

FALL SPORTS 2025-26

DATES ARE SUBJECT TO CHANGE BASED ON COUNTY AND LEGAL GUIDELINES

SIT OUT PERIOD: The Sit-Out Period will be 50% of the total number days in that particular season of sport. The student who transfers to a school after School B's first contest will have an SOP equivalent in calendar days to the SOP of all other students who transferred before the season started.

GRADE CHECKS: Students can only become eligible or ineligible on the grade check dates listed below. Any grade changes made after the grade check date will NOT count towards athletic eligibility.

Fall Grade Checks (OUSD Schools)		Cross Country - BOYS/GIRLS	
1st Grade Check	Friday, August 1, 2025	Sit out Period	Saturday, September 27, 2025
End of Marking Period 1	Thursday, September 18, 2025	1st Day of practice	Tuesday, August 12, 2025
2nd Grade Check	Monday, October 6, 2025	Pre-Season Meeting	Monday, September 8, 2025
End of Marking Period 2	Friday, October 31, 2025	1st Allowable Contest	Monday, August 18, 2025
3rd Grade Check	Monday, November 17, 2025	1st OAL Contest	Wednesday, September 10, 2025
		Post Season Meeting	Monday, November 10, 2025
SAT	Saturday, August 23, 2025	League Championship	Saturday, November 15, 2025
SAT	Saturday, September 13, 2025	Section Championship	Saturday, November 22, 2025
SAT	Saturday, October 4, 2025	CIF State Championship	Saturday, November 29, 2025
Football		Golf - Girls	
Sit out Period	Tuesday, September 30, 2025	Sit out Period	Wednesday, September 24, 2025
1st Day of practice	Monday, July 28, 2025	1st Day of practice	Tuesday, August 19, 2025
Pre-Season Meeting	Tuesday, August 5, 2025	Pre-Season Meeting	Monday, September 8, 2025
1st Allowable Contest	Friday, August 22, 2025	1st Allowable Contest	Monday, August 25, 2025
1st OAL Contest	Friday, October 10, 2025	1st OAL Contest	Wednesday, September 10, 2025
Post Season Meeting	Monday, November 10, 2025	Post Season Meeting	Thursday, October 30, 2025
Section Playoffs	Friday, November 14, 2025	Girls Section Championship	Monday, November 3, 2025
OAL Championship	Saturday, November 22, 2025	NorCal Championship	Monday, November 10, 2025
CIF NorCal	December 5 – 6, 2025	CIF State Championship	Wednesday, November 19, 2025
CIF State	December 12 – 13, 2025		
Tennis -Girls		Girls Volleyball	
Sit out Period	Tuesday, September 23, 2025	Sit out Period	Saturday, September 13, 2025
1st Day of practice	Tuesday, August 12, 2025	1st Day of practice	Thursday, July 31, 2025
Pre-Season Meeting	Monday, September 22, 2025	Pre-Season Meeting	Thursday, September 11, 2025
1st Allowable Contest	Monday, August 18, 2025	1st Allowable Contest	Saturday, August 9, 2025
1st OAL Contest	Wednesday, September 24, 2025	1st OAL Contest	Tuesday, September 16, 2025
Post Season Meeting	Monday, November 3, 2025	Post Season Meeting	Wednesday, October 15, 2025
Singles Playoffs	Thursday, November 6, 2025	OAL Playoffs Begin	Saturday, October 18, 2025
Singles Championship	Friday, November 7, 2025	OAL Championship	Thursday, October 23, 2025
Doubles Playoffs	Thursday, November 13, 2025	Section Playoffs	Thursday, October 30, 2025
Doubles Championship	Friday, November 14, 2025	Section Championship	Saturday, November 1, 2025
CIF NorCal	November 18, 21-22, 2025		
CIF State	Saturday, November 29, 2025	CIF NorCal	November 11, 12, 13, 15, 18, 2025
		CIF State Championship	November 21-22, 2025 - Santiago College
Girls Flag Football			
Sit out Period	Thursday, September 18, 2025		
1st Day of practice	Monday, August 4, 2025		
Pre-Season Meeting	September 8, 2025		
1st Allowable Contest	Saturday, August 9, 2025		
1st OAL Contest	Wednesday, September 10, 2025		
Post Season Meeting	Thursday, October 16, 2025		
OAL Playoffs Begin	Wednesday, November 5, 2025		
OAL Championship	Wednesday, November 19, 2025		
Section Playoffs			
Section Championship	Friday, November 21, 2025		
CIF NorCal			



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879-2438



At the Oakland Section, our mission goes beyond the game. We are dedicated to delivering high-quality coaching, training, and competitive play, all while instilling the values of sportsmanship, integrity, commitment, and mutual respect. Our ultimate goal is to develop the next generation of student-athletes who not only excel on the court, field, pool, course & track but carry themselves with pride and purpose as leaders in their schools and communities.

Our Section is dedicated to offering top-tier coaching, skill development, and competitive play, while fostering the values of sportsmanship, honesty, dedication, self-respect, and respect for others. At the Oakland Section, our goal is to shape future generations of athletes who compete with heart, lead with character, and uplift their teams, schools, and communities.

CROSS COUNTRY

The purpose of the sport of cross country in the Oakland Section is to promote endurance, mental toughness, and self-discipline among student-athletes through long-distance running. Cross country offers students a chance to challenge themselves individually while also contributing to team success, fostering both personal growth and a sense of camaraderie. The sport encourages healthy lifestyle habits, goal setting, and perseverance, all within a supportive and inclusive environment. Through participation in cross country, students not only build physical fitness and resilience but also develop a strong connection to nature and their local community as they compete across varied outdoor courses throughout Oakland.

TEAMS COMPETING: Castlemont, Coliseum College Preparatory, Fremont, Life, Madison Park, McClymonds, Oakland HS, Oakland Tech, Skyline

1st Day of Practice - Tuesday, August 12, 2025

1st Allowable Contest - Monday, August 18, 2025

Pre-Season Meeting - Monday, September 8, 2025

1st OAL Contest - Wednesday, September 10, 2025

Sit Out Period - Saturday, September 27, 2025

Post Season Meeting - Monday, November 10, 2025

League Championship - Saturday, November 15, 2025

Section Championship - Saturday November 22, 2025

CIF State Championship - Saturday, November 29, 2025

CIF STATE CROSS COUNTRY CHAMPIONSHIPS

Saturday, November 29, 2025

Woodward Park, Fresno



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



CIF STATE CROSS COUNTRY REGULATIONS

A. STATE CHAMPIONSHIP DIVISIONAL PLACEMENT OF SCHOOLS

Each Section will determine the divisional placement for its schools who qualify for the state cross country championships. CIF member schools will be required to participate in the division that has been established by their respective Section. Sections may use their own established criteria to determine placement of teams in the five (5) divisions based on the following guidelines:

Division I	As determined by Section
Division II	As determined by Section
Division III	As determined by Section
Division IV	As determined by Section
Division V	As determined by Section, but enrollment may not exceed

600

(Revised May 2008 Federated Council/ Revised May 2014 Federated Council)

B. ENROLLMENT CALCULATIONS BY SECTION

The enrollment figures to be used for schools are those certified by the school principal in October of the previous year. If a school incurs a gain/loss of enrollment of a minimum of 15 percent in the current year, the current year enrollment figures shall be used in place of the prior year.

Three & Four-Year Schools - The enrollment for 9th, 10th, 11th and 12th grades shall be used to gain a total enrollment figure for the school.

Single Gender School - The enrollment for single gender schools shall be doubled using the 9th, 10th, 11th, and 12th grades to gain a total figure for the single gender school.

Multi-School Agreements- Schools with multi-school agreements must use the combined enrollments of all schools within the agreement.

Note: Schools will be required to participate in the division that has been established by their respective CIF Section using the previous year's enrollment. Exception: In CIF Sections with fewer than 30 schools, the CIF Section may follow the specified procedures in this provision, or the Section may allow all their schools to compete in Division I.

C. INDIVIDUAL ENTRIES TO THE STATE MEET

A maximum of five (5) individuals (not on an automatic team entry), per the criteria in each division, will qualify from Section to State Meet finals as follows:	# of Section teams that automatically qualify Sections' Five Individual Qualifiers to the State Meet Must Finish in the Top
1	8
2	12
3	14
4	16
5	18
6	20

(Revised February 2005 Federated Council)



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



D. TEAM ENTRIES TO THE STATE MEET

Boys 2025

Central	3	3	2	3	3
Central Coast	3	2	3	3	4
Los Angeles	3	1	1	1	1
North Coast	2	4	4	4	4
Northern	0	0	1	2	1
Oakland	*	*	*	*	*
Sac-Joaquin	3	4	3	2	2
San Diego	3	3	3	2	3
San Francisco	*	*	*	*	*
Southern	7	7	7	7	6
Total	24	24	24	24	24

Girls 2025

Central	3	2	2	2	2
Central Coast	3	4	2	3	4
Los Angeles	2	1	1	1	1
North Coast	3	3	4	3	5
Northern	0	0	1	2	1
Oakland	*	*	*	*	*
Sac-Joaquin	3	4	3	3	2
San Diego	3	3	4	3	3
San Francisco	*	*	*	*	*
Southern	7	7	7	7	6
Total	24	24	24	24	24

*Oakland and San Francisco each earn 1 team entry per gender. The team division will be determined based upon their respective Section divisional placement.

QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

Teams/Individuals must compete, and qualify through, their respective CIF Section Championships to participate in CIF State/Regional Championships.



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



2025 Cross Country Advisory Committee

An advisory group that provides info back to the schools they represent on by laws, changes in rules and or playoff structures, gives suggestions on structure, organization of the Oakland Section Cross Country events and gives a voice to member schools. A seat at the table for important issues concerning the Oakland Section as it pertains to our Cross Country season and championships.

Pre-Season Meeting - September 8, 2025

Post-Season Meeting - November 10, 2025

Member	Member Role	Email Address
William Chavarin	Oakland Section Staff Representative	william.chavarin@ousd.org
Rebecca Huang	Skyline Principal	rebecca.huang@ousd.org
Phylesha Nelson	Castlemont AD	phylisha.nelson@ousd.org
Jesus Moran	BACSAC Representative	moran@bacsac.org
Seán Phan-Kohles	Skyline Coach	sean.phankohles@ousd.org
Tai Tokeshi	Oakland HS Coach	Tai.tokeshi@ousd.org



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



At the Oakland Section, our mission goes beyond the game. We are dedicated to delivering high-quality coaching, training, and competitive play, all while instilling the values of sportsmanship, integrity, commitment, and mutual respect. Our ultimate goal is to develop the next generation of student-athletes who not only excel on the court, field, pool, course & track but carry themselves with pride and purpose as leaders in their schools and communities.

Our Section is dedicated to offering top-tier coaching, skill development, and competitive play, while fostering the values of sportsmanship, honesty, dedication, self-respect, and respect for others. At the Oakland Section, our goal is to shape future generations of athletes who compete with heart, lead with character, and uplift their teams, schools, and communities.

FOOTBALL

The purpose of the sport of football in the Oakland Section is to provide student-athletes with a structured and competitive environment where they can develop physical strength, leadership, and teamwork skills. Football teaches discipline, strategy, and resilience, helping students grow both on and off the field. The sport fosters school pride and unity, bringing together diverse communities to support youth achievement and engagement. Through practices and games, student-athletes build character, learn the value of hard work, and gain opportunities for personal and academic advancement, all while representing their schools with integrity and dedication.

