

## Guidance list of community sports to resume adult non-contact competition from 11:59pm, 16 September 2020 in Regional Victoria

The activities listed below are advice only and guide individual community sport and recreation organisations to better understand the type of activities that can be undertaken at a safe distance of 1.5 meters during competition. It is the responsibility of community sporting organisations to undertake their own assessment to determine whether activities can maintain the required 1.5m physical distancing requirement.

Please note that only activities that can be conducted outdoors are permitted under the Third Step of the Roadmap

In some circumstances, community sporting organisations may elect to make operational adjustments to activities in order to commence competition from 11:59pm on 16 September 2020. The rules are written so that community sport and recreation organisations can make their own informed assessments about compliance with the [Victorian Chief Health Officer Directions](#).

If you are a professional sporting organisation, please refer to the [Guidance note – Professional Sport](#).

All sports must maintain awareness of the evolving coronavirus (COVID-19) environment and align current practices with informed decisions for athlete and other community sport member safety.

<b>No modifications for competition and full training to resume</b>	No modifications to rules/format are required.
<b>Some modifications for competition and full training to resume</b>	Some minor modifications to rules/format are required where there is incidental physical contact.
<b>Major modifications required, or different format introduced for competition to resume</b>	Major modifications required due to high physical contact. Areas shaded grey highlight where a modified format of a high physical contact activity can be introduced to reduce the spread of COVID19.

Sport/activity	Are modifications required?	What modifications can be easily made to the activity to maintain a 1.5m physical distance?
American Football		Tackling and contact is fundamental to the activity. <ul style="list-style-type: none"> <li>• <i>Modification – Flag football to reduce contact is suggested.</i></li> </ul>
Archery		Can reasonably be done while maintaining 1.5 metres from others
Artistic Swimming		Can reasonably be done while maintaining 1.5 metres from others <ul style="list-style-type: none"> <li>• <i>Modifications required for team events to ensure non-contact between participants.</i></li> </ul>
Athletics		Can reasonably be done while maintaining 1.5 metres from others <ul style="list-style-type: none"> <li>• <i>Modification of running in lanes to maintain physical distancing between athletes suggested.</i></li> <li>• <i>Modification to start lines, marshalling and finish lines may be required</i></li> </ul>
Australian Rules Football		Tackling and contested marking is fundamental to the activity. <ul style="list-style-type: none"> <li>• <i>Modification – AFL 9's without contact or use of tag ribbons are modified formats that can be introduced as non-contact versions.</i></li> </ul>
Badminton		Can reasonably be done while maintaining 1.5 metres from others
Baseball		Can reasonably be done while maintaining 1.5 metres from others <ul style="list-style-type: none"> <li>• <i>Modification required for tagging base runners and physical distancing between catcher, batter, fielders and umpire.</i></li> </ul>
Basketball		Incidental physical contact is a part of the activity.
Biathlon		Can reasonably be done while maintaining 1.5 metres from others
Billiards/snooker		Can reasonably be done while maintaining 1.5 metres from others
Boxing		Physical contact is fundamental to the activity.
BMX		Can reasonably be done while maintaining 1.5 metres from others <ul style="list-style-type: none"> <li>• <i>Modifications to space out participants. Consider limiting numbers in races.</i></li> </ul>
Bocce		Can reasonably be done while maintaining 1.5 metres from others
Bushwalking		Can reasonably be done while maintaining 1.5 metres from others
Calisthenics		Can reasonably be done while maintaining 1.5 metres from others <ul style="list-style-type: none"> <li>• <i>Modifications to duo and team competitions to limit contact between participants.</i></li> </ul>

<b>Canoeing</b>		Can reasonably be done while maintaining 1.5 metres from others
<b>Caving</b>		Can reasonably be done while maintaining 1.5 metres from others
<b>Cheerleading</b>		Can reasonably be done while maintaining 1.5 metres from others <ul style="list-style-type: none"> <li>• <i>Modifications required to limit contact between participants.</i></li> </ul>
<b>Climbing &amp; Abseiling</b>		Can reasonably be done while maintaining 1.5 metres from others
<b>Croquet</b>		Can reasonably be done while maintaining 1.5 metres from others
<b>Cricket</b>		Can reasonably be done while maintaining 1.5 metres from others <ul style="list-style-type: none"> <li>• <i>Fielders maintain physical distancing.</i></li> </ul>
<b>Cycling</b>		Can reasonably be done while maintaining 1.5 metres from others. Riders maintain physical distancing.
<b>Dance Sport</b>		Dancing with a partner is a fundamental part of the activity.
<b>Darts</b>		Can reasonably be done while maintaining 1.5 metres from others
<b>Diving</b>		Can reasonably be done while maintaining 1.5 metres from others with physical distancing between diving partners.
<b>Equestrian</b>		Can reasonably be done while maintaining 1.5 metres from others
<b>Fencing</b>		Can reasonably be done while maintaining 1.5 metres from others
<b>Field Hockey</b>		Some incidental physical contact can occur.
<b>Football (soccer)</b>		Incidental physical contact is a part of the activity. <ul style="list-style-type: none"> <li>• <i>Modified format introduced to ensure no tackling/contact between participants.</i></li> </ul>
<b>Golf</b>		Can reasonably be done while maintaining 1.5 metres from others
<b>Gymnastics</b>		Can reasonably be done while maintaining 1.5 metres from others
<b>Handball</b>		Incidental physical contact is a fundamental part of the activity. <ul style="list-style-type: none"> <li>• <i>Modified format introduced to ensure non-contact between participants</i></li> </ul>
<b>Horse trail riding</b>		Can reasonably be done while maintaining 1.5 metres from others
<b>Indoor cricket</b>		Can reasonably be done while maintaining 1.5 metres from others <ul style="list-style-type: none"> <li>• <i>Fielders maintain physical distancing.</i></li> </ul>
<b>Judo</b>		Physical contact is fundamental to the activity.
<b>Karate</b>		Physical contact is fundamental to the activity. <ul style="list-style-type: none"> <li>• <i>Exceptions - Kata and Kihon are forms of karate that can be practised without contact</i></li> </ul>
<b>Lacrosse</b>		Incidental physical contact is a part of the activity.

