



# OSSAA

OKLAHOMA SECONDARY SCHOOL ACTIVITIES ASSOCIATION

7300 BROADWAY EXTENSION—OKLAHOMA CITY, OK 73116

405-840-1116

[WWW.OSSAA.COM](http://WWW.OSSAA.COM)

## 2024-2025 and 2025-2026

## SCHEDULE PLANNER

# July 2024

June '24							August '24						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1					1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23	24	25	26	27	28	29	25	26	27	28	29	30	31
30													

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4 INDEPENDENCE DAY OSSAA OFFICE CLOSED	5	6
DEAD PERIOD						
7  DEAD PERIOD WEEK 1	8	9	10	11	12	13
14  WEEK 2	15 ORGANIZED PRACTICE BEGINS CC, FP, VB, FALL BASEBALL	16	17	18	19	20 OOA BUSINESS MEETING HALL OF FAME INDUCTION FB, VB, FP RULES
21  WEEK 3	22 SW RULES	23 CC RULES GO RULES VB RULES	24 GIRLS BB RULES FP RULES, FB RULES	25 BOYS BB RULES SPIRIT RULES FB RULES	26	27
OKLAHOMA COACHES ASSOCIATION CLINIC						
28  WEEK 4	29	30	31	1	2	3
4	5	Notes				

# August 2024

July '24							September '24						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6	1	2	3	4	5	6	7
7	8	9	10	11	12	13	8	9	10	11	12	13	14
14	15	16	17	18	19	20	15	16	17	18	19	20	21
21	22	23	24	25	26	27	22	23	24	25	26	27	28
28	29	30	31				29	30					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4  WEEK 5	5	6	7 CC RULES VIA ZOOM 7 PM FP RULES VIA ZOOM FB RULES ZOOM  APPEALS PANEL MEETING	8	9	10
11  WEEK 6	12 SEASON OPENS FALL BASEBALL, CC, VB, FP FOOTBALL LIMITED PRACTICE	13	14 SPIRIT RULES ZOOM  OSSAA BOARD MEETING	15 FALL AND WINTER CO-OP DEADLINE	16 FOOTBALL FULL CONTACT PRACTICE BEGINS	17
18  WEEK 7	19	20	21	22	23	24
25  WEEK 8	26	27	28	29	30	31
1	2	Notes				

FOOTBALL ZERO WEEK

# September 2024

August '24							October '24						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3			1	2	3	4	5
4	5	6	7	8	9	10	6	7	8	9	10	11	12
11	12	13	14	15	16	17	13	14	15	16	17	18	19
18	19	20	21	22	23	24	20	21	22	23	24	25	26
25	26	27	28	29	30	31	27	28	29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>   WEEK 9	<b>2</b> LABOR DAY  OFFICE CLOSED FALL GOLF OPENS	<b>3</b>	<b>4</b>  APPEALS PANEL MEETING	<b>5</b>	<b>6</b>	<b>7</b>  SPEECH RULES ROSE STATE 8 AM
<b>8</b>   WEEK 10	<b>9</b>	<b>10</b>	<b>11</b>  OSSAA BOARD MEETING	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>   WEEK 11	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>  FP 2A-3A DISTRICT COMPLETE COMPETITIVE CHEER REGIONALS
<b>22</b>   WEEK 12	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>  FP CLASS A-B DISTRICT TOURNAMENTS FP 2A-3A REGIONALS FP 4A DISTRICT COMPLETE	<b>27</b>	<b>28</b>  COMPETITIVE CHEER STATE BA B-A DIST TOURNEY COMPLETED FP-A-B DIST TOURNEY COMPLETED
<b>29</b>   WEEK 13	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	Notes				

# October 2024

September '24							November '24						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7						1	2
8	9	10	11	12	13	14	3	4	5	6	7	8	9
15	16	17	18	19	20	21	10	11	12	13	14	15	16
22	23	24	25	26	27	28	17	18	19	20	21	22	23
29	30						24	25	26	27	28	29	30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	<b>1</b> ORGANIZED PRACTICE BEGINS: INDOOR TR, SW BB, WR FP 5A-6A DISTRICT PLAY COMPLETED	<b>2</b> APPEALS PANEL MEETING	<b>3</b> FP 2A AREA TOURNAMENTS FALL BASEBALL REGIONAL TOURNAMENTS FP REGIONAL TOURNAMENTS B-A-3A-4A	<b>4</b>	<b>5</b>
<b>6</b> WEEK 14	<b>7</b>	<b>8</b>	<b>9</b> BASKETBALL RULES ZOOM OSSAA BOARD MEETING	<b>10</b> SPE ONE ACT 4A REGIONAL FP CLASS 3A-4A AREA TOURNAMENTS FP 5A-6A REGIONAL TOURNAMENTS FP B-A-2A STATE TOURNAMENT FALL BASEBALL STATE TOURNAMENT	<b>11</b>	<b>12</b> SPE ONE ACT 6A REGIONAL VB 3A-4A REGIONALS COMPLETE
<b>13</b> WEEK 15	<b>14</b> VB 5A REGIONAL TOURNAMENT AC DISTRICT SEEDING ALL CLASSES	<b>15</b> AREA MEETING WOODWARD 10 AM VB 6A REGIONAL TOURNAMENTS SPE ONE ACT 5A REGIONAL MU NE REGIONAL MARCHING	<b>16</b> MU SE REGIONAL MARCHING	<b>17</b> AREA MEETING CACHE 10 AM VB 3A-4A STATE TOURNAMENT FP 3A-4A-5A-6A STATE TOURNAMENT	<b>18</b>	<b>19</b>
<b>20</b> WEEK 16	<b>21</b>	<b>22</b> AREA MEETING JENKS 10 AM MU SW REGIONAL MARCHING	<b>23</b> MU NW REGIONAL MARCHING WR RULES DEL CITY 7 PM	<b>24</b> AREA MEETING KIOWA 10 AM VB 5A-6A STATE TOURNAMENT	<b>25</b>	<b>26</b> CC REGIONALS ALL CLASSES
<b>27</b> WEEK 17	<b>28</b>	<b>29</b> AREA MEETING WESTMOORE 10 AM MU W REGIONAL MARCHING	<b>30</b> SC RULES-EDMOND ADMIN 9:00 AM WR RULES UNION 7 PM MU E REGIONAL MARCHING	<b>31</b> HALLOWEEN FALL GOLF CLOSES AREA MEETING VIA ZOOM 10 AM SPE ONE ACT STATE 5A	<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b>	Notes				

