

| Month | NF | Sun | Mon | Tue | Wed | Thu | Fri | Sat | BW-N | BK-N | SW-N | CC-N | DA-N | WR-N | ES |
|-----------|----|-----|-----|-----|-----|-----|-----|-----|-------|-------|-------------|--------|--------|-------|----|
| July | | | | | 1 | 2 | 3 | 4 | | | | | | | |
| | 1 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | | | | | | | |
| | 2 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | | | | | | | |
| | 3 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | | | | | | |
| August | 4 | 26 | 27 | 28 | 29 | 30 | 31 | 1 | | | | | | | |
| | 5 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | |
| | 6 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | | | | | | |
| | 7 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | | | | | | |
| | 8 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | | | | | | |
| September | 9 | 30 | 31 | 1 | 2 | 3 | 4 | 5 | | | | | | | |
| | 10 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | | | | | | |
| | 11 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | | | | | | |
| | 12 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | | | Prac-3 | Prac-3 | | |
| October | 13 | 27 | 28 | 29 | 30 | 1 | 2 | 3 | | | | Prac-3 | Prac-3 | | |
| | 14 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | | Prac-4 | Prac-4 | | |
| | 15 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | | | Prac-4 | Prac-4 | | |
| | 16 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | | | Prac | Prac | | |
| | 17 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | Prac | | Prac | Prac | | |
| November | 18 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Prac | Prac | Prac | TBA | TBA | Prac | |
| | 19 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | Prac | Prac | Prac | TBA | TBA | Prac | |
| | 20 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | Prac | Prac | Wk 1 | TBA | TBA | Prac | |
| | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | TBA | Wk 1 | Wk 2 | TBA | TBA | Prac | |
| December | 22 | 29 | 30 | 1 | 2 | 3 | 4 | 5 | TBA | Wk 2 | Wk 3 | TBA | TBA | Prac | |
| | 23 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | TBA | Wk 3 | Wk 4 | TBA | TBA | Wk 1 | |
| | 24 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | TBA | Wk 4 | Wk 5 | TBA | TBA | Wk 2 | |
| | 25 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | TBA | Wk 5 | Wk 6 | TBA | TBA | Wk 3 | |
| January | 26 | 27 | 28 | 29 | 30 | 31 | 1 | 2 | TBA | Wk 6 | Wk 7 | TBA | TBA | Wk 4 | |
| | 27 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | TBA | Wk 7 | Wk 8 | TBA | TBA | Wk 5 | |
| | 28 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | TBA | Wk 8 | Wk 9 | Reg | TBA | Wk 6 | |
| | 29 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | TBA | Wk 9 | Wk 10 | Reg | TBA | Wk 7 | |
| | 30 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | Reg | Wk 10 | Wk 11/Reg-D | | TBA | Wk 8 | |
| February | 31 | 31 | 1 | 2 | 3 | 4 | 5 | 6 | Reg | Wk 11 | Reg-SW | | TBA | Wk 9 | |
| | 32 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | State | Wk 12 | State-D | | Reg | Reg | |
| | 33 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | Distr | State-SW | | | State | |
| | 34 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | Reg | | State | State | | |
| March | 35 | 28 | 1 | 2 | 3 | 4 | 5 | 6 | | S16 | | | | | |
| | 36 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | S16 | | | | | |
| | 37 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | | | | | | |
| | 38 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | | | | | | |
| April | 39 | 28 | 29 | 30 | 31 | 1 | 2 | 3 | | | | | | | |
| | 40 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | | | | | |
| | 41 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | | | | | | |
| | 42 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | | | | | | |
| May | 43 | 25 | 26 | 27 | 28 | 29 | 30 | 1 | | | | | | | |
| | 44 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | |
| | 45 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | | | | | | |
| | 46 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | | | | | | |
| | 47 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | | | | | | |
| June | 48 | 30 | 31 | 1 | 2 | 3 | 4 | 5 | | | | | | | |
| | 49 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | | | | | | |
| | 50 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | | | | | | |
| | 51 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | | | | | | |
| | 52 | 27 | 28 | 29 | 30 | 1 | 2 | 3 | | | | | | | |

