

NORTH COAST SECTION SIT-OUT PERIOD - 2025-2026 3/28/25 updated

Sport	Start Date	End Date	# of days in the season	SOP Date	# of days in SOP	% of calendar days missed
Football	Aug. 11 (first contest Aug. 22)	Nov. 8	78	Sept. 29	39	50
Water Polo	Aug. 11 (1st 8/16)	Nov. 1	78	Sept. 23	39	50
Cross Country	Aug. 11 (1st 8/16)	Nov. 15	92	Sept. 30	46	50
Soccer (G & B)	Aug. 11 (1st 8/16)	Nov. 1	78	Sept. 23	39	50
Girls Tennis	Aug. 11 (1st 8/16)	Nov. 8*	85	Sept. 27	43	50+1
Girls Golf	Aug. 11 (1st 8/16)	Oct. 21	67	Sept. 18	34	50+1
Girls Volleyball	Aug. 11	Oct. 25	76	Sept. 17	38	50
Girls Flag Football	Aug. 11 (1st 8/16)	Oct. 25	71	Sept. 20	36	50+1
Trad Competitive Cheer	Aug. 11	Det by School				50% of season
Gymnastics	Aug. 11	No ending date		Sept. 17		
Field Hockey	Aug. 11 (1st 8/16)	No ending date		Sept. 17		

*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. 3	Feb. 14	104	Dec. 25	52	50
Soccer (G & B)	Nov. 3	Feb. 14	104	Dec. 25	52	50
Wrestling (no fall sport)	Nov. 3 (1st 11/14)	Feb. 4	83	Dec. 25	42	50+1
Wrestling (fall sport)	Nov. 3 (1st 11/8)	Feb. 4	89	Dec. 22	45	50+1

Trad Competitive Cheer	Det by School	Det by School				50% of season
Competitive Sport Cheer	Feb. 9	April 28	79	Mar. 20	40	50+1
Swim/Dive	Feb. 9	May 2	83	Mar. 22	42	50+1
Baseball	Feb. 9	May 16	97	Mar. 29	49	50+1
Softball	Feb. 9	May 16	97	Mar. 29	49	50+1
Track	Feb. 9	May 9	90	Mar. 25	45	50
Boys Golf	Feb. 9	May 5	86	Mar. 23	43	50
Boys Tennis	Feb. 9	May 6	87	Mar. 24	44	50+1
Soccer	Feb. 9	May 2	83	Mar. 22	42	50+1
Lacrosse (G & B)	Feb. 9	May 2	83	Mar. 22	42	50+1
Boys Volleyball	Feb. 9	May 2	83	Mar. 22	42	50+1
Badminton	Feb. 9	May 9	90	Mar. 26	45	50
Beach Volleyball	Feb. 9	No ending date		Mar. 22		