# November 2024

October '24							December '24						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5	1	2	3	4	5	6	7
6	7	8	9	10	11	12	8	9	10	11	12	13	14
13	14	15	16	17	18	19	15	16	17	18	19	20	21
20	21	22	23	24	25	26	22	23	24	25	26	27	28
27	28	29	30	31			29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1  BB SEASON OPENS NON-FOOTBALL PLAYING SCHOOLS SW SEASON OPENS	2  SPE ONE ACT STATE 4A CC STATE ALL CLASSES
3  WEEK 18	4	5  SPE ONE ACT STATE 6A	6  SC RULES EDMOND ADMIN 9 AM APPEALS PANEL MEETING	7	8	9  GAME DAY REGIONALS
10  WEEK 19	11  BB SEASON OPENS FOR JH FB PLAYING SCHOOLS	12	13  OSSAA BOARD MEETING	14	15  FB 1ST ROUND ALL CLASSES  GAME DAY STATE	16  AC A-4A REGIONALS
17  WEEK 20	18	19  STRING ORCHESTRA REGIONAL	20	21  BB SEASON OPENS FOR FB PLAYING SCHOOLS  WR SEASON OPENS	22  FB PLAY-OFFS ALL CLASSES	23
24  WEEK 21	25	26	27	28 THANKSGIVING DAY	29  FB PLAY-OFFS ALL CLASSES	30
1	2	Notes				

# December 2024

November '24							January '25						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2			1	2	3	4	
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> ORGANIZED PRACTICE BEGINS BA, SC, SP, TR, TE, GO  WEEK 22	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
BASKETBALL INVITATIONAL HIGH SCHOOL TOURNAMENT WEEK						
FB STATE CHAMPIONSHIPS						
			APPEALS PANEL MEETING			
<b>8</b>  WEEK 23	<b>9</b>	<b>10</b>  ESPORT CHAMPIONSHIP	<b>11</b>  OSSAA BOARD MEETING	<b>12</b>	<b>13</b>	<b>14</b>
BASKETBALL INVITATIONAL HIGH SCHOOL TOURNAMENT WEEK						
FB STATE CHAMPIONSHIPS						
<b>15</b>  WEEK 24	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>  WEEK 25	<b>23</b>	<b>24</b> CHRISTMAS EVE	<b>25</b> CHRISTMAS DAY	<b>26</b>	<b>27</b>	<b>28</b>
OSSAA OFFICE CLOSED						
<b>29</b>  WEEK 26	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
BASKETBALL INVITATIONAL HIGH SCHOOL TOURNAMENT WEEK						
OSSAA OFFICE CLOSED						
<b>5</b>	<b>6</b>	Notes				

# January 2025

December '24							February '25						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7							1
8	9	10	11	12	13	14	2	3	4	5	6	7	8
15	16	17	18	19	20	21	9	10	11	12	13	14	15
22	23	24	25	26	27	28	16	17	18	19	20	21	22
29	30	31					23	24	25	26	27	28	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
OSSAA OFFICE CLOSED						
5	6	7	8	9	10	11
BASKETBALL INVITATIONAL HIGH SCHOOL TOURNAMENT WEEK						
WEEK 27			APPEALS PANEL MEETING			
12	13	14	15	16	17	18
WEEK 28			SPRING CO-OP DEADLINE  OSSAA BOARD MEETING			AC AREA ALL CLASSES
19	20	21	22	23	24	25
WEEK 29	MARTIN LUTHER KING DAY OFFICE CLOSED		SOCCER RULES VIA ZOOM 7:00 PM			
BASKETBALL INVITATIONAL HIGH SCHOOL TOURNAMENT WEEK						
26	27	28	29	30	31	1
WEEK 30			TRACK RULES ZOOM 7 PM			
2	3	Notes				

