

2018-2019 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	Out of Season Period	Limited or Out of Season Period	Summer Period
Football	July 2	July 23	August 10	10	August 17	Sept. 21	Oct. 27	Nov. 30	Dec. 1- April 30	May 1 - May 31	June 1-July 8
Cross-Country	July 9	July 30	August 10	14	August 17	Sept. 21	Oct. 27	Nov. 30	Dec. 1- April 30	May 1 - May 31	June 1-July 15
Girls Golf	July 9	July 30	August 10	24	August 17	Sept. 10	Oct. 16	Nov. 30	Dec. 1- April 30	May 1 - May 31	June 1-July 15
Girls Tennis	July 9	July 30	August 10	24	August 17	Sept. 18	Oct. 19/24	Nov. 30	Dec. 1- April 30	May 1 - May 31	June 1-July 15
Girls Volleyball	July 9	July 30	August 10	28	August 17	Sept. 17	Oct. 18	Nov. 30	Dec. 1- April 30	May 1 - May 31	June 1-July 15
Boys Soccer	July 9	July 30	August 10	28	August 17	Sept. 17	Oct. 18	Nov. 30	Dec. 1- April 30	May 1 - May 31	June 1-July 15
Water Polo	July 23	Aug. 13	August 18	28	August 24	Sept. 24	Oct. 25	Nov. 30	Dec. 1- April 30	May 1 - May 31	June 1-July 15

For Tennis: Oct. 19 is the final date for a team match. Oct. 24 is the final date for a league individual tournament.

Football *Official practice starts July 23 (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 acclimation period is mandatory for all teams and individuals (Bylaw 2003.4).

*August 16 is the first contest date for frosh football, August 17 is the first contest date for frosh-soph and varsity (Bylaw 2007.5).

Sport	Out of Season Period	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	Out of Season Period	Summer Period
Basketball	July 30-Sept. 9	Sept. 10-Oct. 7	Oct. 8	Oct. 29	Nov. 9	28	Nov. 16	Dec. 28	Feb. 8	March 15	March 16-May 31	June 1-July 28
Soccer	July 30-Sept. 9	Sept. 10-Oct. 7	Oct. 8	Oct. 29	Nov. 9	28	Nov. 16	Dec. 27	Feb. 7	March 15	March 16-May 31	June 1-July 28
Wrestling	July 30-Sept. 9	Sept. 10-Oct. 7	Oct. 8	Oct. 29	Nov. 9	40	Nov. 16	Dec. 25	Jan. 23/Feb. 2	March 15	March 16-May 31	June 1-July 28

For Wrestling Jan. 23 is the final date for a team dual. Feb. 2 is the final date for a league tournament.

Sport	Out of Season Period	Limited or Out of Season Period	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
Badminton	July 30-Sept. 2	Sept. 4-Sept. 30	Oct. 2-Jan. 13	Jan. 14	Feb. 4	Feb. 15	24	Feb. 22	March 29	May 4	May 31	June 1-July 28
Baseball	July 30-Sept. 2	Sept. 4-Sept. 30	Oct. 2-Jan. 13	Jan. 14	Feb. 4***	Feb. 15	28	Feb. 22	March 31	May 8	May 31	June 1-July 28
Boys Golf	July 30-Sept. 2	Sept. 4-Sept. 30	Oct. 2-Jan. 13	Jan. 14	Feb. 4	Feb. 15	24	Feb. 22	March 27	April 30	May 31	June 1-July 28
Comp. Sport Cheer	July 30-Sept. 2	Sept. 4-Sept. 30	Oct. 2-Jan. 13	Jan. 14	Feb. 4	Feb. 15	28	Feb. 22	March 24	April 25	May 31	June 1-July 28
Softball	July 30-Sept. 2	Sept. 4-Sept. 30	Oct. 2-Jan. 13	Jan. 14	Feb. 4***	Feb. 15	28	Feb. 22	March 31	May 8	May 31	June 1-July 28
Swimming	July 30-Sept. 2	Sept. 4-Sept. 30	Oct. 2-Jan. 13	Jan. 14	Feb. 4	Feb. 15	14	Feb. 22	March 21	April 20	May 31	June 1-July 28
Boys Tennis	July 30-Sept. 2	Sept. 4-Sept. 30	Oct. 2-Jan. 13	Jan. 14	Feb. 4	Feb. 15	24	Feb. 22	March 25	April 24/27	May 31	June 1-July 28
Coed Tennis	July 30-Sept. 2	Sept. 4-Sept. 30	Oct. 2-Jan. 13	Jan. 14	Feb. 4	Feb. 15	24	Feb. 22	March 25	April 24/27	May 31	June 1-July 28
Track & Field	July 30-Sept. 2	Sept. 4-Sept. 30	Oct. 2-Jan. 13	Jan. 14	Feb. 4	Feb. 15	14	Feb. 22	March 29	May 4	May 31	June 1-July 28
Girls Soccer	July 30-Sept. 2	Sept. 4-Sept. 30	Oct. 2-Jan. 13	Jan. 14	Feb. 4	Feb. 15	28	Feb. 22	March 24	April 25	May 31	June 1-July 28
Boys Volleyball	July 30-Sept. 2	Sept. 4-Sept. 30	Oct. 2-Jan. 13	Jan. 14	Feb. 4	Feb. 15	28	Feb. 22	March 24	April 25	May 31	June 1-July 28
Lacrosse	July 30-Sept. 2	Sept. 4-Sept. 30	Oct. 2-Jan. 13	Jan. 14	Feb. 4	Feb. 15	28	Feb. 22	March 27	April 29	May 31	June 1-July 28

*** For baseball and softball: Pitchers and Catcher may play catch Jan. 28- Feb. 2 (no bats and no fielders)

For Tennis: April 24 is the final date for a team match. April 27 is the final date for a league individual tournament.

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

- Dead periods will adhere to Bylaw 504.8. The preseason dead period begins with the date listed and continues until the first day of practice. The end of season dead period 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