

NORTH COAST SECTION SIT-OUT PERIOD - 2020-2021

Sport	Start Date	End Date	# of days in the season	SOP Date	# of days in SOP	% of calendar days missed
Football	Dec. 7 (first game Jan. 6)	Mar. 20	88	Feb. 4	44	50
Water Polo	Dec. 7	Feb. 27	83	Jan. 17	42	50 + 1
Cross Country	Dec. 7	Mar. 13	97	Jan. 24	49	50 + 1
Volleyball (G & B)	Dec. 7	Feb. 27	83	Jan. 17	42	50 + 1
Traditional Fall Soccer (G & B)	Dec. 7	Feb. 27	83	Jan. 17	42	50 + 1
Traditional Competitive Cheer	Determined by School	Determined by School				50% of season
Gymnastics	Dec. 7	No ending date		Jan. 15		
Field Hockey	Dec. 7	No ending date		Jan. 15		

Traditional Competitive Cheer	Determined by School	Determined by School				50% of season
Badminton	Feb. 15	May. 15	90	Mar. 31	45	50
Winter & Spr Soccer (G & B)	Feb. 15	May. 15	90	Mar. 31	45	50
Boys Wrestling (no fall sport)	Mar. 19	May. 19	62	Apr. 18	31	50
Boys Wrestling (fall sport)	Mar. 13	May. 19	68	Apr. 15	34	50
Girls Wrestling (no fall sport)	Mar. 19	May. 19	62	Apr. 18	31	50
Girls Wrestling (fall sport)	Mar. 13	May. 19	68	Apr. 18	34	50
Tennis (G & B)	Mar. 8	May. 15	69	Apr. 11	35	50 + 1
Swimming & Diving	Mar. 8	May. 22	76	Apr. 14	38	50
Basketball (G & B)	Mar. 15	May. 29	76	Apr. 21	38	50
Baseball	Mar. 15	June. 5	83	Apr. 25	42	50 + 1
Softball	Mar. 15	June. 5	83	Apr. 25	42	50 + 1
Competitive Sport Cheer	Mar. 15	June. 1	79	Apr. 23	40	50 + 1
Golf (G & B)	Mar. 15	May. 25	72	Apr. 19	36	50
Lacrosse (G & B)	Mar. 15	May. 29	76	Apr. 21	38	50
Track & Field	Mar. 15	June. 5	83	Apr. 25	42	50 + 1