# February 2025

January '25							March '25						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29
							30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	<b>1</b>  AC STATE ALL CLASSES
<b>2</b>  WEEK 31	<b>3</b>	<b>4</b>	<b>5</b>  APPEALS PANEL MEETING	<b>6</b>	<b>7</b>	<b>8</b>  SW REGIONALS ALL CLASSES
<b>9</b>  WEEK 32	<b>10</b>	<b>11</b>	<b>12</b>  BASEBALL RULES ZOOM  OSSAA BOARD MEETING	<b>13</b>  BA B-A SCRIMMAGE	<b>14</b>  BB CLASS A DISTRICT TOURNAMENTS  CLASS B DISTRICT TOURNAMENTS	<b>15</b> SC 1ST SCRIMMAGE BA 2A-6A SCRIMMAGE DUAL STATE WR ALL CLASSES
<b>16</b>  WEEK 33	<b>17</b>  WR GIRLS REGIONALS	<b>18</b>  MU STATE ORCHESTRA BB 5A-6A DISTRICT PLAY COMPLETE	<b>19</b>  SP RULES ZOOM BA 2A-3A-4A-5A-6A SCRIMMAGE	<b>20</b>  BB CLASS 2A-3A-4A DISTRICT TOURNAMENTS BB CLASS B-A REGIONAL TOURNAMENTS	<b>21</b>  WR BOYS REGIONALS SW STATE CHAMPIONSHIPS	<b>22</b>
<b>23</b>  WEEK 34	<b>24</b>  BA SEASON BEGINS B-A	<b>25</b>  BB 1ST RND 5A-6A GIRLS REGIONAL	<b>26</b>	<b>27</b>  BB 1ST RND 5A-6A BOYS WR STATE TOURNAMENT BB CLASS B-A AREA TOURNAMENTS BB CLASS 2A-3A-4A-5A-6A REGIONAL TOURNAMENTS	<b>28</b>	<b>1</b>
<b>2</b>	<b>3</b>	Notes				

# March 2025

February '25							April '25						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28		27	28	29	30			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	<b>1</b> SEASON BEGINS BA 2A-3A-4A-5A-6A SP, GO, TR, SC, TE
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
WEEK 35			APPEALS PANEL MEETING	BB CLASS B-A STATE TOURNAMENT		BB CLASS 2A-3A-4A-5A-6A AREA TOURNAMENTS
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
WEEK 36		BB CLASS 2A-3A-4A STATE TOURNAMENT		BB CLASS 5A-6A STATE TOURNAMENT		
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
WEEK 37	SPRING BREAK OSSAA OFFICE CLOSED					
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
WEEK 38			OSSAA BOARD MEETING	SPE-DEBATE REGIONALS ALL CLASSES		
<b>30</b>	<b>31</b>	Notes				
WEEK 39						

# April 2025

March '25							May '25							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1						1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	25	26	27	28	29	30	31	
30	31													

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 MU STATE BAND 3A-4A	2 MU STATE CHOIR 5A-6A E MU STATE BAND 3A-4A	3 MU STATE BAND 3A-4A MU STATE CHOIR 2A-3A	4 MU STATE CHOIR 4A MU STATE BAND 2A AND 4A	5
6  WEEK 40	7	8 MU STATE CHOIR W 5A	9 MU STATE CHOIR E 5A MU STATE CHOIR W 6A	10 MU STATE CHOIR E 6A	11	12
13  WEEK 41	14 MU STATE BAND W EE, EEE	15 MU STATE EAST E BAND MU STATE EAST 5A BAND	16 MU STATE WEST E BAND MU STATE WEST 5A BAND  APPEALS PANEL MEETING	17 MU STATE W BAND 6A	18 MU EAST 6A BAND	19 eSPORT STATE
20 EASTER  WEEK 42	21	22 MU STATE EAST 6A BAND	23 GO GIRLS REGIONAL	24	25 SC ALL DISTRICT MATCHES MUST BE COMPLETED	26 SP B-5A DISTRICT TOURNEY COMPLETE BA A-B DIST TOURN COMPLETE BA 3A-4A DIST PLAY COMPLETE
		MU STATE INSTRUMENTAL SOLO/ENSEMBLES ALL CLASSES		OSSAA BOARD MEETING	MU STATE VOCAL SOLO/ENSEMBLES ALL CLASSES	
27  WEEK 43	28	29 MU STATE BAND/JAZZ COMBO 2A-3A-4A	30 GO BOYS REGIONAL MU STATE BAND/JAZZ COMBO 5A-6A-E	1	2	3
4	5	Notes				

