

NORTH COAST SECTION SIT-OUT PERIOD - 2019-2020

Sport	Start Date	End Date	# of days in the season	SOP Date	# of days in SOP	% of calendar days missed
11-Man Football	Aug. 5 (first game Aug. 21)	Nov. 2	74	Sept. 26	37	50+1
	Aug. 12 (first game Aug. 28)	Nov. 2	67	Sept. 30	34	50
Water Polo	Aug. 12	Nov. 2	83	Sept. 23	42	50
Cross Country	Aug. 12	Nov. 16	97	Sept. 30	49	50+1
Soccer (G & B)	Aug. 12	Nov. 2	83	Sept. 23	42	50
Girls Tennis	Aug. 12	Nov. 9	76	Sept. 18	38	50
Girls Golf	Aug. 12	Oct. 15	65	Sept. 14	33	50+1
Girls Volleyball	Aug. 12	Oct. 26	76	Sept. 19	38	50
Traditional Competitive Cheer	Determined by School	Determined by School				50% of season
Gymnastics	Aug. 12	No ending date		Sept. 14		
Field Hockey	Aug. 12	No ending date		Sept. 14		

*Team Tennis final date, which will be used for singles/doubles competition as well

Traditional Competitive Cheer	Determined by School	Determined by School				50% of season
Basketball (G & B)	Nov. 4	Feb. 15	104	Dec. 26	52	50
Soccer (G & B)	Nov. 4	Feb. 15	104	Dec. 26	52	50
Boys Wrestling (no fall sport)	Nov. 15	Feb. 5	83	Dec. 26	42	50
Boys Wrestling (fall sport)	Nov. 9	Feb. 5	88	Dec. 23	44	50
Girls Wrestling (no fall sport)	Nov. 15	Feb. 5	83	Dec. 26	42	50
Girls Wrestling (fall sport)	Nov. 9	Feb. 5	88	Dec. 23	44	50

Traditional Competitive Cheer	Determined by School	Determined by School				50% of season
Competitive Sport Cheer	Feb. 10	April 28	79	Mar. 21	40	50
Swim/Dive	Feb. 10	May 2	83	Mar. 23	42	50
Baseball	Feb. 10	May 16	97	Mar. 31	49	50+1
Softball	Feb. 10	May 16	97	Mar. 31	49	50+1
Track	Feb. 10	May 9	90	Mar. 27	45	50+1
Boys Golf	Feb. 10	April 28	78	Mar. 20	39	50+1
Boys Tennis	Feb. 10	May 6	87	Mar. 25	44	50
Soccer	Feb. 10	May 2	83	Mar. 23	42	50
Lacrosse (G & B)	Feb. 10	May 2	83	Mar. 23	42	50
Boys Volleyball	Feb. 10	May 2	83	Mar. 23	42	50
Badminton	Feb. 10	May 9	90	Mar. 27	45	50+1