

MIAA SPORT LIMITATIONS INFORMATION SHEET

Week runs Sunday through Saturday in all sports

rule 35.1- "Double practice sessions are not permitted on the first three days of fall practice."

FALL 2025 SPORTS	PRACTICE/CONTEST LIMITATIONS	SCHEDULE COMMITMENT DEADLINE	CONTESTS/ WEEK/SEASON	*Max # contests vs same opponent for tournament qualification	PRACTICE START DATE	FIRST CONTEST	CUTOFF DATE
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.	9/12	3-16	X	8/18/25	8/31/25	11/3/25
Field Hockey	none	9/12	3-18	3	8/18/25	8/31/25	10/26/25
Football	2025 Football Preseason Calendar	9/12	1-11	x	8/15/25 (mandate each participant must have 15 practice days [not sessions] prior to first game participation)	9/2/25	11/1/25
	2025 Preseason Guidelines						
Golf	none	9/12	4-20	x	8/15/25	8/22/25	10/9/25
Soccer	none	9/12	3-18	3	8/18/25	8/31/25	10/30/25
Fall Swim & Dive	none	9/12	3-18	x	8/18/25	8/31/25	10/27/25
Unified Basketball	none	N/A	N/A	x	8/18/25	8/31/25	N/A
Volleyball	Two matches per day (5 sets per school). If 1 school -max 5 sets.	9/12	3-20	3	8/18/25	8/31/25	10/26/25
WINTER 2025-26 SPORTS	PRACTICE/CONTEST LIMITATIONS	SCHEDULE COMMITMENT DEADLINE	CONTESTS/ WEEK/SEASON	*Max # contests vs same opponent for tournament qualification	PRACTICE START DATE	FIRST CONTEST	CUTOFF DATE
Basketball	May practice or play once in any one day. Six quarters per day (does not include overtime). May participate in more than one interscholastic contest at different sites provided the six quarter limit is not exceeded.	12/19	3-20	3	12/1/25	12/11/25	2/19/26
Gymnastics	none	12/19	2-18	X	12/1/25	12/11/25	2/11/26
Ice Hockey	none	12/19	3-20	3	12/1/25	12/11/25	2/19/26
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.	12/19	3-16	X	12/1/25	12/11/25	2/8/26
Ski	none		3-16	X	12/1/25	12/11/25	Nordic: 2/2/26 Alpine: 2/13/26
Winter Swim & Dive	none	12/19	3-18	X	12/1/25	12/11/25	2/2/26

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WINTER 2025-26 SPORTS	PRACTICE/CONTEST LIMITATIONS	SCHEDULE COMMITMENT DEADLINE	CONTESTS/ WEEK/SEASON	*Max # contests vs same opponent for tournament qualification	PRACTICE START DATE	FIRST CONTEST	CUTOFF DATE
Wrestling	No wrestler shall represent the school in more than one weight class in any meet or wrestle in more than six matches (championship or consolation) excluding forfeits in any one day of competition. Max of 10 matches over two consecutive days.	12/19	3-20 - (May schedule up to four (4) additional girls' wrestling dates)	X	12/1/25 - Each wrestler must have ten (10) days of practice before competing in an interscholastic contest.	12/11/25	2/11/26
SPRING 2025 SPORTS	PRACTICE/CONTEST LIMITATIONS	SCHEDULE COMMITMENT DEADLINE	CONTESTS/ WEEK/SEASON	*Max # contests vs same opponent for tournament qualification	PRACTICE START DATE	FIRST CONTEST	CUTOFF DATE
Baseball	none	4/4	3-20	X	3/17/25	3/27/25	5/26/25
Golf	none	4/4	4-20	X	3/17/25	3/24/25	5/22/25
Boys Lacrosse	none	4/4	3-18	X	3/17/25	3/27/25	5/26/25
Girls Lacrosse	none	4/4	3-20	X	3/17/25	3/27/25	5/26/25
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.	4/4	3-16	X	3/17/25	3/27/25	5/25/25
Rugby	Limited to 3 practices between 3/12-3/15, with no practice allowed on Sunday 3/16. First 3 days of practice are conditioning & non-contact technique followed by 10 practices, 5 of which are controlled contact.	4/4	1-8	X	3/12/25 - (Mandatory 13 days of practice prior to the first regular season contest, per athlete).	3/27/25	5/24/25
Softball	none	4/4	3-20	3	3/17/25	3/27/25	5/26/25
Tennis	none	4/4	3-20	X	3/17/25	3/27/25	5/21/25
Unified Track & Field	none	N/A	N/A	X	3/17/25	3/27/25	TBD
Volleyball	Two matches per day (5 sets per school) - If 1 school -max 5 sets	4/4	3-20	3	3/17/25	3/27/25	5/23/25
* X = no current rule							
						updated 3/21/25	