



CALIFORNIA INTERSCHOLASTIC FEDERATION

# CENTRAL COAST SECTION

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## 2023-24 CCS SIT-OUT PERIOD

*As per CIF Bylaw 207, the Sit-Out Period is 50% of the total number days in that particular season of sport. The number of days in a season is determined by each Section in accordance with their first allowable competition date through the final regular season competition date. If total number of days in a season is an odd number, then the Sit-Out Period would be 50% plus one additional day.*

*The Central Coast Section Sit-Out Period dates for 2023-24 are as follows:*

<u>Sport</u>	<u>Start Date</u>	<u>End Date</u>	<u>Days In Season</u>	<u>Days In SOP</u>	<u>SOP Date</u>
Girls Golf	8/18/23	10/25/23	69	35	9/22/23
Girls Volleyball	8/18/23	10/25/23	69	35	9/22/23
Soccer (Fall)	8/18/23	10/26/23	70	35	9/22/23
Field Hockey	8/18/23	10/28/23	72	36	9/24/23
Water Polo	8/18/23	10/28/23	72	36	9/24/23
Girls Tennis	8/18/23	11/3/23	78	39	9/26/23
Cross Country	8/18/23	11/4/23	79	40	9/27/23
Football	8/18/23	11/4/23	79	40	9/27/23
Traditional Cheer	11/13/23	1/12/24	61	32	12/15/23
Wrestling	11/13/23	2/4/24	84	42	12/25/23
Basketball	11/13/23	2/13/24	93	47	12/30/23
Soccer	11/13/23	2/14/24	94	47	12/30/23
Swimming & Diving	2/12/24	4/29/24	78	39	3/22/24
Boys Tennis	2/12/24	5/1/24	80	40	3/23/24
Boys Golf	2/12/24	5/3/24	82	41	3/25/24
Boys Volleyball	2/12/24	5/5/24	84	42	3/26/24
Beach Volleyball	2/12/24	5/5/24	84	42	3/26/24
Competitive Sport Cheer	2/12/24	5/6/24	85	43	3/27/24
Badminton	2/12/24	5/6/24	85	43	3/27/24
Track & Field	2/12/24	5/6/24	85	43	3/27/24
Lacrosse	2/12/24	5/6/24	85	43	3/27/24
Baseball	2/12/24	5/13/24	92	46	3/30/24
Gymnastics	2/12/24	5/13/24	92	46	3/30/24
Softball	2/12/24	5/13/24	92	46	3/30/24