TEAMS COMPETING: Castlemont, Fremont, McClymonds, Oakland HS, Oakland Tech, Skyline

1st Day of Practice - Monday, July 28, 2025

Pre-Season Meeting - Tuesday, August 5, 2025

1st Allowable Contest - Friday, August 22, 2025

Sit Out Period - Tuesday, September 30, 2025

1st OAL Contest - Friday, October 10, 2025

Post Season Meeting - Monday, November 10, 2025

Section Playoffs - Friday, November 14, 2025

Section Championship - Saturday, November 22, 2025

CIF NorCal - Friday & Saturday, December 5 & 6, 2025

CIF State Championship - Friday & Saturday, December 12 & 13, 2025

CIF STATE and REGIONAL FOOTBALL CHAMPIONSHIP BOWL GAMES

Friday-Saturday, December 5-6, 2025

Regional Sites T.B.D.

Friday-Saturday, December 12-13, 2025

State Sites T.B.D.



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



CIF STATE FOOTBALL REGULATIONS

A. Procedure for Team Selection for Regional Games and Qualification for State Football Championship

The Section Commissioners will meet on Sunday, November 30, 2025, to determine the pairings for the CIF Regional Football Championship Bowl Games.

(1) DIVISIONAL CLASSIFICATIONS

- a. The committee will select the top team from the north and the top team from the south, regardless of enrollment. These two teams will advance directly to the CIF State Championship Open Division Bowl Game.
- b. Two (2) teams from the North and two (2) teams from the South will be paired in Divisions 1-AA, 1-A, 2-AA, 2-A, 3-AA, 3-A, 4-AA, 4-A, 5-AA, 5-A, 6-AA, 6-A, 7-AA, 7-A. Winners from these NorCal and SoCal Regional games will advance to the CIF State Football Championship representing the above divisions for the title of CIF State Champion. In Division 7-A, depending on the slotting of teams from the Central and Southern Sections and any teams electing to not participate, one or both regions may have a bye directly into the State Championship.

(2) PLACEMENT INTO DIVISIONS

- a. Only Section champions will be eligible.
- b. All teams in the CIF Regional Football Championship Bowl Games will be slotted based on competitive equity considering the criteria listed in (3) below.
- c. The Open Division is open to all teams regardless of enrollment that have qualified through their respective section playoffs. The best team from the north and the best team from the south will be selected to participate and will receive byes directly to the CIF State Football Championships Bowl Open Division game.
- d. In order to balance the number of teams from the north and the south, teams from the south will be slotted in the north once all of the bowl games participants have been determined. These teams will be selected from the Central Section and/or Southern Section.

(3) CRITERIA CONSIDERED FOR DIVISIONAL PLACEMENT AND HOSTING OF REGIONAL GAMES (LISTED IN NO PARTICULAR ORDER)

- a. Win-Loss Record (Preseason, League, Section Playoffs)
- b. Strength of Schedule (Preseason, League, Section Playoffs)
- c. Head-to-Head Competition
- d. Common Opponents
- e. Opponents Win-Loss Record
- f. Various rankings may be consulted when placing teams (i.e. SBLive, Cal-Hi Sports, Cal Preps)
- g. Section Rank Order
- h. Suitability to represent the State in a Bowl Championship with regards to Pursuing Victory with Honor and acceptable standards of sportsmanship.



Francisco Navarro, Oakland Section Commissioner

★★★ **OAKLAND SECTION** ★★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

Teams must compete and qualify through their respective CIF Section Championships to participate in CIF State/Regional Championships. Only Section Champions are eligible for selection to the CIF State/Regional Football Championship Bowl Games.

NOTE: *Complete details on the 2025 CIF State Football Championship Bowl Games will be available on the State CIF website (www.cifstate.org) in the handbook approximately 45-60 days prior to the event.*

CIF STATE BYLAW 2201.B. & C. - POLICY

State statute mandates that football teams are limited to two days per week of full-contact practice, with no more than 45 minutes of full-contact on each of those days during the season of sport. For purposes of this CIF Bylaw, each team's season of sport is defined as the first day of practice, as allowed by the Section, until the final contest for the team. All contact practices are prohibited in the off-season which includes team camps. The only equipment allowed in the off-season or at team camps is footballs, bags, blocking sleds and football shoes.

Full contact practice is defined by state statute as a practice where drills or live action is conducted that involves collisions at game speed where players execute tackles and other activity that is typical of an actual tackle football game. Live action is defined by USA Football as a drill run in game like conditions and is the only time that players are taken to the ground. Thud is a drill run at an assigned speed through the moment of contact with no predetermined winner. Contact remains above the waist and players stay on their feet. Thud is considered full-contact by the National Federation of State High School Associations (NFHS).

The CIF has developed the following regarding full-contact football practices:

Allowable Activities During the Season of Sport:

- A team is allowed two days per week of full-contact practice, with no more than 45 minutes of full-contact on each of those days. This includes live action and thud.
- A team may participate in air, bags/blocking sleds and control drills at any time unless the Section has implemented more restrictive rules. A team may continue to dress in full pads for practice when conducting any of these drills defined below:
 - Air - Players run unopposed without bags or any opposition.
 - Bags/Blocking Sleds - Activity is executed against a bag/blocking sleds, shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.
 - Control: Drill is run at assigned speed until the moment of contact with a Predetermined winner. Contact remains above the waist and players stay on their feet allowing an exit for the ball carrier when one is involved in the drill.
- For purposes of this Bylaw, the season of sport for each team is defined as the first day of practice, as allowed by the Section, until the final contest for that team.



Francisco Navarro, Oakland Section Commissioner

★★★ **OAKLAND SECTION** ★★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



Allowable Activities for Team Camps and Other Off-Season Activities:

- No full contact practice or drills utilizing control are allowed during off-season activities and team camps.
- Team camps are considered practice.
- If allowed by the Section, a team may participate in air, bags/blocking sleds drills (see above for definitions of these activities) in the off-season or while attending a team camp. A team may only utilize the following equipment in the off-season or at team camps: footballs, bags, blocking sleds and football shoes.
- For purposes of this Bylaw, the off-season is defined as the team's last football contest of the season until the first day of practice the following school year as set by the Section.

Questions and Answers for Bylaw 2201.B. & C.

Q: May teams continue to use Thud as a training drill?

A: Yes. However, the time spent in Thud drills is considered full-contact and would count against the team's allotment for both days and minutes.

Q: Does unused time carry over to the 2nd day of allowable full-contact?

A: No. Teams are allowed 2 days per week of full-contact with no more than 45 minutes on each of those days. If a team does not use the entire 45 minutes of full-contact on one day, it may not carry over those unused minutes to the next day.

Q: Is a team allowed any type of contact outside of the two days per week with no more than 45 minutes on each of those days?

A: Yes. A team may still engage in Control drills. See the Policy Page for Bylaw 2201 for the definition of Control.

Q: Is full-contact or control allowed at team camps?

A: No. According to AB 2127, team camps are considered practice so full-contact would be prohibited. In addition, Bylaw 2201.C. does not allow any equipment at team camps other than footballs, bags, blocking sleds and football shoes so control drills would not be allowable.

Q: May teams attend a full-contact team camp outside of California?

A: No. AB 2127 and CIF Bylaw 2201 apply no matter where the team camp is conducted.

Q: Given the addition of Bylaw 2201.C. may teams attend a team camp that only utilizes activities that are appropriate when no protective equipment is used?

A: Yes. Teams may attend a team camp and participate in drills such as Air, Bags/Blocking Sleds.

Q: May student-athletes wear traditional protective football equipment at team camps and other off-season activities?

A: No. Team camps and other off-season activities are allowable with the following equipment only: footballs, bags, blocking sleds and football shoes.

Q: If allowable by the school, school district and local CIF Section, may student-athletes elect to wear soft padded head and shoulder protection?



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★

OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



A: Yes. Soft padded head and shoulder protection is allowable if permitted by the school, school district and local CIF Section.

Q: Are players allowed to attend individual camps and participate in full-contact drills?

A: Yes. However, schools should consult their Section and School District (or school) policies regarding the use of school equipment by individuals. Also, schools may not use individual camps to circumvent AB 2127 and Bylaw 2201 regarding team camps.

Q: Does a scrimmage count against the full-contact limitation of two days per week/no more than 45 minutes on each of those two days?

A: No. For purposes of this bylaw only, a scrimmage between two or more schools is considered a contest and would not be counted as one of the two allowable full-contact days. However, an intrasquad scrimmage (i.e. scrimmage involving one school no matter how many levels of classification), would count against the weekly full contact allowance.



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



2025 Football Advisory Committee

An advisory group that provides info back to the schools they represent on by laws, changes in rules and or playoff structures, gives suggestions on structure, organization of the Oakland Section Cross Country events and gives a voice to member schools. A seat at the table for important issues concerning the Oakland Section as it pertains to our Cross Country season and championships.

Pre-Season Meeting - August 5, 2025

Post-Season Meeting - November 10, 2025

Francisco Navarro	Oakland Section Staff Representative	francisco.navarro@ousd.org
Nydia Baez	Fremont Principal	nidya.baez@ousd.org
Koresh Adams	Skyline Athletic Director	koresh.adams@ousd.org
Terry Hendricks	Oakland High Coach	terry.hendrixjr@ousd.org
Michael Peters	Mcclymonds Coach	michael.peters2@ousd.org



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



At the Oakland Section, our mission goes beyond the game. We are dedicated to delivering high-quality coaching, training, and competitive play, all while instilling the values of sportsmanship, integrity, commitment, and mutual respect. Our ultimate goal is to develop the next generation of student-athletes who not only excel on the court, field, pool, course & track but carry themselves with pride and purpose as leaders in their schools and communities.

Our Section is dedicated to offering top-tier coaching, skill development, and competitive play, while fostering the values of sportsmanship, honesty, dedication, self-respect, and respect for others. At the Oakland Section, our goal is to shape future generations of athletes who compete with heart, lead with character, and uplift their teams, schools, and communities.

GOLF

The purpose of the sport of golf in the Oakland Section is to provide student-athletes with the opportunity to develop focus, patience, and self-discipline in a competitive yet supportive environment. Golf promotes individual growth by emphasizing personal responsibility, mental concentration, and integrity—core values that extend beyond the sport. Through participation in the league, students gain exposure to a lifelong activity that encourages healthy habits, strategic thinking, and sportsmanship. Golf also creates pathways for academic and scholarship opportunities while fostering inclusivity and expanding access to a sport that can be enjoyed across diverse communities in Oakland.

GIRLS 2025

TEAMS COMPETING: Oakland HS, Oakland Tech, Skyline

1st Day of Practice - Tuesday, August 19, 2025

1st Allowable Contest - Monday, August 25, 2025

Pre-Season Meeting - Monday, September 8, 2025

1st OAL Contest - Wednesday, September 10, 2025

Sit Out Period - Wednesday, September 24, 2025

Post Season Meeting - Thursday, October 30, 2025

Section Championship - Monday, November 3, 2025

NorCal Championship - Monday, November 10, 2025

CIF State Championship - Wednesday, November 19, 2025

GIRLS REGIONAL CHAMPIONSHIPS

NCGA - Monday, November 10, 2025

Berkeley CC, El Cerrito (North)

CIF GIRLS STATE GOLF CHAMPIONSHIPS

Wednesday, November 19, 2025 Poppy

Hills GC, Pebble Beach



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



BOYS 2025

TEAMS COMPETING: Oakland HS, Oakland Tech, Skyline

1st Day of Practice - Saturday, January 31, 2026

1st Allowable Contest - Monday, February 23, 2026

Pre-Season Meeting - Wednesday, March 18, 2026

Sit Out Period - Friday, March 27, 2026

1st OAL Contest - Wednesday, March 25, 2026

Post Season Meeting - Monday, May 11, 2026

Section Championship - Friday, May 15, 2026

NorCal Championship - Tuesday, May 26, 2026

CIF State Championship - Wednesday, June 3, 2026

BOYS REGIONAL CHAMPIONSHIPS

NCGA - Tuesday, May 26, 2026 TBA

CIF BOYS STATE GOLF CHAMPIONSHIPS

Wednesday, June 3, 2026

San Gabriel CC, San Gabriel

FORMAT

A. The following format will be used in advancing teams and individuals to the state championships:

Team - Top three (3) teams from the NorCal and SoCal Regionals will advance for a total of six (6) teams.

