

Sports & Clubs in California

A family-friendly guide to finding programs, confirming eligibility, and completing enrollment.

START HERE

Homeschool students can participate in many activities, but the process depends on how the student is educated and who operates the program. Confirm eligibility before paying fees, buying uniforms, or attending tryouts.

1. Identify Your Student's Homeschool Arrangement

Public charter or district independent study
Contact the assigned teacher, counselor, athletic director, or activities office. Ask which school teams, clubs, and events enrolled students may join.

Private School Satellite Program (PSP)
Ask the PSP which sports, clubs, co-ops, field trips, and partner programs it offers. Enrollment rules and fees vary.

Private home-based school
Do not assume the neighborhood public school must allow participation. Contact the school, district, and applicable CIF section for a written eligibility decision.

2. Follow These Enrollment Steps

- 1 Choose the activity
Decide whether your student wants a school team, school club, homeschool league, community recreation program, club/travel team, arts program, or youth organization.
- 2 Contact the program
Ask about age or grade limits, residency or enrollment rules, tryouts, deadlines, fees, practices, transportation, and volunteer requirements.
- 3 Confirm eligibility
For interscholastic sports, speak with the school athletic director and applicable CIF section. Ask for the decision in writing before registering.
- 4 Gather documents
Programs may request proof of age, address or enrollment, emergency contacts, health insurance, a sports physical, immunization information, waivers, records, or academic eligibility documentation.
- 5 Register and participate
Complete forms, pay required fees, attend orientations or tryouts, and keep copies of approvals, schedules, receipts, physicals, and eligibility decisions.

3. Where Families Can Look

Sports

- Public charter or district programs
- Homeschool athletic leagues
- City recreation departments
- YMCA or community centers
- Club, travel, or AAU teams
- Dance, martial arts, swimming, gymnastics, equestrian, or tennis programs

Clubs & Enrichment

- Homeschool co-ops and PSP groups
- Library and parks programs
- 4-H, Scouts, robotics, debate, theater, music, art, or coding
- Faith-based youth groups
- Volunteer and service organizations
- Community college enrichment options, when eligible

Questions to Ask Before You Enroll

☐ Is homeschool participation permitted? ☐ Must the student be enrolled at your school or program? ☐ Which documents are required? ☐ Are there academic or attendance rules? ☐ What are the deadlines, costs, and refund policy? ☐ Who gives the final eligibility decision?

REVIEW CIF RULES

CALIFORNIA HOMESCHOOL INFO

Important: Homeschool participation is not automatically guaranteed for a neighborhood public school's athletic team or student club. Requirements may differ by enrollment arrangement, school, district, program, sport, and CIF section. Policies can change. Families should confirm current requirements directly with the organization before registering. This guide provides general educational information and is not legal advice.

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