



# NORTH COAST SECTION, CIF

5 CROW CANYON COURT, STE. 209, SAN RAMON, CA 94583

## 2020-21 NCS/CIF SPORT BREAKDOWN & CALENDAR

RELEASED: JULY 20, 2020

### 2020-21 NCS/CIF SEASON OF SPORT BREAKDOWN

FALL	SPRING
CROSS COUNTRY (BOYS & GIRLS)	BADMINTON
FIELD HOCKEY	BASEBALL
FOOTBALL	BASKETBALL (BOYS & GIRLS)
GYMNASTICS	COMPETITIVE SPORT CHEER (STUNT)
TRADITIONAL COMPETITIVE CHEER	GOLF (BOYS & GIRLS)
VOLLEYBALL (BOYS & GIRLS)	LACROSSE (BOYS & GIRLS)
WATER POLO (BOYS & GIRLS)	SOCCER (BOYS & GIRLS)
	SOFTBALL
	SWIMMING (BOYS & GIRLS)
	TENNIS (BOYS & GIRLS)
	TRACK & FIELD (BOYS & GIRLS)
	WRESTLING (BOYS & GIRLS)

### 2020-21 NCS/CIF CALENDAR (FALL)

<b>CROSS COUNTRY (BOYS &amp; GIRLS)</b>	
FIRST DATE OF PRACTICE	DEC. 14, 2020
SOP DATE	JAN. 27, 2021 (45 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	MAR. 13, 2021 (90 days)
NCS ENTRIES DUE	MAR. 14, 2021 (11:59 PM)
NCS CHAMPIONSHIPS	MAR. 20, 2021
CIF STATE CHAMPIONSHIPS	MAR. 27, 2021

<b>FOOTBALL</b>	
FIRST DATE OF PRACTICE	DEC. 14, 2020
SOP DATE	FEB. 11, 2021 (37 days)
WINDOW FOR SCHOOLS TO PLAY ONE SCRIMMAGE, PROVIDED INDIVIDUALS HAVE HAD AT LEAST 10 DAYS OF PRACTICE	DEC. 25, 2020 – JAN. 2, 2021
FIRST DATE SCHOOLS CAN PLAY A GAME, PROVIDED THE TEAM HAS HAD AT LEAST 14 DAYS OF PRACTICE AND INDIVIDUALS HAVE HAD AT LEAST 10 DAYS OF PRACTICE	JAN. 6, 2021 (Week 0)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	MAR. 20, 2021 (74 days)
NCS POSTSEASON APPLICATIONS DUE	MAR. 20, 2021 (10 PM)
NCS AT-LARGE & SEEDING MEETING	MAR. 21, 2021
NCS CHAMPIONSHIP QUARTERFINALS	MAR. 26/27, 2021
NCS CHAMPIONSHIP SEMIFINALS	APR. 2/3, 2021
NCS CHAMPIONSHIP FINALS	APR. 9/10, 2021
CIF NOR-CAL REGIONAL CHAMPIONSHIPS/BOWL GAMES	APR. 16/17, 2021

<b>VOLLEYBALL (BOYS &amp; GIRLS)</b>	
FIRST DATE OF PRACTICE	DEC. 14, 2020
SOP DATE	JAN. 20, 2021 (38 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	FEB. 27, 2021 (76 days)
NCS POSTSEASON APPLICATIONS DUE	FEB. 27, 2021 (10 PM)
NCS AT-LARGE & SEEDING MEETING	FEB. 28, 2021
NCS CHAMPIONSHIP FIRST ROUND	MAR. 2/3, 2021
NCS CHAMPIONSHIP QUARTERFINALS	MAR. 5/6, 2021
NCS CHAMPIONSHIP SEMIFINALS	MAR. 9/10, 2021
NCS CHAMPIONSHIP FINALS	MAR. 12/13, 2021
CIF STATE CHAMPIONSHIPS (Final Date) (Girls)/CIF NOR-CAL REGIONAL CHAMPIONSHIPS (Final Date) (Boys)	MAR. 20, 2021

