

MIAA SPORT LIMITATIONS INFORMATION SHEET

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

Tournament entry dates vary by sport. See sport format to submit electronically.

FALL 2009 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	PRACTICE START DATE	FIRST CONTEST	CUT-OFF 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	8/27/09	9/6/09	11/4/09
Field Hockey	none	30-Sep	3-18	3	8/27/09	9/6/09	11/1/09
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	8/24/2009 (mandate each participant must have 15 practice days prior to first game participation)	9/7/09	11/26/09
Golf	none	Team-Sept 30	3-20	X	8/27/09	9/3/09	10/22/09
Soccer	none	30-Sep	3-18	3	8/27/09	9/6/09	11/4/09
Swimming & Diving (Girls)	none	30-Sep	2-18	X	8/27/09	9/6/09	11/8/09
Volleyball (Girls)	Two matches per day (5 games/school) - If 1 school -max 5 games	30-Sep	3-20	3	8/27/09	9/6/09	11/3/09
WINTER 2009-10 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	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	11/30/09	12/10/09	2/18/10
Gymnastics	none	15-Jan	2-18	X	11/30/09	12/10/09	2/8/10
Ice Hockey	none	15-Jan	3-20	**3	11/30/09	12/10/09	2/19/10
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	11/30/09	12/10/09	2/14/10

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Ski	none		3-16	X	11/30/09	12/10/09	Alpine:2/10/10 Nordic:1/22/10
Swimming & Diving	none	15-Jan	2-18	X	11/30/09	12/10/09	2/7/10
Wrestling	24 minutes maximum per day (not including overtime)	Team-Jan 15	2-20	X	*11/30/09 (mandate each participant must have 10 practice days prior to first match participation)	*12/10/09	Ind:2/10/10 Team:2/13/10
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-5/20/10 W 5/26/10
Girls Lacrosse	none	15-Apr	3-20	X	3/15/10	3/25/10	N/S-5/20/10 C/W 5/26/10
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
* X = no current rule **4th game counts if part of MIAA sanctioned event or 4th game in the Hennesey League(W Mass)						updated 6/22/09	