

APPENDIX A

C.I.F. SAC-JOQUIN SECTION

511.1 STARTING DATES FOR PRACTICE

In the Sac-Joaquin Section, the following dates are specified for starting practice:

- A. Fall: Starting practice date will be the same as football pre-conditioning or August 14, 2006; Football practice begins on August 21, 2006.

NOTE: Start date for 2007 will be August 13, 2007, which is the same date as football pre-conditioning;

- B. Winter: November 10;
- C. Spring: February 10.

511.2 STARTING DATES FOR SCRIMMAGES

Teams may scrimmage (See Bylaw 519.2 for further information on scrimmages) five (5) days after the first day of practice (See sport rules for complete information). For the 2006-07 school year:

- A. Fall: August 19 for all sports except football. Football – August 31.
- B. Winter: November 15
- C. Spring: February 15

511.3 STARTING DATES FOR INTERSCHOLASTIC CONTESTS

Teams may play an interscholastic game 10 days after the first day of practice (See sport rules for complete information). For the 2006-07 school year:

- A. Fall: August 24 for all sports except football. Football – September 7.
- B. Winter: Monday of Thanksgiving week. For 2006, November 20.
- C. Spring: February 20.

511.4 END OF COMPETITION

The final date for interscholastic competition, other than Sac-Joaquin Section or CIF State playoffs, is determined by the Board of Managers annually and stated in the sport rules of this Constitution.

The current Bylaw 511.2 (OUT OF SEASON) becomes 511.5. There are no changes to this bylaw.

511.6 DEAD PERIODS

FALL SPORTS – Any member of the coaching staff (paid or volunteer) may not have any contact with his/her athletes and use the sports equipment for their given sport from July 25 until the first day of fall sports practice (August 14). Weight training and conditioning are the only activities that will be allowed during this time period.

NOTE: The use of outside agencies will not be allowed to circumvent the “dead period.”

WINTER SPORTS – Any member of the coaching staff (paid or volunteer) may not have any contact with his/her athletes and the use of sports equipment for their given sport from October 20 until the first day of winter sports practice (November 10). Weight training and conditioning are the only activities that will be allowed during this time period.

NOTE: The use of outside agencies will not be allowed to circumvent the “dead period.”

SPRING SPORTS – Any member of the coaching staff (paid or volunteer) may not have any contact with his/her athletes and the use of sports equipment for their given sport from January 20 until the first day of spring sports practice (February 10). Weight training and conditioning are the only activities that will be allowed during this time period.

NOTE: The use of outside agencies will not be allowed to circumvent the “dead period.”

NOTE: Violations of this rule will be referred to the league involved for appropriate action.

WAIVER PROCESS – This bylaw may be waived by the Section Commissioner provided the activity during the established dead period involves regional and/or national competition. Petitions must be filed by the school to the Section office 30 days prior to the event.

519. NUMBER OF ALLOWABLE CONTESTS

- A. Each Section and/or league which establishes a maximum and/or minimum number of allowable contests for member schools shall establish the same number of allowable contests for all teams in identical sports, and in baseball and softball.
- B. When practical and sufficient interest exists, the number of events offered in a contest in identical sports for boys and girls shall be equal except where rules are written by a recognized rules writing body that provides for a different number of events.

- 519.1 Sports which traditionally have two events per week (basketball, baseball, golf, soccer, softball, tennis, volleyball, water polo, track, cross country, swimming and badminton) are limited to 27 contacts per season. There is no limit on number of tournaments allowed per season. Football is allowed 10 contests. Wrestlers are allowed 40 matches per season (See Bylaw 3101).
 - a. In order to offer interscholastic competition to newly built schools and to honor previous commitments in scheduling, leagues may exceed the 27 contact limitation by two (2) contacts at the freshman and frosh-soph levels only. This contact waiver is in effect only until the new school enrolls juniors. At that time, the school is expected to field varsity teams.

519.2 SCRIMMAGES

A maximum of two (2) scrimmages per team are permissible prior to the first game (league or non-league) of the season. Said scrimmages shall not count in the team’s contact total. Scrimmages held after a team’s first game shall count as contacts.

NOTE: A scrimmage is defined as supervised competition between two or more teams where:

- a. No officials are paid.
- b. No admission is charged; closed scrimmages are permissible (Donations are acceptable).
- c. No score/results are released to the media.
- d. No awards are presented.

519.3 **DEFINITION OF A CONTEST**

The definition of a contest is defined in the appropriate National Federation Rules Book.

519.4 **SPORTS INCORPORATING POOL PLAY**

- a. For the purpose of this bylaw, pool play is defined as a shortened game as determined by NFHS and Sac-Joaquin Section rules.
- b. Volleyball and water polo are the only sports allowed to use pool play during tournament competition.
- c. Any one-day tournament shall count as two (2) contacts.
- d. Any additional ½ day (scheduled six hours maximum) will count as an additional contact. **EXAMPLE:** A tournament involving pool play that lasts Friday night and all day Saturday would count as three (3) contacts. A tournament involving pool play that lasts two full days would count as four (4) contacts.

519.5 **TOURNAMENTS INVOLVING INDIVIDUAL COMPETITION**

The following individual sports must utilize the following tournament guidelines in determining the structure of the tournament.

- a. Golf – Each day of a tournament will be counted as two (2) contacts.
- b. Tennis – Each day of a tournament will be counted as two (2) contacts.
- c. Wrestling – A tournament can be a maximum of two (2) days in length and each individual may wrestle a maximum of five (5) matches per day. This is in accordance with the National Federation rules.