

# LIMITED/DEAD PERIODS FOR CIF SANCTIONED SPORTS ACTIVITY 2011-12

## FALL SEASON

July 18 – Aug. 7	↔	Dead
Aug. 8 – Last Contest Date	↔	Season
Last Contest Date – Nov. 27	↔	Dead
Nov. 28 – April 30	↔	Out of Season
May 1 – May 31 (equipment restrictions for football)	↔	Limited
June 1 – July 15 (equipment restrictions for football)	↔	Summer

## WINTER SEASON

Aug. 8 – Sept. 18	↔	Out of Season
Sept. 19 – Oct. 16	↔	Limited
Oct. 17 – Nov. 6	↔	Dead
Nov. 7 – Last Contest Date	↔	Season
Last Contest Date – March 11	↔	Dead
March 12 – May 31	↔	Out of Season
June 1 – Aug. 5	↔	Summer

## SPRING SEASON

Aug. 8 – Sept. 4	↔	Out of Season
Sept. 5 – Oct. 2	↔	Limited
Oct. 3 – Jan. 15	↔	Out of Season
Jan. 16 – Feb. 5	↔	Dead
Feb. 6 – Last Contest Date	↔	Season
Last Contest Date – May 31	↔	Dead
June 1 – Aug. 5	↔	Summer

### **(Baseball & Softball)**

Jan. 30 – Feb. 4: Pitchers and Catchers may play catch (no bats & no fielders)

\*Conditioning/Weight training can be done year-round

## **Dead Periods**

- Dead periods will adhere to Bylaw 511.6

## **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.
- Weekend contests/tournaments (Sat.–Sun.) are permissible but must be sponsored by an outside organization. Contests during the week (M-F) are not allowed under the limited provisions.
- Schools may choose to conduct “Out of Season” activities during the “Limited” period but must adhere to Bylaw 511.5.

## **Out of Season**

- Out of Season activities must be sponsored by an agency not under the authority of the CIF as specified in Bylaw 511.5 and 511.6. 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.

## **Summer**

- Summer (See Bylaws 500F and 511.5 b and c): The Sac-Joaquin Section will be dark from June 1 (with the exception of Bylaw 1903.2) 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 1903.1, 1903.2 and 1903.3.

## **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 511.6)

*Revised April 1, 2011*