Individuals - Top nine (9) individuals (not on qualifying teams) from the Northern California and Southern California Regionals will advance for a total of 18 individuals.

QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

Teams/Individuals must compete, and qualify through, their respective CIF Section Championships to participate in CIF State/Regional Championships.



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



At the Oakland Section, our mission goes beyond the game. We are dedicated to delivering high-quality coaching, training, and competitive play, all while instilling the values of sportsmanship, integrity, commitment, and mutual respect. Our ultimate goal is to develop the next generation of student-athletes who not only excel on the court, field, pool, course & track but carry themselves with pride and purpose as leaders in their schools and communities.

Our Section is dedicated to offering top-tier coaching, skill development, and competitive play, while fostering the values of sportsmanship, honesty, dedication, self-respect, and respect for others. At the Oakland Section, our goal is to shape future generations of athletes who compete with heart, lead with character, and uplift their teams, schools, and communities.

TENNIS

The purpose of the sport of tennis in the Oakland Section is to provide student-athletes with the opportunity to develop physical fitness, mental focus, and personal discipline in a competitive and supportive setting. Tennis emphasizes individual responsibility, strategic thinking, and sportsmanship, helping students grow both on and off the court. The sport fosters self-confidence, resilience, and healthy competition, while also encouraging goal setting and perseverance. Through participation in tennis, student-athletes represent their schools with pride, build meaningful connections, and gain access to lifelong skills and potential academic opportunities, all within an inclusive and community-focused environment.

GIRLS 2025

TEAMS COMPETING: McClymonds, Oakland HS, Oakland Tech, Skyline

1st Day of Practice - Tuesday, August 12, 2025

1st Allowable Contest - Monday, August 18, 2025

Pre-Season Meeting - Monday, September 22, 2025

1st OAL Contest - Wednesday, September 24, 2025

Sit Out Period - Tuesday, September 23, 2025

Post Season Meeting - Monday, November 3, 2025

Singles Playoffs - Thursday, November 6, 2025

Singles Championship - Friday, November 7, 2025

Doubles Playoffs - Thursday, November 13, 2025

Doubles Championship - Friday, November 14, 2025

CIF NorCal - Tuesday, Friday & Saturday, November 18, 21 & 22, 2025

CIF State Championship - Saturday, November 29, 2025

CIF-USTA TENNIS CHAMPIONSHIPS

GIRLS REGIONAL TENNIS CHAMPIONSHIPS

Tuesday*, Friday-Saturday, November 18*, 21-22, 2025
Broadstone Sports Club, Folsom (North)

GIRLS STATE TENNIS CHAMPIONSHIPS

Saturday, November 29, 2025
Fresno State, Fresno



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



BOYS 2025

TEAMS COMPETING: Castlemont, Oakland Tech, Skyline

1st Day of Practice - Saturday, January 31, 2026

1st Allowable Contest - Monday, February 16, 2026

Sit Out Period - Tuesday, March 24, 2026

Pre-Season Meeting - Monday, April 6, 2026

1st OAL Contest - Wednesday, April 8, 2026

Post Season Meeting - Friday, May 8, 2026

Singles Playoffs - Monday, May 11, 2026

Singles Championship - Tuesday, May 12, 2026

Doubles Playoffs - Thursday, May 14, 2026

CIF NorCal - Tuesday, Friday & Saturday, May 19, 22 & 23, 2026

CIF State Championship - Saturday, May 30, 2026

BOYS REGIONAL TENNIS CHAMPIONSHIPS

Tuesday*, Friday-Saturday, May 19*, 22-23, 2026

Broadstone Sports Club, Folsom (North)

BOYS STATE TENNIS CHAMPIONSHIPS

Saturday, May 30, 2026

Fresno State, Fresno

FORMAT

The following format will be used in advancing teams to the Regional Championships:

North: CCS – 2; NCS – 2; NS – 1; OS – 1; SJS – 2; SFS – 1; Totals – 9

South: CS – 1; LACS – 1; SDS – 2; SS – 4; Totals - 8

QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

Teams/Individuals must compete, and qualify through, their respective CIF Section Championships to participate in CIF State/Regional Championships.

*Tuesday, November 18 and Tuesday, May 19 will be respectively played at home sites.



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



2025-2026 Tennis Advisory Committee

An advisory group that provides info back to the schools they represent on by laws, changes in rules and or playoff structures, gives suggestions on structure, organization of the Oakland Section Cross Country events and gives a voice to member schools. A seat at the table for important issues concerning the Oakland Section as it pertains to our Cross Country season and championships.

Girls - Pre-Season Meeting - September 22, 2025

Girls - Post-Season Meeting - November 3, 2025

Boys - Pre-Season Meeting - April 6 , 2026

Boys - Post-Season Meeting - May 8, 2026

Member	Member Role	Email Address
Jeffrey Taylor	Oakland Section Staff Representative	jeffrey.taylor@ousd.org
Pam Moy	Oakland High Principal	pam.moy@ousd.org
Relonda McGhee	McClymonds Athletic Director	relonda.mcghee@ousd.org
Michelle Xia	Skyline Coach	michelle.xia@ousd.org
Keith Debro	Oakland Tech Coach	Keith.debro@ousd.org



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



At the Oakland Section, our mission goes beyond the game. We are dedicated to delivering high-quality coaching, training, and competitive play, all while instilling the values of sportsmanship, integrity, commitment, and mutual respect. Our ultimate goal is to develop the next generation of student-athletes who not only excel on the court, field, pool, course & track but carry themselves with pride and purpose as leaders in their schools and communities.

Our Section is dedicated to offering top-tier coaching, skill development, and competitive play, while fostering the values of sportsmanship, honesty, dedication, self-respect, and respect for others. At the Oakland Section, our goal is to shape future generations of athletes who compete with heart, lead with character, and uplift their teams, schools, and communities.

VOLLEYBALL

The purpose of the sport of volleyball in the Oakland Section is to promote teamwork, communication, and athletic development among student-athletes in a competitive and supportive environment. Volleyball teaches essential life skills such as cooperation, discipline, and perseverance, while encouraging students to build strong connections with their teammates and represent their schools with pride. The sport fosters physical fitness, strategic thinking, and quick decision-making, helping students grow both on and off the court. Through participation in volleyball, student-athletes gain confidence, develop leadership skills, and experience the value of dedication and hard work in achieving collective success.

GIRLS 2025

TEAMS COMPETING: Castlemont, Coliseum College Preparatory, Fremont, Life, Madison Park, McClymonds, Oakland HS, Oakland Tech, Skyline

1st Day of Practice - Thursday, July 31, 2025

1st Allowable Contest - Monday, August 18, 2025

Pre-Season Meeting - Thursday, September 11, 2025

Sit Out Period - Saturday, September 13, 2025

1st OAL Contest - Tuesday, September 16, 2025

Post Season Meeting - Wednesday, October 15, 2025

OAL Playoffs Begin - Saturday, October 18, 2025

OAL Championship - Thursday, October 23, 2025

Section Playoffs - Thursday, October 30, 2025

Section Championship - Saturday, November 1, 2025

CIF NorCal - November 11, 12, 13, 15, & 18, 2025

CIF State Championship - Friday & Saturday, November 21 & 22, 2025

CIF REGIONAL VOLLEYBALL CHAMPIONSHIPS

November 11, 12, 13, 15, 18, 2025 at Host Sites*

CIF STATE VOLLEYBALL CHAMPIONSHIPS

**Friday-Saturday, November 21-22, 2025
at Santiago Canyon College, Orange**



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



CIF STATE VOLLEYBALL REGULATIONS

Girls Regional and State Championships will be held following the completion of Section playoffs. The CIF Seeding Committee will determine the divisional placement of the Section entries for their respective regional tournament.

NOTE: Sections still determine their own criteria for placement and seeding of schools within their own local playoff system.

SECTION REGIONAL ENTRIES

AUTOMATIC QUALIFIERS

CS – 16; CCS – 21; LACS – 15; NCS – 25; NS – 12; OS – 2; SJS – 23; SDS – 18; SFS – 2; SS – 44

- Sections will forward their automatic qualifiers in true seed order to the committee
- All Section division champions advance to State/Regional playoffs
- The above numbers include the Division VI entries for NCS (4), NS (2) and SJS (2).
- No enrollment cap in any division

NOTE: The State Championship will include Divisions Open-V above. Division VI Regional Championship will be in NorCal only.

NOTE: Bracket Size - Open Division = 8 teams; Division I-V = 16 teams; Division VI = 8 teams

OPEN DIVISION

There will be two regional Open Division brackets. Each regional Open Division bracket will have a maximum of eight (8) teams but could have less if the tournament committee feels that there are not eight qualified teams. The tournament committee will select the teams for the Open Division before they seed the five (5) divisions of the State Tournament. Teams selected by the committee for the Open Division will compete in the Open Division ONLY and cannot opt out.

Competition among the teams will be held in one (1) Open Division and six (6) competitive equity-based divisions. Tournament brackets will range from 8 to 16 team brackets (unless out bracket games are required) depending on the number of entries forwarded by each CIF Section.

QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

Teams must compete, and qualify through, their respective CIF Section Championships to participate in CIF State/Regional Championships.



Francisco Navarro, Oakland Section Commissioner

★★★ **OAKLAND SECTION** ★★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



SEEDING CRITERIA/PARAMETERS

The committee will use the seeding criteria (in no particular order: section rank order, overall record, head-to-head, strength of schedule, state or regional rankings) for each bracket.

The following adjustments may be made during the seeding process, but the changes must not impact the integrity of the bracket.

- Opening round games that are a repeat of a section final or semi-final may be adjusted.
- Travel considerations
- Regional bracketing options
- Teams from the same Section, but in different divisions, may play each other in the opening round
- The team with the higher seeding number will be the host school in all rounds
- Suitability to represent the State in a Championship with regards to Pursuing Victory with Honor and acceptable standards of sportsmanship.

BOYS 2025

TEAMS COMPETING: Castlemont, Oakland Tech, Skyline

1st Day of Practice - Saturday, January 31, 2026

1st Allowable Contest - Monday, February 16, 2026

Sit Out Period - Tuesday, March 24, 2026

Pre-Season Meeting - Monday, April 6, 2026

1st OAL Contest - Wednesday, April 8, 2026

Post Season Meeting - Friday, May 8, 2026

Singles Playoffs - Monday, May 11, 2026

Singles Championship - Tuesday, May 12, 2026

Doubles Playoffs - Thursday, May 14, 2026

CIF NorCal - Tuesday, Friday & Saturday, May 19, 22 & 23, 2026

CIF State Championship - Saturday, May 30, 2026

CIF REGIONAL VOLLEYBALL CHAMPIONSHIPS

May 19, 21, 23, 2026 at Host Sites*

CIF STATE VOLLEYBALL CHAMPIONSHIPS

Saturday, May 30, 2026 at
Fresno City College, Fresno



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



CIF STATE VOLLEYBALL REGULATIONS

BOYS STATE CHAMPIONSHIP DIVISIONAL PLACEMENT OF SCHOOLS

Boys Regional and State Championships will be held following the completion of Section playoffs. The CIF Seeding Committee will determine the divisional placement of the Section entries for their respective Regional tournament.