# May 2025

April '25							June '25						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5	1	2	3	4	5	6	7
6	7	8	9	10	11	12	8	9	10	11	12	13	14
13	14	15	16	17	18	19	15	16	17	18	19	20	21
20	21	22	23	24	25	26	22	23	24	25	26	27	28
27	28	29	30				29	30					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1  SP REGIONAL TOURNAMENTS COMPLETED ALL CLASSES	2	3 TR A-4A REGIONALS  BA 5A-6A DIST PLAY COMPLETED BA 2A DISTRICT TOURNEY COMPLETE
				BA B-A-3A-4A REGIONALS		
4  WEEK 44	5  TE GIRLS REGIONALS GO GIRLS STATE SC 3A-4A 1ST ROUND	6  SP 4A-5A-6A STATE TOURNAMENT GO GIRLS STATE SC 5A-6A 1ST ROUND	7  SP B-A-2A-3A STATE TOURNAMENT	8 SC 2ND RND 3A-4A	9 SC 2ND RND 5A-6A	10 TR REGIONALS 5A-6A
				BA 3A-4A AREA		
				BA 2A-5A-6A REGIONAL TOURNAMENTS		
				BA CLASS B-A STATE TOURNAMENT		
				TR STATE MEET A-4A		
				TE GIRLS TENNIS STATE TOURNAMENT		
11  WEEK 45	12  TE BOYS REGIONALS	13  SC SEMI-FINAL ROUND ALL CLASSES	14	15	16	17
	GO BOYS STATE TOURNAMENT				TR STATE MEET 5A-6A	
					TE BOYS STATE TOURNAMENT	
					SC STATE CHAMPIONSHIPS ALL CLASSES	
				BA 2A-3A-4A-5A-6A STATE TOURNAMENT		
18  WEEK 46	19	20	21	22	23	24
25  WEEK 47	26 MEMORIAL DAY	27	28	29	30	31
1	2	Notes				

# June 2025

May '25							July '25						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3			1	2	3	4	5
4	5	6	7	8	9	10	6	7	8	9	10	11	12
11	12	13	14	15	16	17	13	14	15	16	17	18	19
18	19	20	21	22	23	24	20	21	22	23	24	25	26
25	26	27	28	29	30	31	27	28	29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1  WEEK 48	2	3	4  APPEALS PANEL MEETING	5	6	7	
8  WEEK 49	9	10  OSSAA BOARD MEETING	11	12	13	14	
15  WEEK 50	16	17	18	19 JUNTEENTH  OSSAA OFFICE CLOSED	20	21	
22  WEEK 51	23	24	25	26	27	28  DEAD PERIOD	
29	30	1	2	3	4	5	
WEEK 52			DEAD PERIOD				
6	7	Notes					

# July 2025

June '25							August '25						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7						1	2
8	9	10	11	12	13	14	3	4	5	6	7	8	9
15	16	17	18	19	20	21	10	11	12	13	14	15	16
22	23	24	25	26	27	28	17	18	19	20	21	22	23
29	30						24	25	26	27	28	29	30
							31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
DEAD PERIOD						
6	7	8	9	10	11	12
DEAD PERIOD						
WEEK 1						
13	14	15	16	17	18	19
WEEK 2		ORGANIZED PRACTICE BEGINS CC,FP, VB, FALL BASEBALL				
20	21	22	23	24	25	26
WEEK 3						OOA BUSINESS MEETING HALL OF FAME INDUCTION FB, VB, FP RULES
27	28	29	30	31	1	2
OKLAHOMA COACHES ASSOCIATION CLINIC						
WEEK 4	SW RULES	CC RULES GO RULES VB RULES	GIRLS BB RULES FP RULES, FB RULES	BOYS BB RULES SPIRIT RULES FB RULES		
3	4	Notes				

# August 2025

July '25							September '25							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
		1	2	3	4	5			1	2	3	4	5	6
6	7	8	9	10	11	12	7	8	9	10	11	12	13	
13	14	15	16	17	18	19	14	15	16	17	18	19	20	
20	21	22	23	24	25	26	21	22	23	24	25	26	27	
27	28	29	30	31			28	29	30					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3  WEEK 5	4	5	6 CC RULES VIA ZOOM FP RULES VIA ZOOM FB RULES VIA ZOOM  APPEALS PANEL MEETING	7	8	9
10  WEEK 6	11 SEASON OPENS FALL BASEBALL, CC VB, FP FOOTBALL LIMITED PRACTICE	12	13  SPIRIT RULES VIA ZOOM  OSSAA BOARD MEETING	14	15 FALL AND WINTER CO-OP DEADLINE FOOTBALL FULL CONTACT PRACTICE BEGINS	16
17  WEEK 7	18	19	20	21	22	23
24  WEEK 8	25	26	27	28	29	30
31  WEEK 9	1	Notes				

FOOTBALL ZERO WEEK

# September 2025

August '25							October '25						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2				1	2	3	4
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30	31	
						31							

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	<b>1</b> LABOR DAY  FALL GOLF OPENS  OFFICE CLOSED	2	3	4	5	<b>6</b>  SPEECH RULES ROSE STATE 8 AM
<b>7</b>  WEEK 10	8	9	<b>10</b>  OSSAA BOARD MEETING	11	12	<b>13</b>
<b>14</b>  WEEK 11	15	16	17	18	19	<b>20</b>  FP 2A DISTRICT COMPLETE COMPETITIVE CHEER REGIONALS
<b>21</b>  WEEK 12	22	23	24	<b>25</b>  FP A-B DISTRICT TOURNAMENTS FP 2A REGIONALS FP 4A-5A DISTRICT COMPLETE	<b>26</b>	<b>27</b>  COMPETITIVE CHEER STATE BA B-A DIST TOURNEY COMPLETED FP A-B DIST TOURNEY COMPLETED
<b>28</b>  WEEK 13	29	<b>30</b>  FP 5A-6A DISTRICT PLAY COMPLETED	1	2	3	4
5	6	Notes				

