

2025 NCS/CIF ACCLIMATION PERIOD

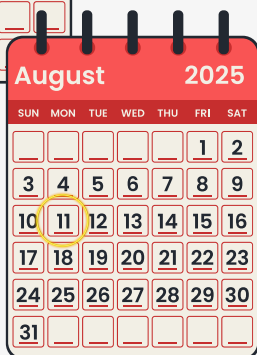
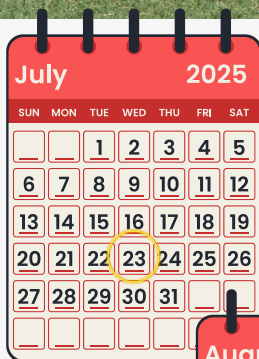
ALL FALL OUTDOOR SPORTS | UPD. 12/6/24

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



FOOTBALL ONLY

• JULY 23, 2025

- 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 7/23-8/10 time frame, it may use those days to count towards the CIF's acclimation schedule. For example, 3 days of helmets during the 7/23-8/10 time frame would mean a school could start practice on 8/11 at helmets and shoulder pads.

• AUGUST 11, 2025

- 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).

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

ALL FALL OUTDOOR SPORTS (FB INCLUDED)

• AUGUST 11, 2025

- 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.