

FHS SEASON 1 UPDATE



- CIF San Diego Section has selected the date of Monday, February 1, 2021 as the official date to begin practices for the permissible, Purple Tier sports scheduled in Season 1 (Cross Country and Swim & Dive).
- The current guidance does not permit any competitions while a region is under the "Stay at Home" order.

- Even though the San Diego Section has chosen the date of February 1, 2021 to open the Seasons of Sport for Cross Country and Swim & Dive, each individual member school or district may elect to open their seasons at a later date.



Purple Tier: Cross Country, Golf, Swim & Dive, Tennis, Track & Field

Red Tier: Baseball, Field Hockey, Girls Lacrosse, Softball

Orange Tier: Badminton, Football, Gymnastics, Boys Lacrosse, Soccer, Volleyball, Water Polo

Yellow Tier: Basketball, Cheer, Wrestling

** Student athletes throughout the state may begin/continue with skill development and conditioning activities no matter the current tier assignment for the county as long as the practice can take place outside and adhere to the current physical distancing guidelines.

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.