



CALIFORNIA INTERSCHOLASTIC FEDERATION

CENTRAL COAST SECTION

333 PIERCY ROAD SAN JOSE CA 95138 • (408) 224-2994 • WWW.CIFCCS.ORG

2024-25 Start & End Dates

Beginning of Summer	1 st Saturday in June		June 1, 2024
End of Summer	Sunday	NFHS week 4	July 28, 2024
Dead Period - 1 week for all Sports <i>No contact between coaches & athletes</i>	Monday - Sunday	NFHS weeks 4/5	July 29 - August 4, 2024
Limited Dead Period for all Sports	Limitations in CCS Bylaw Article V		August 5 - August 8, 2024
Fall - 1 st Day of Practice	Friday	NFHS week 5	August 9, 2024
Fall - 1 st Day of Scrimmages	Friday	NFHS week 7	August 23, 2024
CCS GVB Sportsmanship Games*	Monday	NFHS week 8	August 26, 2024
Fall - 1 st Day of Contests	Thursday	NFHS week 8	August 29, 2024
Fall - End of League Season	Girls Golf	NFHS week 17	October 30, 2024
	Girls Volleyball	NFHS week 17	October 30, 2024
	Field Hockey	NFHS week 17	November 2, 2024
	Water Polo	NFHS week 17	November 2, 2024
	Girls Tennis	NFHS week 18	November 8, 2024
	Cross Country	NFHS week 18	November 9, 2024
	Football	NFHS week 18	November 9, 2024
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Winter - 1 st Day of Practice	Monday	NFHS week 18	November 4, 2024
Winter - 1 st Day of Scrimmage	Monday	NFHS week 20	November 18, 2024
CCS BB Sportsmanship Games*	Thursday	NFHS week 20	November 21, 2024
Winter - 1 st Day of Contests	Monday	NFHS week 21	November 25, 2024
Winter - End of League Season	Wrestling	NFHS week 31	February 8, 2025
	Basketball	NFHS week 33	February 18, 2025
	Soccer	NFHS week 33	February 19, 2025
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Spring - 1 st Day of Practice	Monday	NFHS week 31	February 3, 2025
Spring - 1 st Day of Scrimmage	Monday	NFHS week 33	February 17, 2025
CCS BVB Sportsmanship Games*	Thursday	NFHS week 33	February 20, 2025
Spring - 1 st Day of Contests	Monday	NFHS week 34	February 24, 2025
Spring - End of League Season	Swimming	NFHS week 43	May 3, 2025
	Boys Tennis	NFHS week 43	May 3, 2025
	Boys Golf	NFHS week 44	May 7, 2025
	Beach Volleyball	NFHS week 44	May 9, 2025
	Boys Volleyball	NFHS week 44	May 9, 2025
	Badminton	NFHS week 44	May 10, 2025
	Track & Field	NFHS week 44	May 10, 2025
	Lacrosse	NFHS week 44	May 10, 2025
	Baseball	NFHS week 45	May 17, 2025
	Gymnastics	NFHS week 45	May 17, 2025
	Softball	NFHS week 45	May 17, 2025
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Beginning of Summer	1 st Saturday in June		June 7, 2025
End of Summer	Sunday	NFHS week 4	July 27, 2025
Dead Period - 1 week for all Sports <i>No contact between coaches & athletes</i>	Monday - Sunday	NFHS weeks 4/5	July 28 - August 3, 2025
Limited Dead Period for all Sports	Limitations in CCS Bylaw Article V		August 4 - August 7, 2025

*No other scrimmages or games can be played on the days of the CCS Sportsmanship Games