



Sport Calendar 2022-2023



Sport	"Summer Period"	Off-Season or Outside Agency Period	Preseason Conditioning Begins	Practice Start Date	First Scrimmage Date	First Contest Date	Sit Out Period Date	Last Contest Date	Post-Season No Contact Period	Off-Season or Outside Agency Period
Fall										
Cross Country	May 28 - July 17		July 18	August 1	August 8	August 15	September 27	November 10	2 weeks after last contest	- May 26
Football	May 28 - July 17		July 18	July 30	August 10	August 17	September 21	October 28		- May 26
Girls Golf	May 28 - July 17		July 18	August 1	August 8	August 15	September 17	October 20		- May 26
Girls Tennis	May 28 - July 17		July 18	August 1	August 8	August 15	September 17	October 20		- May 26
Girls Volleyball	May 28 - July 17		July 18	August 1	August 8	August 15	September 17	October 20		- May 26
Water Polo	May 28 - July 17		July 18	August 1	August 8	August 15	September 20	October 27		- May 26
Winter										
Basketball	May 28 - August 7	August 8 - Oct. 9	October 10	October 24	November 4	November 11	December 26	February 10	2 weeks after last contest	- May 26
Soccer	May 28 - August 7	August 8 - Oct. 9	October 10	October 24	November 4	November 11	December 26	February 10		- May 26
Traditional Competitive Cheer	NA	NA	NA	NA	NA	NA	TBD	NA		- May 26
Wrestling	May 28 - August 7	August 8 - Oct. 9	October 10	October 24	November 4	November 11	December 23	February 4		- May 26
Spring										
Badminton	May 28 - August 7	August 8 - Dec. 25	December 26	January 9	January 27	February 10	March 20	April 28	2 weeks after last contest	- May 26
Baseball	May 28 - August 7	August 8 - Dec. 25	December 26	January 9	January 27	February 10	March 27	May 12		- May 26
Boys Golf	May 28 - August 7	August 8 - Dec. 25	December 26	January 9	January 27	February 10	March 22	May 2		- May 26
Boys Tennis	May 28 - August 7	August 8 - Dec. 25	December 26	January 9	January 27	February 10	March 16	April 20		- May 26
Boys Volleyball	May 28 - August 7	August 8 - Dec. 25	December 26	January 9	January 27	February 10	March 20	April 27		- May 26
Competitive Sport Cheer	May 28 - August 7	August 8 - Dec. 25	December 26	January 9	January 27	February 10	TBD	TBD		- May 26
Lacrosse	May 28 - August 7	August 8 - Dec. 25	December 26	January 9	January 27	February 10	March 20	April 27		- May 26
Softball	May 28 - August 7	August 8 - Dec. 25	December 26	January 9	January 27	February 10	March 27	May 12		- May 26
Swim & Dive	May 28 - August 7	August 8 - Dec. 25	December 26	January 9	January 27	February 10	March 21	April 29		- May 26
Track & Field	May 28 - August 7	August 8 - Dec. 25	December 26	January 9	January 27	February 10	March 23	May 3		- May 26

** 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. Acclimation period can begin no earlier than July 25.

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.