

## 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 2024 SPORTS	PRACTICE/CONTEST LIMITATIONS	SCHEDULE & COMMITMENT FORM DUE	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.		3-16	X	8/19/24	9/1/24	11/4/24
Field Hockey	none	9/1	3-18	3	8/19/24	9/1/24	10/27/24
Football	2024 Football Preseason Calendar- TBA	9/1	1-11	x	8/16/24 (mandate each participant must have 15 practice days [not sessions] prior to first game participation)	9/3/24	11/3/24
	2024 Preseason Guidelines- TBA						
Golf	none	9/1	4-20	x	8/16/24	8/23/24	10/10/24
Soccer	none	9/1	3-18	3	8/19/24	9/1/24	10/30/24
Fall Swim & Dive	none	9/1	3-18	x	8/19/24	9/1/24	TBD
Unified Basketball	none			x	8/19/24	9/1/24	TBD
Volleyball	Two matches per day (5 sets per school). If 1 school -max 5 sets.	9/1	3-20	3	8/19/24	9/1/24	10/25/24
WINTER 2024-25 SPORTS	PRACTICE/CONTEST LIMITATIONS	SCHEDULE & COMMITMENT FORM DUE	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. <b>Six</b> quarters per day (does not include overtime). May participate in more than one interscholastic contest at different sites provided the <b>six</b> quarter limit is not exceeded.	12/1	3-20	3	12/2/24	12/12/24	2/20/25
Gymnastics	none	12/1	2-18	X	12/2/24	12/12/24	2/12/25
Ice Hockey	none	12/1	3-20	**3	12/2/24	12/12/24	2/20/25
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.	12/1	3-16	X	12/2/24	12/12/24	2/9/25
Ski	none		3-16	X	12/2/24	12/12/24	Nordic: TBA Alpine: TBA
Winter Swim & Dive	none	12/1	3-18	X	12/2/24	12/12/24	2/3/25

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Wrestling	No wrestler shall represent the school in more than one weight class in any meet or wrestle in more than <b>six matches</b> (championship or consolation) excluding forfeits in any one day of competition. Max of 10 matches over two consecutive days.	12/1 - Submitted electronically FloArena website	3-20	X	12/2/24 - Each wrestler must have ten (10) days of practice before competing in an interscholastic contest.	12/12/24	2/12/25
SPRING 2024 SPORTS	PRACTICE/CONTEST LIMITATIONS	SCHEDULE & COMMITMENT FORM DUE	CONTESTS/ WEEK/SEASON	*Max # contests vs same opponent for tournament qualification	PRACTICE START DATE	FIRST CONTEST	CUTOFF DATE
Baseball	none	3/22	3-20	X	3/18/24	3/28/24	5/27/24
Golf	none	3/22	4-20	X	3/18/24	3/25/24	5/23/24
Boys Lacrosse	none	3/22	3-18	X	3/18/24	3/28/24	5/27/24
Girls Lacrosse	none	3/22	3-20	X	3/18/24	3/28/24	5/27/24
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.	3/22	3-16	X	3/18/24	3/28/24	5/20/24
Rugby	Limited to 3 practices between 3/13-3/16, with no practice allowed on Sunday 3/17. First 3 days of practice are conditioning & non-contact technique followed by 10 practices, 5 of which are controlled contact.	3/22	1-8	X	3/13/2024 - (Mandatory 13 days of practice prior to the first regular season contest, per athlete).	3/28/24	5/27/24
Softball	none	3/22	3-20	3	3/18/24	3/28/24	5/27/24
Tennis	none	3/22	3-20	X	3/18/24	3/28/24	5/23/24
Unified Track & Field	none	3/22		X	3/18/24	3/28/24	TBD
Volleyball	Two matches per day (5 sets per school) - If 1 school -max 5 sets	3/22	3-20	3	3/18/24	3/28/24	5/24/24
<b>* X = no current rule</b>						<b>**4th game counts if part of MIAA sanctioned event or 4th game in the Hennesey League (W Mass)</b>	
							<b>updated 3/12/24</b>