<b>WATER POLO (BOYS &amp; GIRLS)</b>	
FIRST DATE OF PRACTICE	DEC. 14, 2020
SOP DATE	JAN. 20, 2021 (38 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	FEB. 27, 2021 (76 days)
NCS POSTSEASON APPLICATIONS DUE	FEB. 27, 2021 (9 PM)
NCS AT-LARGE & SEEDING MEETING	FEB. 28, 2021
NCS CHAMPIONSHIP FIRST ROUND	MAR. 3/4, 2021
NCS CHAMPIONSHIP QUARTERFINALS	MAR. 6, 2021
NCS CHAMPIONSHIP SEMIFINALS	MAR. 10, 2021
NCS CHAMPIONSHIP FINALS	MAR. 13, 2021
CIF NOR-CAL REGIONAL CHAMPIONSHIPS (Final Date)	MAR. 20, 2021

<b>FIELD HOCKEY</b>	
FIRST DATE OF PRACTICE	DEC. 14, 2020
SOP DATE	JAN. 18, 2021 (36 days)

<b>GYMNASTICS</b>	
FIRST DATE OF PRACTICE	DEC. 14, 2020
SOP DATE	JAN. 18, 2021 (36 days)

<b>TRADITIONAL COMPETITIVE CHEER</b>	
FIRST DATE OF PRACTICE	Determined by School
SOP DATE	50% of Season
FINAL DATE OF COMPETITION	Determined by School
CIF INVITATIONAL CHAMPIONSHIP	APR. 17, 2021

### **2020-21 NCS/CIF CALENDAR (SPRING)**

<b>BADMINTON</b>	
FIRST DATE OF PRACTICE	FEB. 22, 2021
SOP DATE	APR. 4, 2021 (42 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	MAY 15, 2021 (83 days)
NCS ENTRIES DUE	MAY 16, 2021
NCS BRACKET DEVELOPMENT	MAY 16, 2021
NCS CHAMPIONSHIPS	MAY 22, 2021
CIF NOR-CAL REGIONAL CHAMPIONSHIPS	MAY 29, 2021

<b>SOCCER (BOYS &amp; GIRLS)</b>	
FIRST DATE OF PRACTICE	FEB. 22, 2021
SOP DATE	APR. 4, 2021 (42 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	MAY 15, 2021 (83 days)
NCS POSTSEASON APPLICATIONS DUE	MAY 15, 2021 (10 PM)
NCS AT-LARGE & SEEDING MEETING	MAY 16, 2021
NCS CHAMPIONSHIP FIRST ROUND	MAY 18/19, 2021
NCS CHAMPIONSHIP QUARTERFINALS	MAY 21/22, 2021
NCS CHAMPIONSHIP SEMIFINALS	MAY 25/26, 2021
NCS CHAMPIONSHIP FINALS	MAY 28/29, 2021
CIF NOR-CAL REGIONAL CHAMPIONSHIPS (Final Date)	JUNE 5, 2021

<b>SWIMMING &amp; DIVING (BOYS &amp; GIRLS)</b>	
FIRST DATE OF PRACTICE	MAR. 8, 2021
SOP DATE	APR. 14, 2021 (38 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	MAY 22, 2021 (76 days)
NCS ENTRIES DUE	MAY 23, 2021 (1:15 PM)
NCS SEEDING MEETING	MAY 24, 2021
NCS DIVING CHAMPIONSHIPS	MAY 27, 2021
NCS SWIMMING CHAMPIONSHIP TRIALS	MAY 28, 2021
NCS SWIMMING CHAMPIONSHIP FINALS	MAY 29, 2021
CIF STATE CHAMPIONSHIPS	JUNE 4/5, 2021