# October 2025

September '25							November '25						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6							1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30					23	24	25	26	27	28	29
							30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 ORGANIZED PRACTICE BEGINS: INDOOR TR, SW BB, WR  APPEALS PANEL MEETING	2  FP 2A AREA TOURNAMENTS FALL BASEBALL REGIONAL TOURNAMENTS FP REGIONAL TOURNAMENTS B-A-3A-4A	3	4
5  WEEK 14	6	7	8  BASKETBALL RULES ZOOM  OSSAA BOARD MEETING	9 SPE ONE ACT 5A REGIONAL FP CLASS 3A-4A AREA TOURNAMENTS FP 5A-6A REGIONAL TOURNAMENTS FP B-A-2A STATE TOURNAMENT FALL BASEBALL STATE TOURNAMENT	10	11 4A ONE ACT REGIONAL REGIONALVB 3A-4A REGIONAL COMPLETE
12  WEEK 15	13 VB 5A REGIONAL TOURNAMENT AC DISTRICT SEEDING MEETING	14 AREA MEETING WOODWARD 10 AM VB 6A REGIONAL TOURN SPE ONE ACT 6A REGIONAL MU SW REGIONAL MARCHING	15  MU NW REGIONAL MARCHING	16 AREA MEETING CACHE 10 AM  VB 3A-4A STATE TOURNAMENT FP 3A-4A-5A-6A STATE TOURNAMENT	17	18
19  WEEK 16	20	21 AREA MEETING JENKS 10 AM MU NE REGIONAL MARCHING	22  MU SE REGIONAL MARCHING WR RULES	23  AREA MEETING KIOWA AREA 10 AM  VB 5A-6A STATE TOURNAMENT	24	25 CC REGIONALS ALL CLASSES
26  WEEK 17	27	28  AREA MEETING WESTMOORE 10 AM MU W 5A-6A REGIONAL MARCHING	29  WR RULES  MU E 5A-6A REGIONAL MARCHING	30  AREA MEETING VIA ZOOM 10 AM SPE ONE ACT STATE 6A	31  FALL GOLF CLOSES	1
2	3	Notes				

# November 2025

October '25							December '25						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4		1	2	3	4	5	6
5	6	7	8	9	10	11	7	8	9	10	11	12	13
12	13	14	15	16	17	18	14	15	16	17	18	19	20
19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30	31		28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	<b>1</b> STATE ONE ACT 5A BB SEASON OPENS NON-FOOTBALL PLAYING SCHOOLS SW SEASON OPENS CC STATE ALL CLASSES
<b>2</b>  WEEK 18	<b>3</b>	<b>4</b>  SPE ONE ACT STATE 4A	<b>5</b>  SC RULES EDMOND ADMIN 9 AM	<b>6</b>	<b>7</b>	<b>8</b>  GAME DAY REGIONALS
<b>9</b>  WEEK 19	<b>10</b>  BB SEASON OPENS FOR JH FB PLAYING SCHOOLS	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>  FB 1ST ROUND ALL CLASSES  GAME DAY STATE	<b>15</b>  AC A-4A REGIONALS
<b>16</b>  WEEK 20	<b>17</b>	<b>18</b>  STRING ORCHESTRA REGIONAL	<b>19</b>	<b>20</b>  BB SEASON OPENS FOR FB PLAYING SCHOOLS  WR SEASON OPENS	<b>21</b>  FB PLAY-OFFS ALL CLASSES	<b>22</b>
<b>23</b>  WEEK 21	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> THANKSGIVING	<b>28</b>  FB PLAY-OFFS ALL CLASSES	<b>29</b>
<b>30</b>  WEEK 22	<b>1</b>	Notes				

# December 2025

November '25							January '26						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1					1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23	24	25	26	27	28	29	25	26	27	28	29	30	31
						30							

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 ORGANIZED PRACTICE BEGINS BA, SC, SP, TR TE, GO	2	3 APPEALS PANEL MEETING	4	5	6
	BASKETBALL INVITATIONAL HIGH SCHOOL TOURNAMENT WEEK					
7	8	9	10	11	12	13
	BASKETBALL INVITATIONAL HIGH SCHOOL TOURNAMENT WEEK					
WEEK 23	OSSAA BOARD MEETING					
14	15	16	17	18	19	20
WEEK 24						
21	22	23	24 CHRISTMAS EVE	25 CHRISTMAS DAY	26	27
WEEK 25	OFFICE CLOSED					
28	29	30	31	1	2	3
WEEK 26	BASKETBALL INVITATIONAL HIGH SCHOOL TOURNAMENT WEEK					
	OFFICE CLOSED					
4	5	Notes				

# January 2026

December '25							February '26						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6	1	2	3	4	5	6	7
7	8	9	10	11	12	13	8	9	10	11	12	13	14
14	15	16	17	18	19	20	15	16	17	18	19	20	21
21	22	23	24	25	26	27	22	23	24	25	26	27	28
28	29	30	31										

