

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.

SPRING 2012 SPORTS	PRACTICE/CONTEST LIMITATIONS - PVIAC prohibits multiple "events" on the same day without a waiver.	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	3/19/12	3/29/12	5/28/12
Golf (Girls Individual)	none	15-Apr	3-20	X	3/19/12	3/25/12	5/21/12
Golf (Girls Team)	none	15-Apr	3-20	X	3/19/12	3/25/12	5/18/12
Boys Lacrosse	none	15-Apr	3-20	X	3/19/12	3/29/12	E/C-5/24/12 W 5/30/12
Girls Lacrosse	none	15-Apr	3-20	X	3/19/12	3/29/12	N/S-5/23/12 C: 5/24/12 W: 5/30/12
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 - 2 track & 2 field (relay = track)		3-16	X	3/19/12	3/29/12	5/21/12
Softball	none	15-Apr	3-20	3	3/19/12	3/29/12	5/28/12
Tennis	none	15-Apr	3-20	X	3/19/12	3/29/12	Team:5/28/12 Indiv:5/7/12
Volleyball (Boys)	Two matches per day (5 games per school) - If 1 school -max 5 games	15-Apr	3-20	3	3/19/12	3/29/12	5/21/12
FALL 2012 SPORTS	PRACTICE/CONTEST LIMITATIONS - PVIAC prohibits multiple "events" on the same day without a waiver.	SCHEDULE & COMMITMENT FORM DUE	CONTESTS/ WEEK/SEASON	*Max # contests vs same opponent for	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							
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	8/23/12	9/2/12	10/31/12
Field Hockey	none	30-Sep	3-18	3	8/23/12	9/2/12	10/28/12
Football	Practice-2 hour max (first 3 days). Double session: 4/day - only 2 involve contact (max 2 hours). 48 min./week (Saturday thru Friday). Intra-squad or interschool scrimmage not allowed before 3rd day of contact practice. 1 game in any 6 day period.		1-11	X	8/20/2012 (mandate each participant must have 15 practice days [not sessions] prior to first game participation)	9/3/12	11/22/12
Golf	none	Team-Sept 30	4-20	X	8/23/12	8/30/12	10/18/12

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Soccer	none	30-Sep	3-18	3	8/23/12	9/2/12	10/30/12
Swimming & Diving (Girls)	none	30-Sep	2-18	X	8/23/12	9/2/12	11/4/12
Volleyball (Girls)	Two matches per day (5 games/school) - If 1 school -max 5 games	30-Sep	3-20	3	8/23/12	9/2/12	10/31/12
WINTER 2012-13 SPORTS	PRACTICE/CONTEST LIMITATIONS - PVIAC prohibits multiple "events" on the same day without a waiver.	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	11/26/12	12/6/12	2/21/13
Gymnastics	none	15-Jan	2-18	X	11/26/12	12/6/12	2/13/13
Ice Hockey	none	15-Jan	3-20	**3	11/26/12	12/6/12	2/22/13
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 - 2 track & 2 field (relay = track)		3-16	X	11/26/12	12/6/12	2/10/13
Ski	none		3-16	X	11/26/12	12/6/12	<i>Alpine:2/15/13 Nordic:2/8/13</i>
Swimming & Diving	none	15-Jan	2-18	X	11/26/12	12/6/12	2/10/13
Wrestling	24 minutes maximum per day (not including overtime)	Team-Jan 15	2-20	X	11/26/12(mandate each participant must have 10 practice days prior to first match participation)	12/6/12	Ind:2/1/13 Team:2/1/13
* X = no current rule **4th game counts if part of MIAA sanctioned event or 4th game in the Hennesey League(W Mass)						<i>updated 3/19/12</i>	