<b>TENNIS (BOYS &amp; GIRLS)</b>	
FIRST DATE OF PRACTICE	MAR. 8, 2021
SOP DATE	APR. 11, 2021 (35 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	MAY 15, 2021 (69 days)
NCS TEAM POSTSEASON APPLICATIONS DUE	MAY 15, 2021 (9 PM)
NCS TEAM AT-LARGE & SEEDING MEETING	MAY 16, 2021
NCS TEAM CHAMPIONSHIP FIRST ROUND	MAY 18/19, 2021
NCS TEAM CHAMPIONSHIP QUARTERFINALS	MAY 20/21, 2021
NCS TEAM CHAMPIONSHIP SEMIFINALS	MAY 25/26, 2021
NCS TEAM CHAMPIONSHIP FINALS	MAY 28/29, 2021
CIF NOR-CAL TEAM REGIONAL CHAMPIONSHIPS (Final Date)	JUNE 5, 2021
DEADLINE FOR LEAGUES TO DETERMINE QUALIFIERS FOR SINGLES/DOUBLES	TBA
FINAL DATE FOR SINGLES/DOUBLES COMPETITION OTHER THAN NCS	TBA
NCS POSTSEASON SINGLES/DOUBLES APPLICATIONS DUE	TBA
NCS SINGLES/DOUBLES CHAMPIONSHIPS	TBA

<b>WRESTLING (BOYS &amp; GIRLS)</b>	
FIRST DATE OF PRACTICE	MAR. 8, 2021
SOP DATE (Fall Sport)	APR. 15, 2021 (34 days)
SOP DATE (No Fall Sport)	APR. 18, 2021 (31 days)
FINAL DATE OF COMPETITION OTHER THAN LEAGUE QUALIFYING TOURNAMENT/NCS/CIF	MAY 19, 2021 (73 days)
DEADLINE FOR LEAGUES TO DETERMINE DUAL TEAM QUALIFIERS & AT-LARGE APPLICATIONS DUE	MAY 19, 2021 (10 PM)
DUAL TEAM COMPETITION (Student Team)	MAY 22, 2021

**WRESTLING (BOYS & GIRLS) (Continued)**

DEADLINE FOR LEAGUES TO DETERMINE INDIVIDUAL QUALIFIERS	MAY 29, 2021
NCS GIRLS ENTRIES DUE	MAY 29, 2021 (5 PM)
NCS BOYS ENTRIES DUE	MAY 29, 2021 (11:59 PM)
NCS SEEDING MEETINGS	MAY 30, 2021
NCS CHAMPIONSHIPS	JUNE 4/5, 2021
CIF STATE CHAMPIONSHIPS	JUNE 10-12, 2021

**BASEBALL**

FIRST DATE OF PRACTICE	MAR. 15, 2021
SOP DATE	APR. 25, 2021 (42 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	JUNE 5, 2021 (83 days)
NCS POSTSEASON APPLICATIONS DUE	JUNE 5, 2021 (10 PM)
NCS AT-LARGE & SEEDING MEETING	JUNE 6, 2021
NCS CHAMPIONSHIP FIRST ROUND	JUNE 8/9, 2021
NCS CHAMPIONSHIP QUARTERFINALS	JUNE 11/12, 2021
NCS CHAMPIONSHIP SEMIFINALS	JUNE 15/16, 2021
NCS CHAMPIONSHIP FINALS	JUNE 18/19, 2021
CIF NOR-CAL REGIONAL CHAMPIONSHIPS (Final Date)	JUNE 26, 2021

**BASKETBALL (BOYS & GIRLS)**

FIRST DATE OF PRACTICE	MAR. 15, 2021
SOP DATE	APR. 21, 2021 (38 days)
FOUNDATION GAME DATE	MAR. 30, 2021
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	MAY 29, 2021 (76 days)
NCS POSTSEASON APPLICATIONS DUE	MAY 29, 2021 (10 PM)
NCS AT-LARGE & SEEDING MEETING	MAY 30, 2021
NCS CHAMPIONSHIP FIRST ROUND	JUNE 1-3, 2021
NCS CHAMPIONSHIP QUARTERFINALS	JUNE 4/5, 2021
NCS CHAMPIONSHIP SEMIFINALS	JUNE 8/9, 2021
NCS CHAMPIONSHIP FINALS	JUNE 11/12, 2021
CIF NOR-CAL REGIONAL/STATE CHAMPIONSHIPS (Final Date)	JUNE 18/19, 2021

