

<b>OPTION 3</b>						
<i>Shift SO,VB,FB</i>	Golf	Soccer	Volleyball	Cross Country	Field Hockey	Football
NFHS Risk Level	NFHS-Low	NFHS-Moderate	NFHS-Moderate	NFHS-Low	NFHS-Moderate	NFHS-High
Interim Allowances before practices	N/A	Workouts per segment 3 of Resumption Guidance through August 22 Restricted practice including intrasquad skill development, no more than 1 hour per day August 24 through September 5	Workouts per segment 3 of Resumption Guidance through August 22 Restricted practice including intrasquad skill development, no more than 1 hour per day August 24 through September 5	Workouts per segment 3 of Resumption Guidance	Workouts per segment 3 of Resumption Guidance	Workouts per segment 3 of Resumption Guidance
First Official Practice	July 15	September 7	September 7	August 24	August 24	August 24
Intrasquad Scrimmaging	Beginning first day of practice	Beginning first day of practice	Beginning first day of practice	Beginning first day of practice	Beginning first day of practice	Restricted to Phase-in of activity per Bylaw 23 and revised guidance
Interscholastic Scrimmaging	None prior to start of season or following first official match	None prior to start of season or following first official match	None prior to start of season or following first official match	None prior to start of season or following first official match	None prior to start of season or following first official match	None prior to start of season or following first official match
First Contest	July 31	September 28	September 28	September 7	September 7	September 11
Number of Contests (Season)	20 Rounds	14	24	9	16	7
Number of Contests (Weekly)	3	3	4	2	4	1 game per level Each athlete is limited to eight quarters per week from Friday through the following Thursday, starting September 11 Games in which periods are longer than six minutes, each quarter played counts as 1 quarter towards this limitation. Games in which periods are six minutes or less, each playing quarter played counts as ½ quarter toward this limitation.
Season Stage 1	July 31 to September 12	September 28 to October 17	September 28 to October 17	September 7 to September 26	September 7 to September 26	September 7 to September 26
Season Stage 2	September 14 to September 26	October 19 to October 24	October 19 to October 31	September 28 to October 9	September 28 to October 2	September 28 to October 23
Season Stage 3	September 28 to end of region	October 26 to end of district	November 2 to end of district	October 10 to end of region	October 3 to end of region	October 24 to end of district
Last Regular Season Scheduled Date	September 26 or day before region	October 31	November 7	October 17 or day before region	October 10	November 14
First Postseason Scheduled Date	September 28/29	November 2	November 9	October 19	October 12	Week of November 16
Final Postseason Scheduled Date	Week of October 5	Week of November 16	Week of November 23	Week of October 26	Week of October 19	Week of December 14
All teams eliminated would be permitted to play additional contests prior to week of state championship provided don't exceed limit						
Attendance allowances would be in 3 segments based on public health guidance and approval, increasing each segment as approved						

