

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		August 14	August 28	August 31	October 6	November 12	- Start of Summer
Football	10		August 3*	August 12*	August 19	September 23	October 30	- Start of Summer
Girls Flag Football	28		July 23	August 6	August 10	September 15	October 22	- Start of Summer
Girls Golf	24		July 22	August 4	August 7	September 12	October 19	- Start of Summer
Girls Tennis	24		July 23	August 6	August 10	September 15	October 22	- Start of Summer
Girls Volleyball	28		July 23	August 6	August 10	September 15	October 22	- Start of Summer
Water Polo	28		July 30	August 13	August 17	September 22	October 29	- Start of Summer
Winter								
Boys Basketball	28	End of Summer - 1st Day of Practice	October 29	November 12	November 16	December 28	February 10	- Start of Summer
Girls Basketball	28	End of Summer - 1st Day of Practice	October 29	November 12	November 16	December 28	February 9	- Start of Summer
Boys Soccer	28	End of Summer - 1st Day of Practice	October 29	November 12	November 16	December 28	February 9	- Start of Summer
Girls Soccer	28	End of Summer - 1st Day of Practice	October 29	November 12	November 16	December 28	February 10	- 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 26	November 6	November 10	December 22	February 3	- Start of Summer
Spring								
Badminton	24	End of Summer - 1st Day of Practice	January 25	February 8	February 9	March 20	April 29	- Start of Summer
Baseball	28	End of Summer - 1st Day of Practice	January 29	February 12	February 13	March 25	May 4	- Start of Summer
Beach Volleyball	28	End of Summer - 1st Day of Practice	January 25	February 8	February 9	March 20	April 29	- Start of Summer
Boys Golf	24	End of Summer - 1st Day of Practice	January 26	February 9	February 13	March 25	May 4	- Start of Summer
Boys Tennis	24	End of Summer - 1st Day of Practice	January 14	January 28	February 2	March 13	April 22	- Start of Summer
Boys Volleyball	28	End of Summer - 1st Day of Practice	January 25	February 8	February 9	March 20	April 29	- Start of Summer
Competitive Sport Cheer	24	End of Summer - 1st Day of Practice	January 25	February 8	February 9	March 20	April 29	- Start of Summer
Lacrosse	28	End of Summer - 1st Day of Practice	January 25	February 8	February 9	March 20	April 29	- Start of Summer
Softball	28	End of Summer - 1st Day of Practice	January 29	February 12	February 13	March 25	May 4	- Start of Summer
Swim & Dive	14	End of Summer - 1st Day of Practice	January 25	February 8	February 11	March 22	May 1	- Start of Summer
Track & Field	14	End of Summer - 1st Day of Practice	February 1	February 14	February 17	March 29	May 7	- Start of Summer

* Football players must complete the 5 day acclimation period. Acclimation period can begin no earlier than July 27.

* 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 did not play a sport in the previous season.

Definitions:

Summer Period

The summer period is from the first weekend after Memorial Day until the first day of fall practices.

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 off-season (CIF Bylaw 2001.C., CA Ed Code 35179.5, AB2127)

Off-Season or Outside Agency

Programs must choose between utilizing the off-season option or outside agency option. Please note that the off-season option limits practice to eight hours per week.

Summer Dead Period

Each team must choose 14 consecutive days or two 7 day periods 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.

Updated 12/16/25

Question:

What is the first day a school team can schedule their "dead period"?

Answer:

The "summer" period begins on the first weekend after Memorial Day so the first day that the dead period can begin is the Saturday following Memorial Day.

Question:

What is the last day a school team can schedule their "dead period"?

Answer:

For fall teams - Teams must complete their dead period prior to the CIF-CS defined first day of practice for their specific sport or their first day of school - whatever comes first.
For winter and spring teams - "dead period weeks" must be completed by the last fall sport to begin practice or the first day of school - whatever comes first.

Question:

Our high school team operates as an "outside agency" prior to the high school season. When do we need to cease playing in "club tournaments"?

Answer:

Once the practice start date (as defined by the CIF-CS sport calendar) for a specific sport is reached a high school team must cease operating as an "outside agency" and abide by CIF rules regarding competition, Sunday practices, etc.