

MIAA SPORT LIMITATIONS INFORMATION SHEET

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

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

SPRING 2010 SPORTS	PRACTICE/CONTEST LIMITATIONS - PVIAC prohibits multiple "events" on the same day without a waiver.	SCHEDULE & COMMITMENT FORM DUE	CONTESTS/ WEEK/SEASON	*Max # contests vs same opponent for tournament qualification	PRACTICE START DATE	FIRST CONTEST	CUT-OFF DATE
Baseball	none	15-Apr	3-20	X	3/15/10	3/25/10	5/31/10
Golf (Girls Individual)	none	15-Apr	3-20	X	3/15/10	3/21/10	4/19/10
Golf (Girls Team)	none	15-Apr	3-20	X	3/15/10	3/21/10	5/21/10
Boys Lacrosse	none	15-Apr	3-20	X	3/15/10	3/25/10	E/C-5/27/10 W 6/2/10
Girls Lacrosse	none	15-Apr	3-20	X	3/15/10	3/25/10	N/S-5/26/10 C/W 5/27/10
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 - 2 track & 2 field (relay = track)		3-16	X	3/15/10	3/25/10	5/23/10
Softball	none	15-Apr	3-20	3	3/15/10	3/25/10	5/31/10
Tennis	none	15-Apr	3-20	X	3/15/10	3/25/10	Team:5/31/10 Indiv:5/3/10
Volleyball (Boys)	Two matches per day (5 games per school) - If 1 school -max 5 games	15-Apr	3-20	3	3/15/10	3/25/10	5/17/10
FALL 2010 SPORTS	PRACTICE/CONTEST LIMITATIONS - PVIAC prohibits multiple "events" on the same day without a waiver.	SCHEDULE & COMMITMENT FORM DUE	CONTESTS/ WEEK/SEASON	*Max # contests vs same opponent for tournament qualification	PRACTICE START DATE	FIRST CONTEST	CUT-OFF DATE
Fall: No Team may have more than 10 single practice sessions (i.e., double sessions count as 2 single sessions) through & including the Friday prior to Labor Day (Rule 35.1)							
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	8/26/10	9/5/10	11/3/10
Field Hockey	none	30-Sep	3-18	3	8/26/10	9/5/10	10/31/10

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Football	Practice-2 hour max (first 3 days). Double session: 4/day - only 2 involve contact (max 2 hours). 48 min./week (Saturday thru Friday). Intra-squad or interschool scrimmage not allowed before 3rd day of contact practice. 1 game in any 6 day period.		1-11	X	8/23/2010 (mandate each participant must have 15 practice days prior to first game participation)	9/6/10	11/25/10
Golf	none	Team-Sept 30	3-20	X	8/26/10	9/2/10	10/14/10
Soccer	none	30-Sep	3-18	3	8/26/10	9/5/10	11/3/10
Swimming & Diving (Girls)	none	30-Sep	2-18	X	8/26/10	9/5/10	11/7/10
Volleyball (Girls)	Two matches per day (5 games/school) - If 1 school -max 5 games	30-Sep	3-20	3	8/26/10	9/5/10	11/2/10
WINTER 2010-11 SPORTS	PRACTICE/CONTEST LIMITATIONS - PVIAC prohibits multiple "events" on the same day without a waiver.	SCHEDULE & COMMITMENT FORM DUE	CONTESTS/ WEEK/SEASON	*Max # contests vs same opponent for tournament qualification	PRACTICE START DATE	FIRST CONTEST	CUT-OFF DATE
Basketball (Boys & Girls)	May practice or play once in any one day allowed. Four quarters per day (does not include overtime)	15-Jan	3-20	3	11/29/10	12/9/10	2/24/11
Gymnastics	none	15-Jan	2-18	X	11/29/10	12/9/10	2/7/11
Ice Hockey	none	15-Jan	3-20	**3	11/29/10	12/9/10	2/25/11
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 - 2 track & 2 field (relay = track)		3-16	X	11/29/10	12/9/10	2/13/11
Ski	none		3-16	X	11/29/10	12/9/10	Alpine:2/9/11 Nordic:1/21/11
Swimming & Diving	none	15-Jan	2-18	X	11/29/10	12/9/10	2/6/11
Wrestling	24 minutes maximum per day (not including overtime)	Team-Jan 15	2-20	X	*11/29/2010 (mandate each participant must have 10 practice days prior to first match participation)	*12/9/2010	Ind:2/9/11 Team:2/4/11
* X = no current rule **4th game counts if part of MIAA sanctioned event or 4th game in the Hennesey League(W Mass)						<i>updated 3/9/10</i>	