



2024-2025 SAC-JOQUIN SECTION SPORT CALENDAR



		Period #1	Period #2	Period #3	Period #4	Period #5	Period #6	Period #7	Period #8	Period #9	Period #10	Period #11	Period #12	Period #13	Period #14
Sport	Max # of Contacts	Summer Period	No Contact Dead Period	*Limited Period	Limited or Out of Season Period	Limited or Out of Season Period	Limited Period	Official Practice	Scrimmage Date	First Contest Date	Sit-out Period Date	Last Contest Date	Limited or Out of Season Period	Limited or Out of Season Period	Limited or Out of Season Period
FALL															
Cross Country	14	JUN 01-JUN 30	JUL 01-JUL 14	JUL 15-AUG 04				AUG 05	AUG 16	AUG 23	SEP 28	NOV 02	EOS - JAN 12	JAN 13-APR 13	APR 14-MAY 31
Flag Football - Girls	28	JUN 01-JUN 30	JUL 01-JUL 14	JUL 15-AUG 04				AUG 05	AUG 16	AUG 23	SEP 24	OCT 24	EOS - JAN 12	JAN 13-APR 13	APR 14-MAY 31
Football	10	JUN 01-JUN 30	JUL 01-JUL 14	JUL 15-JUL 28				JUL 29	AUG 16	AUG 23	SEP 28	NOV 02	EOS - JAN 12	JAN 13-APR 13	APR 14-MAY 31
Golf - Girls	24	JUN 01-JUN 30	JUL 01-JUL 14	JUL 15-AUG 04				AUG 05	AUG 16	AUG 23	SEP 23	OCT 23	EOS - JAN 12	JAN 13-APR 13	APR 14-MAY 31
Soccer (D7) - Boys	28	JUN 01-JUN 30	JUL 01-JUL 14	JUL 15-AUG 04				AUG 05	AUG 16	AUG 23	SEP 24	OCT 24	EOS - JAN 12	JAN 13-APR 13	APR 14-MAY 31
Tennis - Ind. Girls	24	JUN 01-JUN 30	JUL 01-JUL 14	JUL 15-AUG 04				AUG 05	AUG 16	AUG 23	SEP 28	NOV 01	EOS - JAN 12	JAN 13-APR 13	APR 14-MAY 31
Tennis - Team Girls	24	JUN 01-JUN 30	JUL 01-JUL 14	JUL 15-AUG 04				AUG 05	AUG 16	AUG 23	SEP 28	OCT 31	EOS - JAN 12	JAN 13-APR 13	APR 14-MAY 31
Volleyball - Girls	28	JUN 01-JUN 30	JUL 01-JUL 14	JUL 15-AUG 04				AUG 05	AUG 16	AUG 23	SEP 24	OCT 24	EOS - JAN 12	JAN 13-APR 13	APR 14-MAY 31
Water Polo	28	JUN 01-JUN 30	JUL 01-JUL 14	JUL 15-AUG 04				AUG 05	AUG 16	AUG 23	SEP 27	OCT 30	EOS - JAN 12	JAN 13-APR 13	APR 14-MAY 31
WINTER															
Basketball	28	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 13		OCT 14-NOV 03	NOV 04	NOV 15	NOV 22	JAN 04	FEB 14		EOS - APR 13	APR 14-MAY 31
Soccer	28	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 13		OCT 14-NOV 03	NOV 04	NOV 15	NOV 22	JAN 02	FEB 11		EOS - APR 13	APR 14-MAY 31
Wrestling	40	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 13		OCT 14-NOV 03	NOV 04	NOV 15	NOV 22	JAN 01	FEB 08		EOS - APR 13	APR 14-MAY 31
SPRING															
Badminton	24	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 13	OCT 14-JAN 12	JAN 13 - FEB 09	FEB 10	FEB 21	FEB 28	APR 05	MAY 09		EOS - MAY 31	
Baseball	28	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 13	OCT 14-JAN 12	JAN 13 - JAN 26	JAN 27	FEB 04	FEB 11	MAR 20	APR 25		EOS - MAY 31	
Beach Volleyball	28	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 13	OCT 14-JAN 12	JAN 13 - FEB 09	FEB 10	FEB 21	FEB 28	APR 02	MAY 03		EOS - MAY 31	
Golf - Boys	24	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 13	OCT 14-JAN 12	JAN 13 - FEB 09	FEB 10	FEB 21	FEB 28	MAR 31	APR 30		EOS - MAY 31	
Lacrosse	28	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 13	OCT 14-JAN 12	JAN 13 - FEB 09	FEB 10	FEB 21	FEB 28	APR 01	MAY 01		EOS - MAY 31	
Soccer (D7) - Girls	28	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 13	OCT 14-JAN 12	JAN 13 - FEB 09	FEB 10	FEB 21	FEB 28	APR 01	MAY 01		EOS - MAY 31	
Softball	28	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 13	OCT 14-JAN 12	JAN 13 - JAN 26	JAN 27	FEB 04	FEB 11	MAR 23	MAY 01		EOS - MAY 31	
Sport Cheer (STUNT)	28	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 13	OCT 14-JAN 12	JAN 13 - FEB 09	FEB 10	FEB 21	FEB 28	MAR 31	APR 29		EOS - MAY 31	
Swimming/Diving	14	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 13	OCT 14-JAN 12	JAN 13 - FEB 09	FEB 10	FEB 21	FEB 28	MAR 29	APR 26		EOS - MAY 31	
Tennis - Coed Ind.	24	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 13	OCT 14-JAN 12	JAN 13 - FEB 09	FEB 10	FEB 21	FEB 28	APR 01	MAY 02		EOS - MAY 31	
Tennis - Coed Team	24	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 13	OCT 14-JAN 12	JAN 13 - FEB 09	FEB 10	FEB 21	FEB 28	APR 01	MAY 01		EOS - MAY 31	
Tennis - Boys Ind.	24	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 13	OCT 14-JAN 12	JAN 13 - FEB 09	FEB 10	FEB 21	FEB 28	APR 01	MAY 02		EOS - MAY 31	
Tennis - Boys Team	24	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 13	OCT 14-JAN 12	JAN 13 - FEB 09	FEB 10	FEB 21	FEB 28	APR 01	MAY 01		EOS - MAY 31	
Track & Field	14	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 13	OCT 14-JAN 12	JAN 13 - FEB 09	FEB 10	FEB 21	FEB 28	APR 05	MAY 10		EOS - MAY 31	
Volleyball - Boys	28	JUN 01-JUN 30	JUL 01-JUL 14		JUL 15-OCT 13	OCT 14-JAN 12	JAN 13 - FEB 09	FEB 10	FEB 21	FEB 28	APR 01	MAY 01		EOS - MAY 31	

* = A school can choose to go out-of-season during period (#3) in order to compete in an event sponsored by a national governing body but must petition the CIF-SJS Office and receive approval in order to do so.

EOS = END OF SEASON

A grayed out box indicates that the specific period does not apply to that sport at that time.

Football - Official practice starts in Period #7. The five (5) day acclimatization period is mandatory for all teams and individuals beginning at that time.

Football - The mandated minimum number of practices (team/individual) prior to any scrimmages or contests must be followed as defined in the football bylaws.

Football - The first contest date for frosh football ONLY is the day prior to the first contest date listed.

Wrestling - January 29th is the final date for a team dual.

UPDATED: 4/4/2024