



# Information from the 1/13/21 CIF Update

## SEASON 1

B/G Cross Country  
Start Date: 2/1

Swim and Dive  
Start Date: 2/1

Field Hockey  
Start Date: 2/1

Football

Girls Volleyball

Gymnastics

Badminton

Roller Hockey

Traditional  
Competitive Cheer

## SEASON 2

Girls Golf  
Start Date: 2/8

Boys Golf  
Start Date: 2/15

B/G Tennis  
Start Date: 2/15

Track and Field  
Start Date: 2/15

Boys Lacrosse

B/G Soccer

Competitive Sport  
Cheer

Baseball

Girls Lacrosse

Softball

Boys Volleyball

B/G Water Polo

B/G Basketball

B/G Wrestling

Season 1 sports not in the purple tier (Badminton, Field Hockey, Football, Gymnastics, Roller Hockey, Girls Volleyball & Competitive Cheer) may begin practice specifically [following CDPH guidelines](#), when the county is within one tier of their assigned level and the stay-at-home order has been lifted.

Start dates for Season 2 sports not in the purple tier, and the rest of the January 13th update, can be found [here on the CIFSDS website](#).

No athletic competition is allowed to begin until the stay-at-home order is lifted.

Student-Athletes and Coaches may only participate in one cohort (team) at a time, or season.

Though the CDPH and CIF have set the dates upon which sports may begin, the choice to start playing is left up to individual districts and schools.