

Waiting for 'level B'

The AIS guidelines set out a pathway for the resumption of both community and high-performance sport.

Full competition — even for sports like rugby league and Australian rules — is typically only allowed under 'level C' restrictions.

However the framework is being applied with discretion by Governments and organisations, such as the NRL, have applied for exemptions.

Australia is generally at restrictions associated with 'level A'.

If it moved to 'level B', this is what your community sport may look like.

Sort by

Sport	Level A	Level B
American Football	Running, resistance training (solo), skills training (solo).	Passing, kicking, catching drills. No tackling or grappling. Small groups (not more than 10 athletes/staff in total).
Archery	Outdoor range and solo only.	Full training indoor or outdoor range, with limited numbers/appropriate distancing between athletes.
Artistic Swimming	Solo training drills only — land based, in own pool or open-water. General fitness, strength work.	Swimming (own lane). In pool solo technical drills or group technical drills without physical contact. No lifting, holding.
Athletics	Outdoor training sessions on own, with coach, or with 1 training partner (no sharing of equipment e.g. javelin, discus, high-jump mats, pole vault, shot put, hammer, starting blocks).	Full training. Avoid running in slipstream of others.
Australian Rules Football	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, handballing, ball handling skills (e.g. handball against wall, bouncing, ball recovery work).	Controlled kicking, marking and handball drills. No tackling/wresting, contact, body on body drills. Small groups (not more than 10 athletes/staff in total) for both education and training.
Badminton	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Full training on court, singles or doubles.
Baseball	Running/aerobic training (solo), resistance training (solo), skills training (solo).	Full training with small numbers (not more than 10 athletes/staff in total).

Sport	Level A	Level B
Basketball	Running/aerobic/agility training (solo), resistance training (solo), skills training and shooting drills (solo) at home or outdoor (no indoor sporting facility access allowed). No ball handling drills with others.	Non-contact skills using basketball — passing, shooting, defending, screens and team structure (offence and defence). Small groups (not more than 10 athletes/staff in total).
Boxing	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo). Bag work if access to own equipment, without anyone else present.	Shadow sparring allowed. Non-contact technical work with coach, including using bag, speedball, pads, paddles, shields. No contact or sparring.
Canoeing	Running/aerobic training (solo), resistance training (solo), on-water training (solo).	Full training.
Cricket	Running/aerobic training (solo), resistance training (solo), skills training (solo).	Nets — batters facing bowlers. Limit bowlers per net. Fielding sessions — unrestricted. No warm up drills involving unnecessary person-person contact. No shining cricket ball with sweat/saliva during training.
Cycling	Solo outdoor cycling or trainer, resistance training (solo).	Avoid cycling in slipstream of others — maintain 10m from cyclist in front. Avoid packs of greater than two (including motorcycle derny).
Diving	On-land training only (solo).	Full training, with 1 athlete per board/platform (or 2 if synchro training).
Equestrian	Solo/pairs training only.	Full training and competition.
Fencing	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo). No bouts with others. Solo footwork practice (steps, lunges, fleshes). Pointwork — using cushion/board to practice fine motor skills of point work with sword.	Full training and competition. Ensure no shared masks. No shaking hands post bout.
Field Hockey	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) if access to appropriate surface available.	Non-contact skills training drills in small groups (not more than 10 athletes/staff in total).
Football (soccer)	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo).	Non-contact skill training drills — passing, shooting, headers. Small groups (not more than 10 athletes/staff in total).

Sport	Level A	Level B
Golf	Solo or pairs only (if permitted by local Government). Maintain at least 1.5m between players.	Full training. Maintain at least 1.5m between players.
Gymnastics	Resistance training, skills training solo and outside of gym only. Rhythmic — skills at home. Trampoline — off apparatus skills, drills at home only.	Small groups only — 1 gymnast per apparatus (including rhythmic and trampoline). Disinfecting high touch surfaces as per the manufacturer's guidelines.
Handball	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Skill drills — passing, shooting, defending. No contact drills. Small groups (not more than 10 athletes/staff in total).
Judo	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo) — e.g. mirror work.	No contact/bouts. Non-contact shadow training. Non-contact technical work with coach.
Karate	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo) — e.g. mirror work.	No contact/bouts. Shadow sparring. Non-contact technical work with coach, including using pads, paddles.
Lawn bowls	A maximum of 2 people are allowed per green at any one time. All players are to use separate mats and jacks (or ensure that the same player on each rink places mats or places/rolls jacks). Other bowls equipment cannot be shared between players (e.g. bowls, cloths, measures). Coaching should be limited to no more than a coach and one other person at the time and all practicing physical distancing of 1.5m during the coaching session. No barefoot bowls activity.	A maximum of 10 persons is allowed per green at any one time. Maintain at least 1.5m between players on green. Bowling Clubs may need to have a booking system in place to facilitate (Levels A and B). Bowling Clubs with more than one green need to ensure that compliance is achieved in respect to social gathering restrictions.
Modern Pentathlon	Running/aerobic training (solo), resistance training (solo), skills training (solo). In-water training — open water or own pool only. Solo Laser shooting practice at home or shooting technique. Solo Laser Run practise using at home range with run conducted	Swimming — Use of communal pool with limited numbers, 1 athlete per lane. Laser Run practice in small groups, respecting distance on shooting bench.

