


2023-2024 OSSAA BEGINNING OF SEASON DATES AND CONTEST LIMITS

Activity	First Practice	Date First Contest	Number Contest	Off Season Practice	Summer Practice
Football	August 7	Aug. 24-26 (Zero wk) September 4 August 28 (JV and JH)	HS varsity—10 games All others—8 games	May practice during physical education class, if no class offered no more than 1 hour immediately following the school day. After all spring activities have completed; 21 calendar days to conduct 10 practices	 <p style="text-align: center;">No summer practice for any athletic activity.</p> <p>DEAD PERIOD The dead period will occur during the week in July that includes the 4th of July each year. The dead period will be 9 days long and begin the weekend preceding or including the 4th of July and the weekend following the 4th of July. No use of school facilities. No contact between coaches and secondary level students.</p>
Basketball	October 1	November 1 (NFS) November 6 (JH) November 16 (FB)	(NFB)18 games and 2 tournament or 16 games 3 tournaments (FB) 16 games and 2 tournaments or 14 games and 3 tournaments (JH) 14 games and 2 tournaments	<p>May practice during physical education class, if no class offered no more than 1 hour immediately following the school day.</p>	
Wrestling	October 1	November 16	HS teams use 26 point system (JH) 11 duals and 3 tournaments or 8 duals and 4 tournaments		
Baseball (Fall)	July 15	August 7 or Opening of School	HS—37 total games JH—25 total games		
Baseball (Spring)	December 1	Feb 20 - A and B March 1 - 2A,3A,4A, 5A and 6A	HS—37 total games JH—25 total games		
Softball-FP (Fall)	July 15	August 7 or Opening of School	HS—37 total contests; no more than 3 tournaments JH—14 games and 2 tournaments or 11 games and 3 tournaments		
Softball-SP (Spring)	December 1	March 1	HS—37 total contests; no more than 3 tournaments JH—14 games and 2 tournaments or 11 games and 3 tournaments		
Cross Country	July 15	August 7 or Opening of School	HS—8 contests JH—6 contests		
Golf	December 1	March 1	HS—9 JH—4		
Tennis	December 1	March 1	HS—14 events, duals/tournaments JH-8		
Swimming	October 1	November 1	HS—12 dates of competition plus conference championship		
Volleyball	July 15	August 7 or Opening of School	HS—15 games and 3 tournaments or 12 games and 4 tournaments JH—13 games and 2 tournaments		
Indoor Track	October 1	Jan. 1-March 1	HS—3Meets		
Track	December 1	March 1	HS—8 meets JH—6 meets		
Soccer	December 1	March 1	HS—15 total games and no tournaments; 12 total games and 1 tournament; or 9 games and 2 tournaments. 3 scrimmage dates after February 15 JH—8 games and 1 tournament		

RESTRICTIONS ON LOSS OF INSTRUCTIONAL TIME:

Fall and Spring Baseball, Fast-Pitch Softball, Slow-Pitch Softball: No play on Wednesday, unless District games cancelled due to inclement weather. No more than 5 instructional days may be missed during regular season.

Golf: no more than 2 instructional days per week; no more than 7 instructional days total during the regular season.

Cross Country: No more than 4 instructional days may be missed during the regular season.

Tennis: No more than 7 instructional days may be missed during the regular season.

Track and Field: No more than 3 instructional days may be missed during the regular season.