

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."

| Suspended Game and Overtime Procedures | | | | | | | |
|--|---|------------------------------|-----------------------|---|--|---------------|-----------------------------------|
| 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. <i>Six</i> quarters per day (does not include overtime). May participate in more than one interscholastic contest at different sites provided the <i>six</i> 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 |

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| Suspended Game and Overtime | | | | | | | |
|-----------------------------|--|------------------------------------|--|--|---|------------------|-------------|
| 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 |
| Winter Swim & Dive | none | 12/19 | 3-18 | X | 12/1/25 | 12/11/25 | 2/2/26 |
| 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 2026 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 | 4/3 | 3-20 | X | 3/16/26 | 3/26/26 | 5/25/26 |
| Golf | none | 4/3 | 4-20 | X | 3/16/26 | 3/23/26 | 5/21/26 |
| Boys Lacrosse | none | 4/3 | 3-18 | X | 3/16/26 | 3/26/26 | 5/24/26 |
| Girls Lacrosse | none | 4/3 | 3-18 | X | 3/16/26 | 3/26/26 | 5/20/26 |
| 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. | 4/3 | 3-16 | X | 3/16/26 | 3/26/26 | 5/24/26 |
| Rugby | Limited to 3 practices between 3/11-3/14, with no practice allowed on Sunday 3/15. First 3 days of practice are conditioning & non-contact technique followed by 10 practices, 5 of which are controlled contact. | 4/3 | 1-8 | X | 3/11/26 - (Mandatory 13 days of practice prior to the first regular season contest, per athlete). | 3/26/26 | 5/23/26 |
| Softball | none | 4/3 | 3-20 | 3 | 3/16/26 | 3/26/26 | 5/25/26 |
| Tennis | none | 4/3 | 3-20 | X | 3/16/26 | 3/26/26 | 5/20/26 |
| Unified Track & Field | none | N/A | N/A | X | 3/16/26 | 3/26/26 | TBD |
| Volleyball | Two matches per day (5 sets per school) - If 1 school -max 5 sets | 4/3 | 3-20 | 3 | 3/16/26 | 3/26/26 | 5/22/26 |
| * X = no current rule | | | | | | updated 6/25/25 | |