



# 2024 IMPORTANT FOOTBALL CALENDAR INFORMATION

**TO: Athletic Directors and Head Football Coaches**

**FROM: Rich Shearer, CIF Southern Section Assistant Commissioner**

**DATE: April 9, 2024**

**RE: 2024 Important Football Calendar Information**

The following are some of the CIF Southern Section calendar dates and important information for the upcoming 2024 football season:

## **2024 CONTEST DATES**

### **FOOTBALL, 11**

0 Week – August 23 – If you have a bye in your schedule – Season begins with a 0 Week game  
(Scrimmages still allowed prior to 0 Week contests)

Week 1 – August 30 – Same as above, if you do not have a bye in your schedule  
(Scrimmages still allowed prior to Week 1 contests)

Week 10 – November 1 (Last Allowable Contest)

### **FOOTBALL, 8**

0 Week – August 30 – If you have a bye in your schedule – Season begins with a 0 Week game  
(Scrimmages still allowed prior to 0 Week contests)

Week 1 – September 6 – Same as above, if you do not have a bye in your schedule  
(Scrimmages still allowed prior to Week 1 contests)

Week 9 – November 2 (Last Allowable Contest)

### **- C.I.F. Southern Section Playoffs -**

1<sup>st</sup> Round – November 8

2<sup>nd</sup> Round – November 15

Semifinals – November 22

Finals – Friday, November 29 and Saturday,  
November 30 (Thanksgiving Week)

### **- State C.I.F. Playoffs -**

Southern Regional Games – Friday, December 6 and Saturday, December 7

State Championship Bowl Games – Friday, December 13 and Saturday, December 14

## **NUMBER OF FOOTBALL PRACTICE DAYS - Blue Book Rule 2201**

A. There shall be no football games until the team has had 14 days of practice before the first game. Each individual student on the team must have had at least 10 days of practice before being allowed to compete in a game. (The opening date of football practice may be determined by each Section.) No Sunday practice is permitted. (See Bylaw 504.M for exception.)

## PHYSICAL CONDITIONING PRACTICE - Blue Book Rule 2203

A high school shall not conduct a physical conditioning practice session during the summer prior to the opening date of authorized football practice, unless so authorized by the appropriate CIF Section. The start date for fall football practice, for each individual school, will be determined according to the following:

- #2203.1 **Week 0 Games – The first official day of football practice is July 29, 2024.** The period of July 29 – August 2 will serve as a five-day acclimatization period (Bylaw 503.K(1)) for prospective members of a high school team.
- #2203.2 **Week 1 Games – The first official day of football practice is August 5, 2024.** The period of August 5 through August 9 will serve as a five-day acclimatization period (Bylaw 503.K(1)) for prospective members of a high school team.
- #2203.3 During the first three days of the acclimatization period practice or testing activity of July 29 through July 31 (zero week) and August 5 through August 7 (week 1), helmets shall be the only protective equipment student-athletes may wear. During the next two days of practice or testing activity of August 1 through August 2 (zero week) and August 8 through August 9 (week 1), helmets, and shoulder pads shall be the only protective equipment student athletes may wear.

Participants shall not engage in more than one on-field practice per day during the five-day acclimatization period. On-field practices shall last no longer than two hours. The acclimatization period may include various facets of football training (teaching techniques, chalks talks, pass patterns, etc.) but MAY NOT include any body contact such as tackling or blocking. During acclimatization there will be no equipment used such as blocking or tackling dummies, pads, etc. Student athletes may practice in full pads on the sixth day of practice or testing activity.

- 2203.4 All conditioning sessions will be held at the schools regular practice field. No workouts will be permitted at beaches, mountain resorts, or military sites.

QUESTION: When will schools be allowed to fit equipment?

ANSWER: Schools may fit equipment prior to the conditioning period as long as it is during the summer and not during the dead period. Uniforms may not be issued prior to the conditioning period.

- 2203.5 Schools will be permitted to issue uniforms and equipment on the first day of conditioning after which a time may be designated for individual and team photos. No conditioning in any type of uniform will be permitted.

- 2203.6 The first official day of practice in full pads **cannot** occur before:  
Week 0 Games – Saturday, August 3, 2024  
Week 1 Games – Saturday, August 10, 2024

### *8-Man Football*

*Week 0 Games – Saturday, August 10, 2024*

*Week 1 Games – Saturday, August 17, 2024*

- 2203.7 The two-week dead period is mandatory.