

2020-2021 CIF North Coast Section Sport Calendar update 10-2-20

Fall Sport	Practice Begins	First Scrimmage Date	# of Contacts (scrimmages)	First Contest Date	Sit-Out Period Date	Last Contest Date	Out of Season Period	Summer Period 2020
Football	December 7 (first game Jan. 6)	No earlier than December 18*	10 (1)	No earlier than January 6*	February 4	March 20	End of season until May 31	June 1 to August 8
Cross Country	December 7	December 7	14 (2)	December 7	January 24	March 13	End of season until May 31	June 1 to August 8
Girls' & Boys' Volleyball	December 7	December 7	24 (2)	December 7	January 17	February 27	End of season until May 31	June 1 to August 8
Traditional Fall Soccer	December 7	December 7	24 (2)	December 7	January 17	February 27	End of Season until May 31	June 1 to August 8
Water Polo	December 7	December 7	24 (2)	December 7	January 17	February 27	End of season until May 31	June 1 to August 8
Traditional Competitive Cheer	Determined by School	Determined by School	Determined by School	Determined by School	Does not apply	Determined by School	End of season until May 31	Does not apply
Gymnastics	December 7	December 7	15 (2)	December 7	January 15	Determined by School	End of season until May 31	June 1 to August 8
Field Hockey	December 7	December 7	24 (2)	December 7	January 15	Determined by School	End of season until May 31	June 1 to August 8

*To scrimmage or play on the earliest listed date a team must practice on the first Saturday following the official starting date.

Spring Sport	Practice Begins	First Scrimmage Date	# of Contacts (scrimmages)	First Contest Date	Sit-Out Period Date	Last Contest Date	Out of Season Period	Summer Period 2020
Traditional Competitive Cheer	Determined by School	Determined by School	Determined by School	Determined by School	50% of school determined season	Determined by School	End of season until May 31, then August 9 until practice starts	June 1 to August 8
Badminton	February 15	February 15	24 (2)	February 15	March 31	May 15	End of season until May 31, then August 9 until February 8	June 1 to August 8
Winter & Spring Soccer	February 15	February 15	24 (2)	February 15	March 31	May 15	End of season until May 31, August 9 to November 2	June 1 to August 8
Wrestling (no fall sport)	March 8	March 19*	40 matches (2)	March 19	April 18	May 19	End of season until May 31, August 9 to November 2	June 1 to August 8
Wrestling (fall sport)	March 8	March 13	40 matches (2)	March 13	April 15	May 19	End of season until May 31, August 9 to November 2	June 1 to August 8
Swimming/Diving	March 8	March 8	14 (2)	March 8	March 21	May 1	End of season until May 31, then August 9 until February 8	June 1 to August 8
Boys' & Girls' Tennis	March 8	March 8	24 (2)	March 8	April 11	May 15	End of season until May 31, then August 9 until February 8	June 1 to August 8

*To scrimmage or play on the earliest listed date a team must practice on the first Saturday following the official starting date.

Spring Sport Cont.	Practice Begins	First Scrimmage Date	# of Contacts (scrimmages)	First Contest Date	Sit-Out Period Date	Last Contest Date	Out of Season Period	Summer Period 2020
Competitive Sport Cheer	March 15	March 15	20 (2)	March 15	April 23	June 1	End of season until May 31, then August 9 until February 8	June 1 to August 8
Basketball	March 15	March 15	26 (2)	March 15	April 21	May 29	End of season until May 31, August 9 to November 2	June 1 to August 8
Baseball	March 15	March 15	24 (2)	March 15	April 25	June 5	End of season until May 31, then August 9 until February 8	June 1 to August 8
Softball	March 15	March 15	24 (2)	March 15	April 25	June 5	End of season until May 31, then August 9 until February 8	June 1 to August 8
Track & Field	March 15	March 15	14 (2)	March 15	April 25	June 5	End of season until May 31, then August 9 until February 8	June 1 to August 8
Boys' & Girls' Golf	March 15	March 15	22 (0)	March 15	April 19	May 25	End of season until May 31, then August 9 until February 8	June 1 to August 8
Lacrosse	March 15	March 15	20 (2)	March 15	April 21	May 29	End of season until May 31, then August 9 until February 8	June 1 to August 8

- Note: Non-mandatory Conditioning/Weight-Training can be conducted year-round.
- NCS has not established any Dead Periods like established periods of time in other Sections.
- Schools are not allowed to conduct out of season sport specific activities. During such times of the year so called “spring basketball leagues”, “fall” or “winter” ball (baseball), or other sport specific activities are violations of NCS Bylaw 103H.
- Willful violation of CIF or NCS rules may bring sanctions to a school team/school athletic program based on CIF 22.C and/or NCS 1103.
- All starting, ending, scrimmage or game dates listed apply to all levels of high school athletic competition.
- Unless a tournament all contests or matches in dual competition count game for game (1 for 1).
- Tournament Contacts

- Basketball, football, soccer, water polo, cross country, tennis, golf, competitive sport cheer, swimming/diving, baseball, softball and lacrosse games and matches are counted game for game (1 for 1).
 - In volleyball a one-day tournament counts as two (2) games. A two-day tournament counts as three (3) contacts. A three-day tournament counts as 4.
 - In badminton each day of a tournament counts as two (2) contests.
- Scrimmages must be conducted prior to the first interscholastic contest (league or non-league) of the season, except in football which is limited to one (1) scrimmage. Scrimmages conducted after a school's first contest will count in the team or individual's maximum number of contests.
 - Sideline, Traditional and Competitive Sport Cheer – Tryouts for sideline cheer are not regulated by CIF or NCS. Any date and time are a school decision. Traditional Cheer tryouts for incoming 9th grade students may only be conducted after the incoming 9th grade students have finished their 8th grade year but not earlier than June 1 of the previous school year. Otherwise, each school sets their date and time for tryouts. Competitive Sport Cheer is conducted in the spring and teams may not start practice until the first allowed practice date for spring sports. Review the 3-Year Championship Calendar for the 2020-2021 school year starting date.