## MIAA SPORT LIMITATIONS INFORMATION SHEET

Week runs Sun. thru Sat. except football which runs Sat. thru Fri.

Tournament entry dates vary by sport - information found in sport format and listed under Deadlines on web.

FALL 2017 SPORTS	PRACTICE/CONTEST LIMITATIONS	SCHEDULE & COMMITMENT FORM DUE	CONTESTS/ WEEK/SEASON ***	*Max # contests vs same opponent for tournament qualification	PRACTICE START DATE	FIRST CONTEST	CUT-OFF DATE
Fail: No Team may	have more than 10 single practice session	ons (i.e., double	sessions count a	as 2 single sess	sions) through & including	tne Friday p	orior to Labor Day
Cross Country	Competitor may run in a meet on 2 consecutive days only once during a week. No competitor may run in a meet on 3 consecutive days.		3-16	X	8/24/17	9/3/17	11/6/17
Field Hockey	none	30-Sep	3-18	3	8/24/17	9/3/17	10/29/17
Football	2017 Football Preseason Calendar 2017 Preseason Guidelines		1-11	X	8/18/2017 (mandate each participant must have 15 practice days [not sessions] prior to first game participation)	9/5/17	N, S -10/22/2017 C, W - 10/29/17
Golf		Team-Sept 30	4-20	X	8/24/17	8/31/17	10/19/17
Soccer	none	30-Sep	3-18	3	8/24/17	9/3/17	10/31/17
Swimming & Diving	none	30-Sep	3-18	X	8/24/17	9/3/17	11/5/17
Volleyball (Girls)	Two matches per day (5 games/school) - If 1 school -max 5 games	30-Sep	3-20	3	8/24/17	9/3/17	10/30/17
WINTER 2017-18 SPORTS	PRACTICE/CONTEST LIMITATIONS	SCHEDULE & COMMITMENT FORM DUE	CONTESTS/ WEEK/SEASON ***	*Max # contests vs same opponent for tournament qualification	PRACTICE START DATE	FIRST CONTEST	CUT-OFF DATE
Basketball (Boys & Girls)	May practice or play once in any one day allowed. Four quarters per day (does not include overtime)	15-Jan	3-20	3	11/27/17	12/7/17	2/22/18
Gymnastics	none	15-Jan	2-18	Х	11/27/17	12/7/17	Boys: 1/29/18 Girls: 2/14/18
Ice Hockey	none	15-Jan	3-20	**3	11/27/17	12/7/17	2/23/18
Indoor Track	A competitor may run in a meet on 2 consecutive days only once during a week. No competitor may run in a meet on 3 consecutive days. 4 events max including relays.		3-16	X	11/27/17	12/7/17	2/11/18
Ski	none		3-16	Х	11/27/17	12/7/17	Alpine:2/28/18 Nordic:2/16/18

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one 4 minutes maximum per day (not cluding overtime)	15-Jan 15-Jan	3-18	Х	11/27/17 11/27/17(mandate each	12/7/17	2/11/18
	15-Jan			•		
	15-Jan			participant must have 10 practice days prior to first		- 1-11-
		2-20	X	match participation)	12/7/17	2/8/18
RACTICE/CONTEST LIMITATIONS	SCHEDULE & COMMITMENT FORM DUE	CONTESTS/ WEEK/SEASON	*Max # contests vs same opponent for tournament qualification	PRACTICE START DATE	FIRST CONTEST	CUT-OFF DATE
one	15-Apr	3-20	Х	3/19/18	3/29/18	5/28/18
	15-Apr	4-20	Х	3/19/18	3/25/18	5/24/18
one	15-Apr	3-18	Х	3/19/18	3/29/18	5/24/18
one	15-Apr	3-20	X	3/19/18	3/29/18	5/24/18
competitor may run in a meet on 2 consecutive days only once during a reek. No competitor may run in a meet on consecutive days. 4 events max accluding relays.		3-16	X	3/19/18	3/29/18	5/21/18
one	15-Apr	3-20	3	3/19/18	3/29/18	5/28/18
landatory 13 practices prior to the first egular season contest (per athlete). First days of practice are conditioning & echnique followed by 10 practices, 5 of hich are controlled contact.	15-Apr	1-8	x	3/19/18	4/2/18	5/28/18
one	15-Apr	3-20	X	3/19/18	3/29/18	Team:5/24/18 Ind:5/7/18
wo matches per day (5 games per chool) - If 1 school -max 5 games	15-Apr	3-20	3	3/19/18	3/29/18	5/21/18
**4th game counts if part of MIAA san	ctioned event o	r 4th game in the	Hennesey Leag	jue(W Mass)		
***Exclusion Form allows for an additional two events to be scheduled-see pg 6 of White Book of Forms. Form must be received in the MIAA Office before the 1st allowable date for competition in that sport if you do not want these games to count for Tournament qualification.						
	ne competitor may run in a meet on 2 nsecutive days only once during a ek. No competitor may run in a meet on consecutive days. 4 events max cluding relays. ne andatory 13 practices prior to the first gular season contest (per athlete). First lays of practice are conditioning & chnique followed by 10 practices, 5 of ich are controlled contact. ne o matches per day (5 games per nool) - If 1 school -max 5 games **4th game counts if part of MIAA san ows for an additional two events to be	15-Apr  ne 15-Apr  ne 15-Apr  tompetitor may run in a meet on 2 ne 2 ne 2 ne 2 ne 2 ne 2 ne 3 ne 15-Apr  tompetitor may run in a meet on 2 ne 2 ne 4. No competitor may run in a meet on 2 ne 5 ne 15-Apr  andatory 13 practices prior to the first 3 gular season contest (per athlete). First 3 lays of practice are conditioning & 3 chnique followed by 10 practices, 5 of 3 ich are controlled contact. 15-Apr  ne 15-Apr  ne 15-Apr  to matches per day (5 games per 15-Apr  no matches per day (5 games per 15-Apr  **4th game counts if part of MIAA sanctioned event of 2 tows for an additional two events to be scheduled-see	15-Apr 3-18  ne 15-Apr 3-18  ne 15-Apr 3-20  competitor may run in a meet on 2 nsecutive days only once during a ek. No competitor may run in a meet on consecutive days. 4 events max duding relays. 3-16 ne 15-Apr 3-20  andatory 13 practices prior to the first gular season contest (per athlete). First lays of practice are conditioning & chnique followed by 10 practices, 5 of ich are controlled contact. 15-Apr 1-8  ne 15-Apr 3-20  **Ath game counts if part of MIAA sanctioned event or 4th game in the cows for an additional two events to be scheduled-see pg 6 of White Bo	15-Apr 4-20 X  ne 15-Apr 3-18 X  ne 15-Apr 3-20 X  competitor may run in a meet on 2 nescutive days only once during a ek. No competitor may run in a meet on consecutive days. 4 events max reducting relays.  15-Apr 3-20 X  3-16 X  15-Apr 3-20 3  15-Apr 3-20 3  15-Apr 1-8 X  15-Apr 3-20 3  15-Apr 3-20 5  15-Ap	15-Apr 4-20 X 3/19/18  The second sec	15-Apr