NOTE: Sections still determine their own criteria for placement and seeding of schools within their own local playoff system.

SECTION REGIONAL ENTRIES

AUTOMATIC QUALIFIERS

CS – 6; CCS – 8; NCS – 8; OS – 2; SJS – 8; SF – 2; LACS – 7; SDS – 9; SS – 14

- Sections will forward their automatic qualifiers in true seed order to the committee
- All Section division champions advance to State/Regional playoffs
- No enrollment cap in any division

NOTE: The format is an eight (8) team single elimination tournament to be conducted in four (4) competitive equity-based divisions in both the North and the South.

QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

Teams/Individuals must compete, and qualify through, their respective CIF Section Championships to participate in CIF State/Regional Championships.

SEEDING CRITERIA/PARAMETERS

The committee will use the seeding criteria (in no particular order: section rank order, overall record, head-to-head, strength of schedule, state or regional rankings) for each bracket.

The following adjustments may be made during the seeding process, but the changes must not impact the integrity of the bracket.

- Opening round games that are a repeat of a section final or semi-final may be adjusted.
- Travel considerations
- Regional bracketing options
- Teams from the same Section, but in different divisions, may play each other in the opening round
- The team with the higher seeding number will be the host school in all rounds
- Suitability to represent the State in a Championship with regards to Pursuing Victory with Honor and acceptable standards of sportsmanship.



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



2025-2026 Volleyball Advisory Committee

An advisory group that provides info back to the schools they represent on by laws, changes in rules and or playoff structures, gives suggestions on structure, organization of the Oakland Section Cross Country events and gives a voice to member schools. A seat at the table for important issues concerning the Oakland Section as it pertains to our Cross Country season and championships.

Girls - Pre-Season Meeting - September 11, 2025

Girls - Post-Season Meeting - October 15, 2025

Boys - Pre-Season Meeting - April 6 , 2026

Boys - Post-Season Meeting - May 8, 2026

Member	Member Role	Email Address
Francisco Navarro	Oakland Section Staff Representative	francisco.navarro@ousd.org
Joseph Blasher	Castlemont Principal	Joseph.blasher@ousd.org
Zarazua	BACSAC Athletic Director	
Daniery Rosario	BACSAC Representative	rosario@bacsac.org
Kao Saepanh	Oakland High Coach	kao.saepanh1@ousd.org
Genesis Branner	Skyline Coach	glbranner@gmail.com

WINTER SPORTS 2025-26

DATES ARE SUBJECT TO CHANGE BASED ON COUNTY AND LEGAL GUIDELINES

SIT OUT PERIOD: The Sit-Out Period will be 50% of the total number days in that particular season of sport. The student who transfers to a school after School B's first contest will have an SOP equivalent in calendar days to the SOP of all other students who transferred before the season started.

GRADE CHECKS: Students can only become eligible or ineligible on the grade check dates listed below. Any grade changes made after the grade check date will NOT count towards athletic eligibility.

Winter Grade Checks (OUSD Schools)	
End of Marking Period 2	Friday, October 31, 2025
Grade Check	Monday, November 17, 2025
End of MP3/M4 -SEMESTER	Friday, December 19, 2025
Grade Check	Monday, January 12, 2026
SAT	Saturday, November 8, 2025
SAT	Saturday, December 6, 2025

Bowling	
Dead Period	
Sit out Period	
1st Day of practice	
Pre-Season Meeting	
1st Allowable Contest	
1st OAL Contest	
Post Season Meeting	
League Championship	

Basketball (Boys/Girls)	
Pre-Season Meeting	Wednesday, October 29, 2025
1st Day of practice	Friday, October 31, 2025
1st Allowable Contest	Monday, November 17, 2025
Sit out Period	Friday, December 26, 2025
OAL Jamboree(Tentative)	Saturday, January 3, 2026
1st OAL Contest	Wednesday, January 7, 2026
Post Season Meeting	Thursday, February 12, 2026
Section Playoffs Begin	Wednesday, February 18, 2026
Section Championship	Wednesday, February 25, 2026
CIF NorCal	March 3, 4, 5, 7, 10, 2026
CIF State	March 13 - 14, 2026

Soccer (Boys/Girls)	
Dead Period	
Sit out Period	Friday, December 26, 2025
1st Day of practice	Friday, October 31, 2025
Pre-Season Meeting	Thursday, December 4, 2025
1st Allowable Contest	Monday, November 17, 2025
1st OAL Contest	Wednesday, January 7, 2026
Post Season Meeting	Thursday, February 12, 2026
OAL Playoffs Begin	Friday, February 13, 2026
OAL Championship	Saturday, February 21, 2026
Section Playoffs Begin	Monday, February 23, 2026
Section Championship	Saturday, February 28, 2026
CIF NorCal	March 3-7, 2026
CIF State	March 13 - 14, 2026

Wrestling - (Boys/Girls)	
Dead Period	
Sit out Period	Friday, December 19, 2025
1st Day of practice	Monday, November 10, 2025
Pre-Season Meeting	Monday, January 5, 2026
1st Allowable Contest	Monday, November 10, 2025
1st OAL Contest	Wednesday, January 7, 2026
Post Season Meeting	Wednesday, February 4, 2026
Section Championship	Saturday, February 7, 2026
Girls NCS	February 20-21, 2026
CIF State	February 26 - 28, 2026



Francisco Navarro, Oakland Section Commissioner

★★★ **OAKLAND SECTION** ★★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



At the Oakland Section, our mission goes beyond the game. We are dedicated to delivering high-quality coaching, training, and competitive play, all while instilling the values of sportsmanship, integrity, commitment, and mutual respect. Our ultimate goal is to develop the next generation of student-athletes who not only excel on the court, field, pool, course & track but carry themselves with pride and purpose as leaders in their schools and communities.

Our league is dedicated to offering top-tier coaching, skill development, and competitive play, while fostering the values of sportsmanship, honesty, dedication, self-respect, and respect for others. At the Oakland Section, our goal is to shape future generations of athletes who compete with heart, lead with character, and uplift their teams, schools, and communities.

BASKETBALL

The purpose of the sport of basketball in the Oakland Section is to empower student-athletes through competitive play while promoting physical health, teamwork, and personal development. Basketball provides a dynamic platform for students to build confidence, leadership skills, and a strong work ethic both on and off the court. The league fosters a sense of unity and school spirit, encouraging positive relationships among peers, coaches, and the wider community. By participating in basketball, students also gain valuable life lessons in discipline, resilience, and sportsmanship, all within an inclusive and supportive environment that reflects the diverse spirit of Oakland.

TEAMS COMPETING: Castlemont, Coliseum College Preparatory, Fremont, Madison Park, McClymonds, Oakland HS, Oakland Tech, Skyline

Pre-Season Meeting - Wednesday, October 29, 2025

1st Day of Practice - Friday, October 31, 2025

1st Allowable Contest - Monday, November 17, 2025

Sit Out Period - Friday, December 26, 2025

OAL Jamboree - Saturday, January 3, 2026

1st OAL Contest - Wednesday, January 7, 2026

Post Season Meeting - Thursday, February 12, 2026

Section Playoffs Begin - Wednesday, February 18, 2026

Section Championship - Wednesday February 25, 2026

CIF NorCal - March 3, 4, 5, 7, 10, 2026

CIF State - March 13-14, 2026



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



NFSHSA rules and CIF modifications shall govern all contests.

The following are the rules for participation of junior varsity basketball competition:

- No senior student shall be eligible for the junior varsity team
- Eligibility rules shall be the same as for varsity teams.
- Playing any part of an OAL varsity game makes a player ineligible for the junior varsity that season.
- All junior varsity games shall be played in seven-minute quarters with 10 minutes between halves.

The Oakland Section Ejection Policy applies to practice games, league games, and playoff games.

Basketball Play-Offs

- The top four teams in the final OAL league standings shall qualify for the Oakland Section play-offs. The top two teams in the final BACSAC league standings shall qualify for the Oakland Section playoffs.
- Seeding will be determined by win/loss record, common opponents, and strength of schedule.
- In the event that ties exist in the final league standings for first, second, or third, the following formula shall be applied:

CIF REGIONAL BASKETBALL CHAMPIONSHIPS

March 3, 4, 5, 7, 10, 2026 at Host Sites*

CIF STATE BASKETBALL CHAMPIONSHIPS

Friday-Saturday, March 13-14, 2026

Golden 1 Center, Sacramento



Francisco Navarro, Oakland Section Commissioner



CIF STATE BASKETBALL REGULATIONS STATE CHAMPIONSHIP DIVISIONAL PLACEMENT OF SCHOOLS

Boys and Girls Regional and State Championships will be held following the completion of Section playoffs. The CIF Seeding Committee will determine the divisional placement of the Section entries for their respective Regional tournament.

NOTE: Sections still determine their own criteria for placement and seeding of schools within their own local playoff system.

SECTION REGIONAL ENTRIES

(1) AUTOMATIC QUALIFIERS

CCS – 21; CS – 16; LACS – 15; NCS – 25; NS – 12; OS – 2; SDS – 18; SFS – 2; SJS – 23; SS – 44

- Sections will forward their automatic qualifiers in true seed order to the committee
- All Section division champions advance to State/Regional playoffs
- The above numbers include the Division VI entries for NCS (4), NS (2) and SJS (2).
- No enrollment cap in any division, except Division VI

NOTE: The State Championship will include Divisions Open-V above. Division VI Regional Championship will be in NorCal only. Division VI, as determined by Section, but enrollment may not exceed 200 (Revised May 2014 Federated Council)

NOTE: Bracket Size - Open Division = 8 teams; Division I-V = 16 teams; Division VI = 8 teams

(2) OPEN DIVISION

There will be four regional Open Division brackets. Each regional Open Division bracket will have a maximum of eight (8) teams but could have less if the tournament committee feels that there are not eight qualified teams. The tournament committee will select the teams for the Open Division before they seed the five (5) divisions of the State Tournament. Teams selected by the committee for the Open Division will compete in the Open Division ONLY and cannot opt out. Competition among the teams in each gender will be held in one Open Division and six (6) competitive equity-based divisions. Tournament brackets will range from 8 to 16 team brackets (unless outbracket games are required) depending on the number of entries forwarded by each CIF Section.

QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

Teams must compete, and qualify through, their respective CIF Section Championships to participate in CIF State/Regional Championships.

SEEDING CRITERIA/PARAMETERS

The committee will use the seeding criteria (in no particular order: section rank order, overall record, head-to-head, strength of schedule, state or regional rankings) for each bracket.

The following adjustments may be made during the seeding process, but the changes must not impact the integrity of the bracket.

- Opening round games that are a repeat of a section final or semi-final may be adjusted.
- Travel considerations
- Regional bracketing options
- Teams from the same Section, but in different divisions, may play each other in the opening round
- The team with the higher seeding number will be the host school in all rounds
- Suitability to represent the State in a Championship with regards to Pursuing Victory with Honor and acceptable standards of sportsmanship.



