



To: CIF Central Section Member Schools

From: Ryan Tos, Commissioner

Date: January 19, 2021

Subject: CIF Central Section Update

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Central Section Leaders:

I hope that this message finds you in good health. As we all continue to prepare for the return of high school sports in the Central Section, I want to provide you a couple of updates at this time. But before I do that I want to publicly thank our section's executive committee for their input and leadership during these trying times. I also want to thank all of you as educational leaders in our section – I appreciate your patience and support. While there are few certainties in life right now I do think that we can all agree that there is not a perfect solution for the current issues related to high school sports.

Please keep the following in mind as we move forward:

1. Practice for all sports may commence as allowed by California Department of Public Health (CDPH) guidelines, local county health guidelines and school/district policy.
2. Current CDPH guidance does not allow for any competition to take place while a county is under the regional stay at home order.
3. Competition can only take place as allowed by CDPH, county and school/district guidelines.
4. Even though the Central Section has determined start dates each individual member school or district may elect to open their seasons at a later date within the section's season of sport.
5. Based on current CDPH guidance student-athletes may only participate in one cohort (team) during the same time or season.
6. For additional information please review the Updated Youth Sports Guidance from the California Department of Public Health.
7. The football season must conclude by April 17, 2021 for the 2021 fall season to begin as scheduled this fall (July 19).
8. I have received a few inquiries about Bylaw 504.F and the ability for a league to deviate from the state's season of sport calendar. If your league chooses to pursue this possibility please reach out to me so that I can provide additional information.

At this time the following changes have been made to the Central Section Sport Calendar:

1. Central Section playoffs and championship events for cross country, football, girls volleyball and water polo are canceled. While this possibility has been discussed for some time, it is still a very difficult decision to make. While there may be changes in the future, the current CDPH guidance only allows competition between bordering counties, making section championship events impossible. This decision opens up additional dates for schools to schedule competition as the CDPH guidance allows. The “new” end dates for these sports are as follows:
  - a. Cross Country – March 27
  - b. Football – April 17
  - c. Girls Volleyball – March 20
  - d. Water Polo – March 20

\*\* We encourage leagues to consider leaving the last week of the season open for possible county playoffs, bowl games, etc.
2. The start dates for swimming and diving, golf and tennis have been moved up to allow competition beginning on February 15 (if allowed by CDPH guidelines).
3. Badminton, boys volleyball and lacrosse have been moved to match the state’s season of sport.

The next page has an updated season of sport document that includes the information stated above. Upon request from some schools and the recommendation of the executive committee I included a column titled “Recommended start by dates” – this is the date you would need to begin competition in order to have four weeks of competition. These dates may vary by district and/or school.

I will be hosting a zoom session today at 3:00 p.m. for athletic directors, principals and superintendents if you would like to attend. I will review this information and respond to questions. The meeting link will be sent separately.

Thank you again for all that you are doing for students and please do not hesitate to reach out with questions.

Respectfully,

A handwritten signature in dark ink, appearing to read "Ryan Tos". The signature is fluid and cursive, with a horizontal line extending from the end.

Ryan Tos



Sport	First Contest Date	Sit Out Period Date	*Recommended "start by" dates	Last Contest Date	Section Playoff Dates	Regional / State Playoff Dates
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Sports listed by current CDPH tier

*\*see below*

Cross Country	ASAP	Feb. 2	March 1	March 27	No	No
Golf	Feb. 15	April 6	April 29	May 27	June 1, 2, 3, 7	June 15
Tennis	Feb. 15	March 31	April 19	May 15	May 17-27	June 4-5
Swim & Dive	Feb. 15	April 5	April 26	May 22	May 26-29	June 4-5
Track & Field	March 20	April 27	May 10	June 4	June 9 & 19	June 25-26
Lacrosse	March 8	April 20	May 6	June 3	No	No
Baseball	March 20	April 26	May 6	June 3	June 9 - 19	June 22-26
Softball	March 20	April 26	May 6	June 3	June 9 - 19	June 22-26
Badminton	Feb. 15	March 31	April 19	May 14	May 18, 21, 22	May 29
Football	Jan. 7	Feb. 11	March 26	April 17	No	No
Soccer	March 8	April 10	April 15	May 13	May 18-29	June 1, 3, 5
Boys Volleyball	March 8	April 16	April 22	May 20	May 25, 27, June 1, 3	June 8, 10, 12
Girls Volleyball	ASAP	Jan. 26	February 22	March 20	No	No
Water Polo	ASAP	Jan. 26	February 22	March 20	No	No
Cheerleading (Indoors)	NA	TBD	NA	NA	TBD	No
Basketball	March 8	April 19	April 29	May 27	June 1-12	June 15, 17, 19
Wrestling	March 8	April 15	April 26	May 22	May 28-29, June 4-5	June 10-12

Practices may begin as soon as allowed by the California Department of Public Health guidelines.

Competition can only take place as allowed by the California Department of Public Health guidelines.

\* - To accommodate four weeks of competition you must begin play by this date. This date is only a guideline and may vary by each school and/or district.

NOTE: Prior to competition a student must have 10 days of practice in that sport. If they played a sport in the preceding season they only need 5 days of practice.

NOTE: Football players must complete the 5 day acclimation period.

#### Definitions:

**First Contest Date** First allowable day for interscholastic competition. (If allowed by CDPH guidelines)

**Sit-Out Period Date** The date that a student may participate in competition after being granted an "SOP" due to transferring.

\*\*\* If a league chooses to play outside the season of sport the section office will determine new SOP dates for those leagues.

**Last Contest Date** This is the last allowable date to play.

updates are in red  
updated January 14, 2021