

For the sake of the safety of our student-athletes and staff, we are proposing a two-part plan that modifies the traditional seasons that high school sports have played in the state of South Carolina.

In this plan, our schools would play four seasons with low and moderate risk sports during the fall and winter seasons, and moderate and high-risk sports in two spring seasons. We attempted to preserve traditional seasons where it was possible and balance the number of sports per season. Additionally, we are suggesting that seasons and playoff rounds be shortened to accommodate four sports seasons during the 2020–2021 school year.

Below are National Federation of State High School Associations (NFHS) and Sports Medicine Advisory Committee's (SMAC) definitions of high, moderate, and low-risk sports:

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

Examples: Wrestling, football, boys lacrosse, competitive cheer, dance

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.

Examples: Basketball, volleyball, baseball*, softball*, soccer, water polo, gymnastics* (if the equipment can't be sufficiently cleaned between competitors), ice hockey, field hockey, tennis*, swimming relays, pole vault*, high jump*, long jump*, girls lacrosse, crew with two or more rowers in shell, 7 on 7 football *Could potentially be considered “Lower Risk” with appropriate cleaning of equipment and use of masks by participants*

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.

Examples: Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, alpine skiing, sideline cheer, single sculling, cross country running (with staggered starts).”

Teams can begin practice two weeks before the start of the season. JV contest numbers will be the same for B and C teams. Only region champions and runners-up make the playoffs. All playoffs are single elimination. Below is one way the sports could be divided throughout the year.

Fall Sept. 21–Nov. 27 (10 weeks)

- Girls Tennis (Moderate*)
- Girls Golf (Low) (Sept 7–Oct 30, 8 weeks)
- G/B Swim (Low/Moderate) (Sept 7- Oct 30, 8 weeks)
- Baseball (Moderate*)
- Softball (Moderate*)
- Girls Lacrosse (Moderate)
- Cross Country (Low)

Winter Nov. 23–Jan. 29 (10 weeks)

- Girls Basketball (Moderate)
- Boys Basketball (Moderate)
- Spirit Cheer (Low)

Spring 1 Jan. 25–April 2 (10 weeks)

- Football (High)
- Volleyball (Moderate*)
- Competition Cheer (High)

Spring 2 March 22–May 28 (10 weeks)

- Track (Low/Moderate)
- Wrestling (High)
- B/G Soccer (Moderate)
- Boys Golf (Low)
- Boys Tennis (Moderate*)
- Boys Lacrosse (High)

Amount of Regular Season Contests Per Sport

- Football — 6 V/JV
- Swim — 4 Meets
- Golf — 8 V / 4 JV
- Volleyball — 12 V / 8 JV
- Cross Country — 5 Meets
- Track — 5 Meets
- Tennis — 12 V / 8 JV
- Wrestling — 8 V / 4 JV
- Basketball — 16 V / 12 JV
- Lacrosse — 12 V / 8 JV
- Baseball/Softball — 16 V / 12 JV
- Soccer — 12 V / 8 JV
- Competitive Cheer — 4 Competitions