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



At the Oakland Section, our mission goes beyond the game. We are dedicated to delivering high-quality coaching, training, and competitive play, all while instilling the values of sportsmanship, integrity, commitment, and mutual respect. Our ultimate goal is to develop the next generation of student-athletes who not only excel on the court, field, pool, course & track but carry themselves with pride and purpose as leaders in their schools and communities.

Our Section is dedicated to offering top-tier coaching, skill development, and competitive play, while fostering the values of sportsmanship, honesty, dedication, self-respect, and respect for others. At the Oakland Section, our goal is to shape future generations of athletes who compete with heart, lead with character, and uplift their teams, schools, and communities.

SOCCER

The purpose of the sport of soccer in the Oakland Athletic League is to promote teamwork, athleticism, and cultural unity among student-athletes through a globally celebrated sport. Soccer encourages physical fitness, communication, and strategic thinking, while teaching valuable life skills such as discipline, resilience, and mutual respect. As one of the most diverse sports in the league, soccer provides an inclusive space where students from various backgrounds can come together, represent their schools, and build lasting connections. Participation in soccer not only enhances individual and team development but also fosters school spirit and community engagement across Oakland.

BOYS 2025

TEAMS COMPETING: Castlemont, Coliseum College Preparatory, Fremont, impact, Life, Lionel Wilson, LPS-Hayward, LPS-Richmond, Madison Park, Oakland HS, Oakland Tech, Richmond Cal Prep, Skyline

GIRLS 2025

TEAMS COMPETING: Castlemont, Coliseum College Preparatory, Fremont, KIPP King, Life, LPS-Hayward, LPS-Richmond, Madison Park, Oakland HS, Oakland Tech, Richmond Cal Prep, Skyline

1st Day of Practice - Friday, October 31, 2025

1st Allowable Contest - Monday, November 17, 2025

Pre-Season Meeting - Thursday, December 4, 2025

Sit Out Period - Friday, December 26, 2025

1st OAL Contest - Wednesday, January 7, 2026

Post Season Meeting - Thursday, February 12, 2026

OAL Playoffs Begin - Friday, February 13, 2026

OAL Championships - Saturday February 21, 2026

Section Playoffs Begin - Monday, February 23, 2026

Section Championship - Saturday, February 28, 2026

CIF NorCal - March 3 - 7, 2026

CIF State - March 13-14, 2026



Francisco Navarro, Oakland Section Commissioner



CIF REGIONAL SOCCER CHAMPIONSHIPS

**Div. I-V March 3, 5 & 7, 2026
at Host Sites**

CIF STATE SOCCER CHAMPIONSHIPS

**Friday-Saturday, March 13-14, 2026
Natomas High School, Sacramento**

CIF STATE SOCCER REGULATIONS

STATE CHAMPIONSHIP DIVISIONAL PLACEMENT OF SCHOOLS

Boys and Girls Regional and State Championships will be held following the completion of Section playoffs. The CIF Seeding Committee will determine the divisional placement of the Section entries for their respective Regional tournament.

NOTE: Sections still determine their own criteria for placement and seeding of schools within their own local playoff system.

SECTION REGIONAL ENTRIES

(1) AUTOMATIC QUALIFIERS

Northern Regional: Sac-Joaquin (10), Central Coast (8), North Coast (10), Northern (6), Central (4), Oakland (1), San Francisco (1)

Southern Regional: Southern (20), San Diego (9), Los Angeles (7), Central (4)

- Sections will forward their automatic qualifiers in true seed order to the committee
- All Section division champions advance to State/Regional playoffs
- No enrollment cap in any division

NOTE: The State Championship will include Divisions I-V for both Boys & Girls.

QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

Teams/Individuals must compete, and qualify through, their respective CIF Section Championships to participate in CIF State/Regional Championships.

SEEDING CRITERIA/PARAMETERS

The committee will use the seeding criteria (in no particular order: section rank order, overall record, head-to-head, strength of schedule, state or regional rankings) for each bracket.

The following adjustments may be made during the seeding process, but the changes must not impact the integrity of the bracket (i.e. protecting the higher seeded teams)

- Opening round games that are a repeat of a section final or semi-final may be adjusted.
- Travel considerations
- Regional bracketing options
- Teams from the same Section, but in different divisions, may play each other in the opening round
- The team with the higher seeding number will be the host school in all rounds
- Suitability to represent the State in a Championship with regards to Pursuing Victory with Honor and acceptable standards of sportsmanship.



Francisco Navarro, Oakland Section Commissioner



At the Oakland Section, our mission goes beyond the game. We are dedicated to delivering high-quality coaching, training, and competitive play, all while instilling the values of sportsmanship, integrity, commitment, and mutual respect. Our ultimate goal is to develop the next generation of student-athletes who not only excel on the court, field, pool, course & track but carry themselves with pride and purpose as leaders in their schools and communities.

Our Section is dedicated to offering top-tier coaching, skill development, and competitive play, while fostering the values of sportsmanship, honesty, dedication, self-respect, and respect for others. At the Oakland Section, our goal is to shape future generations of athletes who compete with heart, lead with character, and uplift their teams, schools, and communities.

WRESTLING

The purpose of the sport of wrestling in the Oakland Section is to provide student-athletes with a disciplined and challenging environment that promotes physical strength, mental toughness, and personal accountability. Wrestling is a highly individual sport that builds character through one-on-one competition, while also fostering a strong sense of camaraderie and respect among teammates and opponents. It teaches valuable life skills such as perseverance, focus, and resilience, helping students grow both athletically and personally. Through participation in wrestling, athletes gain confidence, learn the importance of hard work and preparation, and represent their schools with determination and pride within the greater Oakland community.

TEAMS COMPETING: Castlemont, Fremont, McClymonds, Oakland HS, Oakland Tech, Skyline

Pre-Season Meeting - Monday, January 5, 2026

1st Day of Practice - Monday, November 10, 2025

1st Allowable Contest - Monday, November 10, 2025

Sit Out Period - Friday, December 19, 2025

1st OAL Contest - Wednesday, January 7, 2026

Post Season Meeting - Wednesday, February 4, 2026

Section Championship - Saturday February 7, 2026

Girls NCS - Friday & Saturday, February 20 & 21, 2026

CIF State - Thursday - Saturday, February 26 - 28, 2026

CIF STATE WRESTLING CHAMPIONSHIPS

**Thursday-Saturday, February 26 – 28,
2026 Dignity Health Arena, Bakersfield**



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879-2438



WEIGHT CLASSES - California will follow the National Federation weight classes below:

106 pounds	132 pounds	157 pounds	215 pounds
113 pounds	138 pounds	165 pounds	285 pounds
120 pounds	144 pounds	175 pounds	
126 pounds	150 pounds	190 pounds	

ENTRIES - The State Federated Council rules governing entries per Section are as follows:
CS – 10-; CCS – 4; LACS – 1; NCS – 2; NS – 2; OS – 1; SJS – 5; SDS – 4; SFS – 1; SS - 10
*SDS will fill any voids left vacant by the Oakland Section

CIF STATE GIRLS WRESTLING REGULATIONS

WEIGHT CLASSES - California will follow the weight classes below:

100 pounds	120 pounds	140 pounds	190 pounds
105 pounds	125 pounds	145 pounds	235 pounds
110 pounds	130 pounds	155 pounds	
115 pounds	135 pounds	170 pounds	

ENTRIES - The State Federated Council rules governing entries per Section are as follows:
CS – 5; CCS – 4; LACS – 2; NS – 2; NCS – 3; SJS – 5; SDS – 3; SS - 8

CIF WRESTLING WEIGHT MANAGEMENT PROGRAM

The establishment of a certified minimum wrestling weight based on 7% body fat for males and 12% for females is required for all high schools. Participation in the CIF Wrestling Weight Management Program will be mandatory and binding for all CIF interscholastic wrestlers. No wrestler may compete until he/she has completed the required body composition assessment. The CIF will utilize the Optimal Performance Calculator as the mechanism to calculate the certified minimum weight for each wrestler and as the data reporting and retrieval tool for all member schools sponsoring wrestling.



Francisco Navarro, Oakland Section Commissioner

★★★ **OAKLAND SECTION** ★★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



For all initial assessments, the Ultrasound Wand will be the only methods utilized to determine each wrestler's body fat percentage. The BodyMetrix Ultrasound system does not require hydration testing. Only measurements taken by persons who have successfully completed the CIF Assessor Certification Workshop will be valid. Schools will receive a list of CIF Certified Assessors. It is the responsibility of the school to contact an assessor from this list and arrange a time to have its wrestling squad assessed or attend a Section sponsored regional testing clinic. No wrestler may compete until the athlete has had a certified minimum wrestling weight determined by the Optimal Performance Calculator and it appears on the school's Pre-Match Weigh-In Form. Once a wrestler competes at a weight class allowed by the weight loss plan, the option to appeal is voided.

1% Variance: The formula incorporated by the optimal performance calculator for assessment data for CIF wrestlers will automatically include a 1% variance of the wrestler's body weight at the certified minimum weight. (Example: If a male wrestler's minimum body weight at 7% is 150, the program will indicate that 148.5 lbs. is the certified minimum for that wrestler).

The lowest weight class at which a wrestler may compete will be determined as follows:

- a. If the certified minimum weight, at 7% or 12% body fat, is exactly that of one (1) of the adopted weight classes, that weight shall be the wrestler's minimum weight class;
- b. If the certified minimum weight, at 7% or 12% body fat, is greater than one (1) of the adopted weight classes but lower than the next higher weight class, the next higher weight class shall be the wrestler's minimum weight class.

PENALTY: Failure to adhere to these Bylaws will result in the wrestler being declared ineligible for that competition and for the next regularly scheduled competition. If this occurred during a tournament, then the athlete would be ineligible for the duration of that tournament and for the next regularly scheduled match/competition for that team or individual.

(Revised May 2013 Federated Council)

Time Period for Assessments

- (1) No wrestler may compete until he/she has participated in an initial assessment and his/her name and data are included on the school Pre-Match Weigh-In Form and Alpha Master Report.
- (2) Assessments may begin on October 15 of each school year. Wrestlers may be measured any time on or following this date and no later than January 15 to establish a minimum wrestling weight. All wrestlers, including those coming out late, must have their minimum wrestling weight established prior to competing.

a. Hardship Exceptions

Appeals may be submitted to the Section office for the following two (2) exceptions only:

- (i) Assessment Exception One (1): A student under doctor's care may be assessed after January 15 before the student competes or within seven (7) days, whichever comes first, following the student's release from the doctor.



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



be assessed after January 15 before the student competes or within seven (7) days, whichever comes first, following the student becoming scholastically and/or residentially eligible.

A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all other appeal options allowed within this policy.

School Responsibilities for the Measurement Process

- (1) It is the school's responsibility to contact and contract with a CIF Certified Assessor from list provided by the CIF or attend a Section sponsored regional testing clinic.
- (2) Schools choosing to contract with a CIF Certified Assessor will be required to have available at the time of assessment:
 - a. Assessment Data Forms.
 - b. Two (2) adults (teacher, AD, parent(s)/guardian(s)/caregiver, etc.) who will:
 - (i) Assist with measuring height (in feet and inches);
 - (ii) Assist with the recording of data;
- (3) Ultrasound assessments shall not be conducted by any active wrestling coach at any level.