Month	NF	Sun	Mon	Tue	Wed	Thu	Fri	Sat
July				1	2	3	4	
	1	5	6	7	8	9	10	11
	2	12	13	14	15	16	17	18
	3	19	20	21	22	23	24	25
August	4	26	27	28	29	30	31	1
	5	2	3	4	5	6	7	8
	6	9	10	11	12	13	14	15
	7	16	17	18	19	20	21	22
	8	23	24	25	26	27	28	29
September	9	30	31	1	2	3	4	5
	10	6	7	8	9	10	11	12
	11	13	14	15	16	17	18	19
	12	20	21	22	23	24	25	26
October	13	27	28	29	30	1	2	3
	14	4	5	6	7	8	9	10
	15	11	12	13	14	15	16	17
	16	18	19	20	21	22	23	24
	17	25	26	27	28	29	30	31
November	18	1	2	3	4	5	6	7
	19	8	9	10	11	12	13	14
	20	15	16	17	18	19	20	21
	21	22	23	24	25	26	27	28
December	22	29	30	1	2	3	4	5
	23	6	7	8	9	10	11	12
	24	13	14	15	16	17	18	19
	25	20	21	22	23	24	25	26
January	26	27	28	29	30	31	1	2
	27	3	4	5	6	7	8	9
	28	10	11	12	13	14	15	16
	29	17	18	19	20	21	22	23
	30	24	25	26	27	28	29	30
February	31	31	1	2	3	4	5	6
	32	7	8	9	10	11	12	13
	33	14	15	16	17	18	19	20
	34	21	22	23	24	25	26	27
March	35	28	1	2	3	4	5	6
	36	7	8	9	10	11	12	13
	37	14	15	16	17	18	19	20
	38	21	22	23	24	25	26	27
April	39	28	29	30	31	1	2	3
	40	4	5	6	7	8	9	10
	41	11	12	13	14	15	16	17
	42	18	19	20	21	22	23	24
May	43	25	26	27	28	29	30	1
	44	2	3	4	5	6	7	8
	45	9	10	11	12	13	14	15
	46	16	17	18	19	20	21	22
	47	23	24	25	26	27	28	29
June	48	30	31	1	2	3	4	5
	49	6	7	8	9	10	11	12
	50	13	14	15	16	17	18	19
	51	20	21	22	23	24	25	26
	52	27	28	29	30	1	2	3

GF	SO	VB	XC	FH	FB
Wk 1					
Wk 2					
Wk 3					
Wk 4					
Wk 5	Prac	Prac	Prac	Prac	Prac
Wk 6	Prac	Prac	Prac	Prac	Prac
Wk 7	Wk 1	Wk 1	Wk 1	Wk 1	Wk 1
Wk 8	Wk 2	Wk 2	Wk 2	Wk 2	Wk 2
Wk 9	Wk 3	Wk 3	Wk 3	Wk 3	Wk 3
Reg	Wk 4	Wk 4	Wk 4	Wk 4	Wk 4
State	Wk 5	Wk 5	Wk 5	Wk 5	Wk 5
	Dist *	Wk 6	Wk 6	Reg	Wk 6
	Reg *	Dist	Reg	State	Wk 7
	State	Reg	State		Wk 8
		State			Wk 9
					PS 1
					PS 2
					PS 3
					PS 4
					PS 5

SO-2	VB-2	XC-2	FH-2	FB-2
Restr	Restr	Restr	Restr	Restr
Restr	Restr	Restr	Restr	Restr
Prac	Prac	Prac	Prac	Prac
Prac	Prac	Prac	Prac	Prac
Prac	Prac	Prac	Prac	Prac
Wk 1	Wk 1	Wk 1	Wk 1	Wk 1
Wk 2	Wk 2	Wk 2	Wk 2	Wk 2
Wk 3	Wk 3	Wk 3	Wk 3	Wk 3
Wk 4	Wk 4	Wk 4	Wk 4	Wk 4
Wk 5	Wk 5	Wk 5	Wk 5	Wk 5
Dist *	Wk 6	Wk 6	Reg	Wk 6
Reg *	Dist	Reg	State	Wk 7
State	Reg	State		Wk 8
				Wk 9
				PS 1
				PS 2
				PS 3
				PS 4
				PS 5

SO-3	VB-3	XC-3	FH-3	FB-3
Restr	Restr	Prac	Prac	Restr
Restr	Restr	Prac	Prac	Restr
Prac	Prac	Wk 1	Wk 1	Prac
Prac	Prac	Wk 2	Wk 2	Prac
Prac	Prac	Wk 3	Wk 3	Prac
Wk 1	Wk 1	Wk 4	Wk 4	Wk 1
Wk 2	Wk 2	Wk 5	Wk 5	Wk 2
Wk 3	Wk 3	Wk 6	Reg	Wk 3
Wk 4	Wk 4	Reg	State	Wk 4
Wk 5	Wk 5	State		Wk 5
Dist *	Wk 6			Wk 6
Reg *	Dist			Wk 7
State	Reg			PS 1
	State			PS 2
				PS 3
				PS 4
				PS 5