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 <b>NEW YEAR'S DAY</b>	2	3
				OFFICE CLOSED		
4	5	6	7	8	9	10
BASKETBALL INVITATIONAL HIGH SCHOOL TOURNAMENT WEEK						
WEEK 27			APPEALS PANEL MEETING			
11	12	13	14	15	16	17
WEEK 28			OSSAA BOARD MEETING	SPRING CO-OP DEADLINE		AC AREA ALL CLASSES
18	19 <b>MARTIN LUTHER KING DAY</b>	20	21	22	23	24
WEEK 29	OFFICE CLOSED		SOCCER RULES VIA ZOOM 7:00 PM			
BASKETBALL INVITATIONAL HIGH SCHOOL TOURNAMENT WEEK						
25	26	27	28	29	30	31
WEEK 30			TR RULES VIA ZOOM 7 PM	WR DISTRICTS COMPLETE		AC STATE ALL CLASSES
1	2	Notes				

# February 2026

January '26							March '26						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>  WEEK 31	<b>2</b>	<b>3</b>	<b>4</b>  APPEALS PANEL MEETING	<b>5</b>	<b>6</b>	<b>7</b>  SW REGIONALS ALL CLASSES
<b>8</b>  WEEK 32	<b>9</b>	<b>10</b>	<b>11</b>  BASEBALL RULES VIA ZOOM  OSSAA BOARD MEETING	<b>12</b>  BA B-A SCRIMMAGE	<b>13</b>  BB CLASS A DISTRICT TOURNAMENTS  CLASS B DISTRICT TOURNAMENTS	<b>14</b> SC 1ST SCRIMMAGE BA 2A-6A SCRIMMAGE DUAL STATE WR ALL CLASSES
<b>15</b>  WEEK 33	<b>16</b>  WR GIRLS REGIONALS	<b>17</b>  MU STATE ORCHESTRA  BB 5A-6A DISTRICT PLAY COMPLETE	<b>18</b>  SP RULES VIA ZOOM BA- 2A-3A-4A-5A-6A SCRIMMAGE	<b>19</b>  BB CLASS 2A-3A-4A DISTRICT TOURNAMENTS BB CLASS B-A REGIONAL TOURNAMENTS	<b>20</b>  WR BOYS REGIONALS SW STATE CHAMPIONSHIPS	<b>21</b>
<b>22</b>  WEEK 34	<b>23</b>  BA SEASON OPENS CLASS A-B	<b>24</b>	<b>25</b>	<b>26</b>  WR STATE TOURNAMENT BB CLASS B-A AREA TOURNAMENTS BB CLASS 2A-3A-4A-5A-6A REGIONAL TOURNAMENTS	<b>27</b>	<b>28</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	Notes				

# March 2026

February '26							April '26						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
							26	27	28	29	30		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> SEASON BEGINS BA 2A-3A-4A-5A-6A SP, GO, TR, SC, TE  WEEK 35	<b>2</b>	<b>3</b>	<b>4</b> APPEALS PANEL MEETING	<b>5</b> BB CLASS B-A STATE TOURNAMENT BB CLASS 2A-3A-4A-5A-6A AREA TOURNAMENTS	<b>6</b>	<b>7</b>
<b>8</b>  WEEK 36	<b>9</b>	<b>10</b> BB CLASS 2A-3A-4A STATE TOURNAMENT BB CLASS 5A-6A STATE TOURNAMENT	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>  WEEK 37	<b>16</b> OFFICE CLOSED	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>  WEEK 38	<b>23</b>	<b>24</b>	<b>25</b> OSSAA BOARD MEETING	<b>26</b>	<b>27</b> SPE-DEBATE REGIONAL ALL CLASSES	<b>28</b>
<b>29</b>  WEEK 39	<b>30</b>	<b>31</b> MU STATE BAND 3A	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	Notes				

# April 2026

March '26							May '26							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
1	2	3	4	5	6	7							1	2
8	9	10	11	12	13	14	3	4	5	6	7	8	9	
15	16	17	18	19	20	21	10	11	12	13	14	15	16	
22	23	24	25	26	27	28	17	18	19	20	21	22	23	
29	30	31					24	25	26	27	28	29	30	
							31							

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 MU STATE CHOIR 5A-6A E MU STATE BAND 3A	2 MU STATE BAND 4A MU STATE CHOIR 2A-3A	3 MU STATE CHOIR 4A MU STATE BAND 2A	4 MU STATE BAND 4A
5  WEEK 40	6	7 MU STATE CHOIR W 5A	8 MU STATE CHOIR E 5A MU STATE CHOIR W 6A	9 MU STATE CHOIR E 6A	10	11
12  WEEK 41	13 MU STATE BAND W EE, EEE	14 MU STATE EAST E BAND MU STATE EAST 5A BAND	15 MU STATE WEST E BAND MU STATE WEST 5A BAND APPEALS PANEL MEETING	16 MU STATE W BAND 6A	17 MU EAST 6A BAND	18
19  WEEK 42	20	21 MU STATE EAST 6A BAND	22 GO GIRLS REGIONAL	23	24 SC ALL DISTRICT MATCHES MUST BE COMPLETED	25 SP B-5A DISTRICT TOURNEY COMPLETE BA A-B DIST TOUR COMPLETE BA 3A-4A DIS PLAY COMPLETE
26  WEEK 43	27	28 MU STATE BAND/JAZZ COMBO 2A-3A-4A	29 GO BOYS REGIONAL MU STATE BAND/JAZZ COMBO 5A-6A-E	30 SP REGIONAL TOURNAMENT COMPLETED ALL CLASSES	1	2
3	4	Notes				

