| Sports | First Practice | First <br> Contest |  | Contests Allowed* | Tournaments Allowed |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | FALL |  |  |  |
| Volleyball <br> Varsity/JV <br> Jr. High/Middle | Aug. 5* Aug. 5 | $\begin{aligned} & \text { Aug. } 22 \\ & \text { Aug. } 22 \end{aligned}$ | Oct. 14 Oct. 7 | 15 dates <br> 12 dates | Weekends only ++ Weekends only++ |
| Football Varsity/JV Jr. High/Middle Flag | Aug. 5* <br> Aug. 5 <br> Aug. 5 | $\begin{gathered} \text { Aug. } 22 / 26 \\ \text { Aug. } 26 \\ \text { Aug. } 22 \\ \hline \end{gathered}$ | Nov. 1 <br> Nov. 1 <br> Nov. 1 | 10 contests 8 contests 15-V-JV/10 Jr. High | $\begin{aligned} & \text { N/A } \\ & \text { N/A } \end{aligned}$ |
| Cross Country <br> Varsity/JV <br> Jr. High/Middle | Aug. 5* Aug. 5 | $\begin{aligned} & \text { Aug. } 22 \\ & \text { Aug. } 22 \end{aligned}$ | $\begin{aligned} & \text { Oct. } 30 \\ & \text { Oct. } 21 \end{aligned}$ | 10 meets <br> 8 meets | $\begin{aligned} & \text { N/A } \\ & \text { N/A } \end{aligned}$ |
| Swimming | Aug. 5* | Aug. 22 | Nov. 15 | 8 meets | N/A |
| *July 29th if no spring evaluations |  | WINTER |  |  |  |
| Basketball Boys/Girls Varsity/JV Jr. High/ Middle | Oct. 21 <br> Sept. 16 | $\begin{gathered} \text { Nov. } 7 \\ \text { Oct. } 3 \end{gathered}$ | $\begin{aligned} & \text { Jan. } 31 \\ & \text { Jan. } 9 \end{aligned}$ | 30 contests <br> 24 contests | (counted in total games allowed)+= |
| Bowling Boys/Girls Varsity/JV Jr. High/ Middle | $\begin{aligned} & \text { Oct. } 7 \\ & \text { Oct. } 7 \end{aligned}$ | $\begin{aligned} & \text { Oct. } 24 \\ & \text { Oct. } 24 \end{aligned}$ | $\begin{aligned} & \text { Jan. } 22 \\ & \text { Jan. } 22 \end{aligned}$ | 22 dates <br> 14 dates | $\begin{aligned} & 5 \\ & 2 \end{aligned}$ |
| Wrestling <br> Varsity/JV <br> Jr. High/ Middle | $\begin{aligned} & \text { Oct. } 28 \\ & \text { Oct. } 21 \end{aligned}$ | Nov. 14 <br> Nov. 7 | Feb. 6 <br> Feb. 1 | 14 dates <br> 8 dates | Weekends/Holidays ++ <br> Weekends/Holidays ++ |
| Indoor Track Varsity/JV Jr. High/Middle | Nov. 4 <br> Nov. 4 | $\begin{aligned} & \text { Nov. } 21 \\ & \text { Nov. } 21 \end{aligned}$ | $\begin{aligned} & \text { Jan. } 30 \\ & \text { Jan. } 18 \end{aligned}$ | $\begin{aligned} & 5 \\ & 4 \end{aligned}$ | N/A |
|  |  | SPRING |  |  |  |
| Tennis <br> Girls Varsity/JV Boys Varsity/JV Jr. High/Middle | $\begin{aligned} & \text { Jan. } 13 \\ & \text { Jan. } 13 \\ & \text { Jan. } 13 \end{aligned}$ | $\begin{aligned} & \text { Jan. } 30 \\ & \text { Jan. } 30 \\ & \text { Jan. } 30 \end{aligned}$ | April 14 April 14 April 6 | 18 dates 18 dates 10 dates | $\begin{aligned} & 3 \\ & 3 \\ & 2 \\ & \hline \end{aligned}$ |
| Soccer <br> Varsity/JV <br> Jr. High/Middle | $\begin{aligned} & \text { Jan. } 20 \\ & \text { Jan. } 20 \end{aligned}$ | Feb. 6 <br> Feb. 6 | April 21 <br> April 18 | $\begin{gathered} 25(5 \mathrm{~A}, 6 \mathrm{~A}) \text { matches } \\ 27(1 \mathrm{~A}-3 \mathrm{~A}, 4 \mathrm{~A}, 7 \mathrm{~A}) \\ 20 \text { matches } \end{gathered}$ | (counted in total games allowed) |
| $\begin{aligned} & \hline \text { Softball (throwing 1/13**) } \\ & \text { Varsity/JV } \\ & \text { Jr. High/Middle } \end{aligned}$ | $\begin{aligned} & \text { Jan. } 20 \\ & \text { Jan. } 20 \end{aligned}$ | Feb. 13 <br> Feb. 13 | April 24 <br> April 21 | 18 games <br> 14 games | $\begin{aligned} & 7 \\ & 5 \end{aligned}$ |
| Baseball (throwing 1/13**) 1A-6A Varsity/JV 1A-6A Jr. High/ Middle 7A Varsity/JV 7A Jr. High/ Middle | $\begin{aligned} & \text { Jan. } 20 \\ & \text { Jan. } 20 \end{aligned}$ | Feb. 13 <br> Feb. 13 | April 17 <br> April 14 | 28 games > <br> 24 games> <br> 32 games> <br> 26 games> | (counted in total games allowed) |
| Golf Girls Varsity/JV Boys Varsity/JV Jr. High/Middle | $\begin{aligned} & \text { Jan. } 20 \\ & \text { Jan. } 20 \\ & \text { Jan. } 20 \end{aligned}$ | Feb. 6 <br> Feb. 6 <br> Feb. 8 | April 26 <br> April 26 <br> April 14 | 14 dates <br> 14 dates <br> 8 dates | Only weekend tourneys included in playing dates. |
| Outdoor Track Varsity/JV <br> Jr. High/Middle | Feb. 3 <br> Feb. 3 | Feb. 20 <br> Feb. 20 | April 24 <br> April 19 | 10 meets <br> 8 meets | $\begin{aligned} & \mathrm{n} / \mathrm{a} \\ & \mathrm{n} / \mathrm{a} \end{aligned}$ |

KEYS \& EXPLANATION *=Includes only regular season contests per school. **Throwing conditioning (gloves \& balls only) +=Not counted as playing dates. N/A=Not applicable ^ Third soccer tournament allowed (no loss of school time) with each match counting as a regular season match. NOTE: In all sports, a team's season ends when the team is eliminated in the state championship program. A team's season begins the day of its first contest in that sport. > Games played during the schools spring break do not count in the total games allowed. (See Baseball section in 2023-24 Sports Book)

