



## 2024-25 Middle School Sports Calendar

|                              | Date of First Tryout/Practice | Date of First Contest <sup>(1)</sup> (No earlier than) | Last Contest <sup>(3)</sup> (Including make-up games) | Season Limit <sup>(2)</sup><br>Max Number of Contests |
|------------------------------|-------------------------------|--|---|---|
| Football <sup>(1)</sup>      | August 26                     | September 18   | November 13   | 1 pre-season scrimmage, 7 contests                    |
| Boys Soccer/Girls Volleyball | August 26                     | September 5  | October 4   | 1 pre-season scrimmage, 7 contests                    |
| Girls Soccer/Boys Volleyball | October 7                     | October 14   | November 14   | 1 pre-season scrimmage, 7 contests                    |
| Basketball                   | November 18                   | December 5   | February 20 <sup>(4)</sup>                            | 1 pre-season scrimmage, 14 contests                   |
| Wrestling                    | November 18                   | December 5   | February 20   | 1 pre-season scrimmage, 14 contests                   |
| Baseball/Softball            | March 3                       | March 24   | May 16  | 1 pre-season scrimmage, 14 contests                   |
| Track                        | March 3                       | March 24   | May 16  | 1 pre-season scrimmage, 7 contests                    |
| Golf                         | March 3                       | March 24   | May 16  | 1 pre-season scrimmage, 11 contests                   |

<sup>(1)</sup> In football, individuals must have **8 separate days** of practice prior to participating in a scrimmage or contest.

<sup>(2)</sup> The daily and weekly limits vary from sport to sport. Guilford County Schools has adopted specific limits for each sport. Detailed information on weekly limits can be found in the Middle School Athletic Manual published by NCDPI and can be viewed using the following link:  
<https://www.dpi.nc.gov/districts-schools/classroom-resources/academic-standards/programs-and-initiatives/nc-healthy-schools/athletics>

<sup>(3)</sup> The complete schedule is created to allow about a one-week break between sport seasons. Make-up games should be scheduled during this time only if they cannot be made up at any other time during the season to help protect the “off week.”

<sup>(4)</sup> This date represents the end of the regular season in basketball. A conference tournament will occur in the following week.

**Dead Periods:** Per the rules established for middle school athletics by NCDPI, no skill development sessions can occur during the tryout period for any sport. Out-of-season coaches are not allowed to contact their athletes in a coaching setting (either with their school team or an out-of-school team) during these dead periods. ***All coaches should be familiar with the rules regarding skill development sessions included on page 20 of the NCDPI Middle School Athletic Manual.*** To ensure we comply with this rule, GCS has established the following dead periods.

|                          |                 |                  |                    |
|--------------------------|-----------------|------------------|--------------------|
| August 26 – September 25 | Oct. 7– Oct. 17 | Nov. 18 – Dec. 5 | March 3 – March 24 |
|--------------------------|-----------------|------------------|--------------------|