

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.

WINTER 2022-23 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.	12/2	3-20	3	11/28/22	12/8/22	2/23/23
Gymnastics	none	12/2	2-18	X	11/28/22	12/8/22	Girls - 2/15/23 Boys 2/1/23
Ice Hockey	none	12/2	3-20	**3	11/28/22	12/8/22	2/23/23
Indoor Track	days only once during a week. No competitor may		3-16	X	11/28/22	12/8/22	2/12/23
Ski	none		3-16	X	11/28/22	12/8/22	Alpine: 2/17/23 Nordic: 2/6/23
Winter Swim & Dive	none	12/2	3-18	X	11/28/22	12/8/22	2/6/23
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.	12/2 - Submitted electronically FloArena website	3-20	X	11/28/2022 - Each wrestler must have ten (10) days of practice before competing in an interscholastic contest.	12/8/22	2/8/23
SPRING 2023 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	3/24	3-20	X	3/20/23	3/30/23	5/29/23
Golf	none	3/24	4-20	X	3/20/23	3/27/23	5/25/23
Boys Lacrosse	none	3/24	3-18	X	3/20/23	3/30/23	5/29/23
Girls Lacrosse	none	3/24	3-20	X	3/20/23	3/30/23	5/29/23
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.	3/24	3-16	X	3/20/23	3/30/23	5/22/23

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.

SPRING 2023 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
Rugby	Limited to 3 practices between 3/15-3/18, with no practice allowed on Sunday 3/19. First 3 days of practice are conditioning & non-contact technique followed by 10 practices, 5 of which are controlled contact.	3/24	1-8	X	3/15/2023 - (Mandatory 13 days of practice prior to the first regular season contest, per athlete).	3/30/23	5/29/23
Softball	none	3/24	3-20	3	3/20/23	3/30/23	5/29/23
Tennis	none	3/24	3-20	X	3/20/23	3/30/23	5/25/23
Unified Track & Field	none			X	3/20/23	3/30/23	TBA
Volleyball	Two matches per day (5 sets per school) - If 1 school -max 5 sets	3/24	3-20	3	3/20/23	3/30/23	5/26/23
FALL 2023 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	8/21/23	9/3/23	11/6/23
Field Hockey	none	9/1	3-18	3	8/21/23	9/3/23	10/29/23
Football	2023 Football Preseason Calendar 2023 Preseason Guidelines	9/1	1-11	x	8/18/2023 (mandate each participant must have 15 practice days [not sessions] prior to first game participation)	9/5/23	10/29/23
Golf	none	9/1	4-20	x	8/18/23	8/25/23	10/19/23
Soccer	none	9/1	3-18	3	8/21/23	9/3/23	10/30/23
Fall Swim & Dive	none	9/1	3-18	x	8/21/23	9/3/23	10/30/23
Unified Basketball	none			x	8/21/23	9/3/23	TBD
Volleyball	max 5 sets.	9/1	3-20	3	8/21/23	9/3/23	10/27/23
* X = no current rule						**4th game counts if part of MIAA sanctioned event or 4th game in the Hennesey League(W Mass)	
						updated 2/9/23	