



NO CONTACT PERIOD FOR SCHOOL YEAR 2010-11: Per direction from CIFSDS Board of Managers, beginning school-year 2010-11 schools/school districts will choose their no-contact period dates. Dates must be submitted to CIFSDS Office by February 1 (if not submitted by February 1, the dates of July 25, 2011-August 7, 2011 will be assigned). No-contact dates will be posted on home page of CIFSDS website - www.cifsd.org.

CIF-SAN DIEGO SECTION MASTER CALENDAR FOR 2010-11 (Approved by Board of Managers 4/27/10; Revised 1/25/11)

SEASON	SPORT	INTER-SCHOOL SCRIM#	MAXIMUM TEAM*	POINTS INDIVIDUAL**	LAST DATE TO SUBMIT SCHEDULES	PRACTICE BEGINS	FIRST POSSIBLE INTERSCHOOL SCRIMMAGE	FIRST POSSIBLE CONTEST	LAST DATE NON-PLAYOFF CONTEST+	TENTATIVE PLAYOFF DATES
Fall	Cross Country	N/A	-	13	June 1	August 16	N/A	September 1	November 12	Nov 20; State Championships Nov 27
Fall	Girls' Golf	N/A	-	21	June 1	August 16	N/A	September 1	November 3	CIFSDS - TBA So. Calif. Championships TBA State Championships TBA
Fall	Field Hockey	2	20	-	June 1	August 16	August 31	September 1	November 10	Nov 13, 15, 16, 18, 20
Fall	Football	2/1	9/10	-	June 1	^See Below	Aug 27 or Sep 2	Sep 2 or Sep 9	November 12	Nov 19, 26, & Dec 2, 6 (DV - Dec 3, 10) State Bowl Dec. 17-18
Fall	Girls' Tennis	2	-	19	June 1	August 16	August 31	September 1	October 27	Team Nov 2-5; Indiv. Nov 15-19
Fall	Girls' Volleyball	2	20	-	June 1	August 16	August 31	September 1	November 5	Nov 9-20; State Championships Nov 23, 27, 30, and Dec 4
Fall	Boys' Water Polo	2	20	-	June 1	August 16	August 31	September 1	November 6	Nov 10, 11, 13, 16, 17, 20
<p>^ In the sport of FOOTBALL, fall practice will begin on that date which allows for 28 *practices prior to the first football game. Schools must notify the CIFSDS Office of the start date by June 1. *Practice Defined – Green Book, Article XI, SPECIAL RULINGS FOR ALL SPORTS, #0.</p>										
Winter	Basketball	2	20	-	October 1	November 13	November 23	November 26	February 18	Feb. 22, 23, 25, 26 and Mar 1, 2, 4, 5 So Cal Championships Mar 8, 12, 15, 19 State Championships Mar 25-26
Winter	Roller Hockey	2	20	-	October 1	November 13	November 23	November 26	February 18	Conf. TBA
Winter	Soccer	2	20	-	October 1	November 13	November 23	November 26	February 18	Feb 22, 23, 25, 26 & Mar 1, 2, 5 So Cal Championships Mar 8, 10, 12 Feb 16, 17, 19, 22, 23, 26
Winter	Girls' Water Polo	2	20	-	October 1	November 13	November 23	November 26	February 12	Divisionals Feb 19; Masters Feb 25-26
Winter	Wrestling	N/A	-	40 contacts	October 1	November 13	N/A	November 26	February 18	State Championships March 4-5
Spring	Badminton	2	20	-	December 1	February 19	March 1	March 2	May 13	Conf Team May TBA; Indiv. May TBA
Spring	Baseball	2	20	-	December 1	February 19	March 1	March 2	May 19	May 24, 25, 27, 28, 31 & June 2, 4
Spring	Boys' Golf	N/A	-	21	December 1	February 19	N/A	March 2	TBD	CIFSDS - TBA So. California Championships TBA State Championships TBA
Spring	Gymnastics	N/A	-	13	December 1	February 19	N/A	March 2	May 14	Team and Individual May 20
Spring	Lacrosse	2	20	-	December 1	February 19	March 1	March 2	May 11	May 14, 18, 21
Spring	Softball	2	20	-	December 1	February 19	March 1	March 2	May 16	May 17, 18, 20, 21, 24, 26, 28
Spring	Swimming & Diving	2	-	13	December 1	February 19	March 1	March 2	May 14	May 17-21
Spring	Boys' Tennis	2	-	19	December 1	February 19	March 1	March 2	May 4	Team May 10-13; Indiv. May 23-27
Spring	Track & Field	N/A	-	16	December 1	February 19	N/A	March 2	May 13	Prelims May 21; Finals May 28 State Championships June 3-4
Spring	Boys' Volleyball	2	20	-	December 1	February 19	March 1	March 2	May 6	May 10, 11, 13, 14, 17, 18, 21 So Cal Championships May 24, 26, 28

Carnivals may replace scrimmages.

* Dual/Tri contests for team sports count one point each, and tournaments/invitationals (maximum of three) count two points each.

** Maximum points for individual sports may be any combination of dual/tri contests (one point each) and tournaments/invitationals (one point each) except in wrestling where each contact by an individual counts one point towards a maximum total of 40 and the maximum of 13 in swimming.

+ Except by special permission from CIFSDS Office.