reopen\)](https://portal.ct.gov/DECD/Content/Coronavirus-Business-Recovery/Sector-Rules-and-Certification-for-Reopen)

- Individual and small group training (4 people or fewer)
- Individual and small group Moderate and Low Risk Sports (4 people or fewer)
- Gyms (masks now required, no exceptions, minimum 6 foot spacing and other Sector Rule Safeguards)
- Group Fitness Classes & Dance Studios, Yoga, Martial Arts Instruction, etc.
  - Reduced to 25% capacity (from 50%)
  - Masks now required, no exceptions
  - Subject to minimum 6 foot spacing and other Sector Rule Safeguards
- School Gym Classes (No Team sports subject to Pause to be played)
- Professional teams that obtain DECD approval and Sanctioned Interscholastic College Sports (Recreational/Club sports on college campuses are subject to Team Sports on Pause rules)

**Risk Categorizations with Associated Sports, *National Federation of State High School Associations, Sports Medicine Advisory Committee, May 2020***

**HIGHER RISK**

Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

*Wrestling*

*11-on-11 Football*

*Boys Lacrosse*

*Competitive Cheer*

*Martial Arts*

*Rugby*

*Boxing*

*Competitive Dance Teams*

**MODERATE RISK**

Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.

<i>Basketball</i>	<i>Soccer</i>	<i>7-on-7 football</i>	<i>Rowing/Crew (with two or more rowers in shell)</i>
<i>Volleyball</i>	<i>Water polo</i>	<i>Girls lacrosse</i>	<i>Tennis (doubles)</i>
<i>Baseball</i>	<i>Gymnastics</i>	<i>Pole vault</i>	<i>Racquet sports (squash, pickleball, racquetball)</i>
<i>Softball</i>	<i>Ice hockey</i>	<i>High jump</i>	
<i>Swimming relays</i>	<i>Field hockey</i>	<i>Long jump</i>	

### **LOWER RISK**

Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

<i>Individual running events</i>	<i>Running/Cross Country (staggered starts)</i>	<i>Weightlifting</i>	<i>Rowing/Crew (single sculling)</i>
<i>Throwing events (javelin, shot put, discus)</i>	<i>Individual swimming</i>	<i>Alpine skiing/snowboarding</i>	<i>Tennis (singles)</i>
	<i>Golf</i>	<i>Sideline cheer</i>	<i>Fencing</i>