

2021-2022 Sac-Joaquin Section Sport Calendar

Sport	Preseason Dead Period Begins	Practice Begins	First Scrimmage Date	# of contacts	First Contest Date	Sit-Out Period Date	Last Contest Date	End of Season Dead Period	Out of Season Period	Limited or Out of Season Period	Summer Period 2022
Football	July 12	July 26	August 13	10	August 20	Sept. 23	Oct. 30	Nov. 30	Dec. 1- April 30	May 1 - May 31	June 1-July 4
Cross-Country	July 19	August 2	August 13	14	August 20	Sept. 23	Oct. 30	Nov. 30	Dec. 1- April 30	May 1 - May 31	June 1-July 10
Girls Golf	July 19	August 2	August 13	24	August 20	Sept. 20	Oct. 20	Nov. 30	Dec. 1- April 30	May 1 - May 31	June 1-July 10
Girls Tennis	July 19	August 2	August 13	24	August 20	Sept. 23	Oct 28/29	Nov. 30	Dec. 1- April 30	May 1 - May 31	June 1-July 10
Girls Volleyball	July 19	August 2	August 13	28	August 20	Sept. 20	Oct. 21	Nov. 30	Dec. 1- April 30	May 1 - May 31	June 1-July 10
Boys Soccer	July 19	August 2	August 13	28	August 20	Sept. 20	Oct. 21	Nov. 30	Dec. 1- April 30	May 1 - May 31	June 1-July 10
Water Polo	August 2	August 16	August 21	28	August 27	Sept. 23	Oct. 28	Nov. 30	Dec. 1- April 30	May 1 - May 31	June 1-July 17

For Tennis: Oct. 28 is the final date for a team match. Oct. 29 is the final date for a league individual tournament.

Football *Official practice starts July 26 (Bylaw 2007.2). The mandated minimum number of practices (team and individual) prior to any scrimmages or contests must be followed. (Bylaws 2001 and 2002).

*The five day acclimation period is mandatory for all teams and individuals (Bylaw 2003.4).

*August 19 is the first contest date for frosh football, August 20 is the first contest date for frosh-soph and varsity (Bylaw 2007.5).

Note: Preseason dead period adjusted one week shorter.

Sport	Out of Season Period	Limited or Out of Season Period	Preseason Dead Period Begins	Practice Begins	First Scrimmage Date	# of contacts	First Contest Date	Sit-Out Period Date	Last Contest Date	End of Season Dead Period	Out of Season Period	Summer Period 2022
Basketball	July 26-Sept. 5	Sept. 6-Oct. 10	Oct. 11	Nov. 1	Nov. 12	28	Nov. 19	Dec. 31	Feb. 11	March 15	March 16-May 31	June 1-July 24
Soccer	July 26-Sept. 5	Sept. 6-Oct. 10	Oct. 11	Nov. 1	Nov. 12	28	Nov. 19	Dec. 27	Feb. 4	March 15	March 16-May 31	June 1-July 24
Wrestling	July 26-Sept. 5	Sept. 6-Oct. 10	Oct. 11	Nov. 1	Nov. 12	40	Nov. 19	Dec. 28	Jan. 26/Feb. 5	March 15	March 16-May 31	June 1-July 24

For Wrestling Jan. 26 is the final date for a team dual. Feb. 5 is the final date for a league tournament.

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Badminton	July 26-Aug. 29	Aug. 30-Sept. 26	Sept. 27-Jan. 16	Jan. 17	Feb. 7	Feb. 18	24	Feb. 25	April 1	May 6	May 31	June 1-July 24
Baseball	July 26-Aug. 29	Aug. 30-Sept. 26	Sept. 27-Jan. 16	Jan. 17	Jan. 31	Feb. 18	28	Feb. 25	April 1	May 6	May 31	June 1-July 24
Boys Golf	July 26-Aug. 29	Aug. 30-Sept. 26	Sept. 27-Jan. 16	Jan. 17	Feb. 7	Feb. 18	24	Feb. 25	March 30	May 4	May 31	June 1-July 24
Comp. Sport Cheer	July 26-Aug. 29	Aug. 30-Sept. 26	Sept. 27-Jan. 16	Jan. 17	Feb. 7	Feb. 18	28	Feb. 25	March 28	April 27	May 31	June 1-July 24
Softball	July 26-Aug. 29	Aug. 30-Sept. 26	Sept. 27-Jan. 16	Jan. 17	Jan. 31	Feb. 18	28	Feb. 25	April 4	May 12	May 31	June 1-July 24
Swimming	July 26-Aug. 29	Aug. 30-Sept. 26	Sept. 27-Jan. 16	Jan. 17	Feb. 7	Feb. 18	14	Feb. 25	March 28	April 23	May 31	June 1-July 24
Boys Tennis	July 26-Aug. 29	Aug. 30-Sept. 26	Sept. 27-Jan. 16	Jan. 17	Feb. 7	Feb. 18	24	Feb. 25	March 30	May 3	May 31	June 1-July 24
Coed Tennis	July 26-Aug. 29	Aug. 30-Sept. 26	Sept. 27-Jan. 16	Jan. 17	Feb. 7	Feb. 18	24	Feb. 25	March 30	May 3	May 31	June 1-July 24
Track & Field	July 26-Aug. 29	Aug. 30-Sept. 26	Sept. 27-Jan. 16	Jan. 17	Feb. 7	Feb. 18	14	Feb. 25	April 1	May 6	May 31	June 1-July 24
Girls Soccer	July 26-Aug. 29	Aug. 30-Sept. 26	Sept. 27-Jan. 16	Jan. 17	Feb. 7	Feb. 18	28	Feb. 25	March 28	April 28	May 31	June 1-July 24
Boys Volleyball	July 26-Aug. 29	Aug. 30-Sept. 26	Sept. 27-Jan. 16	Jan. 17	Feb. 7	Feb. 18	28	Feb. 25	March 28	April 28	May 31	June 1-July 24
Lacrosse	July 26-Aug. 29	Aug. 30-Sept. 26	Sept. 27-Jan. 16	Jan. 17	Feb. 7	Feb. 18	28	Feb. 25	March 29	April 30	May 31	June 1-July 24

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