Wrestlers Below 7% or 12% Body Fat

Prior to competition, any male wrestler whose body fat percentage at the time of his initial assessment is below 7% may request a waiver in order to establish a certifiable wrestling weight class if a physician attests that the athlete is naturally at his sub-7% body fat level. In the case of a female wrestler, a waiver may be requested if the athlete is naturally at her sub-12% body fat. A waiver form must be signed by a physician, a parent(s)/guardian(s)/caregiver, the principal and the head wrestling coach. The completed waiver form must be mailed or faxed to the appropriate Section office. Wrestlers may not compete at their waiver weight class until the completed waiver form, with all four (4) required signatures, has been received by the appropriate Section office. The waiver weight class is valid for one (1) season only and expires March 15 of each year. The sub-7% male or sub-12% female, who receives clearance, may not wrestle below their actual weight class at the time of initial assessment.

PENALTY: Failure to adhere to these Bylaws will result in the wrestler being declared ineligible for that competition and for the next regularly scheduled competition. If this occurred during a tournament then the athlete would be ineligible for the duration of that tournament and for the next regularly scheduled match/competition for that team or individual.

(Revised May 2013 Federated Council)

Growth Allowance

- (1) The NFHS Wrestling Rules provide a two (2) pound growth allowance on January 1 of each wrestling season.



Francisco Navarro, Oakland Section Commissioner

★★★ **OAKLAND SECTION** ★★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



- (1) An average weight loss limit per week of 1.5% of body weight at the time of initial assessment has been established. A season-long weight loss plan will guide each wrestler's weight loss during the season.
- (2) The weight loss plan shall determine in which weight class(es) a wrestler may compete each week.
- (3) A wrestler is ineligible to compete in a weight class below the lowest eligible weight class defined by the weight loss plan before the proper amount of time has passed to achieve the weight class.

NOTE:

- a. A wrestler shall not wrestle more than one (1) weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor (NFHS Rule 4-4-2);
- b. If a wrestler weighs in one (1) weight class below his/her lowest allowable weight class per his/her Pre-Match Weigh-in Form, he/she is eligible per NFHS Rule 4-4-2 to only wrestle at the lower of the two (2) weight classes listed for that day on his/her Pre-Match Weigh-In Form.
- c. If a wrestler weighs in two (2) or more weight classes below his/her lowest allowable weight class per his/her Pre-Match Weigh-In Form, he/she is ineligible to wrestle in any weight class at that competition.
- d. If a wrestler weighs in at a weight class higher than his/her allowable weight classes per his/her Pre-Match Weigh-In Form, he/she may wrestle in compliance with NFHS Rule 44-2; a wrestler shall not wrestle more than one (1) weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor.

PENALTY: Failure to adhere to these Bylaws will result in the wrestler being declared ineligible for that competition and for the next regularly scheduled competition. If this occurred during a tournament then the athlete would be ineligible for the duration of that tournament and for the next regularly scheduled match/competition for that team or individual.

(Revised May 2013 Federated Council)

Appeal of Assessment Results

- (1) Any athlete may appeal his/her initial assessment results one (1) time by reassessment. In order to utilize the results of an appeal, the school must receive notification from the Section Office prior to allowing the challenging athlete to compete.
- (2) The steps of the appeal process are as follows (Step 1 may be bypassed and only Step 2 utilized):

STEP 1: The athlete shall repeat the assessment as described in the regulation.

- a. The reassessment shall occur within 14 calendar days of the initial assessment date unless a written extension is granted by the Section before the expiration of the 14-day period. The 14-day appeal period shall start on the day following the date of the initial assessment. Day one (1) through seven (7) does not permit any loss of weight for an appeal to be valid. During the second week, days 8-14, a wrestler may weigh no less than 1.5% (rounded down) of the body weight measured at the initial assessment. Failure to meet these conditions or timelines is cause for denial.



Francisco Navarro, Oakland Section Commissioner

★★★ **OAKLAND SECTION** ★★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



- b. _____
- c. Reassessment may be done by Ultrasound assessment.

PENALTY: A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all appeal options allowed within this policy.

STEP 2: If dissatisfaction with the results remains, the wrestler may choose Bod Pod assessment to determine body fat percentage. Results obtained at this step are final: the athlete, family, school or coach may not appeal further.

- a. The Bod Pod assessment shall occur within 14 calendar days of the initial assessment date unless a written extension is granted by the Section before the expiration of the 14-day period. The 14-day appeal period shall start on the day following the date of initial assessment. Day one (1) through seven (7) does not permit any loss of weight for an appeal to be valid. During the second week, days 8–14, a wrestler may weigh no less than 1.5% (rounded down) of the body weight measured at the initial assessment. Failure to meet these conditions or timelines is cause for denial.
- b. Bod Pod facilities must be approved by the CIF State Office; the proper form shall be filed with the Section Office.
- c. Bod Pod assessment must be conducted before the wrestler participates in interscholastic competition.

PENALTY: A wrestler who competes in a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all appeal options allowed within this policy.

Costs

- (1) All costs incurred for initial assessment, appeal process, nutrition education program, and Optimal Performance Calculator are the responsibility of the school or parent(s)/guardian(s)/caregiver.
- (2) Charges for ultrasound assessment conducted by a CIF Certified Assessor may not exceed \$10 per wrestler.
- (3) CIF Certified Assessors are permitted to charge mileage at the CIF-adopted rate or a minimum service fee of \$50 whenever travel is required to a location at which fewer than six (6) subjects are to be assessed on any given date.

Training the Assessor

- (1) Persons eligible to be trained as CIF Certified Assessors shall be medical practitioners (e.g., physicians, registered nurses, licensed practical nurses, certified athletic trainers, physical therapists, physicians assistants, nutritionists, health educators, exercise physiologists) or other persons approved by the CIF. Under no circumstances may an active wrestling coach be a certified assessor.
- (2) Training and certification of CIF Certified Assessors will be conducted by CIF Master Assessors under the direction of the State CIF.
- (3) The assessor will attend a training session and annual update certification.



Francisco Navarro, Oakland Section Commissioner

★★★ **OAKLAND SECTION** ★★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



- accuracy of his/her measurements.
- (5) The assessor certification training will consist of a minimum of two (2) hours of training (classroom and practical training).
- (6) A certification training fee will be charged to each assessor candidate attending the training program.
- (7) Recertification
- The CIF State Office will conduct annual recertification clinics for a minimum of one (1) CIF Head Master Assessor from each Section. Recertified Head Master Assessors will then conduct recertification clinics for CIF Master Assessors within each local Section.
 - CIF Master Assessors will conduct all recertification training programs for CIF Certified Assessors.
 - Recertification of CIF Certified Assessors will require a minimum of one (1) hour training.
- (8) Data Collection
- The CIF will provide the reporting forms.
 - The assessor will conduct Ultrasound measurements.
 - The assessor will be responsible for posting all wrestler data to the TRACKWRESTLING website within 72 hours after the initial assessment is made.

(Revised May 2006 Federated Council/Revised May 2007 Federated Council)

Procedures for skin checks and weigh ins.

A. Skin Checks

(1) Prior to weigh ins all wrestlers will be examined for possible contagious skin conditions.

(2) Situation #1

All boys dual meet or tournament, skin checks can be conducted by a male official, medical personnel or administrator, with the athletes in appropriate undergarments.

(3) Situation #2

All girls dual meet or tournament, skin checks can be conducted by a female official, medical personnel or administrator with the athletes in appropriate undergarments.

(4) Situation #3

Boys and Girls mixed dual meet or tournament, skin checks can be conducted by a female or male official, medical personnel or administrator with the athletes in their school issued competition uniform fully in place.

B. Weigh Ins

(1) Prior to any competition all wrestlers will weigh in, in accordance with NFHS rules with the following exceptions:

(2) All boys and girls will have the opportunity to weigh in shoulder to shoulder within the same timeframe for a dual meet or tournament.



Francisco Navarro, Oakland Section Commissioner



OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



fully in place.

(4) The weigh ins can be conducted by either a male or female administrator/coach/official.

(5) At no time during either one of the weigh in procedures will the student athletes be allowed to remove any part of their competition uniform.

QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

Teams/Individuals must compete, and qualify through, their respective CIF Section Championships to participate in CIF State/Regional Championships.

SPRING SPORTS 2025-26

DATES ARE SUBJECT TO CHANGE BASED ON COUNTY AND LEGAL GUIDELINES

SIT OUT PERIOD: The Sit-Out Period will be 50% of the total number days in that particular season of sport. The student who transfers to a school after School B's first contest will have an SOP equivalent in calendar days to the SOP of all other students who transferred before the season started.

GRADE CHECKS: Students can only become eligible or ineligible on the grade check dates listed below. Any grade changes made after the grade check date will NOT count towards athletic eligibility.

Spring Grade Checks (OUSD Schools)

End of MP3/MP4 - SEMESTER	Friday, December 19, 2025
Grade Check	Monday, January 12, 2026
End of Marking Period 5	Friday, February 13, 2026
Grade Check	Monday, March 2, 2026
End of Marking Period 6	Thursday, April 2, 2026
Grade Check	Monday, April 20, 2026
End of MP7/MP8 SEMESTER 2	Thursday, May 28, 2026
SAT	Saturday, March 14, 2026
SAT	Saturday, May 2, 2026
SAT	Saturday, June 6, 2026

Baseball

Sit out Period	Friday, March 27, 2026
1st Day of practice	Saturday, January 31, 2026
Pre-Season Meeting	Monday, March 16, 2026
1st Allowable Contest	Monday, February 16, 2026
1st OAL Contest	Friday, March 20, 2026
Post Season Meeting	Friday, May 1, 2026
OAL Playoffs Begin	Saturday, May 9, 2026
OAL Championship	Saturday, May 16, 2026
Section Playoffs Begin	Monday, May 18, 2026
Section Championship	Saturday, May 23, 2026
CIF NorCal	June 2-6, 2026

Lacrosse (Girls)

Sit out Period	Saturday, March 21, 2026
1st Day of practice	Saturday, January 31, 2026
Pre-Season Meeting	Monday, March 16, 2026
1st Allowable Contest	Saturday, February 14, 2026
1st OAL Contest	Friday, March 20, 2026
Post Season Meeting	Monday, May 12, 2025
OAL Playoffs Begin	
OAL Championship	Thursday, May 14, 2026
CIF NorCal	

Badminton

Sit out Period	Monday, March 30, 2026
1st Day of practice	Saturday, January 31, 2026
Pre-Season Meeting	Monday, April 6, 2026
1st Allowable Contest	Saturday, February 21, 2026
1st OAL Contest	Wednesday, April 8, 2026
Post Season Meeting	Monday, May 4, 2026
Section Singles	May 6-7, 2026
Section Doubles	May 13-14, 2026
Section Mixed Doubles	Friday, May 15, 2026
CIF NorCal	Saturday, May 23, 2026

Golf - Boys

Sit out Period	Friday, March 27, 2026
1st Day of practice	Saturday, January 31, 2026
Pre-Season Meeting	Wednesday, March 18, 2026
1st Allowable Contest	Monday, February 23, 2026
1st OAL Contest	Wednesday, March 25, 2026
Post Season Meeting	Monday, May 11, 2026
Boys Section Championship	Friday, May 15, 2026
NorCal Championship	Tuesday, May 26, 2026
CIF State Championship	Wednesday, June 3, 2026

Softball

Sit out Period	Friday, March 27, 2026
1st Day of practice	Saturday, January 31, 2026
Pre-Season Meeting	Monday, March 16, 2026
1st Allowable Contest	Monday, February 16, 2026
1st OAL Contest	Friday, March 20, 2026
Post Season Meeting	Friday, May 1, 2026
OAL Playoffs Begin	Saturday, May 9, 2026
OAL Championship	Saturday, May 16, 2026
Section Playoffs Begin	Monday, May 18, 2026
Section Championship	Saturday, May 23, 2026
CIF NorCal	June 2-6, 2026

SPRING SPORTS 2025-26 (Page 2)

DATES ARE SUBJECT TO CHANGE BASED ON COUNTY AND LEGAL GUIDELINES

SIT OUT PERIOD: The Sit-Out Period will be 50% of the total number days in that particular season of sport. The student who transfers to a school after School B's first contest will have an SOP equivalent in calendar days to the SOP of all other students who transferred before the season started.

