

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 2018 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
Fall: No Team may have more than 10 single practice sessions (i.e., double sessions count as 2 single sessions) through & including the Friday prior 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	8/23/18	9/2/18	11/5/18
Field Hockey	none	30-Sep	3-18	3	8/23/18	9/2/18	10/28/18
Football	2018 Football Preseason Calendar				<i>8/17/2018 (mandate each participant must have 15 practice days [not sessions] prior to first game participation)</i>		
	2018 Preseason Guidelines	30-Sep	1-11	X		9/4/18	N, S -10/21/2018 C, W - 10/28/18
Golf		Team-Sept 30	4-20	X	8/23/18	8/30/18	10/18/18
Gymn -West	none	30-Sep	2-18	X	8/23/18	9/2/18	11/5/18
Soccer	none	30-Sep	3-18	3	8/23/18	9/2/18	10/30/18
Swimming & Diving	none	30-Sep	3-18	X	8/23/18	9/2/18	11/4/18
Volleyball (Girls)	Two matches per day (5 sets/school) - If 1 school -max 5 sets.	30-Sep	3-20	3	8/23/18	9/2/18	10/29/18
WINTER 2018-19 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	11/26/18	12/6/18	2/21/19
Gymnastics	none	15-Jan	2-18	X	11/26/18	12/6/18	Boys: 2/4/19 Girls: 2/13/19
Ice Hockey	none	15-Jan	3-20	**3	11/26/18	12/6/18	2/22/19
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	11/26/18	12/6/18	2/10/19
Ski	none		3-16	X	11/26/18	12/6/18	Alpine:2/14/19 Nordic:2/15/19

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Swimming & Diving	none	15-Jan	3-18	X	11/26/18	12/6/18	2/3/19
Wrestling	<i>No wrestler shall represent the school in more than one weight class in any meet or wrestle in more than five matches (championship or consolation) excluding forfeits in any one day of competition.</i>	15-Jan	2-20	X	11/26/18(mandate each participant must have 10 practice days prior to first match participation)	12/6/18	2/7/19
SPRING 2019 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
Baseball	none	15-Apr	3-20	X	3/18/19	3/28/19	6/3/19 1A -6/2/19 @ 5pm
Golf		15-Apr	4-20	X	3/18/19	3/24/19	5/23/19
Boys Lacrosse	none	15-Apr	3-18	X	3/18/19	3/28/19	N,S & C/E: 5/30/19 C/W: 5/30/19
Girls Lacrosse	none	15-Apr	3-20	X	3/18/19	3/28/19	N,S & C/E: 5/30/19 C/W: 5/30/19
Outdoor 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	3/18/19	3/28/19	5/20/19
Rugby	Mandatory 13 practices prior to the first regular season contest (per athlete). First 3 days of practice are conditioning & technique followed by 10 practices, 5 of which are controlled contact.	15-Apr	1-8	x	3/18/19	4/1/19	6/3/19
Softball	none	15-Apr	3-20	3	3/18/19	3/28/19	6/3/19
Tennis	none	15-Apr	3-20	X	3/18/19	3/28/19	Team:5/30/19 Ind:4/19/19
Volleyball (Boys)	Two matches per day (5 sets per school) - If 1 school -max 5 sets	15-Apr	3-20	3	3/18/19	3/28/19	5/27/19
* X = no current rule **4th game counts if part of MIAA sanctioned event or 4th game in the Hennesey League(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.							updated 10/25/18