



CIFCS Sport Calendar 2020-2021

Sport	"Summer Period"	Off-Season or Outside Agency Period	Preseason Conditioning Period	Practice Start Date	First Contest Date	Sit Out Period Date	Last League Contest Date	Post-Season Dead Period
Fall								
Cross Country	July 20 - Dec. 12	NA	NA	Dec. 14	Dec. 28	Feb. 2	March 11	2 weeks after last contest
Water Polo	July 20 - Dec. 12	NA	NA	Dec. 14	Dec. 28	Jan. 26	Feb. 25	
Volleyball (B&G)	July 20 - Dec. 12	NA	NA	Dec. 14	Dec. 28	Jan. 26	Feb. 25	
Football	July 20 - Dec. 12	NA	NA	Dec. 14	Jan. 7	Feb. 11	March 19	
Spring								
Badminton	July 20 - Dec. 12	Dec. 14 - Feb. 6	Feb. 8 - Feb. 20	Feb. 22	March 8	April 7	May 8	NA
Soccer	July 20 - Dec. 12	Dec. 14 - Feb. 6	Feb. 8 - Feb. 20	Feb. 22	March 8	April 10	May 13	NA
Tennis (B&G)	July 20 - Dec. 12	Dec. 14 - Feb. 6	Feb. 8 - Feb. 20	Feb. 22	March 8	April 12	May 15	NA
Swim & Dive	July 20 - Dec. 12	Dec. 14 - Feb. 20	Feb. 22 - March 6	March 8	March 20	April 20	May 21	NA
Wrestling	July 20 - Dec. 12	Dec. 14 - Feb. 20	Feb. 22 - March 6	March 8	March 20	April 20	May 22	NA
Basketball	July 20 - Dec. 12	Dec. 14 - Feb. 20	Feb. 22 - March 6	March 8	March 20	April 23	May 27	NA
Baseball	July 20 - Dec. 12	Dec. 14 - Feb. 27	March 1 - March 13	March 15	March 27	April 30	June 3	NA
Softball	July 20 - Dec. 12	Dec. 14 - Feb. 27	March 1 - March 13	March 15	March 27	April 30	June 3	NA
Golf (B&G)	July 20 - Dec. 12	Dec. 14 - Feb. 27	March 1 - March 13	March 15	March 27	April 30	June 3	NA
Track & Field	July 20 - Dec. 12	Dec. 14 - Feb. 27	March 1 - March 13	March 15	March 27	April 30	June 4	NA
Lacrosse	July 20 - Dec. 12	Dec. 14 - Feb. 27	March 1 - March 13	March 15	March 29	May 3	June 5	NA
Competitive Sport Cheer	July 20 - Dec. 12	Dec. 14 - Feb. 27	March 1 - March 13	March 15	March 29	TBD	TBD	NA

** NOTE: Prior to competition a student must have 10 days of practice in that sport. If they played a sport in the preceding season they only need 5 days of practice.

** NOTE: Football players must complete the 5 day acclimation period

Definitions:

Summer Period

all activities during this time period shall be under the authority of each school district

**Football - contact practices are not allowed in the offseason (CIF Bylaw 2001.C , CA Ed Code 35179.5, AB 2127)

Off-Season or Outside Agency

Programs must choose between utilizing the off-season option or outside agency option.

Conditioning Period

The only activities allowed during this time are non-sport specific conditioning and weight training, along with no use of specific equipment including balls.

Practice Start Date

First allowable day to begin practice.

First Contest Date

First allowable day for interscholastic competition.

Sit-Out Period Date

The date that a student may participate in competition after being granted an "SOP" due to transferring.

Last League Contest Date

This is the last allowable date for a league contest.

Post Season Dead Period

Immediately following each schools completed season of sport, there will be a two-week dead period with no contact between players and coaches of the just completed sports season.

Updated 7/20/20