



### Training sites must follow all of the required guidance and processes set forth in the Return to Activities plan.

- **September until November 8:** Virtual local competitions are conducted between training sites; Virtual Sectionals are held on October 3; and Virtual Fall Fest takes place from November 6-8.
- **December 1 (winter season):** SOPA programs that are located in counties designated by the Pennsylvania Department of Health as having low or moderate levels of community transmission of COVID-19 are eligible to offer programming delineated in Phases A, B, C, or D.
  - A county is permitted to offer training and competition in Phase D provided that they have already completed Phases B and C **and** received SOPA approval.
- **January 19 through early March:** Depending on a county's phase, either virtual or in-person (**up to 50 participants**) competitions can be conducted locally or regionally.
  - Participants **will not be able to cross county lines** for in-person activities if their county of residence is designated by the Pennsylvania Department of Health as having a moderate level of community transmission of COVID-19.
  - No SOPA in-person activities are permitted to be conducted at a training or competition facility located in a county designated by the Pennsylvania Department of Health as having a substantial level of community transmission of COVID-19.
- Sectional and State Games will be conducted using a virtual format.
- **March 15 (spring season):** SOPA programs that are located in counties designated by the Pennsylvania Department of Health as having low or moderate levels of community transmission of COVID-19 are eligible to offer programming delineated in Phases A, B, C, D, or E.
  - A county is permitted to offer training and competition in Phase E provided that they have already completed Phases B, C and D and received SOPA approval.



- **April through Summer Games:** Depending on a county's phase, either virtual or smaller in-person (**up to 50 participants**) or larger in-person (**up to 150 participants** at any single facility) local competitions and invitationals are conducted between training sites. Determination of the format for State Sectionals and State Games (Phase B, C, D, or E) is dictated by the prevalence of COVID-19 cases and following the guidance of the State of Pennsylvania.
  - Participants **will not be able to cross county lines** for in-person activities if their county of residence is designated by the Pennsylvania Department of Health as having a moderate level of community transmission of COVID-19.
  - No SOPA in-person activities are permitted to be conducted at a training or competition facility located in a county designated by the Pennsylvania Department of Health as having a substantial level of community transmission of COVID-19.