# May 2026

April '26							June '26						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4		1	2	3	4	5	6
5	6	7	8	9	10	11	7	8	9	10	11	12	13
12	13	14	15	16	17	18	14	15	16	17	18	19	20
19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30			28	29	30				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2 TR REGIONALS 5A-6A BA 5A-6A DIST PLAY COMPLETED BA 2A DIST TOURNEY COMPLETED
				BA REGIONALS B-A-3A-4A		
3	4	5	6	7	8	9
WEEK 44	TE GIRLS REGIONALS SC 5A-6A 1ST ROUND GO GIRLS STATE TOURNAMENT	SP 4A- 5A-6A STATE TOURNAMENT SC 3A-4A 1ST ROUND	SP B-A-2A-3A STATE	SC 2ND RND 5A-6A	SC 2ND RND 3A-4A	TR REGIONALS 5A-6A
				BA 3A-4A AREA TOURNAMENTS		
				BA 2A-5A-6A REGIONAL TOURNAMENTS		
				BA CLASS B-A STATE TOURNAMENT		
				TR STATE MEET A-4A		
				TE GIRLS STATE TOURNAMENT		
10	11	12	13	14	15	16
WEEK 45	TE BOYS REGIONALS GO BOYS STATE TOURNAMENT	SC SEMI-FINAL ROUND ALL CLASSES			TR STATE MEET 5A-6A	
					TE BOYS STATE TOURNAMENT	
					SC STATE CHAMPIONSHIPS ALL CLASSES	
				BA 2A-3A-4A-5A-6A STATE TOURNAMENT		
17	18	19	20	21	22	23
WEEK 46						
24	25	26	27	28	29	30
WEEK 47	MEMORIAL DAY OFFICE CLOSED					
31	1	Notes				
WEEK 48						

# June 2026

May '26							July '26						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2			1	2	3	4	
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30	31	
						31							

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4 INDEPENDENCE DAY  OFFICE CLOSED	5	6
7  WEEK 49	8	9	10	11	12	13
14  WEEK 50	15	16	17	18	19 JUNETEENTH  OFFICE CLOSED	20
21  WEEK 51	22	23	24	25	26	27  DEAD PERIOD
28  WEEK 52	29	30	1	2	3	4  DEAD PERIOD
5  DEAD PERIOD	6	Notes				

**BOARD OF DIRECTORS**

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Mike Jinkins, Okeene  
Jason Brown, Oklahoma City

President  
Vice-President

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Dr. Stacey Butterfield, Jenks	NE Quadrant, Division I	June 30, 2025
Kevin Hime, Lawton	SW Quadrant, Division I	June 30, 2025
Jason Sternberger, Hennessey	NW Quadrant, Division II	June 30, 2025
Matt Riggs, Macomb	SE Quadrant, Division III	June 30, 2025
Cecilia Robinson-Woods, Millwood	At Large Appointment	June 30, 2025
Lance Parks, Bishop Kelley	At Large Appointment	June 30, 2025
Mark Hudson, Preston	NE Quadrant, Division II	June 30, 2026
Duane Merideth, Durant	SE Quadrant, Division I	June 30, 2026
Mike Jinkins, Okeene	NW Quadrant, Division III	June 30, 2026
Rex Trent, Binger-Oney	SW Quadrant, Division III	June 30, 2026
Dudley Darrow, Enid	NW Quadrant, Division I	June 30, 2029
Jason Lindley, Hartshorne	SE Quadrant, Division II	June 30, 2029
Danny Acord, Davenport	NE Quadrant, Division III	June 30, 2029
Jason Brown, OKCPS	Multi-High	June 30, 2029
Matt Holder, Sulphur	SW Quadrant, Division II	June 30, 2029

**BOARD MEETING DATES**

Time: 9:00 A.M.

Place: OSSAA Office-7300 Broadway Extension - Oklahoma City

AUGUST 14, 2024	JANUARY 15, 2025
SEPTEMBER 11, 2024	FEBRUARY 12, 2025
OCTOBER 9, 2023	MARCH 26, 2025
NOVEMBER 13, 2024	APRIL 23, 2025
DECEMBER 11, 2024	JUNE 10, 2025

**APPEAL MEETING DATES**

Time: 10:00 A.M.

Place: OSSAA Office-7300 Broadway Extension - Oklahoma City

AUGUST 7, 2024	JANUARY 8, 2025
SEPTEMBER 4, 2024	FEBRUARY 5, 2025
OCTOBER 2, 2024	MARCH 5, 2025
NOVEMBER 6, 2024	APRIL 16, 2025
DECEMBER 4, 2024	JUNE 4, 2025



## OKLAHOMA SECONDARY SCHOOL ACTIVITIES ASSOCIATION

7300 Broadway Extension - Oklahoma City, Oklahoma 73116

**David Jackson - Executive Director**

**Trinity Johnson - Associate Director**

The following will be an aid to member schools and the Association office in handling telephone calls. Each staff member is assigned certain general responsibilities and it will save time to ask for that person when placing a call to the Association office.

