



Executive Order 187 Reopens Indoor Sports' Practices and Competitions

On October 12, 2020, New Jersey Governor Philip Murphy signed Executive Order 187 permitting indoor sports to resume, effective immediately, with limitations. E.O 187 allows indoor medium and high-risk indoor practices and competitions, provided they follow the N.J. Department of Health's guidelines. Below is a summary of the guidance from the N.J.D.O.H.

Risk Level	Examples	Permissible Activities	Prohibited Activities
High Risk Sports: those that involve close, sustained contact between participants	Rugby, boxing, judo, karate, taekwondo, wrestling, pair figure skating, football, group dance, & group cheer.	No-contact and contact practices in indoor and outdoor settings	All activities are permissible as of October 12
Medium Risk Sports: those that involve some close, sustained contact, but with protective equipment in place between participants OR intermittent close contact OR group sports OR sports that use equipment that cannot be cleaned between participants	Lacrosse, hockey, multi-person rowing, multi-person kayaking, multi-person canoeing, water polo, swimming relays, fencing, cycling in a group, running in a close group, group sailing, volleyball, soccer, basketball, baseball/softball, & short track.	No-contact and contact practices in indoor and outdoor settings	All activities are permissible as of October 12
Low Risk Sports: those that can be done individually, do not involve person-to-person contact, and do not routinely entail individuals interacting within six feet of one another	Archery, shooting/clay target, individual running / cycling / swimming events, individual rowing & diving, equestrian events, golf, individual sailing, weightlifting, skiing, snowboarding, tennis, individual dance, pole vault, high & long jump, marathon, triathlon, cross country, track and field, disc golf, & badminton	Practices and competitions in indoor and outdoor settings	All activities are presently permissible

Practices and competitions conducted indoors are subject to the current indoor gathering limit of 25% of the capacity of the room in which it takes place, with such limit not to exceed 25 persons or be smaller than 10 persons. Members are encouraged to read the full [Executive Order](#) and the [New Jersey Department of Health October 12 Guidance](#) as they reopen sport activities and facilities.

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