

2020-2021 Sac-Joaquin Section Sport Calendar

| Sport | Preseason Dead Period Begins | Practice Begins | First Scrimmage Date | # of contacts | First Contest Date | Sit--Out Period Date | Last Contest Date | End of Season Dead Period | Limited or Out of Season Period | Summer Period 2021 |
|----------------|------------------------------|-----------------|----------------------|---------------|--------------------|----------------------|-------------------|---------------------------|---------------------------------|--------------------|
| Cross Country | NA | Dec. 7 | Dec. 15 | 14 | Dec. 21 | Jan. 24 | Feb. 26 | March 29 | March 30 – May 31 | June 1-July 11 |
| D7 Soccer-G/B | NA | Dec. 14 | Dec. 22 | 28 | Dec. 28 | Feb. 3 | March 12 | April 5 | Apr 6 – May 31 | June 1-July 11 |
| Water Polo-G/B | NA | Dec. 14 | Dec. 22 | 28 | Dec. 28 | Jan. 27 | Feb. 26 | March 29 | March 30 – May 31 | June 1-July 11 |
| Volleyball-G/B | NA | Dec. 14 | Dec. 22 | 28 | Dec. 29 | Jan. 27 | Feb. 26 | March 29 | March 30 – May 31 | June 1-July 11 |
| Football | NA | Dec. 7 | Dec. 31 | 10 | Jan. 8 | Feb. 12 | March 20 | April 5 | Apr 6 – May 31 | June 1-July 4 |

Football *Official practice starts **Dec. 14** (Bylaw 2007.2). The mandated minimum number of practices (team and individual) prior to any scrimmages or contests must be followed. (Bylaws 2001 and 2002).

*The five day acclimatization period is mandatory for all teams and individuals (Bylaw 2003.4).

***January 7 is the first contest date for frosh football, January 8 is the first contest date for junior varsity and varsity (Bylaw 2007.5).**

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|-------------------|---------------------------------|------------------------------|-----------------|----------------------|---------------|--------------------|----------------------|--------------------|---------------------------|--------------------|
| Soccer-G/B | Dec. 7-Feb. 21 | NA | Feb. 22 | Feb. 26 | 28 | March 1 | April 8 | May 14 | NA | June 1-July 25 |
| Badminton | Dec. 7-Feb. 21 | NA | Feb. 22 | March 1 | 24 | March 8 | April 12 | May 15 | NA | June 1-July 25 |
| Tennis-G/B/Coed | Dec. 7-Feb. 21 | NA | Feb. 22 | March 1 | 24 | March 8 | April 12 | May 13/14 | NA | June 1-July 25 |
| Wrestling-B/G | Dec. 7-Feb. 21 | NA | Feb. 22 | March 1 | 40 (ind) | March 8 | April 15 | May 12/ May 22* | NA | June 1-July 25 |
| Basketball-G/B | Dec. 7-Feb. 21 | NA | Feb. 22 | March 1 | 28 | March 9 | April 19 | May 28 | NA | June 1-July 25 |
| Comp. Sport Cheer | Dec. 7-Feb. 21 | NA | Feb. 22 | March 1 | 28 | March 8 | April 12 | May 14 | NA | June 1-July 25 |
| Swimming-G/B | Dec. 7-March 14 | NA | March 8 | March 15 | 14 | March 22 | April 18 | May 15 | NA | June 1-July 25 |
| Baseball | Dec. 7-March 7 | NA | Mar 8*** | March 15 | 28 | March 22 | April 28 | June 3 | NA | June 1-July 25 |
| Softball | Dec. 7-March 7 | NA | Mar 8*** | March 15 | 28 | March 22 | April 28 | June 3 | NA | June 1-July 25 |
| Golf-G/B | Dec. 7-March 14 | NA | March 15 | March 22 | 24 | March 29 | April 27 | May 25 | NA | June 1-July 25 |
| Track & Field | Dec. 7-March 14 | NA | March 15 | March 22 | 14 | March 29 | May 1 | June 5 | NA | June 1-July 25 |
| Lacrosse | Dec. 7-March 14 | NA | March 15 | March 22 | 28 | March 29 | April 24 | May 21 | NA | June 1-July 25 |

For Tennis: May 13 is the final date for a team match. May 14 is the final date for a league individual tournament.

* For wrestling, May 12 is the final date for a team dual. May 22 is the final date for a league tournament.

*** For baseball and softball: Pitchers and Catcher may play catch March 1-5 (no bats and no fielders).

Additional information is on page 2

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Additional Information

NOTE: Conditioning/Weight-Training can be done year-round.

Limited or Out of Season Period: Each school must choose either "Limited" or "Out of Season" for each of its sports during this period and be bound by the rules in this document.

Dead Periods

- **Due to Covid-19 there will be no Preseason Dead Periods.** The end of season dead period for fall begins with the school's last contest and continues through the date listed.

Limited Periods

- Practice is allowed Monday-Friday for 1.5 hours/day. Saturday practice may be extended for up to 4 hours. However, a maximum of 8 hours/week is allowed, including Monday-Saturday. Sunday practices are not allowed.
- No outside competition of any kind is permitted during the Limited Period.
- All football activities must meet the provisions of CIF Sac-Joaquin Section bylaws 2003.1, 2003.2 and 2003.3.

Out of Season

- Out of Season activities must be sponsored by an agency not under the authority of the CIF as specified in Bylaw 504.7 and 504.9h. If this option is chosen, the use of school equipment is not permitted, any facility usage must be approved by school district administration, and the group must provide proof of insurance.
- All football activities must meet the provisions of Sac-Joaquin Section bylaws 2003.1, 2003.2 and 2003.3.

Summer

- Summer (See Bylaws 501F and G and 504.7b and c and 504.9i): The Sac-Joaquin Section will be dark from June 1 (with the exception of Bylaw 2003.2) until the first day of fall practice. Therefore, all athletic activities during this time period shall be under the authority of each league and/or school district.
- All football activities must meet the provisions of Sac-Joaquin Section bylaws 2003.1, 2003.2 and 2003.3.

Last Contest Date

- The Last Contest Date is the last day permissible for any regular season competition, practice or activity in that sport as determined in the Sport Calendar.

End of Season Dead Period

- The end of season dead period begins immediately following the last contest date for each respective sport. Coaches and their athletes are not allowed to participate in club activities together during this time. The same rules as the preseason dead period apply. (Bylaw 504.8b)

Tournaments - Contacts

| | |
|------------|--|
| Basketball | One (1) contact for each game. |
| Golf | Tournament count as one (1) contact per day. |
| Soccer | One (1) contact for each game. |
| Tennis | One (1) contact for each game. |
| Volleyball | 1 Day Tournament counts as two (2) contacts 2 Day Tournament counts as three (3) contacts |
| Water Polo | One (1) contact for each game |