



CALIFORNIA INTERSCHOLASTIC FEDERATION

# CENTRAL COAST SECTION

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## 2026-27 CCS SIT-OUT PERIOD

*As per CIF Bylaw 207, the Sit-Out Period is 50% of the total number days in that particular season of sport. The number of days in a season is determined by each Section in accordance with their first allowable competition date through the final regular season competition date. If total number of days in a season is an odd number, then the Sit-Out Period would be 50% plus one additional day.*

*The Central Coast Section Sit-Out Period dates for 2026-27 are as follows:*

<u>Sport</u>	<u>Start Date</u>	<u>End Date</u>	<u>Days In Season</u>	<u>Days In SOP</u>	<u>SOP Date</u>
Girls Golf	8/21	10/28	69	35	9/25
Girls Volleyball	8/21	10/28	69	35	9/25
Girls Flag Football	8/21	10/28	69	35	9/25
Soccer (Fall)	8/21	10/29	70	35	9/25
Field Hockey	8/21	10/31	72	36	9/26
Water Polo	8/21	10/31	72	36	9/26
Girls Tennis	8/21	11/6	78	39	9/29
Cross Country	8/21	11/7	79	40	9/30
Football	8/21	11/7	79	40	9/30
Traditional Cheer	11/16	1/15	61	31	12/17
Wrestling	11/16	2/6	83	42	12/28
Basketball	11/16	2/16	93	47	1/2
Soccer	11/16	2/17	94	47	1/2
Boys Golf	2/15	4/28	73	37	3/24
Swimming & Diving	2/15	5/1	76	38	3/25
Boys Tennis	2/15	5/1	76	38	3/25
Boys Volleyball	2/15	5/7	82	41	3/28
Beach Volleyball	2/15	5/7	82	41	3/28
Competitive Sport Cheer	2/15	5/8	83	42	3/29
Badminton	2/15	5/8	83	42	3/29
Track & Field	2/15	5/8	83	42	3/29
Lacrosse	2/15	5/8	83	42	3/29
Baseball	2/15	5/15	90	45	4/1
Gymnastics	2/15	5/15	90	45	4/1
Softball	2/15	5/15	90	45	4/1