



Sport Calendar 2021-2022



Sport	"Summer Period"	Off-Season or Outside Agency Period	Preseason Conditioning Begins	Practice Start Date	First Scrimmage Date	First Contest Date	Sit Out Period Date	Last Contest Date	Post-Season No Contact Period	Off-Season or Outside Agency Period
Fall										
				NFHS Week #4	NFHS Week #6	NFHS Week #7				
Cross Country	May 29 - July 18		July 19	August 2	August 9	August 16	September 28	November 11	2 weeks after last contest	- May 27
Football	May 29 - July 18		July 19	July 31	August 11	August 18	September 22	October 29		- May 27
Girls Golf	May 29 - July 18		July 19	August 2	August 9	August 16	September 18	October 21		- May 27
Girls Tennis	May 29 - July 18		July 19	August 2	August 9	August 16	September 18	October 21		- May 27
Girls Volleyball	May 29 - July 18		July 19	August 2	August 9	August 16	September 18	October 21		- May 27
Water Polo	May 29 - July 18		July 19	August 2	August 9	August 16	September 21	October 28		- May 27
Winter										
				NFHS Week #17	NFHS Week #18	NFHS Week #19				
Basketball	May 29 - August 8	August 9 - Oct. 10	October 11	October 25	November 5	November 12	December 27	February 11	2 weeks after last contest	- May 27
Soccer	May 29 - August 8	August 9 - Oct. 10	October 11	October 25	November 5	November 12	December 27	February 11		- May 27
Traditional Competitive Cheer	NA	NA	NA	NA	NA	NA	TBD	NA		- May 27
Wrestling	May 29 - August 8	August 9 - Oct. 10	October 11	October 25	November 5	November 12	December 24	February 5		- May 27
Spring										
				NFHS Week #28	NFHS Week #30	NFHS Week #32				
Badminton	May 29 - August 8	August 9 - Dec. 26	December 27	January 10	January 28	February 11	March 17	April 29	2 weeks after last contest	- May 27
Baseball	May 29 - August 8	August 9 - Dec. 26	December 27	January 10	January 28	February 11	March 25	May 13		- May 27
Boys Golf	May 29 - August 8	August 9 - Dec. 26	December 27	January 10	January 28	February 11	March 21	May 3		- May 27
Boys Tennis	May 29 - August 8	August 9 - Dec. 26	December 27	January 10	January 28	February 11	March 14	April 21		- May 27
Boys Volleyball	May 29 - August 8	August 9 - Dec. 26	December 27	January 10	January 28	February 11	March 17	April 28		- May 27
Competitive Sport Cheer	May 29 - August 8	August 9 - Dec. 26	December 27	January 10	January 28	February 11		TBD		- May 27
Lacrosse	May 29 - August 8	August 9 - Dec. 26	December 27	January 10	January 28	February 11	March 17	April 28		- May 27
Softball	May 29 - August 8	August 9 - Dec. 26	December 27	January 10	January 28	February 11	March 25	May 13		- May 27
Swim & Dive	May 29 - August 8	August 9 - Dec. 26	December 27	January 10	January 28	February 11	March 18	April 30		- May 27
Track & Field	May 29 - August 8	August 9 - Dec. 26	December 27	January 10	January 28	February 11	March 22	May 4		- May 27

** 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.

** NOTE: Football players must complete the 5 day acclimatization period. Acclimatization period can begin no earlier than July 26.

Definitions:

Summer Period

all activities during this time period shall be under the authority of each school district
 **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.

Conditioning Period

The only activities allowed during this time are non-sport specific conditioning and weight training, along with no use of specific equipment including balls.

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 an "SOP" due to transferring.

Last League Contest Date

This is the last allowable date for a league contest.

Post Season Dead Period

Immediately following each schools completed season of sport, there will be a two-week dead period with no contact between players and coaches of the just completed sports season.