

## NORTH COAST SECTION SIT-OUT PERIOD - 2024-2025 4/1/24 updated

Sport	Start Date	End Date	# of days in the season	SOP Date	# of days in SOP	% of calendar days missed
Football	Aug. 12 (first contest Aug. 23)	Nov. 9	79	Oct. 1	40	50+1
Water Polo	Aug. 12 (1st 8/17)	Nov. 2	78	Sept. 24	39	50
Cross Country	Aug. 12 (1st 8/17)	Nov. 16	92	Oct. 1	46	50
Soccer (G & B)	Aug. 12 (1st 8/17)	Nov. 2	78	Sept. 24	39	50
Girls Tennis	Aug. 12 (1st 8/17)	Nov. 9*	85	Sept. 30	45	50+1
Girls Golf	Aug. 12 (1st 8/17)	Oct. 22	67	Sept. 19	34	50+1
Girls Volleyball	Aug. 12	Oct. 26	76	Sept. 18	38	50
Girls Flag Football	Aug. 12 (1st 8/17)	Nov. 9	85	Sept. 30	45	50+1
Trad Competitive Cheer	Aug. 12 (1st 8/17)	Det by School				50% of season
Gymnastics	Aug. 12 (1st 8/17)	No ending date		Sept. 18		
Field Hockey	Aug. 12 (1st 8/17)	No ending date		Sept. 18		

\*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. 4	Feb. 15	104	Dec. 25	52	50
Soccer (G & B)	Nov. 4	Feb. 15	104	Dec. 25	52	50
Boys Wrestling (no fall sport)	Nov. 4	Feb. 5	89	Dec. 23	45	50+1
Boys Wrestling (fall sport)	Nov. 4	Feb. 5	94	Dec. 20	47	50
Girls Wrestling (no fall sport)	Nov. 4	Feb. 5	89	Dec. 23	45	50+1
Girls Wrestling (fall sport)	Nov. 4	Feb. 5	94	Dec. 20	47	50

Trad Competitive Cheer	Det by School	Det by School				50% of season
Competitive Sport Cheer	Feb.10	April 22	72	Mar. 17	36	50
Swim/Dive	Feb.10	May 3	83	Mar. 23	42	50+1
Baseball	Feb.10	May 17	97	Mar. 30	49	50+1
Softball	Feb.10	May 17	97	Mar. 30	49	50+1
Track	Feb.10	May 10	90	Mar. 26	45	50
Boys Golf	Feb.10	April 29	79	Mar. 21	40	50+1
Boys Tennis	Feb.10	May 7	87	Mar. 21	44	50+1
Soccer	Feb.10	May 3	83	Mar. 23	42	50+1
Lacrosse (G & B)	Feb.10	May 3	83	Mar. 23	42	50+1
Boys Volleyball	Feb.10	May 3	83	Mar. 23	42	50+1
Badminton	Feb.10	May 10	90	Mar. 26	45	50
Beach Volleyball	Feb.10	No ending date		Mar. 22		