GRADE CHECKS: Students can only become eligible or ineligible on the grade check dates listed below. Any grade changes made after the grade check date will NOT count towards athletic eligibility.

Spring Grade Checks (OUSD Schools)		Tennis - Boys	
End of MP3/MP4 - SEMESTER	Friday, December 19, 2025	Sit out Period	Tuesday, March 24, 2026
Grade Check	Monday, January 12, 2026	1st Day of practice	Saturday, January 31, 2026
End of Marking Period 5	Friday, February 13, 2026	Pre-Season Meeting	Monday, April 6, 2026
Grade Check	Monday, March 2, 2026	1st Allowable Contest	Monday, February 16, 2026
End of Marking Period 6	Thursday, April 2, 2026	1st OAL Contest	Wednesday, April 8, 2026
Grade Check	Monday, April 20, 2026	Post Season Meeting	Friday, May 8, 2026
End of MP7/MP8 SEMESTER 2	Thursday, May 28, 2026	Singles Playoffs	Monday, May 11, 2026
		Singles Championship	Tuesday, May 12, 2026
SAT	Saturday, March 14, 2026	Doubles Playoffs	Thursday, May 14, 2026
SAT	Saturday, May 2, 2026	CIF NorCal	May 19, 22, 23, 2026
SAT	Saturday, June 6, 2026	CIF State	Saturday, May 30, 2026
Track and Field - (Boys/Girls)		Boys Volleyball	
Sit out Period	Friday, March 27, 2026	Sit out Period	Saturday, March 21, 2026
1st Day of practice	Saturday, January 31, 2026	1st Day of practice	Saturday, January 31, 2026
Pre-Season Meeting	Wednesday, March 11, 2026	Pre-Season Meeting	Wednesday, February 11, 2026
1st Allowable Contest	Saturday, February 21, 2026	1st Allowable Contest	Saturday, February 14, 2026
1st OAL Contest	Wednesday, March 25, 2026	1st OAL Contest	Wednesday, March 25, 2026
Post Season Meeting	Thursday, May 14, 2026	Post Season Meeting	Wednesday, April 29, 2026
Section Trials	Wednesday, May 20, 2026	Section Playoffs	May 7-9, 2026
Section Championship	Thursday, May 21, 2026	Section Championship	Wednesday, May 13, 2026
		CIF NorCal	May 19, 21, 23, 2026
CIF State Championship	May 29, 30, 2026	CIF State Championship	Saturday, May 30, 2026
Swimming - (Boys/Girls)			
Sit out Period	Friday, March 27, 2026		
1st Day of practice	Saturday, January 31, 2026		
Pre-Season Meeting	Wednesday, March 25, 2026		
1st Allowable Contest	Saturday, February 14, 2026		
1st OAL Contest	Friday, March 27, 2026		
Post Season Meeting	Monday, April 27, 2026		
Section Championship	Friday, May 8, 2026		
CIF State Championship	May 14-16, 2026		



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



At the Oakland Section, our mission goes beyond the game. We are dedicated to delivering high-quality coaching, training, and competitive play, all while instilling the values of sportsmanship, integrity, commitment, and mutual respect. Our ultimate goal is to develop the next generation of student-athletes who not only excel on the court, field, pool, course & track but carry themselves with pride and purpose as leaders in their schools and communities.

Our league is dedicated to offering top-tier coaching, skill development, and competitive play, while fostering the values of sportsmanship, honesty, dedication, self-respect, and respect for others. At the Oakland Section, our goal is to shape future generations of athletes who compete with heart, lead with character, and uplift their teams, schools, and communities.

BADMINTON

The purpose of the sport of badminton in the Oakland Section is to promote physical fitness, teamwork, and competitive spirit among student-athletes while providing an inclusive and accessible athletic opportunity. Badminton encourages agility, coordination, and strategic thinking, making it an ideal sport for developing well-rounded athletic skills. Through organized matches and league play, students learn the value of discipline, sportsmanship, and perseverance, all within a supportive and structured environment. The sport also helps foster community engagement and school pride across the Oakland Unified School District.

TEAMS COMPETING: Oakland HS, Oakland Tech, Skyline, AIMS

1st Day of Practice - Saturday, January 31, 2026

1st Allowable Contest - Saturday, February 21, 2026

Sit Out Period - Monday, March 30, 2026

Pre-Season Meeting - Monday, April 6, 2026

1st OAL Contest - Wednesday, April 8, 2026

Post Season Meeting - Monday, May 4, 2026

Section Singles - Wednesday & Thursday, May 6 & 7, 2026

Section Doubles - Wednesday & Thursday, May 13 & 14, 2026

Section Mixed Doubles - Friday, May 15, 2026

CIF NorCal - Saturday, May 23, 2026



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



Oakland Section Badminton

Dual Meets

- A single round robin dual meet schedule will be played by each school. A dual meet will consist of ten singles and five doubles matches. A school without a full complement of players will forfeit those matches not played. One point will be allotted each winning match to determine dual meet winners.
- The players in dual meets are ranked according to skill level from high to low ability on both the singles and doubles teams. Players are ranked one through ten singles and doubles teams. Players are ranked one through ten singles and one through five doubles prior to play at each dual meet. Ranking may change from meet to meet.
- A maximum of ten regulation singles matches shall be played in the first round of a dual meet and a maximum of five regulation doubles matches shall be played in the second round of a dual meet. A regulation match shall consist of the best of three games using regulation scoring. A team without full complement of players shall forfeit matches from the bottom after ranking the players in sequential order. Should matches be forfeited from either or both schools resulting in a tie score, the team with the most games won shall be the dual meet winner. If games end in a tie, total points shall be added to determine the winner.
- A maximum of two matches, one singles and one doubles, may be played by any one player in a dual meet. On any given day a dual meet team will consist of a minimum of eight or a maximum of sixteen players. If a team has fewer than eight players an automatic forfeit will occur.

Oakland Section Finals - Singles And Doubles Tournament

- A singles tournament and doubles tournament will be held on two separate days. These will be single elimination tournaments utilizing regulation scoring. In order for a player to compete in the finals a player must have competed in the dual meets.
- Each team may enter a maximum of the two highest ranked singles players and the two highest ranked doubles teams in the finals tournament. The seeding of players for the finals will be by:
 - a. Coaches ranking of their own players.
 - b. Results of dual meets.
 - c. Placement of the top four competitors first, and remaining players placed by draw.
 - d. A maximum of six regulation matches may be played by any one player in each of the finals tournaments.

CIF NORTHERN CALIFORNIA REGIONAL CHAMPIONSHIP

Saturday, May 23, 2026

Site: Independence HS, San Jose



Francisco Navarro, Oakland Section Commissioner



OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



CIF REGIONAL BADMINTON REGULATIONS CLASSIFICATIONS

Competition will be held in the following five classifications:

- A. Girls' Singles
- B. Boys' Singles
- C. Girls' Doubles
- D. Boys' Doubles
- E. Mixed Doubles

SECTION ENTRIES

16 individual/team brackets in each category. Entries for the NorCal and SoCal Regionals will be posted in the Badminton Handbook online 45-60 days prior to the Championships.

QUALIFYING PROCEDURES

- A. Section entries shall be based on the Section's percentage of overall schools that field teams in the classification multiplied by the number of participants the event management opts to place in a championship bracket.
- B. If a Section has a Badminton championship, athletes will qualify through the Section championship. If a Section does not offer a Section championship an interscholastic tournament may be designated as the official means of qualifying for the Northern California Regional or the Southern California Invitational Badminton Championship.
- C. No Section shall receive more than 50% of the entries in a classification.
- D. An individual may only be entered in one classification. Doubles teams must consist of participants who attend the same school.

QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

Teams/Individuals must compete, and qualify through, their respective CIF Section Championships to participate in CIF State/Regional Championships.



Francisco Navarro, Oakland Section Commissioner



At the Oakland Section, our mission goes beyond the game. We are dedicated to delivering high-quality coaching, training, and competitive play, all while instilling the values of sportsmanship, integrity, commitment, and mutual respect. Our ultimate goal is to develop the next generation of student-athletes who not only excel on the court, field, pool, course & track but carry themselves with pride and purpose as leaders in their schools and communities.

Our league is dedicated to offering top-tier coaching, skill development, and competitive play, while fostering the values of sportsmanship, honesty, dedication, self-respect, and respect for others. At the Oakland Section, our goal is to shape future generations of athletes who compete with heart, lead with character, and uplift their teams, schools, and communities.

BASEBALL

The purpose of the sport of baseball in the Oakland Section is to offer student-athletes a structured environment to develop athletic ability, teamwork, and leadership skills while fostering a strong sense of community and school pride. Baseball teaches essential values such as discipline, perseverance, and sportsmanship through both practice and competition. By participating in the league, students gain opportunities for personal growth, academic motivation, and potential pathways to higher levels of play. The sport also serves as a unifying force, bringing together diverse communities within Oakland to support and celebrate youth achievement.

TEAMS COMPETING: Castlemont, Oakland HS, Oakland Tech, Skyline, Fremont

1st Day of Practice - Saturday, January 31, 2026

1st Allowable Contest - Monday, February 16, 2026

Pre-Season Meeting - Monday, March 16, 2026

1st OAL Contest - Friday, March 20, 2026

Sit Out Period - Friday, March 27, 2026

Post Season Meeting - Friday, May 1, 2026

OAL Playoffs Begin - Saturday, May 9, 2026

OAL Championship - Saturday, May 16, 2026

Section Championship - Saturday, May 23, 2026

CIF NorCal - June 2-6, 2026



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★

OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



Oakland Section Baseball

- NFSHSA rules and CIF/Oakland Section modifications shall govern all contests
- Where there is a need for special ground rules it shall be the duty of the coach of the home team to explain these regulations to the visiting team and umpire. In the event the two coaches cannot agree on these special ground rules the umpire shall act as the final authority.
- There shall be no batting practice by either team.

The time schedule for fielding practice shall be as follows	
Home Team Fielding	15 Minutes
Visiting Team Fielding	15 Minutes
Discussion of Ground Rules	5 Minutes

- The Oakland Section Ejection Policy applies to practice, league, and playoff games.



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



CIF REGIONAL BASEBALL CHAMPIONSHIPS

**Div. I-V June 2, 4 & 6, 2026 at
Host Sites**

**CIF REGIONAL BASEBALL REGULATIONS REGIONAL CHAMPIONSHIP DIVISIONAL
PLACEMENT OF SCHOOLS**

Baseball Regional Championships will be held following the completion of Section playoffs. The CIF Seeding Committee will determine the divisional placement of the Section entries for their respective Regional tournament.

NOTE: Sections still determine their own criteria for placement and seeding of schools within their own local playoff system.

