NORTH COAST SECTION SIT-OUT PERIOD - 2026-2027 updated 5/1/26

Sport	Start Date	End Date	# of days in the season	SOP Date	# of days in SOP	% of calendar days missed
Football	Aug. 10 (first contest Aug. 21)	Nov. 7	79	Sept. 29	40	50+1
Water Polo	Aug. 10 (1st 8/15)	Oct. 31	78	Sept. 22	39	50
Cross Country	Aug. 10 (1st 8/15)	Nov. 14	92	Sept. 29	46	50
Soccer (G & B)	Aug. 10 (1st 8/15)	Oct. 31	78	Sept. 22	39	50
Girls Tennis	Aug. 10 (1st 8/15)	Nov. 7*	85	Sept. 26	43	50+1
Girls Golf	Aug. 10 (1st 8/15)	Oct. 20	67	Sept. 17	34	50+1
Girls Volleyball	Aug. 10	Oct. 24	76	Sept. 16	38	50
Girls Flag Football	Aug. 10 (1st 8/15)	Oct. 24	71	Sept. 19	36	50+1
Trad Competitive Cheer	Aug. 10	Det by School				50% of season
Gymnastics	Aug. 10	No ending date		Sept. 16		
Field Hockey	Aug. 10 (1st 8/15)	No ending date		Sept. 16		

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

Trad Competitive Cheer	Det by School	Det by School				50% of season
Basketball (G &B)	Nov. 2	Feb. 13	104	Dec. 23	52	50
Soccer (G & B)	Nov. 2	Feb. 13	104	Dec. 23	52	50
Wrestling (no fall sport)	Nov. 2 (1st 11/13)	Jan. 27	76	Dec. 20	38	50
Wrestling (fall sport)	Nov. 2 (1st 11/7)	Jan. 27	82	Dec. 17	41	50

Trad Competitive Cheer	Det by School	Det by School				50% of season
STUNT	Feb. 8	April 27	79	Mar. 19	40	50+1
Swim/Dive	Feb. 8	May 1	83	Mar. 21	42	50+1
Baseball	Feb. 8	May 7	89	Mar. 24	45	50+1
Softball	Feb. 8	May 7	89	Mar. 24	45	50+1
Track	Feb. 8	May 8	90	Mar. 24	45	50
Boys Golf	Feb. 8	May 4	86	Mar. 22	43	50
Boys Tennis	Feb. 8	May 5	87	Mar. 23	44	50+1
Soccer	Feb. 8	May 1	83	Mar. 21	42	50+1
Lacrosse (G & B)	Feb. 8	May 1	83	Mar. 21	42	50+1
Boys Volleyball	Feb. 8	May 1	83	Mar. 21	42	50+1
Badminton	Feb. 8	May 8	90	Mar. 24	45	50
Beach Volleyball	Feb. 8	No ending date		Mar. 19		