Lawn Bowls		Can reasonably be done while maintaining 1.5 metres from others
Modern Pentathlon		Modification of running in lanes to maintain physical distancing between athletes. <ul style="list-style-type: none"> <li>• <i>Modifications at start and finish to ensure distance maintained between athletes</i></li> </ul>
Motorsport (CAMS)		Can reasonably be done while maintaining 1.5 metres from others
Mountain bike riding		Can reasonably be done while maintaining 1.5 metres from others
Netball		Some incidental contact can occur. Spacing between attacking and defending players is strictly enforced to ensure no contact.
Orienteering		Can reasonably be done while maintaining 1.5 metres from others
Para-Athletes Sports (General)		Dependent on activity
Pony club		Can reasonably be done while maintaining 1.5 metres from others
Rafting		Activity can resume, consider limiting numbers on rafts to maintain physical distance
Roller derby		Physical contact is fundamental to the activity.
Rowing		Can reasonably be done while maintaining 1.5 metres from others
Rugby League		Tackling and physical contact is a fundamental part of the activity. <ul style="list-style-type: none"> <li>• <i>Modification – OzTag modified format for non-contact competition introduced to reduce physical contact.</i></li> </ul>
Rugby Union		Tackling and physical contact is a fundamental part of the activity. <ul style="list-style-type: none"> <li>• <i>Modification – modified format for non-contact competition introduced to reduce physical contact, i.e. use of flag ribbons.</i></li> </ul>
Sailing		Can reasonably be done while maintaining 1.5 metres from others <ul style="list-style-type: none"> <li>• <i>Consider limiting numbers of people in boats</i></li> </ul>
Shooting sports		Can reasonably be done while maintaining 1.5 metres from others
Skateboarding		Can reasonably be done while maintaining 1.5 metres from others
Snorkelling		Can reasonably be done while maintaining 1.5 metres from others
Softball		Can reasonably be done while maintaining 1.5 metres from others <ul style="list-style-type: none"> <li>• <i>Modification required for tagging base runners and spacing between catcher, batter, fielders, and umpire.</i></li> </ul>
Sport Climbing		Can reasonably be done while maintaining 1.5 metres from others
Squash		Can reasonably be done while maintaining 1.5 metres from others

<b>Surfing</b>		Can reasonably be done while maintaining 1.5 metres from others
<b>Swimming</b>		Can reasonably be done while maintaining 1.5 metres from others
<b>Table tennis</b>		Can reasonably be done while maintaining 1.5 metres from others
<b>Taekwondo</b>		Contact is a fundamental part of the activity <ul style="list-style-type: none"> <li>• <i>Modification for non-contact format focusing on technique for juniors to ensure non-contact.</i></li> </ul>
<b>Tennis</b>		Can reasonably be done while maintaining 1.5 metres from others
<b>Tenpin bowling</b>		Can reasonably be done while maintaining 1.5 metres from others
<b>Touch rugby</b>		Incidental contact is fundamental to activity.
<b>Triathlon</b>		Can reasonably be done while maintaining 1.5 metres from others, but maintain physical distancing between participants
<b>Volleyball</b>		Can reasonably be done while maintaining 1.5 metres from others, but maintain physical distancing between participants
<b>Water Polo</b>		Physical contact is a fundamental part of activity.
<b>Weightlifting</b>		Can reasonably be done while maintaining 1.5 metres from others
<b>Wheelchair Basketball</b>		Incidental physical contact is part of the activity. <ul style="list-style-type: none"> <li>• <i>Modified format of non-contact introduced.</i></li> </ul>
<b>Wheelchair Rugby</b>		Physical contact is a fundamental part of the activity. <ul style="list-style-type: none"> <li>• <i>Modified format of non-contact introduced.</i></li> </ul>
<b>Winter sports (skiing &amp; snowboarding)</b>		Can reasonably be done while maintaining 1.5 metres from others. Consider limiting numbers in snowboard cross events.
<b>Wrestling</b>		Physical contact is fundamental to the activity