

2024 NCS/CIF ACCLIMATION PERIOD

ALL FALL OUTDOOR SPORTS | REV. 4/25/24

As of April 2024, the CIF Federated Council passed a state-wide Fall Acclimation Period. See below for **condensed** view. Schools must read CIF bylaws for complete language.

WHAT WILL THIS LOOK LIKE IN NCS?



NORTH COAST SECTION,
CIF



JULY

2024

SUN MON TUE WED THU FRI SAT

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST

2024

SUN MON TUE WED THU FRI SAT

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SCHOOLS ARE RESPONSIBLE FOR ENSURING THAT ALL OF THEIR STUDENT-ATHLETES ACCLIMATE ACCORDING TO THE BYLAW, TRACKING ATTENDANCE & EQUIPMENT DURING JULY & AUGUST.

FOOTBALL ONLY

• JULY 24, 2024

- Earliest date for NCS helmet acclimation period (non-mandatory). **HELMETS ONLY**. Pads are not allowed until practice begins, and only according to the CIF acclimation schedule (see 'Equipment' below). If a school chooses to acclimate with helmets during the 7/24-8/11 time frame, it may use those days to count towards the CIF's acclimation schedule. For example, 3 days of helmets during the 7/24-8/11 time frame would mean a school could start practice on 8/12 at helmets and shoulder pads.

• AUGUST 12, 2024

- First date of tryouts/practice. Also first date when practice count begins (to meet the minimum # for competition).

• EQUIPMENT

- First 3 days of practice/testing: **HELMETS ONLY** for permissible protective equipment.
- Next 2 days of practice/testing: **HELMETS** and **SHOULDER PADS** for permissible protective equipment.
- On the 6th day of practice/testing, **HELMETS** and **FULL PADS** are permissible (full contact allowed).

ALL FALL OUTDOOR SPORTS (FB INCLUDED)

• AUGUST 12, 2024

- First date of tryouts/practice (5-day acclimation period begins).

• CONDUCT

- Participants shall not engage in more than one on-field practice per day during the 5-day acclimation period. On-field practices shall last no longer than two hours.