

Follow this [guidance for youth and adult recreational sports](#), both indoor and outdoor.

This guidance applies to all organized youth sports, including:

- K-12 school programs
- Community-sponsored recreational programs
- Private clubs and leagues

This guidance also applies to adults playing recreational sports. It does not apply to collegiate or professional sports.

As of January 25, 2021, competitions for some sports may resume.

- Competitions must be between only two teams.
- Out-of-state tournaments are not permitted.

Find all the details in the [guidance for youth and adult recreational sports](#). The California Department of Public Health has also updated the [questions and answers](#) about youth and adult sports.

Source: covid19.ca.gov