

Sit Out Period (SOP)

Frequently Asked Questions from CIF

<http://www.cifstate.org/faqs/index>

Q: My son transferred and was granted the Sit Out Period in the sports of football (Fall Sport), wrestling (Winter Sport) and track and field (Spring Sport). What date will he be eligible to compete?

A: For the 2016-17 school year, the student would actually have three eligibility dates as they would have a Sit Out Period for each of the three sports:

Fall Sports: The Monday of the NFHS week 14

2017: October 2

NOTE: In order to promote gender equity and ensure participatory comparability for female athletes with respect to the Sit-Out-Period in the sports of golf and tennis, the CIF Sections shall adjust their Sit-Out-Period eligibility dates in the sports of girls' golf and girls' tennis, if needed.

Winter Sports: The Monday of the NFHS week 27

2018: January 1

Spring Sports: The Monday of the NFHS week 40

2018: April 2

[CIF State Bylaw 207.B.5.b(ix)]

Note: If the student transfers after their new school's first contest, then their actual start date would be determined by the local CIF-Section Office.

Q: My daughter transferred and was granted the Sit Out Period. May she practice with the varsity team during this time period?

A: Yes. The student may participate in practices with the varsity team during the Sit Out Period.

Q: My daughter transferred and was granted the Sit Out Period for the sports of volleyball and softball. May she play on a sub-varsity team during this time?

A: No. If the student wishes to compete at the varsity level in either volleyball or softball, she may not compete at the sub-varsity level in those two sports. If she does compete at the sub-varsity level

during the Sit Out Period in either of those two sports, she will be ineligible for varsity competition in that sport (including playoffs) for the remainder of that school year. [CIF State Bylaw 207.B.5.b(vii)]

Q: My son/daughter has transferred schools for a second time. May they use the Sit out Period?

A: No. The Sit Out Period may only be used by a student who is transferring for the first time since their initial enrollment in the 9th grade in any school [CIF State Bylaw 207.B.5.b(i)]

Q: My son/daughter transferred but did not use the Sit Out Period. He/she has now transferred a second time. May they use the Sit Out Period?

A: No. The Sit Out Period may only be used by a student who is transferring for the first time since their initial enrollment in the 9th grade in any school [CIF State Bylaw 207.B.5.b(i)]