**COMPETITIVE SPORT CHEER (STUNT)**

FIRST DATE OF PRACTICE	MAR. 15, 2021
SOP DATE	APR. 23, 2021 (40 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	JUNE 1, 2021 (79 days)
NCS POSTSEASON APPLICATIONS DUE	JUNE 1, 2021 (10 PM)
NCS AT-LARGE & SEEDING MEETING	JUNE 2, 2021
NCS CHAMPIONSHIPS	JUNE 5, 2021
CIF/USA CHEER INVITATIONAL	JUNE 12, 2021

**GOLF (BOYS & GIRLS)**

FIRST DATE OF PRACTICE	MAR. 15, 2021
SOP DATE	APR. 19, 2021 (36 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	MAY 25, 2021 (72 days)
NCS POSTSEASON APPLICATIONS DUE	MAY 25, 2021 (8 PM)
NCS AT-LARGE MEETING	MAY 26, 2021

<b>GOLF (BOYS &amp; GIRLS) (Continued)</b>	
NCS DIVISION 2 CHAMPIONSHIP/INDIVIDUAL QUALIFIER	Week of MAY 31, 2021
NCS DIVISION 1 CHAMPIONSHIP	Week of JUNE 7, 2021
CIF NOR-CAL REGIONAL/STATE CHAMPIONSHIPS	JUNE 23, 2021

<b>LACROSSE (BOYS &amp; GIRLS)</b>	
FIRST DATE OF PRACTICE	MAR. 15, 2021
SOP DATE	APR. 21, 2021 (38 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	MAY 29, 2021 (76 days)
NCS POSTSEASON APPLICATIONS DUE	MAY 29, 2021 (10 PM)
NCS AT-LARGE & SEEDING MEETING	MAY 30, 2021
NCS CHAMPIONSHIP FIRST ROUND	JUNE 1, 2021
NCS CHAMPIONSHIP QUARTERFINALS	JUNE 3, 2021
NCS CHAMPIONSHIP SEMIFINALS	JUNE 8, 2021
NCS CHAMPIONSHIP FINALS	JUNE 10, 2021

<b>SOFTBALL</b>	
FIRST DATE OF PRACTICE	MAR. 15, 2021
SOP DATE	APR. 25, 2021 (42 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	JUNE 5, 2021 (83 days)
NCS POSTSEASON APPLICATIONS DUE	JUNE 5, 2021 (10 PM)
NCS AT-LARGE & SEEDING MEETING	JUNE 6, 2021
NCS CHAMPIONSHIP FIRST ROUND	JUNE 8/9, 2021
NCS CHAMPIONSHIP QUARTERFINALS	JUNE 11/12, 2021
NCS CHAMPIONSHIP SEMIFINALS	JUNE 15/16, 2021
NCS CHAMPIONSHIP FINALS	JUNE 18/19, 2021
CIF NOR-CAL REGIONAL CHAMPIONSHIPS (Final Date)	JUNE 26, 2021

<b>TRACK &amp; FIELD (BOYS &amp; GIRLS)</b>	
FIRST DATE OF PRACTICE	MAR. 15, 2021
SOP DATE	APR. 25, 2021 (42 days)
FINAL DATE OF COMPETITION OTHER THAN NCS/CIF	JUNE 5, 2021 (83 days)
DEADLINE FOR LEAGUES TO DETERMINE QUALIFIERS	JUNE 5, 2021
NCS AREA MEETS (Redwood Empire, Bayshore, Tri-Valley & Class A)	JUNE 12, 2021
NCS MEET OF CHAMPIONS	JUNE 18/19, 2021
CIF STATE CHAMPIONSHIPS	JUNE 25/26, 2021