

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			