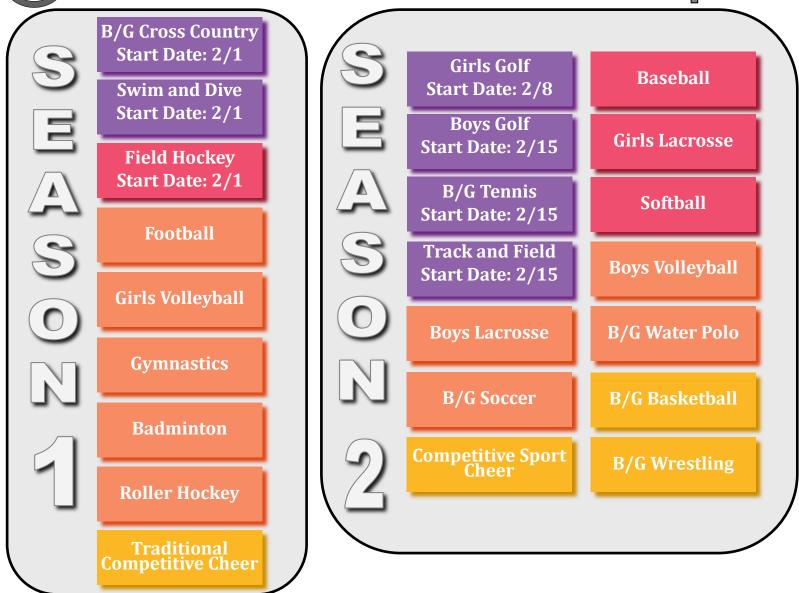
E Information from the 1/13/21 CIF Update



Season 1 sports not in the purple tier (Badminton, Field Hockey, Football, Gymnastics, Roller Hockey, Girls Volleyball & Competitive Cheer) may begin practice specifically <u>following</u> <u>CDPH guidelines</u>, when the county is within one tier of their assigned level <u>and</u> the stay-athome order has been lifted.

Start dates for Season 2 sports not in the purple tier, and the rest of the January 13th update, can be found <u>here on the CIFSDS website</u>.

No athletic competition is allowed to begin until the stay-at-home order is lifted.

Student-Athletes and Coaches may only participate in one cohort (team) at a time, or season.

Though the CDPH and CIF have set the dates upon which sports may begin, the choice to start playing is left up to individual districts and schools.