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."

Suspended Game and Overtime Procedures

FALL 2026 SPORTS	PRACTICE/CONTEST LIMITATIONS	SCHEDULE COMMITMENT DEADLINE	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.	9/18	3-16	X	8/24/26	9/6/26	11/9/26
Field Hockey	none	9/18	3-18	3	8/24/26	9/6/26	11/1/26
Football	2026 Football Preseason Calendar 2026 Preseason Guidelines	9/18	1-11	x	*8/24/26 (mandate each participant must have 15 practice days [not sessions] prior to first game participation)*	9/10/26	10/31/26
Golf	none	9/18	4-20	x	8/24/26	8/30/26	10/15/26
Soccer	none	9/18	3-18	3	8/24/26	9/6/26	11/3/26
Fall Swim & Dive	none	9/18	3-18	x	8/24/26	9/6/26	11/2/26
Unified Basketball	none	N/A	N/A	x	8/24/26	9/6/26	N/A
Volleyball	Two matches per day (5 sets per school). If 1 school -max 5 sets.	9/18	3-20	3	8/24/26	9/6/26	11/1/26
WINTER 2026-27 SPORTS	**PRACTICE/CONTEST LIMITATIONS**	**SCHEDULE COMMITMENT DEADLINE**	**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.	12/18	3-20	3	11/30/26	12/10/26	2/18/27
Gymnastics	none	12/18	2-18	X	11/30/26	12/10/26	2/10/27
Ice Hockey	none	12/18	3-20	3	11/30/26	12/10/26	2/18/27
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.	12/18	3-16	X	11/30/26	12/10/26	2/7/27
Ski	none		3-16	X	11/30/26	12/10/26	Nordic: 2/1/27 Alpine: 2/12/27

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Suspended Game and Overtime

WINTER 2026-27 SPORTS	PRACTICE/CONTEST LIMITATIONS	SCHEDULE COMMITMENT DEADLINE	CONTESTS/ WEEK/SEASON	*Max # contests vs same opponent for tournament qualification	PRACTICE START DATE	FIRST CONTEST	CUTOFF DATE
Winter Swim & Dive	none	12/18	3-18	X	11/30/26	12/10/26	2/1/27
Wrestling	No wrestler shall represent the school in more than one weight class in any meet or wrestle in more than **six** matches (championship or consolation) excluding forfeits in any one day of competition. Max of 10 matches over two consecutive days.	12/18	3-20 - *(May schedule up to four (4) additional girls' wrestling dates)*	X	11/30/26 - *Each wrestler must have ten (10) days of practice before competing in an interscholastic contest.*	12/10/26	2/10/27
SPRING 2027 SPORTS	**PRACTICE/CONTEST LIMITATIONS**	**SCHEDULE COMMITMENT DEADLINE**	**CONTESTS/ WEEK/SEASON**	***Max # contests vs same opponent for tournament qualification**	**PRACTICE START DATE**	**FIRST CONTEST**	**CUTOFF DATE**
Baseball	none	4/2	3-20	X	3/15/27	3/25/27	5/31/27
Golf	none	4/2	4-20	X	3/15/27	3/22/27	5/27/27
Boys Lacrosse	none	4/2	3-18	X	3/15/27	3/25/27	5/31/27
Girls Lacrosse	none	4/2	3-18	X	3/15/27	3/25/27	5/31/27
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.	4/2	3-16	X	3/15/27	3/25/27	5/23/27
Rugby	Limited to 3 practices between 3/10-3/13, with no practice allowed on Sunday 3/14. First 3 days of practice are conditioning & non-contact technique followed by 10 practices, 5 of which are controlled contact.	4/2	1-8	X	3/10/27 - *(Mandatory 13 days of practice prior to the first regular season contest, per athlete).*	3/25/27	5/29/27
Softball	none	4/2	3-20	3	3/15/27	3/25/27	5/31/27
Tennis	none	4/2	3-20	X	3/15/27	3/25/27	5/26/27
Unified Track & Field	none	N/A	N/A	X	3/15/27	3/25/27	TBD
Volleyball	Two matches per day (5 sets per school) - If 1 school -max 5 sets	4/2	3-20	3	3/15/27	3/25/27	5/23/27

*** X = no current rule**

updated 7/23/26