



2024-2025 SAC-JOQUIN SECTION SPORT CALENDAR



Sport	Max # of Contacts	Contest Days	Period #1 Summer Period	Period #2 No Contact Dead Period	Period #3 *Limited Period	Period #4 Limited or Out of Season Period	Period #5 Limited or Out of Season Period	Period #6 Limited Period	Period #7 Official Practice	Period #8 Scrimmage Date	Period #9 First Contest Date	Period #10 Sitout Period Date	Period #11 Last Contest Date	Period #12 Limited or Out of Season Period	Period #13 Limited or Out of Season Period	Period #14 Limited or Out of Season Period
<b>FALL</b>																
Cross Country	14	62	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	54	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	62	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	53	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	54	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	61	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	60	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	54	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	59	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
<b>WINTER</b>																
Basketball	28	73	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	70	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	68	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
<b>SPRING</b>																
Badminton	24	61	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	64	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	56	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	53	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	54	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	54	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	69	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	52	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	50	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	55	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	54	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	55	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	54	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	62	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	54	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 acclimitization 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.