



Sports	First Practice	First Contest	End of Regular Season Play	Contests Allowed*	Tournaments Allowed
		FALL			
<b>Volleyball</b> Varsity/JV Jr. High/Middle	Aug. 4* Aug. 4	Aug. 21 Aug. 21	Oct. 14 Oct. 11	15 dates 12 dates	Weekends only ++ Weekends only++
Football Varsity/JV Jr. High/Middle Flag	Aug. 4* Aug. 4 Aug. 4	Aug. 21/25 Aug. 25 Aug. 21	Oct. 31 Oct. 31 Oct. 31	10 contests 8 contests 15-V-JV/10 Jr. High	N/A N/A
Cross Country Varsity/JV Jr. High/Middle	Aug. 4* Aug. 4	Aug. 21 Aug. 21	Oct. 28 Oct. 20	10 meets 8 meets	N/A N/A
Swimming	Aug. 4*	Aug. 21	Nov. 14	8 meets	N/A
*July 28 <sup>th</sup> if no spring evaluations Basketball		WINTER			
Boys/Girls Varsity/JV Jr. High/ Middle	Oct. 20 Sept. 15	Nov. 6 Oct. 2	Feb. 4 Jan. 24	30 contests 24 contests	(counted in total games allowed)+=
Bowling Boys/Girls Varsity/JV Jr. High/ Middle	Oct. 6 Oct.6	Oct. 23 Oct. 23	Jan. 20 Jan. 20	22 dates 14 dates	5 2
Wrestling Varsity/JV Jr. High/ Middle	Oct. 27 Oct. 20	Nov. 13 Nov. 6	Feb. 5 Jan. 30	14 dates 8 dates	Weekends/Holidays ++ Weekends/Holidays ++
Indoor Track Varsity/JV Jr. High/Middle	Nov.3 Nov. 3	Nov. 20 Nov. 20	Jan. 29 Jan. 24	5 4	N/A
		SPRING			
<b>Tennis</b> Girls Varsity/JV Boys Varsity/JV Jr. High/Middle	Jan.12 Jan12 Jan12	Jan. 29 Jan. 29 Jan. 29	April 11 April 11 April 5	18 dates 18 dates 10 dates	3 3 2
Soccer Varsity/JV Jr. High/Middle	Jan. 19 Jan. 19	Feb. 5 Feb. 5	April 18/22 April 17	25 (5A/6A) matches 27 (1A-3A,4A, 7A) 20 matches	(counted in total games allowed)
<b>Softball</b> (throwing 1/12**) Varsity/JV Jr. High/Middle	Jan. 19 Jan. 19	Feb. 19 Feb. 19	April 30 April 27	18 games 14 games	7 5
Baseball (throwing 1/12**) 1A-6A Varsity/JV 1A-6A Jr. High/ Middle 7A Varsity/JV 7A Jr. High/ Middle	Jan. 19 Jan. 19	Feb. 19 Feb. 19	April 23 April 20	28 games > 24 games> 32 games> 26 games>	(counted in total games allowed)
Golf Girls Varsity/JV Boys Varsity/JV Jr. High/Middle	Jan. 19 Jan. 19 Jan. 19	Feb. 5 Feb. 5 Feb. 5	April 25 April 25 April 13	14 dates 14 dates 8 dates	Only weekend tourneys included in playing dates.
Outdoor Track Varsity/JV Jr. High/Middle	Feb. 2 Feb. 2	Feb. 19 Feb. 19	April 23 April 23	10 meets 8 meets	n/a n/a

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)