

MIAA SPORT LIMITATIONS INFORMATION SHEET

Week runs Sun. thru Sat. except football which runs Sat. thru Fri.

Tournament entry rosters due dates vary by sport - found in sport format and listed under Deadlines on web.

WINTER 2021-22 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. 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.	11/1	3-20	3	11/29/21	12/9/21	2/24/22 @ 6PM
Gymnastics	none	11/1	2-18	X	11/29/21	12/9/21	Girls - 2/16/22 Boys 2/1/22
Ice Hockey	none	11/1	3-20	**3	11/29/21	12/9/21	2/24/22
Indoor Track	days only once during a week. No competitor may		3-16	X	11/29/21	12/9/21	2/13/22
Ski	none		3-16	X	11/29/21	12/9/21	Alpine: 2/25/22 Nordic: 2/7/22
Winter Swim & Dive	none	11/1	3-18	X	11/29/21	12/9/21	2/6/22
Wrestling	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.	11/1 - Submitted electronically on the FloArena website	3-20	X	11/29/2021 - Each wrestler must have ten (10) days of practice before competing in an interscholastic contest.	12/9/21	2/10/22
SPRING 2022 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	3/1	3-20	X	3/21/22	3/31/22	5/30/22
Golf	none	3/1	4-20	X	3/21/22	3/28/22	5/26/22
Boys Lacrosse	none	3/1	3-18	X	3/21/22	3/31/22	6/2/22
Girls Lacrosse	none	3/1	3-20	X	3/21/22	3/31/22	6/2/22
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.	3/1	3-16	X	3/21/22	3/31/22	5/23/22

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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.	3/1	1-8	X	3/21/22	3/31/22	5/30/22	
Softball	none	3/1	3-20	3	3/21/22	3/31/22	5/30/22	
Tennis	none	3/1	3-20	X	3/21/22	3/31/22	Ind: 4/29/22 Team: 5/26/22	
Unified Track & Field				X	3/21/22	3/31/22	TBA	
Volleyball	Two matches per day (5 sets per school) - If 1 school -max 5 sets	3/1	3-20	3	3/21/22	3/31/22	5/26/22	
FALL 2022 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	8/22/22	9/4/22	11/7/22	
Field Hockey	none	9/1	3-18	3	8/22/22	9/4/22	10/30/22	
Football	2022 Football Preseason Calendar - TBD				8/19/2022 (mandate each participant must have 15 practice days [not sessions] prior to first game participation)	9/6/22	10/30/22	
	2022 Preseason Guidelines	9/1	1-11	x				
Golf	none	Team-Sept 1	4-20	x	8/19/22	8/26/22	10/13/22	
Gymn -West	none	9/1	2-18	x	8/22/22	9/4/22	11/7/22	
Soccer	none	9/1	3-18	3	8/22/22	9/4/22	10/31/22	
Fall Swim & Dive	none	9/1	3-18	x	8/22/22	9/4/22	10/31/22	
Unified Basketball				x	8/22/22	9/4/22	TBD	
Volleyball	Two matches per day (5 sets/school) - If 1 school - max 5 sets.	9/1	3-20	3	8/22/22	9/4/22	10/28/22	
* X = no current rule **4th game counts if part of MIAA sanctioned event or 4th game in the Hennesey League(W Mass)								
								updated 1/19/22