



NO CONTACT PERIOD FOR SCHOOL YEAR 2018-19: Per direction from CIFSDS Board of Managers, beginning school-year 2018-19 schools/school districts may choose their no-contact period dates for each sport. Dates must be submitted to CIFSDS Office by May 29 (if not submitted by May 29, the dates of July 15, 2018, July 28, 2018 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 2018-19 (REVISED 6/11/18)

SEASON	SPORT	INTER-SCHOOL SCRIM#	MAXIMUM GAMES POINTS / CONTACTS INDIVIDUAL/TEAM*	LAST DATE TO SUBMIT SCHEDULES	PRACTICE BEGINS	FIRST POSSIBLE INTERSCHOOL SCRIMMAGE	FIRST POSSIBLE CONTEST	LAST DATE NON-PLAYOFF CONTEST+	TENTATIVE PLAYOFF DATES
FALL SPORTS REFER TO SOP DOCUMENT									
Fall	Cross Country	N/A	- 14	June 1	August 6	N/A	August 16	November 9	CIFSDS Finals Nov 17 State Championships Nov 24
Fall	Girls' Golf	N/A	- 24	June 1	August 6	N/A	August 13	October 17	CIFSDS – Oct. 29 & Oct. 31 CIFSDS Play In rounds Oct. 22-25 So. Calif. Championships Nov. 8 State Championships Nov. 13
Fall	Field Hockey	2	20 -	June 1	August 6	August 13	August 14	November 6	Nov 10, 13, 15, Finals 17
Fall	Football	2\1	9/10 10	June 1	July 30	August 9	August 16	October 26	Nov. 2, 9, 16 Finals Nov. 23 & 24 State Regionals Nov. 30-Dec. 1 State Bowl Dec. 7-8
Fall	Girls' Tennis	2	- 24	June 1	August 6	August 13	August 14	October 17	Team Oct. 22 thru 26 League Indiv. Oct 29 thru Nov.1 CIF Individuals Nov. 5-9 State Regionals Nov 16-17
Fall	Girls' Volleyball	2	- 28	June 1	August 1	August 7	August 8	October 19	Oct. 23, 24, 26, 27, 30, 31 Nov. 2 & 3 finals State Championships Nov 6, 8, 10, 13 Finals November 16-17
Fall	Boys' Water Polo	2	- 28	June 1	August 1	August 7	August 8	October 26	October 30 Nov.-8 \ Finals Nov 10 Regionals Nov. 16-17, 2018

FOOTBALL MAY NOT BEGIN PRIOR TO JULY 30, 2018. FOOTBALL MUST HAVE 14 PRACTICE OPPORTUNITIES PRIOR TO THE FIRST 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,

**WINTER SPORTS
REFER TO SOP DOCUMENT**

WINTER-SEASON	SPORT	MAXIMUM SCHOOL SCRIM#	POINTS/GAMES INDIVIDUAL** TEAM* CONTACTS	LAST DATE TO SUBMIT	PRACTICE BEGINS	FIRST POSSIBLE INTERSCHOOL SCRIMMAGE	FIRST POSSIBLE CONTEST	LAST DATE NON-PLAYOFF CONTEST+	TENTATIVE PLAYOFF DATES
Winter	Basketball	2	- 28	October 1	November 3	November 12	November 13	February 8	FEB. 12, 13, 15, 16, 19, 20 Finals Feb. 21, 22, 23 So Cal Championships FEB 26, 27, 28 MAR 1,2,5 <i>State Championships Mar 8,9</i>
Winter	Roller Hockey	2	20	October 1	November 10	November 20	November 21	February 14	Conf. TBA ?????
Winter	Soccer	2	- 28	October 1	November 3	November 12	November 13	February 8	Feb 12,13,15,16, 19, 20 Finals Feb. 22, 23 So Cal Championships FEB 26, 28 MAR 2
Winter	Girls' Water Polo	2	- 28	October 1	November 3	November 8	November 9	February 1	Feb 5 thru Feb 14, Finals February 16 Regionals Feb. 22-23, 2019
Winter	Boys' Wrestling	N/A	- 40 contacts	October 1	November 3	N/A	November 13	February 2	Divisionals Feb 9- Masters Feb. 15 & 16 <i>State Championships FEB 21-23</i>
Winter	Girls' Wrestling	N/A	- 40 contacts	October 1	November 3	N/A	November 13	February 2	CIFSDS February 8-9\State Feb 21-23

SPRING SPORTS
REFER TO SOP DOCUMENT

SPRING-SEASON	SPORT	MAXIMUM SCHOOL	POINTS/GAMES INDIVIDUAL**	CONTACTS	LAST DATE TO SUBMIT	PRACTICE BEGINS	FIRST POSSIBLE INTERSCHOOL SCRIMMAGE	FIRST POSSIBLE CONTEST	LAST DATE NON-PLAYOFF CONTEST	TENTATIVE PLAYOFF DATES
Spring	Badminton	2	20	-	December 1	February 16	February 25	February 26	May	Conf. Team May TBA; Indiv. Regionals May 18
Spring	Baseball	2	20	-	December 1	February 9	February 14	February 15	May 10	May 14, 15, 17, 18, 21, 22, 23, Finals May 24 , May 25
Spring	Boys' Golf	N/A	-	24	December 1	February 2	N/A	February 11	May 2	CIFSDS – May 13 & 15 CIFSDS Play In Rounds May 8, 9, 10 So. California Championships May 24 <i>State Championships May 29</i>
Spring	Gymnastics	N/A	13	13	December 1	February 16	N/A	February 28	May 11	Team and Individual May 17
Spring	Boys' Lacrosse	2	20	-	December 1	February 16	February 25	February 26	May 3	May 7, 8, 10, 11, 14, 15 FINALS May 18
Spring	Girl' Lacrosse	2	20	-	December 1	February 16	February 21	February 22	May 7	May 10, 11, 13, 14, 15, 16, FINALS MAY 18
Spring	Softball	2	20	-	December 1	February 16	February 25	February 26	May 10	May 13, 14, 15, 17, 18, 21, 23 Sports Plexes FINALS May 24, 25
Spring	Swimming & Diving	2	-	14	December 1	February 2	February 18	February 19	April 27	May 3-4 State May 10,11
Spring	Boys' Tennis	2	-	24	December 1	February 2	February 11	February 12	April 17	CIF Team April 23 to 27 League Individuals April 30 to May 4 CIF Individuals May 7-11 State Reg, May 17-18
Spring	Track & Field	N/A	-	14	December 1	February 9	N/A	February 21	May 4	Prelims May 11; Finals May 18 <i>State Championships May 24-25</i>
Spring	Boys' Volleyball	2	-	28	December 1	February 9	February 18	February 19	April 27	April 30, May 1, 3, 4, 7, 8 FINALS 10, 11 So Cal Championships May 14, 16, 18
Spring	Comp.Sport Cheer		20		December 1	February 16	TBA	TBA	TBA	TBA

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. (Sports\mastercalendar 2018-19)