

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. 14	Dec. 22	14	Dec. 28	Jan. 31	March 6	April 5	Apr 6 – 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).**

Sport	Limited or Out of Season Period	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	Summer Period 2021
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