Football NSW is following and implementing the AIS’s ‘Framework for Rebooting Sport’ with its three levels A, B and C. These levels can be succinctly summarised with the below graphic depicting a traffic light system of ‘stop, get ready, go’;

**LEVEL B – RETURN TO TRAIN**

On 21 May, and in line with the NSW Government’s updating of the Public Health Order (of 15 May 2020), Football NSW lifted the ‘temporary suspension’ as it related to training. At this time, it released its Return to Training Guidelines and a series of resources for Associations, Clubs, Teams, Players and Parents to follow and implement. The conditions set out in that document were in line with government directions at the time.

**LEVEL C – RETURN TO PLAY**

These ‘Return to Play Guidelines’ are the next level, and provide for the resumption of full competitive matches and other football activities at all ages and for all levels across the various leagues and competitions in New South Wales.

**LEVEL B - TRAINING**

- Football training to be conducted in small groups of no more than 20 people (including coaching personnel)
- No football games – training, friendly or competitive – are permitted
- No contact (e.g. no tackling or challenges) permitted
- Minimise sharing of equipment such as footballs, cones, skipping ropes, weights, agility training
- Social distancing of 1.5 metres between players
- No use of communal facilities (e.g. gym)

**LEVEL C - PLAYING**

- Full competitive matches permitted within the Laws of the Game
- Training/friendly matches allowed
- Full football activities conducted at all levels (MiniRoos, 7v7, 9v9 or 11v11) including development programs
- Team benches organised to ensure 1.5 metres between coaching staff & substitutes
- Match fixturing and pitch allocations to be arranged to maximise spaces between pitches
- Social distancing of 1.5 metre between spectators (e.g. parents)
- Competitions, Leagues and Tournaments permitted
- Changerooms and/or wet areas limited to players and team staff and thorough cleaning between use recommended
- Full use of sporting facilities is permitted