<b><u>Staff Member</u></b>	<b><u>Areas of Responsibility</u></b>
David Jackson - djackson@ossaa.com	Administration of Association
Amy Cassell – acassell@ossaa.com	Eligibility (All Areas), Spirit Competition, Class 5A-6A Basketball, eSport, Tennis and Processing hardship waiver requests for schools O through Z. (all OKC and TPS)
Grant Gower – ggower@ossaa.com	Director of Officials, Fall and Spring Baseball.
Mike Clark—mclark@ossaa.com	Eligibility (All Areas), Fast-Pitch Softball, Slow-Pitch Softball, Academic Bowl, Processing hardship waiver requests for schools G-N.
Alex Claussen, aclausen@ossaa.com	Eligibility (All Areas), Music, and Speech.
Brian Lester – blester@ossaa.com	Eligibility (All Areas), Basketball (Classes B, A, 2A, 3A, 4A), Cross Country, Track and Field, Sanctioning, Processing hardship waiver requests for schools A through F.
Wes Ruth—wruth@ossaa.com	Academic Eligibility, Volleyball, Wrestling, Soccer
Trinity Johnson—tjohnson@ossaa.com	Academic Eligibility, Football, Swimming, Golf
Kathryn Douglas—kdouglas@ossaa.com	Executive Assistant and Office Manager
Van Shea Iven – vsiven@ossaa.com	Director of Media Relations
Russell Ives – rives@ossaa.com	Accountant
Monica Woods – mwoods@ossaa.com	Administrative Assistant
Sheree Riddell – sriddell@ossaa.com	Administrative Assistant
India Graham—igraham@ossaa.com	Administrative Assistant
Michelle Goolsby—mgoolsby@ossaa.com	Administrative Assistant
John Paul Esparza—jpesparza@ossaa.com	Facilities Manager

**Office Hours: 8:00 a.m. to 4:00 p.m. Monday thru Friday. All staff may be reached by phone at 405-840-1116 during office hours.**

## 2024-2025 OSSAA BEGINNING OF SEASON DATES AND CONTEST LIMITS

Activity	First Practice	Date First Contest	Number Contest	Off Season Practice	Summer Practice
Football	August 11	Aug. 28-30 (Zero wk) September 4 August 28 (JV and JH)	HS varsity—10 games All others—8 games	May practice during physical education class, if no class offered no more than 1 hour immediately following the school day. After all spring activities have completed; 21 calendar days to conduct 10 practices	 <p style="text-align: center;">No summer practice for any athletic activity.</p> <p><b>DEAD PERIOD</b> The dead period will occur during the week in July that includes the 4<sup>th</sup> of July each year. The dead period will be 9 days long and begin the weekend preceding or including the 4<sup>th</sup> of July and the weekend following the 4<sup>th</sup> of July. No use of school facilities. No contact between coaches and secondary level students.</p>
Basketball	October 1	November 1 (NFS) November 6 (JH) November 16 (FB)	25 total contests; no more than three tournaments (JH) 20 total contests, no more than two tournaments	<p>May practice during physical education class, if no class offered no more than 1 hour immediately following the school day.</p>	
Wrestling	October 1	November 21	HS teams use 26 point system (JH) 20 point system		
Baseball (Fall)	July 15	August 11 or Opening of School	HS—37 total games JH—25 total games		
Baseball (Spring)	December 1	Feb 19 - A and B March 1 - 2A-6A	HS—37 total games JH—25 total games		
Softball-FP (Fall)	July 15	August 11 or Opening of School	HS—37 total contests; no more than 3 tournaments JH—14 games and 2 tournaments or 11 games and 3 tournaments		
Softball-SP (Spring)	December 1	March 1	HS—37 total contests; no more than 3 tournaments JH—14 games and 2 tournaments or 11 games and 3 tournaments		
Cross Country	July 15	August 11 or Opening of School	HS—8 contests JH—6 contests		
Fall Golf Golf	September 1 December 1	September 1-October 1 March 1	No more than three contests of the 9 allowed HS-9 total JH-6 total		
Tennis	December 1	March 1	HS—14 events, duals/tournaments JH-8		
Swimming	October 1	November 1	HS—12 dates of competition plus conference champ		
Volleyball	July 15	August 11 or Opening of School	HS—15 games and 3 tournaments or 12 games and 4 tournaments JH—13 games and 2 tournaments		
Indoor Track	October 1	Jan. 1-March 1	HS—3Meets		
Track	December 1	March 1	HS—8 meets JH—6 meets		
Soccer	December 1	March 1	High School—15 total matches; either 15 matches and no tournaments, 12 matches and 1 tournament, or 9 matches and 2 tournaments. 3 scrimmage dates after February 15 JH—11 total matches; 11 matches and no tournaments, or 8 matches and 1 tournament.		

**RESTRICTIONS ON LOSS OF INSTRUCTIONAL TIME:**

Fall and Spring Baseball, Fast-Pitch Softball, Slow-Pitch Softball: No play on Wednesday, unless District games cancelled due to inclement weather. No more than 5 instructional days may be missed during regular season.

Golf: no more than 2 instructional days per week; no more than 7 instructional days total during the regular season.

Cross Country: No more than 4 instructional days may be missed during the regular season.

Tennis: No more than 7 instructional days may be missed during the regular season.

Track and Field: No more than 5 instructional days may be missed during the regular season.