


2024-2025 BEGINNING OF SEASON DATES AND CONTEST LIMITS

ACTIVITY	FIRST PRACTICE	DATE FIRST CONTEST	NUMBER CONTEST	OFF SEASON PRACTICE	SUMMER PRACTICE
Football	August 12	Aug. 29-30-31 (Zero week) September 5 (Week 1) September 2 (JV and JH)	High School 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>No summer practice for any athletic activity.</p> <p>DEAD PERIOD The dead period will occur during the week in July that includes the 4th of July each year. The dead period will be 9 days long and begin the weekend preceding the 4th of July and the weekend following the 4th 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)	(NFB) 18 games and 2 tournaments or 16 games 3 tournaments (FB) 16 games and 2 tournaments or 14 games and 3 tournaments (JH) 14 games and 2 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	High school teams must use the 26-point system Junior high teams—20-point system		
Baseball (Fall)	July 15	August 11 or Opening of School	High School—37 total games, no more than 3 tournaments JH—14 games and 2 tournaments or 11 games 3 tournaments		
Baseball * (Spring)	December 1	A and B-Feb. 19 2A,3A,4A, 5A & 6A - March 1	High School—37 total games, no more than 3 tournaments JH—14 games and 2 tournaments or 11 games 3 tournaments		
Fast-Pitch Softball	July 15	August 11 or Opening of School	High School—37 total JH—25 total games		
Slow-Pitch Softball	December 1	March 1	High School—37 total contests JH—25 total contests		
Cross Country	July 15	August 11 or Opening of School	High School—8 contests JH-6 contests		
Fall Golf Golf	September 1 December 1	September 1-October 31 March 1	No more than three contest of the 9 allowed High School—9 total including Fall JH—6		
Tennis	December 1	March 1	High School—14 events, duals/tournaments JH—8		
Swimming	October 1	November 1	High School—12 dates of competition plus conference championship		
Volleyball	July 15	August 11 or Opening of School	High School—15 games 3 tournaments or 12 games and 4 tournaments JH—13 games 2 tournaments		
Indoor Track	October 1	Jan. 1-March 1	High School—3 Meets		
Track	December 1	March 1	High School—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 not tournaments, or 8 matches and 1 tournament.		

Fall and Spring Baseball, Fast-Pitch Softball, Slow-Pitch Softball: No play on Wednesday, unless District games cancelled due to inclement weather. No mre 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.

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

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