



2023-2024



Sport	Maximum # of Contacts	Off Season or Outside Agency Period	Practice Start Date	First Scrimmage Date	First Contest Date	Sit Out Period Date	Last Contest Date	Off Season or Outside Agency Period
Fall								
Cross Country	14		July 31	August 7	August 14	September 26	November 9	- Start of Summer
Football	10		July 31*	August 7*	August 14*	September 20	October 27	- Start of Summer
Girls Golf	24		July 31	August 7	August 14	September 16	October 19	- Start of Summer
Girls Tennis	24		July 31	August 7	August 14	September 16	October 19	- Start of Summer
Girls Volleyball	28		July 31	August 7	August 14	September 16	October 19	- Start of Summer
Water Polo	28		July 31	August 7	August 14	September 19	October 26	- Start of Summer
Winter								
Basketball	28	End of Summer - 1st Day of Practice	October 23	November 3	November 10	December 26	February 9	- Start of Summer
Soccer	28	End of Summer - 1st Day of Practice	October 23	November 3	November 10	December 26	February 8	- Start of Summer
Traditional Competitive Cheer	NA	NA	NA	NA	NA	TBD	NA	- Start of Summer
Wrestling	40	End of Summer - 1st Day of Practice	October 23	November 3	November 10	December 22	February 3	- Start of Summer
Spring								
Badminton	24	End of Summer - 1st Day of Practice	January 22	February 2	February 9	March 18	April 26	- Start of Summer
Baseball	28	End of Summer - 1st Day of Practice	January 22	February 2	February 9	March 25	May 10	- Start of Summer
Beach Volleyball	28	End of Summer - 1st Day of Practice	January 22	February 2	February 9	March 18	April 25	- Start of Summer
Boys Golf	24	End of Summer - 1st Day of Practice	January 22	February 2	February 9	March 20	April 30	- Start of Summer
Boys Tennis	24	End of Summer - 1st Day of Practice	January 22	February 2	February 9	March 14	April 18	- Start of Summer
Boys Volleyball	28	End of Summer - 1st Day of Practice	January 22	February 2	February 9	March 18	April 25	- Start of Summer
Competitive Sport Cheer	24	End of Summer - 1st Day of Practice	January 22	February 2	February 9	March 19	April 27	- Start of Summer
Lacrosse	28	End of Summer - 1st Day of Practice	January 22	February 2	February 9	March 18	April 25	- Start of Summer
Softball	28	End of Summer - 1st Day of Practice	January 22	February 2	February 9	March 25	May 10	- Start of Summer
Swim & Dive	14	End of Summer - 1st Day of Practice	January 22	February 2	February 9	March 19	April 27	- Start of Summer
Track & Field	14	End of Summer - 1st Day of Practice	January 22	February 2	February 9	March 22	May 3	- Start of Summer

* Football players must complete the 5 day acclimation period. Acclimation period can begin no earlier than July 24.
 * No individual shall participate in an interscholastic scrimmage before his/her 10th day of practice for that particular school. A team can schedule a scrimmage on the tenth day of practice.
 * There shall be no football games until the team has had 14 days of practice. Each individual student on the team must have had at least 10 days of practice prior to competing in a game.

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.

Definitions:	
Summer Period	The "summer period" will vary from school to school as this period begins the day after your school's last day of classes in the spring and lasts until the day before your first day of classes in the fall. All activities during this time period shall be under the authority of each school district with the exception of the mandatory consecutive 14 day dead period. **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.
Summer Dead Period	Each school must choose 14 consecutive days during the summer period in which there will be no contact between coaches and student-athletes.
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 a "SOP" due to transferring.
Last League Contest Date	This is the last date that a league can schedule contests prior to playoffs.