SECTION REGIONAL ENTRIES

(1) AUTOMATIC QUALIFIERS

Northern Regional: Sac-Joaquin (10), Central Coast (9), North Coast (9), Northern (6), Central (4), Oakland (1), San Francisco (1)

Southern Regional: Southern (20), San Diego (10), Los Angeles (6), Central (4)

- Sections will forward their automatic qualifiers in true seed order to the committee
- All eligible Section division champions advance to State/Regional playoffs
- No enrollment cap in any division

NOTE: The format is an eight (8)-team single-elimination tournament in each of five (5) competitive equity-based divisions DI-DV in both the North and the South.

QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

Teams/Individuals must compete, and qualify through, their respective CIF Section Championships to participate in CIF State/Regional Championships.

SEEDING CRITERIA/PARAMETERS

The committee will use the seeding criteria (in no particular order: section rank order, overall record, head-to-head, strength of schedule, state or regional rankings) for each bracket.

The following adjustments may be made during the seeding process, but the changes must not impact the integrity of the bracket.

- Opening round games that are a repeat of a section final or semi-final may be adjusted.
- Travel considerations
- Regional bracketing options
- Teams from the same Section, but in different divisions, may play each other in the opening round
- The team with the higher seeding number will be the host school in all rounds

Suitability to represent the State in a Championship with regards to Pursuing Victory with Honor and acceptable standards of sportsmanship.



Francisco Navarro, Oakland Section Commissioner

★★★ **OAKLAND SECTION** ★★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



At the Oakland Section, our mission goes beyond the game. We are dedicated to delivering high-quality coaching, training, and competitive play, all while instilling the values of sportsmanship, integrity, commitment, and mutual respect. Our ultimate goal is to develop the next generation of student-athletes who not only excel on the court, field, pool, course & track but carry themselves with pride and purpose as leaders in their schools and communities.

Our Section is dedicated to offering top-tier coaching, skill development, and competitive play, while fostering the values of sportsmanship, honesty, dedication, self-respect, and respect for others. At the Oakland Section, our goal is to shape future generations of athletes who compete with heart, lead with character, and uplift their teams, schools, and communities.

SOFTBALL

The purpose of the sport of softball in the Oakland Section is to provide student-athletes, particularly young women, with opportunities to develop athletic skills, confidence, and teamwork in a competitive and supportive environment. Softball teaches discipline, strategic thinking, and resilience, while fostering leadership and sportsmanship both on and off the field. The sport encourages students to set goals, work collaboratively, and represent their schools with pride. Through participation in softball, athletes build a strong sense of community, create lasting friendships, and gain valuable experiences that support personal growth and academic success throughout their high school years.

TEAMS COMPETING: Fremont, KIPP King, Oakland HS, Oakland Tech, Skyline

1st Day of Practice - Saturday, January 31, 2026
1st Allowable Contest - Monday, February 16, 2026
Pre-Season Meeting - Monday, March 16, 2026
1st OAL Contest - Friday, March 20, 2026
Sit Out Period - Friday, March 27, 2026
Post Season Meeting - Friday, May 1, 2026
OAL Playoffs Begin - Saturday, May 9, 2026
OAL Championship - Saturday, May 16, 2026
Section Playoffs Begins - Monday, May 18, 2026
Section Championship - Saturday, May 23, 2026
CIF NorCal - June 2-6, 2026

CIF REGIONAL SOFTBALL CHAMPIONSHIPS

Div. I-V June 2,4,6, 2026 at
Host Sites



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



CIF REGIONAL SOFTBALL REGULATIONS

REGIONAL CHAMPIONSHIP DIVISIONAL PLACEMENT OF SCHOOLS

Softball Regional Championships will be held following the completion of Section playoffs. The CIF Seeding Committee will determine the divisional placement of the Section entries for their respective Regional tournament.

NOTE: Sections still determine their own criteria for placement and seeding of schools within their own local playoff system.

SECTION REGIONAL ENTRIES

(1) AUTOMATIC QUALIFIERS

Northern Regional: Sac-Joaquin (10), Central Coast (9), North Coast (9), Northern (6), Central (4), Oakland (1), San Francisco (1)

Southern Regional: Southern (20), San Diego (10), Los Angeles (6), Central (4)

- Sections will forward their automatic qualifiers in true seed order to the committee
- All Section division champions advance to State/Regional playoffs
- No enrollment cap in any division

NOTE: The format is an eight (8)-team single-elimination tournament in each of five (5) competitive equity-based divisions DI-DV in both the North and the South.

QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

Teams/Individuals must compete, and qualify through, their respective CIF Section Championships to participate in CIF State/Regional Championships.

SEEDING CRITERIA/PARAMETERS

The committee will use the seeding criteria (in no particular order: section rank order, overall record, head-to-head, strength of schedule, state or regional rankings) for each bracket.

The following adjustments may be made *during* the seeding process, but the changes must not impact the integrity of the bracket.

- Opening round games that are a repeat of a section final or semi-final may be adjusted.
- Travel considerations
- Regional bracketing options
- Teams from the same Section, but in different divisions, may play each other in the opening round
- The team with the higher seeding number will be the host school in all rounds
- Suitability to represent the State in a Championship with regards to Pursuing Victory with Honor and acceptable standards of sportsmanship.



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



At the Oakland Section, our mission goes beyond the game. We are dedicated to delivering high-quality coaching, training, and competitive play, all while instilling the values of sportsmanship, integrity, commitment, and mutual respect. Our ultimate goal is to develop the next generation of student-athletes who not only excel on the court, field, pool, course & track but carry themselves with pride and purpose as leaders in their schools and communities.

Our Section is dedicated to offering top-tier coaching, skill development, and competitive play, while fostering the values of sportsmanship, honesty, dedication, self-respect, and respect for others. At the Oakland Section, our goal is to shape future generations of athletes who compete with heart, lead with character, and uplift their teams, schools, and communities.

SWIM & DIVE

The purpose of the sport of Swim & Dive in the Oakland Section is to promote physical fitness, discipline, and individual achievement while fostering a strong sense of teamwork and school pride. Swim & Dive provides student-athletes with a structured environment to develop endurance, technique, and mental focus through rigorous training and competition. The sport encourages goal setting, time management, and personal responsibility, all of which contribute to academic and personal success. By participating in Swim & Dive, students gain confidence, resilience, and a commitment to self-improvement, while also representing their schools in a sport that values both individual excellence and collective effort.

TEAMS COMPETING: KIPP King, Latitude, Oakland HS, Oakland Tech, Skyline

1st Day of Practice - Saturday, January 31, 2026

1st Allowable Contest - Saturday, February 14, 2026

Pre-Season Meeting - Wednesday, March 25, 2026

Sit Out Period - Friday, March 27, 2026

1st OAL Contest - Friday, March 27, 2026

Post Season Meeting - Monday, April 27, 2026

Section Championship - Friday, May 8, 2026

CIF State Championship - May 14-16, 2026

CIF STATE SWIMMING AND DIVING CHAMPIONSHIPS

Dive Championships - Thursday, May 14, 2026

Swim Championships - Friday-Saturday, May 15-16, 2026

Clovis Olympic Swim Complex - Clovis West HS, Clovis



Francisco Navarro, Oakland Section Commissioner



CIF STATE SWIMMING AND DIVING CHAMPIONSHIP REGULATIONS

The State Federated Council rules governing entries per section are as follows:

SWIMMING ENTRIES:

CS – 3; CCS – 3; LACS – 2; NCS – 3; OS – 1; SJS – 3; SDS – 3; SFS – 1; SS – 5; Totals – 24

SWIMMING AT-LARGE ENTRIES:

An athlete shall earn an at-large entry into the State Meet if his/her mark at the final Section competition (which qualifies entrants to the State Meet) is equal to or better than the average of the 16th place qualifying time from the State Meet finals from the three (3) most recent years.

CONSIDERATION TIMES

In the event that there are not 40 automatic qualifiers, consideration times will be used to fill each event to 40 qualifiers/relay teams plus 4 alternates per swimming event. (not including paralympic 50 free). Alternates can be used to replace scratches until the start of the event.

At-Large and consideration times for the 2026 CIF State Swimming Championships will be posted on the CIF website (www.cifstate.org) as well as the Championship Handbook.

DIVING ENTRIES:

(1) Number of swimming entries plus one (1).

CS – 4; CCS – 4; LACS – 3; NCS – 4; OS – 2; SJS – 4; SDS – 4; SFS – 2; SS – 6; Totals - 33

DIVING AT-LARGE ENTRIES:

There will be no at-large qualifiers for diving.

QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

Teams/Individuals must compete, and qualify through, their respective CIF Section Championships to participate in CIF State/Regional Championships.



Francisco Navarro, Oakland Section Commissioner

★★ **OAKLAND SECTION** ★★
OAKLAND SECTION OFFICE – 1011 UNION STREET – OAKLAND, CA 94607 – (510) 879 - 2438



At the Oakland Section, our mission goes beyond the game. We are dedicated to delivering high-quality coaching, training, and competitive play, all while instilling the values of sportsmanship, integrity, commitment, and mutual respect. Our ultimate goal is to develop the next generation of student-athletes who not only excel on the court, field, pool, course & track but carry themselves with pride and purpose as leaders in their schools and communities.

Our Section is dedicated to offering top-tier coaching, skill development, and competitive play, while fostering the values of sportsmanship, honesty, dedication, self-respect, and respect for others. At the Oakland Section, our goal is to shape future generations of athletes who compete with heart, lead with character, and uplift their teams, schools, and communities.

TRACK & FIELD

The purpose of the sport of Track & Field in the Oakland Section is to offer student-athletes a diverse and inclusive platform to develop speed, strength, endurance, and athletic versatility. Through a variety of events—ranging from sprints and distance races to jumps and throws—students have the opportunity to discover and refine their individual talents while contributing to their team's overall success. Track & Field promotes discipline, goal-setting, and resilience, encouraging athletes to push their limits and strive for personal bests. The sport also fosters school pride, unity, and sportsmanship, providing a positive and structured environment for personal growth, academic motivation, and community engagement throughout Oakland.

GIRLS 2025

TEAMS COMPETING: Castlemont, Coliseum College Preparatory, Envision, Fremont, LPS-Hayward, Madison Park, McClymonds, Oakland HS, Oakland Tech, Skyline

1st Day of Practice - Saturday, January 31, 2026

1st Allowable Contest - Wednesday, February 21, 2026

Pre-Season Meeting - Wednesday, March 11, 2026

1st OAL Contest - Wednesday, March 25, 2026

Sit Out Period - Friday, March 27, 2026

Post Season Meeting - Thursday, May 14, 2026

Section Trials - Wednesday, May 20, 2026

Section Championship - Thursday, May 21, 2026

CIF State Championship - Friday & Saturday, May 29 & 30, 2026

CIF STATE TRACK AND FIELD CHAMPIONSHIPS

Friday-Saturday, May 29-30, 2026

Veterans Memorial Stadium (Buchanan Educational Complex), Clovis



Francisco Navarro, Oakland Section Commissioner



CIF STATE TRACK & FIELD CHAMPIONSHIP REGULATIONS

ENTRIES

The State Federated Council rules governing entries per section are as follows:

SS – 6; CS – 3; CCS – 3; LACS – 3; NCS – 3; SJS – 3; SDS – 3; NS – 1; OS – 1; SFS – 1; Totals - 27

AT-LARGE ENTRIES

An athlete shall earn an at-large entry into the State Meet if his/her mark at the final Section competition (which qualifies entrants to the State Meet) is equal to or better than the average of the 9th place qualifying marks to the State Meet finals from the three most recent years.

(Approved May 2000 Federated Council)

QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

Teams/Individuals must compete, and qualify through, their respective CIF Section Championships to participate in CIF State/Regional Championships.