

NORTH COAST SECTION SIT-OUT PERIOD - 2021-2022

Sport	Start Date	End Date	# of days in the season	SOP Date	# of days in SOP	% of calendar days missed
Football	Aug. 9 (first game Aug. 25)	Nov. 6	74	Sept. 30	37	50
Water Polo	Aug. 9	Oct. 30	83	Sept. 19	42	50+1
Cross Country	Aug. 9	Nov. 13	97	Sept. 26	49	50+1
Soccer (G & B)	Aug. 9	Oct. 30	83	Sept. 19	42	50+1
Girls Tennis	Aug. 9	Nov. 6	90	Sept. 22	45	50
Girls Golf	Aug. 9	Oct. 19	72	Sept. 13	36	50
Girls Volleyball	Aug. 9	Oct. 23	76	Sept. 15	38	50
Traditional Competitive Cheer	Determined by School	Determined by School				50% of season
Gymnastics	Aug. 9	No ending date		Sept. 13		
Field Hockey	Aug. 9	No ending date		Sept. 13		

*Team Tennis final date, which will be used for singles/doubles competition as well

Traditional Competitive Cheer	Determined by School	Determined by School				50% of season
Basketball (G & B)	Nov. 1	Feb. 12	104	Dec. 22	52	50
Soccer (G & B)	Nov. 1	Feb. 12	104	Dec. 22	52	50
Boys Wrestling (no fall sport)	Nov. 12	Feb. 2	83	Dec. 23	42	50+1
Boys Wrestling (fall sport)	Nov. 6	Feb. 2	89	Dec. 20	45	50+1
Girls Wrestling (no fall sport)	Nov. 12	Feb. 2	83	Dec. 23	42	50+1
Girls Wrestling (fall sport)	Nov. 6	Feb. 2	89	Dec. 20	44	50+1

Traditional Competitive Cheer	Determined by School	Determined by School				50% of season
Competitive Sport Cheer	Feb. 7	April 26	79	Mar. 18	40	50+1
Swim/Dive	Feb. 7	April 30	83	Mar. 20	42	50+1
Baseball	Feb. 7	May 14	97	Mar. 27	49	50+1
Softball	Feb. 7	May 14	97	Mar. 27	49	50+1
Track	Feb. 7	May 7	90	Mar. 23	45	50
Boys Golf	Feb. 7	May 3	86	Mar. 21	43	50
Boys Tennis	Feb. 7	May 4	87	Mar. 22	44	50+1
Soccer	Feb. 7	April 30	83	Mar. 20	42	50+1
Lacrosse (G & B)	Feb. 7	April 30	83	Mar. 20	42	50+1
Boys Volleyball	Feb. 7	April 30	83	Mar. 20	42	50+1
Badminton	Feb. 7	May 7	90	Mar. 23	45	50