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Motor Sports	<p>on property/nearby streets. Horse riding, if horse on own property. Participate in ‘virtual’ laser shooting and laser run competitions.</p> <p>Running/aerobic training (solo), resistance training (solo), simulation work at home if available.</p>	Full training.
Netball	<p>Running/aerobic/agility training (solo), resistance training (solo), skills training (solo), including shooting (outdoor or own ring only) or ball skills e.g. against a wall to self.</p>	<p>Skills using netball passing, shooting, defending. Small group training (not more than 10 athletes/staff in total) based on skills with set drill, but no close contact/defending/attacking/match play drills.</p>
Rowing	<p>Ergometer if access to own at home. Cycling (solo), running (solo), resistance training (solo). On-water single.</p>	<p>Group resistance training sessions and outdoor group ergometer training placed >1.5m apart (not more than 10 athletes/staff in total). Groups of single sculls.</p>
Rugby League	<p>Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, passing, ball skills (e.g. against wall) to self.</p>	<p>Skill drills using a ball, kicking and passing. No tackling/wrestling. Small group (not more than 10 athletes/staff in total) sessions.</p>
Rugby Sevens	<p>Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, passing, ball skills (e.g. against wall) to self.</p>	<p>Non-contact skill drills using a ball, kicking and passing, small groups (not more than 10 athletes/staff in total) only. No rucks, mauls, lineouts or scrums, no tackling/wrestling.</p>
Rugby Union	<p>Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) including kicking, passing, ball skills (e.g. against wall) to self.</p>	<p>Skill drills using a ball, kicking and passing. No rucks, mauls, lineouts or scrums, no tackling/wrestling. Small group (not more than 10 athletes/staff in total) sessions.</p>
Sailing	<p>Solo or double handlers (if allowed by State regulations) only.</p>	Full training.
Shooting	<p>Aerobic/resistance training (solo), technical skills (solo) — e.g. standing/holding and dry firing. Mental skills training — e.g. concentration/reaction time, visualisation, arousal control). Live fire on home ranges only (no club range access).</p>	<p>Continuation of athlete-led preparation at home. Coach-led training including live fire in small groups at authorised venues (i.e. clubs/ranges).</p>

Sport	Level A	Level B
Skateboarding	Outdoor and solo only, or indoor only if have own facilities.	Full training with appropriate distancing between athletes.
Softball	Running/aerobic training (solo), resistance training (solo), skills training (solo).	Small group (not more than 10 athletes/staff in total) skills training.
Sport Climbing	Aerobic and resistance training (solo), climbing solo/pairs on own wall or outdoors (if allowed by local Government). Solo hang board training.	Full training. Cleaning of indoor walls required between athletes/groups.
Surfing	Solo or with 1 training partner only.	Full training.
Swimming	In-water training (solo) in own pool or open-water.	Use of communal pool with limited numbers, 1 athlete per lane.
Table Tennis	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Full training on court, singles or doubles.
Taekwondo	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo).	Non-contact technical work with coach, including using pads, paddles, shields. No physical contact or grappling. No kicking of chest guards.
Tennis	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) e.g. serving only, hitting with ball machine.	Full training on court, singles or doubles.
Triathlon	Solo or in pairs only. Consider remote programming. In pool water training if access to own pool (consider using swim tether) or open-water only. Consider use of wind trainer and treadmill for those in quarantine (who are medically well).	Avoid cycling in slipstream of others — maintain 10m from cyclist in front Avoid packs of greater than two. Avoid packs of greater than 2 running. Maintain social distancing while running. Use of communal pool with limited numbers, 1 athlete per lane, consider one lane between athletes.
Volleyball	Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Small group (not more than 10 athletes/staff in total) skill sessions only. No matches.
Water Polo	In-water training (solo) if access to own pool only, or open-water.	Use of communal pool with limited numbers and distance maintained. Swimming, throwing (passing/shooting) drills. No full contact/defending drills, wrestling.

Sport	Level A	Level B
Weightlifting	Resistance training, technical work at home (no indoor sporting facility/gym access allowed).	Full training with limited numbers to avoid congestion.
Wheelchair Basketball	Aerobic training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Non-contact shooting, dribbling drills. Other non-contact technical /skill drills. Small groups (not more than 10 athletes/staff in total).
Wheelchair Rugby	Aerobic training (solo), resistance training (solo), skills training (solo) at home or outdoor (no indoor sporting facility access allowed).	Non-contact passing drills on court. Other non-contact technical /skill drills. Small groups (not more than 10 athletes/staff in total).
Winter Sports	Running/aerobic/agility training (solo), resistance training (solo), balance training (solo).	Use of institute gym facilities and indoor ice surfaces in small groups (<10 total athletes/support staff). Use of acrobatic facilities such as trampoline, bungee and water ramp in small groups with 1 athlete at a time and at least 1.5m distancing to support staff. Limited on snow training dependent on travel restrictions. Small groups widely spaced, no communal living.
Wrestling	Running/aerobic/agility training (solo), resistance training (solo), technical training (solo).	Non-contact skills training. Resistance training in gym, solo mat-based drills (e.g. weighted bags).