

## 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."*

<b>Suspended Game and Overtime Procedures</b>							
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	<a href="#">2026 Football Preseason Calendar</a> <a href="#">2026 Preseason Guidelines</a>	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. <b>Six</b> quarters per day (does not include overtime). May participate in more than one interscholastic contest at different sites provided the <b>six</b> 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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<u>Suspended Game and Overtime</u>							
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 <b>six matches</b> (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 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
Baseball	none	4/3	3-20	X	3/16/26	3/26/26	5/25/26
Golf	none	4/3	4-20	X	3/16/26	3/23/26	5/21/26
Boys Lacrosse	none	4/3	3-18	X	3/16/26	3/26/26	5/25/26
Girls Lacrosse	none	4/3	3-18	X	3/16/26	3/26/26	5/20/26
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.	4/3	3-16	X	3/16/26	3/26/26	5/24/26
Rugby	Limited to 3 practices between 3/11-3/14, with no practice allowed on Sunday 3/15. First 3 days of practice are conditioning & non-contact technique followed by 10 practices, 5 of which are controlled contact.	4/3	1-8	X	3/11/26 - (Mandatory 13 days of practice prior to the first regular season contest, per athlete).	3/26/26	5/23/26
Softball	none	4/3	3-20	3	3/16/26	3/26/26	5/25/26
Tennis	none	4/3	3-20	X	3/16/26	3/26/26	5/20/26
Unified Track & Field	none	N/A	N/A	X	3/16/26	3/26/26	TBD
Volleyball	Two matches per day (5 sets per school) - If 1 school -max 5 sets	4/3	3-20	3	3/16/26	3/26/26	5/24/26
<b>* X = no current rule</b>							
							<b>updated 11/17/25</b>