| OPTION 1 | | | | | | |
|---------------------------------------|--|--|--|--|--|--|
| <i>Current Plan</i> | Bowling | Basketball (2, 3) | Swimming and Diving (2, 3) | Competitive Cheer (1) | Dance | Wrestling (2, 3) |
| <i>Classification</i> | Sport-Activity | Sport | Sport | Sport-Activity | Sport-Activity | Sport |
| NFHS Risk Level | Low | Moderate | Low- Single Events, Moderate- Relays | High | High | High |
| External Non-NFHS References | | | | https://bit.ly/326E1P8 USA Cheer | https://bit.ly/3imfziC USA Dance Task Force | |
| Interim Allowances before practices | Per Return to Play Guidance | Per Return to Play Guidance | Per Return to Play Guidance | Per Return to Play Guidance with phase in of stunt activities | Per Return to Play Guidance with phase in of close contact activities | Per Return to Play Guidance |
| Intrasquad Scrimmaging | Beginning first day of practice | Beginning first day of practice | Beginning first day of practice | Beginning first day of practice | Beginning first day of practice | Beginning first day of practice |
| Interscholastic Scrimmaging | None prior to start of first contest of the season or following first official match | None prior to start of first contest of the season or following first official match | None prior to start of first contest of the season or following first official match | None prior to start of first contest of the season or following first official match | None prior to start of first contest of the season or following first official match | None prior to start of first contest of the season or following first official match |
| First Official Practice (Original) | October 1 | October 15 | October 1 | July 15 | July 15 | October 15 |
| First Official Practice (Recommended) | November 2 | October 26 | November 2 | September 21 | September 21 | November 2 |
| First Contest (Original) | N/A for regular season, regions NFHS Wk 30 and 31 | November 23 | November 9 | N/A for regular season, regions moved to NFHS Wk 28 and 29 | N/A for regular season, regions moved to NFHS Wk 32 | November 23 |
| First Contest (Recommended) | N/A | November 23 | November 16 | N/A | N/A | December 7 |
| Number of Contests (Season, Original) | N/A | 30 | 15 | N/A | N/A | 17 |
| Number of Contests (Recommended) | N/A | 30 | 14 | N/A | N/A | 16 |
| Number of Contests (Weekly) | N/A | 3 | N/A | N/A | N/A | 2 |
| Season Segment 1 | N/A detailed in guidance | First Contest through December 31 | First Contest through December 31 | N/A detailed in guidance | N/A detailed in guidance | First Contest through December 31 |
| Season Segment 2 | N/A detailed in guidance | January 1 to January 31 | January 1 to January 15 | N/A detailed in guidance | N/A detailed in guidance | January 1 to January 15 |
| Season Segment 3 | N/A detailed in guidance | February 1 to beginning of district | January 16 to beginning of region | N/A detailed in guidance | N/A detailed in guidance | January 16 to beginning of region |
| Last Regular Season Scheduled Date | N/A | February 13 | D-Day before region SW-Day before region | N/A | N/A | February 6 |
| First Postseason Scheduled Date | Week of Jan. 25 and Feb. 1 | February 15 | D-Week of 1/25 SW-Week of 2/1 | Week of Jan. 10 and Jan. 17 | Week of Feb. 8 | Week of Feb. 8 |
| Final Postseason Scheduled Date | Week of February 8 | Tent. Week of 3/1 and 3/8 | D-Week of 2/8 SW-Week of 2/15 | Week of Feb. 22 | Week of Feb. 22 | Week of Feb. 15 |

- (1) Competitive Cheer is classified as a sport-activity per Federal law and regulations contained within Title IX that prohibit its classification as a sport
- (2) All teams eliminated would be permitted to play additional contests prior to week of state championship provided don't exceed limit.
- (3) Attendance allowances would be in 3 segments based on public health guidance and approval, increasing each segment as approved

Level 3 of USA Cheer Return Guidance is defined as "Partner stunts in set units/group pods, physically distanced from other stunt units with no mixing of stunt personnel between groups." Per <https://bit.ly/326E1P8>

Level 4 of USA Cheer Return Guidance is defined as "Activity in that return to play matrix then progresses to participating in all skills including pyramids and allowing stunt groups to mix." Per <https://bit.ly/326E1P8>

Level 3 of USA Dance Task Force Return Guidance is defined as the ability to maintain a distance of at least 6, but preferably 10 feet apart, wearing a mask/face covering, minimizing changes in small group participants, with not direct or indirect contact including partnering, tactile cueing, direct floor work, touching the same equipment of traveling across the floor; frequent cleaning and distancing even in locker rooms. Per <https://bit.ly/3imfziC>

Level 4 of USA Dance Task Force Return Guidance is defined as continuing to maintain distance as in Level 3, with the exception of movement across the floor. Dancers should maintain 6 feet distance apart from each other standing side by side in one line and allow each group to complete the combination to the end of the room prior to the next group starting. Per <https://bit.ly/3imfziC>