



2025-2026 SAC-JOQUIN SECTION SPORT CALENDAR



			Period #1	Period #2	Period #3	Period #4	Period #5	Period #6	Period #7	Period #8	Period #9	Period #10	Period #11	Period #12	Period #13	Period #14
Sport	Max # of Contacts	Contest Days	Summer Period	No Contact Dead Period	*Limited Period	Limited or Out of Season Period	Limited or Out of Season Period	Limited Period	Official Practice	Scrimmage Date	First Contest Date	Sit-out Period Date	Last Contest Date	Limited or Out of Season Period	Limited or Out of Season Period	Limited or Out of Season Period
FALL																
Cross Country	14	62	JUN 01-JUN 30	JUL 01-JUL 14	JUL 15-AUG 03				AUG 04	AUG 15	AUG 22	SEP 27	NOV 01	EOS - JAN 11	JAN 12-APR 12	APR 13-MAY 31
Flag Football - Girls	28	56	JUN 01-JUN 30	JUL 01-JUL 14	JUL 15-AUG 03				AUG 04	AUG 15	AUG 20	SEP 23	OCT 23	EOS - JAN 11	JAN 12-APR 12	APR 13-MAY 31
Football	10	62	JUN 01-JUN 30	JUL 01-JUL 14	JUL 15-JUL 27				JUL 28	AUG 15	AUG 22	SEP 27	NOV 01	EOS - JAN 11	JAN 12-APR 12	APR 13-MAY 31
Golf - Girls	24	53	JUN 01-JUN 30	JUL 01-JUL 14	JUL 15-AUG 03				AUG 04	AUG 15	AUG 22	SEP 22	OCT 22	EOS - JAN 11	JAN 12-APR 12	APR 13-MAY 31
Soccer (D7) - Boys	28	54	JUN 01-JUN 30	JUL 01-JUL 14	JUL 15-AUG 03				AUG 04	AUG 15	AUG 22	SEP 23	OCT 23	EOS - JAN 11	JAN 12-APR 12	APR 13-MAY 31
Tennis - Ind. Girls	24	61	JUN 01-JUN 30	JUL 01-JUL 14	JUL 15-AUG 03				AUG 04	AUG 15	AUG 22	SEP 27	OCT 31	EOS - JAN 11	JAN 12-APR 12	APR 13-MAY 31
Tennis - Team Girls	24	60	JUN 01-JUN 30	JUL 01-JUL 14	JUL 15-AUG 03				AUG 04	AUG 15	AUG 22	SEP 26	OCT 30	EOS - JAN 11	JAN 12-APR 12	APR 13-MAY 31
Volleyball - Girls	28	54	JUN 01-JUN 30	JUL 01-JUL 14	JUL 15-AUG 03				AUG 04	AUG 15	AUG 22	SEP 23	OCT 23	EOS - JAN 11	JAN 12-APR 12	APR 13-MAY 31
Water Polo	28	59	JUN 01-JUN 30	JUL 01-JUL 14	JUL 15-AUG 03				AUG 04	AUG 15	AUG 22	SEP 26	OCT 29	EOS - JAN 11	JAN 12-APR 12	APR 13-MAY 31
WINTER																
Basketball	28	73	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 12		OCT 13-NOV 02	NOV 03	NOV 14	NOV 21	JAN 03	FEB 13		EOS - APR 12	APR 13-MAY 31
Soccer	28	70	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 12		OCT 13-NOV 02	NOV 03	NOV 14	NOV 21	JAN 01	FEB 10		EOS - APR 12	APR 13-MAY 31
Wrestling	40	69	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 12		OCT 13-NOV 02	NOV 03	NOV 14	NOV 21	JAN 01	FEB 07		EOS - APR 12	APR 13-MAY 31
SPRING																
Badminton	24	67	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 12	OCT 13-JAN 11	JAN 12-FEB 01	FEB 02	FEB 13	FEB 20	MAR 31	MAY 08			EOS - MAY 31
Baseball	28	70	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 12	OCT 13-JAN 11	JAN 12-JAN 25	JAN 26	FEB 03	FEB 10	MAR 24	MAY 01			EOS - MAY 31
Beach Volleyball	28	56	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 12	OCT 13-JAN 11	JAN 12-FEB 08	FEB 09	FEB 20	FEB 27	APR 01	MAY 02			EOS - MAY 31
Golf - Boys	24	53	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 12	OCT 13-JAN 11	JAN 12-FEB 08	FEB 09	FEB 20	FEB 27	MAR 30	APR 29			EOS - MAY 31
Lacrosse	28	54	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 12	OCT 13-JAN 11	JAN 12-FEB 01	FEB 02	FEB 13	FEB 20	MAR 24	APR 23			EOS - MAY 31
Soccer (D7) - Girls	28	54	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 12	OCT 13-JAN 11	JAN 12-FEB 01	FEB 02	FEB 13	FEB 20	MAR 24	APR 23			EOS - MAY 31
Softball	28	75	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 12	OCT 13-JAN 11	JAN 12-JAN 25	JAN 26	FEB 03	FEB 10	MAR 26	MAY 07			EOS - MAY 31
Sport Cheer (STUNT)	28	56	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 12	OCT 13-JAN 11	JAN 12-FEB 01	FEB 02	FEB 12	FEB 19	MAR 24	APR 24			EOS - MAY 31
Swimming/Diving	14	49	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 12	OCT 13-JAN 11	JAN 12-FEB 08	FEB 09	FEB 20	FEB 27	MAR 28	APR 24			EOS - MAY 31
Tennis - Coed Ind.	24	55	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 12	OCT 13-JAN 11	JAN 12-JAN 25	JAN 26	FEB 06	FEB 13	MAR 17	APR 17			EOS - MAY 31
Tennis - Coed Team	24	54	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 12	OCT 13-JAN 11	JAN 12-JAN 25	JAN 26	FEB 06	FEB 13	MAR 17	APR 16			EOS - MAY 31
Tennis - Boys Ind.	24	55	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 12	OCT 13-JAN 11	JAN 12-JAN 25	JAN 26	FEB 06	FEB 13	MAR 17	APR 17			EOS - MAY 31
Tennis - Boys Team	24	54	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 12	OCT 13-JAN 11	JAN 12-JAN 25	JAN 26	FEB 06	FEB 13	MAR 17	APR 16			EOS - MAY 31
Track & Field	14	62	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 12	OCT 13-JAN 11	JAN 12-FEB 01	FEB 02	FEB 13	FEB 20	MAR 28	MAY 02			EOS - MAY 31
Volleyball - Boys	28	54	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 12	OCT 13-JAN 11	JAN 12-FEB 01	FEB 02	FEB 13	FEB 20	MAR 24	APR 23			EOS - MAY 31

* = A school can choose to go out-of-season during period (#3) in order to compete in an event sponsored by a national governing body but must petition the CIF-SJS Office and receive approval in order to do so.

EOS = END OF SEASON

A grayed out box indicates that the specific period does not apply to that sport at that time.

Football - Official practice starts in Period #7. The five (5) day acclimitization period is mandatory for all teams and individuals beginning at that time.

Football - The mandated minimum number of practices (team/individual) prior to any scrimmages or contests must be followed as defined in the football bylaws.

Football - The first contest date for frosh football **ONLY** is the day prior to the first contest date listed.

UPDATED: 3/12/2025